



ANGELS AND ANCESTORS MAGAZINE

SHARING THE NATURAL WISDOM OF THE EARTH AND ITS INHABITANTS

In This Issue:

On Love and Humans P. 7

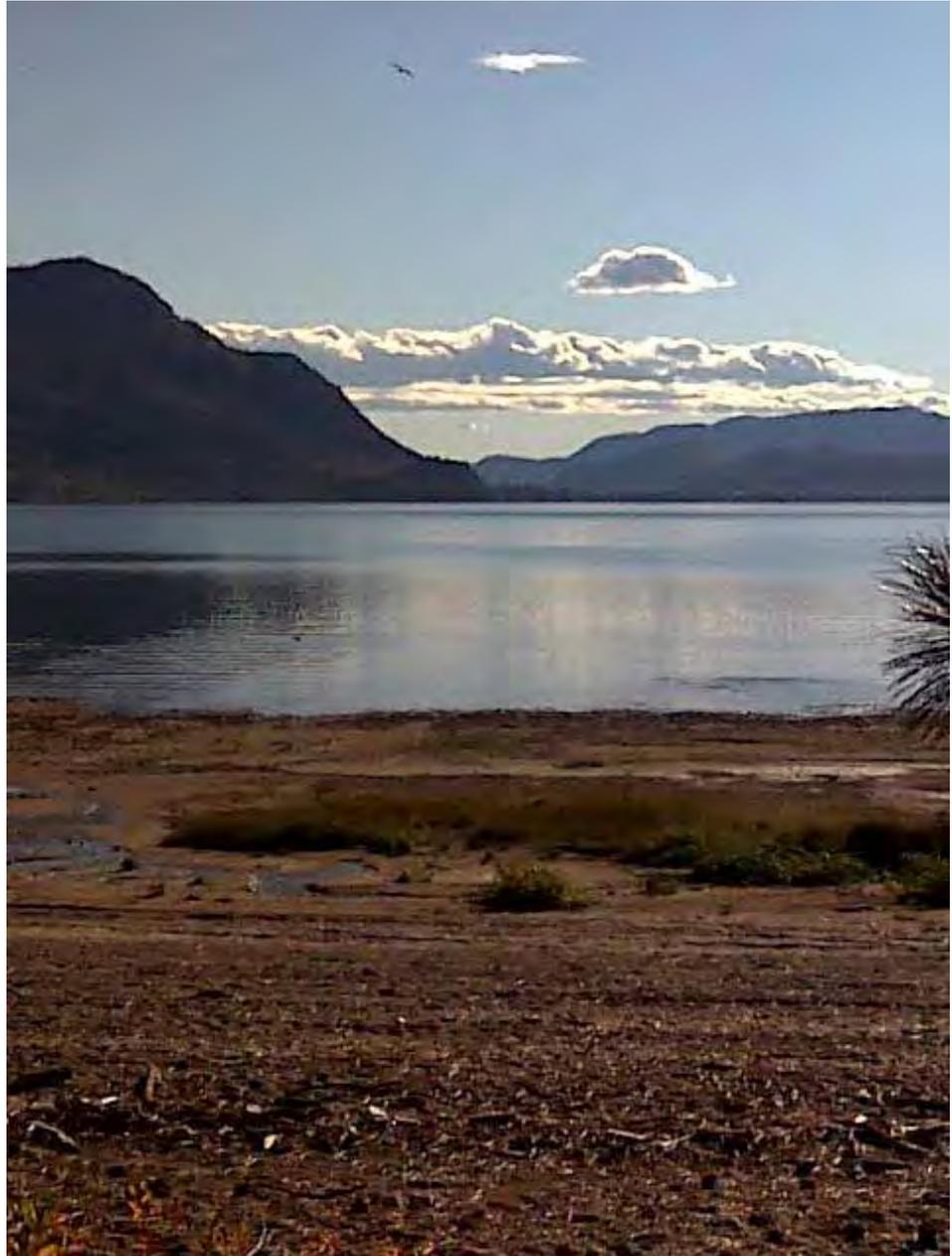
Simply, & Savor Life P. 9

Freedom & Illusion P. 13

Recipes for Fall P. 14

Understanding
Generational
Patterns P. 15

Topaz P. 18



"REFLECTING ON HUMAN BEINGS"

NOVEMBER 2010 Volume 5 Issue 2
www.angelsandancestors.com

Looking For Stories, Articles, and Poems for Angels And Ancestors Magazine

Ideas are the light bulb that sends our minds racing forward!

We would like to show case some stories and articles from our readers. If you have a story that needs to be told, or, know someone who has a story that should be told, please send it to us. We do not promise to print all of the stories in one magazine, or even in one year. We do promise to get as many as we can published as the space allows each month. Send your submission to judy@angelsandancestors.com.

Namaste! - Judy and Roger

Top-quality SAUNAS for all
of your **RELAXATION** and
THERAPEUTIC needs

FAR NORTH
for infrared wellness



CALGARY LOCATION

Southern Infrared Products
Bay # 26 12180-44st SE
Calgary, Alberta, Canada
(403) 236 - 8005

By appointment – mention code #9304 from Angels
And Ancestors for \$50.00 discount

Copper Energy Bed

The *Copper Energy Bed* is the ultimate spiritual transformation tool. It works to balance and heal your body's natural energy currents by accelerating the flow of the etheric magnetic field. Add crystals and your vibration will never be the same again.



82" x 36" copper surface
copper foil edging
seamless
mounted on 1/2" plywood
\$477



Accessories: \$125

1. head piece
2. cuffs
3. plates and wires

Available exclusively from:

Angels and Ancestors

403-225-2016

info@angelsandancestors.com

ANGELS AND ANCESTORS

VOLUME 5 ISSUE 2 NOVEMBER 2010

SINCE 2006

IN THIS ISSUE

- 6 On Love and Humans *By Osho*
- 8 Spirit Animal – Dogging It *by Judy Hirst*
- 9 Simply and Savor Life *by LeoBabuata*
- 10 Spirit Animal - Cricket *by Judy Hirst*
- 11 A Sioux Prayer *translation by Chief Yellow Lark*
- 13 Freedom and Illusion *by Fred Reed*
- 15 Understanding Generational Patterns *by Christina Rai*
- 17 Topaz *by S. Roger Joyeux*

IN EVERY ISSUE

- 4 From The Editors
- 5 Events Listing
- 12 Living Health – *How Friendship Improves Health*
- 14 Judy's Kitchen *Recipes for Fall*
- 19 Look at that Book! – *Book Review*
- 20 Tricks for Small Business – *7 Tips for New Clients*
- 21 Classifieds – *Healers, Fairs, Animals, Writers, Astrologers*
- 22 Joke of the Month
- 23 The Last Word



Editors – Judy Hirst-Joyeux and Roger Joyeux
Contributors – Judy Hirst-Joyeux, Roger Joyeux,
Layout – Judy Hirst-Joyeux
Interactive Web Design and PDF Editing – Roger Joyeux
Advertising – Judy Hirst-Joyeux, Roger Joyeux

Publication Information

- Published monthly for the 1st of the month
- Angels And Ancestors welcomes articles and stories and poetry. Article submissions must be received by the 19th of each month. (Angels And Ancestors Magazine happily reviews any submitted material or advertisements. However we reserve the right to refuse any submissions or advertising or art.) Angels And Ancestors, upon accepting material, may edit articles for length, clarity, and content, at the option and discretion of the Editors.
- All accuracy and liability for the statements or claims made by contributors or advertisers, rests with each contributor or advertiser. Angels And Ancestors accepts no responsibility for these statements or claims.
- Advertising - Events and Classified – limit 40 words including dates and times, \$5.00 per issue. Additional words are \$.15 each. Business Card Ads are \$10.00 per issue. Deadline for advertising submissions is the 21st of each month. Payment to be made at the time of booking, by cash, Visa, MasterCard or in person for Debit payment.

How To Reach Us

By Email – for letters to the editor, stories, poetry
info@angelsandancestors.com

By Phone – to comment on the magazine or to share ideas and thoughts (403-225-2016)

By Mail – Angels And Ancestors
PO Box 43076, Deer Valley Post Office
Calgary, AB Canada T2J 7A7

See us on the web at <http://www.angelsandancestors.com>

© 2007 & 2008 & 2009 & 2010 Angels And Ancestors. All rights reserved. This publication or any portion herein may not be reproduced in any form without the express written consent of Angels And Ancestors. Meaning: Yes, it is usually possible to reprint our newsletters on your web site, user group newsletter, etc. - but ask us first! // Angels And Ancestors Calgary, Alberta

Subscriptions

- Subscribe online at <http://www.angelsandancestors.com/signup.html>
- Snail mail subscriptions not available.

From The Editors



Cover Picture: Standing on the beach of Shuswap Lake at the Talking Rock Resort and Quaaout Lodge south of Sorrento, BC.

DEAR READERS,

This issue started out to be called, "I Wish I Would Have...". Along the journey of putting this magazine together, the guidance came from my Angels that this issue was really about being human. Therefore, the name of the issue became "Reflecting on Human Beings".

This month, there are many articles and opinions about humans, and how life is progressing. I need to say that not all of the ideas in this issue reflect (no pun intended) the views of the Editors. I believe that diverse views are a good way to cross examine ourselves about our own beliefs and values.

The day that kicks off November is actually Hallowe'en, or, "All Souls Day". It is a chance for us to dress up and to become someone or something different than what we currently are. What does that say about us? That we all wish we were someone else?

Do we all have deep desire to escape our current reality? Or, does it say that we all have a deep sense of fun?

Humans are so intriguing! We have created funny rules about things. It is okay to eat some animals and it is not okay to eat others. We cannot eat cows in India or dogs in North America....and these are just two of the rules.

If someone falls sick with some deathly disease, and we see the fall, and how they lose their jobs, and spend all their money, we will throw a benefit for them. Or, if an area suffers some huge national disaster, our government will contribute funds to help the recovery. However, if we meet a destitute person on the street, we automatically assume that the person is a druggie or lazy

or an alcoholic, and we do not give them any money or help.

Humans can be loving and judgemental, kind and cruel, happy and sad, beautiful and plain, paupers and princes, and very funny! Some things that are important to us are: family, food, clothes, entertainment, animals, recreation, work, the environment, education, and of course, friends.

I think that we have all of these topics covered in this issue. As you read some of these articles, you will agree, or not, with them. We'd like to hear how these writings affected you. Did they make you angry, happy, or even say, "Oh yeah, that writer nailed it!" Or, simply write to us and tell us whether you like what we are doing.

We have been getting some feedback from some of you....

*I love your newsletter; the next time I pass through Calgary hopefully our paths will cross again.
Love and blessings, Darrell*

*I simply cannot get my mind round all the time and thought and organization you put into the magazines.
They are truly wonderful with all the information included....insightful and beautiful. Great work!
Lynne*

*I really enjoy receiving your magazine. Each time I see your names pop up on my email I get a warm feeling in my heart and a smile on my face. Keep sharing the love!!
Brenda*

Feedback like this is great, and we thank you.

We hope that your November is brilliant, with love, light and laughter.

We offer, too, a silent tribute to all of the soldiers, where ever in the world, who volunteer to defend their country. They are unsung heroes.



~ Judy and Roger

ANGELS EVENTS LISTING

NOVEMBER

Crystals' Light Workshop on November 20 & 21, 2010, Saturday and Sunday 9:30-4:30 each day
Crystals can promote beauty, temper anger, expand our awareness and consciousness, initiate our spiritual paths, enhance the expression of our truth, heal our maladies, empower our vibrations, and connect us to our guides and higher self. Each crystal works with light in its own unique and special way. Prepare yourself for a thorough and in depth understanding of crystals, how they act on our physical and subtle bodies and bring us into awareness of our true selves and our relation to the enlightened universe. How can crystals help you in your daily life and on your spiritual path? For more info, contact Roger Joyeux at srjoyeux@gmail.com or call 403-225-2016. See more about the workshop [here](#).

DECEMBER

December 5, 2010 Sunday - New Moon Meditation from 7:00 – 9:00pm, Join us for an evening of community sharing and meditation with Archangel Raphael as we bring in the powerful new moon of December. Bring your drum or rattle and a snack to share. Call Judy 403-225-2016 to register, or email judy@angelsandancestors.com. Directions provided upon registration.

FULL MOON CEREMONY AND CELEBRATION Tuesday, December 21, 2010 at 6:30 pm for Potluck and Meditation

Roger and I will be your hosts for the Full Moon gathering on December 21st which is also the Winter Solstice (23:38 UTC time). We will share a meal, have some drumming and rattling, and combine our meditation with a solstice celebration. Bring a potluck dish and your drum or rattle. We look forward to seeing all of you! Please call 403-225-2016 or [email](mailto:judy@angelsandancestors.com?subject=Solstice and Full Moon December 21 2010) to let us know you are coming and for directions.

For other event listings, please see the Classified.

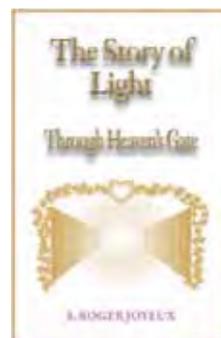


Arhithena Healing Arts

- Hand-crafted Custom Medicine Bags and Crystal Jewellery
- Peruvian Shamanic Healing Sessions and Munay-Ki Classes

Samantha Hussey, CHT.
www.walkinbeauty.ca
Phone: 403-668-9361





By S. Roger Joyeux

*The Story of Light:
Volume 2, Through Heaven's Gate*

ISBN 978-0-9686521-1-4
2010, Antara Publishing
383 pages, Notch Perfect Bound

Purchase at www.thestoryoflight.com/store.php



webdesign11

websites
logos
banners
brochures

403-225-2016
info@webdesign11.com

ON LOVE AND HUMANS

As an artist, I can easily put my feelings of love and joy into my work. Why can't I express the same feelings to fellow humans?

By Osho

It is easy to be a sculptor because you are working with lifeless objects. You can create beautiful statues but those statues are dead. You cannot relate with them, you are alive. There is no dialogue possible between life and death.

You can appreciate; you can enjoy; it is your creation. You can feel fulfilled — whatever you wanted, you succeeded in doing it. But remember one thing: on the other side, there is no one. You are alone.

Because of this situation, there are people who can love their dogs, who can love their gardens, who can love their cars, who can love anything in the world except man. Because man means you are not alone, the other is there. It is a dialogue. With a statue, it is a monologue. The statue is not going to say anything, is not going to criticize you, is not going to possess you. You possess the statue; you can sell it in the market. But that you cannot do with a human being. That is the problem.

When you start relating with human beings, you have to take into consideration that they are not things, they are consciousnesses. You cannot dominate them...although almost everybody is trying to do that, and spoiling their whole life. The moment you try to dominate a human being, you are creating an enemy, because that human being also wants to dominate. You may call it love, you may call it friendship, but behind the curtain of friendship and love and brotherhood there is a deep will to power. You want to dominate; you don't want to be dominated.

With human beings, you will be in constant conflict. The closer you are, the more the conflict will hurt you. There are thousands of people who have been so wounded by human relationship that they have dropped out of all human love, friendship. They have turned towards things. It is easier: the other party is always willing, whatsoever you want to do.

You are an artist, you sculpt. But have you ever thought about what you are doing? You are cutting chunks of the marble — that you cannot do to a human being, but people are doing that to human beings too. Parents are

cutting their children's wings, their freedom, their individuality. Lovers are cutting each other continuously.

To be in love with a human being is not an easy affair. The love affair is the most difficult affair in the world for the simple reason that two consciousnesses, two alive beings, cannot tolerate any kind of slavery.

When the parents say to their children "Don't do this!" even the small child feels hurt, humiliated, insulted. And he's going to do it if he has any guts.

You are working on objects, on things. They cannot say yes, they cannot say no. Whatever you want to do with them, you can do, but not with man. It is your fault that you have not yet become mature enough to understand that with human beings, if you want a loving relationship then you should forget all power politics. You can be just a friend, neither trying to dominate the other nor being dominated by the other. It is possible only if you have a certain meditateness in your life. Otherwise, it is not possible.



Picture from www.sensualism.com

To love a human being is one of the most difficult things in the world because the moment you start showing your love, the other starts going on a power trip. He knows you are dependent on him or on her. You can be enslaved psychologically and spiritually and nobody wants to be a slave. But all your human relationships turn into slavery.

No statue will make you a slave. On the contrary, the statue makes you a master craftsman, it makes you a creator, an artist. There is no conflict. The real test for love is with human beings.

A man is really intelligent if he can make a human relationship work smoothly. It needs great insight. Creating a statue or making a beautiful painting is one thing — those paints won't say, "I don't want to be put on this corner of the canvas, I simply refuse!" Wherever you want it, the paint is available. But it is not so easy with human beings.

Every human being has a birthright not to be dominated by anyone — but also a birth duty not to try to dominate anyone. And only then, friendship can flower.

Love needs a clarity of vision. Love needs a cleaning of all kinds of ugly things which are in your mind: jealousy, anger, the desire to dominate.

I have heard...in a marriage registrar's office, a couple came to get married. They filled out the forms. The woman looked at the man — they were lovers, and they had come to the registry office against their family, because in India, marriage is not done in the registrar's office. It is available. Legally you can do it but that happens only when you are doing something against the family, against the society.

Those two people must have been in deep love. They had revolted against the society, against the religion, against their parents, against the family. They had risked everything and they were going to be married. The woman looked at the man who was filling out the form — because she had filled out hers — and then she suddenly said to the registrar, "I want an immediate divorce."

He said, "What happened? You are filling out forms for marriage. Even the honeymoon has not happened. In fact, even marriage has not happened because I have not sealed it. Why do you want a divorce so suddenly?"

She said, "I hate this man!"

The registrar said, "This is strange! You brought him here?"

She said, "Yes, I brought him here. I used to love him, but when I saw his form...he has signed in such big letters! He was watching when I was signing. I signed just the way I always sign, and he has signed in letters

three times bigger; almost half of the form is his signature! I don't want to live with this man, he has shown his domination, his power."

The registrar said, "Then there is no need of any divorce. Just throw away your forms in the wastepaper basket, because I have not sealed them, and get lost."

Such a small thing, that the man was signing in big letters but it is indicative. It shows that he's a male chauvinist.

What about your whole life? Everything is a problem, everything is a conflict. The reason is that we have accepted a false idea that we know how to love. We don't know. We come from animals — animals don't love. Love is a very new thing in human life. Animals reproduce but they don't love. You will not find in buffalos, Romeo and Juliet, Laila and Majnu, Siri and Farias, Soni and Mahival. No buffalos are interested in such romantic things — they are very earthbound, they reproduce — and nature is perfectly satisfied with buffalos, remember. Nature may be trying to destroy humanity but nature is not trying to destroy buffalos and donkeys and monkeys, no. They are not problems at all.

Love is a new phenomenon that has arisen with human consciousness. You will have to learn it.

Creating beautiful paintings, poetries, sculpture, music, dances — that is all in your hands. But when you come into contact with a human being, you have to understand that on the other side is the same kind of consciousness. You have to give respect and dignity to the person you love. This is the reason why you cannot relate with human beings.

Forget about human beings and love — you simply meditate. That will release in you the insight, the vision, the clarity, and the energy to share.

Love is another name of sharing your abundant energy. You have too much, you are burdened with it. You would like to share it with people you like. Your love — what you call love — is not a sharing, it is a snatching.

You will have to change the meaning of love. It is not something that you are trying to get from the other. And this has been the whole history of love — everybody is trying to get it from the other, as much as possible. Both are trying to get, and naturally, nobody is getting anything. Love is not something to get. Love is something to give. But you can give only when you have it. Do you have love in you? Have you ever asked this

question? Sitting silently, have you ever observed? Do you have any love energy to give?

You don't have; neither has anybody else. Then you get caught in a love relationship. Both are pretenders, pretending that they are going to give you the very paradise. Both are trying to convince each other that "Once you get married to me, a thousand Arabian nights will be forgotten — our nights, our days will all be golden."

But you don't know that you don't have anything to give. All these things you are saying just to get. And the other is doing the same. Once you are married, then there is going to be trouble because both will be waiting for a thousand Arabian nights and not even an Indian night is happening! Then there is an anger, a rage which slowly, slowly becomes poisonous.

Love turning into hate is a very simple phenomenon, because everyone feels betrayed. You show one face at the beach, in the movie hall, on the dance floor. It is perfectly okay for half an hour or one hour sitting on the beach, holding each other's hands, dreaming about the beautiful life that is ahead of you. But once you are married, all that you have been expecting, dreaming, will start evaporating.

My suggestion to you is: meditate. Become more and more silent, quiet, calm. Let a serenity arise in you. That will help you in a thousand and one ways...not only in love, it will also help you to create better sculpture. Because a man who cannot love human beings — how can he create? What can he create? A loveless heart cannot be authentically creative. He can imitate, but he cannot create.

All creation is out of love, understanding, silence. △

Osho, *Sermons in Stones*, Talk #27

Guidelines for Bureaucrats:

- (1) When in charge, ponder.
- (2) When in trouble, delegate.
- (3) When in doubt, mumble!

SPIRIT ANIMAL – DOGGING IT!

By Judy Hirst



Picture from farm3.static.flickr.com

One of the things that a dog knows how to do best is "sleep". I have read that a dog sleeps sixty to seventy percent of the time because the other thirty to forty percent is all that it needs to hunt for food. Dog says, however, that sleeping is not just about resting – it is about healing and helping the body to use the food that Dog has eaten. The proper digestion of food, and the clearing of toxins from Dog's body, happens best when Dog is resting or sleeping.

Dog says that the original expression "dogging it" meant that one followed the guidance of dog for eating. This means eating only until you are full, eating that which is healthy for you, and drinking lots of water. It also means resting after eating to allow the stomach to handle the food with all of the available energy of the body. Humans, according to Dog, eat far too much and do not allow enough time for digestion. Having one big meal a day provides Dog with all the nourishment that Dog needs, and keeps Dog in trim shape.

Dog also says that by sleeping more, all dogs have a chance to be in dream time and have more time with their guides and to have experiences in different dimensions. In dream time, Dog, like humans, spends time with the Higher Self to learn what lessons are needed or what work (service) needs to be done. It is this guidance that has led Dog to become a "seer", a "hearer", and a guardian for humans.

Dog says that if you have a dog as a pet, that you should listen to it. If the dog is overweight, it is taking on your problems and blockages, and that it is time for you to clear yourself, and that will clear your pet.

Better yet, take your dog for a walk!

From <http://angelsandancestors.blogspot.com>, October 24, 2010. © Judy Hirst and used with permission.

SIMPLIFY, AND SAVOUR LIFE

By Leo Babauta



Savor the simple.

‘The miracle is not to walk on water. The miracle is to walk on the green earth, dwelling deeply in the present moment and feeling truly alive.’ ~Thich Nhat Hanh

These days we have an abundance of luxuries, but I’ve found that excess actually decreases my enjoyment of life.

Sure, we can get massive amounts of rich foods, feasting to our heart’s content, stuffing ourselves in alarming displays of gluttony ... but is that really enjoyable on a regular basis?

And yes, television can be fun, and so can ridiculously large parts of the Internet, but if it’s always on, if we’re always connected, doesn’t that lower the fun factor? Excesses lead to all kinds of problems, but the biggest problem is that life is less enjoyable.

I’ve been finding that simplifying things means I can savour life more fully.

Savouring life starts with a mindset. It’s a mindset that believes that excess, that rushing, that busy-ness, that distractedness, isn’t ideal. It’s a mindset that tries instead to:

- simplify
- do & consume less
- slow down
- be mindful & present
- savour things fully

It’s the little things that make life enjoyable: a walk with a loved one, a delicious book, a chilled plum, a newly blooming tree.

And by simplifying, we can savor life to the fullest. Some ideas I’ve been considering lately:

1. **Coffee:** Instead of ordering a latte, mocha, cappuccino with whipped cream and cinnamon and shavings ... simplify. Just get pure, good coffee (or espresso), brewed fresh with care and precision, with quality beans, freshly roasted. Make it yourself if you can. Drink it slowly, with little or nothing added, and enjoy it thoroughly.
2. **Tea:** I recently had tea with Jesse Jacobs, the owner of Samovar Tea Lounge, and he poured two different teas from tiny tea pots: Nishi Sencha 1st Flush and Bai Hao Oolong tea. It was fresh, hand-made tea from real leaves, not a tea bag, and it was simply delicious. Drink it slowly, with your eyes closed, fully appreciating the aroma ... wonderful.
3. **Workouts:** I’ve been a fan of simpler workouts recently. While others might spend an hour to 90 minutes in the gym, going through a series of 10 different exercises, I just do 1-3 functional exercises, but with intensity. So I might do some sprint intervals, or a few rounds of pushups, pullups, and bodyweight squats. Or 400 meters of walking lunges. Let me tell you, that’s a simple but incredible workout. Another I like: five rounds 85-lb. squat thrusters (10 reps) alternated with pushups (10 reps). Today’s workout was three rounds of 15 burpees and 800-meter runs. No rest unless you need it. These are great workouts, but very simple, and very tough. I love them.
4. **Sweets:** I used to be a sugar addict. Now I still enjoy an occasional dessert, but in tiny portions, eaten very slowly. What I enjoy even more, though, is cold fruit. A chilled peach, some blueberries, a few strawberries, a plum: eat it one bite at a time, close your eyes with each bite, and enjoy to the fullest. So good.
5. **Meals:** While the trend these days is super-sized meals of greasy, fried things (more than two people need to eat actually), I have been enjoying smaller meals of simplicity. Just a few ingredients, fresh, whole, unprocessed, without chemicals or sauces. My meals usually include:

a breakfast of steel-cut oats (cooked) with cinnamon, almonds, and berries; a lunch of yogurt, nuts, and fruit; a dinner of beans or tofu with quinoa and steamed veggies (or sauteed with garlic and olive oil). These simple meals are better because not only are they healthy, each ingredient can be tasted, its flavor fully enjoyed.

6. **Reading:** While the Internet is chock full of things to read, I've been enjoying the simplicity of a paper book, borrowed from the library or a friend (borrowing/sharing reduces natural resources consumed). When I read online, I read a single article at a time, using either the Readability or Clippable bookmarklet to remove distractions, and in full-screen mode in the Chrome browser (hit Cmd-Shift-F on the Mac version or F11 in Windows). It's pure reading, no distractions, and lovely.

Leo Babauta is an author and writer of the blog, "ZenHabits.net", one of the top 25 blogs in the world. Read more about simplicity in Leo's books, **The Zen Habits Handbook for Life & The Simple Guide to a Minimalist Life.**

Just as a mother would protect with her life her own son, her only son, so one should cultivate an unbounded mind towards all beings, and loving-kindness towards all the world.

One should cultivate an unbounded mind, above and below and across, without obstruction, without enmity, without rivalry.

Standing, or going, or seated, or lying down, as long as one is free from drowsiness, one should practice this mindfulness.

This, they say, is the holy state here.

~ ~ Sutta Nipata ~ ~

SPIRIT ANIMAL – CRICKET

By Judy Hirst



Jiminy Cricket picture is from <http://theniftynewlywed.files.wordpress.com>

When I think of crickets, I always think of Jiminy Cricket who befriended Pinocchio in one of Walt Disney's early movies. The Cricket acted as Pinocchio's conscience and guide because Pinocchio was not a real boy.

When Cricket comes to you, know that it too is behaving like a guide, and in some cases, a conscience. The Chinese believe that if a Cricket comes to sing for you, then you are blessed with luck and abundance. There is also an old European belief that Cricket's song keeps away evil spirits. One myth links Cricket to the Moon, as the Moon Goddess's servant. Another myth says that if Cricket is singing in your house, it must not be evicted because it will bring prosperity.



Field cricket – picture from www.entnemdept.ufl.edu

Cricket lives mostly in the country because it love to eat organic plant material. If it is tasty enough, Cricket will also eat decaying plant matter. Healthy food is difficult to find in the cities for Cricket. Mostly, Cricket lives along roadsides, pastures, and

in meadows. Some may be found under rocks and logs. In various countries, there are tree crickets, ground crickets, mole crickets, bush crickets, ant crickets, and sword-tail crickets.

Only the male Cricket can sing. The females are silent, and move through the world at night, almost invisibly, supporting the idea that they are the messengers of the Goddess. Cricket has very strong hind legs for jumping. This allows them to move quickly over a large distance, relative to their size.

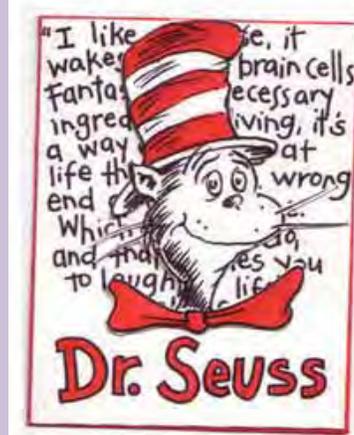
Some of the teachings that Cricket brings, that may resonate for you if Cricket has sought you out, are:

- Find a way to jump over any difficult blocks in your life since we do not need to experience every set back
- If Cricket chirps for several songs, and then becomes quiet, he is telling you that a big storm (problem) is coming to your life. Watch for a physical upheaval, or an emotional upset, or even a spiritual shake up.
- Cricket is associated with intuition. If you have been getting gut feelings, or “knowings” and if you have ignored them, Cricket is telling you to pay attention – you are being given guidance.

© Judith Hirst, July 4, 2009. This article first appeared on angelsandancestors.blogspot.com, and it has been changed slightly for the magazine format. Judith is a Non-traditional Shaman. She works with Great Spirit, the Ancestors, the Goddesses and Gods, and angelic realms. She writes, teaches workshops, coaches, and assists clients help themselves on healing their body. See her blog at angelsandancestors.blogspot.com.



Picture from smallwarsjournal.com



You have brains in your head.
 You have feet in your shoes.
 You can steer yourself any direction you choose.
 You're on your own.
 And you know what you know.
 And You are the guy who'll decide where to go.
 And will you you succeed?
 Yes! You will indeed!
 (98 and 3/4 percent guaranteed.)

~Dr. Seuss (Oh the Places You'll Go)

A SIOUX PRAYER

*Oh, Great Spirit, whose voice I hear in the winds
 Whose breath gives life to the world, hear me
 I come to you as one of your many children
 I am small and weak
 I need your strength and wisdom*

*May I walk in beauty
 Make my eyes ever behold the red and purple sunset.
 Make my hands respect the things you have made
 And my ears sharp to your voice.
 Make me wise so that I may know the things you have
 taught your children.*

*The lessons you have written in every leaf and rock
 Make me strong-----!
 Not to be superior to my brothers, but to fight my
 greatest enemy....myself*

*Make me ever ready to come to you with straight eyes,
 So that when life fades as the fading sunset,
 May my spirit come to you without shame.*

~~translated by Chief Yellow Lark, 1887

LIVING HEALTH

HOW FRIENDSHIPS IMPROVE HEALTH

By Terri Hall-Jackson

Move over omega 3's and colorful berries! There's something else on the menu for good health and longevity...friendship.



Picture from newmoonnews.blogspot.com

In numerous studies, researchers are finding that people who have strong friendships age better, recover from illness quicker, have stronger immunity, and live longer.

According to the Mayo Clinic, the benefits of friendship include stress reduction, improving your self-image, decreasing your risk of serious mental illness, and the presence of a support system during life's joys and difficult transitions.

A 2008 Harvard Study concluded that having a robust social life delays memory loss among elderly Americans. A 10-year Australian study found that older adults who had strong social networks lived longer than those who did not have them.

A team of Brigham Young University researchers announced in 2010 their conclusions after reviewing 148 studies examining the effects of social relationships on health. Over 308,000 people were represented in these studies. Their bottom line: it is more harmful to have low levels of social interaction than it is not to exercise, and it is twice as harmful as obesity.

The power seems to lie in friendships, more so than in having a spouse or family. According to Rebecca G. Adams, a professor of sociology at the University of North Carolina, Greensboro, "Friendship has a bigger

impact on our psychological well-being than family relationships."

With innumerable television channels, on-demand programming, and websites willing and available to consume our days, it's easy to have a life characterized by far more screen-time than face time with friends. While some of us are fortunate to have quality friendships extending back to early childhood or our college days, it's never too late to begin building your friendship circle. With a clear intention to have and become a good friend, you can improve this area of your life, enhancing the joy, fun and overall health in your life. Some suggestions:

- Make time for coffee or a walk with the friends you already have.
- Remember everyone doesn't have to become your best friend. Some folks might be good work-out partners or pet-walking buddies. What matters most is to connect authentically on some basis.
- Pick up the phone: There's nothing like connecting in real time, even if it's not face-to-face. In the above-mentioned research, not all of the friendships were local. But they were genuine and the friends stayed connected.
- Get out of the house: Whether you decide to volunteer, join a bowling league, or just have coffee each morning in a favorite café, engage in some activity that will break your isolation.
- Sow plentifully: Not all of your invitations to friendship will be received the way you'd like. Sometimes other people are busy, have hectic lives or problems you don't know about, or they're just not in a space of friendship building. Don't waste time taking it personally. Keep planting seeds of friendship with a variety of people. You never really know who will prove, over time, to be your truest mates.

© Terri Hall Jackson has been a contributing writer to *Care 2* (www.care2.com) since 2007. Prior to that, Terri worked in the television and music industries and, for ten years, owned a massage therapy practice in New York City. Used with permission with Creative Commons Licensing.

FREEDOM AND ILLUSION

by Fred Reed

When I was a kid long, long ago, before time began, or anyone had thought of why time ought to begin, or what it might be good for, I lived in rural King George County, Virginia. The county bordered on the Potomac River and was mostly woods. Dahlgren Naval Proving Ground, on which my family lived, sloped down to Machodoc Creek, perhaps three-quarters of a mile wide.

Things were looser then. When I wanted to go shooting, I put my rifle, a nice .22 Marlin with a ten-power Weaver, on my shoulder and walked out the main gate. At the country store outside the gate I'd buy a couple of boxes of long rifles, no questions asked, and away my co-conspirator Rusty and I went to some field or swamp to murder beer cans.

Today if a kid of fifteen tried it, six squad cars and a SWAT team (in all likelihood literally) would show up with sirens yowling, the kid's parents would be jailed, the store closed and its proprietors imprisoned, and the kid subjected to compulsory psychiatric examination. Times change.

In King George if a buddy and I wanted to go swimming, we might go to the boat dock, which was for public use, and jump in. We did this by day or night. Almost never were there other people around, certainly no lifeguard. Or we might take my canoe, bought with paper-route money, and paddle out into the nighttime water and glory in being young and free and jumping overboard to swim. No one thought anything of it. It was what kids did.

Today, unsupervised swimming is everywhere forbidden. Worse, swimming at night, hundreds of yards from shore. In a canoe without flotation devices approved by the Coast Guard. No supervising adult? No proof of having taken a governmentally approved course in how to paddle a canoe? Impossible in these over-protected, vindictively mommified times.

We saw no need of flotation devices because we were flotation devices. We could swim, easily, fluently, because we had been doing it forever. I don't think I knew anyone who couldn't have swum the width of Machodoc. Nobody supervised us. Nobody thought we needed supervision. And we didn't.

If we wanted to fish, an urge frequently upon us, we

just got our poles and did. We caught mostly cat, perch, and bream and the occasional wildly combative eel. Adults had nothing to do with it. We didn't need fishing permits. Nor did we need help.

What I didn't notice then, but remember now, is that we didn't look nervously about to see whether our elders might disapprove. We knew they wouldn't. We were fishing. So what?

The whole world worked that way – unsupervised, unwatched, left alone. In winter the Cooling Pond on base froze deep, and way after dark fifty of us would sail across slick new ice on skates, unsupervised. Adults skated, but they were skaters, not Mommy. And if you wanted to stay late till you were the only one on the (huge) pond, sailing fast, ice hissing under blades, not tired because you are sixteen and don't know what the word means – you did. No supervision.

The boys had cars. The county being mostly empty, we spent endless nights driving, driving, to Fredericksburg to get Might Mos at Hojos, or just putting miles behind us on winding roads through the woods, alone, with friends, with our girls.



Picture from americadoomed.com

What I remember is how free we were. Solzhenitsyn once told of stopping on some deserted desert highway, getting out of his car, and marveling that no one knew where he was, or cared. That's how it was in King George. You parked with your girlfriend for endless hours on some blind pull-off into the woods. No one asked where you had been or what you were doing or, more likely not doing. Parents didn't care because they didn't need to care.

In retrospect, it felt unregulated. And was! In today's world of over-policing by militarized hostile cops, of

But, being Southern kids, we boys knew how to handle guns, and the girls knew how to handle us, and though the country boys were physically tough from doing real work (consult a history book), we were not crazy in the head, as the phrase was.

metal-detectors and police in schools and compulsory anger-management classes and enforced ingestion of Ritalin or Prozac, King George sounds, well, dangerous. I mean, how can you let kids run around as they like, with...with....guns, eeeeeeeeeeeeeeeeeeeek!) and beer, and unregistered canoes without supervision by a caring adult, and...?

The answer of course is that we supervised ourselves. Within limits, anyway! I do remember lying on the roof of my father's station wagon and looking up at the brake pedal because I hadn't taken that unbanked downhill S-turn on Indian Town Road quite as well as I had planned.

But, being Southern kids, we boys knew how to handle guns, and the girls knew how to handle us, and though the country boys were physically tough from doing real work (consult a history book), we were not crazy in the head, as the phrase was. To the extent that adolescents are willing to be, I guess we were happy. We just didn't know it.

The wretchedness we see today – the kid who shoots ten classmates to death, the alleged students strung out on crystal meth, the suicides, the frequent pregnancies – just didn't happen. Why? Because (I strongly suspect) we were left the hell alone. The boys were allowed to be boys and the girls, girls. We grew like weeds, as our natures directed, and so did not have anorexia or bulimia or the sullen smoldering anger that comes of being a guy kid forced to be a girl or androgyne or flower.

I cannot speak well for the girls, except to say that they were sane, good-natured, and splendid. I do know that the boys needed, as plants need sunlight, to take canoes up unknown creeks, to swim and bike and compete – without a caring adult. In fall we used to play hours of pick-up basketball at the base gym – unsupervised. The brighter of us read voraciously. Some took up ham radio or read physiology texts. But we needed physical exertion, adventure, and freedom.

We had them. The consequence? Our heads were screwed on right. We probably even thought that the world looked to be a good place for a while. Although

the entire high school had easy access to fire arms, nobody ever shot anyone. The idea would have seemed lunatic. In rare fights, boys might punch each other in the nose. Pick up a tire iron? Kick the other guy in the head? Not a chance.

The foregoing will enrage the whole sodden bolus of therapists, psychological beard-scratchers, counselors, feminists, fruit-juice drinkers, and congenitally insecure promoters of sun block. But it worked.△△

© Fred Reed August 16 2010. Fred has worked on staff for Army Times, The Washingtonian, Soldier of Fortune, Federal Computer Week, and The Washington Times. He currently writes a blog called "Fred On Everything" at <http://www.fredoneverything.net>. Used with permission under Creative Commons Licensing.

FROM JUDY'S KITCHEN – RECIPES FOR FALL

By Judy Hirst



From hort.purdue.edu



From cropandsoil.oregonstate.edu

Do you love potatoes and turnips? I do! Here is one of my favourite lunch dishes (with salad). Or, use it as a potato side dish. Enjoy!

POTATO AND TURNIP TERRINE RECIPE

- Serves: 8**
Ingredients:
4 medium Yukon Gold potatoes
1 turnip
1 shallot (or use equal onion and garlic)
1 garlic clove
1 tbsp unsalted butter
1 cup cream
1/4 cup blue cheese

UNDERSTANDING GENERATIONAL PATTERNS

By Christina Rai Wheelwright

Astrology is a great tool for self-exploration but it can also aid in the study of history. By tracking the cycles of the slower moving planets as they orbit the Sun, we can spot a precise and unchangeable pattern at work. These patterns are reflective of events taking place here on the material plane of existence in the form of revolution, wars, renaissance, industrial and philosophical transformations and so forth. Remember, the planets do not *cause*, they merely mirror, according to the ancient observation, “as above...so below”.

The planets are symbolic of certain energies which are at work both within the individual psyche and the collective psyche. By observation and co-relation we can identify these forces fairly easily. This is, in fact, NOT rocket science, but rather, a fairly simple method of getting a deeper insight into the history of our human evolution.

Everyone has heard of those sociological tag lines that are attached to various generational groups by those who study human society. You might be a “Baby Boomer” or a “Generation X-er”. Astrologically, we can identify these various groups even more specifically as we track the movement of the slower moving planets through the signs of the zodiac.

This naming of generational groups apparently got its start in the last century as the study of sociology increased. Generational groups as early as those alive during the Great War were given a tag line. Gertrude Stein, famous feminist and poet, designated the generation alive during that violent and stressful time as “The Lost Generation”.

The term, “The Silent Generation” was associated with the time period of about 1925-1945. Everyone has heard the term Baby Boomers and sociologists link that one with the years of 1946-1964. Then there is Generation X, associated with the time period of 1961-1981. More recently there is Generation Y, also dubbed the ‘Echo Boomers’, 1982-2000, and lastly Generation Z, also known as the ‘Digital Natives’, linked to 1990 to present.

Astrologically, the above dates can be easily linked to the ‘transit’ of the outer planets and especially the newly

Instructions:

Step 1: Thinly slice shallots.

Step 2: Chop garlic (fine).

Step 3: Peel and thinly slice potatoes and turnip (most easily done using a mandolin).

Step 4: With the butter, sweat shallots and garlic in a pan. Add the cream and bring up to a simmer. Remove from heat and whisk in crumbled blue cheese. Set aside.

Step 5: Coat a narrow oven-safe pan (terrine dish or bread pan) with vegetable spray or butter.

Step 6: Place a layer of potatoes, then a layer of turnip. Now, evenly coat with the blue cheese/cream mixture. Continue to layer in this sequence until ingredients are used. The layers should be 2" thick before baking.

Step 7: Place a layer of parchment paper over the top and weight down to keep the layers compressed.

Step 8: Bake at 350-375°F for 45 minutes or until it can be pierced easily with a paring knife. Slice and serve.

This is the season for entertaining. Here are two of my favourite dips. I like them because they are so easy, and they taste good!

Artichoke Dip

1 14 oz. can artichokes, drained, rinsed and chopped
1/2 cup mayonnaise
1/2 cup Parmesan cheese
2 cloves garlic

Mix ingredients together in an oven proof dish. Bake at 325°F for 30 minutes or until heated through.

Vegetable Dip

2 cups raw broccoli, cut into bite-size pieces, including upper stem
2 cups green olives (halved or quartered)
1 bunch green onions, chopped
2 cloves garlic (or garlic powder)
1 cup mayonnaise

Mix together. Cover and put in refrigerator for at least eight hours. Dip is best if refrigerated for 24 hours before serving. Serve with pita.



designated dwarf planet, Pluto. This distant celestial object takes about 250 years to chug its way around the

Sun so it can spend as many as 20 years in just one sign of the Zodiac. In fact, during the last century and into this new century, it has only moved through 7 signs of the zodiac and is currently in the eighth. Because of its elliptical orbit, it can be in one sign longer than in another.



Picture from seattlest.com

Astrologically, the 'boomer' generation was mostly born with Pluto in Leo. This self-serving and self-obsessed group of people certainly pursued fun and the fullest expression of individual will. The world changed dramatically as they flexed their wings and took flight! Interestingly, the energy of Leo closely coincides with self-expression, a 'peter pan' like attitude to life, the search for fun, romance and indulgence. On a more positive note, this is the energy of individuality and certainly we have seen the ascendancy of many and varied forms of self-expression, not just artistically but also politically, altruistically and even scientifically. The theme has been, for this generation, to pursue the fullest expression of the self, to forward the human will, to stand firm for whatever they designated to be right. Of course, it didn't always work out in the way they imagined it would and that also is coherent with any such flamboyant demonstration of will-power. Bill Clinton was born when Pluto was in Leo. His expressions of willfulness are epic!

Generation X co-relates to the transit of Pluto through Virgo, which lasted from about 1960 to about 1972. Sociologically, this group followed the excesses of the Baby Boomers and reacted to these excesses by internalizing their own behaviours. This generation was much less vocal about political issues and certainly did not 'buy' into the idealism that the Boomers had displayed. Virgo is essentially an energy that can be

fairly critical and jaded in its response to external conditions. This is the energy of dissemination, acute in its observations, precise in its judgments. It is not an energy that is flamboyant or extroverted as its predecessor, Leo, is. Barack Obama was born when Pluto was in Virgo. Have you noticed how carefully he chooses his words, how precise his speech is? Virgo is also concerned with all forms of healing and clean-up. This generational group has worked diligently to explore new methods of healing and care-giving. Many health related discoveries have been made by the members of this generational group.

Pluto moved into Libra in the early '70's and stayed there until the mid '80's. Interestingly, the sociologists still dub this group as Generation X and certainly, there was still a lot of clean-up work to be done after the free for all that took place through the late '50's and '60's. Libra is the energy of balance of beauty, the acute awareness of the 'other'. After the critical and somewhat sarcastic Virgo energy, the Libra energy sought compromise, looked for a diplomatic solution to the imbalance that existed as a result of the activity of the preceding two astrological generational groups.

The Pluto in Scorpio group of people, dubbed Generation 'Y', ran from about 1984 to 1995. Scorpio is the energy of the dark, of mystery, of all that is taboo. When we review some of the events of that time period, we can see that many boundaries were crossed and that very little was sacred and untouchable. Now as that group comes into its adulthood, we can observe their complete irreverence to tradition and their total self-determination when it comes to defining values. These are young people who will not be told what to think, feel or do by anyone! Very Scorpionic in its nature!

Finally, we come to Generation 'Z' or the 'Digital Natives'. This tag usually refers to anyone born after 1990 or thereabouts. Astrologically, it is mainly the Pluto in Sagittarius group. These are people who intuitively know how to navigate in virtual reality. Have you ever watched someone, born in the last decade or so operate a computer? Where did they learn to do it? How is that they pick that ability up so quickly? Sagittarius is the energy of universality, of the so-called 'right' brain function, of 'whole'-istic awareness. It is not surprising at all that this latest group of people would so easily and naturally attune to a whole new reality paradigm.

An interesting exercise that you can do once you recognize that the planets follow an inexorable and unchangeable cycle in the solar system is to look back at our history. Once you understand what a particular

By S. Roger Joyeux

*The following is a draft from Roger's upcoming book on crystals. This new book will be the third volume of **The Story of Light** series of books.*

Topaz has been on the Earth since the most ancient of times. It has come through a number of metamorphic changes, as have most vibrations on Earth. During Earth's earliest times, Topaz worked with the human body's chakras, such as they were¹. The design of the human form along with the design of its chakras has changed, and so has the way they offer and receive light. The original chakra designs were of course inferior and met with their end.

Once the human body was capable of accepting light, however little that might have been so long ago, Topaz made its contribution. Along with the changes that took place in the way light was organized in the chakras, so too did Topaz change. In today's world, Topaz' orange colour resonates with the upper frequencies of the second chakra, and at times, with the lower frequencies of the third chakra.

The divine Creator gave Topaz the grace to open the creative juices, the *rasa*, or life-force of human existence since the very beginning. One might well imagine that there was a great need during the early millennia to bring creative energies into the human form. By the acquisition of the power to create, the quasi light-entity of early Earth adapted to, or adapted, his immediate surroundings. The power to create, however, did not make life more comfortable in any significant way. Even though comfort was essential to basic survival, the presence of the creative power had another purpose. It permitted the higher-self and soul to manipulate light to a greater degree.

The limitations of the human body's ability to assimilate light were soon realized, and the need for improvements became apparent. The body was overhauled and redesigned. The role of Topaz, at that early stage, was to

¹The human body has had seven major chakras for many millennia, but this was not always the case. For the full discussion about the evolution of the chakras, see *The Story of Light, Path to Enlightenment*, chapter three,

energy might look like in terms of human behaviour, you can analyze different historical periods from this very unique and interesting point of view. Below, I have listed the dates when Pluto transited the corresponding zodiac signs along with a few key words that describe the nature of the energy. Get out your history books and do some research into historical patterns and the cycles of history.

If this topic interests you and you really want to dig into it, also exploring the other slow moving planets, Neptune and Uranus, pick up *Cosmos And Psyche* by Richard Tarnas. Dr.Tarnas is a sociological historian who has compiled an impressive and extensive data base that demonstrates how the planetary cycles coincide with events here on earth in human society.

Pluto through Cancer	1670-1694	1914-1939
A transformation of the emotions		
Pluto through Leo	1694-1711	1939-1959
Creative transformation		
Pluto through Virgo	1711-1724	1959-1972
A transformation of process & order		
Pluto through Libra	1724-1737	1972-1983
A transformation of all kinds of relationships		
Pluto through Scorpio	1737-1749	1983-1996
Transformation at the deepest level of Being		
Pluto through Sagittarius	1749-1762	1996-2009
Transformation of philosophy & belief		
Pluto through Capricorn	1762-1778	2009-2024
Transformation of the structure of society		
Pluto in Aquarius	1778-1799	2024-2043
Transformation of the human collective		

Blessings to all!

Christina Rai

www.christinarai.com christinaraiw@gmail.com

© Christina Rai October 2010, and used with permission.

Christina is an Evolutionary Astrologer and she focuses on the internal dynamic structure of the self in all of its layered parts, the ego, the Akashic storehouse, the soul, and the connection to spirit. As she unfolds the petals of your soul flower (the birth mandala or natal horoscope) using the gentle but incisive tool of astrology, she takes you on a journey to the very heart of your being.



serve as a vibratory home for greater quantities and higher qualities of light. With more light, the soul's energies gained access to the way light was manipulated on the physical plane. During these early stages, the angelic ones did not yet know how light adapted to a third dimensional vibration. Adapting light to Earth is the essence of our mission on Earth, but the knowledge of how to do so lay ahead.

When Topaz first brought the power to create into the existing chakras of early man, seven chakras did not exist. At first, there was only a single chakra. Soon after, there were three chakras—the base, the heart, and the crown chakras. Topaz resonated with the crown chakra and, to a lesser extent, with the other two chakras. At this early point in history, the differences between the chakras was inconsequential. As such, any stone that could resonate with one chakra, resonated with all three chakras. The crown was somewhat more advanced, because the initial work to bring any available light into the body was done in the crown.

The distant past has now come to the present.

In the last few millennia, Topaz continued its work to bring forth the creative energies of the higher-self. To some extent, Topaz still brings forth light in the current new age, and still retains some ability to work with more than a single chakra. However, its ability to crossover between chakras is limited to the second and third chakras only. The second chakra resonates with the darker orange range of light frequencies, as does the usually darker orange Topaz. These are the frequencies, which carry the body's sexual energies. The higher vibration of navel chakra, the chakra of creative power, is a lighter shade of orange, but primarily golden-yellow. Topaz is also capable of empowering the lower ranges of the navel chakra to some degree.

With Topaz, the higher-self can participate to ensure the alignment between the chakra and the heavens, whenever the creative power is used. The higher-self directs the expression of the chakras by bringing the higher frequencies from the soul, which correspond to the frequencies indigenous to the chakras. Topaz gains a reputation for its contribution to the sexual and creative energies of the second and third chakras, but these are not the only vibrations enhanced by Topaz.

Once the soul and the physical plane align with each other, the increase in the amount of the soul's creative light energy coming to Earth is significant. Thereafter, the light frequencies acquired by the Topaz work to further empower the chakras' energies and powers of

creativity. With more creative energy, the chakras provide an even more welcoming environment into which more of the higher frequencies of the soul descend. Topaz helps create a place for the soul's creative forces to come.

Let us return to the second chakra. During the early millennia, the reproductive energies resided in the base chakra. The alignment created by Topaz between the base chakra and the soul was the primary means to bring the sexual creative forces into the human body. Consequently, the soul could more easily manipulate sexual reproduction by joining matter of specific quality. It had great control over the selection process of reproduction.

Today's base chakra is much changed. In the modern era, some of this type of soul-directed guidance is still possible by using Topaz. Again, Topaz of the darker orange variety resonates with the higher sexual energies of the pelvic second chakra. It helps to open the second chakra to receive the creative frequencies of the soul. Once opened, the will of the soul is asserted with greater effect upon the sexual drive of the individual in question. While one might prefer to deny that species selection takes place in this way, the soul looks upon the process as a valuable tool for combining two entities with desirable qualities. The process of sexual selection, similar to how it worked in the earliest of times, is based primarily on the individual's ability to accept the soul's light into his body.

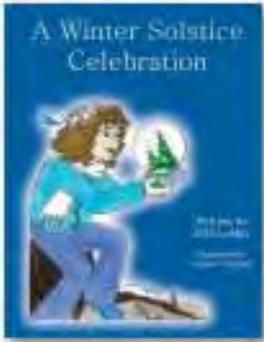
If the striated piece of Topaz also has a natural termination, it is most valuable to the way that Topaz offers its light. ♥

© Roger Joyeux, 2010 and used with Roger's permission. If you wish to integrate crystals into your spiritual or professional practice by gaining the knowledge of how they use and manipulate divine light frequencies and how they affect the body for balance, empowerment, and healing, please register for Roger's workshop entitled, **Crystals' Light**, November 20-21. For more information about the workshop and what those who took the workshop are saying, please visit <http://angelsandancestors.com/workshop.html#crystal>.

**"In the attitude of silence the soul finds the path in a clearer light, and what is elusive and deceptive resolves itself into crystal clearness. Our life is a long and arduous quest after Truth."
- Mahatma Gandhi**

LOOK AT THAT BOOK!

Editor's Note: We appreciate Didi Lemay taking time to write a short article about her book for this issue. Thanks, Didi!



- **Paperback: 56 pages**
- **Publisher: AuthorHouse (October 1, 2008)**
- **Language: English**
- **ISBN-10: 1438909985**
- **ISBN-13: 978-1438909981**
- **Product Dimensions: 11 x 8.5 x 0.1 inches**
- **Author: Didi Lemay**

The result of my deep concerns about the environment was my children's book, "A Winter Solstice Celebration". Miya, the young heroine in the book, learns--quite by accident--how the animals are concerned about their forest.

On a cold wintry day, Miya is confronted by a grumpy squirrel. She is a little surprised that she can communicate with the animals. She finds out that the animals have concerns and are alarmed about what the humans are doing to Mother Earth and their forest in particular and have called a meeting. The owl, who in pagan religion is seen as the wise female figure, heads up the meeting. It seems that the Inuit see the Owl as a source of guidance and so did Miya. The crow, who is considered sacred in the Celtic religion and the squirrel, who with his busy and energetic soul have decided to join in and help. Other animals like the fox, bear cub and fawn all join in as well

Miya has the opportunity to sit in on their meeting and sees first-hand what their concerns are. It is also then that she realizes that the actions of the humans are not always thought through. She befriends a crow, but when she offers to help, Miya hears that she is "only human" and "what could you do anyway?" She is able to convince the animals that she does want to assist, and she sets out to help her new animal friends.

It is a happy ending when Miya convinces the humans and animals to share the environment they live in and treat it with more consideration. 

DiDi LeMay is the author of "A Winter Solstice Celebration" and "Freddy's French Fries Fiasco". A Winter Solstice Celebration is an excellent book for Adults who want to teach their children the importance of caring for animals and the environment they live in. Her book makes great Christmas Reading. You can purchase her book at <http://didilemay.com> and at Amazon.com.

Weight-Loss Tea

In the book, "Kundalini Yoga as Taught by Yogi BhaJan", and written by Shakta Kaur Khalsa, some of the ancient secrets for dealing with weight issues are included in the section, "Healing Foods". The recipe is called "Weight-Loss Tea" and has several benefits if you drink two to three glasses of it per day:

- a) it is used to dissolve fatty tissue,
- b) it improves the beauty and youthfulness of the skin,
- c) it cleans the mucous membrane of the colon, and,
- d) it is a very good source of Vitamin C.

Making Weight Loss Tea

1/4 to 1/3 cup of dried mint leaves
2 cups cumin seeds
1 tablespoon fresh or frozen tamarind*
1/4 teaspoon black salt**
4 lemons, quartered
1/2 tablespoon of black pepper
3 quarts of water

* Tamarind is a tropical fruit and may be purchased as a paste at any Asian store
** Black salt has been used as a cancer preventative, and may be purchased at an Asian store.

The taste and smell are strong so use very little of this ingredient. Combine all the ingredients in a large pot and boil, and then lower the heat and keep at a low boil for several hours to release the benefits of the cumin seeds. If water evaporates, replace it. Strain out the solids to use again with 4 fresh lemons. Serve hot or cold. Tea and solids may be stored in the refrigerator for a week. Recipe makes 2 1/2 to 3 quarts.

As with anything one eats, or with any exercise program, the benefits and inches will come off over time. Recommended usage is to take this tea for four weeks, off for four weeks, and then drink another four weeks. This tea will help people take off four to seven pounds off in three to four weeks without other changes to the diet.

Adapted from a blog by Judy Hirst, posted November 1, 2008.

TRICKS FOR SMALL BUSINESSES

Helping Practitioners and Small Business Owners Navigate The Business World!

7 TIPS FOR GETTING NEW CLIENTS

By Bernadette Doyle

There is one business skill, above all others, that will offer you the ultimate financial security in an unsecure world. Whether you want more time with your family, or to travel around the world or make a contribution to an organization that's dear to your heart, truly mastering this skill is what will make all of your dreams, desires and goals absolutely possible.

You might guess that the key is to learn the different strategies and techniques that you can use to attract more clients to increase your income. And, while this is true, it really goes much deeper than that. It is the ability to attract the types of clients you want, paying the fees you want, whenever you want - that is the truly amazing skill.

Here are 7 tips to help you work towards achieving that skill ...

- **Figure out what your market really wants.** Visibility alone will not bring you all the clients you want. Just getting the word out about your offering isn't enough. People buy according to what they want, not what you think they need. There's a big difference. For example, no one needs a cigarette; they buy them because they want them. No one really needs a huge flat screen 40" TV, but people buy them because they want them. You won't increase your clients if your offering doesn't match up with what the market wants. So you've got to get good at figuring out what your market really wants.

- **Focus on the people who have raised their hands.** Instead of trying to sell to everybody, center your attention on those people who have already expressed an interest in what you're offering. Then develop a method of converting those raised hands into paying business.

Make it easy for clients to say yes.
Make the intangibles of your business tangible by explaining what it is that you do and how clients stand to benefit from that.

- **Focus on quality, not quantity.** Let's say you want to make a million dollars. Would you rather have 100,000 people paying you \$10 each? Or would you rather have 10 people paying you \$100,000 each? The quality of your offering allows you to charge a premium rate, but service fewer, better clients, to make the same money. In any market, at anytime, there is always a percentage of buyers who are willing and able to pay a premium amount for the solutions you can provide.

- **Follow the steps.** Getting new clients is a combination of a sequence of steps that work together to get the end result. If you skip or break any one of the steps, the whole thing falls apart. It's so important that you do all the right steps in the right order to get the results. I share those exact steps that worked for me 14 years ago, and the same steps that I've used in the past few years to reinvent my business over and over again.

- **Make it easy for clients to say yes.** Make the intangibles of your business tangible by explaining what it is that you do and how clients stand to benefit from that. Show them how all the risk is taken away and think about ways to make your offer irresistible

- **Think and act like a winner.** Even if you're in transition, focus on where you're heading, not where you're starting from.

Surround yourself with other winners who will motivate and inspire you by joining a mastermind or getting a mentor.

- **Systematize the process so that it is not totally dependent upon you.** Create systems so that people can automatically express interest and opt in, even if you aren't working or interacting with them at the moment. This was the critical factor in me breaking through the million dollar barrier last year. Save Yourself Time, Energy & Money by focusing on your area of expertise. Put technology and other people in charge of the other details that only distract you and bog you down. ΔΔ

About the Author - Bernadette Doyle is a marketing specialist who helps entrepreneurs become client magnets and attract a steady stream of their ideal clients. She publishes a free, weekly newsletter for trainers, speakers, coaches, consultants, complementary therapists and solo professionals. If you'd like to receive invaluable tips and advice on how to attract clients with ease, register at <http://www.clientmagnets.com>.

CLASSIFIEDS

12pm - 9pm Saturday: 10 am - 5 pm Sunday: 10 am - 5 pm

Nov 17, 2010 Annual Delectables & Art Show at the Calgary Winterclub 4611 - 14 St. N.W. Calgary, from 10:00 a.m. until 8:00 p.m. in the evening. 65 artisans, both craft and food vendors will be there to welcome you and your friends. There is a donation of \$2.00 at the door with 100% of the proceeds being donated to the Inn From the Cold. Everyone is welcome to attend as this event is open to the general public.

January 16, 2011 Sunday NATURALLY MOTHER NATURE'S TRADE FAIR First annual Naturally Mother Nature's Trade Fair is at Carriage House Inn. We are currently booking tables for interested vendors and show sponsors. Call to register 403-452-8852

ANIMALS

ZOOLIGHTS at Calgary Zoo Friday, November 26, 2010 to Monday, January 03, 2011 at 6:00 pm Zoolights at the Calgary Zoo is one of western Canada's most spectacular and largest Holiday light shows. Surround your family with the beauty and splendour of over 1.5 million twinkling lights. Our creamy hot chocolate will always hit the spot on a cool night, while our cracking fire pits will keep you toasty warm as you listen to the festive choirs singing holiday favourites. Our kids play areas are ideal for Holiday fun with the likes of Snowball Alley, Snow Bowling, The Reindeer Stables or Snigloo, where you can make your own igloo! Call Tanya Kaynes 403-232-9383 or tanyak@calgaryzoo.ab.ca
www.calgaryzoo.com

ARTS & MARKETS

CHRISTMAS CRAFT SHOW WITH CALGARY AUTHORS Sunday, November 7th, 1pm to 3pm, 2010
Location: Deer Run Community Centre, 2127 146th Ave. SE See Roger Joyeux and the Calgary Authors crafts table along with the many other displays for Christmas gifts, including books, Christmas Cards, foot detox sessions, light and sound therapy, reiki candles, aura art, baking, crystals, readings, bath salts, and over \$700 in door prizes. Sponsored by the Angels Among Us group at Meetup.com.

Scandinavian Christmas Bazaar & Bake Sale Sunday, November 07, 2010 at 10:30 AM - 3:00 PM at the Scandinavian Centre 739-20th Ave NW, Calgary. Showcasing unique cultural items, crafts and homemade baking from the Scandinavian Countries We welcome the public and still have a few Bazaar Tables available for vendors to rent. Come to get in some early Christmas shopping or join us downstairs for a delicious Scandinavian lunch of authentic open faced sandwiches, coffee, teas and of course a few sweets. Call 403 284-2610 or Donna @ Scandinavian Centre or scanctr@telus.net - www.scancentre.ca

Spruce Meadows International Christmas Market - November 12-14 and 19-21, 2010. Enjoy over 200 vendors spreading Christmas Spirit in the indoor comfort of the **Spruce Meadows Marketplace, Equi-Plex and Horizons Pavilion.** From world-imported items to hand-crafted gifts, the appeal of the International Christmas Market is simple: stress-free shopping in a beautiful, festive environment featuring unique gift ideas. Our **outdoor courtyard** also features additional vendors as well as ice carving demonstrations, fire pits to warm your toes and holiday entertainment. Friday -

ASTROLOGY

EVOLUTIONARY ASTROLOGY with Christina Rai. Connect to your Soul Purpose. Develop strategies for successful self-integration with the help of the magical tool of astrology. Check out my website for more!
www.christinarai.com. To make an appointment, email christinaraiw@gmail.com or call 204-990-4970.

BOOKS

The Story of Light Volume II: Through Heaven's Gate – now available. For more info on the book, including a look at the table of contents, introduction, and first 12 pages of chapter 1, plus audio readings, go to www.thestoryoflight.com Call Roger Joyeux to order direct at 403-225-2016.

MYSTERY

Vertigo Mystery Theatre November 12 – Dec 12 2010 – Alfred Hitchcock's "The 39 Steps"
<http://www.vertigotheatre.com>

WEB DESIGN

Webdesign11.com – websites, graphics including book publishing, logos, brochure design, banners, posters, Flash work, JavaScript, and custom designs. Websites starting at \$222.00

WRITERS

WordFest Presents Ian Tyson Wednesday, November 17
Venue: **Engineered Air Theatre, EPCOR Centre** (205 8 AVE SE, Calgary, AB) Start: **7pm Tickets are \$40**

Call WordFest at 403.237.9068 for more information or to order tickets by phone. Canadian icon Ian Tyson presents the *Long Trail: My Life in the West*, the celebrated singer-songwriter and horseman's long-awaited memoir.

<http://www.wordfest.com/>

WORKSHOPS & EVENTS

Crystals' Light Workshop on November 20 & 21, 2010, Saturday and Sunday 9:30-4:30 each day Crystals can promote beauty, temper anger, expand our awareness and consciousness, initiate our spiritual paths, enhance the expression of our truth, heal our maladies, empower our vibrations, and connect us to our guides and higher self. Each crystal works with light in its own unique and special way. Prepare yourself for a thorough and in depth understanding of crystals, how they act on our physical and subtle bodies and bring us into awareness of our true selves and our relation to the enlightened universe. How can crystals help you in your daily life and on your spiritual path? For more info, contact Roger Joyeux at srjoyeux@gmail.com or call 403-225-2016. See more about the workshop [here](#).

House and Dog Sitter Wanted!



We are looking for a dog-loving person to care for our two boys, Magic and Sage, and our house while we are gone. We have several week long trips that we must make through 2011. Our dogs are used to having someone around off and on all day, and going on great walks. We would like to find someone who is retired or semi-retired, or currently not working at this time. Please call Judy or Roger at 403-271-2269 if you want to hang out with two gentle, loving dogs.

JOKE OF THE MONTH

MATHS

The math teacher saw that Daphne wasn't paying attention in class. She called on her and said, 'Daphne! What are 2 and 4 and 28 and 44?'

Daphne quickly replied, 'ABC, CBS, HBO and the Cartoon Network!'

HOW THEY FORECAST A COLD WINTER

One day in early September the chief of a Native American tribe was asked by his tribal elders if the winter of 2009/10 was going to be cold or mild. The chief asked his medicine man, but he too had lost touch with the reading signs from the natural world around the Great Lakes.

In truth, neither of them had idea about how to predict the coming winter. However, the chief decided to take a modern approach, and the chief rang the National Weather Service in Gaylord Michigan.

'Yes, it is going to be a cold winter,' the meteorological officer told the chief. Consequently, he went back to his tribe and told the men to collect plenty of firewood.

A fortnight later the chief called the Weather Service and asked for an update. 'Are you still forecasting a cold winter?' he asked.

'Yes, very cold', the weather officer told him.

As a result of this brief conversation the chief went back to the tribe and told his people to collect every bit of wood they could find.

A month later the chief called the National Weather Service once more and asked about the coming winter. 'Yes,' he was told, 'it is going to be one of the coldest winters ever.'

'How can you be so sure?' the chief asked.

The weatherman replied: 'Because the Native Americans of the Great Lakes are collecting wood like crazy.'

The LAST WORD



ON THE WINGS OF FAILURE

By Celya Tay

At the end of the day, it doesn't matter how much you've tried. You will still fail.

At the end of the day, it doesn't matter how much you have believed. You will still fail.

At the end of the day, it doesn't matter how much you've loved. You will still fail.

At the end of the day, it doesn't matter how far you have come. You will still fail.

At the end of the day, it doesn't matter how strong you have been. You will still fail.

*Because failure is measured by standards others set..
and not by a measure of what we are capable of.*

*Because failure is measured by what others choose to see..
and not what you know to be true.*

Because failure makes others comfortably right in their own weaknesses..

regardless of how brave you have been in dealing with the blows.

*No matter what, you will fail.
Because people want a security blanket and are glad when you provide it.*

*Success isn't really something anyone outside of you can actually measure.
In fact, accepting failure is like gaining wings...*

Knowing you will eventually fail in someone's eyes can grant you the power to go the distance, keep on loving and continue giving your best shot.

Because once you accept failure is a mere perception, a judgement and a projection of another person's personal beliefs, and not a just measure of your truth, failure loses its sting.

In its place remains a conviction to be affirmed and valued for who you are. You gain inspiration to pursue what your heart alone yearns for.

And whatever that is, success is yours the moment you choose to obey that inner call. Because the moment you choose to accept that failure is a mere label, you stop fearing it and rise above its power to immobilise. And THAT is the greatest success of all.



© Celya Tay, 2010, and used with permission of the author. Celya Tay is a gal who believes in the alchemy of extracting beauty from ordinary everydays through the Eyes of Love. She shares her heartspace and love-inspirations on Facebook at <http://tinyurl.com/celya-tay>