



Angels and Ancestors Magazine

SHARING THE NATURAL WISDOM OF THE EARTH AND ITS INHABITANTS

"SOUNDS LIKE..."

In this Issue...

Healing Power of Sound

Dangers of Loneliness

Spirit Animals: White Tiger

Joy of Physical Labour

***Buddha Speaks:
Who to Believe?***

Judy's Soup Recipes

Five Ways to get more Time

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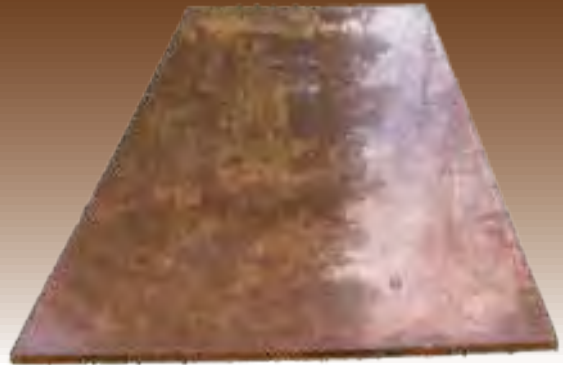
Looking For Stories, Articles, and Poems for Angels And Ancestors Magazine

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 publish as the space allows each month. Send your submission to judy@angelsandancestors.com.

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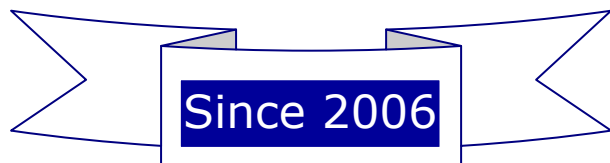
Angels and Ancestors

403-225-2016

info@angelsandancestors.com

Angels and Ancestors

Volume 5, Issue 4, January 2010



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Contributors – Judy Hirst-Joyeux, Roger Joyeux,
Layout – Roger Joyeux
Advertising – Judy Hirst-Joyeux, Roger Joyeux

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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.

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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.

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From the Editors



© Roger Joyeux "Winter Waterfowl"

Dear Readers,

I think that perhaps all of us have played the game, Charades, where you try to act out the phrase without making a sound. The irony of the game is that one of the clues is to tug on your ear which means "sounds like...". We are all used to sound, and the ability to communicate with other people and our pets, using words.

Even when we hear a person tell their story, perhaps how they are having difficulty with some aspect of their lives, our response is, quite often, "Sounds like you need...". We have listened, we have processed, and we have judged.

Or, we will hear a siren at a certain time of day, and we will think to ourselves, "Sounds like there was an accident." All of the sounds that we hear in a day influence our actions, our thoughts, and our energy. One of the most controversial ideas is that our thoughts are sounds as well as images. Together, they can change our emotions and our actions.

Sounds are important to us because they represent "belonging". If you think about the sitcom "Cheers", one of the most loved sounds, replayed every show, was the sound of the crowd greeting Norm with the cheerful sound of "Norm". The organ music in the church before a service starts is a signal

for many people that they "belong" in the venue. The music is a signal to relax and to introspect. Or, in some cases, it is a signal for the attendee to go to sleep.

Does the word "home" bring certain sounds to your mind? Or, if I say birthdays, or Christmas, or Halloween, do you hear particular sounds that represent those times? Each of us will probably hear something different. And, yes, some of the sounds like "trick or treat" will be the same.

Our society reinforces the use of the same sounds for all of us. The catchy jingles on television ads, and the phrases that are repeated so often that they have become pop culture indicate how much we are influenced by sound. One of the funniest things I have watched is a young child repeating something that a parent has said. The child will not only use the words, but will copy the tone and the inflections. Sound is powerful!

Here is a joke about sound that I find funny. Perhaps it will sound funny to you too.

A researcher arrives in Borneo to gather data for his thesis. Accompanied by his trusty guide, he seeks out a very remote locale for researching the mating behaviour of the giant rat of Sumatra.

Around dusk of the first day, he's sitting by the campfire with his guide when in the distance, he hears tribal drums. They get louder. The guide announces, "I don't like the sound of those drums."

The dusk turns evening. The drums get louder. The guide says, "I really don't like the sound of those drums."

Evening turns to dead of night. The drums get louder and louder, until it is obvious that the drummers must be quite close. The guide says again, "I really don't like the sound of those drums."

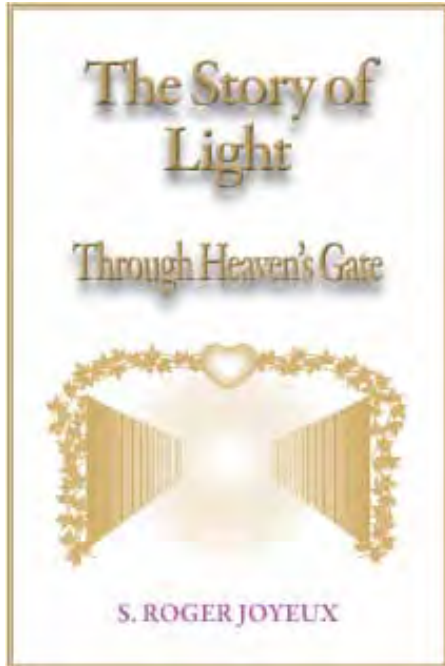
Suddenly the drums stop, and a voice from the darkness cries out, "Hey man, he's not our regular drummer!"

May your January be filled with sounds of laughter!

Namaste,
Judy

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QUOTES TO USE

"Food is our common ground, a universal experience."

James Bear

We should never make a god out of form. We should struggle for form only as long as it serves as a means of expression for the inner sound.

Wassily Kandinsky

The heavens declare the glory of God: and the firmament sheweth his handy work. One day telleth another: and one night certifieth another. There is neither speech nor language: but their voices are heard among them. Their sound is gone out into all lands: and their words into the ends of the world.
Book of Common Prayer, Psalm 19:1v4.

The most persistent sound that reverberates through men's history is the beating of war drums.

Arthur Koestler

Just as a stone flung into the water becomes the centre and cause of many circles, and as sound diffuses itself in circles in the air; so any object, placed in the luminous atmosphere, diffuses itself in circles, and fills the surrounding air with infinite images of itself.

Leonardo daVinci

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The Healing Power of SOUND

By Simon Heather

Listed in "Sound and Music", originally published in issue 64 - May 2001

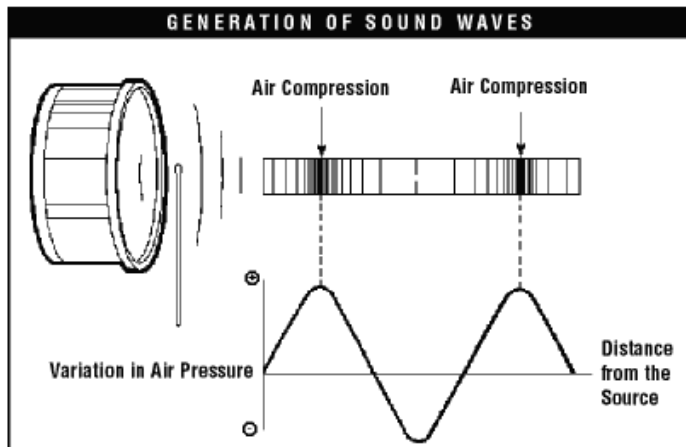


Image from www.Rockwool.com

Sound has been used as a healing force for thousands of years. All ancient civilizations used sound for healing. Traditional cultures still surviving today understand the remarkable healing power that lies in sound.

In the Bible we are told that David played his harp to lift King Saul's depression. Egyptian papyri over 2,600 years old refer to incantations as cures for infertility and rheumatic pain.

The ancient Greeks believed music had the power to heal body and soul. They used the flute and the lyre for treating illnesses such as gout and sciatica. It is reported that Alexander the Great's sanity was restored by music played on the lyre. There is an ancient Greek saying, 'Men have song as a physician for pain.'

Pythagoras used special songs and incantations with particular melodies and rhythms, to cure diseases of the body and mind.[1]

WHAT IS SOUND HEALING?

Sound healing is the therapeutic application of sound frequencies to the body/mind of a person with the intention of bringing them into a state of harmony and health. The dictionary defines 'harmony' as 'congruity of parts to their whole or to one another'. 'Health' is defined as 'the state of being bodily and mentally vigorous

and free of disease'.

The French ear, nose and throat specialist Dr Alfred Tomatis has devoted the last 50 years to understanding the ear and its function. He believes that the ear is the most important of all our sense organs. The ear controls the body's sense of balance, rhythm and movement and is the conductor of the entire nervous system.

Through the medulla, the auditory nerve connects with all the muscles of the body. Hence, muscle tone, equilibrium, flexibility and vision are affected by sound. Through the vagus nerve, the inner ear connects with the larynx, heart, lungs, stomach, liver, bladder, kidneys, small intestine and large intestine.

Tomatis believes that high frequency sounds (3,000Hz and above) activate the brain and affect cognitive functions such as thinking, spatial perception and memory. Listening to these sounds increases our attentiveness and concentration.[2]

RESONANCE

When an opera singer vibrates a glass with their voice, they have matched the resonant frequency of the glass. As the singer increases the volume of their sound, the resonance becomes too great for the forces that hold the glass together and it shatters. Modern medicine now uses sound waves to break up kidney stones and gallstones.

Every organ, every bone, every cell in the body has its own resonant frequency. Together they make up a composite frequency like the instruments of an orchestra. When one organ in the body is out of tune it will affect the whole body. Through sound healing it may be possible to bring the diseased organ into harmony with the rest of the body, hence avoiding the need for drugs or surgery.

The principle of entrainment states that powerful rhythmic vibrations from one source will cause the less powerful vibrations of another source to lock into the vibration of the first source. Nature always seeks the most efficient state; it takes less energy to pulse in co-operation than in opposition.

SCIENTIFIC RESEARCH INTO SOUND

In the 18th century Ernest Chladni, a German physicist, found that when a violin bow was drawn vertically across the rim of a metal

plate the sound waves produced created patterns in sand sprinkled on the plate. Different musical tones would cause the sand particles to move into geometric patterns.

In the 1960s Hans Jenny, a Swiss scientist, spent over ten years conducting experiments to discover the effects of sound waves on materials placed on metal plates vibrated with sound. Materials such as glycerine, mercury, gel, powder and iron fillings were used. He photographed the patterns created.

He found that low frequency sounds produced simple geometric shapes in the materials. As the sound frequency was increased, these simple forms would break up and more complex patterns would appear. The sound 'OH' would produce a perfect circle. Jenny came to the conclusion that sound creates form and that the entire human body had its own sound made up of all the sounds of its cells, tissues and organs.[3]

FABIEN MAMAN

In 1974, Fabien Maman was working as a professional jazz musician. He noticed that certain musical keys had an energizing effect on both the musicians and the audience.

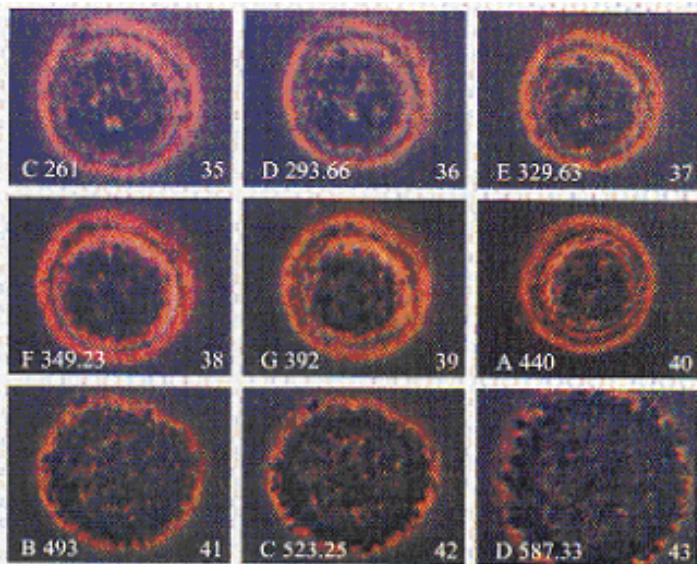
Fabien worked with the French physicist Joel Sternheimer. Sternheimer had discovered that elementary particles vibrate at frequencies in accordance with musical laws. They found that body tissue, organs and acupuncture meridians each have a musical note.

A few years later, Fabien met H  l  ne Grimal, a senior researcher at the National Centre for Scientific Research in Paris. They devoted a year-and-a-half to study the effects of sound on normal and malignant cells. Using drums, gongs, flutes, guitar, bass and a xylophone, they investigated the effects of sound on healthy blood cells, haemoglobin, and the 'Hela' cancer cell from the uterus.

They found that even at 30-40 decibels the sound always produced noticeable changes in the cells. As the sounds progressed up the musical scale there would be an 'explosion' of the cancer cells at a certain frequency as the sound travelled outward from the centre of the cell to its outer membrane. The experiment yielded the most dramatic results when the human voice was used.

Fabien says, 'Near the end of the scale, usually around the seventh interval, the can-

cer cells exploded. It appears that the cancer cells were not able to support a progressive accumulation of frequencies.'⁴ 'The healthy cells appeared supple and able to freely receive, absorb and return the energy. In contrast, the cancer cells appeared inflexible and immutable in their structure.'[5]



Hela cancer cells being broken up by the musical scale played on a xylophone[6]

In experimental sessions on actual cancer patients, the music produced equally astonishing results. Female volunteers with breast cancer were taught to tone the whole scale, using a violin to keep a base note for 21 minutes at a time. They spent 31/2 hours a day doing this for a month. One woman's tumour disappeared completely.[7]

Fabien Maman took healthy blood cells and played a xylophone to them. He photographed the changes in the electromagnetic fields around the cells using Kirlian photography. Subjected to a chromatic scale of frequencies, the slight difference of a half tone would produce a completely different shape and colour in the energy field of the cell. He found that the note 'C' made them longer, 'D' produced a variety of colours, 'E' made them spherical and 'A' (440Hz) changed the colour of their energy field from red to pink.

In his next experiment, Fabien took a sample of blood from a person's finger. He then asked the person to sing the seven notes of the major scale to their own blood cell. With each note, the cell's energy field changed its shape and colour. When the person sang an 'F' to their own blood cells, the cells resonated perfectly

with the voice, producing a balanced, round shape and vibrant colours of magenta and turquoise.

He says, 'The cells are completely bathed in light and alive with full resonance, clear evidence that this 'F' is the fundamental sound of the singer... Fundamental sound can be very helpful for the physical body through its harmonising and regenerating effect at the cellular level.'[8]



Blood cells responding to the sound of a person's voice[9]

From his experiments, Fabien concluded that, 'In the human voice there is an added element which cannot be found in any other instrument... The human voice carries its own spiritual resonance... This difference, evident from the photographs, is what makes the voice the most powerful healing instrument – particularly when the person needing the healing produced the sounds with his or her own voice.'[10]

Jim Oliver says that the body responds to sounds that we cannot hear. He says, 'We put the selected sounds exclusively into a pair of headphones and put them on a client's ankles. They responded to the sound even though their ears could not hear the sound. Once you vibrate a part of the body the blood cells carry this resonance to the whole body very quickly.'[11]

MASARU EMOTO

A Japanese scientist, Masaru Emoto, wanted to find a way of scientifically evaluating water quality. He decided to freeze samples of water taken from different sources to compare their crystalline structure. When pure water crystallizes it forms a pure crystal; would contaminated water also form a pure crystal?

Water was placed in petri dishes in a freezer for two hours, then placed under a microscope and photographed at a magnification of 200-

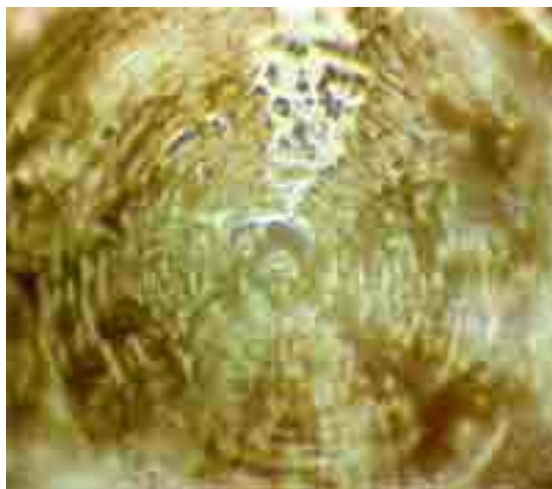
500 times. Although the crystals that formed were all unique, the crystals from water of the same source were all similar in shape. Over a four-year period his team took 10,000 photographs.

Tap water from Japanese cities generally would not form complete crystals. Tap water from London formed no crystals at all. Spring water generally produced the most beautiful crystals, as did water from holy places such as Lourdes.

Masaru Emoto's next experiment was playing music to water. He placed distilled water in between two speakers and played one piece of music fully at normal volume. Then he froze the water.



Water crystals formed when distilled water was frozen after being played Bach's 'Air on a G String'.



Water crystals produced when distilled water was frozen after being played heavy metal music[13].

Classical music produced beautiful crystals of slightly different colours. Healing music, a Tibetan mantra and folk music also produced beautiful crystals. Heavy metal music produced a pattern that looked like a crystal that had exploded into a thousand pieces. Japanese pop music produced ugly square-shaped crystals rather than the normal hexagonal ones.[12]

Since our body is made up of 70% water, Masaru Emoto's work demonstrates that we are constantly being influenced by the sounds around us and by the information stored in the water we consume.

MUSIC AS MEDICINE

Don Campbell, in his book *THE MOZART EFFECT*, shows how music, particularly Mozart's, has all kinds of beneficial effects for human health. Scientists suggest that listening to Mozart helps us to improve our powers of concentration and enhances our ability to make intuitive leaps, by organizing the firing pattern of neurones in the cerebral cortex.[14]

The foetus prefers Mozart and Vivaldi to other composers. When pregnant mothers listened to Mozart and Vivaldi, the babies' heart rates invariably steadied and kicking declined. Rock music 'drove most fetuses to distraction' and they 'kicked violently' when it was played to their pregnant mothers.[15]

Slower tempo music slows our breathing rate. The human heartbeat will tend to match the rhythm of music. Listening to Pachelbel's Cannon, for instance, at around 64 beats per minute, the rate of a resting heart beat, will slow our breathing rate and heart rate and change our brain wave pattern from beta to alpha. Music will also calm our nervous system and affect metabolism.

The pitch and rhythm of music influence the limbic system, affecting our emotions. Scientists concluded that preferred music 'may elicit a profound positive emotional experience that can trigger the release of hormones, which can contribute to a lessening of those factors which enhance the disease process'.[16]

Music is now used to reduce the pain and anxiety of patients undergoing dental treatment and surgical operations. In a study of 59,000 patients, 97% of patients stated that music really helped them to relax in the post-operative situation and during surgery in regional anaesthesia.[17]

In his research, Dr Mike Lewis found that classical music works on the whole brain, whereas pop music affects only one side of the brain. He says, 'I recommend that those who are looking for a peak experience try classical. Mozart is a great place to start, but it is a question of trial and error, find what works for you.'[18]

SINGING/TONING

Dr Tomatis found that a child traumatized by an enraged or screaming adult learns to survive by shutting out these noises. Once the hearing shuts down the child will find it hard to learn.[19]

This explains why some people can sing in tune while others consider themselves 'tone deaf'. It is impossible for us to make a sound unless we have heard that sound or note before. I have found from experience in teaching voice work that once a person's hearing is reawakened then they can begin to hear what is sung to them and can then accurately copy this sound.

Toning is defined as - 'to make sound with an elongated vowel for an extended period'. Toning with other people creates a feeling of unity. It also helps us to release stress and repressed emotions. Regular toning and humming helps to re-energize the body and restore health to the mind, body and spirit.

Toning has a neurochemical effect on the body, boosting the immune system and causing the release of endorphins. Toning assists in good breathing and posture. The muscles of the digestive system are massaged and stimulated by regular toning. Toning has also been effective in relieving insomnia.[20]

WOLFSON

Alfred Wolfson was a German-born singing teacher who was plagued by the sounds of artillery and human agony that he experienced as a soldier in the trenches in World War I. Wolfson cured himself of aural hallucinations by singing the terrible sounds that haunted him. He went on to develop a therapeutic method that was based on using the voice. He taught his students to make spontaneous noises, including those of animals, birds and even machines.

Using Jung's concept of the anima and animus, Wolfson taught that by extending the vocal range through singing exercises, one could contact the opposite polarity within oneself, thereby integrating the psyche and heal-

ing a variety of psychological and physical conditions.[21]

Laurel Elizabeth Keys, in her book *Toning the Creative Power of the Voice*, says, 'A whiny weak voice will suck in negativity, attracting lingering illness like cancer, asthma, allergies, tumors, rheumatism and arthritis. No healing will be possible until the person reverses their tonal pattern.'[22]

Laurel discovered toning by accident. One day her body became filled with a sound so great that she had to express it. 'Each time I toned, my body felt exhilarated, alive as it had never felt before, a feeling of wholeness and extreme well-being.'[22]

CHANT

Dr Tomatis discovered the power of chant after visiting a monastery in France. The new abbot had stopped the monks chanting. The Benedictine monks normally chant for six to eight hours a day. The abbot believed that the Gregorian chant served no useful purpose and that without it they could recapture that time for other things.

The monks had been chanting in order to 'charge up' themselves, but they hadn't realized what they were doing. As the days passed they became more and more tired. A procession of doctors came to the monastery over a period of several months. They changed the monks' diet and sleep patterns but the monks became more tired than ever.

When the abbot called in Dr Tomatis in February 1967, Tomatis found 70 out of the 90 monks 'slumping in their cells like wet dishrags'. He reintroduced their chanting immediately. By November, almost all of them had gone back to their normal activities, their prayer, their few hours of sleep, and their arduous work schedule.[23]

PRINCIPLES OF SOUND HEALING ENTRAINMENT

The principle of entrainment explains how sound healing works. A harmonious sound projected at a person who is in a state of disharmony will eventually bring them into resonance with the harmonious sound. Our atoms, molecules, cells, glands and organs all have a vibrational frequency. Sounds from outside our body will stimulate sympathetic vibration in the

molecules and cells of our body.

INTENTION

The sound wave created by a person singing or playing an instrument will carry information to the receiver of the sound. We all know that a song can be sung with a loving intention or an aggressive intention. When a mother sings a lullaby to her child, the child feels the love in the mother's voice and is rocked to sleep. At a football match, fans sing aggressive chants directed at the opposing supporters and their team. Here the intention is to intimidate.

SYMPATHETIC RESONANCE

When two objects have similar vibratory characteristics that allow them to vibrate at the same frequency, they form a resonant system. When a 'C' tuning fork is struck, another 'C' tuning fork close by will also begin to vibrate. For healing to occur there must be a resonance or rapport between healer and patient.

PURE TONE

Jonathan Goldman in his book *Healing Sounds* says, "When we have learned techniques for harmonic toning, the human voice is able to create nearly every frequency, at least within the bandwidth of audible frequency." Jonathan offers the simple formula, "Frequency plus Intention equals Healing." If we can find a pure sound frequency coupled with a pure intention then healing will occur. When our body receives a pure tone our muscles will relax and tension will be released.[24]

SOUND HEALING

When working with a person in a sound healing session I use my voice to scan over their body. I find that my voice will 'break up' over areas of their body where there is pain, disease or poor function. I then administer sound healing through my voice using different tones, vowel sounds and harmonics until the imbalance is cleared. I use healing songs, prayers and mantras. I will also help a person find their fundamental sound.

I use a wide range of sound healing techniques to treat all conditions. These include combining my voice with instruments, using sound in combination with bodywork, encouraging the person to express their pain through sound, using tuning forks and different musical intervals.

Dissonant intervals can be used in sound healing to help a person to get in touch with painful emotions. When the dissonance is resolved by sounding the interval above, the person listening will experience a feeling of release, lightness and joy. If the person has experienced deep trauma, I will often chant the person's name to call back their spirit.

Sound healing can be combined with other healing therapies such as massage and bodywork. After a sound healing treatment most people report a feeling of deep relaxation and an improvement in the function of mind and body. Structural imbalances in the body will often correct themselves during the sound treatment.

Simon Heather MSocSc LicAc MCOH is an internationally known author, healer and workshop leader. Simon is the founder of the College of Sound Healing, a non-profit making organization dedicated to promoting sound healing in the United Kingdom. Contact at info@collegeofsoundhealing.co.uk www.collegeofsoundhealing.co.uk Used with permission, following the Creative Commons Licensing.



An ornately painted tsuridaiko, used in gagaku music

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The Dangers of Loneliness

Friendship is a lot like food. We need it to survive. Psychologists find that human beings have a fundamental need for inclusion in group life and for close relationships.

By Hara Estroff Marano

Friendship is a lot like food. We need it to survive. What is more, we seem to have a basic drive for it. Psychologists find that human beings have fundamental need for inclusion in group life and for close relationships. We are truly social animals.

The upshot is, we function best when this social need is met. It is easier to stay motivated, to meet the varied challenges of life.

In fact, evidence has been growing that when our need for social relationships is not met, we fall apart mentally and even physically. There are effects on the brain and on the body. Some effects work subtly, through the exposure of multiple body systems to excess amounts of stress hormones. Yet the effects are distinct enough to be measured over time, so that unmet social needs take a serious toll on health, eroding our arteries, creating high blood pressure, and even undermining learning and memory.

A lack of close friends and a dearth of broader social contact generally bring the emotional discomfort or distress known as loneliness. It begins with an awareness of a deficiency of relationships. This cognitive awareness plays through our brain with an emotional soundtrack. It makes us sad. We might feel an emptiness. We may be filled with a longing for contact. We feel isolat-

ed, distanced from others, deprived. These feelings tear away at our emotional well-being.



Image from roxanne1523.wordpress.com

Despite the negative effects of loneliness, it can hardly be considered abnormal. It is a most normal feeling. Everyone feels lonely sometimes—after a break-up with a friend or lover, when we move to a new place, when we are excluded from some social gathering.

Chronic loneliness is something else entirely. It is one of the surest markers in existence for maladjustment.

In children, it leads to all kinds of problems. Failure to be socially connected to peers is the real reason behind most school dropouts. It sets in motion a course on which children spin their way to outcast status and develop delinquency and other forms of antisocial behavior.

In adults, loneliness is a major precipitant of depression and alcoholism. And it increasingly appears to be the cause of a range of medical problems, some of which take decades to show up.

Psychologist John Cacioppo of the University of Chicago has been tracking the effects of loneliness. He performed a series of novel studies and reported that lone-

liness works in some surprising ways to compromise health.

- Perhaps most astonishing, in a survey he conducted, doctors themselves confided that they provide better or more complete medical care to patients who have supportive families and are not socially isolated.
- Living alone increases the risk of suicide for young and old alike.
- Lonely individuals report higher levels of perceived stress even when exposed to the same stressors as non-lonely people, and even when they are relaxing.
- The social interaction lonely people do have are not as positive as those of other people, hence the relationships they have do not buffer them from stress as relationships normally do.
- Loneliness raises levels of circulating stress hormones and levels of blood pressure. It undermines regulation of the circulatory system so that the heart muscle works harder and the blood vessels are subject to damage by blood flow turbulence.
- Loneliness destroys the quality and efficiency of sleep, so that it is less restorative, both physically and psychologically. They wake up more at night and spend less time in bed actually sleeping than do the non-lonely.

Loneliness, Cacioppo concludes, sets in motion a variety of “slowly unfolding pathophysiological processes.” The net result is that the lonely experience higher levels of cumulative wear and tear.

In other words, we are built for social contact. There are serious—life-threatening—consequences when we don’t get enough. We can’t stay on track mentally. And we are compromised physically. Social skills are crucial for your health.

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Spirit Animal - White Tiger

By Judy Hirst

I went to my sacred place a couple of days ago, and the most beautiful white tiger was lying on the couch in my space. She turned and looked at me, and I knew that this was a very special guide, and one that was a little scary. She was scary because she could see in to all of me – I can hide nothing from her.



I asked her what name I should call her, and she gave me a name that is our code word, and that I cannot share. She seemed to go to sleep for a bit, and then she turned and looked at me again, and said, “What is it that you truly want to do at this time of your life?”

There was a long pause while I thought

The Joy of Physical Labour

By Osho

"Physical labour has become a shameful act."

about it. I realized that I wanted to do exactly what I was doing – writing, working on a book, working on Data Cloud Consulting www.datacloudconsulting.com, my new consulting company. So I said, "I am doing exactly what I wish to be doing."

There was a silence for several minutes. And she spoke, "How can you be doing this better?"

I thought again. "Perhaps I need to be more focused, and more disciplined," I said. I was feeling good because I thought that I had the right answer.

"Perhaps you need to listen more clearly to what is going on around you," she said. Then she shut her eyes and seemed to go very soundly asleep.

"Excuse me!" I said. There was no response. I tried again. There was no response.

I am now wondering whether I should be listening to somebody or something, or listening for something, or, just generally listening to the sound of the sound of the ethers/universe. Perhaps I should be listening for a call to do something or to go somewhere.

While I am figuring this out, do have a day full of laughter!

From <http://angelsandancestors.blogspot.com>, November 9, 2010. © Judy Hirst and used with permission.

A Western thinker, Albert Camus, has written jokingly, in one of his letters, that a time will come when people will start asking their servants to make love for them. If someone falls in love with somebody, he will appoint a servant to go and make love on his behalf!

Picture from flickr.com This can happen some day. We have already started getting everything done by others; love is the only thing which we still do ourselves. We appoint others to pray for us. We employ a priest and tell him to pray on our behalf, to do the rituals on our behalf. We appoint a priest in the temple and tell him to worship on our behalf. Even the things like prayer and worship we are getting done by our servants. So if we are getting our servants to worship for us, it is not unthinkable that some day wise people will tell their servants to make love to their beloved on their behalf. What is the difficulty? And those who will not be able to afford servants to do their job, will feel ashamed that they are so poor that they have to make love themselves.

It is possible someday because there is so much in life which is significant but which we are now getting done by our servants! And we are not at all aware of what we have lost by losing the significant things.

All the strength, all the vitality of life is lost because man's body and man's being have been created for a certain amount of labour, and now he has been spared from all that work.

Right labour is also an essential part in the awakening of man's consciousness and energy.

One morning Abraham Lincoln was polish-



ing his shoes in his house. One of his friends who was visiting him, said, "Lincoln! What are you doing? You polish your own shoes?"

Lincoln said, "You surprise me! Do you polish other people's shoes? I am polishing my own shoes; do you polish others' shoes?"

The friend said, "No, no, I get my shoes polished by others!"

Lincoln said, "It is worse to get your shoes polished by others than to polish others' shoes."

What does it mean? It means that we are losing our direct contact with life. Our direct contacts with life are those that come through labour.

In the time of Confucius, about three thousand years ago, Confucius once went to visit a village. In a garden he saw an old gardener and his son pulling water out of a well. For the old man the work of drawing water out of a well was very difficult even with the help of his son. And the old man was very old.

Confucius wondered if this old man did not know that bulls and horses were now being used to draw water out of the well. He was drawing it himself. He was using such old methods!

So Confucius went to the old man and said, "My friend! Don't you know that there has been a new invention? People are drawing water out of wells with the help of horses and bulls. Why are you doing it yourself?"

The old man said, "Speak softly, speak softly! For me, it does not matter what you say but I am afraid my young son may hear you."

Confucius asked, "What do you mean?"

The old man replied, "I know about these inventions, but all inventions like this take man away from labour. I do not want my son to become disconnected, because the day he becomes disconnected from labour, he will be disconnected from life itself."

Life and labour are synonymous. Life and labour have the same meaning. But slowly, slowly we have started calling those people who do not have to do physical exertion, fortunate, and those who have to do physical exertion, unfortunate. And in a way it has become so, because in a way many people have dropped doing labour so some people have to do too much labour. Too much labour kills one. Too little labour also kills one.

Hence I said "Right labour. Proper distribution of physical labour." Each person should do some physical labour. The more intensely, the more blissfully, the more gratefully a man enters the labour part of his life, the more he will find that his life-energy has started moving

down from the brain closer to the navel. For labour neither the brain nor the heart is needed. The energy for labour is derived directly from the navel. This is its source.

Along with the right diet a little physical labour is very essential. And it is not that it should be in the interest of others — that if you serve the poor, it benefits the poor; if you go to a village and do

farming, it benefits the farmers; if you are doing some labour, you are doing a great social service. These are all false things. It is for your own sake, not for anyone else's sake. It is not concerned with benefiting anybody else. Someone else may benefit by it, but primarily it is for your own good.

When Churchill retired, one of my friends went to see him at his house. In his old age, Churchill was digging and planting some plants in his garden. My friend asked him some questions about politics. Churchill said, "Drop it! Now it is over. Now if you want to ask me something, you can ask me about two things. You can ask me about the Bible, because I read it at home, and you can ask me about gardening because I do it here in the garden. Now I have no concern about

"Right labour. Proper distribution of physical labour." Each person should do some physical labour. The more intensely, the more blissfully, the more gratefully a man enters the labour part of his life, the more he will find that his life-energy has started moving down from the brain closer to the navel.

politics. That race is over. Now I am doing labour and prayer.”

When my friend returned he said to me, “I do not understand what kind of man Church-ill is. I thought he would give me some answers. But he said he was doing labour and prayer.”

I told him, “Saying labour and prayer is a repetition. Labour and prayer mean the same, they are synonymous. And the day that labour becomes prayer and prayer becomes labour is the day that right labour is attained.”

A little labour is very essential but we have not paid any attention to it. Not even the traditional sannyasins of India paid any attention to labour; they refrained from doing it. There was no question of their doing it. They simply moved in another direction. Rich people stopped labouring because they had money and they could pay for it and sannyasins stopped because they had nothing to do with the world. They neither had to create anything, nor did they have to earn money, so what did they need labour for? The result was that two respected classes of society moved away from labour.

So those in whose hands labour remained, slowly, slowly became disrespected.

For a seeker labour has great significance and usefulness...not because you will produce something from it but because the more you are involved in some kind of labour, the more your consciousness will start becoming centered. It will start coming downwards from the brain. It is not necessary that the labour has to be productive. It can be non-productive also, it can be a simple exercise. But some labour is very essential for the agility of the body, complete alertness of the mind, and total awakening of the being. This is the second part.

There can be a mistake in this part also. Just as one can make a mistake with one's diet : either one eats too little or one eats too much, so a mistake can happen here also. Either one does not do labour at all or one does too much. Wrestlers do too much labour. They are in a sick state. A wrestler is not a healthy person. A wrestler is putting too much of a burden on the body ; he is rap-

ing the body. If the body is raped, then some parts of the body, some muscles, can be developed more. But no wrestler lives long! No wrestler dies in a healthy state.

Do you know this? All wrestlers — whether he is a Gama, or a Sandow, or anybody else with a great body, even the greatest in the world — die unhealthy. They die earlier and they die of violent diseases. Raping the body can swell the muscles and make the body worth looking at, worth exhibiting, but there is a great difference between exhibition and life. There is a great difference between living, being healthy and being an exhibitionist.

Each person should find out according to himself, according to his body, how much labour he should do to live more healthily and more freshly. The more fresh air there is inside the body, the more blissful each and every breath is, the more vitality a person has to explore the inner.

Simonbel, a French philosopher, has written a very wonderful thing in her autobiography. She said, “I was always sick until the age of thirty. I was unhealthy and I had many headaches. But it was only at the age of forty that I realized that until the age of thirty I was an atheist. I became healthy when I became a theist. Only later did I see that my being sick and unhealthy was related to my atheism.”

A person who is sick and unhealthy cannot be full of gratitude towards existence. There can be no thankfulness in him towards existence. There is only anger. It is impossible for such a person to accept something towards which he is full of anger. He simply rejects it. If one's life does not attain a certain balance of health through right labour and right exercise, then it is natural that one will have some negativity, a resistance, an anger towards life.

Right labour is an essential rung on the ladder to ultimate theism.

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Buddha Speaks: Who to Believe?

by Judith Hirst

Last week, I had a blog comment from a reader with a question about information in a book they were reading. The question was to ask me to confirm if the book was correct or not in what it was saying.

This is a tough question because depending on the book, and when the book was written, the information may have been true at the time, and now in the 21st century, it may be proven false.

When I wonder about information because something about it doesn't ring true, I go back to the words of Buddha. In his teaching that has become known as the "Kalama Sutta". The word "Kalama" refers to the people in the village in a township in India that had the question around "What is the correct teaching?". The word "Sutta" has a complex meaning. However, for simplicity's sake, let's agree that it means "rules". The teaching then, is "Rules for the Kalama". The principles are sound. Buddha says not to take anything on face value.

Well, I won't say anymore. Read this and you will see how sound this advice is. But, don't take my word for it! (Smile.)

KALAMA SUTTA

The people of Kalama asked the Buddha who to believe out of all the ascetics, sages, venerables, and holy ones who, like himself, passed through their town. They complained that they were confused by the many contradictions they discovered in what they heard. The Kalama Sutta is the Buddha's reply.

- Do not believe anything on mere hearsay.

- Do not believe in traditions merely because they are old and have been handed down for many generations and in many places.

- Do not believe anything on account of rumors or because people talk a great deal about it.

- Do not believe anything because you are shown the written testimony of some ancient sage.

- Do not believe in what you have fancied, thinking that, because it is extraordinary, it must have been inspired by a god or other wonderful being.

- Do not believe anything merely because presumption is in its favor, or because the custom of many years inclines you to take it as true.

- Do not believe anything merely on the authority of your teachers and priests.

- But, whatever, after thorough investigation and reflection, you find to agree with reason and experience, as conducive to the good and benefit of one and all and of the world at large, accept only that as true, and shape your life in accordance with it.

- The same text, said the Buddha, must be applied to his own teachings.

- Do not accept any doctrine from reverence, but first try it as gold is tried by fire.



The Kesariya Stupa is believed to be at the place where the Buddha delivered the discourse.

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Living Health

WANT A RESTFUL SLEEP? EAT THESE FOODS

By Molly Mann

About two years ago, I stopped sleeping. Since then, I can count on one hand the number of nights I've been able to both fall asleep at a reasonable hour and stay asleep through the night. I've tried everything: aromatherapy, cutting out caffeine and alcohol, even sleeping pills. But the only thing I've really found to work is modifying my diet to include foods that promote restful sleep and exclude insomnia triggers. Though what you eat for breakfast may not seem like an obvious culprit when you're trying to determine the causes of sleeplessness, the amount and quality of our nightly rest are directly related to the foods we eat all day.

The Food-Sleep Connection

What does diet have to do with sleep? Quite a lot, actually. There are two chemicals in the brain that signal to our bodies when it's time to go to sleep: serotonin and melatonin. The former shuts down the nervous system so our brains can rest, while the latter regulates circadian rhythms and causes drowsiness. Tryptophan, an amino acid, is the raw material the body uses to produce these two sleep hormones. And as with all proteins, the best source of tryptophan is food. For your daily dose of "vitamin T," munch on dairy and soy products, lean meats, seafood, whole grains, legumes, eggs, and seeds.

There's a bit more to inducing sleep with food than just eating a tryptophan-rich diet, though. You also have to make sure the amino acid is available to the brain. High-

glycemic foods, carbohydrates that break down quickly during digestion, have gotten a bad rap from diet gurus, but they serve an important purpose in promoting restful sleep. High-carb meals stimulate the production of insulin, which helps rid the blood of amino acids that compete with tryptophan and prevent it from reaching the brain. Calcium also helps the brain turn tryptophan into melatonin. Conversely, eating too much protein at meals, especially in the evening, causes us to ingest too many other amino acids, such as tyrosine, which keeps us alert.

Don't Dine After Nine

A good rule of thumb to follow when eating for sleep is protein in the morning, carbs at night. But that doesn't mean you should go overboard on the pasta around 10 p.m. Eating a large meal too close to bedtime, especially one with a high fat content, will have your digestive system working overtime and keep you from falling asleep. Also, eating a purely carbohydrate meal late at night will launch you on the blood-sugar roller coaster and cause your body to release stress hormones that will keep you awake. When you eat is just as important as, if not more important than, what you eat, so heed the old adage "don't dine after nine."

A good diet that gets you to sleep at a reasonable hour and helps you stay asleep through the night requires you to carefully distribute your carbs and protein throughout the day. This may seem like a lot to keep track of at first, but you'll get the hang of it after a while, and the reward will be restful sleep. An added bonus: the same eating plan is recommended to boost metabolism and aid weight loss.

- **For breakfast and lunch, choose high-protein, medium-carbohydrate meals.** These should constitute the bulk of your daily calories, since you'll want to eat lightly later in the day. Since most of us are most active in the morning and early after-

noon, that's when we need our fuel.

- **Dinner and bedtime snacks should be just the opposite:** high in carbohydrates with a small amount of protein. Choose complex carbohydrates to keep your blood sugar level stable and tryptophan-rich sources of protein to balance your amino acids. Try to include some calcium, too, like the old standby of a warm glass of milk.

- **Eat your evening meal early, with a light snack about an hour before bedtime** (the amount of time it takes tryptophan to reach the brain). This combination will stave off hunger pangs that might wake you in the middle of the night, while ensuring that your body has completed all its major digestive work and is ready for sleep. Great snack choices include whole-grain cereal with skim milk, an apple with string cheese, or a slice of whole-wheat toast with almond butter.

- **Avoid foods that cause discomfort.** Many people are prone to acid reflux, and the pain of heartburn keeps them awake after eating certain meals, like highly spiced dishes. If this is you, nix that bean enchilada. For others, food can trigger headaches. And there are conditions that may be causing you mild discomfort without your fully realizing the connection, like allergies with gastrointestinal symptoms. Pay attention to what you eat and how it makes you feel, and plan your diet accordingly. You may want to try an elimination diet, cutting out common irritants like wheat and processed sugar for a week at a time, to see if there's any consequent change in your sleep.

- **Consider your coffee intake.** Caffeine is a strong stimulant with a long half-life. The amount of time it takes for the body to fully excrete a cup of joe varies wildly among different people, based on age, medications, liver function, and pregnancy. Most health advisors will tell you to stop drinking coffee after noon to keep it from disturbing your sleep, but I've found that I need to cut out

caffeine completely to get my shut-eye, and I'm not alone. Remember that there are other sources of caffeine besides coffee, too. That after-dinner piece of dark chocolate may be delicious and satisfying, but it may also leave you wide awake at 3 a.m.

- **If you booze, you won't snooze.** Alcohol is a depressant that relaxes you, so it must aid sleep, right? Wrong. Though it does induce drowsiness, alcohol prevents you from entering the deep stages of sleep. This reduces the overall quality of your rest and often causes you to wake in the middle of the night. So ditch the nightcap and opt for that glass of milk instead.

- **Don't drink too much liquid too late,** unless, of course, you want to make five trips to the potty in the course of the night. Water also wakes you up, so drink the bulk of your eight to ten glasses earlier in the day and shut off the faucet after 9 p.m.

The Beauty of Restful Sleep

I know, I know—these are a lot of rules to follow. But they're tried-and-true methods for knocking out insomnia. You might not see immediate effects, but after a few days of following this sleep diet, you'll see the benefits of truly restful sleep: more energy, higher metabolism, better skin and nails, and uplifted mood. Of course, if you find yourself lying awake night after night, you should check with your doctor to rule out any serious underlying problems. But for most of us facing sleeplessness, the best weapon against insomnia is a fork.

© November 2010 by Molly Mann. Molly a writer, a reader, a liver, and a lover. She believes in her responsibility to be a steward of the earth and takes that task very seriously, but not too seriously to laugh about it now and then. See her environmental living blog at blogs.adelphi.edu/greenliving/. Used with permission under the guidelines of Creative Commons Licensing.

Judy's Kitchen

If you come to our house at any time of the day or night, we will generally have a pot of soup on the stove, or, we will have just taken a pot of soup off the stove. We do love our soup! Here are some of my favourite winter soup recipes.

Brown Rice & Vegetable Soup Recipe

2 cans fat free, low sodium chicken broth
5 cups water
3 medium carrots, peeled and sliced
1 cup celery
2 cups new potatoes, with skin
1 cup zucchini
1 cup mushrooms
1 cup onions
2 teaspoons thyme
2 teaspoons minced garlic
1 tablespoon olive oil
2 teaspoons pepper
2 teaspoons oregano
1 bay leaf
1 cup brown rice (or barley to increase fiber)

Directions:

In a large pot combine water, broth, brown rice or barley, potatoes, carrots and celery. Bring to a boil, reduce heat and simmer for 30 minutes.

Meanwhile saute onions, mushrooms and garlic in olive oil. Add onion mixture, zucchini and seasoning to the soup. Continue to cook on medium-low for another 30 minutes until rice and vegetables are tender. (I often leave the soup on very low all morning so that the flavours combine more fully. There is no need to cook soup in a hurry.)

"If more of us valued food and cheer and song above hoarded gold, it would be a merrier world." J.R.R. Tolkien quotes

VEGETABLE AND BEAN SOUP

(This serves four people easily)

1 can white beans, drained.
50g/2 oz unsalted butter
1 large onion, finely chopped
1 clove garlic, finely chopped
1 large carrot, peeled and finely chopped
1 celery stalk, finely chopped
1 liter / 2 pints vegetable stock
1 can chopped tomatoes, with juice
Tiny pinch of dried thyme
1 tsp sugar
1 bay leaf, fresh or dried
Sea salt and pepper
2 tbsps finely chopped flat leaf parsley to serve



Directions:

In a large saucepan or stock pot melt the butter, add the onion and cook slowly until translucent, stirring constantly. Add the garlic and cook for a further 2 minutes taking care not to burn. Add the carrots and celery and cook for a further five minutes.

Add the stock, beans, tomatoes, thyme, sugar, bay leaf and bring to the boil. Reduce to a simmer. cook gently for 30 mins, or until the carrot and celery are tender - avoid over stirring to prevent the beans breaking up. Remove the bay leaf.

Place half the soup into a food processor and purée. Stir the purée back into the pan and season to taste.

To serve, ladle into warmed soup bowls and garnish with the parsley.

Give these recipes a try next time the weather turns cold. They will warm you up!



YesterYear 1910

The year is 1910, one hundred and one years ago. What a difference a century makes! Here are some statistics for the Year 1910 that were compiled for the United States. Many of the stats will be the same for Canada.

The average life expectancy for men was 47 years.

Fuel for this car was sold in drug stores only.

Only 14 percent of the homes had a bathtub.

Only 8 percent of the homes had a telephone.

The maximum speed limit in most cities was 10 mph.

The tallest structure in the world was the Eiffel Tower !

The average US wage in 1910 was 22 cents per hour.

The average US worker made between \$200 and \$400 per year.

A competent accountant could expect to earn \$2000 per year,

A dentist \$2,500 per year; a veterinarian between \$1,500 and \$4,000 per year; and a mechanical engineer about \$5,000 per year.

More than 95 percent of all births took place at HOME.

Ninety percent of all Doctors had NO COLLEGE EDUCATION! Instead, they attended so-called medical schools, many of which were condemned in the press AND the government as 'substandard.'

Sugar cost four cents a pound.

Eggs were 14 cents a dozen.

Coffee was 15 cents a pound.

Most women only washed their hair once a month, and used Borax or egg yolks for shampoo.

Canada passed a law that prohibited poor people from entering into their country for any reason.

The Five leading causes of death were:

1. Pneumonia and influenza
2. Tuberculosis
3. Diarrhea
4. Heart disease
5. Stroke

Crossword puzzles, canned beer, and iced tea hadn't been invented yet.

There was no Mother's Day or Father's Day.

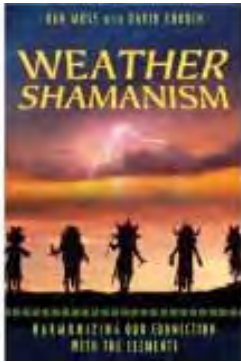
Two out of every 10 adults couldn't read or write and only 6 percent of all Americans had graduated from high school.

Marijuana, heroin, and morphine were all available over the counter at the local corner drugstores.

Back then pharmacists said, 'Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach and bowels, and is, in fact, a perfect guardian of health.'

There were about 230 reported murders in the ENTIRE U.S.A. !

Look at that book



Weather Shamanism: Harmonizing Our Connection with the Elements

by Nan Moss and David Corbin

Inner Traditions; February 22, 2008;
Trade Paperback

Although this book came out several years ago, I have now just read it, and enjoyed it. The premise of the book is "Creating an alliance and working partnership with the spirits of weather to restore well-being and harmony to Earth and ourselves reveals that, intentionally or not, we affect the weather not only through our actions but also through our thoughts ... Explains shamanic techniques for working with the spiritual nature of weather - Special section on "weather dancing" details both its ceremonial and therapeutic aspects."

This book does deliver what it says it will:

- Good storytelling which is essential for a Shaman
- Good detail on the journeys to speak with the weather spirits
- Good explanations of the teachings around weather shamanism
- Good practices that one can use every day.

I enjoyed the stories of working with tornadoes and hurricanes. I think that one of the teachings missing from our lives is how to work with and to predict the weather. This book takes us to different cultures to see how they teach this.

This is a great book to have in your library, to use for reference or to learn to work with the weather if you have a special occasion coming up!

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 publish as the space allows each month. Send your submission to judy@angelsandancestors.com.

Joke of the Month

or Funny and Punny...

I wondered why the baseball was getting bigger. Then it hit me.

Police were called to a daycare where a three-year-old was resisting a rest.

Did you hear about the guy whose whole left side was cut off? He's all right now.

The roundest knight at King Arthur's round table was Sir Cumference.

To write with a broken pencil is pointless.

When fish are in schools they sometimes take debate.

The short fortune teller who escaped from prison was a small medium at large.

A thief who stole a calendar got twelve months.

TRICKS FOR SMALL BUSINESSES

Helping Practitioners and Small Business Owners Navigate The Business World!

Five Ways to Get more Time



TIME MANAGEMENT TECHNIQUES FOR SUPER-BUSY PEOPLE

By Susan Ward

Who hasn't wished at some point that there were more hours in a day? It sometimes seems that we spend so much time rushing from place to place or task to task that we don't actually accomplish anything except feeling more frustrated.

But we can accomplish what we want to each day if we put some basic time management principles in place and follow them. Be warned: these are not all easy things to do. You might have to struggle and work at these time management techniques. But the time you invest in learning how to do these things and practicing them will be paid back a thou-

sand-fold. Use these five time management techniques consistently and you'll have more time, accomplish more, and feel better.

TIME MANAGEMENT TECHNIQUE #1: RECOGNIZE YOU CAN'T DO IT ALL.

Too many of us are stretched too thin because we've bought into the myth that everyone can (and should) do it all. We should all work full-time, spend quality time with our children and spouses and pets, spend time with our friends, do volunteer and committee work, get involved in causes, work at staying fit and healthy, and spend time relaxing and rejuvenating ourselves.

This kind of balancing act is best left to the Flying Wallendas. And you know what? It doesn't matter. What matters is that you are healthy and happy with how you're spending your time. Decide what roles and activities are important to you and live your life accordingly.

TIME MANAGEMENT TECHNIQUE #2: PRIORITIZE.

The other part of the myth that we all can and should do it all is that everything is equally important. It's not. Just look at your daily calendar on any given day. Is picking up the dry cleaning really as important as that meeting with a client? No. So if you have to choose between them, it's easy to decide to leave the day cleaning pickup for another day.

Don't just rush from task to task throughout the day. Review the list of what you have to do that day at the day's start and then pick out the things that you 'must do' that day. (Try to keep these 'must-dos' to three or less for starters.) Then focus on getting those things done. At the end of the day, you'll have a feeling of accomplishment, no matter what else got messed up or went wrong.

TIME MANAGEMENT TECHNIQUE #3: LEARN TO SAY "YES" AND "NO"

The inability to say "No" is the cause of an incredible amount of misunderstanding and frustration. Instead of saying "No," people say "Maybe" or "I might be able to do that" or

"I'll see", creating the expectation that they will do whatever it is on the part of the listener and the pressure on themselves to do it. Then when they don't do it, the person they said "Maybe" to instead of "No" is disappointed/annoyed/hurt.

Make it a general rule not to say "Maybe" at all when you're asked to commit to something. Learn to make quick decisions and say "Yes" or "No" instead. And don't get hung up on elaborating. You don't have to give extensive reasons for your decision. A simple "No, I can't do that" is enough. The person you're speaking to will appreciate your honesty and your disinclination to waste their time. And you'll be without the pressure to fit in yet another activity or event you weren't that interested in anyhow.

TIME MANAGEMENT TECHNIQUE #4: UNPLUG.

Another modern myth that you have to disregard if you want to manage your time effectively is the idiotic idea that we all have to be reachable and 'connected' all the time. We don't, and in fact, there are times when it's important or useful to be unreachable to everyone or everything except the person or the task immediately in front of us.

For instance, if your child is telling you about a traumatic thing that happened to him at school that day or you're doing an estimate for a potential customer, you need to be listening to/communicating with the people right in front of you, not the ones calling or sending you email.

So recognize this and 'unplug' yourself when appropriate. And make yourself the manager of your technology rather than being managed by it. Do not read every piece of email as soon as it comes in, for example, or feel that you have to personally answer every phone call. Don't let incoming texts or Twitters interrupt you when you're working. Set aside particular times of day to read or listen and respond to email and phone calls.

TIME MANAGEMENT TECHNIQUE #5: TAKE TIME OFF.

Many business people in particular fall into the seven day trap. They feel that the more time they pour into their business, the more successful their business will be. Before you know it, they're working seven days a week every week and wondering why they feel so tired and frazzled all the time!

And is their business more successful? Maybe. Maybe not. You see, the success of their business depends on what they do, not on how much time they spend doing it.

Consider this analogy: if you want to learn golf and you spend eight hours a day seven days a week golfing but are holding the club wrong every time so that every ball you hit has a pronounced swing to the left, what happens to your golf game? It doesn't matter how much time you put into doing something if you're not doing it right.

So incorporate time off into your schedule. When you take time off, whether it's an afternoon or a weekend or a week, you return to your work refreshed and more productive, able to accomplish so much more in the amount of time available.

TIME MANAGEMENT TECHNIQUES EQUALS MORE TIME?

No. You won't physically magically get more hours in a day when you put these time management principles into action. But you will be able to more effectively manage the time you have. And in terms of what you get done and how you feel, that will make all the difference.

© 2010 Susan Ward. Susan has been writing about business since the late 1990s. Her work has been published on a variety of websites, in magazines, and used as teaching guides by various school districts. A trained workshop and course presenter, Susan has designed and presented courses ranging from software training through website promotion. Susan and her partner run Cypress Technologies, an IT Consulting business, providing services such as software and database development.

Classifieds

WORKSHOPS & EVENTS

ANIMALS

ZOOLIGHTS at Calgary Zoo 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@calgary-zoo.ab.ca, www.calgaryzoo.com

Horse lovers - February 11, 12, & 13, 2011 The Classic Series Tournament at Spruce Meadows indoors in the Equi-Plex. Contact Spruce Meadows for tickets and time. www.sprucemeadows.com

ARTS & MARKETS

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

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.

Tuesday, January 4, 2011, 7 – 9 pm New Moon Meditation By Donation. Join us for the first meditation of 2011 when St. Germaine comes in to guide us through several meditations on the colour purple, and on energy. Please bring a small snack (for six to eight people) to share in community after the meditation. Call 403-225-2016 or email Judy to register. Directions provided upon registration.

Thursday, February 3, 2011, 7 – 9 pm New Moon Meditation By Donation. Celebrate love in this meditation guided by Venus, Goddess of Love. Please bring a small snack (for six to eight people) to share in community after the meditation. Call 403-225-2016 or email Judy to register. Directions provided upon registration.

Friday, March 4, 2011, 7 – 9 pm New Moon Meditation By Donation. Spring house cleaning is the order of the meditation, with our guide, Mother Mary. Please bring a small snack (for six to eight people) to share in community after the meditation. Call 403-225-2016 or email Judy to register. Directions provided upon registration.

Legacy of Ideas, with Malcolm Gladwell on Thursday Mar 10, 2011 7:00 pm at Mount Royal University Tickets \$25.00 to \$50.00. Contact Mount Royal University www.mtroyal.ca/100 or Lara Unsworth at 403.440.7752 Best-selling author Malcolm Gladwell has a gift for interpreting new ideas and making them understandable, practical and valuable. His insights are transforming business and culture through books like *The Tipping Point: How Little Things Make a Big Difference*; *Blink: The Power of Thinking Without Thinking*; and *Outliers: The Story of Success*. Take an intellectual adventure with this master storyteller — a bleeding-edge thinker who engages and entertains as much as he challenges and changes our perspective.

The Last Word

Forget the Duck

By Steve Goodier

Richard Hoefler, in his book "WILL DAY-LIGHT COME?" (1979, C S S Publishing Company), tells about two young children visiting their grandparents for the summer. Johnny was given his first slingshot. He practiced shooting in the woods, but missed everything he aimed at.

As he returned to Grandma's back yard, however, he spied her pet duck.



It wasn't the only duck she kept, but it was her favourite. On an impulse, he took aim and let it fly. This time he didn't miss. His stone struck and killed the duck.

The boy panicked. He didn't mean to hurt the bird -- he was even sure he'd miss! But he had killed it. His panic grew to desperation and he hid the duck in the woodpile, only to look up and see his sister. Sally had seen it all, but she said nothing to her grandparents.

After lunch that day Grandma said, "Sally, let's wash the dishes." Sally said, "Johnny told me he wanted to help in the kitchen to-

day. Didn't you Johnny?" She whispered to him, "Remember the duck." (Blackmailed by his sister!) So Johnny did the dishes.

Later Grandpa asked if the children wanted to go fishing. Grandma said, "I'm sorry, but I need Sally to help make supper." Sally smiled and said, "That's all taken care of, Johnny wants to do it." Again, she whispered, "Remember the duck." Johnny stayed while Sally went fishing.

Johnny did both his chores and Sally's for several days, and could stand it no longer. He confessed to Grandma that he'd killed the duck.

She said, "I know Johnny." She gave him a big hug and added, "I was standing at the window and saw the whole thing. But because I love you, I forgave you. I just wondered how long you would let Sally make a slave of you."

His grandmother was more ready to forgive than he was even to ask for forgiveness. Similarly, we are surrounded by more grace than we may realize. But a disturbing inner voice often whispers, "Remember the duck. Remember the duck." Some people live their whole lives enslaved by the voice that says, "Remember the duck." They never let themselves be forgiven!

They don't know the meaning of deep peace. They are seldom free of guilt and feel as if happiness only comes to others more deserving.

What does it matter if the whole world were to love us, and accept us in spite of our failings, if we persist in feeling badly? Are you sick of feeling sick about the mistakes of your past?

Maybe it's time to forget the duck! After you've done all you can to rectify the past, then it's time to put it down. Forget the duck!

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