



Angels and Ancestors Magazine

SHARING THE NATURAL WISDOM OF THE EARTH AND ITS INHABITANTS

May all your Dreams Come True !

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The Perfect Heart

Poetry: Of Mere Being

How to Teach Honesty

The King with Four Wives

Life is not a Philosophy Class

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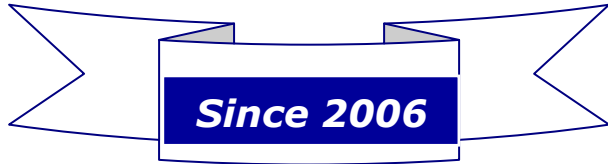
5 Productivity Tips for Business Owners

Big Changes coming to your Supermarket

**January, 2012, Volume 6, Issue 04
www.angelsandancestors.com**

Angels and Ancestors

Volume 6, Issue 04, January 2012



Editors – Judy Hirst-Joyeux and Roger Joyeux
Layout – Roger Joyeux
Advertising – Judy Hirst-Joyeux, Roger Joyeux

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Cover Image: Fireworks
Internet Image

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 or cheque.

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From the Editors

Starting Everything New

As I began thinking about 2012, I thought about New Year's resolutions, and how people try to begin new habits, and how often they fail. My observation is that people set too many resolutions and set their expectations too high, and, therefore, set themselves up to fail. I should know. I have done the same thing.

What I have learned is that we all have this optimism about "new". We love the new day, the New Year, the new clothes, the new shoes, and all the new technology. I find it fascinating that when the new budget is going to be delivered, that the Minister of Finance goes out and buys new shoes. It is like there is some re-

lationship between being able to have a new financial plan and "walk" the new financial steps. Logically, the idea is ludicrous.

And yet, we are human. We are the shining example of new. Our body recreates itself, new organs, skin, and cells, roughly every six to nine months. We have this incredible optimism that we can change things by starting "new" again. The amazing thing is that so often we can start fresh and we can change things. How do we do it? What magic do we have that lets us make huge changes to ourselves?

I think the magic is that we, human kind, believe. We have the power to change our minds to what we believe is possible. History shows us that when a person believes we can fly, we invent airplanes. We find a way to make something new. We are amazing in what we accomplish!

The legends say that in 2012, the earth and everything on it will be new again. The legends go on to say that we humans can choose to have a new life mission and a new way of doing things. There are visionaries predicting that we will replace cell phones with telepathy, airplanes with teleportation, and government with communities of harmony and selflessness. I think that we humans will find a way to do all of these things. We are incredible! I think each person has the potential to create something new around one's self.

My wish to you for 2012 is "be your incredible self"!

Happy New Year!
Judy and Roger



January 2012 Astrological Forecast

by Kerry Shamblin

www.planetaryinfluence.com

Please note that the planetary positions are based on the sidereal zodiac and that this forecast is written from a Northern Hemisphere perspective.

Jupiter-Saturn, Opposition Jan 1-31
Mercury Transits Sagittarius Jan 4-23
Full Moon in Gemini Jan 8
Venus Enters Aquarius Jan 9
Sun Enters Capricorn Jan 14
New Moon in Capricorn Jan 22
Mars Transits Leo, Retrograde Jan 23

Jupiter - Saturn Opposition All Month Jan 1-31

Jupiter ends a retrograde cycle on December 25, 2011 but remains in a position of opposition with Saturn through mid-May, 2012, when both planets shift position. Saturn will retrograde back into Virgo on May 16 for a 2.5 month period, and Jupiter moves to Taurus on that very day, as well. This opposition that occurs during this entire month of January 2012 will therefore be in effect until mid-May, 2012. We will not experience an opposition of Jupiter and Saturn again until 2029, when Jupiter will occupy Libra and Saturn will occupy Aries, although they will conjunct in Sagittarius in 2019-2020.

Jupiter represents the qualities of growth, positivity and expansion, while Saturn represents the qualities of limitation and contraction. They are essentially opposite forces, and during the time that they occupy opposite signs in the zodiac we are blessed to have the opportunity to create balance be-

tween these forces.

Jupiter in Aries inspires growth, building and expansion. Aries, ruled by Mars, is a fire sign that encourages exploration, new ventures and acquisition or propagation of resources. With a very positive outlook, we may turn our heads and hands toward projects that require us to learn and expand. Jupiter can give us the inspiration to take risks with wisdom as we build new forms and structures.

Saturn is exalted in Libra and will transit through that sign for the next 2.5 years. When a planet is exalted, it has the perfect venue for the performance of its natural function. Saturn brings boundaries, limitation and responsibility into action. Libra is Venus' air sign, and home to the concepts of social philosophy and artistic expression. Both Saturn and Venus hold concern for humanity, equality and fairness, as they both teach that the separation of self from all is illusory.

Saturn's transit through Virgo inspired us to take responsibility and accountability for the health of our bodies, homes and environment. The progression of Saturn into Libra brings that taking of responsibility into the realm of society. How do our actions affect others, whatever their relationship to us? Are artistic expression and relationship to others actually social responsibility? These are questions that we may face on individual and collective levels while Saturn moves through Libra.



When we regard the conditions of Jupiter in Aries and Saturn in Libra through the lens of the opposition aspect, we see that these forces of expansion and contraction are trying to teach us how to grow and build while maintaining the necessary attention to beauty and the well-being of others.

Mercury Transits Sagittarius Jan 4-23

Mercury, the intrepid traveller, skips into the new year, leaping from Scorpio to Sagittarius on Wednesday, January 4. Mercury is relatively free of close association with other planets at this time, giving him freedom of expression. Having just traversed the dark cold realms of Scorpio, Mercury may feel ever so slightly more comfortable in the mutable sign of Sagittarius, and have many a tale to tell and integrate.

There is special energy created right now by the planets occupying the fire signs. Sun and Mercury will occupy Sagittarius, Jupiter occupies Aries and Mars occupies Leo. There is a sense of kindling at this time, as these four planets work in tandem to generate a fiery, sustained energy source. Sagittarius is Jupiter's fire sign, mutable in nature, and the scene for those seeking an adventurous life where boundaries are pushed. With Mercury transiting through this territory, we have a good venue for Mercury, who enjoys movement and traveling.

Mercury represents the quality of exchange, especially of words and ideas; therefore he rules our communication, which allows us to exchange plans and ideas. Mercury has flexibility and perspective, cheerfully collecting and analyzing data.

The forward moving, expansive territory of Sagittarius encourages and challenges Mercury as he moves through during this three week period. This could be a very inspiring time for the mind, especially as recently collected data may reveal new possibilities. Listen carefully for messages that will guide you toward expansion into new avenues.

Full Moon in Gemini Jan 8

The Sun and Moon move into opposition for the first time in 2012, on January 8. The Sun will be at 24° Sagittarius and the strong Moon will be at 24° Gemini, Mercury's air sign. This is the culmination of the lunar cycle begun on December 24. The Moon gains power through the first week of January, becoming full on Sunday, January 8. The mutable nature of Sagittarius and Gemini could signal change and movement during this time. The moon reflects the light of the Sun, which is particularly energized.

The lunar mansion that contains the full Moon this month is Punarvasu, which translates as "becoming light again." This supports the notion of the return of light after a period of darkness, which is rather apropos after our solstice-new moon holiday period. Punarvasu holds qualities of movement, seeking, and selecting timing for right action. There is also the theme of reconnection with that which has been lost; the return of light provides context for finding what had been lost in the darkness. The Moon will shed light in more ways than one this month.

Venus Enters Aquarius Jan 9

Venus moves from one of Saturn's signs to the next. Venus had a quick transit through Saturn's earth sign, Capricorn, and moves into Saturn's air sign, Aquarius, on Monday, January 9.

Saturn and Venus will continue to exchange signs (meaning that they each occupy a sign ruled by the other), giving each one of them strength in their respective positions. The main new factor affecting Venus as she moves into Aquarius is the aspect of Mars coming to her from Leo. Venus moves quickly through Aquarius, exiting to her sign of exaltation, Pisces, on February 3.

Aquarius encourages self-sacrifice in a humanitarian way, as well as intuitive perception, devotion and unconventional thought. It is very much a realm where the importance of "other" and "all" supersede that of

selfish desires. Venus rules our ability as humans to recognize that self and other are one, leading us toward love, relationship and devotion to the beauty that we create in our world.

This creates an interesting opposition: Venus in Aquarius promoting the creation of humanitarian projects and Mars in Leo encouraging us to gather and focus personal power and resources. Venus and Mars as planets that represent our human tendency toward female and male can create passion when they are associated.

The message that rolls our way, therefore, is: Take your passion, plans, power and resources and focus them on making the world a better place by placing the well-being of others in front of personal goals and desires. Have faith that working for the benefit of all will support the self by default.

Sun Enters Capricorn Jan 14

As Venus vacates Capricorn, our Sun moves in for his month in Saturn's earth

sign. During the entire month, the Sun remains free of aspect from other planets, so is therefore free to promote unfettered self-expression for all, within the structure of Capricorn, that is.

Capricorn is a very practical, structured and goal-oriented sign. The Sun represents our soul, our life purpose and ego. If there is a current connection between responsibly performing deeds that further our life purpose, this should be a very good month for forward progress in that realm (mid-January to mid-February.) If one is seeking that connection, that which connects the longing of the heart to practical action in the world, this would be a good month to make that connection.

It should be mentioned here that the planets are nicely spread out at this time, allowing each one to function and express without too much influence from other planets. We have a positive aspect from Jupiter in Aries to Mars in Leo, which carries into the aspect that Mars throws on Venus in Aquar-

Kerry Shamblin VEDIC ASTROLOGY

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The advertisement features a circular portrait of Kerry Shamblin, a woman with long blonde hair. Below the portrait are seven circular icons representing astrological symbols: a yellow sun, a white crescent moon, a red Mars symbol, a green Venus symbol, an orange number 4, a pink Venus symbol, and a blue Saturn symbol.

ius. Other than that, Saturn aspects Mercury as long as Mercury occupies Sagittarius (through January 23.) This state of mutual autonomy makes life relatively simple in the regard of having clear perceptions, purposes and expression through action. Use this clarity and simplicity wisely and joyfully.

New Moon in Capricorn Jan 22

Just before midnight on the evening of January 22, the Moon and Sun conjunct at 8° Capricorn, in the last quarter of the lunar mansion called Uttarashada. Uttarashada translates as "Ultimate Victory" and is ruled by the Ten Vishvadevas, benevolent deities that represent all that is good and beneficial on our planet.

This would not be a good time to hatch a plan that involves deceit, treachery or malice to others or the environment. On the contrary, the alignment with the forces of indisputable good is highly encouraged at this time. This is a great day to meditate on the goals you wish to achieve and to accept the grace that it takes to see those goals to fruition.

Uttarashada new Moon may highlight the trick of balancing material and spiritual desires. Remember that the Moon is at its weakest during the day of the new Moon; meditation, reflection and planning are recommended for amavasya, the day of the new Moon. Begin actions and projects on the day after new Moon, as the Moon begins to wax and gain strength.

Mars Transits Leo, Begins Retrograde Jan 23

January is the third of eight months that Mars occupies Leo, which we talked about in the December 2011 forecast. We can expect the themes of self and resources to continue and deepen when Mars begins a retrograde cycle on January 23 that lasts through April 14, 2012.

There are two groups of natural "friends" in vedic astrology, cliques, so to speak. In one group are Sun, Moon, Mars and Jupi-

ter, and the other group consists of Mercury, Venus and Saturn. When planets are associated with friends or occupy a sign ruled by a friend, they function more effortlessly than when they are also contending with an uncomfortable or "unfriendly" environment.

Leo is ruled by the Sun, so Mars is comfortable in Leo. The Sun and Mars have common goals and Mars functions well in the environment of Leo, which is a place of leadership, tradition and centrality. Mars rules our capacity for acquisition and use of power, which translates in a multitude of specific examples. Mars gives us logic, planning, organization and execution. Mars also gives us a fierce sense of protection toward the prized energy we call "power." Mars gives us the motivation to get what we want, to go where we will, to build what is desired and fight to protect. Mars' mission is to provide food, clothes and shelter in an efficient manner and to protect those acquisi-

Native American Wisdom

We had no churches, no religious organizations, no sabbath day, no holidays, and yet we worshiped. Sometimes the whole tribe would assemble and sing and pray; sometimes a smaller number, perhaps only two or three. The songs had a few words, but were not formal. The singer would occasionally put in such words as he wished instead of the usual tone sound.

Sometimes we prayed in silence; sometimes each prayed aloud; sometimes an aged person prayed for all of us. At other times one would rise and speak to us of our duties to each other and to Usen. Our services were short.

Geronimo (Goyathlay, 1829-1909)
Chiricahua Apache Chief



tions come what may.

While without Mars we'd be struggling to survive, the trick is finding a way to check Mars when enough is enough. Mars sees no reason why we shouldn't stockpile for the future; it gives him something to do.

The environment of Leo provides leadership, order and structure for Mars' energy. We get the opportunity to deeply study the relationship between resources and power while Mars remains in and retrogrades through Leo.

The independence and probing, exploratory nature of Mars gives us the perspective to question the long-standing structures that mete out and reign supreme over the power and resources that our planet and our bodies represent (Leo.) The fixed nature of Leo represents the acquisition of power of many generations of tradition and sustenance of a culture. Although people are drawn to the light of the Sun for sustenance and protection, inclusion in the structure of tradition and culture that encourages peace and prosperity can sometimes become a cage with golden bars.

Mars is just the agent to expose the dark side of Leo; the hoarding of power, the creation of confining systems that keep all but a few in orbit around a central source. And while that is commendable, we are wise to question Mars' motives, for he wants the power for himself. This is the classic military coup of a royal government.

This wisdom is where Jupiter comes in. Jupiter and Mars are friends, in that juicy hot group that also includes the Sun and Moon. Jupiter is, like Mars, in a friendly sign, in fact, in Mars' fire sign, Aries. Jupiter also aspects any planets and signs that are 5th, 7th or 9th from his position, which in this case, includes Leo, as fifth from Aries.

Jupiter is expansive and fosters evolution, seeking of wisdom and my favorite, truth. Jupiter's influence is positive, benevolent and

true. My hope is that with Jupiter breathing down Mars' neck as he drills his way through Leo, that Mars will do the right thing. And by the right thing, I mean Mars will find a way to generate, find and use power and energy in an efficient way, always improving rather than hoarding. And knowing when to stand by.

Let's use Mars to bring positive reform to gout-riddled systems. Our best bet is to really tune into Venus in Aquarius between January 9 – February 3. Venus will oppose Mars during that time and is gaining strength as Venus moves into exaltation. The positive aspects of Jupiter (truth) and Venus (love) can work together to steer Mars into a clear channel of righteous action.

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Great Adventures To Kick Start a New Decade in Your Life

By Carole Fogarty

Rejuvenate You:

*"We're in the Mountains not over the hill"
- Susan Alcorn - Tales and tips from seasoned women backpackers.*

Entering a new decade is significant and a rite of passage - be it 30, 40, 50, 60, 70 or 80 plus. It deserves your grateful attention and the gift of a conscious celebration. One that is devoid of fear for the future, anxiety and regrets. It is a time to celebrate the arrival of the new and let go of any stagnancy from the past.

Embrace Change:

A new decade is nothing more than an opportunity to embrace change with the welcome support of your body, mind, soul and universe.

Idle complacency by accepting more of the same, sprinkled with diminishing expectations, only shrinks your very existence and reduces your experiences and greatness in this world.

Embracing 50 with excitement, passion and gusto:

As I approach 50, excitedly, I am plotting and planning ways to celebrate the transition. I wish to enter my 50's feeling more alive than ever before, after all my boys are still young aged 10, 12 and 20.

I've been researching treks around the world, spiritual retreats, sacred sites and rites of passage. Should I do the 10 day silence retreat called vipassana, walk the 500 mile Camino trail in Spain just as Shirley MacLaine did in her 60's, climb Mount Kilimanjaro - the highest mountain in Africa (as my good friend did for her 50th) or make a body cast of myself at 50.

Whilst I am yet to decide, here's a few of the possibilities.

1. Physical Challenge:

Break into your next decade with a physical challenge to demonstrate to yourself and the universe that you are ready to move forward with gusto and great inner strength. A physical challenge symbolically represents your willingness to let go of the past and move through the unknown and into the realm of new possibilities.

Climb Mount Kilimanjaro:

The highest mountain in Africa. Takes between 3-5 days climbing time.

Camino de Santiago trail:

In Spanish, Camino de Santiago, means Royal Road. Start in Pampelona, Spain and

StarTalker Quest

StarTalker Quest is about learning to understand the metaphysical world around us. Learn to find the joy in the unknown, and leave the fear behind. Some of the skills that we work with include identifying the energies that make sacred space, seeing through other's eyes, moving across the time continuum, and creating a tool box of techniques to use to lighten our lives. We meet weekly for two hours to learn new skills that help us to use our the sixth senses of sight, hearing, smelling, tasting, knowing, and understanding. We discuss the challenges we face, and plan strategies for moving past the barriers. We walk the quest together.



internet image: NASA

If you are interested in starting StarTalker Quest, let me know. Call Judy at 403-271-2269 for more information or email judy@angelsandancestors.com.

finish in Camino de Santiago, 500 miles in total. A sacred and spiritual trail. There are two fabulous books written about this spiritual track. One by Shirley MacLaine - Camino Trail and the other by Paulo Coelho - The Pilgrimage (both are linked to at the end of this article).

The Inca trail to Michu Picchu:

I have always, always been in awe of Machu Picchu in Peru. There are many different walks which take between 2 - 7 days. Shamanic legends say that when sensitive persons touch their foreheads to the stone, the Intihuatana opens one's vision to the spirit world. Machu Picchu is 9,060 feet elevation, close indeed to their gods.

Great Wall of China:

Olivia Newton-John is currently walking 228 kms of the Great Wall of China in 23 days. You can follow her journey here or donate to their cause:

Walk the oldest part of the great wall where Silk Road splits Persia, India and Europe. Experience the vastness of the Gobi desert, the camels and the sand dunes.

Kokoda Trail:

The gorgeous Ange Recchia is walking the Kokoda Trail in Papua New Guinea, June 2008 . Whilst this trek is not really on my list I want to acknowledge the awesome Ange publicly for such a huge commitment. It's 96 kilometers in single file. You go girl.

More treks:

I discovered this site only recently and although its aimed at women the site is nevertheless information rich.

Backpack 45 for women 40 - 80 plus walking amazing trails around the world.

2. Visit a Spiritual Site:

Never once have I been disappointed when visiting a spiritual site around the world. There is something very overwhelming and most definitely life changing when you allow yourself to spend time in silence,

whilst absorbing the vibes from the sacred ground below you. Shifts happen and insights occur.

Vist here for a list of Spiritual sites around the world. I have been following anthropologist Martin Gray for over 10 years now as he has been documenting these spiritual sites, he is authentic and the real deal.

3. Escape to a Retreat:

Taking time out from our busy world is a good move. The longer the retreat the better. Think of a retreat as long service leave from your partner, the kids and your world.

There are many types of retreats you can do from yoga retreats, silence retreats, detox retreats to pampering and nurturing retreats. Of course there's always my annual Womens Rejuvenation Retreat in Bali, July 2008.

Vipassana (is a sanskrit word meaning insight) There are many places around the world that offer the 10 day silent retreat called Vipassana. It is truly an opportunity for you to just be with yourself and no-one else. To read first hand the experience of real people doing vipassana from all different walks of life click here:

This is my personal preference at the moment. The thought of not speaking for 10 days would indeed be a miracle if I achieved it.

Ashram in India

Wake a 4.30 each morning for meditation and prayer, eat vegetarian food, practice yoga, do lots of chanting and perform your daily tasks around the ashram. Here's a list of ashrams in India.

4. Follow in the footsteps of an inspirational writer:

I recently read a fabulous book called change your life through travel by Jillian Robinson. Jillian who followed in the footsteps of famous writers such as Karen Blixen, Ernst Hemingway, DH Lawrence, spent one month living as Isak Dineson did in Africa, DH Lawrence did in Italy and Ernst

Hemingway did in Cuba. Her life was change forever.

I love this idea. My next question is, which writer would I like to follow in the footsteps of.

You can visit Jillian Robinson web site - Footstep adventures - A journey of self inspiration or find a link to her book below.

5. Add a new personal quality to your life:

Choose a quality you feel you are lacking, such as, patience, gratefulness, courage, daring, spontaneity or flexibility just to name a few.

Perhaps its patience, then definitely vipassana would be a perfect option for you. Nothing to do but be with your own thoughts.

If compassion is your calling then volunteer overseas.

If bravery is lacking in your personal qualities then dare yourself to bungy jump or face one of your personal fears. It can be as simple as stepping into the unknown (even in your own town) by doing something you have never done before. Small or big steps it doesn't matter, as its all in the doing.

6. Explore you, from the comfort of your own home:

A girlfriend of mine recently turned 40, and from the comfort of her own home, drew positive messages all over body, journaled free style which revealed hidden secrets and had the most massive clearing out of clutter ever in her entire life. She felt a shift, and knows she was a changed person from that moment on.

You may also wish to get a body cast which are becoming very popular. It is another ritual to symbolically honor your body and your life through its physical form.

My practical favourite at the moment is a 10 day vipasanna retreat. My dream celebration would be to spend a month walking the Camino de Santiago trail in Spain, alas spending one month away from my younger boys is not possible.

© 2008 Carole Fogarty. Carole says, "I'm all about rejuvenation. I facilitate frequent Women's Rejuvenation Retreats in Bali, Australia and Italy. My blog the Rejuvenation Lounge is a place to rest, relax, unwind and restore. I offer a range of natural and gentle healing modalities that invite rejuvenation into your life. Peace, love and chocolate to you all." Read more of her articles at <http://www.wellsphere.com/carole-f/89212/posts>.

Life is Not a Philosophy Class!

By Osho

To solve your problems means to give you an answer that intellectually satisfies you; and to dissolve your problem is to give you a method that makes you yourself aware that there is no problem at all: problems are all our own creations and there is no need for any answer.

The enlightened consciousness has no answer.

Its beauty is that it has no questions.

All its questions have been dissolved, have disappeared. People think otherwise: they think that the enlightened man must have the answer for everything. The reality is he has no answer at all. He has no questions. Without questions how can he have any answer?

Gertrude Stein, a great poet, was dying surrounded by her friends when suddenly she opened her eyes and asked, "What is the answer?"

Somebody said, "But we don't know the question, so how can we know the answer?"



She opened her eyes a last time and she said, "Okay, so what is the question?" and she died. A strange last statement.

It is very beautiful to find out the last statements of poets, painters, dancers, singers. They have something tremendously meaningful in them.

First she asked, "What is the answer?"... as if the question cannot be different for different human beings. The question must be the same; there is no need to articulate it. And she was in a hurry, so rather than going through the proper channel—asking the question and then listening to the answer—she simply asked, "What is the answer?"

But people don't understand that every human being is in the same position: the same question is everybody's question. So some stupid person asked, "But how can we answer if we don't know the question?"

It looks logical, it is not: it is simply stupid—and to a dying person.... But the poor woman opened her eyes once more. She said, "Okay, what is the question?" And then there was silence.

Nobody knows the question, nobody knows the answer. In fact there is no question and there is no answer; there is only a way of living in confusion, in the mind. Then there are millions of questions and millions of answers, and each answer brings hundreds more questions in, and there is no end to it.

But there is another way of life: living in consciousness—and there is no answer and no question.

If I was present as Gertrude Stein was dying I would have said to her, "This is not the moment to bother about questions and answers. Remember that there is no question and there is no answer: existence is absolutely silent about questions and answers. It is not a philosophy class. Die without any question and without any answer; simply die silently, consciously, peacefully."

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HOW TO TEACH HONESTY (a recipe)

Editor's Note: The topic of honesty is coming up more frequently as government leaders and corporation's boards and leaders are being held accountable for their actions. These leaders are the role model for all of us, and especially for our youth. I wondered when one could start teaching honesty, and I was pleased to find this lesson plan for grades three and four. Perhaps we could implement this in business.



by Jill.C.Nesheim

Counselor: Grafton, North Dakota

Lesson Plan: Recipe for Honesty

Grade: Elementary (Grs.3-4)

Goals: To teach students about the importance of honesty and trust in making our society work.

Objectives: Students will:

- Acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.

- Create a blank worksheet called "Recipe for Honesty" and print out 1 copy for each student.

Materials: Thesaurus & dictionaries for students to use/share (Or take the class to the computer lab and show them how to find synonyms in the word-processing program. Or brainstorm with the class using either a blackboard or flipchart).

Recipe for Honesty

Ingredients: (fill in the blanks)

- 1.
- 2.
- 3.
- 4.
- 5.

Introduction: Ask students to put their hands under their desks and put out the number of fingers they think represent the following:

- How many times can you steal before you are a thief?
- How many times can you cheat before you are a cheater?
- How many times can you lie before you are a liar?

After each question, ask students to show how many fingers they have put out.

Development: Discuss why it is important to be known as an honest person.

Brainstorm words that describe an honest person and write them on the flipchart or blackboard. Alternatively, ask the students to look up words in the thesaurus or on the computer that are synonyms for honesty.

Practice: Say to the class that we are going to create a recipe for happiness.

Ask the students to:

1. Pick 5 or more ingredients that they think are important for being an honest person.
2. Assign measurements to the ingredients. (The more important you think the ingredient is the larger the amount should be.)
3. Write a short paragraph (2 to 4 complete sentences) statement telling why you want to be an honest person.

Sample Recipe: Recipe for Kindness

- 1 cup of giving
- 2 cups of Caring
- 1 cup of Concern
- ½ cup of Thoughtfulness
- 10 Tablespoons of Unselfishness

I want to be a kind person because it helps others feel cared about. Mean people do not have many real friends so being kind to my friends helps them like me. I feel good about myself when I am kind to others.

Closure: Ask each student to read his recipe for the class. Display recipes on bulletin board.





THE PERFECT HEART

Author Unknown

One day a young man was standing in the middle of the town proclaiming that he had the most beautiful heart in the whole valley.

A large crowd gathered and they all admired his heart for it was perfect. There was not a mark or a flaw in it.

Yes, they all agreed it truly was the most beautiful heart they had ever seen. The young man was very proud and boasted more loudly about his beautiful heart. Suddenly, an old man appeared at the front of the crowd and said, "Why your heart is not nearly as beautiful as mine."

The crowd and the young man looked at the old man's heart. It was beating strongly, but full of scars, it had places where pieces had been removed and other pieces put in, but they didn't fit quite right and there were several jagged edges.

In fact, in some places there were deep gouges where whole pieces were missing.

The people stared—how can he say his heart is more beautiful, they thought? The young man looked at the old man's heart and saw its state and laughed. "You must be joking," he said. "Compare your heart with mine, mine is perfect and yours is a mess of scars and tears."

"Yes," said the old man, "yours is perfect looking but I would never trade with you. You see, every scar represents a person to whom I have given my love - I tear out a piece of my heart and give it to them, and often they give me a piece of their heart which fits into the empty place in my heart,

but because the pieces aren't exact, I have some rough edges, which I cherish, because they remind me of the love we shared. Sometimes I have given pieces of my heart away, and the other person hasn't returned a piece of his heart to me.

These are the empty gouges—giving love is taking a chance. Although these gouges are painful, they stay open, reminding me of the love I have for these people too, and I hope someday they may return and fill the space I have waiting. So now do you see what true beauty is?"

The young man stood silently with tears running down his cheeks. He walked up to the old man, reached into his perfect young and beautiful heart, and ripped a piece out.

He offered it to the old man with trembling hands. The old man took his offering, placed it in his heart and then took a piece from his old scarred heart and placed it in the wound in the young man's heart. It fit,

But not perfectly, as there were some jagged edges. The young man looked at his heart, not perfect anymore but more beautiful than ever, since love from the old man's heart flowed into his. They embraced and walked away side by side.

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.

Big changes coming to your supermarket

New food labels aim to dictate what you eat

Big Mother thinks you're too dumb to read a nutritional label — and since you can't be trusted to make "good" food choices on your own, she's going to do it for you.

In the most extensive and far-reaching Nanny State scheme ever to hit U.S. shores, a government advisory panel is trying to put a seal of approval — or disapproval — right onto the front of every single food item sold in American supermarkets.

Under the plan from the Institute of Medicine, everything you eat would have a rating of between zero and three checkmarks — or maybe stars or little hearts, they haven't worked out those details yet — with zero being "bad" and three being "perfect."

Naturally, those ratings won't really consider what's IN the food so much as what's NOT in the food — specifically the usual villains: sugar, salt, fat and calories.

You can see the problem here, right? That means crap like diet soda and sugar-free Jell-O — no fat, no sugar, low salt, low calories — would actually earn a perfect three checkmarks.

Milk, eggs and cheese, on the hand, would fall way short.

Got that? Jell-O, good... eggs, bad. I couldn't think of a worse system if I tried!

Of course, the food industry is resisting — but since they're being threatened with government regulation if they don't toe the

line, they're proposing their own dumbed-down labeling system, which is already turning up on the fronts of food packages.

Forget all that — because I've got a much better solution that'll work no matter what labeling system ends up in use: Don't even waste your time trying to decipher those labels... because you shouldn't eat anything that comes with one anyway.

Stick to fresh meats from a quality butcher, raw dairy straight from the farm (if you can find it) and whatever nuts, fruits and vegetables you want to serve along with those meats and dairy products.

And if you have to buy something in a package, stick to what YOU know to be healthy... not what some government panel thinks you should be eating.

I'm not done with the Nanny State yet — keep reading for one of the most nonsensical government food battles ever (and that's saying a lot).

From the Douglas Report at <http://douglass-report.com/2011/11/14/big-changes-supermarket/>



A Story: The King With Four Wives

Author Unknown

Once upon a time there was a rich king who had four wives. He loved the fourth wife the most and adorned her with rich robes and treated her to the finest delicacies. He gave her nothing but the best.

He also loved the third wife very much and showed her off to neighboring kingdoms. However, he feared that one day she would leave him for another.

He also loved his second wife. She was his confidante and she was always kind, considerate and patient with him. Whenever the king faced a problem, he could confide in her to help him get through the difficult times.

The king's first wife was a very loyal partner and had made great contributions in maintaining his wealth and kingdom. However, he did not love the first wife but although she loved him deeply, he hardly took notice of her.

One day, the King fell ill and he knew that his time was short. Thus, he asked the 4th wife, "I have loved you the most endowed you with the finest clothing and showered great care over you. Now that I'm dying, will you follow me and keep me company?"

"No way!" replied the 4th wife and she walked away without another word.

Her answer cut like a sharp knife right into his heart.

The sad king asked the third wife, "I have loved you all my life. Now that I'm dying, will you follow me and keep me company?"

"No!" replied the 3rd wife. "Life is too good! When you die, I am going to remarry!"

His heart sank and turned cold.

He then asked the 2nd wife, "I have al-

ways turned to you for help and you've always been there for me. When I die, will you follow me and keep me company?"

"I'm sorry, I can't help you out of this time!" replied the 2nd wife. "The very most, I can only send you to your grave."

Her answer came like a bolt of thunder and the King was devastated.

Then a voice called out: "I'll leave with you and follow you no matter where you go."

The king looked up and there was his first wife. She was so skinny, because she suffered from malnutrition. Greatly grieved the King said, "I should have taken better care of you when I had a chance!"

Our 4th wife is our BODY. No matter how much time and effort we lavish in making it look great, it'll leave us when we die.

Our 3rd wife is our POSSESSIONS, STATUS and WEALTH. When we die, it will all go to others.

Our 2nd wife is our FAMILY and friends. No matter how much they have been there for us, the furthest they can stay by us is up to the grave.

Our 1st wife is our SOUL, often neglected in pursuit of wealth, power and pleasures of the ego. However, our Soul is the only thing that will follow us wherever we go. So cultivate, strengthen and cherish it now! It is your greatest gift to offer the world.



Judy's Kitchen



Pizza Monkey Bread

Prep time: 60 mins
Cook time: 25 mins

Ingredients

- 2 1/4 tsp active dry yeast
- 1 c warm water
- 1 tsp sugar
- 2 c Bread flour (or 3 c all purpose flour)
- 1 c pastry flour
- 2 tbsp salt
- 1/2 c Butter, melted
- 2/3 c Pecorino Romano cheese, grated (I added some Parmesan cheese)
- 3 tbsp fresh parsley, chopped
- 5 Scallions, chopped (I use onions or green onions)
- 10 Basil Leaves, chopped
- 5 cloves garlic, minced
- Salt and Pepper
- 1 c Marinara or Pizza sauce

Instructions

1. Preheat oven to 400° F
2. In a medium bowl, combine the Bread flour, pastry flour and salt. Set aside.
3. Mix yeast and water in a mixing bowl. Let it sit to make sure the yeast is working. Add the sugar and mix. Add flour mixture gradually. Remove the dough to an oiled

bowl and let rise for 60 minutes.

4. Remove the dough from the bowl and cut into small 1/2 inch cubes. Dust with flour to prevent them from sticking together. Set aside.

5. Butter and flour a large bundt pan.

6. Melt the butter in a small bowl.

7. Combine the cheese, herbs, salt/pepper and garlic in a large bowl. Add the melted butter and mix. Coat all the cut dough in the butter mixture. Layer the cubes in the bundt pan until 3/4 full. Let sit for 30 minutes for the dough to rise.

8. Place bundt pan into the oven and bake for 25-30 minutes until the bread and cheese is golden brown. Serve with warmed marinara sauce or pizza sauce.

Serves: 6

Turkey Wild Rice Soup

Home-made soups (really! made at home with no labels to tell you its home-made) are the usual fare in our kitchen. With all that left-over turkey, vegetables, and a frig that needs some breathing room, the portions in this recipe are entirely up to you.

Ingredients

- Water
- Turkey Meat (remove the skin)
- wild rice
- carrots, celery, asparagus
- broccoli
- peppers (green or red)
- thyme
- sage
- cummin seeds
- rosemary
- parsley

Instructions

Add all ingredients to a large soup pot. Bring to a boil, then turn down to a simmer until cooked. Tastes just as good the next day. If there are still more left-overs, add them to the soup when there is room in the pot.

Jokes of the Month

A New Year Prayer For the Elderly

God, grant me the senility to forget the people I never liked anyway,
The good fortune to run into the ones that I do,
And the eyesight to tell the difference.

New Year's Day Prayer for One and All

Dear Lord,
So far this year I've done well.
I haven't gossiped, I haven't lost my temper, I haven't been greedy, grumpy, nasty, selfish, or overindulgent. I'm very thankful for that. But in a few minutes, Lord, I'm going to get out of bed, and from then on I'm probably going to need a lot more help.
Amen

Lecture Tour with A Difference

On New Year's Eve, Daniel was in no shape to drive, so he sensibly left his van in the car park and walked home. As he was wobbling along, he was stopped by a policeman. 'What are you doing out here at four o'clock in the morning?' asked the police officer.

'I'm on my way to a lecture,' answered Roger.

'And who on earth, in their right mind, is going to give a lecture at this time on New Year's Eve?' enquired the constable sarcastically.

'My wife,' slurred Daniel grimly.

Diamond Dream

Jemima was taking an afternoon nap on New Year's Eve before the festivities. After she woke up, she confided to Max, her husband, 'I just dreamed that you gave me a diamond ring for a New Year's present. What do you think it all means?'

'Aha, you'll know tonight,' answered Max smiling broadly.

At midnight, as the New Year was chiming, Max approached Jemima and handed her small package. Delighted and excited she opened it quickly. There in her hand rested a book entitled: 'The meaning of dreams'.

Ode To January

by Alicia Moss

'Twas the month after Christmas, and all through the house nothing would fit me, not even a blouse.

The cookies I'd nibbled, the eggnog I'd taste At the holiday parties had gone to my waist.

When I got on the scales there arose such a number!

When I walked to the store (less a walk than a lumber).

I'd remember the marvellous meals I'd prepared; The gravies and sauces and beef nicely rared,

The wine and the rum balls, the bread and the cheese And the way I'd never said, 'No thank you, please.'

As I dressed myself in my husband's old shirt And prepared once again to do battle with dirt -

I said to myself, as I only can 'You can't spend a winter disguised as a man!'

So - away with the last of the sour cream dip, Get rid of the fruit cake, every cracker and chip

Every last bit of food that I like must be banished 'Till all the additional ounces have vanished.

I won't have a cookie - not even a lick.

I'll want only to chew on a long celery stick.

I won't have hot biscuits, or corn bread, or pie, I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore. But isn't that what January is for?

Unable to giggle, no longer a riot.

Happy New Year to all and to all a good diet!

Master I have an ungovernable temper

Author Unknown

A Zen student came to Bankei and said: "Master, I have an ungovernable temper. How can I cure it?"

"Show me this temper," said Bankei, "it sounds fascinating."

"I haven't got it right now," said the student, "so I can't show it to you."

"well then," said Bankei, "bring it to me when you have it."

"But I can't bring it just when I happen to have it," protested the student. "It arises unexpectedly, and I would surely lose it before I got it to you."

"In that case," said Bankei, "it cannot be part of your true nature. If it were, you could show it to me at any time. When you were born you did not have it, and your parents did not give it to you -- so it must come into you from the outside. I suggest that whenever it gets into you, you beat yourself with a stick until the temper can't stand it, and runs away."

Next time you feel angry go and run around the house seven times, and after it sit under a tree and watch where the anger has gone. You have not repressed it, you have not controlled it, you have not thrown it on somebody else ...

Anger is just a mental vomit ... There is no need to throw anger on anybody ... Do a little jogging and you will feel it is released, or take a pillow and beat the pillow, fight with the pillow, and bite the pillow until your hands and teeth are relaxed.

In transformation you never control, you simply become more aware. Anger is happening: you have to be aware that anger is happening -- watch it! It is a beautiful

phenomenon -- energy moving within you, becoming hot! It is just like electricity in the clouds ...

Even while anger is happening, if you suddenly become conscious it drops. Try it. Just in the middle, when you are feeling very hot and would like to commit murder, suddenly become aware, and you will feel something has changed: a gear inside -- you can feel the click. Something has changed, now it is no more the same thing. Your inner being has relaxed. It may take time for your outer layer to relax, but the inner being has already relaxed. The cooperation is broken; now you are not identified ... The body will take a little time to cool down, but deep at the center, there everything is cool ...

When you are cool you can enjoy the whole world. When you are hot you cannot enjoy it, because you get so much into it; you are lost, you get identified. You become so messed up in it, how can you enjoy it?

This may sound paradoxical, but I tell you: only a buddha enjoys this world. Then everything sounds fascinating.

Contemplation For Meditation

As the bus slowed down at the crowded bus stop, the bus conductor leaned from the platform and called out, "Six only!" The bus stopped. He counted on six passengers, rang the bell, and then, as the bus moved off, called to those left behind: "So sorry, plenty of room in my heart - but the bus is full." He left behind a row of smiling faces. It's not what you do, it's the way that you do it.

The Friendship Book of
Francis Gay, 1977

Tricks for Small Businesses

Helping Practitioners and Small Business Owners Navigate The Business World!

Top 5 Productivity tips for Business Owners

by Kayla Knight

There are thousands of productivity tips out there, and they are spanned across hundreds of articles telling you what to do and how to do it. Yet, many of us are still always searching for ways to get more done, right now. The more productive we are, the more we get done, the faster our business grows, and the faster we can gain recognition and income.

The truth is, many of these other productivity tips work. The problem is, though, that many read the tips and don't put them into action. That's the real problem. I work as a freelancer, have a part-time job, and am a full-time student, so I know what it takes to be productive and get things done. Do I always get things done as fast as I wish I could? Of course not. Do I sometimes just feel lazy or overworked and just throw all my productivity tips out the door? Oh my, yes. I do stay on top of deadlines though, and I'm proud to say that I do get a lot done under my set of circumstances.

Here are the top 5 tips I suggest for getting the things you need done, plus over-achieving a bit more!

1. Get Something Accomplished Everyday

We all have days where we feel lazy. For me, and likely for many others, I have days where I had to work on other things — a 10

hour day at my part-time job, or schoolwork — and by the time I'm done with that, the last thing on my mind is my business and/or freelance work. When you're tired or unmotivated, you often feel it's pointless to do work, because you feel like you can't do a good job on it anyway.

Throw away this belief right now. Not all jobs or tasks require creativity and inspiration. Get caught up on emails, do some "bread and butter" work, or organize your finances. If need be, save the creative and brainstorming work for later, but make sure you meet a goal everyday. As little or as big as it is, get something done.

2. Find Your Best Working Time

It is important to find the time of day where you are most productive. Then, you can plan your day around it: set up your working hours, avoid distractions, and plan on when you should wake up, go to bed, and take breaks. A good working time contains the following two attributes:

1. **It is at your creative peak.** Many people feel most alert at different times of the day. For some it's right when they wake up, for others its only after they've showered and had their coffee. It may be right before bed or late at night as well. I've found that mine is around 2pm (for whatever strange reason). Most find that their mind is most alert in the morning, but it's not always the case. Find your ideal time.

2. **It is at a time that has few distractions.** I once got into a schedule where I relaxed all day and began work by 5pm. I loved being able to sleep in and get other things out of the way. I felt that by getting everything else in before work (working out, cleaning up the apartment, eating/showering, etc.), I could really focus on work when the time came. However, I found I had a lot more distractions at that time. On many weekdays I'd have friends asking to hang out. I'd have friends just trying to chat on Facebook. I'd have phone calls coming

in from parents, friends, coworkers, etc. While it was a great time for me personally, it conflicted with the rest of the world's 'social time' and therefore did not sync up with mine.

3. Stay Healthy

I've become a real fitness buff ever since I began freelancing, and since I've started the XHTML Shop. It began just from having a more flexible schedule to start working out, and for cooking my own food. (Plus, with a non-steady income, cooking at home is more frugal!) I soon began to realize though, the healthier I was, the more productive I became.

By eating healthier I got more B vitamins, essential for focus and mental clarity. By exercising more I felt less sluggish and was able to actually get out of bed in the morning. By cutting back on caffeine, while painful as first, I felt more awake, drank more water, and had far more energy. My really focusing on improving both my diet


and physical health, things that often hit solo-workers didn't hit me as hard: depression, loneliness, fatigue, physical aches and pains, etc.

Make time for maintaining your physical health, and you'll soon begin to see the benefits.

4. Do the Most Important Task First Thing, No Matter How Much You Don't Feel Like It

When we call the shots in our business, we feel privileged and never want to do the things we hate. There are plenty of tricks and tips for getting away with not doing the things you dislike doing, but especially in the beginning phases of a business, there is no avoiding them. As the famous Nike slogan goes, just do it.

It's painful, it's annoying, and it's uncomfortable to do something you don't like to do. Suck it up. You're a business owner, remember! It takes hard work to get accomplished. Just think about where you'll be in a year if you just start getting the things



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you don't want to do (but have to do) done. Then, think about where you'll be if you don't.

5. Stop Multitasking

Multitasking does not get more done. Period. It's just an excuse to leave one thing you are having trouble with to work on something else, even if its of lower priority. It's also a way to only have half of your attention on each task at a time. By focusing 100% on one thing then moving to the next, you're avoiding the transition phase your mind must go through to adjust. With 100% focus, you're mind is completely on one subject and therefore working much more efficiently.

Don't work at 50% efficiency on 2 tasks, or 25% efficiently on 4 tasks. Work at 100% efficiency and focus on one, get it done quickly and move on. You can actually get more done this way, in the same amount of time.

Actually Do These!

The real trick to getting more done is to follow the above tips (which you've probably read before if you're anything like me) and then actually apply them. Take just one tip at a time, and examine your behavior concerning it throughout one work day.

For #1, create a goal for the day and by the end of the day, determine if you got it done. Did you reach your goal? If you didn't: why was that? Was your goal too big (unreachable in a one-day timeframe)? Were you tired or fatigued from another factor in your day? Were you just procrastinating? Once you determine the reason, fix it. You could have gotten it done before that other even that made you too tired, or you could work on your self discipline to stop procrastinating.

For #2, follow the two attributes listed, and make note of when you're most alert. Organize a schedule around that time, that is also distraction-free. Make a point for at least a week to adjust and stick to the new schedule.

For #3, start working out and slowly

begin to improve your diet! There's plenty of other resources for getting healthy, and each of us can improve in some way. It may be a slow process, but make it a priority to improve your health, no matter what. Do your research, and constantly strive to change old habits.

For #4, build your self-discipline muscle. Do it for a few weeks, and your habit will quickly change. Then, after the few weeks, look at how much you've accomplished. You may be surprised how far you've come in less than a month! Then, multiply that accomplishment by 12, and dream of where you'll be in a year!

For #5, again, practice your self-discipline muscle by not opening up your favorite social media sites (sitting on Twitter for while you're supposed to be writing a blog post does not count as effective marketing!). Stop checking your email, or responding to texts/phone calls/emails when you're not supposed to. Do one thing at a time. Break your time up into 30 minute intervals, and after each interval review when and how you got distracted or started to try to do more than one thing. Stop, and then correct that behavior.

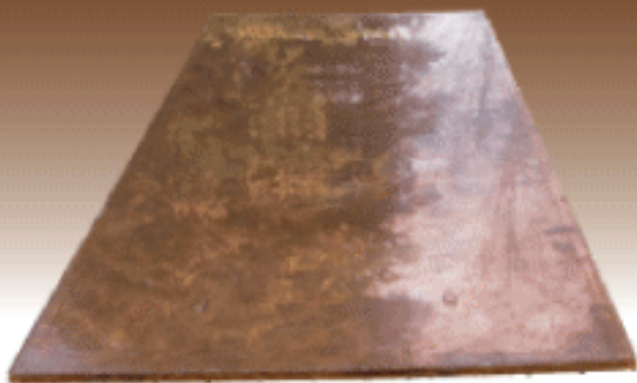
About the Author

Kayla Knight is the web developer behind the XHTML Shop, doing much of the coding work and bits and pieces of design work. She loves to code, design, and blog, and spends way too much of her time doing so. Be sure to check out her portfolio or follow her on Twitter.



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OF MERE BEING

The palm at the end
of the mind,
Beyond the last thought,
rises
In the bronze distance.

A gold-feathered bird
Sings
in the palm,
without human meaning,
Without human
feeling, a foreign song.

You know then
that it is not the reason
That makes us happy
or unhappy.
The bird sings.
Its feathers shine.

The palm stands
on the edge of space.
The wind moves slowly
in the branches.
The bird's fire-fangled
feathers
dangle down.

Wallace Stevens

from *The Palm at the End
of the Mind*

The Last Word

If you have been following Kerry Shamblin's astrology column over the past few months, you may be sensitized to the big influence coming from Saturn. The accounting has left a lot of life's anomalies behind. Most of us would view the occurrences in our lives as that of assuming responsibilities in the face of big changes. What now lies ahead is the balancing influence of Jupiter. The moment of stepping forward, of taking risks, growth and expansion are inspirations that start off the new year.

Yes, indeed, out with the old and in with the new!

What projects are you looking forward to? What ideas or insights do you wish to pursue? Optimism is the catch-word of the month. So, find your cause, take the bold leap, and let your truth take shape. You are the one you have been waiting for.

From Judy, Roger, and all our friends at Angels and Ancestors, have a very Happy New Year!

May all your dreams come true.

