



ANGELS AND ANCESTORS

Newsletter

November 2009
Volume 4 Issue 2

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NOTICE

Angels And Ancestors is proud that we
were a sponsor of the Planetary Healing
Mandala held October 1, 2009 on the SAIT
campus in the Heart Building Atrium.
Thank you to everyone who visited our
booth and celebrated the Planet!

Winners from The [Planetary Healing
Mandala](#) Draw held October 1, 2009

1. Carla from Calgary, Winner of 2 hour
Integrative Healing Session
2. Karina from Calgary, Winner of 2 hour
Integrative Healing Session
3. Marilyn from Calgary, Winner of
Embossed Dream Journal

Congratulations to each of the winners!

From The Editors – Respect!

As I sat in meditation on Tuesday morning, I asked what topic I should use for this upcoming newsletter (November). For me, meditation is always contemplative, and words flow through my brain, and I get to watch them. The word that kept starting to repeat itself was “respect”. The most common phrase that a Shaman seems to use is “Well, isn’t that interesting!” And, that is exactly what I said, when I kept seeing this word, “respect”. What sorts of images does it bring up in your mind?

For me, the first thing I saw was Aretha Franklin, on stage, and belting out “R-E-S-P-E-C-T”. If you want to hear her, check out the YouTube video of her at <http://www.youtube.com/watch?v=z0XAI-PFQcA>. The second flash was of our dogs, Magic and Sage, and how one of them might leave their food in their dish, and the other one respects that space, and leaves the food alone. In fact, I saw all the times that Magic and Sage showed each other respect, and love. And then my vision shifted to a time in August where a tree removing company, hired to remove our next door neighbour’s tree, set up camp on our RV drive, without permission, in total disrespect of our yard and privacy. In our world, permission to proceed is a universal law, and a sign of respect for the person or people involved. Then many visions of disrespect rolled up on my screen. People swearing at each other. Bullies – in the workplace and in schools. The way oil companies and construction firms and corporations, in general, treat the Earth with disrespect. I saw how governments disrespect the people they represent by putting laws in place that are restrictive or favor pharmaceutical companies: by officials taking bribes and even demanding bribes: by controlling the news; and by not restricting over use of resources.

My vision then moved to self respect. All actions stem from one’s view of self. My favourite definition of respect is “to show regard for, or esteem for, and to avoid violation of, or interference with”. I saw how many times in the past I disrespected myself, based on the definition above, before I learned self respect. And, my screen changed shape to show me so many people who because of the lack of self respect, and the anger around that feeling, tend to disrespect everything and everybody. I was overwhelmed!

I came out of the meditation and went to work. I kept thinking about respect. As I was stumbling through websites (Stumble is a search tool that takes one to random websites based on the person’s interests), articles on respect began to pop up. A line by Dear Abby caught my eye. “We teach people how to treat us.” What this means is if we treat ourselves with respect we will be treated with respect. Likewise, if we disrespect ourselves, others will tend to do likewise. I also found this lovely prayer.

Self-respect Prayer

O God, teach me that self-respect cannot be hunted. It cannot be purchased. It is never for sale. It comes to me when I am alone, in quiet moments, in quiet places, when I suddenly realize that, knowing the good, I have done it; knowing the beautiful, I have served it; knowing the truth, I have spoken it.

My wish for each of us is that we do take time to do self care, and that we learn to say no when we are being pressured by others. And, my greatest wish is that each of us walks each day in love and in respect for self and for others.

May you walk softly on this Earth,
Judith and Roger

[Starting Over ~ Allowing and Accepting Self Changes – by Celya Tay](#)

From Angels And Ancestors' Blog:

(Click on each heading to read the entire article.)

[Angels Speak – How To Clean Your Oven](#)

[Spirit Animals – Chickens Sharing](#)



More than 300 cities in North America have amended their bylaws to allow urban chickens. (Terri Trembath/CBC) from the headlines

[Spirit Animals – Blue Jay's Thoughts](#)



Blue Jay from www.animaldiscovery.com

Blue Jay finds this time of year amusing because humans, in general, do not appreciate the passing of the seasons. For Blue Jay, foraging becomes easier because the competition is reduced as so many birds fly south. Although squirrels do compete for the succulent morsels, the early bird does get all the seeds!

Recipes From Judy's Kitchen – Twice Baked Potato Dish

2. 5 lbs Potatoes peeled, quartered
6 Tablespoon Butter (optional)
1 Cheddar Cheese shredded
3/4 cup Sour cream (you can use unflavoured

Starting Over ~ Allowing and Accepting Self Changes – by Celya Tay

I've been thinking a lot about my relationships lately. In fact, I have spent the past year evaluating everything in my life.

I have questioned God. Family. Love. My marriage. My children. Everything. EVERYTHING.

It has certainly been an exhausting undertaking. Much like uprooting an entire garden and re-landscaping from scratch. Except it's an easier process when you aren't hanging on to any of the old plants in it. It's more difficult when you have existing plants you can't and don't want to get rid of. When it's a completely new garden patch, it's just blank soil. You can plant whatever, wherever you want. But a garden that is being re-done has plants that need to be carefully re-located or appropriately left where they are. I WOULD like to start over AS IF it's my first day on the planet except it's not - not when I already have existing relationships and along with them accompanying beliefs, values and responsibilities that cannot be merely discarded in pursuit of a new direction in my life. And so I've had to work through everything and rediscover the right place for the old plants in my new garden landscape.

The challenge then becomes: what stays and what goes?

Having spent the first 20 years of my life in an authoritarian setting, reacting and responding to the choices of those in charge of my wellbeing, I had developed a habit of looking outside myself for approval and acceptance before deciding if something was permissible or beneficial. But more often than not this had led me to spend a good many years tending to weeds and over-growth from choices that were more compromises than my true desires. Once I saw that clearly, I decided that this habit had to be the very first to go..even though it seemed to be the backbone of my belief system.

It was scary at first, going against all I had ever known. But gradually, with every breath that became lighter within me, it became easier to accept this massive change. And gradually it also made easier the task of sifting out all the other parts of me that no longer fit into my new garden. I look back now with a sense of understanding to it all. No more hurts, regrets and guilt. I am no longer ignorant of the vital personal need to draw healthy boundaries even with the people I love most. And in fact, having the ability to define my own garden has allowed me to get better at giving others the space to define their own gardens too.

Yes, I've been thinking a lot about my relationships lately. In fact, I have spent the past year evaluating everything in my life. And today, I know exactly where I stand - at the threshold of a beautiful garden I can truly call my own, a haven for my God-given soul. I am comfortable in my own skin at last, for finally..it contains all that is genuinely ME.

"Nobody can go back and start a new beginning, but anyone can start today and make a new ending." ~ Maria Robinson

Today, I am wishing you the strength of heart to embrace all that is new within you without fear of compromising all of the old about you that you cherish and hold dear.

Much love and light,
Celya

Editor's note: Celya Tay sent this beautiful article out to her Facebook group, Circle of Light, which I am a member of. I was so moved by it, I asked her for her permission to publish it in this newsletter. The article also appeared in her blog, <http://heartfulliving.blogspot.com>. Thanks, Celya, for sharing!

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Excerpt from: Living a Five Star Life - by Betty Mahalik

In this day and age, we are surrounded by messages that virtually scream, "Your life would be perfect if..." My life would be perfect if I had a different job, a different house, car, nose, spouse, bank account (fill in the blank). Or my life would be perfect if I could be like some celebrity whose life appears so well-ordered and perfect-o. This week I encourage you to stop playing "my life would be perfect if," and start playing

yogurt instead of sour cream.)
1/2 cup Green Onions chopped (optional)
1/2 teaspoons Salt (or to taste)
1/2 teaspoon Pepper (or to taste)

Preparation

1. Heat oven to 350.
2. Lightly coat an 8 x 14 baking dish with butter or very light olive oil (I used nothing)
3. Cook potatoes in just enough water to cover for 20 - 25 minutes, until tender when pierced.
4. Drain in a colander and return to pot.
5. Add butter to potatoes, mash with a potato masher until smooth.
6. Stir in 1/2 c. cheese, milk, and sour cream until blended. (Note – I put in the whole cup of cheese and I do not put any on top.)
7. Then add onions, reserving a few tablespoons for garnish.
8. Stir in salt and pepper.
9. Spoon into prepared baking dish.
10. Sprinkle with remaining 1/2 c. cheese.
11. Bake, uncovered, 40 minutes or until top is light golden.
12. Sprinkle with remaining onions. (I use parsley flakes for garnish.)

Note: for variation, add two tablespoons of mayonnaise to mixture, or, add two tablespoons of ranch dressing, or, change out the cheddar cheese for feta, asagio, and parmesan cheese combo. With this cheese combo, you may need to add a touch more sour cream.

For those of you that do not tolerate dairy products, use the recipe for Cashew Nut Non Dairy Substitute as noted in the Contents of this newsletter.

Meditation – Self Critical – by OSHO

I feel very self-critical. After social encounters I'm always thinking about what I said and what I could have said.

That's a bad habit. Self-awareness is good, but self-criticism is not good because it is never to the point. When the moment is gone, then you criticize yourself. Awareness is in the present and criticism is about the past. You cannot undo it, you cannot re-do it. It is gone, and gone forever; nothing can be done about it. It is simply foolish to waste even a single moment thinking about it, because again in thinking about it, you are wasting the present, again doing the same. Be aware in whatsoever — relationship, work, meditation...whatsoever it is.

"my perfect life." What's the difference? Three things: being in the present, an attitude of gratitude, taking action with what's available now.

When we're caught up in the "my life would be perfect if" trap, we've lost touch with the present. And the moment we detach from the present, we can no longer practice gratitude. Think about it: it's difficult to be grateful for what you don't have...and what you don't have is always somewhere out in future-ville.

Look around you right now. Think of 10 things you're grateful for. Do you have a roof over your head and food to eat? I'm guessing the answer is yes. Do you have at least a few good friends or close relationships? Then appreciate them too, right now. Keep going, and practice being in the present and being grateful for what is here and now at least a couple times a day.

You're also probably sitting there thinking "yes but." Yes, but I want more money, a better relationship, more time to travel, to be thinner, happier or whatever. It's one of the great mysteries I'll never figure out. The minute you stop focusing on what you lack, start focusing on what you've already got, and add the "magic" ingredient of action, you actually begin to attract more of what you want. It's an amazing formula for really living your perfect life!

Let's say you want to lose weight or get in better shape, but you don't have an hour a day to spend exercising at the gym. Therefore, you've pretty well resigned yourself to not losing weight or getting in shape. What if you had five minutes though...just about everyone can find five minutes to exercise, stretch, walk around the block or walk the dog. Would you be willing to be grateful for five minutes and make the best possible use of it? Therein lies the beginning of your perfect life! A simple formula may help you remember how to apply this principle:

The present
+ an attitude of gratitude
+ positive action
= my perfect life.
Try it for a day.

Each time you start dreaming about how perfect your life would be if...come back to this moment, give thanks for what is, and do one thing to perfect what you have and who you are right now. There's a saying that "when the student is ready, the teacher appears." If you're ready to start perfecting your life, your teachers are all around you. What are you waiting for?

© 2009 Betty Mahalik – Betty Mahalik, Professional Certified Coach (PCC), is a life and business coach, corporate trainer and facilitator, who has been teaching people how to communicate effectively, set goals, manage stress and deal with change for over two decades. She founded her firm, **Dynamic Solutions Coaching & Training** in 1987. See more about what she does at her website at <http://www.dynamic-coaching.com>. Used with permission on the condition of providing all information. (Osho article cont'd)

And it is an ego-trip. You do something and then you start improving on it in the mind. That simply shows that you have done something which falls below the image of your ego. You have been angry and you always think that you are a very very good person, and you are never angry — and now you have been angry. Then later on you see that your self-image has fallen down. What to do? Now in your own eyes you feel condemned.

How are you going to show your face to others? And you have been broadcasting so much that you are a good man and you are never angry, this and that. Now what about that advertisement that you have been making? You cannot say that you have been angry or greedy or a miser or whatsoever. There is only one way: pulling yourself up by your own shoestrings, you straighten yourself, repent. You say 'This was wrong. I should not have done this. I should have done something else'. Now you are painting your image. You are saying 'Maybe I was angry, but it was just a moment's error. I am repenting for it. Look — there are tears in my eyes. I am not a bad man at all'. You may even go to the person to whom you have been angry and ask his pardon — but that too is an ego-trip. You will again start feeling good, a very good man! You have retained your respectability again. Your self-image is again enthroned.

When something is there, when something is happening, be aware; never be critical. Because in that moment of awareness, something can be transformed. If you are alert, you may not do many things; you will do other things. If you are aware, you will not be able to make the mistakes that you go on criticizing. Awareness has never been anything for which there is any possibility for repentance. A man who is aware, never repents. Whatever he could not do, he has not done. There is no point in pitying oneself, in criticizing oneself, feeling sorry for oneself; they are all diseases. So drop that.

(Continued in the adjacent column)

Advertising

Events and Classified – limit 40 words including dates and times, \$10.00 per issue, or 12 issues for \$100.00. Additional words are \$.15 each. Deadline for advertising submissions is the 20th of each month. Payment to be made at the time of booking, by cash, Visa, MasterCard or in person for Debit payment.

Publishing of the newsletter happens for the first of every month. Currently, there are over 500 monthly subscribers, and 100 plus anonymous readers who download the newsletter from the website. This number grows monthly.

Advertisers accept the sole responsibility and liability for their statements and claims in their advertisements.

For more information or to place an ad, please call Judy at 403-225-2016.

Cashew Sour Cream - Non-Dairy Sour Cream Alternative/Substitute

1 cup raw cashews (must not be roasted or salted)

1/4 teaspoon salt

1-2 teaspoon apple cider vinegar

1 small lemon, juice of

(If this seems too lemony for you, add 1/2 teaspoon of agave syrup.)

Directions

Cover cashews with water and soak for a few hours, or overnight

Pour off all water, and place nuts in food processor.

Add 1/4 cup cold water, salt, vinegar and lemon juice.

Puree for 3-4 minutes or until completely smooth and creamy in consistency.

Use in any recipe that calls for sour cream.

Refrigerate in an airtight container for up to a week.

If you really feel that anger was wrong, then forget about the past. Now whenever anger is there, remain alert. That is real repentance. Remain alert. I'm not saying don't ask people's forgiveness. Ask — but not in repentance. Not for anger but for your unawareness. Can you see the distinction?

If you have been angry, go to the person and say 'I have been unaware. I behaved like a fool, a drunkard. I was unconscious, drugged. I have done something but I was not there'. Ask forgiveness for your unawareness, not for your anger. And remember the real problem is not anger. The real problem is unawareness.

So next time be more aware. Whether it is anger, hatred, jealousy, possessiveness, a thousand and one things are there...but the real disease is one: unawareness. These are all facets of the same thing. So if you try to change that — these problems — you will never be able to cope, because they are millions.

Be Realistic: Plan for a Miracle

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Classifieds

Events November

Full Moon Gathering – Monday November 2, 2009 at 7:00pm at Pamela & Jeff's Home at 71 Gordon Drive S.W. (37 street, west on 46 avenue then left on 43 Street). Activities: A visit, sharing and where ever the moon energy moves us to be. Bring a snack food to share. The Snow Moon arrives November 2 , 12:14 p.m. Make final preparations for the cold season, to sustain yourself and care for your loved ones through the long months ahead.

Christmas at Millarville Market 2009

• Friday November 6th, 10 am - 8 pm
Saturday, November 7th, 10 am - 5 pm
Sunday, November 8th, 10 am - 5 pm
Parking \$5.00 per car. NO DOGS Please. Dress in layers so you don't miss any of the indoor or outdoor vendors. For information call (403) 931-2404



Munay-Ki Rites 1&2: Bands of Power and Healers Rites - November 8th, 2009

from 1-4PM in SE Calgary; \$55 per class. Contact Samantha to register at 403 – 668 – 9361 or www.walkinbeauty.ca Read more about the Rites at www.munay-ki.org Empower yourself through Shamanic interaction with the Divine!

Spruce Meadows International Christmas Market November 13-15 2009

November 20-22 2009 Hours Friday: 12 pm - 9 pm Saturday: 10 am - 5 pm Sunday: 10 am - 5 pm **Tickets** General Admission: \$8 Seniors: Free Children (12 & under): Free Parking: Free Pets: **Please Do Not bring pets** **Red Arrow Shuttle Bus** Friday: 12 pm - 9 pm Saturday: 10 am - 5 pm Sunday: 10 am - 5 pm Shuttle bus is complimentary. Service to and from the Somerset/ Bridlewood LRT Station to Spruce Meadows is operational the same times as the hours above.

New Moon Meditation Monday, November 16th, 2009, from 7:30-9:00pm

It is now winter in the Northern Hemisphere. Join us as we invite Great Spirit and Anu, Irish Celtic Goddess of Manifestation Magick, Moon, Air, Fertility, and Prosperity to join us in meditation, to help us renew our energies in this time of rest in the natural world. \$10.00. Pre-register with Judy at 403-225-2016 or at judy@angelsandancestors.com

Art Market Craft Sale Location: Calgary TELUS Convention Centre

When: Thursday, November 19, 2009 to Sunday, November 22, 2009 at 10:00 AM - 9:00 PM **Contact:** Marlene Loney **Contact Number:** 250-672-2411

Email: info@artmarketcraftsale.com **Website:** www.artmarketcraftsale.com

Art Market features the highest standards and greatest diversity of fine craft available in Calgary.



Roger, smiling, in front of our May tree – picture by Judith Hirst-Joyeux

Smile at each other, smile at your wife, smile at your husband, smile at your children, smile at each other - it doesn't matter who it is - and that will help you to grow up in greater love for each other. ~~ Mother Theresa

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Crystals Light Workshop on November 28 & 29 2009 at The Healing Forest, 5034-49th Street Olds, AB TIME: Saturday 10am - 6pm; Sunday 9:30 am - 5pm (allow for overtime) Investment: \$390.00 To register call: Rose at **The Healing Forest** 403-556-9411. Work with **Roger Joyeux, Author of “The Story of Light”**. To understand crystals, first understand light. Then, understand how light works with our minds, Chakras, polarity, consciousness, etherics, emotions, awareness, souls, and vibration.

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Events December

New Moon Meditation Wednesday, December 16th, 2009, from 7:30-9:00pm

The Winter Solstice is a week away and this meditation will focus on clearing and releasing energies that may block the angelic harmonies and feminine energies that are being sprinkled on the Earth at this time. Great Spirit (God) will be our guide for this evening. . \$10.00. Pre-register with Judy at 403-225-2016 or at judy@angelsandancestors.com

Winter Solstice Celebration – Sunday December 20 2009 Join us for potluck and ceremony, including initiation into the Order of Melchezedek (Archangel of sacred geometry). Fee for initiation and ceremony \$15.00 Pre-registration required – call Judy at 403-225-2016.

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Massage, Healers, Herbalists, Mediums/Readers, Shaman

Angels And Ancestors - November Only - Special: 2 hour Copper Board, Crystal Layout, and Channeling Session with Roger for only \$100.00. Reg. \$133.00. Call 403-225-2016, in SE Calgary, for an appointment.

Are your business sales low? Are your relationships turbulent? Are you simply tired and unhappy? Do you hate your job? Call Angels And Ancestors. Judith, a non-traditional shaman, who combines BodyTalk, EFT, Quantum Touch, Mindscape, Dream Reading, Intuitive Healing and Interpretation, Sound, Crystals, Karma Clearing and Tarot or Angel Cards will help you to shift your life, so you feel better. Distance treatments offered. Appointments only 10:00am – 9:00pm Tues – Fri 10:00am-3:00pm Sat Book your clearing/releasing/healing appointment. 403-225-2016

Visit **The Healing Forest, 5034-49th Street Olds, AB** for gifts, massage, workshops, regular yoga classes, and to work with different healers. Call Rose at **The Healing Forest** 403-556-9411. www.healingforest.ca

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Website: <http://www.angelsandancestors.com>

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