



Angels and Ancestors Magazine

SHARING THE NATURAL WISDOM OF THE EARTH AND ITS INHABITANTS

The Next Wave

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The Important Thing about a Tree

November, 2011, Volume 6, Issue 02
www.angelsandancestors.com

Angels and Ancestors

Volume 6, Issue 02, November 2011



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Cover Image: The Pacific Ocean on Kaua'i, photo by S. Roger Joyeux

Publication Information

Published monthly for the 1st of the month
Angels And Ancestors welcomes articles and stories and poetry. Article submissions must be received by the 19th of each month. (Angels And Ancestors Magazine happily reviews any submitted material or advertisements. However we reserve the right to refuse any submissions or advertising or art.) Angels And Ancestors, upon accepting material, may edit articles for length, clarity, and content, at the option and discretion of the Editors.

All accuracy and liability for the statements or claims made by contributors or advertisers, rests with each contributor or advertiser. Angels And Ancestors accepts no responsibility for these statements or claims.

Advertising—Events and Classified – limit 40 words including dates and times, \$5.00 per issue. Additional words are \$.15 each. Business Card Ads are \$10.00 per issue. Deadline for advertising submissions is the 21st of each month. Payment to be made at the time of booking, by cash or cheque.

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From the Editors

Mayan Calendar... Ahhh yes!!

Been there, done that. It only took 17.26 billion years, so what's a few lifetimes. If anyone subscribes to a date other than October 28th for the end of the calendar, the debate continues. See Karl Calleman's article at www.calleman.com/content/articles/end_of_creationcycles.htm for his rationale on why the end has already passed.

Much has happened since last month, never mind billions of years ago. Judy and I were blessed enough to have made a trip to paradise, otherwise known as Kaua'i. Hard to beat—mostly sunny, daytime highs of 86°F, and nightly lows of 75°F. Beach time was easy, except for deciding which beach. Most beaches come with an abundance of tropical fish that make snorkeling a real pleasure.

Guess who else is in paradise? The American military of course, and secrets. The locals are under the assumption that the dolphins cannot come close to shore like they did a decade ago due to the underwater seismic and sounding equipment that helps keep America safe for demagoguery. Then, the mention of razor-wire compounds and chem-trails on the island came from a few different places.

So there you have it! Even paradise is caught squarely within Earth's duality. Paradise-good, paradise-bad. Which side does your karma put you on? Let me guess. You are reading the editorial for the Angels and Ancestors Magazine. Your karma is good, yes?

Our collective human journey of consciousness from action-reaction through to co-creation took a very long time. Who knew? Who knew how often our lives and past lives would swing from good to bad, our deeds would be helpful or harmful, and our intentions would serve divinity or evil? Perhaps now that consciousness, according to the recently completed Mayan Calendar, has developed passed all of the levels measured by the calendar's cycles, we can come out of the dark unknown. Does the completion of the cycles of consciousness mean that our awareness becomes enlightened? From the Meta-

tron channel I did on the 29th, it means, at least, that conscious has evolved through all of the stages possible here on Earth. We have access to the knowing without limit.

So what are you aware of that you were not aware of before? One awareness I have been having lately is the disharmony that rules create within the spiritual community. The essence of spirituality is love. Anything that attempts to impose constraints on love just has to go. For example, Judy and I went to a Hindu temple while on Kaua'i. Our friends told us of an Earth-keeper crystal that the temple's community was caretaking, saying that the crystal did not want to be where it was. I took my seat for the noon ceremony on the men's side—women only on the left, men only on the right—stay away from the front. Soon enough I was aware of the agitation that the crystal was suffering. Obnoxious and loud Hindi music permeated the black marble structure that housed the crystal—no peace and no light. The poor crystal was doing its service of sending bursts of light during the moments of serenity between sound-tracks.

Do I need to pass judgment here? Awareness would have me see the Hindu Guru path that I was on as an essential part of my past (1990-1992). Awareness also helped me to open myself to the service I came to do at that temple, namely helping the crystal come into balance. Awareness also made it easy to see that every person at the temple was doing exactly what was appropriate for that person, according to his or her vibration, including me. If anything sounds like judgment here, listen carefully to the detachment. In the vastness of consciousness, temporary moments have little significance. The truth of the illusion soon becomes apparent.

So no matter what the trappings might be, we each have a service to render on this Earth. Perhaps our consciousness can now use its awareness to rise above rules, duality, structured religions, and illusions to open the doorway to self to let the real truth each of us brings, out into the world.

The Next Wave... Love.... it's all good.

Love and light,

Judy and Roger

Nov 2011 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.

Mars Transits Leo, Nov 1-30

Jupiter's Retrograde Motion, Nov 1-30

Full Moon in Aries, Nov 10

Saturn Enters Libra, Nov 15

Venus Enters Sagittarius, Nov 21

Mercury Retrograde in Scorpio,
Nov 24 - Dec 13

New Moon in Scorpio, Nov 24

Mars Transits Leo, Nov 1-30

Mars Transits Leo, Nov 1-30

After over six weeks of occupying his sign of debilitation, Cancer, Mars moves into a more friendly environment on October 31. Mars dresses up as a lion for Halloween this year.

Mars represents the male aspect of human being, and takes charge of forward movement and the power sources that help us drive ahead. Without Mars, we'd have ideas and inspiration, but no means to activate. With too much Mars, we have selfish action and irresponsible use of resources. Learning to find just the right balance for planetary energies allows us to move gracefully through life; Mars energy is no exception.

While Mars was in Cancer, one may have experienced frustrating emotional situations that threatened the peace within the home or community. It is tempting to resist the irritation and anger that Mars may have helped to manifest in the emotional realm, but the way through that discomfort may actually

come through the exploration of conditions that truly may be in need of reform within the home, family or community. Mars is perceptive and passionate; when Mars is in balance, flare-ups of anger can actually be a good indication that there is a power imbalance that needs to be addressed.

Mars moves to Leo October 31 and transits the Sun's fiery sign through June 21, 2012. That's eight months! Leo is a projection of the Sun's energy; it is a place for exploration of the self as a central power source that radiates energy to the surroundings, a place for exercising the balance between self and other, a place for connecting with the source that fires your personal stardom.

Mars can lead one toward selfish action based on desires, and Leo can be a very glamorously supportive environment for self-promotion. The danger for high levels of self-involvement is certainly present with this combination. The trick is to do the self-exploration without getting wrapped up in only that.

Providing yet another level of trickiness is the fact that Mars from Leo will be aspecting his own sign of Scorpio and also Rahu, the Moon's north node, currently in occupation of Scorpio. This gives energy and activation to Rahu, the mysterious force that has the power to draw us toward worldly things, sometimes as if beyond our control. The thing to watch out for here is the little voice that whispers and urges and justifies actions that may not meet our approval in stronger moments.

During the next eight months, as we explore what makes us tick and how to fuel our fires, it is important that we maintain a strong connection with our faculties of discernment. Recognize desires, but do not allow them to take the wheel. Too much attention or indulgence of the self can be a slippery slope.

Jupiter Maintains Retrograde Motion November 1 - November 30

Jupiter, the planet that brings us hope, positivity and expansion, remains in retrograde motion in Mars' fire sign, Aries, throughout November. Jupiter resumes direct motion on December 25, 2011 and remains in Aries through May 2012.

While not even retrograde motion can obliterate

our tendency to positively expand, it may be slowing down the learning and growing process just a bit. While the Mars-like parts of us may be ready to lurch forward, it would perhaps be better to adopt a slow, steady expansion, more like bread rising than corn popping.

Jupiter's positive influence on Mars should assist us in hanging the tapestry of clarity and truth behind the stage we are setting for self-exploration as Mars occupies Leo. Jupiter reminds us that there is always guidance to be had, and there is always objectivity to be used when we become lost in our self-involved situations.

Jupiter's retrograde status could also be helpful if one's goal is to control excessive behavior of any kind. Over-indulgence is a trait of Jupiter out of balance; Jupiter retrograde could be a good chance to restrain the tendency to go too far and to exercise a gentle set of brakes to keep excessive behaviors in check.

Full Moon in Aries November 10

The Moon reaches the apex of the cycle begun October 26 on the afternoon of Thursday, November 10, in the sign of Aries. As the Moon waxes, it gains strength, and when the Moon is strong, our faculties of receptivity, compassion, protection and reflection strengthen.

This fortnight, these faculties are further boosted by Mars vacating the Moon's sign, Cancer, on October 31. With Mars focusing energy now in Leo, we can get back to rebuilding and reorganizing our homes and communities, creating nurturing environments and solving problems that have become evident during the period of unrest which was Mars' transit through Cancer.

The Moon joins retrograde Jupiter in Mars' fire sign, Aries, at the point of fullness. Indeed, Mars does influence this full Moon in more ways than one. First, the Moon is located in Mars' sign. The Moon and Sun are opposite, as during any full Moon, and the Sun occupies Libra, the Sun's sign of debilitation, leaving the Sun in a weakened state. This leads to Second, Mars occupies the Sun's sign, giving the Sun strength, and thereby indirectly adding to the Mars affect on this full Moon. With the celebration

of this full Moon, we may also celebrate to a return to action and fruition due to the improvement of Mars' position.

Saturn Enters Libra November 15

Saturn, ever deliberate and patient, completely the master of the forces of time and rhythm, slowly processes from Virgo into Libra, officially entering on November 15. Saturn, who takes 28-30 years to circumambulate the Sun, takes about 2-3 years to traverse each sign of the zodiac.

Because of Saturn's power to create impact on our sometimes frivolous lives, his slow transits of the zodiac and of our individual birth charts can create themes as we attempt to navigate life. In the collective sense, Saturn will be occupying Venus' air sign, Libra, until November 2014, a particularly long stay in one sign for Saturn.

Saturn is exalted in Libra, meaning that his energies perform at their peak while occupying that sign. That's good news. Saturn entering Libra also enters into an opposition with Jupiter, occupying the sign of Aries. This is interesting news.

Overall, the theme of Saturn's transit through Virgo had to do with taking responsibility for health by creating a time of reckoning in the realm of food, medicine and exercise. Saturn is particularly skilled at tearing down walls of illusion and exposing the facts. How then, will these skills be applied while Saturn works his way slowly through Libra?

The importance of balance and responsibility to the cause of health will not be forgotten; the opposition of Jupiter and Saturn requires steady attention to maintain balance. The contractive nature of Saturn on the opposite side of the see-saw to Jupiter's expansive nature requires that we arrive at just the right balance of letting go and holding on as we bring Saturn's lessons to the next level.

Libra is ruled by Venus, the planet that brings us love, connection and beauty. Saturn's presence in Libra suggests a theme of creating responsibility and discipline in our social, artistic and political environments. Where will Saturn's lessons begin to impact us after this shift? How will the opposition with Jupiter come into play during the first six months of Sat-

urn's occupation of Libra? How will Mars' position in Leo create situations that lead us toward sitting at Saturn's feet, notebook in hand?

Can we all use Saturn's ego-negating magic to finally get along in peace and harmony? Stay tuned...

Venus Enters Sagittarius November 21

The first part of November, Venus will be transiting through Mars' water sign, Scorpio, joined by her companion, Mercury. Scorpio can be a rough ride for Venus; it's dark and scary, and it's hard to see enough to appreciate the beauty that Venus seeks.

Venus, as our capacity to connect and combine with others, is somewhat out of place in the cold and dark of Scorpio. And while it is a bummer that her skirt gets torn and the heel breaks off of her shoe, Venus' transit through the dark side is necessary and enriching, as it expands our capacity to understand and gain compassion for others.

On November 21, Venus moves from Scorpio to Jupiter's fire sign, Sagittarius. Either way, the influ-

ence of Mars is also involved. Scorpio is a Mars-ruled sign and Venus was aspected by Mars during her transit. Sagittarius' ruler, Jupiter, is currently occupying Mars' sign, Aries.

So, throughout the month, Venus, our beacon of love, beauty and relationship, travels through territory that requires courage and a sense of adventure. Don't be afraid to enter new territory through the creative process, or to visit obscure corners of relationships. Discover passion!

Mercury Retrograde in Scorpio November 24 - December 13

Mercury begins the third and final retrograde cycle of 2011, just after midnight on November 24. This should prove to be an interesting Thanksgiving weekend and entry into the holiday season, with the new Moon occurring later on Thanksgiving day.

Another retrograde planet occupying another sign of Mars creates a very tentative mood toward new beginnings. Return to planning, further review of pro-

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cesses and in-depth analysis may be wise choices for this holiday season.

Mercury rules communication, exchange of words, goods and concepts, and short trips. With Mercury in retrograde status, the easy flow that allows for these things to happen can be quickly interrupted and disrupted. Delays, obstacles and mis-communication are generally expected during Mercury retrograde times. Allowing extra time, patience and resources to get people, goods and information from point A to point B is highly recommended.

Fanning the flames of Mercury's discomfort is Rahu, the Moon's north node, also located in Scorpio. Rahu adds intrigue to the new Moon occurring in Scorpio on November 24, as well. Rahu introduces the element of temptation to the mix; in all cases seek to go with, rather than against, your better judgement.

For example, there are plans to attend a dinner at a friend's house. In addition, there is an event overlapping the dinner that is attractive. The temptation is to try to slide out of the dinner as quickly as possible and race across town to catch as much of the other event as possible. Mercury, when functioning well, may be able to pull off such a thing, and that's the argument Rahu will use when trying to convince one to pull off the impossible. The advice is to be realistic and not take risks when it comes to sticking to a schedule during this time. Do leave extra time. Do decline over-activity. Do keep focus on what is most important and prioritize when it comes to deciding which action to take.

Take it easy during this first part of holiday season 2011. Don't make too many plans that require precision timing and communication. Mercury's faculties of communication may be more effective in the exploration of the psyche (Scorpio) than in attempts to maintain a mundane channel of exchange.

New Moon in Scorpio November 24

In keeping with the Mars theme, the Moon wanes into a sliver, reaching the point of a new cycle late in the evening of Thursday, November 24, at 8° Scorpio. The Sun and Moon conjunction joins retrograde Mercury and Rahu in Mars' water sign.

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 403-225-2016 for more information or email judy@angelsandancestors.com.

This new Moon occurs in the lunar mansion Anuradha, "the star of success." Anuradha's associated deity is Mitra, lord of friendship and cooperation. The basic impulse of the nakshatra is to honor the self and the other equally. This is especially important in the face of the strong self-oriented energy of Mars located in Leo.

The empty receptivity of this new Moon is important. The Moon when new is weak, and when in Scorpio, debilitated, so practically devoid of power. At this point, the Moon becomes a vessel, ready to be filled with the increasing energy of the Sun.

This conjunction of the Moon and Sun occurs past the point of highest debilitation for the Moon, which is a positive aspect that implies that difficulty has been surmounted and success is within reach.

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Native American Wisdom

All things in the world are two. In our minds we are two—good and evil. With our eyes we see two things—things that are fair and things that are ugly. We have the right hand that strikes and makes for evil, and the left hand full of kindness, near the heart. One foot may lead us to an evil way, the other foot may lead us to a good. So are all things two, all two.

Eagle Chief
Pawnee

10 Reasons to Avoid GMOs

by Jeffery Smith

1. GMOs are unhealthy.

The American Academy of Environmental Medicine (AAEM) urges doctors to prescribe non-GMO diets for all patients. They cite animal studies showing organ damage, gastrointestinal and immune system disorders, accelerated aging, and infertility. Human studies show how genetically modified (GM) food can leave material behind inside us, possibly causing long-term problems. Genes inserted into GM soy, for example, can transfer into the DNA of bacteria living inside us, and that the toxic insecticide produced by GM corn was found in the blood of pregnant women and their unborn fetuses.

Numerous health problems increased after GMOs were introduced in 1996. The percentage of Americans with three or more chronic illnesses jumped from 7% to 13% in just 9 years; food allergies skyrocketed, and disorders such as autism, reproductive disorders, digestive problems, and others are on the rise. Although there is not sufficient research to confirm that GMOs are a contributing factor, doctors groups such as the AAEM tell us not to wait before we start protecting ourselves, and especially our children who are most at risk.

The American Public Health Association and American Nurses Association are among many medical groups that condemn the use of GM bovine growth hormone, because the milk from treated cows has more of the hormone IGF-1 (insulin-like growth factor 1)—which is linked to cancer.

2. GMOs contaminate forever.

GMOs cross pollinate and their seeds can travel. It is impossible to fully clean up our contaminated gene pool. Self-propagating GMO pollution will outlast the effects of global warming and nuclear waste. The potential impact is huge, threatening the health of future generations. GMO contamination has also caused economic losses for organic and non-GMO

farmers who often struggle to keep their crops pure.

3. GMOs increase herbicide use.

Most GM crops are engineered to be “herbicide tolerant”—they are deadly weed killers. Monsanto, for example, sells Roundup Ready crops, designed to survive applications of their Roundup herbicide.

Between 1996 and 2008, US farmers sprayed an extra 383 million pounds of herbicide on GMOs. Overuse of Roundup results in “superweeds,” resistant to the herbicide. This is causing farmers to use even more toxic herbicides every year. Not only does this create environmental harm, GM foods contain higher residues of toxic herbicides. Roundup, for example, is linked with sterility, hormone disruption, birth defects, and cancer.



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4. Genetic engineering creates dangerous side effects.

By mixing genes from totally unrelated species, genetic engineering unleashes a host of unpredictable side effects. Moreover, irrespective of the type of genes that are inserted, the very process of creating a GM plant can result in massive collateral damage that produces new toxins, allergens, carcinogens, and nutritional deficiencies.

5. Government oversight is dangerously lax.

Most of the health and environmental risks of GMOs are ignored by governments’ superficial regu-

lations and safety assessments. The reason for this tragedy is largely political. The US Food and Drug Administration (FDA), for example, doesn’t require a single safety study, does not mandate labelling of GMOs, and allows companies to put their GM foods onto the market without even notifying the agency. Their justification was the claim that they had no information showing that GM foods were substantially different. But this was a lie. Secret agency memos made public by a lawsuit show that the overwhelming consensus even among the FDA’s own scientists was that GMOs can create unpredictable, hard-to-detect side effects. They urged long-term safety studies. But the White House had instructed the FDA to promote biotechnology, and the agency official in charge of policy was Michael Taylor, Monsanto’s former attorney, later their vice president. He’s now the US Food Safety Czar.

6. The biotech industry uses “tobacco science” to claim product safety.

Biotech companies like Monsanto told us that Agent Orange, PCBs, and DDT were safe. They are now using the same type of superficial, rigged research to try and convince us that GMOs are safe. Independent scientists, however, have caught the spin-masters red-handed, demonstrating without doubt how industry-funded research is designed to avoid finding problems, and how adverse findings are distorted or denied.

7. Independent research and reporting is attacked and suppressed.

Scientists who discover problems with GMOs have been attacked, gagged, fired, threatened, and denied funding. The journal Nature acknowledged that a “large block of scientists . . . denigrate research by other legitimate scientists in a knee-jerk, partisan, emotional way that is not helpful in advancing knowledge.” Attempts by media to expose problems are also often censored.

8. GMOs harm the environment.

GM crops and their associated herbicides can harm birds, insects, amphibians, marine ecosystems,

and soil organisms. They reduce bio-diversity, pollute water resources, and are unsustainable. For example, GM crops are eliminating habitat for monarch butterflies, whose populations are down 50% in the US. Roundup herbicide has been shown to cause birth defects in amphibians, embryonic deaths and endocrine disruptions, and organ damage in animals even at very low doses. GM canola has been found growing wild in North Dakota and California, threatening to pass on its herbicide tolerant genes on to weeds.

9. GMOs do not increase yields, and work against feeding a hungry world.

Whereas sustainable non-GMO agricultural methods used in developing countries have conclusively resulted in yield increases of 79% and higher, GMOs do not, on average, increase yields at all. This was evident in the Union of Concerned Scientists' 2009 report Failure to Yield, the definitive study to date on GM crops and yield.

The International Assessment of Agricultural Knowledge, Science and Technology for Development (IAASTD) report, authored by more than 400 scientists and backed by 58 governments, stated that GM crop yields were "highly variable" and in some cases, "yields declined." The report noted, "Assessment of the technology lags behind its development, information is anecdotal and contradictory, and uncertainty about possible benefits and damage is unavoidable." They determined that the current GMOs have nothing to offer the goals of reducing hunger and poverty, improving nutrition, health and rural livelihoods, and facilitating social and environmental sustainability.

On the contrary, GMOs divert money and resources that would otherwise be spent on more safe, reliable, and appropriate technologies.

10. By avoiding GMOs, you contribute to the coming tipping point of consumer rejection, forcing them out of our food supply.

Because GMOs give no consumer benefits, if even a small percentage of us start rejecting brands that

contain them, GM ingredients will become a marketing liability. Food companies will kick them out. In Europe, for example, the tipping point was achieved in 1999, just after a high profile GMO safety scandal hit the papers and alerted citizens to the potential dangers. In the US, a consumer rebellion against GM bovine growth hormone has also reached a tipping point, kicked the cow drug out of dairy products by Wal-Mart, Starbucks, Dannon, Yoplait, and most of America's dairies.

NOTE: As an additional motivation to avoid GMOs, you may wish to take a lesson from the animals. Eyewitness reports from around the world describe several situations where animals, when given a choice, avoid genetically modified food. These include cows, pigs, geese, elk, deer, raccoons, mice, rats, squirrels, chicken, and buffalo. We're pretty sure the animals didn't read the above 10 reasons.

The Campaign for Healthier Eating in America is designed to achieve a tipping point against GMOs in the US. The number of non-GMO shoppers needed is probably just 5% of the population. The key is to educate consumers about the documented health dangers and provide a Non-GMO Shopping Guide to make avoiding GMOs much easier.

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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.

Crystals: Atlantisite

The following is an excerpt from Roger's upcoming third book, this time about crystals.

©S. Roger Joyeux

Atlantisite offers a cheery green vibration of the common garden variety. The variety of green here allows the mind to open without pushing any limits. As a healing stone in the classic sense, Atlantisite accelerates the vibration of the body's form wherever it is placed. What is meant by not pushing the limits is that the stone works within the light frequency ranges of the user's vibration. Its acceleration of the body is therefore subdued.

The green crystalline vibration of the Atlantisite works its healing magic by gently softening the areas of a person's body mass that are not fully balanced or have distortions in the flow of light energy. Atlantisite may be called the "naturalizer" because it takes the body's healing process only as far as the body's current state of vibration. It does not alter the body's vibration. It is not a stone for opening or reconditioning the body, or for taking the spiritual path forward.

Once the person's body has achieved a natural, balanced state at the level of its current vibration, without pushing the body to higher vibration levels or causing expansion of form-essence, the wearer of the piece can awaken to the light and energy that exists in the immediate vicinity and in the now moment. This is not an evolutionary step, but rather, the opportunity to be all you can be now. Atlantisite's healing casts away the body's imbalances and smoothes away the distortions. Light energy flows within the user's body exactly as it should for right now.

The great energy healing work of Atlantisite answers the need to bring a person's vibration into its natural state without the disturbing turbulence of an evolutionary push forward. It is a stone for individuals who are dabbling with spirituality and, therefore, still carry significant vibrational issues and imbalances, such as the need for clearing karma and learning basic life lessons.

By bringing their vibrations into a natural state, the influx of light frequencies received does not go beyond the range that is consistent with the will, and does not go beyond personal choices. Free will is thereby preserved. The spiritual path of the person using Atlantisite proceeds at the person's own pace. Such persons are those whose spiritual evolution is not yet consciously awakened and whose kundalini (base chakra) has not yet opened. If a person is already a spiritual seeker that has willfully stepped onto the spiritual path, that person is beyond the need for the healing that Atlantisite offers. Ideally, a piece of Atlantisite, which has been shaped to have an aesthetic presentation, makes a wonderful gift for someone who is open minded, but has not yet aspired to spiritual life.

Most often, Atlantisite stones also contain inclusions of purple Stichtite. Stichtite's level of vibration is consistent with Atlantisite's green vibration and with the same range of the heart chakra's green light frequencies. Stichtite is a worker-bee, drone-level, heart chakra vibration of love that has no direct affiliation with the healing work of the Atlantisite. Stichtite and Atlantisite are mutually exclusive, but also mutually compatible. Stichtite steadily contributes to the empowerment of the love in the heart at the lower ranges of the heart's light frequencies. Both Stichtite and Atlantisite are presented to the world to help the spiritual dabbler muddle forward into greater light. Their contribution is slow and easy and well within the expression of the dabbler's will.

©S. Roger Joyeux. For Roger's first two books, go to www.storyof-light.com. Roger conducts workshops on crystals, how they work with light, do healing, prepare our bodies, protect us, open our consciousness, and much more. Please see his workshop at www.angelsandancestors.com/workshop.php#crystal



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Article: 18 Habits from Childhood That Affect Our Relationships Now

By Liesl Schillinger

Not long ago, Jeffrey E. Young, PhD, a cognitive psychologist and clinical researcher at Columbia University Medical Center, met with a couple in crisis. The woman, let's call her Chloe, was brutally critical of her boyfriend, let's call him Dan. She thought Dan's teeth were ugly and wanted him to get them whitened; she thought his back was too hairy and complained that he wouldn't get regular waxing. It sent her into a rage when he was a few minutes late to pick her up on dates, even though Dan lived an hour away and traffic made exact arrival times nearly impossible. As Chloe continued with her onslaught, Young realized that Dan agreed with Chloe: Dan believed himself to be horribly flawed and thought Chloe was right to be angry with him. Although she was terribly critical of Dan, Young noted, Chloe loved him and was terrified of losing him.

If Young had been a Freudian therapist, he might have encouraged Dan and Chloe to speculate on the painful effect of childhood problems without suggesting specific ways to change their behavior. But Young began his career in the early '80s as a new therapy was gaining popularity—cognitive therapy, which teaches that how people think about events in their lives determines how they feel about them. Young, who studied with the man behind the therapy, Aaron T. Beck, was excited to be a part of a dynamic new method. But early on, he found that this approach alone was not enough to help clients with lifelong relationship troubles. "It was fine with people who'd been healthy and had problems only recently, but the majority of patients had problems that stemmed from their early life, and those people didn't respond well," he says.

Young began to spot a number of distinct, recurring patterns in his patients' psychological profiles—pat-

terns laid down in early childhood that continued to shape their adult thoughts, actions, relationships, careers, and life choices. He called these habits "schemas," borrowing the ancient Greek word for "form," and he nicknamed them "life traps" to make it easier for his clients to understand both the concept and the risk of letting their schemas define them.

Although schema therapy began as an individual therapeutic strategy, it quickly turned into a couples therapy technique. "More than half the people we saw were coming in with problems with their relationship," Young says. "We thought, 'What if we got the partner in?' Once we did, we began to notice there was an interplay between them that was creating problems. One partner's schema would trigger the other's schema, and tensions would escalate." Some of the schemas dovetail—in a catastrophic way—each exacerbating the other. In fact, Young says, head-over-heels romantic attraction is often a sign of bad schema chemistry.

Young suspected that Dan suffered from the Defectiveness schema, which means that, when he was a child, his peers or family put him down, criticized him, and made him feel inferior. By asking questions in further sessions, he learned that Dan's mother favoured his older brother and his father told him he was incompetent.

Chloe, on the other hand, was plagued by Unrelenting Standards. As a child, her family made her feel that, unless she was completely above reproach, she was a total failure. These are two of the 18 schemas Young has identified; a person may be affected or defined by any number of schemas—just as in astrology, people speak of an Aries who has a Cancer moon



and Virgo rising. For instance, a patient may have the core schema of Emotional Deprivation and also be affected by the Abandonment and Self-Sacrifice schemas.

Young's work has a curious parallel with recent developments in the field of interpersonal neurobiology, which suggest that our personal relationships affect the way the mind builds neural pathways. Your emotional memories—of a parent you adored or feared, of a partner you loved or lost—create pathways in the limbic part of the brain. Every time you revisit those memories, positive or negative, you reinforce the path, deepening a trench of emotional connection. Throughout life, your unconscious mind embraces any new person who reminds you of those older paths. They exert an almost irresistible pull, compelling you to make decisions that feel like choices but are actually automatic responses guided by the map of your past: It's like a ghost road that lures in passers-by. "We think what we call schemas are really what some people call neural pathways," Young says. People who want healthy relationships but have a history of unhealthy ones must work hard to resist the pull of habit and strike out along new pathways, literally and figuratively.

Young's first step is to help his patients recognize that they have schemas: "They've affected their view of everything," says Young. "But they don't see that there's anything wrong with the way they look at the world." He began by asking Chloe about her parents. She described them as high-level professionals who had been extremely critical of her. If she came home with an A- instead of an A+, for instance, her mother would withdraw her affection for a week, withholding kisses and kindness.

"I tried to get Chloe to remember what it felt like when her mother would withdraw from her and to remember how bad she felt about herself," Young says. As an adult, Chloe remained stuck in her schema, clinging stubbornly to her childhood fear that if she or anyone she was associated with was less than perfect, she would be a disappointment. Young knew that she had internalized her parents' harsh judgments and was not aware they weren't her own. His questions helped her make the connection that the way her mother hurt her was the way she hurt the

men in her life—at which point, Chloe got it, saying, "I don't want to make Dan feel the way I felt."

Young also helped Dan realize that he was repeating his unhappy childhood cycle with Chloe: trying to prove that he was good enough. Young spent the next several sessions helping Chloe and Dan understand that when they upset each other, it was not out of deliberate cruelty but often because one partner had set off the other's core schemas.

"Chloe had to become more aware of when her Unrelenting Standards were being triggered, making her critical and mean," Young says. "Dan had to become aware of when he was starting to feel inadequate and trying to prove himself to her." When a fight began to escalate, Young instructed, they should say out loud, "Schema clash!"—as unnatural as it might feel—and then call a time-out. They should retreat into separate rooms and read through a flash card to remind them of the havoc their schemas were trying to unleash (Young helps couples create a variety of notes, tailored to common issues of discord—arguments over money or parenting, for example). A card for Chloe might read in part:

Even though I feel as if my criticisms are valid, it's almost certain that I'm being much too hard on Dan and too judgmental, the same way my mother was with me. Therefore I need to let up on him, stop criticizing him, and apologize for what I did.

Young admits this technique can seem awkward in the beginning. As therapy progresses and communication improves, the flash cards can be left behind. "Eventually, the partners catch their pattern much more quickly, and they don't have to have time-outs," Young says. They can head off the conflict before it



arises. “When therapy is successful, it doesn’t mean the schema inside each person isn’t being triggered,” he says. “But they learn that they don’t need to let it out.” As patients come to recognize their schemas, they realize that, although they are not entirely to blame for their strong feelings, they are responsible for learning to control them better.

Schema therapy saved Chloe and Dan’s relationship. “We have a very high success rate with couples like this,” Young says. Both partners genuinely wanted to change, and, still more important, both of them were willing to accept the idea that there was something wrong with their behavior. (Young estimates schema therapy succeeds with about 70 percent of couples he and his colleagues see.)

Those who have benefited from schema therapy have one thing in common: They felt the thrill and relief of learning that there was a name for the impulses that had directed their actions for so long. They could see there was a more accurate explanation for the unhealthy patterns in their lives and relationships than the one they’d been telling themselves. They stepped back from their life traps and studied the map of their behavior. And slowly, but perseveringly, they dared to set out on a different course, with a new understanding not only of the direction they wanted to take but of themselves.

The patterns we learn and working around them is part of a fresh new approach to couples therapy. Which schemas sound like you?

Abandonment

People who cling to others because they’re afraid of being left and don’t feel important relationships will last. They’re usually attracted to partners who cannot be there in a committed way.

Emotional Deprivation

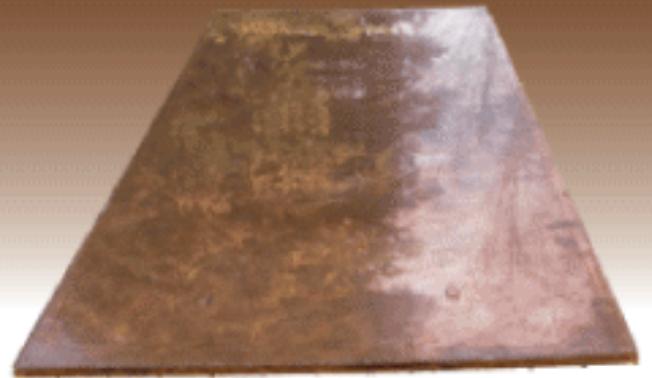
Most of the time, these patients haven’t had someone to nurture them, to care deeply about everything that happens to them or someone who was tuned in to their true feelings and needs.

Entitlement

Those who hate to be constrained or kept from doing what they want or feel that they shouldn’t have to

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Defectiveness

People who think they're unworthy of the love, attention, and respect of others and believe that no matter how hard they try, they won't be able to get a significant partner to respect them or feel they are worthwhile.

Subjugation

In relationships, these people let the other person have the upper hand and worry a lot about pleasing other people so they won't be rejected.

Unrelenting Standards

People who must be the best at most of what they do and feel there is constant pressure to achieve and get things done. Their relationships suffer because they push themselves so hard.

Mistrust/Abuse

Those who feel that they cannot let their guard down in the presence of other people, or else that person will intentionally hurt them. If someone acts nicely toward them, they assume that he/she must be after something.

Self-Sacrifice

People who puts others' needs before their own, or else they feel guilty, and usually end up taking care of the people they're close to.

Social Isolation

Individuals who don't think that they relate well to other people and/or feel that they don't fit in with any sort of group.

Dependence

People who often feel helpless or aren't capable of making a decision without the aid of another person.

Vulnerability to Harm or Illness

Hypochondriacs and/or those who consistently fear that they will be involved in a catastrophe like an

airplane crash or hurricane.

Enmeshment

Young's patients who have a weak sense of personal identity and habitually cling to or "mesh" with other people do so in order to feel like a complete person.

Failure

Someone who believes they will never succeed or that they're not as bright or talented as the people around them.

Insufficient Self-Control

Those who lack self-discipline and want to quit a task at the first sign of frustration or failure. (People with milder forms of this schema will give up personal satisfaction or fulfillment in order to avoid conflict or confrontation; could be described as a slacker.)

Approval Seeking

Individuals can place an extreme importance on other people's opinions and sometimes put a high level of significance on appearance and social status as a means to get attention.

Negativity

Someone who focuses on the worst parts of life (disappointments, missteps, and embarrassing moments) and might have inflated fears that they will make a mistake that will result in a personal crisis, like financial ruin.

Inhibition

People who are afraid to show emotion or, for that matter, initiate conversation—might be described as wallflowers.

Punitiveness

Those that believe even the smallest mistake deserves punishment. Usually hold themselves—and others—to very high expectations; find it hard to empathize or forgive mistakes, their own and those of others.

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Judy's Kitchen



Diana's Zucchini Nut Bread

- 3 eggs
- 1 c veg oil
- 2 c sugar
- 3 c flour
- 1 tsp salt
- 1 tsp baking soda
- ¼ tsp baking powder
- 1 tsp cinnamon
- 2 cups zucchini grated
- 2 tsp vanilla
- 1 c nuts (optional)

Beat eggs, oil and sugar together. Add flour, salt, soda, powder and cinnamon

Add zucchini, vanilla and mix well. Fold in chopped nuts, if using.

Pour into 2 greased loaf pans. Bake at 325° for 1 hour.



Butter Tarts

- 2 c all-purpose flour
- 1 c shortening
- 1/2 tsp salt
- 5 tbsp ice water
- 1 c packed brown sugar
- 1 egg
- 1/2 tbsp butter
- 1/2 tsp vanilla extract
- 1 tbsp hot water
- 1/2 c flaked coconut
- 1/2 c chopped walnuts
- 1/2 c raisins
- Directions

Sift flour and salt together, adding the shortening in marble-sized pieces. Add the ice water then form the dough into a ball. The dough is now complete. Refrigerate for 15+ minutes.

Roll out the dough, then cut the tart shells with a large glass (should be 12). Place in a greased tart pan. Preheat oven to 350°F. Roast walnuts and coconut for 5-10 minutes, until brown.

Remove from oven and set oven temperature to 450°F. Put about 10 raisins in the bottom of each tart shell. Mix sugar, egg, butter, vanilla and hot water, add coconut and walnuts. Pour mixture into tart shells, filling 2/3 full and no more.

Bake in 450°F oven for 10-12 minutes or until golden brown. Cool before removing.

A jazz musician can improvise based on his knowledge of music. He understands how things go together. For a chef, once you have that basis, that's when cuisine is truly exciting.

Charlie Trotter

One of the delights of life is eating with friends, second to that is talking about eating. And, for an unsurpassed double whammy, there is talking about eating while you are eating with friends.

Laurie Colwin

Angels Speak Halleluiah



Internet Image: Creative Commons License

From Judy's Blog

Greetings Beloveds! As all the changes happen, the word that we Angels sing over and over is “Halleluiah”. This word means “praise all” although it is often translated as “praise God”. When we sing this word we are praising everything - all the humans and animals and birds and insects and fish and plants and trees and water and dirt and air and fire and stones – all things. This includes everything in the Universe – stars and planets and comets and gases and nebulae and space junk and sounds – everything!

We are meant to praise everything right now because it is so beautiful and so perfect! There is perfection in the world right now. The feminine is rising to clean the corruption and the power and the hate. The feminine has always been about love and cleaning.

The Earth is rising in her power, and she is cleaning the the things that no longer suit her – the polluted water ways and beaches; the abuses of her minerals and the concrete that spans her girth.

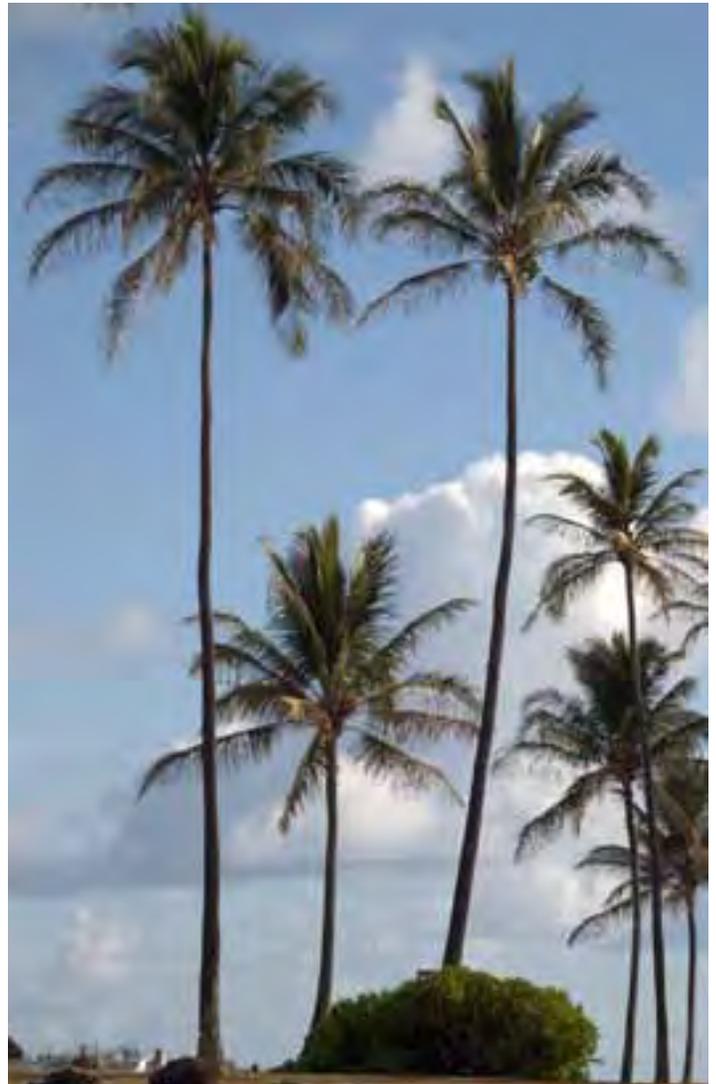
Halleluiah,
The Angels

THE IMPORTANT THING ABOUT A TREE

The important thing about a tree
is that it has a trunk.
It has leaves, and it has branches.
You can climb it with all your might.
It also is a home for birds and raccoons.
It gives us oxygen, and that’s why we need trees.
Trees smell like heaven.
When leaves on trees go swish
it sounds like 1 million angels singing around you.

But,
the important thing about a tree
is that it has a trunk.

*by Aria Anderson
Lynn’s granddaughter*



Jokes of the Month

Signs Of Maturity

1. Your house plants are alive, and you can't smoke any of them.
2. Having sex in a twin bed is out of the question.
3. You keep more food than beer in the fridge.
4. 6:00 AM is when you get up, not when you go to bed.
5. You hear your favorite song on an elevator.
6. You watch the Weather Channel.
7. Your friends marry and divorce instead of hook up and break up.
8. You go from 130 days of vacation time to 14.
9. Jeans and a sweater no longer qualify as "dressed up."
10. You're the one calling the police because those damn kids next door won't turn down the stereo.
11. Older relatives feel comfortable telling sex jokes around you.
12. You don't know what time Taco Bell closes anymore.
13. Your car insurance goes down and your payments go up.
14. You feed your dog Science Diet instead of McDonalds leftovers.
15. Sleeping on the couch makes your back hurt.
16. You no longer take naps from noon to 6 PM.
17. Dinner and a movie is the whole date instead of the beginning of one.
18. Eating a basket of chicken wings at 3 AM would severely upset, rather than settle, your stomach.
19. You go to the drug store for ibuprofen and antacid, not condoms and pregnancy tests.
20. A \$4.00 bottle of wine is no longer "pretty good stuff."
21. You actually eat breakfast food at breakfast

time.

22. "I just can't drink the way I used to," replaces, "I'm never going to drink that much again."
23. 90% of the time you spend in front of a computer is for real work.
24. You no longer drink at home to save money before going to a bar.
25. You read this entire list looking desperately for one sign that this doesn't apply to you.

Southern Medical Terms

- | | |
|-------------------|------------------------------------|
| Benign | What you be, after you be eight. |
| Artery | The study of paintings. |
| Bacteria | Back door to cafeteria. |
| Barium | Done when patients die. |
| Caesarean Section | A neighbourhood in Rome. |
| Catscan | Searching for Kitty. |
| Cauterize | Made eye contact with her. |
| Colic | A sheep dog. |
| Coma | A punctuation mark. |
| D&C | Where Washington is. |
| Dilate | To live long. |
| Enema | Not a friend. |
| Fester | Quicker than someone else. |
| Fibula | A small lie. |
| G.I. Series | World Series of military baseball. |
| Hangnail | What you hang your coat on. |
| Impotent | Distinguished, well known. |
| Labor Pain | Getting hurt at work. |
| Medical Staff | A Doctor's cane. |
| Morbid | A higher offer. |
| Nitrates. | Cheaper than day rates. |
| Node | I knew it. |
| Outpatient | A person who has fainted. |
| Pap Smear | A fatherhood test. |
| Pelvis | Second cousin to Elvis. |
| Post Operative | A letter carrier. |
| Recovery Room | Place to do upholstery. |
| Rectum. | Pretty near killed him. |
| Secretio | Hiding something. |
| Seizure | Roman emperor. |
| Tablet | A small table. |
| Terminal Illness. | Getting sick at the airport. |

Look at that book



Find a Quiet Corner: A Simple Guide to Self-Peace

by Nancy O'Hara
128 pages,
Grand Central Publishing,
ISBN 978-0446671118

There is a square-yard space in my house that I avoid. It beckons to me. When I grow increasingly stubborn, it taunts me. I know what it's doing. And yet there is nothing in that space. Not a desk. Not a book. Not a word.

It is, what author Nancy O'Hara would call, my quiet corner. I've meditated there before, sat there silently while the ten-minute timer ticked away, felt better for it. So, why am I so resistant? O'Hara says several times in her book *Find a Quiet Corner: Inner Peace: Anytime, Anywhere* that there is great value to submitting. The pain of sitting still will slide away. The chatter in my mind will quell. The urgency to hurry up and finish will melt away.

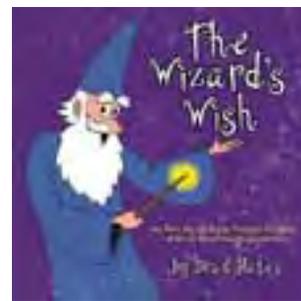
The book – which is actually two of O'Hara's books, *Find a Quiet Corner* and *Serenity in Motion* – possesses an eloquent quietude. Its words slip easily in – never bossy or arrogant – a hot knife through butter. The first book is about breathing, and I found myself breathing deeply just at the suggestion. I journal every morning, and blog every night – but I never thought of O'Hara's idea of having a journal right at the quiet corner, to write right after the calm, centering exercises. AKA breathing. This patch of carpet where I've meditated before is against the wall, cuddled between a cylindrical wicker laundry basket I bought right out of college in NY and the end of my treadmill.

The other half of her book explores times in our life, like bathing, celebrations, money, change, and what she calls broken shoelaces – when things go wrong. There's waiting, too. I have great joy in my life, because I do love the simple things. I immerse my hands in warm, soapy water and enjoy it, I dance always like no one is watching, I connect in conversation. But,

waiting, uh-oh. There's my Achilles' Heel. Hoping, too. Basically, my mind constructs elaborate fantasies about what will happen when this certain guy sees me again, when this agent receives my manuscript, when my older son gets out of the hospital. O'Hara recommends simply sinking into the truth of the moment.

It occurs to me that the writerly part of my brain might appreciate that inclination to fantasize, and that draws a smile. I'll say yes tomorrow morning to that burgundy patch of carpet, snuggle in next to the old wicker basket, and see what comes out of my pen.

Review by Diana Page Jordan,
from www.spiritual-short-stories.com



The Wizard's Wish: Or, How He Made the Yuckies Go Away

by Brad Yates
For Ages 9-12yrs, 32 pages
CreateSpace
ISBN-13: 978-1451570908

"The Wizard's Wish" is, in my opinion, a revolutionary book because it introduces the power of tapping (EFT) to children in a fun, informational, and easy to understand way. It shows how children (and their parents) can quickly and easily work with their emotional states and bring more peace and happiness into their lives through a better understanding of tapping.

Fortunately the story isn't too long, nor too short, and the playfully colorful illustrations keep the subject matter lighthearted enough and engaging for children to stay focused. I particularly appreciate that there are deeper spiritual messages shared within this book, such as our ability to be conscious of and heal our emotional states, generosity and

If you're not already familiar with EFT / tapping, at the end of the book is a brief explanation and tutorial that will help you gain more clarity. Alternatively, you can also watch "The Tapping Solution" (though that's definitely not for kids).

I know I'll be reading "The Wizard's Wish" to my son as he grows older, so that wherever and whenever he goes, he can have advanced consciousness tools at his fingertips.

Review from www.spiritual-short-stories.com

Tricks for Small Businesses

Helping Practitioners and Small Business Owners Navigate The Business World!

Energize Your Dream With Business Forgiveness

By Lisa Cherney

Who has ever heard of business forgiveness? Well, I hadn't until I met a guy who was being held back because of regrets from his past businesses. This guy is like many of my clients who are insecure or fearful about failure because they can point to a time in the past where they set out to do something and it didn't happen. Isn't it interesting how we view that as failure? Our whole life is set up with us trying things and being "successful" or not. Therefore, it makes us evaluate our business-life and give ourselves a score.

What is your business-life score? How would you rate yourself as a business owner? This can be very revealing. If you find that you are rating yourself low, then it may be time for a bit of forgiveness. A bit of exploring the past, where you feel you failed, defining or exploring the lessons and letting it go. It's the letting it go part that sometimes hangs me up. I had to become willing to not identify myself by the event anymore. I had to stop living that story...you know the one.

Here are some clues as to where you might find those areas of forgiveness. Do you find yourself saying things like:

I'm not good at...

I've always...

My weakness is...

In the past I've...

It's funny how when something is not our passion we define it as something "we are not good at." In business I can say that I am not good at balancing my

checkbook. Instead I choose to say, "Balancing my checkbook is not my passion." Doesn't that sound nicer? It allows me to choose not to do this task rather than feel like it's something I should do. And, if it's something that I've failed to do well in the past (like I have) I could let it affect my business-life score. A word of caution, sometimes these things fester and grow. It changes from balancing your checkbook to "I'm not good at managing my business finances."

What do you let affect your business-life score? When you think about why you rate yourself as less than a perfect 10, what are the things that you are counting in the demerits? Really look at them. I found when I really looked at all the areas that I felt I didn't do well or failed at in the past it allowed me to release them and then hire someone whose passion it is to balance the checkbook (or update my website). It freed up enormous energy and allowed me to focus on the parts of my business I really love. It allowed me to feel good about my business, knowing I had the smarts to hire people to do things I didn't have a passion for.

How can you add energy to your business? How can you raise your business-life score? Where can you forgive yourself so you can begin to think of yourself as a success? And the last, but most import-



ant question, is how do you measure your success? Or, should I say, "What do you use besides money, to measure your success?" Money may be a key factor, I know it is for me because I am in business to help people AND make money (so I can continue to help people). But, when I spent lots of money last year creating my audio programs and workbook, I had less income. Sometimes I let myself feel less than successful. However, this year I have these wonderfully powerful products to share with people all over the world. A woman in New Zealand drives around listening to my Creating a Marketing Message with Juice CD in her car! A business owner in Buffalo, NY trained her entire sales force using my Conscious Marketing Audio Workshop & Workbook! If I allowed myself to feel like a failure because of all the money I spent last year, I may have closed my doors. And it would have been a moment too soon. It would have been right before the miracles started.

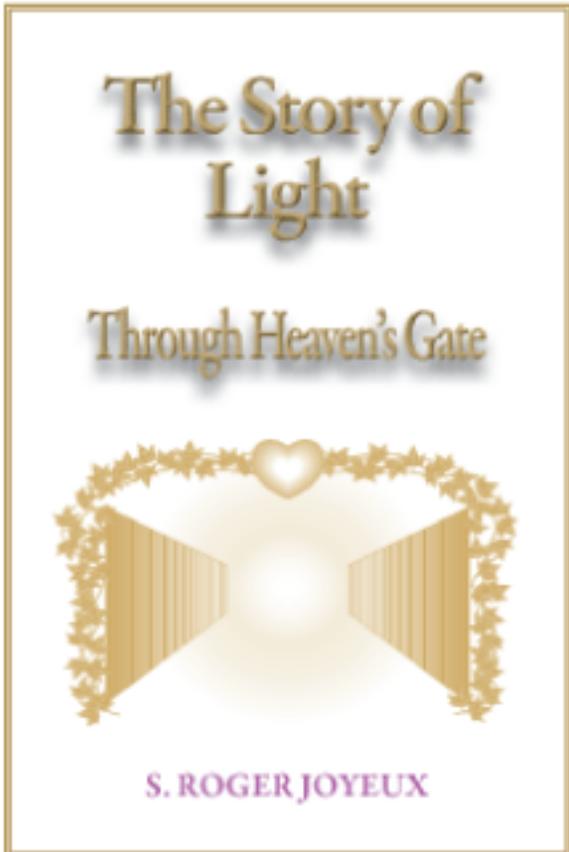
There's a saying, "Don't quit before the miracles start." That's how I feel when one of my coaching clients stays in business because of our work together. They have a renewed passion for making their busi-

ness a success because they forgave themselves and hired a professional organizer to tackle their out-of-control filing or a computer guru to teach them the new software that sat on their desk for a year. That's how I define my success.

What three areas of your business are not your passions? Who can you get to support you? Decide what support you'd want (i.e. inexpensive, but skilled, bookkeeper with patience) and it will come forward. The Universe will help and you'll be better able to communicate your needs to friends and family. You will know this person when you meet them.

It's time to raise your business-life score. It's time to employ business forgiveness. This could be just the thing you need to energize your dream. This could be just the thing to ensure you continue to help the people that need you. If not for yourself, for them. They are waiting for you.

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Article: Castles Made of Sand

*A symbol of impermanence can teach us
about the nature of our own minds.*

By Andrew Olendzki

Perhaps you will go to the beach sometime this summer and have a chance to watch children at play in the sand. How engrossed they can get in their projects! When building a sand castle, nothing in the world seems more important than shaping it, embellishing it, and protecting it from the encroaching sea or from other children who might threaten it. This must be a timeless pursuit, for the Buddha offers the following image in a discussion with an elder monk named Radha in the Samyutta Nikaya:

"Suppose, Radha, some little boys or girls are playing with sand castles. So long as they are not devoid of lust, desire, affection, thirst, passion, and craving for those sand castles, they cherish them, play with them, treasure them, and treat them possessively."

But sand castles, then as now, are a symbol of impermanence, and will eventually slip into the sea. Equally impermanent are the affections of young children, and even before the tide comes in you may witness the gleeful demolition of what only moments earlier had been so deeply revered. Once the tide of their own attachment has turned, children can destroy with joyful abandon what they have so carefully created. This is something noticed by the Buddha as well:

But when those little boys or girls lose their lust, desire, affection, thirst, passion, and craving for those sand castles, then they scatter them with their hands and feet, demolish them, shatter them, and put them out of play.

This is an important observation about human behavior, which can, of course, be applied to a much wider field of understanding. It points to the remarkable insight that meaning is not something existing inherently in things, but is something projected onto

things by the application of human awareness. We make things important by investing them with importance, by placing our attention on them, and by treating them as valuable. Sand castles are not universally important or unimportant. When a person considers them meaningful and pays careful attention to them, they become important. When that meaningcreating enterprise is withdrawn and turned upon a different object, the sand castle becomes instantly insignificant. I have always liked the way Zhuangzi (Chuang-tzu) put it, "What makes things so? Making them so makes them so."

The Buddha appears to be using this image primarily to help Radha get "unstuck" regarding the concept of self. When we cling tightly to our bodies, feelings, perceptions, emotional responses, and consciousness, considering them to be profoundly important, the outcome is the sand castle of the self, attended by behaviors that contribute to greater personal and collective suffering. We construct a strong sense of self by investing the five aggregates with the view "This is me, this is mine, this is my self"; when this happens, all sorts of primitive reflexes spring to life, compelling us to cling to what belongs to ourselves and fight off any threat to the things we decide to own. The craving at the heart of this impulse is so fundamental, the Buddha identifies it in the Second Noble Truth as the cause of suffering.

Almost all the difficulties we face, both personally and collectively, are rooted in the fact that we are choosing to define ourselves as the owners of our experience and all that flows from it. Radha is being shown that this is just a choice that one makes, and that an alternative attitude is possible. We can just as easily reverse this if we choose to regard our experience as "This is not me, this is not mine, this is not my self." If someone walks off with something that does not belong to us, or kicks a pile of sand that we have not invested with our own sense of self, then we tend to be entirely unconcerned and respond with equanimity. This does not make the aggregates disappear, any more than a child scattering her creation makes the sand cease to exist. In fact, nothing in the external world has changed one bit. The difference between suffering and the end of suffering lies en-

tirely in an internal adjustment of our attitudes.

This has wider implications as well, pointing to a second lesson of the sand castles. Much of Western religious and philosophical endeavor discounts personal experience as unreliable and has thus focused on discovering the truth that lies behind appearances. Buddhist thought, by contrast, has been distrustful of the idea of objective truth and has been more concerned with investigating the process of experience itself. These observations have led to the insight, consistent with recent postmodern approaches to many subjects, that meaning is something created rather than discovered.

If this is correct—that value is constructed by people rather than given by nature—then the world we inhabit is a reflection of the quality of our own minds. When greed, hatred, and delusion are shaping the intentions, the actions, and the dispositions of human beings, then the world they create will reflect these attitudes. The dominant economic model might be based on controlled mutual exploitation, an excessive focus may be placed upon building and deploying systems of violent destruction, and the deliberate distortion of information could become commonplace. But if the Buddha's discovery is accurate, this does not need to be the outcome.

What if it were different from this? What if the central organizing principles of our creations were generosity, kindness, and wisdom? This is not out of the question, since we have these healthy roots in our nature alongside the unwholesome roots. We might just decide to withdraw our care from the things we have created that do such harm and “put them out of play,” as the Buddha said. We might then build an economic model based on mutual generosity, develop and deploy systems of kindness and friendship, and habituate ourselves to honesty in all pursuits. Since we are all just playing in the sand anyway, why not decide to do it differently?

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The Last Word

End of the Mayan Calendar

by Tom Jacobs

I've been talking for so long about prepping ourselves for the end of the Mayan Calendar, and now it's here. It ends on October 28th. Early scholarly work on the calendar put its end in December of 2012, but more recent work has corrected this. I feel strongly that the updated, revised date is correct.

This marks what is known as the evolution of consciousness. The final point. The end point of the process.

Yet, instead of it being a finish line, it is that, as of the 28th, all the bits and pieces of possibilities of evolution will be in place. Imagine that you want to make a particular dish, but you can't have access to all the ingredients until a certain moment. When that time comes, you have the option of making it. In other words, you can go ahead and make the dish if you like, now that all the ingredients are available. You simply couldn't do it before, even if you were really wanting to do it. You had to wait until the ingredients could all be lined up in front of you.

We can do as we wish when they are in front of us, but all the tools and ingredients are finally available as of the 28th.

There is no magic moment that heralds the end of the Mayan Calendar. The opportunity is to experience ourselves as multidimensional beings, and this, for many, has come in the form of feeling deeply the emotions and memories from the past. Even if we do not know these are from our souls' other lives (we might tend to call them past lives), they are. They are feelings that our many lives as humans have in common – certain

kinds of emotional reactions to the life themes we have as souls signed up to live and, indeed, have lived.

So, this is a momentous time. For those who are willing to feel into what is trying to come to the surface, it's an amazing time. Not everyone is having some sort of stellar, fire-cracker experience of life these days. But the richness of the emotion coming up is significant. It reflects the invitation we each have to step more into our true nature as energetic beings having physical experiences – yet the big deal thing is to become aware of this fact. Old emotions resurfacing offer this opportunity because we can now (because of the shifts tracked by the Mayan Calendar) gain a higher perspective on all that has happened to us and why we as souls have created for ourselves all that we have. We can now more than ever gain insights into how and why our souls have created our experiences to date. One of the things I have set out to do in this work is to help you see this, so that you can begin to make more conscious decisions about your creation. We're coming out of millennia of creating without awareness—now we can truly begin to create with awareness.

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Eye of the future, internet image