



# ANGELS AND ANCESTORS MAGAZINE

SHARING THE NATURAL WISDOM OF THE EARTH AND ITS INHABITANTS

*In This Issue: Healing Energy For the Ancestors & The Aggrieved p 6 , Minimalist's Guide To Cultivating Passion p 10 ,  
Parenthood: Giving Your Child a Wholeness p 13, Perspective on Earthquakes p 20*



HONOURING OUR ANCESTORS

October 2010 Volume 5 Issue 1  
[www.angelsandancestors.com](http://www.angelsandancestors.com)

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

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

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

Namaste! - Judy and Roger

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# ANGELS AND ANCESTORS

VOLUME 5 ISSUE 1 OCTOBER 2010  
Since 2006

THIS MONTH

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

## Publication Information

- **Published monthly for the 1st of the month**
- **Angels And Ancestors** welcomes articles and stories and poetry. Article submissions must be received by the 20<sup>th</sup> of each month. (Angels And Ancestors Magazine happily reviews any submitted material or advertisements. However we reserve the right to refuse any submissions or advertising or art.) Angels And Ancestors, upon accepting material, may edit articles for length, clarity, and content, at the option and discretion of the Editors.
- **All accuracy and liability for the statements or claims made by contributors or advertisers, rests with each contributor or advertiser.** Angels And Ancestors accepts no responsibility for these statements or claims.
- **Advertising - Events and Classified** – limit 40 words including dates and times, \$5.00 per issue. Additional words are \$.15 each. Business Card Ads are \$10.00 per issue. Deadline for advertising submissions is the 21st of each month. Payment to be made at the time of booking, by cash, Visa, MasterCard or in person for Debit payment.

## How To Reach Us

By Email – for letters to the editor, stories, poetry  
[info@angelsandancestors.com](mailto:info@angelsandancestors.com)

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

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

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

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## FROM THE EDITORS

*Cover Picture: The Cowboy's Way, taken by Judy Hirst in August, 2009. This statue is on the Bar U Historic Ranch, south of Calgary, AB.*

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Dear Readers,

October always makes me think of Thanksgiving, the pilgrims, and the spirits of Halloween. These thoughts combined were the inspiration for this month's theme "Honouring The Ancestors".

We all have reason to be thankful to our Ancestors, and in the West, we do not have any celebrations or rituals that really address those who came before us, other than the Remembrance Day Service. And, this day only celebrates those that served in the Wars.

One can also say that our Ancestors caused all the problems that we have today – and I have heard people say that from time to time.

The truth is that our Ancestors did the best they could at the time with the knowledge that they had, and they did what they believed was the best for the family, and their friends and neighbours.

Therefore, this issue is about Ancestors and we have presented many different ideas. We ask that you are open to hearing new things. I recently read an excerpt from a book that made me think differently about my ancestral lineage.

The excerpt comes from a book called "Karma and Reincarnation" by Dr. Hiroshi Motoyama, Head Priest of the Shinto Tamamitsu sect of Japan which states: *"The parent/child connection manifests as one link in a long chain of ancestral karma that stretches back through time. Your link to your family allows you to be born into that specific line – it is a link that needs to be understood and respected. In this modern scientific age it is very difficult for people to accept the fact that they are responsible to their ancestors, that they are actually liable for the actions of their ancestors if the resulting karma has not yet been dissolved. Many find it absurd to think that the actions of an unknown ancestor could possibly have anything to do with what is happening to them today. But time and time again when investigating someone's karma, I find problems that stretch back generations. Their spirit is not just an*

*individual entity, it is also part of the family spirit that births and nurtures it."*

Whether the article resonates for you in a positive way, or not, the information is something that made me wonder about all the things that my Ancestors have done, and how that has manifested into abundance today.

I grew up on a farm that was founded by my grandfather who came from England. He passed the farm on to my father, and, my father and my mother raised six children on that land, as well as a variety of horses, cattle, chickens, turkeys, ducks, pigs, cats, and dogs. It was a good place to grow up and I am thankful that my grandfather had the vision to start the farm where he did.

I sometimes think about the idea that none of us would be here – where ever here is for us – if it was not for the courage and the ability to adapt, of our Ancestors.

This month, if it feels right, I ask that you take a bit of time to reflect on your Ancestors, and forgive them for those things that you did not agree with, and celebrate and honour them for all the things that have benefited you, even if you have no knowledge of all those acts.

It will bring alive the link to your Ancestors!



HAPPY THANKSGIVING

And, Happy Thanksgiving!

Judy

# ANGELS EVENTS LISTING

## OCTOBER

### October 7 2010 Thursday New Moon Meditation 7:00pm – 9:00pm, By Donation

A gentle soul, Grandmother Spider will be the guest in our circle, and will teach us about ourselves as she leads us in a series of short meditations. Call Judy 403-225-2016 to register, or email [judy@angelsandancestors.com](mailto:judy@angelsandancestors.com). Directions provided upon registration. More info [here](#).

### October 22, 2010 Friday - Full Moon

**Meditation from 7:00 – 9:00pm**, Join us for an evening of community sharing and meditation under the full moon of October – the Blood Moon. Call Judy 403-225-2016 to register, or email [judy@angelsandancestors.com](mailto:judy@angelsandancestors.com). Directions provided upon registration.

## NOVEMBER

### Crystals' Light Workshop on November 20 & 21, 2010, Saturday and Sunday 9:30-4:30 each day

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

For other event listings, please see the Classifieds at the end of the magazine.



by S. Roger Joyeux

*The Story of Light:  
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ISBN 978-0-9686521-1-4  
2010, Antara Publishing  
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# HEALING ENERGY FOR THE ANCESTORS & THE AGGRIEVED

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By Her Holiness, Sri Swami Mayatitananda  
(Mother Maya)



Picture of white lotus from [www.sanghatasutra.net](http://www.sanghatasutra.net)

There are numerous ways to serve humanity, honor the life force, and safeguard self and nature. Giving of ourselves through social service and financial resource to aid the living are ways in which we may help protect the earth's family. However, in so doing we are asked to remember our indelible connection to the subtler fields and aspects of the universe that protect and safeguard life and with it the knowledge and practice of honoring the ancestors and souls in flight. Our lives are connected to the immutable life force that is physical and spiritual; tangible and invisible – an inner force of nature that stretches beyond the mortal coil of living into infinite celestial space. At this pivotal time in human life, the most important understanding we can offer to our humanity is neither physical/emotional, nor financial. It is the practice of *seva* – spiritual service that helps to restore ancestral memory so that we may heal the long ignored rift with the spirit world. Honoring ancestors not only brings an immediate sense of comfort to bereaved families but also helps to resolve the memory of shock and awe carried in the subtle body of those individuals who perished in the wake of violence. By honoring, loving, feeding, and nourishing the ancestors we may once again earn their palpable grace in both the physical and subtle fields of existence.

As evidenced by the devastation caused by the recent earthquake in Haiti, the Tsunami disaster in South East Asia that has taken more than 200,000 lives in Indonesia, India, Sri Lanka, Thailand, and wreaked havoc in many more countries on the coast of the Indian Ocean; the horrific acts and aftermath of violence, terrorism, wars and conflicts – we are in desperate need of appeasing the ancestors. The indescribable collective agony felt during this time is highly palpable and serves to remind us of the unbroken thread of compassion that links each of us in spirit. Among them the trail of thirteen hurricanes ravaging the South Eastern seaboard of USA, a typhoon followed by a lethal series of earthquakes in Japan, a deadly cyclone in India, catastrophic explosion in the coal mines of China, worsening of the wars in Iraq and the Middle East, and devastating genocide of native Africans in Sudan.

## Time for the Ancestors

Each year the time of the ancestor stretches farther into cosmic unrest. A disturbing trend is that the impact of natural and related disasters to the already vulnerable populations has increased steadily over a period of time. The number of people at risk has shown an increase of some 70 million a year during recent years. As you may recall September 11th, 2001, this terrible disaster also occurred during Pitri Paksha. The 26/11 terrorism attacks in Mumbai occurred not too long after Pitri Paksha. We must make gentle and calm the recurring cycles churning nature within and without that have come to bode the ancestral season on earth. We can begin our personal practice of honoring and appeasing our ancestors by making small personal sacrifices on a daily basis with the ancestors in mind. Live each day in the mind of Ahimsa. Recognize that we are living in times of incredible feats as well as of phenomenal disasters! Each day, take to doing one simple act of kindness. In this way, when disaster strikes, you are already honed in the mind of prayer which is the greatest gift you can share with those who are suffering. Offer food to the poor and the hungry. Give your seat to an elderly or disadvantaged person on the bus or train. Devote an hour a week or month to community service. Say a prayer to alleviate suffering. Offer a pound of rice to a homeless shelter. Visit a nursing home. Fast one day a month for world peace. Make a conscious effort not to injure, pollute, or otherwise compromise the earth, her rivers, animals, plants, and environment. The highest personal sacrifice we can make is to embrace a spirit of reverence for nature and work toward healing the indescribable damage we humans bring to the planet.

With a personal sacrifice, we give something of

ourselves—food, attentiveness, time, and money, and most importantly, our commitment to reclaim ancestral memory. The Vedic seers inform, “Sacrifices are the actions through which we receive sustenance from the earth and by which we return equal nourishment to her.” They tell us that giving back to nature not only pleases our ancestors but helps us develop inner consciousness. When we awaken our ancestral memories, we will remember the meaning and purpose of our lives.

Many religions and cultures have their own specific rituals in memory of loved ones and ancestors. You may want to learn more about the practices from your own cultural or religious background. You may also wish to honor your ancestors particularly during the time of *Pitri Paksha* when millions of people around the world are doing so, as they have for thousands of years. Uncovering and gathering information about our ancestral past is not always an easy task. Many of us have lost the connection with our ancestral lineage through adoption or migration, as my people did. You may choose to offer prayers and oblations to the ancestors at any time. Each opportunity provides an excellent chance to reconnect emotionally and spiritually to the memory and vibration of your forebears, even if you do not have specific historical details. You may begin to resonate with them through your dream state, feel their palpable grace protecting you in ways you are not always aware of, or feel drawn toward the life ways of a certain culture or tradition.

At this time of great vulnerability, I invite you to connect to the powerful energy of ancestors. May these challenging events of the day serve as a metaphor not for the eruption of nature and erosion of dharma, but for retrieval of healing ways that may restore our human dignity. You may observe the following ritual and recite the mantra at the death anniversary of a loved one, on any day of the year during any painful crises, or through any form of disasters or at the loss of loved ones. Most of all, the period of *Pitri Paksha* is the optimum time each year when these offerings and remembrances are imperative.

On a moon calendar, find the date of the last new moon in September. (This moon generally occurs toward the end of September or beginning of October.)

## **Vedic Ancestral Ceremony - The Practice:**

### **1. Mantra for Offering:**

• Facing South in the early morning light, repeat the following Vedic mantra at each offering, staying

mindful of the safe travel for the thousands of souls to the celestial sphere, and for their entry into the abode of the Pitris. Also, keep in mind the welfare of your ancestors – known and unknown:

Vedic Mantra For the Ancestors:

**OM NAMO VAH PITRAH SAUMYAH SVADHA**

Pronunciation :

(OHM NAH-MO VAFH PE-TRAS SAUM-YA HA SWA-DHA)

[SAUM pronounced as in “sour”]

(Obeisance to you, O gentle ancestors.)

Note: The rishis developed Vedic mantras – which origin is in Samskritam – the ancient cosmic language the sages gleaned from their vast knowledge of cosmic sound.

Vedic mantra has been proven to possess infinite power.

### **2. Food Offering for Nourishing the Traveling Souls:**

- Find a serene place in nature outdoors, preferably by a river or sit at your altar facing south.
- Place one anjali ( two hands cupped together) of black sesame seeds in a brass or stainless urn or pitcher dedicated for this use. (You may also use black rice, which may be purchased at gourmet or health food stores.)
- Fill the urn or pitcher with four cups of water or organic milk
- If making the offering indoors, place the urn in a large bowl into which you will be pouring the food offering.
- Mix the rice or seeds with the water or milk in the urn.
- Use your right hand to pour the mixture slowly into the large bowl, or onto the earth, keeping in mind that you are giving nourishment to the souls of the disaster victims.
- Recite the afore-mentioned mantra while you are pouring the offering.
- After the ritual, take the offering to a place where birds and animals can partake of it. Do not discard it in the garbage.
- The food offering takes about 10-15 minutes.

- Continue to repeat the mantra after the offering.
- Sit in meditation and connect to the powerful energy of Mother as She guides you into internalizing both the offering and mantra in Japa meditation.
- Pray for the aggrieved and the souls' of those who have perished and keep their safe and serene travel to the celestial sphere, and for their entry into the abode of the Pitris.

### **Vedic Wisdom- Ancestral Nurturance & Healing**

The Vedic sages recognized that each of us exists as an inter-dependent being, and that we are all linked to the universe through our ancestry. They predicted that the collective grief of the modern world would be caused by the loss of our ancestral memory: that human memory impairment will be the most crucial cause for the breakdown of *dharma* –cosmic and social intelligence - that guides and safeguards our living values and purpose as they relate to self, family, community, and nature. They understood that honoring all the ancestors keeps us in living harmony with our forebears and the whole of humanity.

According to the Hindu tradition, one of the highest universal laws is *Pitri Rina*, repaying our debt to the ancestors, who include parents, grandparents, and spiritual teachers. Our ancestral lineages are not limited to those with whom we share a genetic heritage. Vedic seers have bequeathed humanity with a vast wellspring of knowledge and ceremony which, when understood and practiced in rhythm with nature, serves to retain the memory of consciousness on earth. At early dawn in India, millions of Hindus may be seen offering oblations to their ancestors in the holy rivers. Priests prepare sacred water as an offering to the departed souls with the chanting of mantras. Customarily, the sacred water is poured from a spoon shaped vessel called *kosha* into the Ganges, the sacred conduit through which the offering reaches the souls of the deceased forefathers. This ritual of offering water to the souls of one's predecessor is called *tarpana*. This cosmic obligation must be tended to so that the influence of the ancestral spirits will grace our lives and purpose.

Offerings of grain, water, and milk are made to appease the ancestors. These sacred offerings are said to nourish and nurture the ancestors and give strength to the subtle body (*sukshma sarira*) of the departing soul thusly providing it with a transient body necessary to

ensure its safe travel (and ours when the time comes) to the blissful abode among the *Pitris*, or divine fathers. According to the Vedas, at the eve of the body's death the individual soul leaves the body while contracting its energies into the core of its subtle body. The Vedas prescribe cremation as a sacred way of dissolving the physical body thereby purifying it through fire so that the soul may be released with ease from the gross physical body. Following the body's cremation, a *linga-sarira* – or transitory frame that bridges the physical body to the subtle body is required for the ascension of the soul, *preta*, to the celestial realm where the ancestors reside. Without the provision of a *linga-sarira*, the soul may be trapped in the lower ethers, and held there as an impure being unable to progress to its proper destination. According to the Sama Veda, it takes a full year for the departed soul to reach *Pitri Loka* - the abode of the *Pitris* where the ancestors reside.

A profound ceremony known as *Shraddha* is performed by the Hindus for twelve days immediately following a person's demise in order to ensure that the soul reaches its proper destination. This ceremony is best performed on sacred ground at the edge of a river. These rites are generally performed by the eldest son of the family. Guided by a priest, the son makes the ritual offerings to the departed, as well as for three generations of the fathers. Twelve days of rituals and food offerings are conducted for the departing soul so as to furbish it with the necessary transitory body.

On the first day of the ceremony, balls made from rice flour and cow's milk are made and placed on blades of *kusha* grass on the earth. Three rice balls are shared in the first offering – the first of which is offered to the sacred water – symbolizing *Soma* - the moon deity whose gratification protects the *Pitris*. To fulfill the *Pitris*'s desire for progeny on earth, the second share is imbibed by the spouse of the officiating man of the ceremony. The third rice ball is offered to *Agni* – deity of fire - whose protection is invoked for auspicious conduct of the ceremony. Having pleased the *Pitris* with the sacred food, they grant the fruition of all wishes to the one who makes the offering. Thereafter, a rice ball is offered with sacred water to the journeying soul, *preta*, on each of the twelve days. This nourishment is meant to endow the departing soul with the requisite transitory frame and limbs of the required "body" for its successful travel. On the twelfth day, the rice ball is offered for securing the head of the transitory body. Completing its fitting ensemble for the soul's journey to the *Pitris*, the *preta* is then considered a deity, sacred being, equipped for its successful travel. A portion of the sacred food offering is also given to the cows and crows - animal friends of the ancestors whose



stoic connection to them provide them with an impenetrable sense of nature's mood. Each year, this ritual practice is observed by Hindus during *Pitri Paksha* - a fortnight that begins on the last autumnal full moon. This practice helps to revive our memory of the ancestors whose gratification is responsible for keeping the human spirit happy.

## Om Namah Sivaya

### Blessings!

*Mother Maya is a world-class spiritual teacher and a cancer survivor who has helped thousands to heal from devastating disorders. She is an acclaimed author of several best-selling books and the founder of Wise Earth School of Ayurveda, Mother Om Mission, and Living Ahimsa Foundation. Her quarter-century long humanitarian work and service transform disease, despair and violence into health, harmony and prosperity. [www.mypeacevow.com](http://www.mypeacevow.com) [www.wisearth.org](http://www.wisearth.org)*

*Editor's note: We are grateful to Charles Corbit of Mother Om Media for permission to use this article.*

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## ANCESTORS SPEAK - MONTEZUMA'S WELL

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By Judy Hirst



"Stillness at Montezuma's Well" by S. Roger Joyeux copyright March 2007

In March of 2007, Roger and I visited Montezuma's Well. The site is fascinating because it pumps warm

water up from Mother Earth at a rate of 1.5 million gallons per day. The water is guided out of the Well by an aqueduct or irrigation ditch as the National Parks label it, estimated to be approximately one thousand years old. The water from the ditch is used by locals .

We had been in Sedona for several days, climbing Bell Rock and hiking, and visiting vortexes. Through out our activities, various people, even waiters in restaurants, would say that we should visit Montezuma's Well. We have both learned that when something is repeated to us many times, we need to pay attention. And so we planned a day trip to the Well.

When we arrived, there were few tourists around because it had been raining and was overcast. We followed the trail to the Well and as we walked we both began to feel some anxiety about getting there more quickly. We felt pulled. The Well is located about eleven miles from the archeological and historical site known as Montezuma's Castle. It was the main source of water for the Sinagua People who created the five story apartment block in the cliff (Montezuma's Castle) and the aqueduct.

As we arrived at the trail leading down into the Well, other tourists arrived and there was a flurry of activity for about twenty minutes, and then it got quiet. We wandered down the path, and we felt like there were many walking with us, unseen yet somehow tangible. We could hear the words - "This way. Come this way." We saw some lizards and birds, and they seemed to ignore us for the most part. We arrived at the end of the path, and looked at this place where Ancestors lived and marvelled at their engineering skills. They built homes and built steps and constructed canals to move and filter the water.

I always carry tobacco and water and seed when I am outside, even when I am walking the dogs. And so we offered tobacco and spring water to honour what the People had built that endured so long. We heard an echo through the Well that was like a sigh of relief. We turned to start back up the path, and felt the presence of people, invisible, but almost real, around us. We could smell smoke from fires and food cooking. It seemed that we were being asked to stay for a visit.

Each of us had separate experiences with the Ancestors. We sat on the rocks and talked. During that time, no other tourists came down into the Well. There were many there that now felt ready to cross from this plane to the next that would be their home. What we understood was that they had been here so long, they had forgotten how to move onward, and they asked us to help them. We did a release ceremony for the Ancestors. Those that wished to

cross, did so. This took about twenty minutes. We were surprised that there were as many as twenty or more that did not move on. They indicated that they were Guardians and would stay on. The energy shifted, and tourists began coming down the path.

As we walked back uphill, a small black and white bird swooped down in front of us. We stopped, very startled! The bird then flew down on to the rock beside us, and began an animated conversation in song and chirps. We understood that we were being thanked and that we too were being honoured as we had honoured the Ancestors. Another tourist stopped and noted the bird's behaviour and asked us if that was normal. We laughed and walked up out of the Well.

In memory of the Ancestors,

Judith

© Judith Hirst, August 13, 2008. This article first appeared on [Angelsandancestors.blogspot.com](http://Angelsandancestors.blogspot.com), and it has been changed slightly for the magazine format. Judith is a Non-traditional Shaman and President of Data Cloud Consulting Inc. She writes, teaches workshops, coaches, and assists clients help themselves on healing their body. See her blog at [angelsandancestors.blogspot.com](http://angelsandancestors.blogspot.com). Judy has a new blog dealing with software at [softwareislikeanion.blogspot.com](http://softwareislikeanion.blogspot.com).

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### ANCESTOR POEM

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Your tombstone stands among the rest  
Neglected and alone  
The name and date are chiselled out  
On polished marble stone  
It reaches out to all who care  
It is too late to mourn  
You did not know that I exist  
You died and I was born  
Yet each of us are cells of you  
In flesh, in blood and bone  
Our blood contracts and beats a pulse  
Entirely not our own  
Dear Ancestor, the place you filled  
One hundred years ago  
Spreads out among the ones you left  
Who would have loved you so  
I wonder if you lived and loved  
I wonder if you knew  
That someday I would find this spot  
And come to visit you

Author Unknown

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## THE MINIMALIST'S GUIDE TO CULTIVATING PASSION

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By Cal Newport, from the blog, [Study Hacks](http://StudyHacks.com) and guest writer on “[Zen Habits Blog](http://ZenHabits.com)”



The joy that results in doing something you love.

“I did stand-up comedy for eighteen years,” Steve Martin recalls in his 2007 memoir, *BORN STANDING UP*. “Ten of those years were spent learning, four years were spent refining, and four were spent in wild success.” If you do the math, this sums to fourteen years of hard work before Martin saw returns on his investment.

### FOURTEEN YEARS.

That’s a long time to remain focused on a goal without reward, especially when the path is ambiguous (“The course was more plodding than heroic,” Martin recalls). But as he makes clear in his book, Martin found a Zen peace in the simplicity of his pursuit. He describes with relish, for example, the importance of “diligence” in becoming a star — a term he redefines to mean the ability to NOT WORK on unrelated projects — and he labels “loss of focus” as an “indulgence” that success cannot afford.

Martin’s story should resonate with those of us interested in the minimalist lifestyle preached here at Zen Habits. He injected minimalism into his life by orienting his world around a single passionate pursuit: innovating stand-up comedy. For Martin, there was never any doubt what his Most Important Task would involve each morning, and jettisoning unrelated commitments and distractions came naturally. As he discovered, when you

know what your life is about it's easy to sidestep all that threatens to clutter it.

In other words: **passion breeds simplicity.**

Even if we agree on their value, however, how do we find these simplicity-generating passionate pursuits in our own lives? This is the thorny question I address in this post.

## Passion Paralysis

Faced with the task of identifying their “passion,” most people have one of two reactions:

The first is a **frantic search of their lives** with the aim of uncovering some magical pursuit that unmistakably sings to their soul. As a writer of student advice, for example, I frequently receive e-mails from young people that begin: “I’m trying to decide what my passion should be...” (If only it were that easy.)

The second reaction is **paralysis**: faced with the life-changing importance of this discovery, many people freeze — hoping for a sign from above that will make things clear. (Spoiler: This can be a LONG wait.)

Neither of these approaches succeed, as passion is not something that can be forcefully identified, and though it sometimes bubbles up serendipitously, this is not something you can count on happening any time soon. So what’s a passion-seeking minimalist to do?

## I FOUND AN ANSWER IN AN UNLIKELY PLACE...

### Do Less. Get More.

In the winter of 2009, I began researching a book on college admissions. Inspired by the type philosophy taught here at Zen Habits, I sought students who followed a Zen path through the college process — getting into good schools while still living uncluttered and authentic high school lives. It soon became clear that the students who pulled off this feat shared a common trait: like Steve Martin, they had organized their life around a passionate deep interest. (This interest, in turn, made them irresistible to admissions officers weary of reading the files of chronically over-scheduled and stress-addled applicants.)

To make my book useful, I needed to discover how such passionate interests are formed. After months of research, I arrived, finally, at Penn State University,

where a professor named Linda Caldwell had made a career out of studying interest formation.

Excited by her results, and wondering how to translate them into everyday life, I gave her a call:

“You need to be exposed to many things,” she told me. “You should expose yourself even though you might not know if you’ll be interested.”

When you find something that catches your attention: FOLLOW-UP; see if it sticks.

In other words, **discovering passion requires a dedication to unstructured exploration.** You have to leave large swathes of free time in your schedule (a technique I call **UNDERSCHEDULING**), and fill this time with the exploration of things that might be interesting. Of equal importance, when something catches your attention you must leverage your free time to aggressively follow up.

As Caldwell’s research reveals, true passion can’t be forced. You can participate in personality tests and self-reflection exercises until you drop from exhaustion, but it’s unstructured exploration coupled with aggressive follow-ups that most consistently leads people to a life-consuming interest.

## Here are some examples of this idea in action:

- In a gap year following high school, **Ben Casnocha** booked an open-ended trip around the world. He left his schedule undefined, traveling with only the general goal of journaling and meeting interesting people. During this process he noticed a recurring interest in writing. Because his time was unstructured, he was able to aggressively follow-up on the interest by calling up his contacts in the publishing industry. His efforts led him to a book deal and he went on to finish the manuscript in the exotic international destinations left in his trip. He continues to write professionally today both on his blog and in magazines; he’s also a frequent commentator on NPR.
- In 2003, **Dee Williams**, a toxic waste inspector, was living in a spacious bungalow in Portland, Oregon. (Depending on the source, it was somewhere between 1500 to 2000 square feet of luxurious living.) Her time was consumed by the standard traps of middle class life: an extensive remodel on her home, car problems, the struggle

to pay bills, and so on. A committed environmentalist, she realized she was tired of walking the walk and wanted to talk the talk (“I was a slackavist,” she recalls), so she simplified her life, selling her house and moving into an 84 square feet “tiny house” made out of found materials and parked in the corner of a friend’s yard. This move to simplicity opened time in her schedule for exploration. She soon stumbled into a community of people who were using tiny houses as a way of promoting sustainable living. She left her job as a waste inspector and started Boxcar Woodcrafts, a small woodworking company, and now dedicates her newly copious free time to teaching classroom programs on green living and sustainability.

- As a high school student, **Maneesh Sethi** was adamant about leaving free time in his schedule. (During his senior year, for example, he arranged a schedule that allowed him to return home after lunch each day.) He filled this free time with exploration: among other pursuits, he became Internet famous for demonstrating how to transform a tube sock into an iPod case. A computer enthusiast, Maneesh found himself one weekend afternoon at a trade conference where he met an editor of programming books. This led him to discover that the editor was considering a book on computer game programming for teenagers. Leveraging the free time in his schedule, Maneesh aggressively followed-up on the opportunity, sending over a collection of sample chapters, and finally convincing the publisher that a he, as a teenager, was well-suited to write their book for teenagers. This led, among other things, to a follow-up book, and a recurring segment on a TechTV show. Maneesh now writes full time about living an unconventional lifestyle.

This advice can be hard to follow at first. When we think about passion we think about action: we want to start doing big things RIGHT NOW! But the reality of passion is more subtle. You have to DO LESS to GET MORE in your life. It’s a virtuous catch-22: by embracing a minimalist lifestyle now, you are more likely to develop the passionate interest that will support the lifestyle in the long run.

Put another way: TAKE A STEP BACK; RELAX; THEN OPEN YOUR EYES TO PATIENTLY TAKE IN ALL THAT’S OUT THERE. ■■■

Read more from Cal at his blog, [Study Hacks](#). *Study Hacks* explores strategies for building a life that is both remarkably accomplished and remarkably enjoyable. Its primary audience is students, but at least half the content is non-student specific, and the site enjoys readers of all ages. *Study Hacks* is run by Cal Newport, an MIT postdoc and author of the popular advice guides [How to Become a Straight-A Student](#) and [How to Win at College](#). His new book, [How to Be a High School Superstar](#), is now available.

**Editor’s Note:** This article is available through Creative Commons Licensing.

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## JOKE OF THE MONTH

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\*\*\* WISH LIST \*\*\*

- I want ancestors with names like Rudimentary Montagnard or Melchizenick von Steubenhoffmannschild or Spetznatz Giafortoni, not William Brown or John Hunter or Mary Abbott.
- I want ancestors who could read and write, had their children baptised in recognised houses of worship, went to school, purchased land, left detailed wills (naming a huge extended family as legatees), had their photographs taken once a year - subsequently putting said pictures in elaborate isinglass frames annotated with calligraphic inscriptions, and carved valuable and informative inscriptions in their headstones.
- I want relatives who managed to bury their ancestors in established, still-extant (and indexed) cemeteries.
- I want family members who wrote memoirs, who enlisted in the military as officers and who served in strategically important (and well-documented) skirmishes.
- I want relatives who served as councilmen, schoolteachers, county clerks and town historians.
- I want relatives who "religiously" wrote in the family Bible, journalising every little event and detailing the familial relationship of every visitor.
- I want relatives who were patriotic and clubby, who joined every patrimonial society they could find, who kept diaries, and listed all their addresses, who had paintings made of their houses, and who dated every piece of paper they touched.
- I want ancestors who were wealthy enough to afford, and to keep for generations, the family homestead, and who left all the aforementioned pictures and diaries and journals intact in the library
- But most of all: I want relatives I can FIND!!!!

© Barbara A. Brown Ms. Brown's "I Want" article was originally posted in 1994 to the National Genealogical Conference, FIDO bulletin board forum.

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## PARENTHOOD: GIVING YOUR CHILD A WHOLENESS

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By Osho, an excerpt from Chapter 14, from the book, “My Way: The Way of the White Clouds”

The first question:

*Osho,  
You said every child is born a god, yet my two children were very different right from birth. One is very serene and god-like, but the other seemed disturbed before she was influenced by any conditioning. How should we deal with the difficult one?*

This raises a very basic question. Existence itself is divine; so from where does the evil come? From where does the bad, the immoral, the unacceptable come? The good is okay because we have made it synonymous with God – good means God. But from where does the bad come? This has puzzled humanity for centuries. As far back as we can go, this problem has always been there in the mind of man.

The logical solution, the solution that the mind can find, is to divide existence, to create a duality, to say that there is God, which is good, and there is evil, the devil, Beelzebub, Satan, which is bad. Mind thinks the problem is solved – so all that is bad comes from the devil, and all that is good comes from God. But the problem is not solved; the problem is only pushed back a little. The problem remains the same. You have pushed it back a step, but nothing is solved – because from where does the devil come?



Picture from 3b.blogspot.com

If God is the creator, then he must have created the devil in the beginning, in the first place. Or God is not the supreme creator – the devil has always been there, just as an enemy, the antagonistic force – then both are eternal. If the devil is not created then the devil cannot be destroyed, so the conflict will continue eternally. God cannot win – the devil will always be there disturbing.

This is the problem for Christian theology, Mohammedan theology, Zoroastrian theology, because all these three theologies have followed the simple solution that mind suggests. But mind cannot solve it. There is another possibility which doesn't come from the mind and will be difficult for the mind to understand. That possibility has arisen in the East, particularly in India, and that possibility is that there is no devil, there is no basic duality – only God exists, there is no other force. This is what *advait* – the non-dual philosophy – means: only God is. But still we see the evil is there!

Hindus say that the evil exists in your interpretation, not in itself. You call it bad because you cannot understand it or because you are disturbed by it. It is your attitude that makes it bad or appear bad. There is no evil. Evil cannot exist. Only God exists, only the divine exists.



Picture from kidsparentsclub.com

Now I will take your problem against this background. Two children are born – one is good, one is bad. Why do you call one good and why do you call the other bad? Is it really, is it reality – or your interpretation? Which child is good, and why? If the child is obedient the child is good; if the child is disobedient the child is bad. One who follows you is good, one who resists is bad. Whatsoever you say, the one accepts it. If you say: “Sit silently” – the one sits. But the other tries to disobey, tries to be rebellious – the other is bad. This is your interpretation. You are not saying anything about the children; you are saying something about your mind.

Why is the obedient one good? In fact, the obedient ones have never been brilliant, have never been very radiant; they have always been dull. No obedient child has been a great scientist or a great religious man, or a great poet – no child who is obedient. Only disobedient ones have been great inventors, creators; only the rebellious one transcends the old and reaches to the new and into the unknown.

But for the parents' ego the obedient one feels good, because it helps your ego. When the child follows you, whatsoever you say, you feel good; when the child resists and denies you, you feel bad.

But a really alive child *will* be rebellious.

Why should he follow you? Who are you? Why should he follow you just because you are a father? What have you done to be a father? You have been just a passage – and that too very unconscious. Your sex is not a conscious act, you have been pushed by unconscious forces to move into it. The child is just an accident. You were never expecting, you were not consciously aware to whom you were giving an invitation to come. The child has suddenly come as a stranger. You have fathered it, but you are not the father.

When I say you have fathered it, it is a biological thing. You were not needed, even a syringe can do that. But you are not a father because you are not conscious. You have not given the invitation, you have not asked a particular soul to enter the womb of your wife, your beloved. You have not worked for it.

And when the child is born, what have you been doing to it? When you say the child should follow you, are you confident enough that you know the truth that he should follow you? Are you confident enough, certain that you have realized something that the child should follow?

You can force yourself on the child because the child is weak and you are strong. That is the only difference between you and your child. Otherwise you are also childish, ignorant; you have not grown, you are not mature. You will get angry just like the child, you will get jealous just like the child, and you will play with toys just like the child. Your toys may be different, a little bigger, that's all.

What is your life? Where have you reached? What wisdom have you gained so that the child should follow you and should say yes to you whatsoever you demand?

A father will be conscious; he will not force anything on the child. Rather, he will allow the child to be

himself, he will help the child to be himself. He will give freedom to the child, because if he has known anything, he must know that only through freedom does the inner grow. If he has experienced anything in his life, he knows well that experience needs freedom. The more freedom, the richer is your experience. The less freedom, the less is the possibility to experience. If there is no freedom at all then you can have borrowed experiences, imitations, shadows, but never the real thing, never the authentic.

Fathering a child will mean giving him more and more freedom, making him more and more independent, allowing him to move into the unknown, where you have never been. He should transcend you, he should go ahead of you, he should surpass all the boundaries that you have known. He must be helped but not forced, because once you start forcing you are killing, you are murdering the child.

The spirit needs freedom – it grows in freedom and only in freedom. If you are really a father you will be happy if the child is rebellious, because no father would like to kill the spirit of the child.

But you are not fathers. You are ill with your own illnesses. When you force a child to follow you, you are simply saying that you would like to dominate someone. You cannot do it in the world, but this small child – at least you can dominate him, possess him. You are being a politician to the child. You want to fulfill some unfulfilled desires through the child – domination, dictatorship. At least you can be a dictator to the child; he is so weak, he is so young and helpless, and he depends on you so much, that you can force anything on him. But by forcing you are killing him. You are not giving birth to him, you are destroying him.

The child who follows will look good – because he is dead. The child who is rebellious will look bad because he is alive.

Because we have missed life ourselves, we are against life. Because we are already dead, dead before death, we always want to kill others. Subtle are the ways. In the name of love you can kill. In the name of compassion you can kill. In the name of service you can kill. We find beautiful names – deep down, the murderer is sitting.

Realize this, then you will not think in these terms – that this child is good and that child is bad. Don't interpret. Every person is unique, every person is different. The divine creative force is such that it never repeats.

So only say this much, that this child is different from that child. Don't say this is good and that is bad. You don't know what is good and what is bad. This child is obedient, that child is disobedient; but no one knows what is good.

And don't force. If this child is obedient in his own spontaneity, then it is good. This is his nature – help it to grow. And if that child is rebellious, disobedient, this is his nature – help him to grow. Let one grow to be a deep yes-sayer; let the other grow to be a deep no-sayer. But don't interpret, because the moment you interpret you start destroying. This is his nature to say yes, and that is his nature to say no. Both are needed.

Editor's note: This article is part of the Osho talks that have been compiled into one book. To read more from this book, and to finish the chapter, please see the book, **“My Way: The Way of the White Clouds” by Osho.**

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## RITUAL CAT

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### From traditional Buddhist Teachings

When the spiritual teacher and his disciples began their evening meditation, the cat that lived in the monastery made such noise that it distracted them. So the teacher ordered that the cat be tied up during the evening practice. Years later, when the teacher died, the cat continued to be tied up during the meditation session. And when the cat eventually died, another cat was brought to the monastery and tied up. Centuries later, learned descendants of the spiritual teacher wrote scholarly treatises about the religious significance of tying up a cat for meditation practice. ΔΔΔ

Picture from [www-usr.rider.edu](http://www-usr.rider.edu)



## LIVING HEALTH

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### 13 FLAT-BELLY FOODS TO BEAT THE BLOAT

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*Adapted from Marie Claire Magazine*



More than 10 million Americans regularly complain about being bloated. That uncomfortable sensation — the result of air passing through your intestines — is often caused by a tempting culprit: salty and fatty foods. So, what's safe to eat to keep women from unbuttoning those skinny jeans? We researched the top fruits, vegetables, herbs, and spices that will save any stomach from an uncomfortable expansion.

#### Oranges and Watermelons

Because water flushes waste and excess water out of your system, enjoying water-rich foods is ideal. Watermelons, as their name suggests, are almost all water — 92 percent. Oranges too are approximately 80 to 90 percent water.

#### Yogurt

Not only does yogurt have high water content, but it promotes the growth of good bacteria in the stomach. This bacteria is responsible for the reduction of excess gas that accumulates in the organ over time.

#### Garlic

This plant helps reduce the levels of fat in the liver, whose main functions include detoxification and the production of biochemicals necessary for digestion — major aspects of the prevention of bloating.

#### Bran Cereal and Oatmeal

Fiber helps relieve constipation, an all-too frequent cause of bloating. By adding bulk in the form of certain cold or hot cereals, everything moves through the intestines more quickly. Because women need at least 25 grams of fibre daily, eating a bran cereal with at least five grams of fibre per serving helps reach that goal. Just be certain to not

add too much fibre to your diet too fast, or worsened bloating can occur.

### **Strawberries and Blueberries**

Fibre also takes the form of certain delicious fruits and berries. Snacking on high-fibre foods such as strawberries and blueberries, as well as dried apricots and dried plums, can help clean out one's system regularly.

### **Grapefruit**

Like other fruits with high water content, grapefruit is nearly 90 percent water. An added benefit of snacking on this pink treat: It's high in fat-burning enzymes.

### **Broth-Based Soup**

Soups based on broth — not chowders, purees, or cream soups that are high in saturated fat — have an extremely high water content yet can be filling. Plus, the sodium levels should not be high as long as the soups are made with natural ingredients and don't come from a can. Canned soups often have as much as 1,000 milligrams of sodium, which is half of the daily recommended limit, in a single serving.

### **Lettuce and Spinach**

These green leaves, in addition to kale and chard, require ample chewing and provide a healthy dose of fibre, vitamins, and minerals. They also help with acid indigestion, constipation, and urinary tract infections.

### **Peppermint and Ginger**

Carminative herbs, which include peppermint as well as chamomile and ginger, are gas reducers and can be enjoyed in tea form. In addition to these herbs, bitter herbs, despite their taste, are effective at stimulating the digestive tract as well as the flow of saliva.

### **Chili Peppers**

Not just a spice to heat up a meal, these peppers reduce the risk of high blood pressure, stroke, and heart disease. Capsaicin, an active ingredient found in the peppers, can also increase metabolism and curb food cravings, especially for sweets.

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**Editor's Note:** Our ancestors did not have all the pharmaceuticals that we have today, to clear up health issues. They relied on natural products, and usually products that they could harvest from Nature's garden, or that they could grow and harvest from their own gardens. Perhaps all the additives in our food today even contribute to bloating. The remedies below are all obtainable from the produce section — including making homemade broth soup — or from the cereal section. Send us your feedback on which remedies worked well for you!

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## **SPIRIT ANIMAL - BLUE JAY**

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**By Judith Hirst**



Blue Jay watching for it's next meal" - picture from Wikipedia

The Blue Jay wears the many colours of Father Sky. Although, Blue Jay is native to most of North America, one may go years without seeing Blue Jay, almost the way we see old friends from time to time. Even though we do not talk every week, we have no doubt that should we need them, they will always answer our call. So, if you are starting to see Blue Jay, he is answering your call.

You may say, "I have not called on Blue Jay".

However, you may have asked God or Great Spirit to show you what is next in your life, what is holding you back, or what your next step is. Blue Jay wears the colour blue and the little blue crest (cap) as part of his messenger duties from Great Spirit. Blue Jays do not have naturally blue feathers. Rather, their blue colouring is from light refraction on their feathers. When Blue Jay feathers are removed from the bird, they turn darkish as the light refraction no longer works.

Our Ancestors have passed down stories that say this colouring was a gift from the Gods because of the impossible tasks Blue Jay was given to do. One of the traits associated with Blue Jay is the "Trickster" aspect of his behaviour. Blue Jay steals - eggs and other things - destroys nests or other things, plays jokes and shape shifts. All of these characteristics have caused the other birds and animals to shun Blue Jay. Many humans shun him because of his harsh, noisy call, and his habit of making a mess of bird food or other things. Yet, by these actions, Blue Jay plays an important role in teaching everyone to take better care of what they have, to value home and family, to be discerning about what they believe, and to keep their sense of humour.



Blue Jay comes to you as a teacher. He uses noise to distract. Are you easily distracted by noise or commotion? Now is the time to work at being more disciplined. He shows you how easy it is to take away another's power. Yet, shunned and mostly alone, Blue Jay walks his talk (integrity) and stands in his power. Blue is the colour associated with the throat chakra - the chakra of truth. Regardless of how one views Blue Jay's voice, he teaches us that when we have something to say, it does not matter how harsh it sounds if it is the truth. Being able to stand alone and say what needs to be said is Blue Jay's lesson in leadership.

Blue Jay comes to tell you that it is time to step into your truth, and find the resources within to acknowledge that people (governments, corporations, family, employers) have been taking advantage of you - whittling away at your nest (income and home) and that now is the time to make changes. Just as Blue Jay shifts shape from bird to human, he tells you that you may shift to be anyone you wish to be. The power is within you. Blue Jay recognizes talent, and he says that you, too, have talent. Recognize that it needs nurturing and developing, and that along with Blue Jay as a teacher, you will need to find other teachers of strength and integrity to help you cultivate the innate skills that are within you.

If Blue Jay is working with you, now is a good time to remember how connected everything is. Blue Jay represents the blue of the skies and the oceans and the point on the horizon where they become one. Just as the wave cannot exist on its own, Blue Jay's feathers do not exist without the nurturing life support of Jay's body. He reminds you that your light cannot shine without nurturing the body and the soul, and that now is a good time to get started on your journey to live harmoniously with the Earth.

May you have nothing but blue skies!

[Judy@angelsandancestors.com](mailto:Judy@angelsandancestors.com)

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© Judith Hirst, August 26, 2008. This article first appeared on [Angelsandancestors.blogspot.com](http://Angelsandancestors.blogspot.com), and it has been changed slightly for the magazine format. Judith is a Non-traditional Shaman. She works with Great Spirit, the Ancestors, the Goddesses and Gods, and angelic realms. She writes, teaches workshops, coaches, and assists clients help themselves on healing their body. See her blog at [angelsandancestors.blogspot.com](http://angelsandancestors.blogspot.com). Judy has a new blog dealing with software at [softwareislikeanion.blogspot.com](http://softwareislikeanion.blogspot.com).

**Editor's Note: I remember my grandmother getting me to polish the silver with a little bit of lemon juice (squeezed from a real lemon) and some baking soda. The silver gleamed! It seems that we have lost some the very simple solutions that our Ancestors had for everyday problems. We hope that you enjoy this article on the versatility of baking soda.**

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## SIXTY USES OF BAKING SODA

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**By Harry Godwin**

Bicarbonate of soda or baking soda has many different uses in the household. Although much more expensive products have been developed over the years to do the same jobs, baking soda can work for you just as well, if not better. Use it in the following ways:

1. To make your own baking powder, stir and sift together 2 parts of Cream of Tartar to 1 part baking soda and 1 part cornstarch.
2. Be sure to keep an extra box of baking soda by your stove in case of grease or electrical fire. Scatter the powder by the handful to safely put it out.
3. Keep a container of baking soda in your garage as well as in your car to put out a fire. It won't damage anything it touches.
4. Baking soda will also put out fires in clothing, fuel, wood, upholstery and rugs.
5. Clean vegetables and fruit with baking soda. Sprinkle in water, soak and rise the produce.
6. Wash garbage cans with baking soda.
7. Soak and wash diapers with baking soda.
8. Oil and grease – stained clothing washes out better with soda added to the washing water.
9. Clean your fridge and freezer with dry soda sprinkled on a damp cloth. rinse with clear water.
10. Deodorize your fridge and freezer by putting in an open container of baking soda to absorb odours. Stir and turn over the soda from time to time. Replace every 2 months.
11. Soda absorbs kitty litter odours. Cover the bottom of the kitty box with 1 part soda; then add a layer of 3 parts kitty litter on top.
12. Always add 1/2 cup soda to your washing machine load.
13. Clean combs and brushes in a soda solution.

14. Wash food and drink containers with soda and water.
15. Wash marble-topped furniture with a solution of 3 tablespoons of soda in 1 quart of warm water. Let stand awhile, then rinse.
16. Clean Formica counter tops with baking soda on a damp sponge.
17. Wash out thermos bottles and cooling containers with soda and water to get rid of stale smells.
18. To remove stubborn stains from marble, Formica or plastic surfaces, scour with a paste of soda and water.
19. Wash glass or stainless steel coffee pots (but not aluminum) in a soda solution (3 tbsp. soda to 1 quart water).
20. Run you coffee maker through its cycle with a soda solution. Rinse.
21. Give baby bottles a good cleaning with soda and hot water.
22. Sprinkle soda on barbecue grills, let soak, and then rinse off.
23. Sprinkle soda on greasy garage floor. Let stand, scrub and rinse.
24. Polish silverware with dry soda on a damp cloth. Rub, rinse and dry.



25. For silver pieces without raised patterns or cemented-on handles: place the silver on aluminum foil in an enamel pot. Add boiling water and 4 tbsp. baking soda. Let stand, rinse and dry.
26. Reduce odour build-up in your dishwasher by sprinkling some soda on the bottom.
27. Run your dishwasher through its cycle with soda in it instead of soap to give it a good cleaning.
28. To remove burned-on food from a pan: let the pan soak in soda and water for 10 minutes

- before washing. Or scrub the pot with dry soda and a moist scouring pad.
29. For a badly-burned pan with a thick layer of burned-on food: pour a thick layer of soda directly onto the bottom of the pan, then sprinkle on just enough water so as to moisten the soda. Leave the pot overnight, and then scrub it clean next day.
30. Rub stainless steel and chrome with a moist cloth and dry baking soda to shine it up. Rinse and dry. On stainless steel, scrub in the direction of the grain.
31. Clean plastic, porcelain and glass with dry soda on a damp cloth. Rinse and dry.
32. Remove that bad smell from ashtrays with soda and water.
33. Sprinkle a bit of dry soda in your ashtrays to prevent smouldering and reduce odour.
34. Clean your bathroom with dry soda on a moist sponge – sink, tub, tiles, shower stall, etc.
35. Keep your drains clean and free-flowing by putting 4 tablespoons of soda in them each week. Flush the soda down with hot water.
36. Soak your shower curtains in water and soda to clean them.
37. To remove strong odours from your hands, wet your hands and rub them hard with soda, then rinse.
38. Sprinkle baking soda on your wet toothbrush and brush your teeth and dentures with it.
39. Sprinkle soda in tennis shoes, socks, boots and slippers to eliminate odour.
40. Add 1/2 cups or more of baking soda to your bath water to soften your skin.
41. Putting 2 tbsp. of baking soda in your baby's bath water will help relieve diaper rash irritations.
42. Apply soda directly to insect bites, rashes and poison ivy to relieve discomfort. Make a paste with water.
43. Take a soda bath to relieve general skin irritations such as measles and chicken pox.
44. Take 1/2 teaspoon of baking soda in 1/2 glass of water to relieve acid indigestion or heartburn.
45. Gargle with 1/2 tsp. baking soda in 1/2 glass of water. Freshens and cleans your mouth.
46. Used as a mouthwash, baking soda will also relieve canker sore pain.
47. To relieve sunburn: use a paste of baking soda and water.
48. Bug bites: use a poultice of baking soda and vinegar.
49. Bee sting: use a poultice of baking soda and water.

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## GIVING THANKS

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By Brandy Hemlow, CBP

50. Windburns: moisten some baking soda and apply directly.
51. Making Play Clay with baking soda: combine 1 1/4 cups water, 2 cups soda, 1 cup cornstarch.
52. Use soda as an underarm deodorant.
53. If your baby spits up on his shirt after feeding, moisten a cloth, dip it in baking soda and dab at the dribbled shirt. The odour will go away.
54. When scalding a chicken, add 1 tsp. of soda to the boiling water. The feathers will come off easier and flesh will be clean and white.
55. Repel rain from windshield. Put gobs of baking soda on a dampened cloth and wipe windows inside and out.
56. Add to water to soak dried beans to make them more digestible.
57. Add to water to remove the “gamey” taste from wild game.
58. Use to sweeten sour dishcloths.
59. Use dry with a small brush to rub canvas handbags clean.
60. Use to remove melted plastic bread wrapper from toaster. Dampen cloth and make a mild abrasive with baking soda.



Picture from wired.com

When I think of October, I always think about Thanksgiving, which for me means turkey, stuffing, gravy – you see where I’m going with this……but once I’ve cleaned off my plate and usually unbuttoned the top button of my pants, what’s left? What can fill us up?

Well, it’s something we can’t smell or taste, but it is definitely something we can feel. That something is gratitude. Giving Thanks. But why is it that it only seems to appear on our calendar once or twice a year?

Sometimes there are reasons, often subconscious, that we are afraid or unaccepting of the good things in our lives. It’s like we don’t even have the eyes to see them. I was one such person, until a wonderful thing happened to change my view.

A few months ago, while attending a class, I met a woman who discussed her Gratitude Journal. A Gratitude Journal? Well, I had never heard of such a thing. I had journalled (I guess ungratefully) for many years and am a big fan of journaling. I have even recommended it to clients of mine, but I had always seen journaling as a way to vent emotions or analyze problems with the hope of getting some insight and release, and it is quite effective



**No one behind, no one ahead.  
The path the ancients cleared has closed.  
And the other path, everyone's path,  
Easy and wide, goes nowhere.  
I am alone and find my way.  
—ancient Sanskrit verse adapted by Octavio Paz**

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## PERSPECTIVE ON EARTHQUAKES

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Excerpt from *The Story of Light, Through Heaven's Gate*, by S. Roger Joyeux

*Earthquakes have always been a part of Earth's history. More recently, our planet has developed a wobble due to Planet X. Consequently, earthquakes have increased significantly in number. The traditional reason for quakes is not so obvious, yet consistent from quake to quake. The following is an excerpt from The Story of Light, Through Heaven's Gate (from Chapter 18, section 6 "Change: Volcanoes and Earthquakes") about what happens during the evolution of the planet that causes earthquakes.*



Cars lie overturned after the highway they were travelling on was destroyed in an earthquake in Santiago February 27, 2010 – from [www.boston.com](http://www.boston.com).

The next notable shift in the harmonics of the Earth is the re-alignment of the energies of the continents—earthquakes. Continents do not always need earthquakes to effect realignment, however.

Earthquakes occur along fault lines between two landmasses, but the fault is not the catalyst for earthquakes. A continental land mass assumes its own vibrational identity because it assimilates a select range of light frequencies, different from the range of frequencies assimilated by adjacent landmasses. Each land mass is therefore separate from other landmasses and carries its own characteristic energies. The continental plate known as the prairies of North America, for example, is different from the continental plate east of the Appalachians. The continental plate of Greenland is different from the continental plate of Iceland. Each continent carries its

for that. But this other form of journaling - this "Gratitude Journal" had a whole different feel to it, so I inquired further of her and it was simple – at the end of every day she writes down what she is grateful for. Easy right? I wasn't so sure. For so long my focus had been my "problems" that I was having a hard time seeing anything else, but I thought "what do I have to lose besides some unhappiness", so I gave it a try.

That very night, at the end of my journal entry I wrote about what I was grateful for that day. I started out thinking "okay, just find one thing you are grateful for". Well, that one thing turned into two and three and four and on and on.....and something fascinating happened when I was finished. I had completely forgotten about the "problems and issues" and had this amazing feeling of peace, wholeness and happiness and experienced a deeper level of letting go than I ever had in the past.

All the rest didn't matter, because by the end of the day, by the end of everyday, lying in my bed, I was grateful for even just that - having a warm bed to sleep in that night. And I could finally feel that. See that. It was real and literally staring up at me. It's really a beautiful thing – going to bed each night and writing about what you're grateful for and realizing that you're grateful for even being able to write. For seeing and feeling the beauty in the everyday, in the things we take for granted and witnessing the awe return to your life. That is something I want in my life everyday, not just once or twice a year.

So give it a try. Write down one thing you are truly grateful for each day. The more you are grateful for the more the universe will give you to feel grateful for. Your plate can be full year round.

And you know what? It is simple. Really, aren't all the best things in life the simple things? Like a warm piece pumpkin pie. Mmmmmm – pumpkin pie.

I am grateful!

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own frequencies, its own energies, its own vibrations, and defines itself with its own boundaries.

Early in the Earth's history, there was a great need for landmasses to heave up and separate. In effect, landmasses started with very little or no light, and grew as light accumulated within. Each continental plate attracted a different set of frequencies, and thereby, contributed a different portion of the light frequencies needed to advance Earth's enlightenment. Some continents grew faster than others. Therefore, separation continued along the many fault lines. One land mass arose, while the adjacent masses seemed to fall.

In the current epoch, evolution has advanced sufficiently to cause changes to the organization of Earth's structure. The new modus operandi does not involve a series of separate landmasses, each with a unique set of light frequencies, and each grating against the other along their mutual fault lines. Clearly, earthquakes that see one continent rubbing against another with quaking action take place. The current shifts involve the amalgamation of many of the formerly separate landmasses into larger wholes. Landmasses are merging rather than heaving up and falling. They are falling into place in alignment with the adjacent mass, rather than continuing in a state of separation. Through alignment, the light, which is unique to one landmass, shifts to and from other landmasses. Connections between the Oneness of one landmass and the Oneness of adjacent landmasses allow light to flow, and thereby, allow the energies of one continent to mix with the energies of adjacent continents. When light can flow without blockage or accumulations, earthquakes become unnecessary. Earth is becoming more than a collection of separate pieces; it is achieving a sense of wholeness.

Throughout time, separate sets of light frequencies have been building within their respective landmasses. When light is ready for release, it crosses over into other landmasses in close proximity. The separate sets of frequencies have always anchored best in the landmasses to which they were indigenous, and therefore, rarely entered the space of other landmasses. Currently, however, Earth is accelerating its light-holding capacity. Therefore, a land mass that could formerly hold only its own unique frequencies is now capable of assimilating many other frequencies. The exchange of light between landmasses is also accelerating. The light that builds within a particular landmass will inevitably shift to other landmasses either explosively as an earthquake, or gently without notice.

An earthquake, complete with its drama, aligns one landmass to another. Light flows during an earthquake. If the continental boundaries are rigidly defined, light cannot pass, except through explosive action. Quaking follows the explosive release of built-up energies when light can find no alternative route. The exchange of light, however, need not be explosive. Nature provides many of its own avenues of exchange through rivers, glaciers, and even through the growth of forests. Forests bring light forth for distribution from both the atmosphere, through photosynthesis, and from the Earth, through their root systems. The wind then carries this light from the trees to other continents. Such mediums provide a natural means by which light flows from one continental plate to another, thereby relieving the tension of light frequency build-up.

An alternative to nature's gentle release of light involves the contribution of conscious human light-workers. The divine will can once more harness the incarnate mind to invoke the divine plan. A single light-worker or a group of light-workers, sitting in meditation, with the intent of bringing peace and harmony to Earth, whether they know what they are doing or not, can actively set up an etheric magnetic field through which light can flow. If the magnetic field is strong enough, and if the group or person is close enough to the boundary between continents, their efforts will contribute to the exchange of light between continental plates. Light-workers have the power to transfer light and to prevent earthquakes. ■

*Roger Joyeux lives in Calgary with his wife, Judy, and with their two dogs Magic and Sage. He is available for Crystal Healing and Empowerment layouts and does workshops from time to time. His books, **The Story of Light, Through Heaven's Gate** and the first volume, **The Story of Light, Path to Enlightenment**, are available through the website, [www.thestoryoflight.com](http://www.thestoryoflight.com)*



Bridge in fall from an email on "Seasons"

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## FROM JUDY'S KITCHEN – RECIPES FOR FALL

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### By Judy Hirst

Our Ancestors were all very good cooks, and they knew how to make meals out of what seemed like nothing. One of the best uses of dry or stale bread was for stuffing for a chicken or a turkey. Here is my favourite stuffing recipe.

### STUFFING

3/4 cup butter  
2 1/2 cups chopped onions  
2 cups chopped celery  
4 teaspoons dried sage  
1 teaspoon salt  
1 teaspoon dried savoury  
1 teaspoon pepper  
1 teaspoon marjoram  
1/2 teaspoon dried thyme  
14 cups dried white bread, cubed for turkey and  
3 to 7 cups dried bread for chicken, depending on  
the chicken's size

In a large frying pan, melt butter over a medium heat. Fry onions and celery together with the dried herbs, salt and pepper, stirring often, until vegetables are tender, about 10-15 minutes.

Transfer the mixture to a very large bowl. Add the bread cubes and mix well.

If you are making the stuffing ahead: Transfer the cooked vegetable mixture to a large bowl. Let cool and refrigerate in an airtight container for 24 hours. Mix with bread cubes before stuffing the bird. Stuff poultry both at the neck and the chest cavity

When you visit my house, more than likely there will either be a pot of soup on the stove, or, I have just taken a pot off the stove. I have many favourite soup recipes. Here is one of them.

### SPLIT PEA SOUP

2 cups split peas, rinsed  
6 cups cold water  
5 cups chicken broth (I use vegetable broth)  
1 carrot, finely chopped  
1 celery stalk with leaves, finely chopped  
1 onion, finely chopped

3 garlic cloves, finely chopped  
1 teaspoon sugar (optional)  
2 teaspoons lemon juice  
1 bay leaf  
salt & pepper to taste  
dash each of parsley, thyme, marjoram and cayenne  
pepper

(For variation add 1 cup of finely chopped ham.)

In a large pot add peas with 6 cups of cold water. Bring the water to a boil, then reduce the heat and simmer for 1 1/2 hours until the split peas are tender.

Add chicken broth, carrot, celery, onion, garlic, sugar, lemon juice, bay leaf and all spices. Bring to a boil, reduce heat and simmer for another 1/2 hour or until carrots are soft. Remove the bay leaf. Cool slightly. Puree in a blender for a smooth soup or leave as is.

I am a fan of potatoes, especially baked potatoes. I like newly dug potatoes, baked in the oven, with cheese. Try it, you'll like it!

### Cheesy Herb Baked Potatoes

4 medium sized potatoes  
1 teaspoon salt  
2-3 tablespoons melted butter  
2-3 tablespoons fresh herbs chopped (parsley, chives, thyme or sage)  
OR  
2-3 teaspoons dried herbs of your choice  
4 tablespoons cheddar cheese, grated  
1 1/2 tablespoons Parmesan cheese

Preheat oven to 425°F.

Peel potatoes if the skin is tough, otherwise just scrub and rinse them. Cut them into thin slices but do not cut all the way through. (You can use the handle of a spoon to prevent the knife from cutting all the way through). Put potatoes in a baking dish. Fan them out slightly. Sprinkle with salt and drizzle with butter. Sprinkle with herbs. Bake potatoes for about 50 minutes.

Remove potatoes from the oven. Sprinkle with the cheeses. Bake potatoes for another 10-15 minutes until they are lightly browned, cheeses are melted and potatoes are soft inside. Check with a fork. Eat!



# TRICKS FOR SMALL BUSINESSES

*Helping Practitioners and Small Business Owners Navigate The Business World!*

**Editor's Note:** *We have tools available to us now that allow us to publish a message across the world in the space of ten seconds or less. Our Ancestors built the ideas and the connectors that allowed us to have access to software applications like Twitter, LinkedIn, and Facebook. Most of us, however, need some help understanding the value of these tools. Here is the first in series of articles on using popular applications.*

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## 10 WAYS TO USE LINKEDIN

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By Guy Kawasaki

### HOW CAN I USE LINKEDIN TO MY ADVANTAGE?

Most people use LinkedIn to "get to someone" in order to make a sale, form a partnership, or get a job. It works well for this because it is an online network of millions of experienced professionals from around the world representing 170 industries. However, it is a tool that is under-utilized, so I've compiled a top-ten list of ways to increase the value of LinkedIn.

#### 1. Increase your visibility.

By adding connections, you increase the likelihood that people will see your profile first when they're searching for someone to hire or do business with. In addition to appearing at the top of search results (which is a major plus if you're one of the 67,000 product managers on LinkedIn), people would much rather work with people who their friends know and trust.

#### 2. Improve your connectability.

Most new users put only their current company in their profile. By doing so, they severely limit their ability to connect with people. You should fill out your profile like it's an executive bio, so include past companies, education, affiliations, and activities.

You can also include a link to your profile as part of an email signature. The added benefit is that the link

enables people to see all your credentials, which would be awkward if not downright strange, as an attachment.

#### 3. Improve your Google PageRank.

LinkedIn allows you to make your profile information available for search engines to index. Since LinkedIn profiles receive a fairly high PageRank in Google, this is a good way to influence what people see when they search for you. To do this, create a public profile and select "Full View". Also, instead of using the default URL, customize your public profile's URL to be your actual name. To strengthen the visibility of this page in search engines, use this link in various places on the web. For example, when you comment in a blog, include a link to your profile in your signature.

#### 4. Enhance your search engine results.

In addition to your name, you can also promote your blog or website to search engines like Google and Yahoo! Your LinkedIn profile allows you to publicize websites. There are a few pre-selected categories like "My Website", "My Company", etc. If you select "Other", you can modify the name of the link. If you're linking to your personal blog, include your name or descriptive terms in the link, and voila! instant search-engine optimization for your site. To make this work, be sure your public profile setting is set to "Full View".

#### 5. Perform blind, "reverse", and company reference checks.

LinkedIn's reference check tool to input a company name and the years the person worked at the company to search for references. Your search will find the people who worked at the company during the same time period. Since references provided by a candidate will generally be glowing, this is a good way to get more balanced data. Companies will typically check your references before hiring you, but have you ever thought of checking your prospective manager's references? Most interviewees don't have the audacity to ask a potential boss for references, but with LinkedIn you have a way to scope her out.

You can also check up on the company itself by finding the person who used to have the job that you're interviewing for. Do this by searching for job title and company, but be sure to uncheck "Current titles only". By contacting people who used to hold the position, you can get the inside scoop on the job, manager and growth potential. By the way, if using LinkedIn in these ways becomes a common practice, we're apt to see more

truthful resumes. There's nothing more amusing than to find out that the candidate who claims to have caused some huge success was a total bozo who was just along for the ride.

6. Increase the relevancy of your job search.

Use LinkedIn's advanced search to find people with educational and work experience like yours to see where they work. For example, a programmer would use search keywords such as "Ruby on Rails", "C++", "Python", "Java", and "evangelist" to find out where other programmers with these skills work.

7. Make your interview go smoother.

You can use LinkedIn to find the people that you're meeting. Knowing that you went to the same school, plays hockey, or shares acquaintances is a lot better than an awkward silence after, "I'm doing fine, thank you".

8. Gauge the health of a company.

Perform an advanced search for company name and uncheck the "Current Companies Only" box. This will enable you to scrutinize the rate of turnover and whether key people are abandoning ship. Former employees usually give more candid opinions about a company's prospects than someone who's still on board.

9. Gauge the health of an industry.

If you're thinking of investing or working in a sector, use LinkedIn to find people who worked for competitors-or even better, companies who failed. For example, suppose you wanted to build a next generation online pet store, you'd probably learn a lot from speaking with former Pets.com or WebVan employees.

10. Track startups.

You can see people in your network who are initiating new startups by doing an advanced search for a range of keywords such as "stealth" or "new startup". Apply the "Sort By" filter to "Relationship" in order to see the people closest to you first.

11. Ask for advice.

LinkedIn's product, LinkedIn Answers, aims to enable this online. The product allows you to broadcast your business-related questions to both your network and the greater LinkedIn network. The premise is that you will get more high-value responses from the people in your

network than more open forums. For example, here are some questions an entrepreneur might ask when the associates of a venture capital firm come up blank:

- a. "Who's a good, fast, and cheap patent lawyer?"
- b. "What should we pay a vp of biz dev?"
- c. "Is going to Demo worth it?"
- d. "How much traffic does a TechCrunch plug generate?"

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**Guy Kawasaki** is a managing director of "Garage Technology Ventures", an early-stage venture capital firm and a columnist for *Entrepreneur Magazine*. Previously, he was an Apple Fellow at Apple Computer, Inc. Guy is the author of nine books including *Reality Check*, *The Art of the Start*, *Rules for Revolutionaries*, *How to Drive Your Competition Crazy*, *Selling the Dream*, and *The Macintosh Way*. He has a BA from Stanford University and an MBA from UCLA as well as an honorary doctorate from Babson College. See his website <http://www.guykawasaki.com/>. See his blog "How to Change the world" at <http://blog.guykawasaki.com>.

### COMPUTERS & INTERNET - IF COMPUTER ERRORS WERE HAIKUS

No keyboard present.  
Press F1 to continue.  
Zen engineering.

With searching comes loss  
and the presence of  
absence: File not found.

Windows NT crashed.  
I am the Blue Screen of  
Death.  
No one hears your  
screams.



# CLASSIFIEDS

## ANIMALS

### **October 03, 2010 Sunday, at 2:00 p.m. Blessing of the Animals**

Christ Church 3602 8 St SW Calgary  
Join us and bring along your pet animals for a special blessing, as Christ Church observes and celebrates the feast and tradition of Francis of Assisi. Contact Jim Popham [assistantcurate@christchurchcalgary.org](mailto:assistantcurate@christchurchcalgary.org)

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

## ARTS & MARKETS

**October 23 Beacon Original Art at Bridgeland – Riverside Community Hall 10:00 am – 4:00 pm**  
Artists Joanna Brown, Donna Kaminski, Catherine Larose, Patricia Mansell, Kristina Steinbring, Tammy Watt and Michael Wright display and sell high quality art - painting, jewelry, photography & pottery. Beacon promotes a welcoming environment where artists can share their inspirations and techniques with the viewing public. <http://web.mac.com/beaconoriginalart>  
Free Admission, Draw & Parking.

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

**Millarville Market** is open Saturday mornings, June 12th thru **October 9rd 2010 from 8:30 a.m. until noon.** RAIN OR SHINE - More than 170 vendors Parking: \$2.00 per car • NO DOGS ALLOWED Wear your rubber boots if the weather is wet! Directions – west on Hwy 22X then south on Hwy 22, east on Hwy 549 to Millarville Racetrack.

**October 22, 4-9, 23, 10-5, and 24, 10-5 BEYOND THE USUAL craft show.** 50 select artists and artisans will be in

attendance at the Blackfoot Inn in the Ballroom and the Heritage Room with an art walk in between. \$5.00 for adults, coupon for \$2.00 off on website. BEYOND the usual!  
<http://www.beyondmarketplace.com>

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

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

## ASTROLOGY

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

## BOOKS

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

## LAUGH

**Oct 14-16 The Laugh Shop Comedy Club at the Blackfoot Inn features Simon King.** Simon is an exceptional and truly unique comedian with thousands of shows to his credit. His explosive performance, an arsenal of dead on impressions, characters and impossible sound effects, coupled with incredible improvisation skills and break neck speed always leaves audiences in awe, and demanding more. 6:00pm Dinner / 8:00pm Show - 3 course dinner, gratuity & show ticket Call 403.255.6900 to reserve  
<http://www.thelaughshopcalgary.com>

## WEB DESIGN

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

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## WRITERS

**October 14, 2010 Making the Most Out of Travel Writing at 1:00 PM - 2:30 PM** Shawnessy Library, 333 Shawville Boulevard SE Learn the various categories of travel writing, how to successfully approach an editor, and how to become a travel writer without leaving home!

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## WORKSHOPS & EVENTS

**NEW MOON MEDITATION Thursday, October 7, 2010, 7-9pm** - A gentle soul, Grandmother Spider will be the guest in our circle, and will teach us about ourselves as she leads us in a series of short meditations. Call Judy 403-225-2016 to register, or email [judy@angelsandancestors.com](mailto:judy@angelsandancestors.com). Directions provided upon registration.

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*Lake Louise in Mist in June © 2010 Judy Hirst*

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# THE LAST WORD

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Picture from <http://www.djokieff.com>

if i should live . . .

if i should live a thousand lifetimes  
a million more may come  
for endless seems the journey  
where we will know our sum

i've journeyed through the meadows  
the mountains and the wood  
seeking soulful answers  
and gathering what i could

and through the paths i've traveled  
the goodness is abound  
discovering life's fragrance  
in the silence within sound

what i've come to understand  
in life's indelible sweet embrace  
all the things i wish to know  
are found in every space

so . . .

if i should live a thousand lifetimes  
a million more may come  
for endless seems the journey  
where we will know our sum

for . . .

the joy is in the journey  
and the way we choose to go  
the divine is like the river  
and to the Ocean we must flow

if i should live . . .

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