

Angels And Ancestors

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*In the eyes of the universe,
we are each perfect, unique,
and very divine.*

My Pod, My Community

Roger and I often remark about the value of community and how grateful we are that we have such a big, loving community. Our greater community is filled with small circles or communities - our immediate neighbours, our Angel Therapy® peers, solstice group, shamanist friends, photography buddies, book club, people we like to hang out with, and our family. I have left out many groups because it is difficult to define what the group is, in some cases, and who is in it.

We often call our groups "circles" because we like to have a framework for our life, and besides that, the circle shows infinity in action. What is fascinating to me is that our community (circle) goes beyond this earth into the past, the future, and to the universes around us. It even goes into the other dimensions.

When we went to Laguna Beach to Doreen Virtue's Angel Therapy Certification® Workshop, we had no idea of the vast change in outlook that we would have, and the power of the global angel community that Doreen has created with like minded people. The excitement of our time at the Angel Therapy Certification® Workshop has continued for me because of a special circle of friends, my Pod group (after the grouping behaviour of dolphins and whales) - The Standing Goddesses. Communities have specific functions. They act as inhibitors to inappropriate behaviour, guidelines for values and morals, and, communities become your biggest cheerleader - even more than Mom. My Pod has shared and supported and cheered as we have all shifted in to our passion, our life mission. And as we needed help from our friends (read community) to get our readings for our ATP® internship

period, we were supported and achieved our reading bookings within two weeks.

Roger and I are grateful for all of you, our circle.

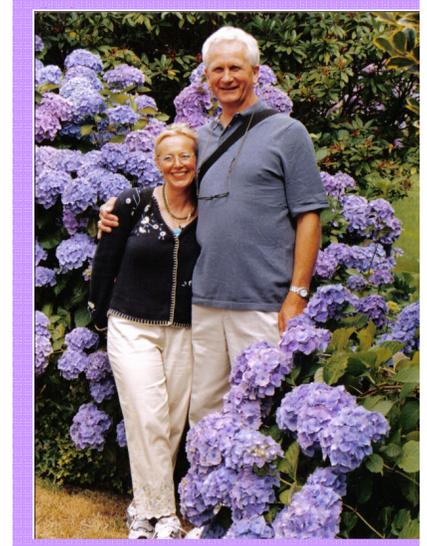


Photo Courtesy of Sara Roer

Many Blessings!

We are always being asked to clean up the clutter in our lives. Sometimes our spouses ask us, sometimes our guides, sometimes, even our bosses. When you decide to clean up something, ask for help from your guides and angels. Select that which you want to let go of, and bless it. Ask the angels to find it a good home. Feel good about releasing it - clothes, paper, whatever. And, know that you are passing along your many blessings. ✨

Living In Sanctuary

From Wikipedia --- Sanctuary has multiple meanings. A sanctuary is the consecrated (or sacred) area of a church or temple around its tabernacle or altar. In medieval law, a sanctuary was a place of religious right of asylum for felons on the run from the law. An animal sanctuary is a place where animals live and are protected. In modern parlance the term is used to mean a place of safety.

When we rush around in this hectic world, many of us suffer from lack of sleep - often unbeknown to us. We also lack time for our selves. If you can't take time to enjoy a moment of peace quiet, is life all that fulfilling?



Photo courtesy of Roger Joyeux

I have been a consultant and project manager working for others and an entrepreneur for twenty years. In the past two years, I have learned that regardless of how far one travels (I have pretty much covered most of the US in the last two years) there is no place like home. Oh, it can seem quite glamorous

to live in the luxury Hilton for a week or stay in the Radisson Tower on the waterfront in Vancouver. Most of the time though, one doesn't have the time to enjoy the amenities other than to eat, and a visit to the spa is out of bounds because of the lack of time.

My friends and I often talk about how difficult life on the road can be. The title "road warriors" is not a trite tribute to all the people that travel weekly as part of their daily job. A road warrior is constantly looking for peace especially on the plane. Some find their peace buried between two ear phones linked to an iPod. Some find it in sleep. I have been finding it more often in meditation.

The picture in this article is of a "gazing ball" or meditation ball. This delightful statue is in our yard. I find that when I am at home, our backyard is a sanctuary. To duplicate this sensation, I can sit in the plane and then meditate upon our gazing ball, our angel sanctuary retreat, and our garden. These thoughts take me to a place of stillness that allows me to be so in the present moment that I forget where I am. Being this present, for me, is living in sanctuary. Being in this place is peaceful, joyous, restoring.

I wish for each of you a moment of sanctuary. I wish for each of you a moment of joy where you can walk with the magnificent Presence and feel a peace so profound that it massages your heart chakra, and allows it to open a little more. I wish for you that moment of emotion that is gently healing. I wish for you a chance to hear the music of the spheres as the strings and flutes play in the distance but still are audible. I wish for you the magic to use in manifestation. I wish you harmony for every day of your life.

- Judy and Roger

We'd Like To Hear From You!

As Roger and I have moved forward with our quest to work more in Spirit and with our Guides, some of you have said that you would like to see us do this event or this workshop, and you have given us great ideas. We are grateful!

If you have any suggestions, ideas, or thoughts you would like to share with us, call us, or drop us an email. As you know, we love to talk about anything at all. We are especially interested in how others are guided to bring information to us just as we, who are in service, bring information to others. Namaste!

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We're on the Web!

Visit us at:
www.angelsandancestors.com (effective Nov 16th)

From The Story of Light

Excerpt from Section 1.9, "Innovating Physical Duality", in Chapter One of *The Story of Light*, by S. Roger Joyeux .

The problem of etheric magnetic field concentration was a serious impediment to Earth's enlightenment process. What to do? As necessity is the mother of invention, the angelic caretakers sought innovations that bypassed the etherics and facilitated the flow of light to the Earth. The physical plane's version of duality was one such innovation.

In preparation for entry into the third dimension, vibrations of many varieties were split into their polar opposites. When a light frequency is split into the separate aspects of yin and yang, it loses its integrity. Neither the yin nor the yang aspect constitutes a complete light frequency in the true sense. The etheric magnetic field can detect, attract, and repel whole frequencies consisting of both polarities, yet is ineffective when dealing with its parts. This meant that the individual yin and yang aspect was able to slip through the etherics unimpeded.

Crystals and Their Light

There is more to crystals than clearing them or the awe of tingles. Crystals have been bringing light to Earth long before the arrival of sentient beings on two legs. To understand crystals, first understand light. Then understand how light works with our minds, chakras, polarity, consciousness, etherics, emotions, awareness, souls, and vibration. The light that crystals bring can be highly specialized or quite general. Crystals can promote beauty, temper anger, expand our awareness and consciousness, initiate our spiritual paths, enhance the expression of our truth, 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.

Contact Roger to find out more about how crystals may be used in your every day life.



Angels courtesy of Roger Joyeux

Sleep

By Judy Hirst

Sleep is a stillness,
Yet a void.
All will dream.
The eternity willed into a symphony of seeing.

And then the day robs the moment.

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## This Month's Events

**First and Last Saturday of Every Month!**

**11:00am-3:00pm**

**Prema Sai**

**2713 14th St. SW, Calgary, Alberta, T2T 3V2**

**Angel Card Reading by Roger**

Roger will be available for 1/2 hour readings. For more information call 243-4040.

**Nov 5, 11:00-4:00pm**

**Prema Sai**

**2713 14th St. SW, Calgary, Alberta, T2T 3V2**

**Spiritual Practices**

This course provides the devotee with a tool kit of understanding that will lead to awakened consciousness. It centers on practical exercises that infuse a foundation of love through chanting, yoga, meditation, group participation, and exercises of consciousness and will. For more information call 243-4040.

**Nov 16 2006**

**10:00 am**

**www.angelsandancestors**

**Launch of our new web services**

We will be launching our new website on the 15th. It will be available to the public on Nov 16th. For more information call 225-2016..

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November 12th & 19th.

10:00am - 4:00 pm

Prema Sai

2713 14th St. SW, Calgary, Alberta, T2T 3V2

**Crystals and Their Light**

"Crystals and Their Light" is a thorough and comprehensive presentation about the way crystals use and manipulate light, thus affecting our bodies and life around us. Knowledge of their unique and specific properties, along with awareness of the myths surrounding crystals, gives the user a definite advantage in the quest to raise vibration. This course is, at times, intense and comes from a channeled perspective, with emphasis on how crystals work with light in your everyday life. For more information call 243-4040.

**~For Healing~**

*Find a place to be quiet in. Sit down and bow your head. Straighten up and breathe in deeply. Breathe in the joy of a child's laugh. Breathe out the anger you hold in your body. Repeat 6 times.*

*- Many blessings!*

*Invocation That May be Used at Equinox*

I invoke the Great Spirit, the God, the lord of the Sun, the father of man and woman, the father of all that is wild and free, the protector of all.

Descend I pray, with your power and protect, guide and assist those within this circle. We ask that you receive our thanks, that you continue your bounty through the winter sleep, that you help us with blessings to all, and that you help us release that which no longer serves us. We ask that you teach us to live in the way of peace. We welcome you.

I invoke the Great Spirit, The Goddess, the mother of the Earth, the mother of man and woman, the mother of all that is wild and free, the protector of all.

Descend I pray, with your power. I ask for the healing of all your children - The Stone People, the Plant people the four-legged, the two legged, the creepy crawlers, the finned, the furred, and the winged ones, all my relations. We ask that you continue your bounty. We welcome you.

To the Caretakers of the Earth, the fairies, devas, sprites, elementals, and all wild and faery folk, descend to the circle with your power and protect and hold the energy that healing of all may take place, and that the healing may flow to the earth and all its inhabitants. We welcome you.

To the Winds of the South, we welcome the Great Serpent and ask it to teach us to shed the past and to walk softly on the earth.

To the Winds of the West, we welcome Mother Jaguar and ask her to teach us the way to live impeccably and to show us the way beyond death.

To the Winds of the North, we welcome Hummingbird, Grandmothers and

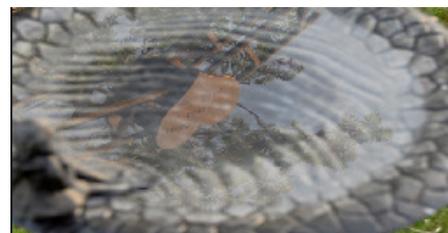
Grandfathers and Ancient Ones, we ask you to be at our fire, to allow us to honor you and those who will come after us, my children's children.

To the Winds of the East, Great Eagle, we welcome you, and ask that you keep us under your wing and teach us to fly with the Great Spirit.

Father Sun, Grandmother Moon, Star Nations, and Great Spirit, we welcome you.

*Reflections*

*Some people walk in the rain. Others just get wet. --Roger Miller*



"Reflections" Photo courtesy of Roger Joyeux

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**Anytime Appointments *Angel Readings, Mediumship:***

Receive an Angel Card reading, connect with deceased loved ones, or connect with your pet. What guidance would the angels give you? What would Aunt Betty say? What message would Goldie want to tell you?

Make an *appointment* for an in-person, on-line, or email angel reading or mediumship session by calling Roger or Judy at 403-271-2269 in Calgary, or email by clicking [here](#) for Judy or [here](#) for Roger.

Watch for the next edition in November!

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**A PAGE FOR NOTES, POEMS, THOUGHTS, AND FOR CREATING A "WHY I AM BLESSED!" LIST**