

Angels And Ancestors

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Working With Your Angels and Guides

Many people have asked me what it is like to work on a daily basis with your guides and to trust what they say even when the request for action goes against what your head/logic might tell you to do. This question is a big one for people that are just learning to consciously channel, and are not sure of what they are hearing/seeing or what they should be repeating.

First, let me say, that working with Spirit is a total commitment of Faith and Belief. One needs to have faith that the guides give you information for your greatest and highest good, and for the greatest and highest good of all concerned. One also needs to have belief that what you hear and see is in fact a reality even though no one else hears or sees quite the same thing.

If you think about it, this is not so different from every day life. When I was teaching Organizational Behavior at the University of Manitoba, one of my favorite exercises to do with a class was to stage an "incident" where individual students were willing participants in an altercation between teacher and student. We all had our scripts, and the rest of the class became "eye" witnesses. After the altercation, the students who participated would storm out of the classroom. I would tell the rest of the class that I would need incident reports from them to turn in to the University Administration. When everyone was finished writing their report, I would invite the offending students back into the class and as a group, we debriefed the incident. I was always amazed at the number of different "truths" that the students observed. Perception is definitely in the "eye" or "I" of the beholder. Yes, one's ego plays a large

role in what one observes and believes. To see this concept played out, see the movie "Runaway Jury".

However, back to the point – when you see or hear something that no one else sees and hears, are you losing your mind? Is it real? Are your guides really talking to you? And, should you tell others about the interesting and often strange things that you hear and see, especially if it concerns them? I think each individual should decide this for themselves. I believe also in the Principle of Non-interference, or, as one of my friends calls it, "The Law of Mind Your Own Business!" A wonderful fable illustrates this concept with a story about a man flailing about in a lake. Anybody passing by would see him as drowning. When a student and his Master pass by, the student becomes concerned when his Master does not take action to save the man in the lake. The Master tells the student that the man has not cried for help, so they will not interfere, otherwise he may not learn to swim. The lesson for all of us is that by interfering in someone's life, we may interfere with a life lesson. What usually happens when a lesson is stopped, it becomes slightly harsher when it is repeated.

You do need to determine though why it is you are being given the information. If I am to pass the information on to the person, usually my guides will tell me that this is the case, and they will also give me a time frame that I need to do this in. Additionally, if someone asks what it is you see or what it is you are getting, and they give you permission to tell them, then, by all means share your information.

A good example of when I was given information that I needed to pass on happened on one of my Microsoft business trips to a client site. I was working in an office on reports when a

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I am on a journey of discovery; to find my soul and to experience my humanity.

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lady that works on the Help Desk popped in with some information that I needed. I thanked her and was going to turn back to my work when my guides said, "Ask her to sit down and chat." Even though I was quite busy, I did this. With guidance, I then asked her what was troubling her, because she did look extremely sad. Our conversation was about the fact that she'd been diagnosed with a brain tumor on the right side of her brain. She of course was troubled about the outcome. My guides asked me to tell her about what she could do to help herself, and how she needed to care for herself, and that by following certain steps, her healing would be assured. She was very receptive to the guidance and asked for more over the next several weeks.

My time at that client site was four months, and before the work was complete, she did have the operation, and opted to return to work on a part time basis. It is in these situations where I can offer comfort and guidance that I am so very grateful to the service that I am able to provide to people with the help of my guides. Remember, I did not tell her what to do; I merely gave her guidance with her permission. I had faith in my guides and I believed that the outcome would be positive.

For those of you starting out, each time we work with our guides and follow instruction for being of service to others, we follow our own reality. If you feel uncomfortable with your information, ask for signs. Our guides give us many signs. If in doubt, follow the truth in your heart. All will be well.

(Judith has had many experiences of following guidance from her Angels and Guides. Watch for future stories in Angels and Ancestors.)

Fight, Flight & Prophecy

Behaviorists tell us that for every action there is a re-action, and then the re-action becomes the action for the next re-action, and so forth. Humans are funny creatures. We are part of the natural order (nature's order of things). However, for some reason, we believe that we are outside the rules of nature. Therefore, many times we re-act to what we think is an attack. We interpret an action as an act of aggression. Our reason or excuse for most actions is that "this person wronged me by "doing" a certain activity or by saying certain words. How many of you have witnessed a child acting out aggression because the other child "touched" them?

While many of us will fight based on an action, many of us would just as soon flee.

We feel threatened by an action, and rather than fight to protect our position, we leave the area as soon as we can. There is truth in the saying "He who flees or runs away lives to fight another day". Yes the expression is changed with poetic license, but the message is clear. So what is the right thing to do, fight or not?

The right answer would be to figure out what it is that you fear, and deal with that before you either strike out at the person you perceive is wronging you or flee, leaving the person bewildered by your sudden action. Our ego exists simply for our protection, and many times sets us up to fail by prohibiting us from moving forward and dealing with fear. The exception would be when a person is fighting in a war and taking orders to fight or retreat.

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Christmas Blessing

When the world is moving at a frenzied pace at Christmas, our Christmas Blessing to all of you is to find that inner peace when you feel exasperation while in the line up in the mall. We wish you joy for the moments that you are in you home and wrapping your presents. We wish you love as you become surrounded by friends and family. If you are alone and do not have friends or family close by, then we wish you the warmth of the Angels, warmth that surrounds you in the silence and when you feel sad. We wish you moments of stillness and silence to hear the music in the air in the parks and green spaces. We wish you light and love.

Namaste! - Judy and Roger

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It is for that reason that many of us consult angel oracle cards. The more we know, the more we can move forward with a more expansive response than just fighting or running away. Taking an action and analyzing it helps one make better decisions and gives one a safe environment in which to try new responses.

Prophecy is a set of possibilities based on the current trend of actions and responses. The accuracy of the prophecy increases as people lose the fear around the unknown. For example, would your response to being jilted by lover change if you already knew that a more suitable lover was on the way, and that your life would be much happier if you move beyond the current love? Most people will respond, "Of course you'd be happier!" It follows then that the sorrow and grieving that may follow a break up will be minimized dramatically, leaving the person clear to move on to other things. How many of us have carried sorrow and grief, like a boat anchor, from an action that we perceived as a "bad" thing? If this is true for relationships, would it not also be true of career, family, life purpose, and even finding hidden talent? When will you change your fight or flight response? The angels suggest that now would be a good time. ***

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 Judy at hirst14@yahoo.ca and for Roger srjoyeux@telus.net.

Catharsis in New Orleans

The following channeled information was received on June 16th, 2006, from the angelic cadre, the Conciliate of the Ascended-Light, by Roger Joyeux to help Judy Hirst understand her role while working as a consultant with the City of New Orleans from June 2006 until November 2006.

Judy, beloved, we are most grateful to you for your continued willingness to be as One in the temper of the darkness and the invocation of the light. Louisiana thanks you from her polluted and battered soul. The world does not get better, except where better is established. Your efforts are the seed. Those who have chosen to take responsibility for the clean up will be in charge of germination and nurturing. The seed is good, and the seedbed that you work into viability is good. We have given the task of caretaking to some of the world's strongest and most enlightened souls. Many (of these) incarnations do not understand and have no consciousness, for their home is so very full of darkness, that memory has been illusive. You will meet a few of these souls. Envision the calm and peace that follows the eradication of the toxins present throughout the lower Mississippi. There is just no profit to be gained from raping a wasteland. Witness the departure of numerous corporations, as they shift their filth to other parts of the Earth. Parts that we say will not offer the same safe place for pollution, and so, the devastation cleanses. Beyond the cleanse is the realignment.

Toxicity has permeated the lower (Mississippi) delta and out to sea so much that the area vibration is an anomaly that attracts destruction. It draws to itself the forces of absolute change. The seed is that this cannot go on and cannot happen again. Well, some more cleansing is due

January 2007 Events

Jan 7, Sunday 11:00-4:30pm
Prema Sai
2713 14th St. SW, Calgary, Alberta,
T2T 3V2

Workshop: "Learning to Channel Spirit Guides"

You have angelic guides that want to talk with you. Learn the secrets of connecting with your Guardian Angels, and learn to hear what they are saying to you.

For more information call 243-4040.

January 14, 21, and 28, SUNDAYS
Noon to 4pm

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

Workshop: "Foundations of Light"

Light is the basis of all spiritual teachings, healings, and inspirations. The 'Foundations of Light' workshop is an advanced three-day presentation designed to give you an understanding of how light works on Earth. The material covered is based on the principles that govern divine light frequencies as they apply to the physical plane. It is a body of complex wisdom that is presented in a down-to-Earth, easy to grasp manner. Day one provides a definitive understanding of the path to enlightenment including the creation of the first chakras, the problems of density, duality as an innovation, the roles of love and the will, and language that clarifies the nature of the light body, soul, and higher self. Day two discusses the subtle bodies including how the mind, intellect, conscious body, etheric body, emotional body, and light body attract and repel light frequencies and contribute to our connection to the higher planes and each other.

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this summer, and you will be witness to the moment, yet need not be concerned. You will not come into harm's way. The moment is only the point of energetic shift. As this moment is not part of your karmic stream, you will not participate directly. Your work is the planting and preparation of the seedbed. The seed is literally the software (that you are contracted to install), yet it is also the idea of a new way. Louisiana is undergoing catharsis from old toxic and corrupt ways, to a revelation of connectedness to divine inspiration. Simply, by eradicating the entire structure, what must replace that structure is truth. Truth is what will remain. Illusion holds no substance, and those who do remain will not have the resources to build on sand foundations. The past is gone for Louisiana. The future is so difficult in the immediate moment that BS will have no place. They, the town's people, the city, (administrative workers at the City of New Orleans) do not present themselves in any personal way or any attached way. At this point, after the wreckage, they are focused on the solutions to their problems. Either you have the solution, or you do not, and without concern, they will accept or move on.

And so, beloved Judy, you bring the seed for the new and better way. You bring truth, which is the only thing that carries substance with longevity. They are so acutely aware of the smell of BS that they would happily toss anyone who comes with a dog and pony show. Just do your job, as you know how to do. They will see and, surprisingly quickly, accept you. The idea of working remotely (working from home in Calgary via computer linkages, as opposed to traveling to be there in

person) has more appeal to them than anyone else can understand. The presence of individuals getting underfoot is a true annoyance. They are short of space and resources and have a solution to find. They only need the solution, not your presence. Your phone and emails will do all they need. If you bring this out to them in the language of efficient execution, and offer them shortcuts and time savers, they will then

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New Orleans - This is a picture of the office buildings and of the Hyatt Superdome in the background. Note that the building is deserted with windows boarded up, and windows blown out on both the building in the foreground as well as the Hyatt. (June 19, 2006) Courtesy of Judy Hirst

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Day Three- offers insight to the creation of our local solar system, the roles of each of the planets, Earth's grid system and light stations, and the role of God and topography in the movement of light. The insights will change the way you view your spiritual path.

For more information call 243-4040.

February 2007 Events

February 11 & 18th
Sunday 10:00 am to 4:00pm
Prema Sai
2713 14th St. SW, Calgary,
Alberta, T2T 3V2

Workshop: "Crystals and Their Light"

Learn how Crystals use light. To understand crystals, first understand light. Then understand how light works with our minds, chakras, polarity, consciousness, etherics, emotions, awareness, souls, and vibration. 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 the light that empowers our presence on Earth. How can crystals help you in your daily life and on your spiritual path?



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be free to do the tasks, which so very much weight them down. If you tell them that each effort you make is going to have the goal of cost-time-savings, and you are there to re-align their staff to get out of old patterns and work with new ways, you may get a standing ovation.

This beloved is our message to you. We offer too that you may also want to take a bag of tumbled rose quartz and give each person, with whom you work, a stone for their desk. With it, you can say that love is the way forward, and that they are not alone. They are loved from many corners of the globe, and with this stone, the love of God is with them as it is your gift to them from God.

So be it. We watch over you always. Lord Michael stands by you throughout your time (in New Orleans). Be at peace, all is well.

We are your humble and devoted servants, the Council of Irasions, diviner of the State of Louisiana. We welcome you to our cause in the light. Welcome to the cleansing wash of the lower Mississippi.

Adieu with love. We are your guides; we are One with the Conciliate.

Blessings and adieu!

Stretching For Energy~

Have you ever watched a cat or a dog after they have awakened from a deep sleep, or even from a nap? The first thing they do is to stretch. And, it is not just a little stretch, it is a front paw, open jaw yawn, gut arranging, to the back paw stretch. The stretch energizes the muscles as fresh oxygen rushes through the blood and muscles. How may of us take time to stretch like this in the morning?

Do give yourself permission to stretch for energy and health each morning and when you need a break during the day. Start with your toes and stretch them wide apart. Stretch your calves, knees, and thighs. Stretch your abdomen and hips by sucking your gut in and out with a deep inhale and exhale. Stretch your ribs and stomach by arching backwards and extending your arms over your head and backwards. Then tilt your head back and yawn. The first couple of times that you stretch really hard, you may hear tendons creak, and you might even see stars! This is a good indicator that you really need this regular stretch. Think about adding stretching to your New Year'

- Many blessings!



Celebration

In our house, Christmas is a special time of the year. We love the celebration, the tradition that we have created of decorating the Christmas tree, hanging our Philippine Christmas Star, and setting out our stockings and decorations. Each spiritual tradition has its own formula for celebrating. What ever your tradition, we wish you much laughter and celebration.



Roger Joyeux Decorating the Christmas Tree November 24th 2006 - Courtesy of Judy Hirst