



Angels And Ancestors

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Volume 1, Issue 4

In This Issue

- [From the Editors](#)
- [Beyond Abundance](#)
- [From Our Readers \(We are Listening\)](#)
- [Spirit Animals – Introduction to 3 part series](#)
- [Bee Healing!](#)
- [Workshop Schedule](#)
- [Labyrinth Workshops – Newly Available](#)

Around Angels And Ancestors

(Hit Control and Click on the yellow headline to get to the web site.)

[Missed past issues?](#)
Pick up those issues of A&A that you missed, on line, at your convenience!

[Check out this month's meditation!](#)
Each month Angels And Ancestors features a new meditation thought. Check it out if you want something new to focus on in your daily mediation. This month's thought will take you far away!

[About Judy Hirst-Joyeux](#)
This link provides information about Judy's journey to Angels And Ancestors.

[Labyrinths](#)
Check out this page for the new information on

From The Editors

The beginning of a new year is always a time for reflection and for setting goals. This year, 2007, is also about completion. Individuals who have started down a path, or wish to make changes, will be completing past stuff in order to make way for new things – friends, endeavors, jobs, and possessions. It is a time of clearing and renewing. We are excited to say that we are now on our fourth issue of Angels and Ancestors and we have been humbled by the enthusiastic response to our newsletter. We are delighted to print some of the reader responses in this issue. Your responses have helped us complete our vision for the newsletter that we had when we started it. We now can adjust our vision and expand it, and begin our new vision. We therefore are pleased to present this email version of our newsletter so that you, The Reader, does not need to worry about attachments which may carry viruses.

This year also brings the completion of one year of operating and thus completes the dream that Roger and Judy had about going into business together. We wish you many completions and new beginnings this year.

Namaste! – Judy Hirst-Joyeux and Roger Joyeux

Beyond Abundance



Cascading Falls © Roger Joyeux

Are you caught up in the battle to earn a living doing a job you don't particularly like? Are you feeling slightly desperate trying to ensure that you have enough money for your family? Are you wondering whether your job is "good enough" to provide the income you need? Well, you are not alone in this feeling. Millions of people across North America get out of bed each morning and travel to work at something that they dislike. Because they are not happy, the effect cascades through their lives and the lives of their family. Just like the water in the Cascading Falls wears down the rock over time, the spirit is eroded by the feeling of futility and depression.

Why do so many people fall into the trap of living in a fashion that may earn them money but leaves them feeling unfulfilled? Most people are unaware that there is anything in life beyond satisfying the safety and security issues. They have not heard that there is tremendous abundance in the universe and that this abundance is available to all. For examples of abundance, look into nature. A tree produces more than just one leaf or one piece of fruit. Most vegetables produce more than one pod or bean or ear. The idea behind producing this abundance is that there is some to reproduce with and keep growing and there is some to give away. This is nature's way of showing what is beyond abundance – that is, GENEROSITY.

When one fulfills what is needed to be happy and comfortable, when a person feels like they have excess - that is the time to show one's abundance by giving to others. Have you noticed that even the people deemed the richest in the world give away a good portion of their wealth? Bill Gates, Oprah, Bono to name a few. Even Warren Buffet, the second richest man in the world, according to Forbes Magazine, gave his wealth to Bill Gate's Foundation because he believed in the good work that the Gates' were doing. When people are generous, it restores their spirit if they do it from the heart. When they do it because they want the accolades and want to be noticed, the act becomes part of the quest for security, and continues the erosion of the integrity.

People who seem to make lots of money, but don't share it or share some of it grudgingly, do not seem to find the same peace as those who give generously. It does seem that one of the major differences between the "have" nations and the "have-not" nations is the degree that the wealthy of the country, on a per capita basis, donate to charitable causes or to where the help is needed. The have-not countries do not contribute back, but keep pulling the wealth from the land and the people, and from organizations that move in to try and help improve the overall situation. It seems that where activities out of integrity have been happening for a long time, the earth is rising up and taking back its

Labyrinth workshops soon to be available.

Joytography

Check out the photography expertise of Roger Joyeux at his Photography website, Joytography. Roger is taking bookings for summer events, weddings and family reunions.

Angel Readings, Mediumship:

Anytime Appointments
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 403-225-2016 in Calgary, or email by clicking here for Judy or here for Roger.

[Book an Appointment](#)

generosity. Some recent examples are the Tsunami in 2004 and various earthquakes, floods and volcanoes in many third world countries. Time is a constrained resource and yet in the prosperous nations, people are willing to donate their time - that is to volunteer, for various activities from fund raising to working for free (planting trees in reforestation efforts, Habitat For Humanity, coaching, church fundraisers, delivering baskets to those families that need them, to name a few activities). Nations that do not have the wealth also do not have the same level of volunteerism. One could argue that they have a much harder time simply living. However, there does seem to be a correlation between how well people look after others through volunteerism and those that simply look after themselves.

The main point is that by recognizing that abundance already exists, and spreading that abundance through generosity, all people become part of the activity of making abundance. This abundance then circles back to all in the form of more abundance. The circle represents spiritual realms in sacred geometry. Therefore, when one goes beyond abundance, into generosity, one does the work of spirit. And, that is as it should be. And, it is.

Judy Hirst-Joyeux has been practicing abundance since the mid 80's. Her work with abundance has been reinforced through different workshops and continuous practice at manifesting abundance. Most recently, Doreen Virtue of Angel Therapy™ reinforced the practice of abundance in the September workshop that Judy attended.

From Our Readers

(We may edit the emails and letters for brevity and clarity, and names will be withheld at the writer's request. - Editor)

December Newsletter - What a lot of work and care went into this newsletter. I am pleased to receive it, and will pass it on to friends who would appreciate it. I like the articles, the personal experience point of view. My struggle seems to be with discernment as to what is my own little ego slide show of phenomena and what is really the essence of what guides are trying to get me to pay attention to. I imagine that is something that takes lots of time, meditation and 'owning' one's stuff, confronting one's pride.

I have felt that I have met some people who have wanted to pass on 'guided' information to me, that ends up sounding a lot like unsolicited, opinionated advice that crosses over into being far too emotionally attached to them. I usually do a 'duck and cover' thing around these people but it is an energy (pitbull like) to be contended with. So I guess I would like continued articles about ethics and discernment in channeling or assisting or healing others. - C. T. Calgary

We are listening!

We welcome your comments and suggestions for future issues of **Angels And Ancestors** at hirst14@yahoo.ca



Editor's note: Watch for future articles on Right Action, The Law of Cause And Effect, The Principle of Non- Interference.



Spirit Animals - Watch for this series of Articles



The Eyes Of The Owl © Roger Joyeux

Who, who is it that decides what spirit animals work with you? Do you get to choose them? And, if you don't get along, what happens? Who do you go to if you have trouble with your spirit animal? How long does your spirit animal stay with you? What happens if your spirit animal acts differently than you are expecting, based on what you have read or have been told?

This three part series is coming in February and will look at the animals that come into your life either on a metaphysical level or on a physical level. We will explore what the spirit animal is about, and how it manifests into your life. We will look at the improbability of animals in your physical life, especially in the city, and how they just *show up!*

We chose the owl picture for this kick off for the series because of the unusual experience we had with a great horned owl on Sunday, January 14th. Our adventure began while Roger was out cleaning the snow off of our deck and when our dog, Magic, jumped up on the bench on the deck and stared up to the top of our 25 foot tall pine tree. Roger called me out to the deck to see this huge (even that high up, it looked like three feet tall!) great horned owl. It sat at the top of the tree and began hooting and squawking. It sat there through about ten pictures with extraordinary flash that Roger snapped to celebrate this unprecedented visit by owls in our area. It sat there for about half an hour and "talked" to us. At first, I thought it was there for Roger, however, as I stood on the deck and Roger went in the house, I realized it was bringing a message for both of us.

Visit us at:

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

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We'll talk about the message, the circumstances, and the events before this occurrence and what has happened since in the first article in the series. We'd like to hear about your adventures with totem animals. When you send your story, please tell us if we may publish it in our newsletter. Wishing you animal guidance, Judy and Roger.

Bee Healing!

On Christmas Day, a cold started in my body. Not only did it slow me down but it actually put me flat on my back quite a few days. I know that a cold is a sign that you are clearing something on all three levels of body, mind and spirit. However, when my throat became quite sore, I was mostly concerned with the physical. Nothing seemed to either clear or soothe my throat. Then I remembered that when I was little, Mom used to give me a spoonful of honey when I had a sore throat. So, I tried that solution, and "Presto" after several spoonfuls of honey, my throat started to clear up.

When I was growing up, my only concern about a bee was whether it was near me, and whether it would sting me. When I started studying Egyptian Magick, I discovered that the lowly bee (in my mind) was really an exalted friend and provider for the ancient Egyptian culture.



A honey bee at the center of a red rose. © Roger Joyeux

In fact, the nobility were buried with most of their possessions, slaves, and large urns of honey. When the archeologists have excavated these tombs, and opened the honey, it had crystallized but was without mold or spoilage. I thought this was pretty amazing. The article went on to talk about how the honey was used for healing. Early in 2001, my interest in the bee was renewed when my husband Roger explained that he always has wanted to be a bee-keeper. I decided that I needed to investigate this little insect. As I started the research, I found that the oldest bee is believed to be 100 million years old. (That's relatively young compared to the shark which is believed to be 450 million years old.) Through it has changed somewhat over the years, the bee still produces a nourishing, healing honey that is pretty much unrivaled as food and healer. The antiseptic properties of honey make it a natural healer for wounds by protecting the wound from infection and decreasing the swelling. As I experienced through my cold, honey destroys mucus from the cold virus. Honey is also recommended for treating indigestion and heart or high blood pressure ailments. A few facts that I learned in my quest are that bees do indeed create honey that is healing. Bees are so sensitive to environmental toxins that they die and do not carry the poison to the hive. Therefore, the honey is without toxins. Honey in the bath water is relaxing and is recommended to relieve insomnia. Although it is high in calories, athletes use it as a quick "pick-me-up". Honey produced in one's local area is a prescribed remedy for hay fever. Don't take my word for all these remedies. I suggest that you buy some honey and try "bee healing" on yourself and family. Honey really does take the "sting" out of a wound. Oh yes, and "bee" happy! (Judy and Roger had an amazing garden this year, partially, they believe to the number of honey bees that pollinated the flowers on each plant.)

Workshop Schedule

February 2007

Workshop: "Crystals and Their Light" February 11 and 18, **SUNDAYS**, 10am to 4pm, Workshop Location is Prema Sai

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?

REGISTER

Workshop: "Foundations of Light" February 15, 22, and March 1, **THURSDAYS**, 9 am to 1 pm: Workshop Location is Prema Sai

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



Roger Conducting Workshop
© Judy Hirst-Joyeux

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.

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.

REGISTER

March 2007

March 15 and 22, **THURSDAYS**, 9 am to 3 pm: Workshop Location is Prema Sai

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?

REGISTER

LABYRINTH WORKSHOPS - NEWLY AVAILABLE

We are pleased to announce that we have a complete series of Labyrinth workshops in development. These workshops will provide a very complete overview of what power is available to someone when they walk the labyrinth. Please let us know about your interest in any one of these workshops. Currently, workshop dates have not been set. However, these workshops are available to individuals or small groups by request. For more information about any of these workshops, please either phone Judy at 403-225-2016 or email her at hirst14@yahoo.ca.

- Labyrinth 1: Spiral Labyrinth – History, Clearing Space, The Spiral for What Your Path Is, What Blocks You, What Sets You Free, Meditation, Walking the Spiral, Understanding the working (Discussion and Journaling) (2.5 hours)
- Labyrinth 2: Three Circuit Labyrinth – History, Clearing, Representing the Triad, Using the 3 Circuit for Healing, Diagnosing Physical, Mental, Sacred Issues, Walking the Circuit, Discussing What happened, Next Steps. (2.5 hours)
- Labyrinth 3: Seven Circuit Labyrinth - in development (2.5 hours)
- Labyrinth 4: Labyrinth in various forms – in development Working with different labyrinth models as stand alone tools and using several together in your tool box. Also how to use crystals to intensify the experience. (2.5 hours)
- Labyrinth 5: Labyrinth and Runes – in development. Using the Nordic Runes as part of the labyrinth experience. (3 hours)
- Labyrinth 6: Eight Circuit Labyrinth – in development This workshop will be working on the relationship between the chakras and the labyrinth, and how the labyrinth may be used to clear the chakras after discovering the issues you may hold in one of them or all of them. (3 hours)
- Labyrinth 7: Personal Labyrinth- in development (2.5 hours)
- Labyrinth 8: Conflict Resolution – in development. Will show a different model of labyrinth and how it may be used in conflict resolution either for children or for adults. (2.5 hours)
- Labyrinth 9: Labyrinth and Medicine Wheel – in development (4 hours)
- Labyrinth 10: Labyrinth and Full Moon Ceremony – in development (2 hours)
- Labyrinth 11: Labyrinth (Creating a Labyrinth Class) – in development (4 hours)

