



# Angels And Ancestors

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Volume 1, Issue 5

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### Today at Angels And Ancestors

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

### Where to Find Past Issues Of A&A

*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!*

### Find out About Roger Joyeux

*This link provides information about Roger and the background that he brings to Angels And Ancestors.*

## From The Editors - Attraction

With all of the publicity the movie, “The Secret”, has been generating from the Oprah Winfrey show, I am almost sure everyone in North America has now at least heard of the movie. To recap, “The Secret” is how the Law of Attraction works; specifically – what you think about is what is attracted to you. We at Angels and Ancestors have been thinking hard about how to grow our readership. And, thanks to many of you, who share your copies of the newsletter with your friends, awareness about the newsletter and about our website and services is spreading. The Law of Attraction has a caveat that you, the thinker, may not dictate how the wish or thought becomes fulfilled.

Namaste! - Judy Hirst-Joyeux and Roger Joyeux

## Reincarnation

“Are you experienced”  
- Jimmy Hendrix

Reincarnation: believe it or not! Well, rather than pander to the doubt inherent in the “not” part, I will assert that a soul has incarnated onto the Earth in you. You are the incarnation of your soul. As it is the soul, rather than the ego, that enlivens the body with spirit, you should not expect that you will reincarnate. Too often, our Earthly ego would have us believe that somehow, Brenda-May Bashful will miraculously reappear at some other place in another body. It just does not work that way. The poor ego gets one lifetime and no more. The soul, however, gets many life times — hundreds, even thousands. The soul is incarnate on Earth (Roger Joyeux in my case) for the purpose of evolving a third dimensional consciousness. Soul sticks its toes into the waters of the Earth to experience the hot and cold of physical life.



Trails in the sky © Roger Joyeux

Take inventory for a moment. Have you ever experienced depression, joy, fatigue, elation, deceit, beauty, hesitation, pleasure, and so on and on? Each experience that you, in human form, go through is imprinted upon your Earthly consciousness. Each drama in life that you participate in, each sensation that carries energy, offers a variation in conscious experience. As all of your experiences in the incarnate form are conducted on the physical plane, the record of the consciousness provides the soul with the understanding it needs to fulfill its evolution on Earth.

Consider that when you dip your toes into the lake of life, you are only experiencing the temperature of the water at the edge of a very small part of the shore. The soul, in its purported vastness, is just as hesitant about jumping in as you might be. Earth is like the Hudson River in October. Not only is it rather mucky, it is very cold. The third dimension is a very low-level, slow, and dense vibration in relation to the enlightened universe where the soul resides. For the soul to jump in would be like going polar swimming on New Year's Eve. Some souls who would do anything!

For the rest of us, just getting our knees wet can be enough. To go so far as to get its ‘knees’ wet, the soul incarnates. It checks the water in one incarnation, then incarnates again to check how deep the water is. Each incarnation is conducted for the purpose of accumulating experience on the physical plane. Each experience adds to the sum total of a soul's third dimensional consciousness. When enough Earthly consciousness has been acquired, the soul graduates from this plane. That is, all the lessons have been learned, all the experiences have been accomplished, and all the consciousness, needed to master the third dimension, returns to the soul. The soul's contract for Earth comes to its conclusion and it ascends from the bonds of Earth. Liberation!

There is only so much that a single human incarnation can experience in any one lifetime, and nowhere near enough to give the soul all the physical consciousness it needs. It takes at least several lifetimes as a serious dancer to become a prima ballerina. And, it takes several lifetimes as a soldier to lead a victorious army. Each role requires the completion of numerous lessons and the accumulation of a measure of consciousness. To complete the full round of Earthly experience takes hundreds and thousands of lifetimes.

## Labyrinths

Check out this page for the new information on Labyrinth workshops. The 3 Circuit Workshop is now available.

Want to have a labyrinth afternoon with your friends? Call Judy to make it happen!

Angel Readings –  
Medium Session –  
Tarot Readings –  
Rune Readings – Talk  
With Your Guides –  
Energy Shifting to  
Promote Healing

Make an appointment for an in-person, on-line, or email 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](#)

So how does this apply to your own spiritual journey? When you come to the realization that you are here on Earth as an extension of your soul and have been given the responsibility of a free will, you might also realize that using the free will to honour and serve the evolution of the soul is the essence of your existence. You are not the ego who would shrink in disappointment with its own insignificance, but a droplet of pure consciousness manifest on Earth. As you conduct your life, if you can wilfully surrender yourself to the wishes and directions of your soul, the spiritual journey unfolds before you. When you align your Earthly intent with the intent of the soul, all of the conscious experiences needed by the soul can be acquired easily. The spiritual path then accelerates significantly, as the soul creates the events that give you physical consciousness. When you are fully in tune and compliant with the energy flow of your own soul, the heavens open for your knowingness. By the time you become fully in tune and compliant, you already know.

The way to align with the soul is to repeat the mantra: "It is my will to align with my higher self in truth." When you infuse the energy of your soul into your daily life, prepare yourself for change. As my guides said to me, "Get a captain's chair and a four-point harness, then strap in tight and brace for the ride."

Roger Joyeux is a light worker, healer, writer, and speaker. He journeyed to the Siddha Yoga ashram in Ganespuri, India in 1990; he danced the alignment of Earth at the 11:11 in Egypt in 1992; he channeled Archangel Michael at the Conclave of the Mother in 1994 at Mount Shasta; he published "The Story of Light" in 2000; he is a practitioner of Huna Kane (Hawaiian healing massage); he can invoke your light body; and he has been offering workshops on crystals, contacting spirit guides, and the ways of light for the past seven years. Currently, he coaches clients with angel readings and mediumship sessions.

## 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)

### Feedback on the January Newsletter

"WOW! What a great newsletter, with the beautiful pictures and great stories. You two have certainly been busy. I really related to the honey story, as I swear by that for sore throat, or holding down a cough." P. F. - Seattle (excerpt from email used – Editor)

**We are  
listening!**

**We welcome your comments and suggestions for future issues of Angels And Ancestors at: [hirst14@yahoo.ca](mailto:hirst14@yahoo.ca)**

## Spirit Animals - Setting the Language



Bears at play © Roger Joyeux

Hooray for the activists and wildlife experts and environmentalists that have raised everyone's awareness about the plight of animal kind. The Universe or Creator put animals (the two legged, the four legged, the finned, the furred, the feathered ones and the unseen) to balance the plant life and to create a beautiful garden. In addition to creating a marvelous ecosystem, each animal and plant works with mankind to provide humans with something that they need. It may be anything from food to medicine to information.

There are three aspects of animal that may be sent to guide us – the mythic (the physical aspect); the symbolic or archetype (the universal story that each animal carries to us); and finally, the energetic which is the spirit of the animal which speaks to our soul. To further set some language guidelines around the discussion of spirit animals, we need to talk about totem, power and spirit animals. Some writers and speakers use these words interchangeably. Setting some definitions around the words will help our discussion and create understanding.

When we hear the word "totem" we may tend to think of the totem pole. Well this would be a good starting point in understanding the totem animal. The totem animal usually represents a group of people such as a tribe or village or city. This animal has become a physical symbol for this group of people. Athletic groups use mascots and very often these mascots are animals. For example, the Calgary Stampeders use a horse as a symbol of the stampede. At each football game, the horse gallops or stampedes across the stadium whenever a touchdown occurs.

A huge number of schools and universities and even pro teams use the bear as their mascot or symbol. The bear represents size, intimidation. It is a force to be reckoned as one thinks about the physical image of the animal. (We are talking about a large bear – grizzly, Kodiak, big black.) This then is the totem for that team. The mythic level of the bear speaks to the size, strength, wisdom and protective nature of the animal. Bears protect their young ferociously, and are very maternal. This speaks to the nurturing within the team and the way they support each other, generally on and off the field. Hibernation equates to the teams on and then off season. Each team hibernates to

## 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.

[www.joytography.com](http://www.joytography.com)

### SPIRIT ANIMALS



Even the color of the animal may have significance as the animal tries to give you a message.

© Roger Joyeux

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[www.angelsandancestors.com/](http://www.angelsandancestors.com/)

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prepare for the next season. The bear has been worshiped as a deity for eons. Cave drawings show it as one of the oldest clan animals. All the mythologies speak of one bear god or goddess. Astrology even recognizes the bear in the sky. Therefore, energetically, the bear transfers its strength, size and loyalty to the spirit and soul of the players on the team. "We are Bears!" becomes more than a chant. It becomes an identity.

So, is the bear a power animal as well? Yes. Understand that a power animal is the animal that comes to you as part of your journey, to lend you their strength and knowledge. The animal has chosen you, and you feel an affinity for it. You may even have some of its characteristics. It has chosen you, as part of its life journey to share its power with you. People who work with their power animal will find that at some level, they are bear, and they may dream or vision as if they were bear. If bear is your power animal, you may have a keen awareness of the seasons and be fond of honey or salmon or fish. You may have more than one power animal, and they may change through out your life. Generally though, we all have one animal that journeys with us all of our life.

How does the spirit animal fit into this? Regardless of the fact that you have a power animal or that the group you belong to has a totem animal, you may be visited by different animals physically, in dream time, or even through a series of coincidences. The coincidences might be that you see a picture of a bear. Several hours later, you hear a song about a bear (The Bear Came Over The Mountain, is a song that comes to mind). Shortly after the song, you may meet someone who has been nicknamed "Bear". The spirit animal, then, is a message from the Universe (substitute God, Creator, Higher Self or your belief system if this makes you more comfortable). Looking at the characteristics and the mythology of the animal will help you determine what the message is. For example, if you are doing too much and are thinking about taking on some new challenge, the bear when it appears, depending on the season, may be telling you to be conscious of self care, family care, or stepping back and retreating into your "den". The closer the animal comes to you physically, the more sure you can be that you are not "hearing" the animal's message. The more the spirit animal is ignored, the more often it will appear, and it may be joined by animals similar to it. For example, the bear may be joined by the badger, the wolverine, or polar bear.

The appearance of a totem animal, power animal or spirit animal in one's life is not accidental. As we make soul contracts with other souls who incarnate as humans, so too do we make contracts with animals. And since we humans live in separateness, it is the animal who remembers and honors the contract. Now take a look at what animals are around you in your home, at work, or in your casual life. What do they do to support you or to guide you? What are their traits? Are they like you? These are the types of questions that we will explore in the next issue.

Join Judy-Hirst Joyeux as she explores the journey with your power animal in the March issue. If you have any questions about this article, please send them to Judy at [hirst14@yahoo.ca](mailto:hirst14@yahoo.ca). If you have an animal in your life and are not sure about what it is telling you, send us the question. We'd love to share this information with all our readers.

## The Principle of "No-Response"

"He sees you when you're sleeping.  
He knows when you're awake.  
He knows if you've been bad or good.  
So be good for goodness sake!"

So be good for goodness sake! This last line is worth repeating for what it says, but it is also worth repeating for what it does not say. Be good, not to scare away the bad stuff or to put yourself above some undesirable circumstance. Be good for the sake of being good. The universe operates on vibration. Good resonates with good, bad goes where it belongs. Thinking that one can hide inappropriate actions is futile. If one lies, cheats, or steals, the action imprints itself on the etheric magnetic field as encoded vibration. He sees you when. . . He knows if you've. . .

But, will he (God) help you choose a better way? Sorry, Earth is a free will zone with the biggest choice in the universe—the choice to love or to not love.

God and the angels are bound to leave you to your choices. They cannot and do not interfere. Are all the choices you have ever made been good, or bad?



© Roger Joyeux "Kauai Shoreline" where everything changes and everything stays the same.



Without beating ourselves up for any shortfalls we may have had late on a Saturday night, our lives are constantly challenging our better judgments. 'Good' is all goodness and love, but 'bad' comes in many shades. Cheating, even on taxes, is cheating, and it affects our vibration. It means that the cheater acquires karma that implants codes on his etheric body and sits in his vibration. God never said, "Go ahead, cheat on your taxes", and he certainly did not tell anyone to start any 'holy wars'. Yet, the flip side is that he never told anyone not to cheat on taxes, and he did not tell anyone not to start a holy war.

This is not quite the principle of 'no-response', but we are getting there.

God, Allah, the universe, Shiva, or the creator is love. God radiates love and sends love, and he responds to love in kind. God's love goes where it is welcome; he honours our choices with love. If we choose love, God's love empowers us. If we choose hate or the lighter shades of displeasure instead, God will not send his almighty power to strengthen our love and displeasure. Yet, neither will he speak out to dissuade us from making such choices. No angel will come to our door to tell us not to cheat on taxes. No intuitive voice of spiritual guidance will rise to caution us when we spurn friendship, judge others, or think that we are better than another person is. God's love empowers us when we love. It does nothing when we do not love. It does not empower us; it does not warn us; it does not slap our knuckles, and it does not attempt to influence our choices. It does nothing.

The significance of the universe or God doing nothing (and this is the principle of no-response) is that the individual perpetrator does not realize that he is making choices or doing actions that are outside of love's vibration. His choices yield his vibration; and he fits into the world in the place that fits. The devotee goes to the Ashram; the criminal goes to jail. God's love empowers the devotee to find the means to experience the Ashram, but the criminal is left to his own devices. The angels do not offer guidance to keep a 'bad' person from his just deserts.

The principle of no-response means that the divine powers of consciousness follow and empower our choices of love, but do not involve themselves with anything outside of love. The significance for an individual is that he will never know the difference.

Watch for further articles featuring in depth discussions of Principles, Laws, and Nature's Way from Roger Joyeux. Send feedback to [rogerjoyeux@yahoo.ca](mailto:rogerjoyeux@yahoo.ca).

March 27, Tuesday,  
7:00 pm to 9:30 pm:  
Workshop Location is  
at 331 Deercroft Place  
SE

*Workshop:*  
*"Three Circuit  
Labyrinth"*

This workshop is a combination of action and learning. We will look at the history of the labyrinth. Then we will learn how to clear it and then walk it. We will walk it several times to experience how it represents the Triad, how it may be use in healing and diagnosing Physical, Mental and Sacred Issues. We will discuss what happened and some of the possible reasons. We will walk it four times. Feel free to bring your journal. Space limited. To register, call Judy at 225-2016.

## Workshops Available

March 2007

March 14 , Wednesday 7:00 pm to 10:00 pm: Workshop Location 331 Deercroft Place SE

March 29 , Thursday 1 pm to 4:00 pm : Workshop Location 331 Deercroft Place SE

*Workshop: "How To Achieve Alpha Meditation And Apply It Everyday!"*

This workshop is experiential learning about the alpha state where one is more aware. We start with the numerology of the decad (the first ten numbers). We add this to the colors and achieve an alpha meditation state. Next, we feel the difference between alpha state and traditional meditation. We also practice using the alpha state to promote self healing and how to use Sun Meditation to energize ourselves. We try the alpha state for communication and wrap up with how to achieve alpha instantly. Bring your journal. Space limited. To register, call Judy at 225-2016, and specify the date you wish to attend.

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**