



Angels And Ancestors



May, 2007

Rise Higher!

Volume 1, Issue 8

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REMINDER!

Workshop: "Crystals and Their Light"

Sunday May 27 and
 Sunday June 3
 Time: 9 am to 3 pm
 Cost: \$66.00
 Workshop Location 331
 Deercroft Place SE

Around Angels And Ancestors

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

Light Body Lay Out

Are you looking to rise higher in your vibration? Check out a light body layout.

Now You Have Choices For Types of Readings

Want to book an email reading – this is the spot to do it.

Labyrinths

Labyrinths have long

The Crystal - Amethyst

Amethyst (pause, breath in a long slow breath) is often said to be a calming influence. Indeed so, yet I call it the calling card of the soul. Soothing - relaxing - peaceful - are other adjectives used to describe Amethyst. Amethyst is also said to be a stone to meditate with. So how does it work?

Well, it works with light, just like almost all the other crystals that contribute to the enlightenment of Earth. It is quartz with a purple ray. Quartz itself works with the full range of all light frequencies. Smokey Quartz, Citrine Quartz and Clear Quartz share the common trait of embracing all light frequencies on Earth, just as does Amethyst. While not in significant quantities, the full range of all light is significant because every frequency needed to bring Earth and its inhabitants to enlightenment can be obtained by using any variety of crystal with a quartz base, including Amethyst.

Amethyst's colour gives it its specialization, which, because it works with the purple range of frequencies, involves the soul. The soul wants to work in harmony with its incarnate extensions on Earth - you and me. It wants to connect with us and send its light and energy.



An Amethyst Geode - Photo © Roger Joyeux 2007.

Yet, the soul's energies and light are extremely subtle. The soul often has difficulty coming into harmony with its incarnation because of the extreme turbulence and density of the person's Earthly vibration. High and subtle and low and dense are not a happy marriage. Low and dense needs to rise up to join with high and subtle. The mind needs to be still.

Amethyst contributes to stilling the mind because of the way it works with the mind's thought processes. Amethyst begins to overcome mental jumble by ordering thought. The random confusion of disorganized thought that flips from one subject to the next to the next is grouped into subjects with a common thread. Amethyst then helps the mind focus on one subject area and to push the others into the background. The process continues. Within the chosen subject, thoughts are ordered into a linear pattern. One thought follows the next, follows the next.

At this point, the influence of Amethyst slows the mind's hurriedness causing it to dwell for a longer time with each thought. A thought begins and ends and the next thought begins and ends. Here is where Amethyst brings the mind into alignment with the Soul. As a given thought ends, the thought to follow does not immediately begin. A gap is created between thoughts. Call this the Divine Pause. Here is where serenity in the mind begins.

Serenity is the condition that allows the high and subtle soul to flow into the mind's space. Amethyst helps to open the gap between thoughts to allow the mind to commune with the soul in the space of no-mind, no thought - in the state of blissful beingness unencumbered with distraction or movement. It brings the mind into serenity thus calling the soul to come.

So sitting with Amethyst in hand, let the quiet stillness that envelops be the serenity that beckons the soul.

© Roger Joyeux 2007. Roger is the author of *The Story of Light* and he has worked with crystals and their light since 1990.

Mettā, The Practice of Loving Kindness

The practice of loving kindness is taught as a principle of all major religions and philosophies. In the Christian tradition, we would recognize it as "do unto others as you would have them do unto you". Or, more generally, it would be "love one another". Specifically the King James Version of the bible says, "This is my commandment, That ye love one another, as I have loved you." (John 15:12) In the real world, this does not seem to something that people readily do. The world seems to be full of people, particularly leaders of countries, religions and factions that take exception to what someone else is doing. Using the Law of Attraction as the microscope, what you concentrate on, is what you get. Therefore antagonism, anger, aggression and violence just attract more of the same.

The practice of Mettā from the Theravāda Buddhist practice is about unconditional and detached loving kindness to all things. As a form of meditation, this practice is about stilling ones mind to feel the heart - the beating of the heart, the warmth of the heart - to the radiation of the warmth and the love outward. The words that fit with this meditation are significant in they are independent of self interest and reflect the best wishes one could have for all. The words, "I wish you happiness"; "I wish you health"; "I wish you joy"; "I

been a tool to use to banish negative energies and to use to heal. Is there a labyrinth workshop that calls to you?

Energetic Healing

We have added healing services. Ask us about distance healing!

Past Life Regressions

Discover how your previous lives may influence your day to day path in this lifetime.

See Who Is Linked to Angels Website!

We have chosen a few fellow light workers to reference on our website. Let us know if you have an interest in linking with us!

DID a friend send you this newsletter? To Subscribe to this newsletter, click **SUBSCRIBE**

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wish you ease of living"; and I wish you freedom in all things" are relevant to all beings. To get to the fullness of the Mettā, one learns to do this practice in stages. The stages are 1) Yourself 2) a good friend 3) a 'neutral' person 4) A difficult person 5) All four and 6) then gradually the entire universe. The recommended practice time for stage one is one year of wishing your self loving kindness. This is a very difficult stage for us in the West since we do not choose to treat ourselves well. We find it easier to be kind to others. The practice of being this open hearted, however, creates such wonderful side effects: 1) it eases stress, 2) it calms the mind and 3) using it when you feel sleeplessness promotes a wonderful quality of sleep without bad dreams. Loving kindness lets you move beyond feeling happiness that is selfish because of something that happens to self, to a feeling true happiness at the happiness that others feel. It takes you to that place of being the Creator in the "I am that I am".

-©Judy Hirst-Joyeux This article moves us from a discussion of ethics to a discussion of different practices. We hope that you find this something that you may use either for study, general knowledge, or daily practice. Please send your feedback to Judy@angelsandancestors.com.

From The Editors - Walking Forward

When we are born, our parents watch daily to see when we will walk, when we will take our first step. They watch to see when you take several steps at once without falling down. And, finally, they watch to see when you learn to run. We feel like all of you are the parents, watching us, the child, learn to walk. We aren't running flat out yet. We are walking quite determinedly along. In any new endeavor, stepping out is quite often scary. With your support, we have been able to take our first steps confidently, and with grace. We have had to sit down and look at things from time to time. We've always been able to get back up quickly and move along. Thank you!

- Namaste! Judy Hirst-Joyeux and Roger Joyeux

Appreciation For the Newsletter!

We have now been publishing the newsletter for eight months. We sincerely thank each of you for the many compliments that we have received on the newsletter and for the feedback that "this is more than a newsletter - it is an education"! Some of you have asked how you can show monetary appreciation for the newsletter since we do not charge a monthly fee for it. We now have an online donation available on the archives page -

<http://www.angelsandancestors.com/archive.html>. The button is at the top of the page. Readers may also send donations for the newsletter to our Angels Address.

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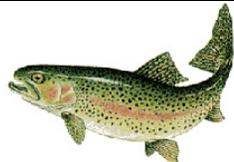
Thank you for wanting to see this work continue. Our future issues will feature articles on more of our adventures in Sedona; Vortex or Power sites in Alberta; crystal energies, BodyTalk and healing information; channeled information; and a continuation of some of the features we currently offer.

- Bright Blessings! Judy and Roger



Picture courtesy of Microsoft ClipArt

Spirit Animals - When Trout Swims Into Your Life



Rainbow Trout picture by permission of FishingSociety.org

Have you ever had a dream where you are either walking along a river or canoeing along a river, when all of a sudden, a large speckled fish jumps out at you? More often than not, the fish will be a trout! We currently associate the trout with fly fishing, and all the mysticism that follows fly fishing. Think - "A River Runs Through It" - the movie about learning of life through fly fishing trout. Trout are found the Americas (Argentina has great trout fishing), China, New Zealand, Ireland, Russia - you are getting the picture. Trout are found in all areas of the world.

The trout, then, is an icon or symbol of life at its primitive form. The trout like colder water over warm water; are fussy about what they eat, and as a group, seem to have definite food preferences, and are described as predators. Some species will eat their own eggs or hatched young. The majority of the species spawn in the fall or early winter - the rainbow trout spawn in the spring. With all this information, what then, is the message that the Trout brings? Trout is about living in the present. The trout lives in a water environment and water is about emotion. The trout's message is not to get lost in the emotion. Instead, use the emotion to carry you to that place where you grow and thrive. The trout hunts; it is a predator. However, it does not hunt its prey to extinction. Fly fishermen marvel how the species hunts one type of larvae for several hours and then, as a community, switches to a different prey. Man could indeed take a lesson about how to hunt without hunting to extinction. The trout is also about swimming upstream and not taking the easy road. It may be telling you to "rise above the water" (emotions) for the rainbow trout is noted for "walking on the water" when on the hook and seemingly in danger. Many trout escape their captors using this technique. The trout jumps out of the water to catch food. It is also about being still. Many trout quietly spend the day in the

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shade of a log or a river bank, slowly swimming, taking life as it comes. The trout literally waits in the calm side of islands or in the calm pool created by rapids, taking the food that is carried down stream to them. Trout then, is also about patience. When Trout appears to you, take note of the surroundings that you are in. This will help you decipher Trout's message. -© Judith Hirst-Joyeux. *Judith loves to fly fish and has learned several lessons about patience as she wades the Bow River.*

Work Shop Schedule

MAY and JUNE

Workshop: "Crystals and Their Light"

Sunday May 27 and

Sunday June 3

Time: 9 am to 3 pm

Cost: \$66.00

Workshop Location 331 Deercroft Place SE

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? To register call Roger at 225-2016, or [email](#).

MAY and JUNE

ALPHA MEDITATION

Saturday May 12, 2007

Saturday June 9, 2007

Time: 1:00 pm to 4:30 pm

Cost: \$175.00

Workshop Location 331 Deercroft Place SE

The Alpha Meditation teaches one how to count down into an alpha state using rainbow colors and the sacred decad. Decad numbers are explained. You will learn how to use the alpha state to talk to your guides; to energize using the Sun Meditation; to step out of time to accomplish more; to use remote viewing; to use alpha for specific communication. We wrap up the session with how to go into alpha instantly and the ethics of practice. Bring your journal to record "AH HA" moments. A workbook is provided for note taking.

MAY

Every Tuesday – 7:00pm to 9:30 pm

May 1 – Spiral Labyrinth

May 8 – Three Circuit Labyrinth

May 15 – Seven Circuit Labyrinth

May 22 – Personal Labyrinth

May 29 – Labyrinth and Runes

"People all over the world are discovering that the ancient practice of walking labyrinths not only solves problems, but also soothes the nerves, calms the soul, mends the heart, and heals the body. It can help bring us into balance, giving us a sense of wholeness that is much needed for all of us whose lives ache with lopsided discomfort. Labyrinths offer the opportunity to walk in meditation to that place within us where the rational merges with the intuitive and the spiritual is reborn." - Helen Curry, *The Way of the Labyrinth*

Readers Say...

Editor: We have been gifted with many accolades over the past month - either people talking about the April issue or just sending general comments. We have shortened some of the messages to include only the information relevant to the newsletters. Thanks to everyone who sent their comments in.

Dear Judy & Roger - Thank you so much for sharing your vision and Love to the planet through your Monthly news letter. It really is a work of Love and a gift to all those who read it. I will forward it to others. ... Paul, England

Hi Judy and Roger - Just wanted to thank you for your wonderful newsletter and also to congratulate you on what you've been accomplishing. You have both taken huge steps toward being in service and beautifully fulfilling your life path! ...Jenny, USA

Hi - I love getting the newsletters, there is always such great information in them! I was excited to see the article on cleansing crystals, as I have purchased quite a few over the last few months, and was wondering what the best way to cleanse them was. Great timing!! Andrea, Canada

You Asked Us - Life Best Practices

Editor - After the newsletter for April went out, we started to get lots of responses to the articles. Several people sent in or phoned in questions asking for a recommendation for an action to take in certain situations.

See Our Other Sites:

www.joytography.com
See Roger Joyeux in Calgary for Photography, including Weddings, pet photos, industrial, portrait and more
www.thestoryoflight.com
This link brings you to The Story of Light entry portal

We are pleased to bring you several of these questions with our response. Some of the questions have been edited to keep the context of the question. We believe there are other recommendations. Please, drop a note and tell us what you would do.

Q: Dear Judith ---I recently received a lovely Heinkle chef knife for my birthday. My friends asked me if there was change taped on to it. I replied no, and they suggested that I not use the knife because without money, there would be negative energy attached to the knife. I have not used it, but would like to. I smudged it with sweet grass. What do you think? Linda

A: My understanding of the belief around knives is a little bit different than what you have explained. When a person gifts another person a knife or a pair of scissors, a token of money, like a penny, needs to be either in the box or attached to the cutting object. If there is not a payment, then the sharp knife or scissors indicate that the giver is "cutting off" the relationship between the two of you. I believe that if you smudge or otherwise clear the knife and set the intention that the relationship stays intact, that you will not have any difficulty using the knife or with the relationship with the giver. Blessings! Judith

Munay-Ki Rites

Editor - After the newsletter for April went out, we started to get lots of responses Munay-Ki means "I love you." And "Be as though art!" The Munay-Ki Rites are being given, and the teachings around the rites are being taught around the world. The Rites help us to shed the ideas and beliefs that do not serve us and to banish the programming with us since childhood. Each Rite is founded in a Universal Law. In the Rites, we absorb the knowledge and prepare for "our becoming". Alberto Villoldo has provided the foundation for sharing these rites and has been teaching them. To help spread the information, he has created a movie.

Villoldo's movie about the rites is available on Google video in five parts. The first three parts of the movie will walk one through the explanation and the Rites.

Part 1 is Healing the Luminous Body See it at <http://video.google.com/videoplay?docid=195196750871907582&q=munay+ki>

Part 2 is Munay-Ki introduction See it at <http://video.google.com/videoplay?docid=-1170193336278947327&q=munay+ki>.

Part 3 is the giving of the Rites See it at <http://video.google.com/videoplay?docid=5720354035767174794&q=munay+ki>

The Rites will be given one Rite at a time with the teachings facilitated by Judy Hirst-Joyeux. Please contact Judy at judy@angelsandancestors.com if you would like to receive the rites. The schedule is being set up to allow processing time between sessions. It will be sent out shortly. Please contact Judy if you need immediate explanation about the Rites and the dates of the training.