



Angels And Ancestors



June, 2007

Rise Higher!

Volume 1, Issue 9

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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 been a tool to use to

Sedona and Vortex Energy

Over the past year, we have been getting the guidance to travel to Sedona. We booked our trip finally, in November, to travel March 4 to 11th and spend the week in Sedona. When one gets guidance to go somewhere, sometimes the guidance includes WHY you need to go, and other times it is just the urgency to get there. The WHY comes later or on a "need to know" basis. People travel to Sedona to experience the feeling of the energy in the area. Advertising around a trip to Sedona will mention as many as fifteen to twenty vortex sites with four to six sites being noted as the strongest. Our goal was to visit each of the four main vortex sites during the week.

One of the strongest vortex sites is a place called Cathedral Rock. There are several hikes one can do to experience this site. We did the hike called "more of a climb than a hike" as

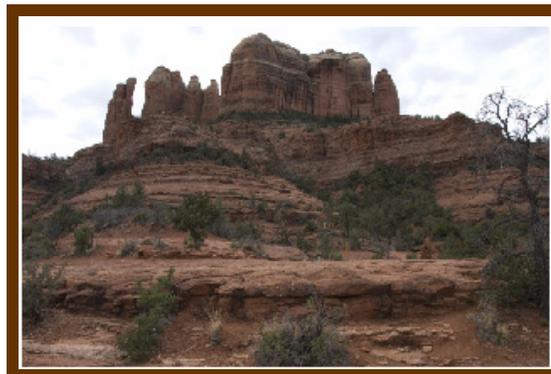


Figure 1 Cathedral Rock in Sedona - © Roger Joyeux 2007

displayed in Figure 1. Although the distance is .8 miles, most of it is up with spots steep enough that the National Parks Service has carved steps into the rock. Our destination was the saddles between the two shortest spires located at the middle of the Cathedral.

Almost as soon as we crossed the stream bed to start the trail, the vortex pull began. On a previous outing, a Hopi Shaman guide explained the vortex energies in a reverent way that stuck with me. He said that life on Earth happens because of the marriage between Father Sky and Mother Earth. Father Sky sends down his warm sun, and the twirling energy and winds comes to the Earth spinning counterclockwise.

This energy melds with the energy coming upwards in a clockwise spiral from Mother Earth. The merging of the energies creates life and keeps the planet alive. The energies coming up from the Earth are so strong, that the juniper trees in the area grow and twist in the clockwise spiral. The feel of the energy makes one's body feel renewed and explains why people want to live there. Some say the vortex energy slows down the aging process as well.

The energy at Cathedral Rock is considered to be feminine energy that is about strengthening those traits that one thinks of as being feminine - kindness, compassion, patience, the ability to be dependable, and the ability to anticipate the impact of one's actions before one acts. Several Shaman bring people to the area at Cathedral Rock and perform ceremonies for the quester, asking that the quester get whatever energy the person needs. When you climb up to the saddles, you feel the pull of the Earth and how it renews you.

This was our second hike of the day, and I was feeling tired. However, as we climbed, I did feel energy pour in. When we climbed to the first saddle, we realized that we could take a slight trail around the edge of the mountain, and climb higher. As you get to the first saddle, you cross several degrees of energy. The red rock is special, and helps the energy to propel you forward.

The red color is caused by the iron oxide in the earth. Much of the rock is volcanic. Explanations about the level of energy involve the dynamics of the heat and water action well below the ground and how this energy gets funneled out of the earth. At some areas of the climb, the energy is so high that you can feel the hair stand up on your arms.

One of the indigenous legends about the spires in the Cathedral is about how a man and a woman lived together in the valley but could never get along. They prayed to Great Spirit to have the other person change their ways. Great Spirit said that if they did not soften their hearts and feel more kindness, their hearts would turn to stone and cause the rest of their bodies to turn to stone. Several more years passed and the man and woman grew more disagreeable and gradually their hearts turned to stone. The two center spires look like two people, arms crossed, facing each other.

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

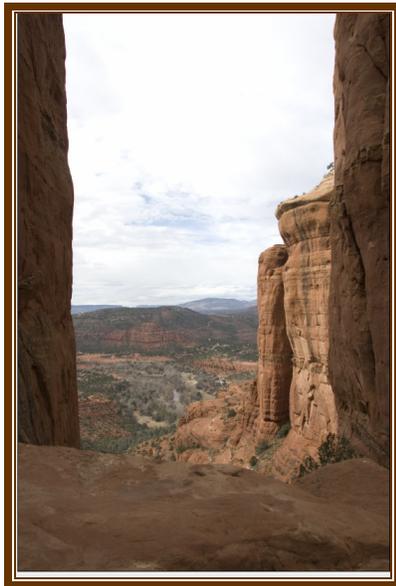
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**Figure 2 - A view from the second Saddle, high up on Cathedral Rock
© Roger Joyeux 2007**

As we climbed up between the two spires, occasionally we would look over our shoulders at the panorama. When we finally got to the top, there were two other people up there looking as awe-struck as we were feeling. The views are indescribable. As we sat there catching our breath, and remarking how sloped the big rock was that we were sitting on, a shadow passed over us. And Roger looked up and grabbed his camera. A very large eagle was circling overhead. What an affirmation that what we were doing - the climb, the journey to Sedona, our path - were perfect.

As we sat there, the sky began to darken, and we just knew it was going to rain. So quickly we started down the mountain with our companions we met at the apex. The temperature was in the high 70's so the clouds provided relief. We went down significantly faster than when we climbed up this part of the elevation. We stopped at the main cairn at the first saddle, and made an offering of water and tobacco to the Deva of the mountain as a thank you for getting us up safely and asking for a safe journey down.

When one asks something of a nature spirit, even with an offering, there is usually an "ask" or request that the spirit has in exchange. The "ask" this spirit had was that I go to Kachina Woman, another energy spot across the Sedona Valley, and present a request on behalf of Cathedral Rock. The Deva than gave me the request and made sure I understood it. I agreed to the request, and we all continued down the path. As we sped down, we did more sliding than climbing, and passed about forty people climbing up.

Just as we hit the parking lot and said good bye to our companions from the top of the saddle, the rain hit. We made it to our car without getting damp. The downpour was torrential. It rained like that for half an hour. Those climbing up the rock were stuck up there until the rocks dried off. We again sent thanks to the Deva of the Rock. We then continued on to change for dinner.

-©Judy Hirst-Joyeux. The climb of Cathedral Rock was just one adventure we had in Sedona. We will have further articles about our experiences in future issues. Namaste.

From The Editors - Blooming!

One of the best things about June is that all the flowers start to blossom and bloom to show what they are made of. The sound of the bees and hummingbirds as they flit from flower to flower is a powerful reminder of the energy these small creatures make. The energy makes you feel good, and therefore you enjoy having these high energy creatures around. The vibrancy of the blossoms also creates "feel good" energy.

Our wish is that this newsletter also creates "feel good" energy. We have seen our readership continue to "bloom" and the interest in our newsletter has "blossomed". We will not expand the number of pages in the newsletter because this is the optimum email size. If anything, we would shorten the time between newsletter releases and release more frequently. Reader feedback on articles has been invaluable in helping shape what gets written for each newsletter. We hope that you continue to send us emails and to phone us with your comments. Have a wonderful June! Namaste! Judy and Roger

Principle of LIFE IS ONE

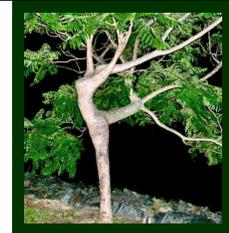
One of the Buddhist principles that is "That life being one, the interests of the part should be those of the whole". What a great concept! It means that each of us would put the best and highest interests of the ALL, the group, our tribe, or our family BEFORE our own (selfish) interests.

Striving for our own interests reflects ambition and political behaviour. Pursuing our own interests also promotes unnecessary competition and generates the feeling of scarcity. A feeling of scarcity generates fear. The cycle begins to rotate to catch up everyone in the hurricane of beliefs and fear. The suffering this causes is without justification. Suffering is unnecessary.

The cause of this spiral of selfishness, of competition, and of fear is misdirected desire. Where did we learn to desire things? One belief is that we always had desire but that we mastered it.

Then along came free enterprise, profit, and mass marketing. The media and advertising have raised the level of desire to a consciousness never before seen on the planet. We, consumers, are so filled with desire that we will stampede over other beings in order to buy a doll at Christmas time. We will dig deep holes in Mother Earth to pull up gas and oil to feed profit and move us from point A to B. We burn the forests, and we tear up the habitat of all manner of creatures.

So how do we practice the principle of "Life is One"? We learn that all things or beings are linked and joined. We learn to ignore desire driven by mass media. Does not the tree in the picture remind you of a ballerina? Would you chop down a ballerina? Does the ballerina purify the air and provide you with clean oxygen that is necessary



The Ballerina Tree!

From an email entitled "The Best of Mother Earth".
Photographer is unknown.

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for life? In the name of our own interests, we sacrifice the beings of the Earth - all our relations.

Take some time to walk out in Nature and feel the plants, the birds, the insects, the animals, and the Earth itself. Feel how replenished you feel after a walk. The most common way to clear one's self is to take a walk in Nature. Feel the connection to One.

-©Judy Hirst-Joyeux. *The decline of the birds, animals and creepy-crawlers is happening so quickly that many people are not aware of it. The concept of Life Is One is growing as people around the globe take an active interest in saving species and habitat.*

Work Shop Schedule

Alpha Meditation Workshop

Time: Thursday, June 7; 6:30 to 9:30pm or Saturday, June 9 1:00 pm to 4:30 pm

Cost: \$200.00

Register: 403-225-2016

Join instructor Judy Hirst-Joyeux as she walks you through the Alpha Meditation. This practice 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.

What others say: I really enjoyed Judy's Alpha Meditation course. The information was presented in an orderly, easy to grasp format and was delivered beautifully by Judy, who infuses everything she does with grace and humour and spirit. I have used the Alpha Meditation often since the course and love it. It is calming and relaxing and - best of all- I get to bend time a bit and accomplish a whole lot more in a lot less time - with NO stress! - L F, Calgary

Labyrinth Workshops

Labyrinth workshops will be offered again in the fall. One on one instruction for walking the labyrinth is available at a time convenient to your schedule. Our labyrinths are portable. If you would like to schedule your own private session, please call Judy at 403-225-2016 to schedule.

Labyrinth Workshops

Munay Ki Rites 1 and 2 (Healer Rites, Bands of Power) - Conferring Rites and Teaching Session Wed, June 27 7:00 pm - 9:30 pm \$35.00 or Saturday July 7th 1:00pm - 3:30 pm Call Judy at 225-2016 to register. Munay Ki Rites 3 and 4 (Harmony Rites, Seer Rites) - Conferring Rites and Teaching Session Wed, July 18 7:00 pm - 9:30 pm \$35.00 and Sat July 21 from 1:00-3:30pm. Rites 5 through 9 will happen in August through October. The first Rites will be offered again.



Readers Say...

Note from Editors: We are humbled by your emails and you comments. We can see that you read the newsletter thoroughly. Thanks for helping us on our journey. Blessings, Judy and Roger

These notes are in response to our May newsletter....

Love your newsletter. It is so beautifully organized and illustrated and loaded with wisdom. Thanks for sharing with me and keeping me in mind. Loving thoughts to you and Roger, Rachel, Canada

Hello Judy, Hello Roger: Thanks for sending me this. I really love reading your monthly newsletter; it's so refreshing and inspiring. Take care. Honeylyn, USA

Spirit Animals - For The Sake Of Dove

For the last three years, Roger and I have had doves in our yard. This coincided with our marriage three years ago. The first two years, we had baby doves in our yard and they bedded down nightly either in our pine trees or in our flowering bush. Their mysterious sounds heralded in the mornings, and softly pulled down the night.

Dove appears when Spirit wants to acknowledge love, family, nesting (making a home) and honoring the Earth. Coincidentally, we started our garden three years ago as well. Dove represents the gentleness and what we would see as the more feminine side of life. Dove lives where food is plentiful, where it is appreciated, and where the environment is relatively free of contaminants like pesticides and herbicides. Dove's food is from the ground. So, for the sake of Dove, use natural forms of pest and weed control. When Dove is around, take this as a signal to be kind to yourself and those around you. Dove is a good provider so recognize that there is natural abundance around you. As you harvest it, give back to wherever it came from. Dove spreads seeds and tills the soil in payment for its food.

Dove gets along with every being. The robins normally chase everything out of the yard, yet do not bother Dove. And although our dog, Magic, tries to keep the yard a bird free zone, Dove simply flies over his head and settles in for what ever meal is up. This is a lesson for us as well. Tolerate all beings for they know not what they do. As

difficult as they may be, they may be part of our journey. Perhaps it is for this reason that Dove is used as a symbol for peace and strength in many religions/beliefs.



Barred Doves © Roger Joyeux 2007

Dove is also a sacred animal to the Goddess in most of the stories. If Dove appears, it may be the Goddess or feminine signaling that it is time to awaken and own that part of you. Dove is also about healing. The song is mournful but healing. Dove flies yet eats from the ground, showing the balance between spirit and grounding. And Dove is drawn to mystics and to healers for one of its first tasks was to act as a messenger between Earth and the Heavens because Dove may pass beyond the Seventh Gate of life and death. When Dove appears, know that you are blessed! -©Judith Hirst-Joyeux 2007. As part of her healing practice, Judy calls on Dove energy to bring in balance to clients, or to show clients how to nurture self.

You Asked Us - Life Best Practices

Editor – We are pleased to bring you more questions and answers on life helping practices.

Q: Dear Judith---How do I get rid of a person I no longer want in my life when that person just flatly ignores me when I say that I do not want to be friends. This person has been in my life for over two years now and is completely negative to most people. This person puts me down constantly! As I move forward on my path, I understand that I should avoid negative, thoughtless people. How can I do this when they won't move out of my life? Pat

A: Since you do not specify whether this is a family member or a friend, my suggestion is to use the old stand by for clearing things - sea salt. This is an all purpose cleansing tool. The ancestors would put salt in their pocket when an unwanted guest arrived. When the guest left, they would sprinkle the sea salt (if the guest was very unwelcome, they'd mix the salt with pepper or cayenne pepper) on the path the guest walked on. They did this on the way back to the house. Then they'd get a broom, and sweep the salt away from the house, off the path, with the intention that this person never return. And, the person never did. There are several ways to do this type of banishing. Sometimes, it is enough to do it with intent if you have known the person less than a year. Blessings!
Judy

Munay-Ki Rite #1 - The Rite of the Healer

Each of us has the potential to be a healer and to heal ourselves. The Rite of the Healer connects the protégé (the person on the path - you) to a lineage. The word lineage means that the group is composed of species or individuals (beings) who descend from a common ancestor. In the case of the Munay-Ki, the lineage is the grouping of healers. The Healers invoked in Rite #1 come to work with you to help you in your transformation, and to awaken the ability to heal.

Before and after you receive the Healer Rites, stuff or lessons will come up for you so that these issues may be cleared. This clearing prepares the way for the remaining rites. Receiving the Healer Rites is a powerful affirmation of who you are to be. All of us carry untapped potential for creativity, healing, wellness, and happiness.

This potential seems to get shut down as we get trapped in the play that is our life. We believe the story and it becomes our reality. We get bogged down. We loose our zeal for living. When our story gets stripped away, our reality changes and we begin to live again. See more on Munay-Ki at www.angelsandancestors.com.

©Judith Hirst-Joyeux 2007. Judy has received her Rites and the training to continue the practice of passing the Rites on to others.

Message from the Angels - Ezeikiel

Dearest ones, while it may seem like there is a lot going wrong on Earth, this is one of the brightest times ever on the planet. More of you are ignoring the politics and working from your hear. For this we honour you! We see the veil thin between the dimensions and we see more and more of you are getting ready to begin moving, transcending between the dimensions. Do you feel dizzy from time to time and you are not in need of food? Do things blur for a moment and then firm up? At times, do you feel like you have moved but it seems that your feet have not left the ground? These are signals that your body is moving in and out of other times and dimensions. Do not panic or worry! You are right on schedule. If you are uncomfortable, find a mentor or coach to help you. Practice your meditation for through meditation you will experience being transported. Practice loving yourself and each other. Love is the foundation of movement. Love is light.

Message given to Judy Hirst-Joyeux. Angel Ezeikiel is not the same individual/energy as the prophet, Ezekiel.

