



Angels And Ancestors



August, 2007

Rise Higher!

Volume 1, Issue 11

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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

Perspectives on Grounding Crystals



Polished Hematite © Judith Hirst-Joyeux July, 2007

Grounding is rather simple. Light assimilates into physical form; form enhances its vibration and gains empowerment. Grounding has always been associated with the earth. Electrical utility companies use copper ground rods driven 4-5 feet into the Earth throughout their networks; and ground rods are present in every building having electricity. Electrical charge goes to ground through the ground rod to complete the circuit of electrical current.

Those crystals, considered to be grounding stones, follow the same principle. They pull light into their forms and hold it. Form here is not the Earth nor is it precisely the stone itself. The form of the crystal, which has grounded its range of light frequencies, becomes oneness (light + form). Oneness has the Godhead imbedded within, and therefore, the capacity to resonate with all things. On our world this means, the grounding stone can crossover to allow light to flow between it and other forms. This is not to say they are adept, yet grounded light can be shared between forms, one to another.

Although the vast majorities of crystals attract and assimilate light within their own range of frequencies, what has become known, as a "grounding stone" is usually black, and infrequently brown in colour.

Because grounding is synonymous with our planet Earth, a proper grounding stone needs to resonate reasonably well. Earth's indigenous light frequency is black light, therefore the black stones, which carry black light, are best. Examples include Black Onyx, Smokey Quartz, Obsidian, Black Tourmaline, and Deschloizite to mention a very few.

The simplest grounding stone, and perhaps the simplest crystal, is Hematite. Its two qualities are readily apparent. First, it is shiny; and second, it is black. Hematite is one of the Earth's most potent grounding stones. Its black aspect attracts only the black light frequencies, while its shiny aspect reflects all others. Effective yes! But, not very versatile! It only deals with Earth's lowest frequency of black light to the exclusion of all others. Hematite is one of the four stones used in the Light Body layout, yet think of it as having the capacity to bring light to the lowest and densest of vibrations. It grounds the lowest vibration of the black light frequency into the lowest vibrations of form. If a part of a person's being and body are lacking light, Hematite is a good stone to start with.

Another stone of fascination is Obsidian. It is black and occasionally dark brown with white flecks and, indeed, a grounding stone. During Earth's infancy, Obsidian was so effective at grounding available light (within the range of black light frequencies) that it was given the honour of grounding the frequencies and energies of Earth's soul. Obsidian is alive. It carries the power of the planet within.

There is nothing to fear about Obsidian, yet its power can be easily misunderstood. It works with Earth's soul, yet it also works with the soul of whoever is using it. Obsidian's ability to orchestrate multiple soul frequencies, along with its potent grounding ability, makes it a powerful crystal. With so much soul, Obsidian leaves no room for ego. The difficulties that the user may experience, then, arise from the displacement of the ego. Naturally, the ego attempts to fight its way back to prominence. If the Obsidian is returned to the user's shelf before the user's issues have reached conclusion, the ego can return. The ensuing seesaw battle between the soul and the ego can be most disharmonious. The solution is to continue using the stone until the issues are resolved.

During Earth's earliest times, grounding stones created their own problem. They held light too tightly. They did their job of attracting light to Earth and of safekeeping it, yet letting it go was not easily achieved. The grounding function had to go through an evolutionary process. At first, grounding stones did not let any light go; therefore, light was not available to empower and enlighten other forms. Therefore, much time elapsed with little progress in the mission to enlighten the Earth. Eventually, however, sufficient light arrived, and with the help of grounding stones, it remained on Earth, even if not immediately available.

• ©Roger Joyeux. Roger 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

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

Labyrinths

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

Past Life

Regressions

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

Rattle Making Workshop

One of the earliest gifts given to a baby is a teddy bear (or other stuffed toy) and a rattle. When the baby fusses, the mother or family member shakes the rattle and the soothing sound calms the baby. In all cultures, rattles are instruments of many talents. They sooth, cleanse, ward, and call. They are used in ceremony and as tools for the individual.

The class will include all tools, hide, some items to make noise in rattle, handles, sand, and ideas for decorating. As the hide will need to dry prior to painting, the final decoration will be done at home. The class will include a ceremony to clear space, setting the intent for the rattle, a short journey to see your rattle, cutting and sewing, shaping, attaching to handle, awakening the rattle, instruction on using and caring for your rattles and closing ceremony.

TIME: Saturday, October 20, 2007, 9:00am - 4:00pm
PLACE: To be determined by enrolment
FEE: \$100 (includes all materials)
LUNCH: Bring a bag lunch
REGISTER: Please contact Judy at 403-225-2016 (Calgary) if you have an interest in this workshop.

1994 at Mount Shasta; and he has created light stations in Alberta.

Work Shop Schedule

Munay-Ki Workshops Update:

The Munay-Ki workshops have elicited many responses from the protégées currently taking the Rites. Some of the comments have been:

- "I have never seen visions like that, or gone so far!"

- "I realize we are very fortunate to receive these rites, they are a gift and are very powerful."

If receiving the Rites resonates with you, please watch a wonderful multi part video on the Rites which is available at <http://video.google.com/videoplay?docid=-1170193336278947327>.

FOUNDATION RITES

Munay Ki Rites 1 and 2

(Healer Rites, Bands of Power)

August

- Conferring Rites and Teaching Session
TIME: **Wed, Aug 8th 7:00 pm - 9:30 pm**
FEE: \$35.00
- or Conferring Rites and Teaching Session
TIME: **Saturday Aug 11th 9:00 -12:00pm**
FEE: \$35.00

September

- Conferring Rites and Teaching Session
TIME: **Wed, Sep 12 7:00 pm - 9:30 pm**
FEE: \$35.00

October

- Conferring Rites and Teaching Session
TIME: **Wed, Oct 17 7:00 pm - 9:30 pm**
FEE: \$35.00

Munay Ki Rites 3 and 4 (Harmony Rites, Seer Rites)

August

- Conferring Rites and Teaching Session
TIME: **Wed, August 22 7:00 pm - 9:30 pm**
FEE: \$35.00
- Conferring Rites and Teaching Session
TIME: **Sat August 25 from 9:00-12:00 pm.**
FEE: \$35.00

October

- Conferring Rites and Teaching Session
TIME: **Wed, Oct 3 7:00 pm - 9:30 pm**
FEE: \$35.00

November

- Conferring Rites and Teaching Session
TIME: **Wed, Nov 14 7:00 pm - 9:30 pm**
FEE: \$35.00

rites of Archangel and Angel Vibration

Munay Ki Rites 5, 6 and 7 (Day Keeper Rites, Wisdom Keeper Rites, Earth Keeper Rites)

August

- Conferring Rites and Teaching Session (Must have completed Rites 1-4 by July 27)
TIME: **Wed, Aug 29th 6:00 pm - 9:00 pm**
FEE: \$35.00

September

- Conferring Rites and Teaching Session (Must have completed Rites 1-4 by July 27)
TIME: **Sat Sept 8th from 9:00-12:00 pm.**
FEE: \$35.00
- Conferring Rites and Teaching Session
TIME: **Wed Sep 26 6:00 pm - 9:00 pm**
FEE: \$35.00 (Must have completed Rites 1-4 by Aug 25)
- Conferring Rites and Teaching Session
TIME: **Sat Sep 29 1:00 pm - 4:00 pm**
FEE: \$35.00 (Must have completed Rites 1-4 by Aug 25)

Munay Ki Rites 8 and 9 (Star Keeper Rites, Creator Rites)

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!

Visit us at:
angelsandancestors.com

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BODYTALK
System

October

- Conferring Rites and Teaching Session
TIME: **Wed, Oct 24th 7:00 pm - 9:30 pm**
FEE: \$35.00
(Must have completed Rites 1 thro' 7 by Sept 8th)
- Conferring Rites and Teaching Session
TIME: **Sat Oct 27th 9:30 am to 12:00pm**
FEE: \$35.00
(Must have completed Rites 1 thro' 7 by Sept 8th)

November

- Conferring Rites and Teaching Session
TIME: **Wed, Nov 8th 7:00 pm - 9:30 pm**
FEE: \$35.00
(Must have completed Rites 1 thro' 7 by Sept 30th)
- Conferring Rites and Teaching Session
TIME: **Sat, Nov 10th 1:00 - 4:00 pm**
FEE: \$35.00
(Must have completed Rites 1 thro' 7 by Sept 30th)

Location: Rites will be given at 331 Deercroft Place SE Calgary.
Registration: Call Judy at 403-225-2016 to register.

Note: If you do not want the training around the Rites, the Rites may be conferred without charge. Contact Judy for further info - judy@angelsandancestors.com.

If the dates listed do not work for you, contact Judy about arranging a date and time convenient for you.

Planetary Reading

Book your Planetary Spread Reading for July or August. This reading focuses on the star shape layout and covers Moon, Mercury, Venus, Sun, Mars, Jupiter, and Saturn. This spread covers the present time and near future and uses seven cards with an additional querent card, a perfect guide for planning your career, financial matters, and personal life. This spread takes approximately 1 hour and 15 minutes and for July and August only is being offered at \$85.00 either in person or by phone. Call Judy to arrange your time at 403-225-2016. Call Judy to arrange your time at 403-225-2016.

Stonehenge - Mystical Site



Stonehenge, Inner Circle - June 16, 2007. © Judith Hirst-Joyeux June, 2007.

In this picture, it looks like there may be someone standing against a stone towards the back of the picture. However, this is not a person. It is a figure in the stone. The large stone which dominates the picture seems to have one or two faces in the surface of the rock.

When you visit Stonehenge, the first thing you think is that it seems much smaller than the pictures. However, when you enter the inner circle, you realize just how big the Stones are, and how long they have been standing. If you have introduced yourself correctly to the Stones, they will invite you in, and participate in your ceremony or quest. Those that live near the Stones say that there are Spirits in the Stones that guard the site and the Stones. I believe that all stones, crystals, or rocks have spirits. Why else would they be called the Stone People?

My belief was confirmed during the first ceremony our group undertook. I felt like I was being watched and I felt gentle pressure on my mind. I looked up and I could see the faces of the Stones (Spirits) peering out at me and in one case, giving me an encouraging wink. When our ceremony completed, we had some free time to wander through the Stones and perform our own tasks. My task was a quest to connect with the Stones and to complete several activities. I felt the presence of the Stones as I walked through each of the directions in ceremony and completed my "ask" of the site.

I have read quite a few accounts of people's experiences with the Stones. They report that they are stiff and unfriendly. Some felt that they were hurried out of the site. What I accomplished with the Stone's help assured me that these are beings of immense age who demand to be treated with respect. They also wield tremendous power that I experienced as they assisted me in my task. During the time that we were in Stonehenge, it seemed as though a mist formed around the outside walls as though to protect what we were doing from others coming up the walk. This mystical site has power in it and around it. We overheard one self professed doubting tourist later remark, "The place has a quiet hum". Even the unbelievers feel the mysticism of Stonehenge. -

Is your body feeling physically stressed? Do you have ailments that do not seem to heal?

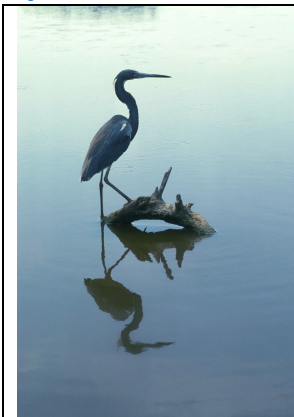
Try a BodyTalk Therapy session with Judy.

Appointment openings are available on Mondays, Tuesdays, and Wednesdays. A session may also be done remotely either by phone or by email.

Call 403-225-2016 to book an appointment.

©Judith Hirst-Joyeux August 2007

Spirit Animals - Blue Heron



Picture provided by Microsoft ClipArt.

I had just completed a three day course in Shamanism and I had lived through the three day juice fast. I was thinking that life was pretty good! I was out in the park, walking my dog, Magic, when this very big and very tall heron walked out of the tall grass along the river. He had extremely long legs. It did not walk toward us, but angled away from us, watching us all the time. We were both silent and a little awed. I was awed because of the beauty and Magic simply because he'd never seen anything like this before. Then Heron stopped, and turned. A second Heron walked out of the grass. They looked at us, then slowly spread their wings and flew up, in different directions. They then both flew over the river. However, they flew opposite to each other, and seemed to fly across each other's path in a figure eight formation. After almost flying over us, they flew down the river and disappeared.

I have never seen anything like this! I believed that Heron was bringing me a message that tied into my Shaman weekend. When I arrived home, I contemplated what I knew about Heron. I grew up on a farm, and during the summer, a pair of great blue herons lived at our dugout (pond). We had an abundant supply of tadpoles, minnows and frogs. Their visits lasted for about ten years while I was growing up.

I knew that the long legs were about balance, and about progressing and evolving. If the legs are long, Herons can wade in deeper water. The meaning for me is that I could move forward in exploring life and Shamanism and other healing arts in great depth. The legs are also about standing on one's own without having a big support structure. If you have ever seen a Heron fish, you will notice that they stare at the water for an extended amount of time, almost like they are mesmerized by the water. This implies a connection to the Earth, and also the ability to look deeply into one's emotion (water) and contemplate without interruption. There is also a message about standing balanced in one's own emotions. This fisher bird is also a message about being able to be alone and complete tasks successfully.

Hérons are solitary birds. To see two of them together is unique. Since one was smaller than the other, I believe that they were male and female. So, it seems the message is about being balanced in one's masculine and feminine energy, and that having a mate to fly with is a good thing. The Heron's S-shaped neck is a symbol of strength and innate knowing and Heron travels life on its own path. The quick strike of a hunting Heron gives guidance that one needs to act quickly when opportunity arises. The action may be quite assertive. This is a message about allowing one's power to flow and not trying to stifle it. The message is also about determining one's own road and not following or listening to what others are doing. The flight path of a looping figure eight seems to indicate that life is infinite and one has an infinite amount of time to move through it.

Much may be learned by watching the Heron for both its actions and its inactions teach us about taking advantage of events in our lives. The Heron represents grace, agility, and quiet power. The balance it uses in its life is a reminder to all to follow balance in all things.

-©Judith Hirst-Joyeux August 2007. If you have had an experience with Heron, we'd love to hear about it, and please let us know if we may publish your story in a future newsletter. Email judy@angelsandancestors.com.

Healers - Interesting Body Facts!

- A full bladder is roughly the size of a soft ball.
- Approximately 75% of human feces is made of water.
- It takes the food seven seconds to get from your mouth to your stomach.
- One human hair can support 3 kg.
- Human thighbones are stronger than concrete.
- The attachment of human muscles to skin is what causes dimples.
- Your thumb is the same length of your nose.
- A woman's heart beats faster than a man's.
- If the average male never shaved, his beard would be 13 feet long when he died.
- Men without hair on their chests are more likely to get cirrhosis of the liver than men with hair.
- There are about one trillion bacteria on each of your feet.
- Side by side, 2000 cells from the human body could cover about one square inch.
- Women blink twice as much as men.
- The average person's skin weighs twice as much as their brain.
- When you are looking at someone you love, your pupils dilate, They do the same when you are looking at someone you hate.
- It takes twice as long to lose new muscle if you stop working out than it did to gain it.
- You're ears secrete more earwax when you are afraid than when you aren't.
- Your body uses 300 muscles to balance itself when you are standing still.
- If saliva cannot dissolve something, you cannot taste it.
- The average woman is 5 inches shorter than the average man.

Editor's Note: This information came to us via a broadcast email. Therefore, we do not know where the information originated. The facts are fascinating. If anyone has information about the source of this data, would you please let us know? Email judy@angelsandancestors.com.

Munay-Ki Rite #3 - Harmony Rites

The Harmony rites are the rites that sow the seeds of the seven archetypes in each of the chakras of a protégée. Once the seeds have been sown, the protégée must feed each archetype with fire to stimulate the growth of the seed, and to help the protégée become comfortable with the archetypes. The job of the archetypes is to clear the sludge (emotional baggage) stored in each chakra.

The archetypes are:

- 1st Chakra - Serpent - Shedding what no longer serves us in life. Living with out judgment, without attachment, without suffering, and stepping beyond "the story".
- 2nd Chakra - Jaguar - Stepping beyond fear, releasing karmic and ancestral issues. Waling with integrity, impeccability. Being in right relationship or harmony with everything around you.
- 3rd Chakra - Hummingbird - Living in the moment. Making the impossible journey. Drinking deeply and directly from the nectar of life.
- 4th Chakra - Eagle/Condor - Seeing from the bigger perspective. Dreaming the world into being. Knowing that you are in the garden (paradise).

The next three archetypes are referred to as the three "archangels".

- 5th Chakra - Huascar - keeper or harmonizing principle of the lower world of the lower worlds and the unconscious. Lord of Life - Lord of Death. We call on Huascar to help us determine our truest and most subconscious being and to help us with our shadow work
- 6th Chakra - Quetzcoatl - Feathered Serpent, God of the Americas, Keeper of the Middle World. Quetzcoatl is organizer of this world that helps us to pay our bills, keep our appointments, maintain our relationships, health and well-being in daily life and general quality of life.
- 7th Chakra - Pachakuti - Protector or the Upper World (our super-conscious). Keeper of "Time to Come". Pachakuti helps us to call on our next evolution, to step out of linear time and recognize and change that which we would like to change before it manifests.

- *The Rites must be given in order, and are usually spaced out over several months to allow the protégée to have time to do the work to feed and grow the seeds. Contact judy@angelsandancestors.com if you have any questions or need further information.*

From The Editors - Healing Place

As July zipped past, we watched our garden grow in abundance. We had visits from family and friends who stayed anywhere from one to four nights. And, we watched with quiet wonder as our yard helped different individuals each heal a recent emotional wound. Our yard is one of those "healing places" that allows one to be at peace. Sitting under our mountain ash (rowan tree), in the sanctuary allows one to clear their mind from clutter. The rowan tree hugs you into its space and begins the process of cleaning out the chakras. It does so gently and thoroughly.

We have heard from some of you that our newsletter is also a healing place that you can disappear into for a space of time and be with yourself, in the present. We are grateful that we may offer to each of you a healing place. May your journey be ever forward and filled with grace!
Namaste! Judy and Roger