

«GreetingLine» Happy Thanksgiving! Issue 13 of our Angels And Ancestors newsletter is full of information and ideas. Please share this issue with family and friends. If the pictures do not come through, reset your spam filter to download pictures. You can see the entire newsletter and past issue archives on the website [www.angelsandancestors.com](http://www.angelsandancestors.com). Do you have a story to share? Send it to us at [info@angelsandancestors.com](mailto:info@angelsandancestors.com). Namaste! Judy and Roger



# Angels And Ancestors



October, 2007

## Rise Higher!

Volume 2, Issue 1

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**Around Angels And Ancestors**

## From The Editors - Giving Thanks And Karma!

The Buddhists say that pure love is the best we can be, particularly if it is filled with gratitude and generosity and comes from a place of peace and joy. The Inka tradition, like the Buddhists, believes in peace, truth, moderation, and generosity to all. As we come up to Thanksgiving, we all will be invited to events with family and friends where there will be food in large quantities. When we leave, our generous hosts will urge us to take containers of the leftovers for our lunches and snacks. Moderation will be a challenge to practice in this celebration. The celebration and sharing will also bring Karma. One Buddhist definition of karma is 'for every event that occurs, there will follow another event whose existence was caused by the first, and this second event will be pleasant or unpleasant according as its cause was skillful or unskillful.' With all the feasting and sharing, the cause of the Karma will be skillful. We hope the reaction that it causes will be to have others share what they have, and so on.

Roger and I have been pleased to share our stories and knowledge with you over the past year. We are also looking forward to continuing to share as we enter our second year of newsletters. We are grateful for all of our readers and friends who have written articles or sent in comments, or shared the newsletter with their family and friends. Our giving thanks wish for this October is that you may all have health and peace to bring enjoyment to your life. May your karma continue to increase! May abundance shine its light on you! Namaste! Judy and Roger

## Harvesting Rosehips

by Judith Hirst-Joyeux



Rose hips in front of our house in September.  
Picture @ Judith Hirst-Joyeux

We often overlook the perfection that Nature provides for us. Sometimes this perfection is right outside our front door! We have several rose bushes growing outside our front door and the rose hips are plentiful. This year I have determined that I will harvest them and use them for tea and jam. I was actually surprised when I did the research on rose hips to see how much vitamin C is in a rose hip and that they have more vitamin C in them than oranges. I was also surprised to see the various ways that one can use the rose hip.

First, rose hips may be dried and will be storable all winter. To make tea, boil dried rose hips for about ten minutes. And, depending on your taste, two to two and a half tablespoons of rose hips per pint of water. The flavor is released when the

berries expand, and split open so that the water captures the essence of the seeds inside. The flavor is quite tart. Sweeten the tea with honey. Rose hip tea may also be blended with other herb teas such as mint, chamomile, or lemon balm. (Use about one half a teaspoon for two tablespoons of rose hip.) Dried rose hips in the health food stores will average about \$25.00 to \$30.00 per pound. The store bought hips will need to be boiled about fifteen to twenty minutes. If the hips have been prepared correctly and the hips expand and split, use the pulp for stews, soups or as a vegetable. Rose hips make a great side dish when served with butter and a bit of salt and pepper.

### Rose Hip Jam

Pick ripe rose hips after the first several frosts in the fall when they've turned bright red. The frost helps sweeten the flavor. Trim off the stem and blossom ends, cut the hips in half and remove the seeds, then wash well.

1 pound prepared rose hips (about 4 quarts)

½ teaspoon of lemon juice

1 cup of water

Sugar

Bring the rose hips to a boil in a large stainless steel pan, then cover and simmer until very soft--about 20 minutes (add more water if necessary). Press or strain the mixture through a sieve to remove any seeds and to reduce large

**(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 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.*

## **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!*

**ANGELS AND ANCESTORS  
331 Deercroft Place  
SE  
Calgary, Alberta**

chunks of hips for a finer consistency. Or, leave the pulp in the jam. Add one pound of sugar (about 3 1/2 cups) to one pound of pulp and simmer. Check the taste and add more sugar if desired. Cook until the mixture has thickened to jam-like consistency. Pour into sterilized jars and seal. Use whenever you would take vitamin C tablets (colds, sore throat, and energy drain).

I found this recipe on the internet, however, did not record the site, and now I am not able to find it again. I honor the person who left this recipe for me to find. Blessings! Judy  
-©Judith Hirst- Joyeux. Judy is a sage, seer, shaman-healer. She was born with psychic gifts and could speak with Spirit and other entities at a young age. She had had various teachers over the years. In 2003, she became BodyTalk certified, in 2006, she became a Certified Angel Therapy Practitioner with Doreen Virtue. Currently, Judy is studying North and South American Shamanism.

## **Work Shop Schedule**

### **Rattle Making Workshop - Register by October 6th**

Make a ceremonial hide rattle! The class will include all tools, hide, sound objects, 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 and awakening the rattle, instruction on using and caring for your rattles and a closing ceremony.

**TIME:** Saturday, October 20, 2007, 9:00am - 4:00pm

**PLACE:** To be determined by enrolment - minimum of 5 people required. Register by October 6th so that materials may be ordered.

**FEE:** \$100 (includes all materials)

**LUNCH:** Bring a bag lunch to ensure your dietary needs are met

**REGISTER:** Please contact Judy at 403-225-2016 (Calgary) if you have an interest in this workshop.

### **Recipe For Me- Register by October 30th**

**Do you know who you are? Do you know what makes your heart sing? Do you know why you are where you are?** Join Judy Hirst-Joyeux for Tuesday evenings through November as she leads an exploration of self discovery. Each evening will focus on different aspects of self. Included in the topics will be money, fears, what happiness looks like, wish list, giving up, what is your power base, and other thought provoking ideas. Judy has taught classes and workshops through the University of Manitoba, the CMA Manitoba, through her consulting business, and through Microsoft. Participants in her workshops enjoy the gentleness and humor she uses to lead people through tough analysis. The first four sessions will be in November. Additional sessions will be scheduled in January and February 2008.

Pre-Registration Required for accommodating numbers in a comfortable facility.

**Call Judy at 225-2016** or email Judy at [judy@angelsandancestors.com](mailto:judy@angelsandancestors.com) to advise of your interest for one or more of the sessions or to ask questions.

**Dates:** Tuesdays - November 6, 13, 20, and 27.

**Time:** 7:00 pm to 9:00 pm

**Cost per Session:** \$25.00 or prepay all four sessions for \$90.00.

**Location:** To be determined based on registration

## **Munay-Ki Workshops Update**

Over the last three month, approximately thirty people have started the Rites. In the month of October, about ten people will complete Rites 8 and 9. They will be able to tell you that they have had an amazing time and that the Rites have changed their lives for ever!

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>.

The timing of the Rites is generally to allow two weeks or so between Rites 1 and 2 and Rites 3 and 4. Then, allow six weeks or so between Rites 3 and 4, and Rites 5, 6, and 7. And finally, allow about seven weeks for processing and then receive Rites 8 and 9.

### **FOUNDATION RITES**

**Munay Ki Rites 1 and 2** (Healer Rites, Bands of Power)  
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)  
October

- Conferring Rites and Teaching Session  
TIME: **Wed, Oct 3 7:00 pm - 9:30 pm** FEE: \$35.00
- Conferring Rites and Teaching Session  
TIME: **Mon, Oct 29 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

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## BODYTALK System

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.

Visit us at:

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

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// Angels And Ancestors, Division of Hirst & Joyeux Solutions //

### RITES OF ARCHANGEL AND ANGEL VIBRATION

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

November

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

December

- Conferring Rites and Teaching Session  
TIME: **Monday, December 17 6:30pm - 9:30 pm** FEE: \$35.00

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

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 7th 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)

January

- Conferring Rites and Teaching Session  
TIME: **Wed, January 2 7:00 pm - 9:30 pm** FEE: \$35.00

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

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](mailto:judy@angelsandancestors.com).

## Spirit In A Tree

by Judith Hirst-Joyeux

"Spirit In A Tree"

© Judith Hirst-Joyeux August 2007



One amazing thing that is happening right now is that so many spirits and beings that have been hidden for so long are now appearing and showing themselves to passersby. In fact, just recently, a couple believes that they have filmed a unicorn in Switzerland. My great discovery this summer was this tree spirit in Fish Creek Provincial Park. Since the day that I found her, I have taken my friends to see her, and, in turn, they have taken their friends to see her. And so we pay homage.

She is a beautiful being. When you sit with her and meditate, she will speak with you, and give you a blessing in return for your promise to do what she needs done. In nature all things work in balance and she honors this - a favor from her balances with a favor from you! Sitting with her brings one a sense of great peace and a quiet joyfulness. It seems that she is the sovereign of the park and knows what goes on within its boundaries. She has told me several times that she knows that I am coming and she is gladdened by my visits. She also enjoys all the people that come to see her because their reactions are all so different.

The Spirit In The Tree is also a healer. She will do what she can at the moment to ease one's pain. This may take some time and one should take an offering - cornmeal, wildflower seeds (scatter them), or tobacco. If you do not have an offering, then I say again - be prepared to carry out the task that she assigns to you.

You may wonder if the Spirit has a name. Indeed she does. It is at her discretion whether she reveals her name to you or not. Remember that there is power in a name, and one should only reveal their name to those that are trustworthy. The Spirit is a being that walks in several worlds. We are grateful she walks so closely to us.

-©Judith Hirst- Joyeux. Judy is a sage, seer, shaman-healer who is delighted that the Spirits of the field and forest are now appearing and wanting to make contact with humans.

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## Spirit Animals – Badger

By Judith Hirst-Joyeux

Did you know that badgers are by nature very playful? This trait is because Badger is part of the same family as otters (very playful!), ferrets (also playful) and weasels. Most of us though, tend to think of badger as grumpy and perpetually fierce. Most of what we know comes from Britain where they have lived forever, and are one of the favored animals of the Green Man - keeper of the forest and all things wild.

Badger may be solitary or may live in clans of up to about a dozen members. They are very family oriented and will stop at nothing to protect their mates and their young. Badger's courage is widely admired as it has been known to fight wolves, bears and man, and send them all fleeing. For this reason, many European coats of arms feature badger



Badger in an inquisitive moment! Courtesy Microsoft clipart.

as a prominent insignia - to show stamina and courage. In tribal cultures, the badger skin was worn as a head dress to show that the chief or warrior was strong and full of courage, just like a badger. Indeed the black stripes on the badgers head, around the eyes is reminiscent of war paint used from the time of the ancients.

When Badger appears in your life, you may be sure that it is now time to put fear aside, and to take the step beyond compromise. Badger encourages you to stand your ground, to be firm in your boundaries, to speak your truth and stand in your power, and to disregard what others may think or feel about what you are doing. Be sure that when Badger appears you are in a place where all you love is being or going to be challenged. She says that you must fight now or risk losing all forever. ©Judith Hirst-Joyeux. *She was born with psychic gifts and could speak with Spirit and other entities at a young age. She had had various teachers over the years.*

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## Harmony And Feng Shui

By Judith Hirst-Joyeux



"If there is harmony in the home, there will be order in the nation. If there is order in the nation, there will be peace in the world." -old Chinese saying. The primary objective of Feng Shui is to increase the positive energy flow in all environments by improving balance, harmony, order, beauty, function, and safety.

So why is this Ying Yang ball important and why is Feng Shui important? The important thought is around "harmony" and "balance". If we look around the world, it seems that so much is out of balance and that harmony in homes, between friends, and certainly between nations is at an all time low. It also seems that Mother Earth herself is out of balance and is listing to one side. People everywhere seem to be complaining about the heavy energy or low energy that assails them from time to time. Mostly though, people just seem to be complaining. With all of that negativity, the "muck" in the atmosphere is getting thicker and weighing down all of us. We see this in the unkindness to one another expressed by bullying, road rage, suicide and domestic violence in the G-7 countries (Britain, Canada, France, Germany, Italy, Japan, United States), and in the internal and external political violence in other countries. To continue this article, please go to our new blog at <http://angelsandancestors.blogspot.com/>.

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## Munay-Ki Rite #5 - Daykeeper Rites

By Judith Hirst-Joyeux

The Daykeepers are the herbalists, medicine men and women, wise women, healers, etc. They have the responsibility for the community. They provide the caring and the rites of the Death Ceremony. They also provide Emotional Healing. Remember the Daykeepers are about:

- Mother Earth
- about the feminine
- about life giving, nurturing and healing
- qualities are strength and gentle healing

Purpose - move man from FEAR to PEACE, from SCARCITY to ABUNDANCE. They answer the question - How rich is your heart (abundance)?

Associate the Daykeepers with the great sacred sites where the people gathered to celebrate their tribes, their strengths, and their harmony with the earth. One such site is Stonehenge.



©Picture taken by Judith Hirst-Joyeux in England June 2007

- *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](mailto:judy@angelsandancestors.com) if you have any questions or need further information.*