

# Angels And Ancestors

## December, 2007



## Rise Higher!

Volume 2, Issue 3

### In This Issue

- [From The Editors - Signs](#)-Judy and Roger
- [Healing Anger](#)- Judy Hirst-Joyeux
- [Beyond Tree Hugging](#)- Roger Joyeux
- [Workshop Schedule](#) - Angels
- [Spirit](#)- Judith Hirst-Joyeux
- [Harmony](#) -Judith Hirst-Joyeux
- [Spirit Animals - Deer](#)- Judith Hirst-Joyeux
- [Munay-Ki Rite #7 - DayKeeper Rites](#) - Judith Hirst-Joyeux
- [My Experience with Munay-Ki Bands of Power](#) -Lori Smith
- [Gift Certificates Now Available](#)

**DID a friend send you this newsletter? To Subscribe to this newsletter, click [SUBSCRIBE](#)**

**If you no longer wish to receive this newsletter, click here [UNSUBSCRIBE](#)**

**Around**

## From The Editors – In Honor Of Trees!

This issue started out to be something quite different than the product we finally published. Through November we hibernated and we reflected and reviewed the things we were doing. Several things happened while we were doing this activity. Judy started a new workshop series – Recipe For Me – and wound down the Munay-Ki workshops that she was doing. We received a new dog – a two year old golden retriever called “Sage” to become companion to our dog, Magic. Roger changed his day job. And through it all, every time we needed to clear and regain some peace, we went out in nature and walked in the trees in the park or sat with the trees in our yard. Trees have a vast capacity to heal us, and we appreciated all the clearing the trees did with us.

As I was thinking about the trees, I realized that December is the perfect month for celebrating trees. We honor Christmas with a “Christmas” tree. Everyone loves the first taste of spring and the sight of new pussy willows and the beautiful blossoms that come out on apple, cherry, and lilac trees, to name a few. And, in the fall, we all enjoy the wonderful fruit that comes from many of the trees.

So, we dedicate this issue to the trees! We hope you enjoy the articles. Thank you, Lori Smith, for your story you’re your Munay-Ki experience. And, thanks to Lise Lemay for her “Tree Spirit” article. We will feature future articles on trees, as we have in our past issues. Watch the Workshop space for a workshop date to meet the “The Spirit In A Tree” featured in the October issue.

### Recognizing the value of the articles

For those of you that have asked about donating money for the newsletter, we say “THANK YOU”. We are happy that you enjoy the articles and have found ways to apply the information. Also, some of you have indicated that you use the information in your teachings or workshops and have said that you would like to show appreciation. We honor all of our readers and recognize the integrity of your intentions. Send your donation (by cheque) to “Angels And Ancestors” 331 Deercroft Place SE Calgary AB T2J5V6. Thank-you! Blessings this holiday season! Judy and Roger

## Beyond Tree Hugging by S. Roger Joyeux

A short while ago, My wife, Judy, called me at work to tell me that I needed to talk to one of the five big pine trees in our backyard. I was surprised because talking to trees is easy enough; we have both done this before. We have some shamanic background; and we both channel the Ascended Masters.

The particular pine that wanted to speak with us is not the first tree in our backyard to express itself. We have a “May Tree” that calls itself a “healing tree”. But, its version of ‘healing’ may not be what one would expect. The landscapers that worked on our yard well before we arrived had split the trunk of the May Tree so that it grew with four main trunks, rather than one primary trunk. At the time I spoke to it, disease had been invading its limbs. Both the tree and the nature spirits helped me to prune the dead and diseased branches. Several branches had been removed at some point thus leaving scars. The reason the May Tree called itself a ‘healing’ tree, and in a tone of disappointed resignation, is that throughout its life, it had to undergo one form of healing or another—split trunk, scars, disease, and more. The unfortunate May Tree had been on the mend since the very beginning of its life. It was always healing.

Another tree that not only speaks to us, but also works with us, is our Mountain Ash Tree. When we first conversed with it, it let us know that it was a “Rowan” tree, which is another name for Mountain Ash. Druid lore recognizes the Rowan tree for its healing ability. The Druids also made wands and staffs from the Rowan tree because of its magical powers. In harmony with the natural flow of events, Judy and I created what we call our “Angels’ Sanctuary” in the shade of the Rowan tree and the large pine next to it. Judy and I, as well as many of our lightworker friends, have sat in Angels’ Sanctuary to balance, to ground, and to experience the healing of our Rowan tree. It quite effectively removes a person’s negative energies and sends them into the higher planes where they transmute to light. Sitting in the shade and the embrace of our Rowan tree is always a moment of heavenly peace.

On the day that Judy asked me to speak to the pine tree, she had been doing yard work, at which time the pine had said to her to pick up the pinecones. Because Judy was single-minded about her task, and because she was picking up a sense of the pine tree’s agitation, she was unable to receive any further directions as to what the tree wanted. Was the tree agitated because Judy did not understand its message, or was it agitated for some other reason?

Fortunately, it was not the dead of winter and the weather was beautiful. I set about my task by first lying on the ground under the pine tree. I slipped into a mild meditative state. I just direct my attention to the tree knowing that I will pick up the impressions it intends. The pine tree told me that it needed to be itself in a larger sense. It actually said that it wanted to ‘Rise Higher’. It offered the vision that it saw itself in our yard as its purpose on Earth.

It indicated that it was at peace and in harmony with the pruning that I had done to keep it off the garden shed roof. It also said that it was at peace with the fact that our yard was groomed to the point that there was no more room for any other trees.

What pine tree meant when it expressed the need to expand was that, as a tree and as a

## Angels And Ancestors

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

### Karma Clearing Session...a session

to learn how to clear karma at your own pace.

<http://www.angelsandancestors.com/workshop.html#karma>

### 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!



#### Our Tree with a purpose

© S. Roger Joyeux  
November 2007

living organism, its purpose on Earth was to extend its life beyond itself. It needed to procreate. It needed to have baby-trees—hence, its first request to pick up the pinecones. The pine tree wanted us to gather the pinecones, take them to somewhere in the natural landscape, and spread its pinecones around. Indeed, the tree wanted to be itself as a parent.

We got it! Within the next week, Judy gathered up the pinecones into a couple of shopping bags and took them to Fish Creek Provincial Park to cast them to the ground along the banks of Fish Creek, which is about a mile from our home. She told me afterward that, at the moment that she began to spread them around, she felt the tree sigh in relief. She said she sensed that the tree's feeling of self-fulfillment displaced its agitation.

Our backyard trees have served us well in so many ways. We were both touched and grateful that we were able to serve one of them in this small and humbling way.

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

## Work Shop Schedule

### Karma Clearing Sessions

As we raise our vibration and move beyond the third dimension, Karma will no longer apply. In order to get to that vibration, however, we need to clear the karma that has accumulated. Karma results from interactions (relationships) with others – this life and past lives. It also accumulates from contracts that we have made, diseases, and negative habits. 2 hour karma clearing sessions will be offered to individuals, one-on-one, starting in December. The intent is to work on recognizing what Karma we have and learn ways to clear it quickly. These sessions include

- determining where karma lies – in past lives, globally and/or universally;
- a quick look at one's Akashic record;
- a self clearing methodology;
- and a facilitated clearing session.

Fees are \$160.00 per 2 hour session. Call 403-225-2016 to arrange your session. Or, email [judy@angelsandancestors.com](mailto:judy@angelsandancestors.com).

### Crystal Workshop

This four part workshop deals with the topics: Preliminaries: Understanding Healing; Variations of Clear Quartz; and Stones to Usher In The New Age. To understand crystals, first understand light. Then understand how light works with our minds, chakras, polarity, consciousness, etherics, emotions, awareness, souls, and vibration. The light that crystals bring can be highly specialized or quite general. Join instructor, Roger Joyeux, as he leads you through approximately 12 hours of class time. Information and personal intuitive testing is done on roughly 70 of the best known crystals.

To register call Roger at 225-2016, or email [info@angelsandancestors.com](mailto:info@angelsandancestors.com).

Dates: January 11, Friday evening, 7:30-9:30

January 12, Saturday, 9:30-4:30

January 13, Sunday, 9:30-2:30

Fee: \$120.00

Location: 331 Deercroft Place

Closest hotel - Holiday Inn Express Hotel & Suites Calgary South 12025 Lake Fraser Drive Calgary 1-403-225-3000

## Munay-Ki Schedule

The prophecies of the ancient Americas speak about a new human appearing on the planet – one who lives free of fear and resides in his or her transcendent nature. The Munay-Ki are the codes for the new human. They are delivered in the form of energetic transmissions.

### FOUNDATION RITES

**Munay Ki Rites 1 and 2** (Healer Rites and Bands of Power) Facilitators: Luann Frances and Judy Hirst  
December

- Conferring Rites and Teaching Session  
TIME: **Wed, Dec 5 6:30pm - 9:30 pm** FEE: \$45.00

**Munay Ki Rites 3 and 4** (Harmony Rites and Seer Rites) Facilitators: Luann Frances and Judy Hirst  
December

- Conferring Rites and Teaching Session  
TIME: **Wed, Dec 19 6:30pm - 9:30 pm** FEE: \$45.00

### rites of Archangel and Angel Vibration

**Munay Ki Rites 5, 6 and 7** (Day Keeper Rites, Wisdom Keeper Rites, Earth Keeper Rites) Facilitator: Judy Hirst  
December

- Conferring Rites and Teaching Session  
TIME: **Monday, December 17 6:30pm - 9:30 pm** FEE: \$45.00

**Munay Ki Rites 8 and 9** (Star Keeper Rites, Creator Rites) Facilitator: Judy Hirst  
December

- Conferring Rites and Teaching Session

TIME: **Friday, December 14<sup>th</sup> 7:00 pm - 9:30 pm** FEE: \$45.00

January

- Conferring Rites and Teaching Session  
TIME: **Wed, January 2 7:00 pm - 9:30 pm** FEE: \$45.00
- Conferring Rites and Teaching Session  
TIME: **Wed, January 30 7:00 pm - 9:30 pm** FEE: \$45.00

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).

**ANGELS AND ANCESTORS**  
331 Deercroft Place SE  
Calgary, Alberta  
Canada T2J 5V6

Phone: 403-225-2016  
E-mail: Judy  
[hirst14@yahoo.ca](mailto:hirst14@yahoo.ca)

E-mail: Roger  
[rogerioyeux@yahoo.ca](mailto:rogerioyeux@yahoo.ca)

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

## Tree Spirit

## by Lise Lemay



© Lise Lemay August 2007.  
Used With Permission

I don't really have a story on the tree spirit except it has always been there as a constant and true source of revelation to me. I meditate with it, speak to it, look at it and appreciate it. I know it has spoken to me and has helped me reach decisions and gather greater peace as well as grounding.

I always feel special to have this totem elder on our property and the funny thing is - it is changing form as the years go by and looking different. The way I saw it was as a winged spirit - it had two wings on each side of the face or head area and also has animal characteristics - so to me, it's a shapeshifter spirit and it adapts very well to our changing environment. I have pointed this out to many visitors and they are captured and mystified by its presence.

I am very grateful and appreciative to have this spirit with us at Buffalo Point, Lake of the Woods Manitoba. It is a sacred place filled with spirits and life! In the morning, I come out with my cup of coffee and sit on our front deck and visit with the tree spirit. She is a natural totem pole and this season; she has shed her mask to reveal a new face. I am still squinting to see her new face and know that by springtime she will be shining with a new outer appearance..

-©Lise Lemay 2007. Lise Lemay is a Holistic Health Practitioner (Reflexology, EFT Facilitator, Quantum Touch, Therapeutic Touch, Reiki, Body Reflexology, Healing with Chakra and Auras) in Letellier Manitoba. She has a great love of Mother Earth and enjoys discovering her treasures.

## 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.

## Spirit Animals – Deer by Judith Hirst-Joyeux

The first awareness that many of us have of deer is through Walt Disney's wonderful animation film, "BAMBI". We watched, (or have watched our children or grandchildren sit) spellbound as the story of this gentle creature unfolds. We marvel at all the lessons in the film. First we see that the deer are very gentle and seem to get along with all animals. That trait is true in real life. The next thing we notice is that we don't always see deer! Deer has the knack of blending in to its surroundings, and keeping still, even in broad daylight. This is one of the first lessons that the fawn learns. We also see the way the mother protects the young, and how the animals alert the Deer to danger. This is also true in real life as magpies, crows, ravens, and even four legged creatures will create noise telling the Deer that a hunter or danger is near.



© S. Roger Joyeux September 2007

The very large ears assist Deer in "hearing" both the sounds in the immediate environment, and the sounds far away that are carried by the winds or breezes. The ears act like radar antennae and provide the Deer with an uncanny ability to discern what is going on in the world around them. Antlers on the bucks are believed to be receptors for information from the heavens. Many early peoples believed that the Deer was sacred to the Gods, and because it appears at dawn and dusk, was actually a messenger from the Gods. Diana, Goddess of the Hunt, held the Deer sacred and nightly killed a deer with a bow and arrow so that it might be reborn again in the morning. This then is a symbol of death and rebirth, and of transformation.

Deer graze in the early morning and evening. However, a doe with two young fawns may graze during the day time as well. The deer will be sure to be in an open place where it can see clearly all around it. The Deer readily defends its young as Roger and I witnessed this spring in Fish Creek Park. A coyote decided to hunt a fawn to feed its young. As it stalked towards the site where the fawn lay, the Doe was alerted. We watched as she bounded towards the coyote. We thought the coyote might attack her! Never get between a Mama and her Baby! That coyote had one good swipe from Mama's hooves and he was running. We watched Deer chase the coyote for a good twenty minutes. We think it passed on fast food after that.

Those with Deer as totem or power animal are very fortunate because the gifts Deer brings are clairvoyance (seeing) and clairaudience (hearing). Deer also brings great gentleness, kindness, courage, skill at blending into the surroundings, and a strong sense of family loyalty. Deer travel in herds that may include several generations. Some of the tribes of The People in Canada and the United States believe that Deer is a guide to the Sun (Deer appears at dawn and dusk) and as such, that Deer is a part of the cycle of life. When Deer appears to you, watch to see what message it brings, and how to be gentle to yourself.

We all honor Deer at Christmas as the wonderful animals that pull Santa Claus through the sky. We know that it is Deer's place to do this since they are favored by the Gods and have been given the ability to fly between the worlds.

-©Judith Hirst- Joyeux. Judy is a sage, seer, shaman-healer. See Judy's blog at <http://angelsandancestors.blogspot.com/>.

## Healing Anger At Christmas by Judith Hirst-Joyeux

When you walk with Spirit (translate to God, Goddess, Divinity, Buddha, or whatever feels the best to you), one receives guidance and information in very odd ways. I was sitting at my computer and wondering what to write about when the images of anger and meditation popped up. So many people seem to get angry through December and especially around Christmas time. The next thought was about how many clients that I work with suffer from volatile tempers and have problems with anger. I wondered why anger happens and where it comes from. The self help bookshelves at the bookstores have a lot of different books dealing with anger. They provide so many strategies for dealing with it – yet it (anger) keeps appearing all over.

As I was sitting and pondering, my guides directed me to this wonderful story by Osho. They asked me to share it with all of you as a gift; a gift that will help you cope with anger if it should appear during the holidays.



Picture from Microsoft Clipart

*"A Zen student came to Bankei and said, "Master, I have an ungovernable temper. How can I cure it?"*

*"Show me this temper," said Bankei, "it sounds fascinating."*

*"I haven't got it right now," said the student, "so I can't show it to you."*

*"Well then," said Bankei, "bring it to me when you have it."*

*"But I can't bring it just when I happen to have it," protested the student. "It arises unexpectedly, and I would surely lose it before I got it to you."*

*"In that case," said Bankei, "it cannot be part of your true nature. If it were, you could show it to me at any time. When you were born you did not have it--so it must have come to you from the outside. I suggest that whenever it gets into you, you beat yourself with a stick until the temper can't stand it and runs away."*

Even while anger is happening, if you suddenly become conscious, it drops. Try it! Just in the middle, when you are very hot and would like to murder--suddenly become aware, and you will feel something has changed: a gear inside, you can feel the click, your inner being has relaxed." **OSHO**

-©Judith Hirst- Joyeux. Judy is a sage, seer, shaman-healer. She enjoys Osho's work. The following information on OSHO is adapted from [biographyonline.net](http://biographyonline.net). Osho was born Bhagwan Shree Rajneesh in 1931 in Central India. He died in 1990. His philosophy was a type of Monism that God was in everything. All human beings were in essence divine; it was just that there were different manifestations of that divinity. He introduced a new type of meditation that involved letting go of all attachments to the past and future and ego. If a seeker could attain a consciousness where there was "no past, no future, no attachment, no mind, no ego, no self." Then he would attain enlightenment.

## Munay-Ki Rite #7 - Earth keeper Rites by Judith Hirst-Joyeux



Picture courtesy of Hubble Gallery

The Earth Keepers are the lineage of beings that have a major responsibility to care for the earth as a whole being and to shepherd it in the universe. This is about spiritual healing and that GOD, however you see that power, is not separate. The CREATOR is in each of us and feels the need to care-take all of the Earth and Mankind. It is part of the function of Archangels to care-take the Earth. The journey is about moving from the Earth and viewing the Earth from the SUN or other place in the universe. The angels do this all the time. It is about the knowing of the Earth.

Earth Keepers are about:

- unconditional love
- holding the Earth in your heart
- seeing the galaxy as an integral part of the Earth

*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. any questions or need further information.*

## The Munay-Ki Bands of Power Worked for Me by Lori Smith



Lori Smith – currently working through the Munay-Ki Rites

I had been conferred my Munay Ki Rites 1 through 7 from Judith Hirst. My son, Mark, and I received the rites together with Judy since August 26, 2007. At the age of 18, Mark is a wonderfully insightful and spiritual young man.

The 3-year separation and divorce I had experienced, with conscious healing, was very difficult. On October 25, 2007, I had an encounter with Mark and Kelsie's father in which I did not engage with him in lower-level energy, as we completed some business together. During the drama of this encounter, his usual style is to "be nice to get me to engage, talk and share information with him," and when that didn't work, his style next turns to "nasty." When he gathers information, he twists the words to create arguments, or he will bring up some other toxic story to cause unease. I still did not engage, kept silent, my eyes averted downwards, and then I left quietly. During this short exchange of 10 minutes, I could feel my solidness, my grounding—he didn't get through my bands of power with his psychic cord.

I had been conferred my Munay Ki Rites 1 through 7 from Judith Hirst. My son, Mark, and I received the rites together with Judy since August 26, 2007. At the age of 18, Mark is a wonderfully insightful and spiritual young man.

The 3-year separation and divorce I had experienced, with conscious healing, was very difficult. On October 25, 2007, I

Visit us at:  
[angelsandancestors.com](http://angelsandancestors.com)

© 2007 Angels And Ancestors. All rights reserved. This publication or any portion herein may not be reproduced in any form without the express written consent of Angels And Ancestors. Meaning: Yes, it is usually possible to reprint our newsletters on your web site, user group newsletter, etc. - but ask us first!

// Angels And Ancestors, Division of Hirst & Joyeux Solutions  
Calgary, Alberta  
Canada T2J 5V6//

had an encounter with Mark and Kelsie's father in which I did not engage with him in lower-level energy, as we completed some business together. During the drama of this encounter, his usual style is to "be nice to get me to engage, talk and share information with him," and when that didn't work, his style next turns to "nasty." When he gathers information, he twists the words to create arguments, or he will bring up some other toxic story to cause unease. I still did not engage, kept silent, my eyes averted downwards, and then I left quietly. During this short exchange of 10 minutes, I could feel my solidness, my grounding—he didn't get through my bands of power with his psychic cord.

It was Kelsie's 21<sup>st</sup> birthday on November 9, and I ordered a vase arrangement of a dozen pink roses for her. Kelsie already had plans that day, and our schedules didn't match up to meet together. I wanted to surprise her with the flowers, so it required me to drop them off at her father's house.

I stopped by their father's house, as agreed with him, so the flowers would be waiting for Kelsie. I used this as an opportunity to consciously and verbally start the process of forgiveness with him. I spoke with him about this. He started asking for details about the past, and made a statement to which I sensed he felt some guilt about his part in the separation. I answered to it that it needed to happen. In that next moment, I felt myself grow tall, feel more distance between us as I was drawn up and moved further back. I sensed a slight off-white fog as if I were experiencing a different state of being. I heard myself speak differently, as if in a Shakespearean soliloquy. I told him from this state that it was important to keep the story of the past in the past, so that we could experience happiness in the present, and create that in the future. Uncharacteristically, he accepted this without any further comment. I felt myself return, and I offered him a hug, which he accepted from me.

The forgiveness process had begun, and I thank my Munay Ki bands of power for assisting me.

*-©Lori Smith. Used with Permission. Lori is a shaman-healer in training, a teacher, an International Master of Education student, a relief crisis line worker, an energy healer, writer and a world traveler.*

---

## **Gift Certificates Now Available**

Angels And Ancestors now have gift certificates available, just in time for Christmas!

The \$60.00 gift certificate purchases ***a one-half hour Angel Therapy Reading, Tarot Card Reading, Shamanic Healing, Rune Reading or BodyTalk Energy Session. Readings may be by phone or in person or by email.***

The \$100.00 gift certificate has been designed for our one hour sessions. The following information appears on the certificate. The certificate may be ordered on line and we will mail it directly to the recipient. (Please ensure all valid postal information is included.)

***Valid for a one hour session with Angels And Ancestors for an Angel Therapy Reading, Tarot Card Reading, Shamanic Healing, BodyTalk Energy Session, Light Body Layout, or a Past Life Regression.***

For gift certificates, click here. <http://www.angelsandancestors.com/giftcertificate.html>

---