



Tidings of Interest

Rise Higher!

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Roger Joyeux Leading a Workshop
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"I am the owner of my karma."

From The Editors – A Message of Love

A message from Pythagoras – Dear ones, it seems appropriate to give you this message for the time of a month of Love! More than ever, this planet needs to have love unfold all over it. The Earth is moving towards a new time. You have marked many of the changes with wonderful names such as Mesozoic Era, or Paleozoic Era. This really needs to be a new era called Lovezoic Era. Indeed, there is not enough love of self, of each other, and of the planet. That needs to change very quickly. There are a few of you who are "Getting It!". To use the words of one of your famous corporations – "Just Do IT!" Just get in touch with that love that resides in you. Try doing the Buddhist chant for Loving Kindness to self. Do it for 30 days, for a month, and do it for 30 minutes a day. 30 x 30 is 900 minutes of self love. And, following what is written for numerology, you will have 9+0+0=9 which means completion; the end of things. When you reach full self love, you will see the world with compassion and act with generosity. You will be kind to your self and to one another. Mass materialism will lose meaning. When you have love – you have enough of everything. This is proven again and again. You may not have heard, but manna has started falling again. It has fallen in January in New Mexico. Manna was the proof of the Divine Love for the people.

Editor's note: Pythagoras is a Greek philosopher, mathematician, and mystic who lived between 580 and 490 BCE. His spirit frequents our meditation room and provides information and comments on many things.

Mesozoic Era and Paleozoic Era– from Wikipedia: The Mesozoic was a time of tectonic, climatic and evolutionary activity. The continents gradually shifted from a state of connectedness into their present configuration; the drifting provided for speciation and other important evolutionary developments. The climate was exceptionally warm throughout the period, also playing an important role in the evolution and diversification of new animal species. By the end of the era, the basis of modern life was in place. The Paleozoic covers the time from the first appearance of abundant, hard-shelled fossils to the time when the continents were beginning to be dominated by large, relatively sophisticated reptiles (dinosaurs) and relatively modern plants.

Crystal Workshop April 4, 5, & 6th

Learn about the ability of crystals to work with light and with our energy in this intense workshop facilitated by Roger Joyeux. Roger will lead you through the discovery of the properties of approximately seventy crystals, explaining why crystals work in a specific way or with a specific chakra or energy. He will have crystals on hand for you to spend time with so that you have an awareness of the vibration of particular crystals. You will leave with the knowledge:

- ✓ Why certain crystals should be grouped together to enhance the healing or balancing that needs to be done.
- ✓ What some of the basic crystal healing layouts look like
- ✓ Where you can place crystals in your home to improve vibration
- ✓ Which stones have the highest vibrations
- ✓ Whether man made crystals contain the same properties as natural crystals

For more detail on the workshop, check the website below or email Roger at info@angelsandancestors.com or call 225-2016.

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

Prepay registration on or before March 28th, for \$110, and save \$10.00.

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 agreed to, from diseases, and from 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

I inherit my karma. I am born of my karma. I am related to my karma. I live supported by my karma. Whatever karma I create, whether good or evil, that I shall inherit."
The Buddha, Anguttara Nikaya V.57 - Upajjhathana Sutta



"When the earth is dying there shall arise a new tribe of all colours and all creeds. This tribe shall be called The Warriors of the Rainbow and it will put its faith in actions not words." - Prophecy of the Native American Hopi people

Location: Rites will be given at 331 Deercroft Place SE Calgary unless another location is provided when you sign up. All participants must preregister! 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. For further info - judy@angelsandancestors.com.



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Star Walker Dawn Training!

One weekend of training. Let us know if you are interested. The dates will be set upon confirmation of facility.

Note: For those of you that have asked – yes, there are residential sessions available to do one on one with Judy, and cover one month of training over an evening and a day. Call Judy to discuss this in detail.

Dawn Training – the beginning
This includes classes 1 through 8. Each section has questions and reading assigned to help develop self and spirit.

1. Meditation – grounding, exercises around grounding and protection
2. Meditating with objects
3. Using mantras
4. Using music
5. Corner of the room technique
6. Center of head
7. Candle meditation
8. Protection and what it means, practice of protection - various forms of protection and exercises
9. Clearing using Sage

- determining where karma lies – in past lives, globally and/or universally;
 - a facilitated session to look at one's Akashic record for a specific incident of karma;
 - a facilitated karma clearing session to clear disease, patterns in relationships, a life pattern, or a negative trait.
 - a facilitated energy balancing session to rebalance energy after the previous sessions
 - wrap up with reviewing the steps
- Fees are \$160.00 per 2 hour session. Participants should bring their journals to record the steps and to record any part of their experience. Call 403-225-2016 to arrange your session. Or, email judy@angelsandancestors.com.

Munay-Ki Workshops Update

The Munay-Ki is a ceremony of healing one's self, and moving forward as a Rainbow Warrior. 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. Currently, Rites 1 & 2 and Rites 3 & 4, and Rites 5, 6 & 7 are being offered when requested.

rites of Archangel and Angel Vibration

Munay Ki Rites 8 and 9 (Star Keeper Rites, Creator Rites) **Note – at least seven weeks must have passed since Rites 5, 6, & 7**

February

- Conferring Rites and Teaching Session
 TIME: **Wed, February 6th 7:00 pm - 9:30 pm** FEE: \$45.00

March

- Conferring Rites and Teaching Session
 TIME: **Wed, March 26th 7:00 pm - 9:30 pm** FEE: \$45.00

April

- Conferring Rites and Teaching Session
 TIME: **Monday, April 28th 7:00 pm - 9:30 pm** FEE: \$45.00

Star Walker Training

The Star Walker program is created for those who wish to walk all of the astral planes and walk through time to talk to others who live out amongst the Stars and Planets. It is also created for all those people who wish to use their abilities to their fullest potential.

Star Walkers learn early on in their training to distinguish their Spirit from their body and from their mind. They learn techniques that help them calm the mind and feel the power of the Divine. Apprentices answer questions and read various books of information to help develop their spiritual and earthly discernment of all that is.

The Star Walker program is being changed to take the weekly training and combine it into six sets of weekend training, or several five day intensives to help apprentices learn information more quickly. If you have an interest in attending one of these longer sessions or if you have an interest in the one on one session on a weekly, biweekly, monthly basis, contact Judy at 225-2016 or judy@angelsandancestors.com.

My First Month of Star Walker Training - by Hillary Schneider

I have been fortunate enough to have been immersed in the Star Walker program for the past month. I find it almost hard to put into words the profound effect this program has had on my life in just a short month. I believe that having Judith as a teacher is the central key is why this program has been such a positive influence on my life. Judith is an incredibly loving and supportive teacher who brings forth the material with such excitement, wisdom and compassion that it has been such a joy for me to take part in the learning.

The material that I have learned has taken me on a deep journey of my soul. Going in I had no idea that what I would learn would challenge my beliefs about who I am. It has given me the opportunity to take a honest look at myself - who I am and who I want to become. I feel fortunate that this program has given me the material in which to take a deeper look at the core

10. Psychic vamping - Clearing Negative Energy
11. Journal Practice -recording experiences in sessions and answering questions to promote self development
12. Chakra Energy work - clearing and connections
13. Energy Balancing meditation
14. Creating and Destroying



Bobcat in the grass!
Picture courtesy of Wikipedia Commons Public Domain.

Bobcat is often associated with new lessons and with growth in spirituality. Weighing in between 15 to 25 pounds, the Bobcat doesn't move fast. However it can leap up to eight feet to land on prey. Bobcat will actually pounce on yearling fawns and antelope.

In November and December of 2007, bobcats were sighted by residents who live along Fish Creek Park in Calgary.

Save the Date: April 4, 5, and 6 for the Crystal Workshop that will explain how crystals work with light and work their magic! Facilitator – Roger Joyeux info@angelsandancestors.com.

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issues I carry and to let go what no longer serves me. The Star Walker program has propelled me on a path of intense self-discovery that I am so grateful for. I am looking forward to the rest of the year and beyond and I am eternally grateful for all the lessons and learning that have been revealed to me in just this short time. The richness and growth available in this program is invaluable; it has changed the way I look at myself and I look at the world and is becoming the greatest gift given to my own personal purpose.

Two very useful tools that I learned that I could use immediately were The Bubble of Protection and the affirmations in the Chakras. I went out for drinks with a friend and by wrapping myself in the bubble I was able to enjoy a night out without worrying about having to block negative energy continuously. I have also found the affirmations that are part of the Chakra energy work to be a powerful way of learning about myself.

© 2008 Hillary Schneider, used with permission. Hillary is focused on a healing path that centers on animals and their healing interaction with humans. She studied Horse Breeding at Olds College, and has taken courses including Personal Coaching, Metaphysics 101, and The Power of Intuition with Hannelore.

Angels Note: Hillary is enrolled in the One On One course, and comes for classes either weekly or biweekly depending on the agreement of suitable times. In each class, she takes notes about the current topics, experiences practical exercises that she is able to use everyday to improve her awareness during meditation, and to enhance her knowledge of spirit and body. At the end of each class, questions that probe one's beliefs are assigned and the answers or the process briefly discussed at the next class.

Spirit Animals –Bobcat- By Judith Hirst-Joyeux

On January 11, 2008, a Bobcat walked into Paul Nicholas's store in Whistler. The tourists had been taking pictures of the bobcat and it sought shelter in the store, "far from the maddening crowd". Mr. Nicholas said that he and his customers were not fearful because the Bobcat was calm and went in and sat behind the cash register in a crouch very much like a house cat. In November and December of 2007, bobcats were sighted by residents who live along Fish Creek Park in Calgary. This reclusive animal is listed as a "sensitive species" in Alberta. So, why is it suddenly showing up in different places?

If you have Bobcat as a spirit animal, then Bobcat has a message for you. It is time to make a change. While Bobcats teach us to be alone without being lonely, and to quickly train our young to fend for themselves, these Bobcats are saying that it is time to come out of isolation and walk with people again. Bobcats show they carry magic and mystery by their black and white markings against their beige or brown fur. Because the animal blends so well with desert, plain, forest and mountain, the Bobcat is regarded as the keeper of secrets of wisdom. In Munay-Ki, we call them Wisdom Keepers. The Bobcat is choosing NOW to share the wisdom. One lesson it teaches is how to draw from the land to live. Bobcat eats carrion, mice, rabbits, squirrels, rats, and insects so it never wants for food. It is discerning in where it goes and who it allows to see it. This animal has keen night vision so sees equally well in the darkness and the light. Therefore, very little can be hidden from this animal. People with this spirit animal usually have keen psychic ability and are also very perceptive about other people's body language and actions. This animal moves silently and often startles those that meet up with it. Are you cloaking or masking yourself? It has a very large yowling sound which sometimes paralyzes its prey. When the true you does emerge, are you startling those around you? Maybe now is the time to expand your knowledge and share what you know.

Meet Your Angels And Guides

Join Judy Hirst-Joyeux on Thursday Feb 21st at 7:00pm at Metatron: A Matrix Of Healing – 810 Edmonton Trail NW – and learn to use your inner vision and power to see into the world of angels and spirit guides. Learn how to recognize and see these wonderful beings who guard and guide you through your daily life. Speak to them and discover their names and all the words of wisdom that they wish to impart to you.

To register for this workshop, please call Elaine at Metatron (403) 230-4404.

Website: www.angelsandancestors.com

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