



## Tidings of Interest

### Rise Higher!

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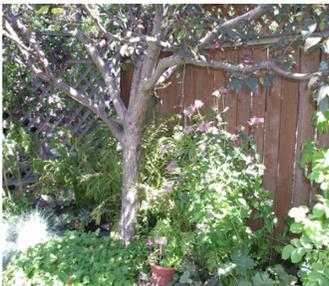
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#### Spring Sunlight

© 2006 Judith Hirst-Joyeux



### Pink Tourmaline Earrings

-© 2004 S. Roger Joyeux



### From The Editors – March Equinox & Creativity

One of the longest periods of time as winter draws to a close, seems to be the period between February 14<sup>th</sup> and the official day of spring, March 21<sup>st</sup>. Everyone tires of the snow and the cold – except perhaps the skiers – and everyone wants it to warm up.

We do not differ very much from our ancestors in the northern hemisphere. In the Norse tradition, the indigenous people called out to Sol (or Sunna, Sunne) to ride in her chariot higher and longer and bring about the change of the seasons. In ancient times, the Sun was female because she was associated with birth and the creation of plants in the spring.

By association, Spring Equinox became known as a time of creativity. All new projects were started in spring. Tilling and planting and spring house cleaning were all about tearing up the old and making way for the new. Spring is the time for creating! It can be ceremonial instruments – rattles and drums. Or, it can be a time for birthing ideas, building homes, barns, or creating new designs. When the Sun returns to the Earth in the spring, it is about renewal. The March Equinox is a great time to examine your life force and vitality. Does it need to be recreated? Do you need to clean toxins out of your energy fields and your body? The Sun is about illumination. Is this the time to take courses or start a project on something that you have always wanted to do? Go for it! A great quotation is, "You might say the Sun is symbolic of our ability to direct our will and to have a sense of purpose," – Melissa Osborne. The Equinox is a time to delve for and retrieve your earth mission or sense of purpose. The great thing is that the things we have always wanted to do, those things that have called to us but that we never answered, are the very things that will help us go easily on our journey. May you fly swiftly like the pigeon, have the view of the eagle, and the agility of the hummingbird as you welcome in Spring. Namaste, Judy and Roger.

### Pink Tourmaline by Roger Joyeux

In the Early '90's, I acquired a couple of very nice cut gemstones of pink tourmaline in a Chinese auction for the low, low price of \$60. They immediately went into the very blessed pearl-shell carrying-case that I received from Gurumayi Chidvalasanda, Siddha Yoga Guru, when I visited her ashram in 1990. I knew even then that these stones would eventually be placed in an appropriate setting to be given to my wife at the time of our marriage. In the meantime, Gurumayi's pearl-shell case would protect them (for the next 14 years).

Why would my heart be so set for so long on keeping them as a wedding gift? Love to be sure!

Tourmaline is not among the old Earth stones. It is a new age stone and has gained recognition over only the past decade. Its vibration is an exquisite expression of the love of the angelic realms. Think of it as having a high and heavenly refined resonance that works to prepare our own vibrations for the coming light that will gently shift us into position for the completion of our round on Earth and ease us upward towards the ascension. Completion on Earth is exactly that--on Earth. Tourmaline works with us as we walk the Earth to fulfill our responsibilities as incarnate individuals. Tourmaline might inject us with the nectar of the heavens, yet its job of shifting our vibrations is third dimensional. Its focus is directed to our daily lives.

You may be aware of the variety of colours of tourmaline, namely black, green, aqua, pink, and the combinations that give it the name: rainbow tourmaline. Each carries the magnificence of angelic vibration, yet each colour also works in its own specific way. I must add that the way each colour works is quite different from each of the other colours. Their individual contributions to light on Earth are not even close to each other.

**Love is the only bow on life's dark cloud.  
It is the Morning and the Evening Star.  
It shines upon the cradle of the babe,  
and sheds its radiance upon the quiet tomb.  
It is the mother of Art,  
inspirer of poet, patriot, and philosopher.  
It is the air and light of every heart,  
builder of every home,  
kindler of every fire on every hearth.  
It was the first to dream of immortality.  
It fills the world with melody,  
for Music is the voice of Love.  
Love is the magician, the enchanter,  
that changes worthless things to joy,  
and makes right royal kings and queens of common clay.  
It is the perfume of the wondrous flower -- the heart  
and without that sacred passion,  
that divine swoon,  
we are less than beasts;  
but with it, earth is heaven  
and we are gods.  
-Robert G. Ingersoll**



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**Star Walker Dawn Training**

*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.*



Where was I? Ahh, yes! Love to be sure. Pink tourmaline.

As with any tourmaline, pink tourmaline works with our bodily physical vibration to bring it to a higher state. Pink is a heart colour, yet tourmaline takes the vibration of the physical heart beyond the limits of Earthly love. It opens the channels to the soul and beyond, to the heart of our higher self.

It works with our love vibration within a 20-foot radius around our body. It establishes a connection between our Earthly space and our higher self along a pathway of the love vibration. In the planes of the higher self, love abounds without limit. The communion between our higher self and any other higher self is love without question. On Earth, any person coming into our 20' space undergoes a vibrational shift that completes a circuit between our physical selves and our higher selves. Love touches us here and in the heavens.

If you come into the space of someone wearing pink tourmaline, you will be affected by his or her love. It's irresistible. In addition, the accompanying connection with both higher selves ensures that heavenly energies descend to enhance the already apparent love. The higher self of the person wearing the pink tourmaline will actively participate to establish love, encourage love, and protect love; and it does so lovingly and in conjunction with the higher self of any other individual in the vicinity. An individual's consciousness of the experience will depend on his or her individual conscious development. Both may be very aware or not aware at all.

Interestingly, if the person that contacts the wearer is not a loving person, his or her own higher self will intervene. An unloving vibration cannot remain in the presence of love. The other's higher self will step in to remove him or her from the wearer's presence---he or she leaves without much adieu.

If the person that contacts the wearer of pink tourmaline is a loving person, he or she will be drawn to love's ways and bask in love's glow. The two persons will share a heightened vibration of love, which is certified by both higher selves.

Does this explain why I gave pink tourmaline to my wife on our wedding day?

If you want more love in your life, get some pink tourmaline. If you want to learn more about crystals and the other varieties of tourmaline, please come to my workshop.

*-©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.*

## **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.

### **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
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

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](mailto:judy@angelsandancestors.com).

***There are the waves and there is the wind, seen and unseen forces. Everyone has these same elements in their lives, the seen and unseen, karma and free will.***  
~Kuan Yin



**The greatest achievement is selflessness.  
The greatest worth is self-mastery.  
The greatest quality is seeking to serve others.  
The greatest precept is continual awareness.  
The greatest medicine is the emptiness of everything.  
The greatest action is not conforming with the worlds ways.  
The greatest magic is transmuting the passions.  
The greatest generosity is non-attachment.  
The greatest goodness is a peaceful mind.  
The greatest patience is humility.  
The greatest effort is not concerned with results.  
The greatest meditation is a mind that lets go.  
The greatest wisdom is seeing through appearances.**  
--Atisha

## **PENGUINS**



Picture from Microsoft Clip Art

Penguins have been around for 30 to 40 million years as verified by the six foot fossils found. This makes Penguin one of the older spirit guides.

### **Earth, Teach Me**

***Earth teach me quiet ~ as the grasses are still with new light.  
Earth teach me suffering ~ as old stones suffer with memory.  
Earth teach me humility ~ as blossoms are humble with beginning.  
Earth teach me caring ~ as mothers***

## **Clearing My Negative Energy- by Anonymous Client**

I first met Judy at a course we both attended. We continued to see each other after the course and became friends. I learned that Judy has remarkable intuitive abilities and is skilled in many areas of energy work. She is an instructor in Munay Ki Shamanic Rites and provides initiation into the 9 Rites for others. Judy did an "Angel Card Reading" for me and during the reading she sensed a constrictor in my throat area that she felt was blocking my intuitive abilities. We decided to work on the issue at a later time.

I returned to see Judy in October 2007. Judy first cleared her healing room by calling in the protection of the 4 Directions and Archangel Michael. We sat quietly as she connected with her guides. She moved to where I was sitting and put her hands gently on my shoulders, then moved them up to the base of my neck. Judy asked me where I was born and I named a small hospital. She asked me if I had been born with a cord around my neck, as that was the information she was receiving. I replied that I had never been told that and as my parents are dead have no way of verifying it. She then asked about other connections to the hospital. I told her about the time I was 12 years old and had a tonsillectomy there. The sutures came apart and days later I was back in the hospital for another surgery. That was very traumatic for numerous reasons I'm only beginning to admit. My sister had a condition that required frequent blood tests and I would go with her to the hospital while she had them done. I still recall the fear I felt watching the needles go repeatedly into her arm. My father died in the hospital, as did my mother. Judy said she felt heavy, thick cords attaching me to the hospital and events that happened there. She said she could help, but I needed to do the work myself to cut the cords binding me there. She handed me her wand that has a quartz crystal point at one end and a smoky quartz orb at the other end.

I stood and used the quartz point to cut chords while repeating a mantra of calling in Archangel Michael and all of my supporting guides and helpers to cut these cords. It was a strong emotional experience and I was sobbing through it. Afterwards she showed me how to pull the scales away by using candles to call in the fire. I repeated another mantra and ended by filling the void created with light and gratitude. When I felt the process was complete Judy suggested it really had only started. She said that I needed to continue cutting the cords on my own and we would meet again in a few weeks to assess the process. Judy balanced my energy field and gave me a black tourmaline crystal to carry as protection for my field as I went through the rest of my day. She closed the session by releasing the 4 Directions and expressing gratitude to all of our angels, guides and helpers for being there with us.

I continued to cut chords as Judy suggested over a period of several weeks. I felt at the end of three weeks that the cords were almost gone and as I looked in the mirror thought my neck looked smaller too. My sister gave me a necklace last year that I couldn't wear because it wouldn't fit around my neck. I went and tried that necklace on and guess what? Now I can wear it so there is real proof that my neck has indeed gotten smaller in size.

Judy has remarkable intuitive abilities and is skilled in many areas of energy work. I am blessed to have met her on my journey and look forward to more experiences with her.

*Editor's Note - This client wanted to share her experience so that others could see how much difference clearing can make to a person, even physically. However, as this experience was intensely personal, she asks that you understand that she withholds her name. We are grateful that she will share this story.*

## **Spirit Animals -Penguin- By Judith Hirst-Joyeux**

As with every story, there is a story behind it. In several medicine wheels that I have worked with, the Penguin has come forward to offer guidance and wisdom. In one of my blog articles, I focused on a penguin crossing that a zoo created because they allowed their penguins some freedom to move around. Now, when I ask Spirit which Spirit Animal needs to be honored in our article, Penguin pops up. And yes, penguins have also been materializing in my dreams. So, we ask that if Penguin appears to you in a dream, vision, in a series of pictures or articles, that you pay attention - for Penguin has selected you to guide.

When Penguin first appears to you, do not be surprised if she bows. As well as looking formal in their black and white attire, Penguins have an intricate social pattern that includes bowing to one's mate upon leaving and arriving in the nest, bowing to others as they move throughout the society. Bowing

*nurture their young.*

*Earth teach me courage ~ as the tree that stands alone.*

*Earth teach me limitation ~ as the ant that crawls on the ground.*

*Earth teach me freedom ~ as the eagle that soars in the sky.*

*Earth teach me acceptance ~ as the leaves that die each fall.*

*Earth teach me renewal ~ as the seed that rises in the spring.*

*Earth teach me to forget myself ~ as melted snow forgets its life.*

*Earth teach me to remember kindness ~ as dry fields weep with rain.*

*--Ute Prayer*



"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

represents a tool for appeasement and to maintain social structure. Those who have Penguin as a guide are encouraged to become more polite and attentive to how the social structure around them is holding together. Perhaps you are being called to pay honor to your mate or to your friends. Perhaps you need to appease someone where you have been harsh with your words or actions. Penguin also moves in straight lines when they are gathered in groups and moves with orderliness and a sense of purpose. They are determined and focus. If you lack determination and focus, ask Penguin to assist you in strengthening these areas.

As Penguin has become smaller (see side bar about height of six feet) and more aquatic, its ability to see out of water has diminished. It sees best in the water. As water also represents emotion, then Penguin has the clarity to see through the emotion and get to the heart of the issue. Additionally, Penguin moves through the water with the style of an acrobat or ballerina. They may be awkward on land, but Penguin is graceful and fluid in the water, twisting and turning and shooting upward, achieving speeds of 25 miles per hour. Penguin then teaches about tuning to your inner rhythm, and how to move with speed through emotions, shortening the time you would otherwise spend there.

Pay attention to Penguin's color. Black and white, ying and yang, magic and mystery! The whiteness of the Penguin represents the awakening spirit and the light of all that is – as does the whiteness where it resides. The black represents the unknown, the density, and the different dimensions. The balance in Penguin's color shows you how to balance and merge the darkness and the light, and to move between worlds as the Penguin moves between the sea and the land – two different worlds. Feel honored that Penguin is your guide for your journey of magic and mystery is moving in a new direction. © March 2008 Judith Hirst-Joyeux. Judith is a Sage-Healer-Shaman who works with the Goddesses and Gods, Great Spirit, and angelic realms to move quickly to the source of issues or blocks.

## **Psychic Abilities Assessment**

**Comments** from those who have been assessed are:

- ✚ "I feel lucky that I was able to find out some of these skills and put a name to them – it helps to take away the fear!"
- ✚ "Having gone through this process, I now see some of my life situations in a different way, and I can watch for messages in similar situations in the future. Thank you!"

**Who** will be interested in this tool? People age 13 to 30 that are currently developing their skills and are looking to find ways to understand and improve their skill levels. Note- those under age 18 years will need parental or guardian written permission. Anyone currently discovering a spiritual path after years in the corporate workplace will find this tool helpful. People that are having some "interesting" experiences without being able to classify or understand what is happening will get clarity with this tool. Anyone who feels that they have "untapped" skills will learn whether in fact they do have other abilities.

**Where** does this take place? Apprentices may either take the session in person or the sessions may be done by phone. This assessment is a testing tool with 65+ abilities on it. The process takes about five hours to complete, so we recommend breaking it into two sessions of 2.5 hours each or plan to spend an afternoon completing it. The Master walks the apprentice through each of the items and draws on the apprentice's experience as well as shamanic scanning to determine whether the skill is dormant. The assessment tool is filled out with written comments.

**When** the apprentice has completed the sessions, the Master takes the tool and analyses the results, based on the assigned rating. The analysis is put into a written report, and provided to the apprentice with comments about what the skill set is telling us about the overall skills –how the skills supports one's life purpose, or points to the work one must do to get closer to their life purpose. Writing and analyzing the information takes up to six hours.

**What** the apprentice receives: A written report indicating the abilities in each category and a commentary on the skill set a suggested sequence of training to develop skills – which may or may not be within the StarWalker program a copy of the assessment tool as completed

**Fee:** 2.5 hour sessions or one 5 hour session and the report, \$320.00 payable with the first session.

**Call** 403-225-2016 to arrange your session. Or, email [judy@angelsandancestors.com](mailto:judy@angelsandancestors.com).

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## ***Munay-Ki Workshops at Metatron***

Judith Hirst-Joyeux will be offering the Munay-Ki workshops at Metatron: A Matrix of Healing at 810 Edmonton Trail NE starting at the end of March. Please contact Elaine at Metatron 403-230-4404. See the description of the workshops at <http://www.metatroncalgary.com/workshops.html>

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.

### **Amethyst Geode**



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**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](mailto:info@angelsandancestors.com).

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mail: Roger [info@angelsandancestors.com](mailto:info@angelsandancestors.com)**

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## ***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](mailto: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.**

**Website: [www.angelsandancestors.com](http://www.angelsandancestors.com)**

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