



## Tidings of Interest

### Rise Higher!

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#### From The Editors – April and Diamonds

Although March is the herald of spring, it seems that April is the jewel of spring, for it is at this time that the Earth begins to truly breathe. The sap is fully running and leaks out of the small buds at the end of the branches. When the sun catches these drops of moisture, sparkles happen, and one thinks of little diamonds shining on the trees. As the water begins to run harder and faster, the chunks of ice floating in the streams seem like "little diamonds" finding their way to a new life.

In April, we wish you many happy days that will evoke happy memories that sparkle like diamonds in the years to come. Namaste, Judy and Roger.

#### "Starting From Scratch" –excerpt from *THE STORY OF LIGHT Volume 1* - by Roger Joyeux

**Footnote 8** – In this age of enlightenment, numerous incarnate light-workers are remembering how to build crystal wands, how to use crystals, and are receiving records of wisdom that were stored away in ancient times. The use of the copper energy bed or copper pyramid is a practice that has now been rediscovered as a means to compensate for physical density and to accelerate the physical vibration. As individuals awaken to enlightened living in the current epoch, the tools of light are once again helping to raise our vibrations.

**Footnote 9** – The term spirit-light refers to the light of the soul, and to the Oneness of the Soul. The Oneness or spirit-light is a tangible vibration that carries identity within the lighted universe. It is absolutely unique. In the eastern religions, soul Oneness, implanted in the base chakra, is called the kundalini or kundalini energies. The soul originates within the heavens and extends its Oneness into the base chakra; it plants its "seed". Because of its stary origins and its seed-planting endeavors, another name for the Oneness of the soul is that of "starseed". The use of the terms: starseed, spirit-light, Oneness of the soul, and kundalini, each refer to the very same energy.  
-©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.

#### Spirit Animals –Cow- By Judith Hirst-Joyeux

The cow is being given a bad reputation these days in the way that scientists and environmentalists are blaming the cow for releasing methane gas that is causing the green house effect.

"About 60 percent of all methane in the atmosphere is believed to be caused by human activities. Fossil fuels, cattle and sheep, landfills, rice paddies and forest fires are the main human-related sources. Oceans, wetlands, gas hydrate deposits, permafrost, termites, freshwater bodies, and non-wetland soils are among the natural sources." – from Rueters April 30, 2007.

The cow, however, is a very powerful Spirit Animal. When Cow appears to you in dreams, visions, or on your path to work or play, remember some of these strengths about the Cow.

1. Fertility, Nurturing - Cows are linked traditionally with the Goddess of Fertility such as Aphrodite (Greek Goddess), Bastet (Egyptian Goddess), Freya (Norse Goddess), Arianrhod (Welsh Goddess), Diana (Roman Goddess). The Cow is associated with motherhood and nurturing since it provides food for mankind. It also provides calves which may become food. Therefore, the Cow represents fertility through sacrifice. A Cow will always try to do what is best for itself and others, however, the herd needs are paramount. Drive by a pasture in the spring and see the Nursemaid Cows who watch over the new calves while the Mothers and other herd members graze.

2. Steadfast – The Cow is known as being able to stand its ground through weather and



picture from Microsoft Clipart

**Cows are amongst the gentlest of breathing creatures; none show more passionate tenderness to their young when deprived of them; and, in short, I am**

**not ashamed to profess  
a deep love for these  
quiet creatures.**

**~Thomas de Quincey**

**There's nothing like  
sitting back and talking  
to your cows. ~Russell  
Crowe**



**Headline – The 50th  
Anniversary Of The Peace  
Symbol -**

**A Cultural Icon Dates Back  
Years Before Its Use Against  
The Vietnam War – CBS**



Peace from Clipart

**Angel Prayer**

**May the angels keep you til  
morning.  
May they guide you through the  
night.  
May they comfort all your**

predator. Cow medicine is about standing one's truth and not being influenced. It is also about mastering challenges.

3. Perception – As part of the food chain for large predators, the Cow is very alert and intelligent. Lead cows have led herds from pasture to pasture to avoid droughts and danger. Cows work with a sixth sense about danger and opportunity. Those with Cows as guides will be strongly perceptive, and the Cow will appear to tell you to pay attention.

4. Compassion – Cows have large eyes that see all. The stare may be hypnotic and will tear down one's walls to find the soul. The Cow's eyes are full of compassion since they are an animal of continuous sacrifice. Cow has learned to put the herd before self, to put the calf before self, and to move in a way for the highest good of the herd. Cows that are jumpers or rogues always end up on the other side of the fence and away from the herd. They become isolated.

The cow is a powerful totem and shows us how to nurture ourselves and honor others. Those with this totem are usually service oriented and put other peoples needs before their own.

© April 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.*

**Peace - by Lise Lemay**

If our hearts connect to the greater cosmic energy which in effect formulates all energy, then our Karmic connections are infinitely multiple in the universe. Can we effectively stimulate another's Karmic energy positively through intent? I say yes. Well, of course there's the predestined design of assignments prior to entering the earth realm, but, while on earth, we have choices. Those choices are part of my assignment. Can I affect someone I don't even know through energy? The answer is yes.

If I put out the intention for peace and send it where does it go? Does it stay stagnant in my body or does it reach it into the greater cosmic universal highway? Well, I think it reaches far beyond what we know and understand.

With God acting as the central force field and greatest love energy, all of our thoughts, actions and behaviours affect others. Our energy affects everyone!

So, when the skies are grey and dim and you feel a little off center, focus within and create your blue sky and your sunshine. Feel the warmth of the sun's rays in your heart and you shall feel it in your body. For the heart is the store of connective energy and choice.

Peace is a desire of many. For this to become we must create it. We can create it with our minds. Take a few moments, sit comfortably and center yourself. Breathe in slowly and out slowly. Do this (maybe) five times until you feel peaceful and centered. Now, let your mind clear of all troubles and worries. Do this by visualizing a clear blue sky. Continue breathing slowly, and all you see is blue sky. Once you have reached this state, you will put the intention for peace out. See the people in the world living with one another in harmony, love and peace. There are no areas of darkness, only light and only love. See this love energy extending throughout the world, then reaching to all of nature, the trees, the oceans, the mountains, the swamps, the desert, the plains, the forests, the animals, the insects just reaching out in a wave of love to every living thing which comprises this earth. You have further to go and that is into the cosmic realm, into the universe, to all and everything. You are with God. Have a little meeting. Speak what needs to be spoken, feel what is needed to be felt and send it everywhere. Return. Return from there to the earth realm, return from all of nature, return from the entire connections with people, return to self. Center yourself and feel all of your body, in tune with the breathing. Release everything and open your eyes. Give your hands a shake, your legs a stretch, move around and walk a bit. The love intention has been put forth, you are a co-creator in this peace movement. Blessings and love are with you in your heart, body and mind.

-©Lise Lemay 2008. *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.*

**Honouring Angels And Ancestors – by Micheal Teal**

*Editor's note: We received an email from Micheal honouring the work that Roger and I were doing. The wording was special. So, we asked Micheal if we could share his words with all of you. He has graciously allowed this sharing. You can reach Micheal at*

*<http://theancientone.gaia.com/> . We are humbled to be recognized by our peers, and grateful that Micheal took the time to write these words.*

sorrows.  
**May they help you win the fight.**  
**May they keep watch on your soul.**  
**May they show you better ways.**  
**May they guard you while you're sleeping.**  
**May they see you through your days.**

**May they show you new hopes.**  
**May they still your every doubt.**  
**May they calm your every fear.**  
**May they hear you when you shout.**

**May the angels keep you til morning.**  
**More than this I cannot pray.**  
**And if the angels ever fail you.**  
**Then may God be there that day.**

~ Author Unknown~

Angels and Ancestors is the soul nourishing creation of Judy Hirst-Joyeux and Roger Joyeux. It is a metaphysical manifestation of magical proportions. Judy and Roger are practitioners of spirit who seek to serve the betterment of humankind by fostering the positive as they enrich, enlighten and educate. They have an awakened insight which harmonizes energy flow while embracing openness and creating wellbeing.

Roger and Judy live life joyously for theirs is a lighter way of being which is wondrous and liberating. Angels and Ancestors is a pasture of pure thoughts where one can cultivate complete self acceptance as they heighten self awareness. To partake of the spiritual gifts of these two transformative souls is to engage in a revolution of mind and spirit.

Judy and Roger create harmony and balance by deepening your perception and empowering you with wisdom. They are divine manifestations of human soul development at its finest. Theirs is a feast of love, peace and passion which honours the spirit in you while igniting the fire within. They are the embodiment of evolutionary enlightenment and sacred existence.

Angels and Ancestors celebrate the song of life as it lights a path of purpose. Judy and Roger revive peoples' spirits while assisting them in discovering their dreams. Let them into the flower of your soul that you may experience emerging global consciousness and awaken the mystic in you. They are nourishers of the world and it does ones heart well to know the health of humankind is in the hands of people of such inspiring spirit.

Angels and Ancestors - The Breath of God is within their Soul!

© March 2008 Micheal Teal, used with permission. Micheal says that his Path is never ending, that he is in Harmony with the Earth and the Sky and am open to the Greater Possibilities Life has to offer. Micheal has appeared on TV and Radio, written Columns and Articles for numerous publications, owned a New Age store, lived on the street, lectured on Alien Abduction, worked on a couple of documentaries, written Lyrics for a Musician in Australia, Hosted Spoken Word Events, Investigated Hauntings, Taught Tarot and more. He is on a Voyage of Self Discovery.



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## Star Walker Training Starting April and May

A weekly session of Star Walker is starting in April, currently scheduled for Tuesday evenings. The first session is scheduled - tentatively- for April 16, from 7:00-9:30.

A monthly session of Star Walker is starting in May - 4 lessons will be rolled into one day 225-2016 or [judy@angelsandancestors.com](mailto:judy@angelsandancestors.com).

## 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).

## 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> **Registration -\$120.00**

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

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