



Tidings of Interest

Rise Higher!

June 2008 Volume 2 Issue 9

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From The Editors - The Trickster!

In mythology, and in the study of folklore and religion, a trickster is a god, goddess, spirit, human hero or anthropomorphic animal who plays pranks or otherwise disobeys normal rules and norms of behaviour. For those of us who live in Alberta, June is also a “trickster” month. It may be very hot at times, and then the temperature may plunge, and we have snow. Or, the rivers may be flowing sedately with the addition of some rain and melted snow, and then, the rivers rage and flood because the mountain melt is now rushing down the slopes and into the rivers. With a trickster, one must always be on guard. And so it is in Alberta! We are always on guard as to what the month and Mother Nature will throw at us.

In this June issue, we are throwing some new information at you - The Reader. We have articles on a cosmic sense of humor, the Goddess Discordia, one trickster animal - hare, an article on community and one on helping our relations - the wild animals. Our “Angel Nuggets” this month provide information on how to trick your plants in to growing better and keeping your lettuce fresher - a wonderful “trick” if you can do it. June is also the time of the Summer Equinox - a time when strange things can happen since the veil is thin at this time. We wish you strength, grounding, peace and sunny skies!
Namaste, Judy and Roger.

Invitation to Summer Solstice Celebration June 20th

This year, the summer solstice arrives at precisely 23:59 UTC on June 20, 2008. UTC is Universal Coordinated Time (reference Wikipedia and United States Naval Observatory.) In Calgary, then, solstice happens at 17:59pm or 6:00pm. Summer solstice is the time of the Earth Mother Goddess handing the cycle of the year to the Sky Sun God - Helios (or Ra). In the summer cycle, the God provides sun and rain to nourish the crops, and the Goddess rests, preparing for harvest in the fall. This is a time to let go of something that you have tried to control, and give it to the Goddess and God. It is also time to set an intention, and offer a service for the granting of the intention. It is also an auspicious time to declare your love for someone else.

Roger and I, therefore, would like to invite you to celebrate a Summer Solstice using a Standing Stones Ceremony on Friday evening. The ceremony will allow participants to each have an opportunity to let go of something and throw it in the fire. There will be a round for each person to set an intention and offer a “service”. Either service in some capacity, or a blessing/prayer for someone needing support. Come prepared with what you want to give up and what you want to intend. Bring sage or tobacco to throw in the fire to strengthen your wish.

Time: 7:30pm at 331 Deercroft Place SE Calgary.
Collection: \$10.00 Charity - Alberta Institute for Wildlife
Light lunch and celebration after the ceremony.

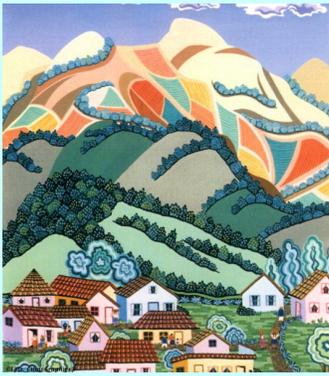
Please confirm attendance by **JUNE 16th** - call Judith at 225-2016 or by emailing info@angelsandancestors.com.

Community Activation - By Roger Joyeux

“I know you, you know me.” These are the words of a song that sticks in my mind. What song? What meaning? Yet, they are exactly the words to start off this article on community. If I know you and you know me, we share community. We also share mutual trust, respect, and appreciation for what I am and what you are. Community is the essence of what we do together.

Well, our blond dog barked at the neighbour across the fence, so I knew right away that it was time to say hello again. Our dog needed to know that I knew my neighbour and all was well. The neighbour and I are part of an easily recognizable community. In fact, the community club building for the neighbourhood is about two blocks away. If we had kids, I am sure we would know our neighbourhood much better. As it is, we live in a cul-d-sac and have great relations with the immediate neighbours.

My job does not involve being closeted in front of the computer; and I work in close proximity with many of my co-workers. We form a community with trust, respect, and appreciation. We know each other within the parameters of our employment.



"Community"

The term "spiritual community" seems so natural to say, yet my spiritual community has always included individuals from around the globe. They reinforce the inspirations in my life to rise higher to take my vibration another step.

Communities abound. The quilters, the photographers, the hockey fans, the union, the computer group, and more! Each rally individuals around a theme that promotes trust, respect, and appreciation. In our ever-expanding awareness and ever-shrinking world, the reach of many communities now extends into global consciousness. As members with a spiritual element, we have the opportunity to bring our example of conscious living to each of the venues of differing communities to which we belong. Through our own joy, happiness, contentment, peace, and love, we are the channels for a better way. Our next step would be to recognize and activate ourselves as the examples of the way forward for anyone who would join with us in community.

-©Roger Joyeux. Roger is a light worker, healer, writer, speaker, photographer and web designer. 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.



Need a great Website?
Need Photography too?

Roger Joyeux created the Angels and Ancestors website and wants to help you create and maintain your site.

403-225-2016 srjoyeux@telus.net



White Tailed Jackrabbit found in western Canada - from Wikipedia.

Spirit Animals -Hare or Jackrabbit- By Judith Hirst-Joyeux

Do you remember which Bugs Bunny cartoon is your favorite? Did you read any Br'er Rabbit stories as a kid? Or, did you read Peter Rabbit by Beatrix Potter. Perhaps you have read them to your children? Any of us who grew up in the '60's will remember the famed song "White Rabbit" by the rock band Jefferson Airplane (a psychedelic commentary on using drugs by comparing the experience to fantasy story "Alice In Wonderland" Remember that the White Rabbit in "Alice" was a March Hare). These stories are all great examples of Hare or Jackrabbit as a trickster. Carl Jung states that the trickster archetype is: "a primitive cosmic being of divine-animal nature, on the one hand superior to man because of his superhuman qualities, and on the other hand inferior to him because of his unreason and unconsciousness." So, what does this mean if you have Jackrabbit appear as a spirit animal?

First, Jackrabbit is the master of camouflage. He is seen and disappears in the blink of an eye. Jackrabbit is also very active at dawn and at dusk. This time of day is filled with wonder and is usually when fairies, spirits, orbs, and other things we associate with supernatural are most likely to be seen. Since Jackrabbit is about during this time of day, he is associated with the magic and mystery of the other worlds. Indeed, Faeries are said to ride jackrabbits between dimensions. For us, Jackrabbit reminds us that a leap of faith will take us to new worlds, and that just because something is unseen does not mean it is not real.

We know Jackrabbit for her speed and keen eyesight and for her sudden movements and unpredictable behavior. We judge her rapid movements away from anything that "seems" to frighten her as being a "fearful" behavior. Jackrabbit asks you to pay attention to what is around you. When you "leap and bound" through life, you must be alert for opportunities that will help you or harm you. High energy is often associated with nervous behavior. In fact it is speedy decisive movement. Moving too slow can cause imbalance and growth is stifled. One may even end up in a rut. If you move too fast without stopping and looking, as Jackrabbit does, you may end up as "dinner" for someone else.

With Jackrabbit's ability to move between dimensions, you may see him in your dreams, in the shadow world. This is where are fears are stored. Is your reflex action in most situations to "jackrabbit" back to your old, familiar habits/patterns/environment? If you keep dashing for safety, how will you move forward? Jackrabbit stops and faces what scares them to determine which way to move. This is a good lesson for us! We need to accept that we have fears, honor them, hold our selves with compassion, and know that fear need not paralyze us in our movement forward.

Remember, too, that Jackrabbit loves to play. She will tease other animals and make friends with them. It may be that Jackrabbit is appearing now to remind you to take time to play with your friends - to leap with joy and celebrate life. After all, life is worth celebrating!

© May 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.

White Rabbit -
Jefferson Airplane

One pill makes you larger
And one pill makes you small
And the ones that mother gives you
Don't do anything at all
Go ask Alice
When she's ten feet tall

And if you go chasing rabbits
And you know you're going to fall
Tell 'em a hookah smoking caterpillar
Has given you the call
Recall Alice
When she was just small

When men on the chessboard
Get up and tell you where to go
And you've just had some kind of
mushroom
And your mind is moving slow
Go ask Alice
I think she'll know

When logic and proportion
Have fallen sloppy dead
And the White Knight is talking backwards
And the Red Queen's "off with her head!"
Remember what the dormouse said;
"FEED YOUR HEAD
FEED YOUR HEAD!"

MORE HUMOUR!

Protect Me
**"Protect me from knowing
what I don't need to know.
Protect me from even
knowing that there are
things to know that I don't
know. Protect me from
knowing that I decided not
to know about the things
that I decided not to know
about. Amen." -Douglas
Adams**



From Microsoft Clipart



A plate depicting the Greek
Goddess ERIS from 520 BC
-Wikipedia

*Since periods of great change,
such as the present one, come
so rarely in human history, it
is up to each of us to make the
best use of our time to help
create a happier world.
~ Dali Lama ~*

A Unique Sense of Humour!

Dwight Nelson recently told a true story about the pastor of his church. He had a kitten that climbed up a tree in his backyard and then was afraid to come down. The pastor coaxed, offered warm milk, etc.

The kitty would not come down. The tree was not sturdy enough to climb, so the pastor decided that if he tied a rope to his car and drove away so that the tree bent down, he could then reach up and get the kitten. That's what he did, all the while checking his progress in the car. He then figured if he went just a little bit further, the tree would be bent sufficiently for him to reach the kitten.

But as he moved the car a little further forward, the rope broke. The tree went "boing!" and the kitten instantly sailed through the air-out of sight. The pastor felt terrible. He walked all over the neighborhood asking people if they'd seen a little kitten. No. Nobody had seen a stray kitten. So he prayed, "Lord, I commit this kitten to your keeping," and went on about his business.

A few days later he was at the grocery store, and met one of his church members. He happened to look into her shopping cart and was amazed to see cat food. This woman was a cat hater and everyone knew it, so he asked her, "Why are you buying cat food when you dislike cats so much?"

She replied, "You won't believe this," and then told him how her little girl had been begging her for a cat, but she kept refusing. Then a few days before, the child had begged again, so she finally told her little girl, "Well, if God gives you a cat, I'll let you keep it."

She told the pastor, "I watched my child go out in the yard, get on her knees, and ask God for a cat. And Pastor, you won't believe this, but I saw it with my own eyes. A kitten suddenly came flying out of the blue sky, with its paws outspread, and landed right in front of her".

Never underestimate the Power of God and His unique sense of humor!

Editor: *This story comes from an email from our good friend in England, Paul Rose, and is used with his permission. Paul is actively involved in The Cloverleaf Connection U.K. sector, and is a commander in Ashtar's Command.*

The Goddess Discordia - by Judith Hirst-Joyeux

Does it seem to you that the world seems more mixed up - that there is more discord? Have you ever wondered where the concept of discord originated? Some think it stems from the crucifixion of Jesus. However, mythology tells stories of a Roman Goddess called Discordia. These records date back to 600 BCE. Her name means "disagreement" in the strongest possible way. In the military, this type of disagreement would be a mutiny or seditious activity. The Goddess who is in opposition to Discordia is called "Concordia" who happens to be the Goddess of Harmony.

Discordia was known for her warlike and aggressive behaviour. She is known as a vicious opponent during battles between the gods and goddesses, or between mortals. She aided both sides in war and was joyful in the pursuit of disharmony. Virgil writes that in her "down time" the Goddess hung out with the Goddess Bellona (a war goddess) and the God Mars (the god of war).

Mythology compares Discordia to the Greek Goddess Eris (who is the Goddess of Strife). History/mythology attributes the start of the Trojan War to the Goddess Eris. Eris was not invited to very important Greek wedding because of her affinity with discord. Still, Eris showed up at the wedding location. However, she was kept out of the festivities. In her anger, Eris disrupted the wedding by tossing a golden apple on which she had inscribed "To The Most Beautiful". These words stoked high emotion and ego in the Gods/Goddesses and mortals at the wedding. The conflict caused a man by the name of Paris to abduct Helen of Sparta, and incidentally, start the Trojan War.

If you are experiencing high discord in your life, perhaps you have invited the Goddess Discordia to be part of your environment. A gentle way to un-invite this goddess is to do a simple thank you ceremony and ask her to return to her place of power where you may call upon her again, should you require her assistance.

© May 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 and helps the client shift the blocks to begin their own healing process.

Workshop: Refresher on How to Confer The Munay-Ki Rites - Saturday June 14th, from 9:30am to 5:00pm

Join Judith Hirst-Joyeux on Saturday May 10th for a refresher on conferring the Munay-Ki Rites.

The workshop will review the steps in conferring each rite as well as presenting information that may be used in teaching protégées about the meaning of the rite. Included will be some case studies around the situations that have arisen while conferring the rites or while protégées are in process. Participants will have an opportunity to practice the rites and to ask questions about the process. Please bring notebooks and pens.

Location - 331 Deercroft Place SE

Included will be snacks, water, tea, and a light lunch. If you have dietary concerns, please bring your own food. NOTE: Attendees must have received all the rites. Limit of 12 participants. Fee \$100.00

Pre-registration required by calling Angels And Ancestors at 225-2016 or email judy@angelsandancestors.com.

Try Karma Clearing!

Have you ever wondered why some families reach a ceiling on their earning potential, struggle to have happy marriages, or have such difficult interactions with their siblings and parents? Have you ever wondered about why your own patterns seem to continue - relationship issues, money issues, or health problems? You may be experiencing a continuation of karma from your past lives or from ancestral residual. Clear it and break free of the pattern.

Call Judy at 403-225-2016 to arrange a session. Phone appointments available.



-From Microsoft Clipart

Upcoming Workshops - June

Workshop: The Munay-Ki Rites 1 and 2 (Healer Rites and Bands of Power)
- Tuesday evening, June 3 from 7:00pm to 9:30pm - at Metatron 810 Edmonton Trail NE Calgary

Workshop: The Munay-Ki Rites 3 and 4 (Harmony Rites & Seer Rites)
- Tuesday evening, June 17 from 7:00pm to 9:30pm - at Metatron 810 Edmonton Trail NE Calgary

Workshop: The Munay-Ki Rites 5,6, & 7 (Day Keeper, Wisdom Keeper & Earth Keeper Rites)
- Wednesday evening, July 30 from 7:00pm to 9:30pm - at Metatron 810 Edmonton Trail NE Calgary

Workshop: The Munay-Ki Rites 8 & 9 (Star Keeper & Creator Rites)
- Tentative Tuesday evening, September 9 from 7:00pm to 9:30pm - at Metatron 810 Edmonton Trail NE Calgary

If you are unable to make one of the dates, please let Judy know and she will set an alternative date with you.

The Munay-Ki workshops have elicited many responses from the protégées who have taken the Rites. Some of the comments have been: - "I have never seen visions like that or gone so far!" - "I realize we are very fortunate to receive these rites, they are a gift and are very powerful." Judith Hirst-Joyeux leads you through the teaching about the Rites and an open discussion on what happens when the rites are conferred. She illustrates how the Rites seeds are sown, and in ceremony, passes the Rites to each protégée.

If receiving the Rites resonates with you, please watch a wonderful multi part video on the Rites which is available here at <http://video.google.com/videoplay?docid=-1170193336278947327> and hear/watch Alberto Villoldo discuss the rites.

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.

Fee \$45.00 - Register with Metatron at (403) 230-4404 Note: if you simply want the rites without any teaching or explanation - the Rites are free. Please contact Judith at 225-2016 about receiving the Rites only.

Munay-Ki Rite #1 - The Rite of the Healer

Each of us has the potential to be a healer and to heal ourselves. The Rite of the Healer connects the protégé (the person on the path - you) to a lineage. The word lineage means that the group is composed of species or individuals (beings) who descend from a common ancestor. In the case of the Munay-Ki, the lineage is the grouping of healers. The Healers invoked in Rite #1 come to work with you to help you in your transformation, and to awaken the ability to heal.

Before and after you receive the Healer Rites, stuff or lessons will come up for you so that these issues may be cleared. This clearing prepares the way for the remaining rites. Receiving the Healer Rites is a powerful affirmation of who you are to be. All of us carry untapped potential for creativity, healing, wellness, and happiness.

This potential seems to get shut down as we get trapped in the play that is our life. We believe the story and it becomes our reality. We get bogged down. We lose our zeal for living. When our story gets stripped away, our reality changes and we begin to live again. See more on Munay-Ki at www.angelsandancestors.com.

©Judith Hirst-Joyeux 2007. Judy has received her Rites and the training to continue the practice of passing the Rites on to others.

First Look At The Tarot Tuesday June 10th

Do you ever wonder why people have such a fascination with having their cards read in a Tarot session? For many, it is the "truth" that appears in the cards - the psychological profile. The person "sees" themselves in a new way. In this introduction to the Tarot, participants will have a chance to work with one of many tarot decks provided for the evening's learning. This course is generic in nature. Participants do not receive a card deck to take home in this session as this is an opportunity to determine your affinity for the cards.

Date: Tuesday, June 10, 2008 at Metatron 810 Edmonton Trail NE Calgary from 7:00pm to 9:30 pm \$40.00 Register with Metatron at (403) 230-4404



Judy, Roger, Black Jack and Cindy
Photo from Monica at AIWC, used with permission.

Below - a larger picture of Black Jack
cropped from original from Monica.



Beautiful Yards!

You can get rid of weeds and grass growing in the cracks in your sidewalk, driveway, flower bed or lawn by pouring boiling water on them. This technique is most successful by doing it once a day for about three days.

ANGELS AND ANCESTORS - Calgary,
Alberta Canada T2J 5V6
Phone: 403-225-2016
E-mail: Judy
judy@angelsandancestors.com
E-mail: Roger
info@angelsandancestors.com

Helping Alberta Institute for Wildlife Conservation

On Saturday, May 3, our friend Cindy Johnston of Spiritual Solutions and Roger and I attended the 5th Annual Gala and Silent Auction Fundraiser for the Alberta Institute for Wildlife Conservation. You can see our picture to the left with Black Jack, The Swainson's Hawk. AIWC is one of the only places that I know of that handles wild animals and birds rehabilitation. Roger and I have been getting messages from our guides about becoming more involved in helping the wild creatures who are receiving many casualties as man assumes more of their habitat. After a series of messages, we received an email from Cindy letting us know about the wildlife banquet. We were happy to attend! Most animals will lose in an altercation with a vehicle. AIWC picks up, mends, and gives some TLC and sends the animals on their way.

Some info about AIWC from their website www.aiwc.ca:

- AIWC is managed by a wildlife biologist with nearly twenty years of rehabilitation experience, and three wildlife technicians, who are also biologists or certified wildlife rehabilitators. They receive assistance from 5 volunteer veterinarians, and 112 highly trained volunteers, many of whom are also biologists and certified rehabilitators.
- The trauma centre is a donated church that was completely renovated to include a clinic, classroom, and hospital cages for patients who need intensive care. There are also large rooms for patients who need more exercise and a unique brooder room for raising baby ducklings, goslings, and shorebirds. Outdoor enclosures include a large flight cage for raptors, two songbird houses, an ungulate pasture, and a deluxe waterfowl pen. The newest addition is an enclosure for digging and climbing mammals such as foxes, coyotes, badgers, porcupines, and skunks.
- AIWC accepts native injured and orphaned wildlife, ranging in size from hummingbirds to baby moose. 95% of the patients are injured or orphaned due to human activities. They are often orphaned by needless "rescuing" of babies who should have been left where they were. They may be hit by cars, electrocuted on powerlines, tangled up in barbed wire fences and fishing lines, injured by pet cats and dogs, or poisoned. In 2005, we treated 1877 patients, a new record! AIWC expects rescue numbers to continue to grow yearly.

If helping our wild cousins speaks to you, then please either call 1-403-2361 or contact the folks at Madden, Alberta through their website. Ask what you can do to help. For starters, we suggest either getting a membership or making a donation, both which can be done on line. If you go out to the center, you might get a chance to hangout with Black Jack who donates his time as an educator. If you live outside of Alberta, we suggest that you contact your local Wildlife Conservation and Rehab office.

Angel Nuggets

To Keep Lettuce Fresh: As soon as you get home from the grocery store, take the lettuce out of the bag, leave it unwashed, and wrap it in several paper towels. Turn the bag that you used to bring the lettuce home inside out, and put the wrapped lettuce back in the bag. It will store nicely for several weeks!



Easy Fertilizer for Tomatoes, Roses & Azaleas: Sprinkle Epson Salt (1tsp) around tomato plants to green up the foliage. Rose plants love old banana skins placed around their bottoms as fertilizer. To improve your azaleas, add white wine vinegar to their water every so often. They also like used teabags as fertilizer.

Website: www.angelsandancestors.com

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