



Tidings of Interest

Rise Higher!

July 2008 Volume 2 Issue 10

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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.

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The Ants Aeration of Our Yard



Photo © 2008 by S. Roger Joyeux

From The Editors - Feel the Heat!

July is the time that the Sun comes out in full strength and everyone heads for the beach and takes time to vacation. The legends say that it is the time that the Goddess rests, and the God takes over – nurturing the land and causing the crops and all animals born in the spring.

In this issue, we bring you stories of people taking action! The action ranges from trying to make peace with ants, to feeling the intentness of the Fairy Penguin, to taking the plunge to expand! We are extremely pleased to be able to celebrate our friends' accomplishments. To each of you, our readers, we offer -

“ May you be filled with loving kindness,
May you be well!
May you be peaceful and at ease,
May you be happy!”

Namaste, Judy and Roger.

Ant Oneness! - By Roger Joyeux

We are One in the Universe.

Really?

Really!

We are One in humanity; we are One in nature; we are One with the oceans; we are one with the Earth, our solar system, and all that is. And, as our story begins, we are one with the ants in our backyard. Fortunately, they agreed not to invade our kitchen.

The stories of native shaman talking to the buffalo, wolves, and deer are true, I am sure. Yet, I have not heard of any of them talking to the ants. For the past couple of years, ants have been in our yard creating colonies here and there, and we have used hot water and even chemicals to try to get rid of them. To no avail!

This year all that changed! Judy asked the universe what we could do about the ants. The answer came back to her right away, and from the ants themselves!

By asking, we indicated that we no longer wished to challenge their presence, so they answered her query. Almost immediately, they trumpeted the goodness of their contribution to our yard. They pointed out that they had been busy aerating our lawn. Sure enough, the lawn was quite evenly dotted with ant holes no more than an inch across and spaced about a foot or so apart. A few years ago, we paid a company to come and punch holes in the lawn. Was that aeration? The punched holes were very hard on the weaker parts of the lawn. In contrast, the ant holes did not disturb the root system of the grass, even a little bit.

The ants went on to tell Judy that they wanted to participate in the well-being of the yard. They were quite willing to take up residence in a place in the yard that was agreeable to us; and they wanted us to put plain white sugar near the appropriate location.

Oh how 'dense' consciousness weighs heavy!

Almost right away I took a jar of sugar with holes punched in the lid, and placed it at the far corner of the yard quite out of the way. Days later, the jar had not been touched. The ants reiterated their willingness to participate, but said they wanted a more accessible location. Realizing that my first gesture still held the vibration that, basically, I wanted to rid them from our yard, I then moved the sugar jar to a place that I thought would be appropriate.

At the time I relocated the jar, I also put about a quarter cup of water into it, thinking the sugar would be more accessible to them if it were not hard lumps. Soon a swarm arrived to soak up the sugar, yet they did not leave. Boggled down in the syrup, those who came died, and thereafter, none came.

Realizing that, like all creatures on the Earth, a thriving and vital life depends on appropriate conditions I felt badly and contacted the ants to apologize. I truly was sorry and truly wanted to establish this new promise of cooperative harmony. I simply needed to design an ant-feeder that would work.

By the time the next issue of the Angels and Ancestors newsletter comes out, the ants may already be settled into a happy home of their own. Find out then how the ants

responded to my apology, and how our co-existence with the ants has developed.

-©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



"Blue Penguin"

This picture is from Wikipedia from the Adelaide Zoo Files.

"Philosophy is written in this grand book - I mean the Universe - which stands continually open to our gaze, but it cannot be understood unless one first learns to comprehend the language and interpret the characters in which it is written. It is written in the language of mathematics, and its characters are triangles, circles and other geometrical figures, without which it is humanly impossible to understand a single word of it."

-----Galileo Galilei

"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary."

-Steve Jobs, Co-founder of Apple

Spirit Animal – Fairy (Blue) Penguin

Editors note: I am writing this discussion of the Fairy Penguin as a spirit guide in response to a post from Anonymous who lives in Sydney, Australia. The post appeared on the blog on Spirit Guide - Penguin from March 6, 2008. For anyone that wants to link to see the story that Anonymous wrote in the comment, please link by hitting control and clicking at the same time, to <https://www.blogger.com/comment.g?blogID=8315732063040319391&postId=6502386123181784848> The blog is located at <http://angelsandancestors.blogspot.com/>.

Anonymous, thank you for writing such a great description of how Fairy Penguin appeared to you and for asking for some guidance about this appearance of a somewhat unique guide in your life. As you did not leave an email address, I was not able to respond directly to you.

What I have learned is that when a spirit guide pops up in your life, it is there to help you focus on what is happening and what will be happening for the next week or two. To begin this blog, I needed to look up a picture of a Fairy Penguin because I do not know much about this animal. As you can see from the picture, the Fairy Penguin has beautiful colouring that reflects the message that it may bring to people. Some may call the feather colour blue, and others will call it indigo. Whichever, the colour blue is associated with our throat chakra while the colour indigo is associated with the third eye or brow chakra. So, what is the message in the colour blue? Fairy Penguin is telling you to speak the truth, or your truth which may be the same thing, depending on the circumstances.

This thought brings to mind the book, "The Four Agreements" by Don Miguel Ruiz. In his book, Ruiz lays out the first agreement.

1. Be Impeccable With Your Word

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

Are you speaking your truth? Are you walking your truth? Are you aware of a situation that is a lie or cover up, and is it time for you to "uncover" the truth? The throat chakra is about communication as well. Just as you ask what the Penguin is trying to say - the Penguin may be saying to you that you need to communicate more and with a different tone/technique than you are now using. If people do not understand you, it may be their challenge or it may be yours. Generally, it is both. Those around us mirror that which we struggle with. An interesting thought is that the throat is used to express the will of the Creator (or God/Goddess). Do you need to express a spiritual truth that you have been suppressing? If so, this little Fairy Penguin might be telling you about new beginnings and to get actively involved in something that expresses the creative voice and will of Creator and Universe. What is it that has been nudging you in the last several weeks - a conservation type project - perhaps helping with the Fairy Penguin, or is it about taking an active role in your community?

If you see the blue as more of an indigo colour, then the message is bringing you an awareness of your third eye. The third eye is about "seeing" what is beyond the visible or beyond our concept of reality. The fact that you saw a Fairy Penguin that others seem to be missing. Remember that the "Fairy" part of the Penguin's name is about 4th Dimensional Reality, about magic and mystery, and about the unknown. Is your awareness growing? Are your psychic abilities now starting to present themselves? Are you doing anything - taking training, meditating - to help this process? The colour indigo is also a reminder that one needs to seek the highest truth (there is that truth thing again!) and usually the highest truth is that message or way of living that happens with Divine guidance.

The Blue Penguin or Fairy Penguin grows up to sixteen inches tall. His small size is certainly similar to what we believe the size of fairies to be. The white breast is associated with the colour of spirit. The dark and light contrast may be about moving between spirit and form, or between the light and night of the world. As the Penguin may move between the water and land, the little Blue Penguin also moves between the seen and the unseen. There is a very definite invitation in the "bark" (this penguin makes a barking sound) of the penguin to take the "plunge" and move into the emotion and experience of working with the unseen. Remember too that water is always about emotion, so when an animal or another water related being speaks to you from the water, they are asking you to dive down into your emotions and examine them, and "swim" through them to get out the food or what you need and let the rest go.

You have been given a great gift! May Fairy Penguin walk with you for more of your journey! © June 2008 Judith Hirst-Joyeux. Judith is using her Healer-Sage-Shaman skills to become ever more in tune with the environment and with the people around her. She is grateful for the guidance from the Angelic Realms, from the Goddesses and

CRYSTALS' LIGHT WORKSHOP

After a successful crystals workshop in April, (see Ehren's testimonial at www.angelsandancestors.com/newsletter/news0805.pdf), we are contemplating a date for the next crystals workshop. If you are interested, let us know by phone 403-225-2016, by checking [here](#) for the register page, or by [email](#). Attendance will be limited.

Congratulations, Earth Gems!

Congratulations to our friends, Hugo and Dante at Earth Gems! They have opened a kiosk location in Northland Village Mall at 555 5111 Northland Dr. NW. Check out this new location for a look at some fascinating crystals. Roger and I also thank Hugo and Dante for their tremendous support of our workshops. They have been very kind!



The Farmers' University (The Heat of Embarrassment)

Don't judge people by appearances! POWERFUL AND TRUE STORY

A lady in a faded gingham dress and her husband, dressed in a homespun threadbare suit, stepped off the train in Boston, and walked timidly without an appointment into the Harvard University President's outer office. The secretary could tell in a moment that such backwoods, country hicks had no business at Harvard and probably didn't even deserve to be in Cambridge.

'We want to see the president,' the man said softly.

'He'll be busy all day,' the secretary snapped. 'We'll wait,' the lady replied.

For hours the secretary ignored them, hoping that the couple would finally become discouraged and go away. They didn't and the secretary grew frustrated and finally decided to disturb the president, even though it was a chore she always regretted.

'Maybe if you see them for a few minutes, they'll leave,' she said to him.

He sighed in exasperation and nodded. Someone of his importance obviously didn't have the time to spend with them, but he detested gingham dresses and homespun suits cluttering up his outer office.

The president, stern faced and with dignity, strutted toward the couple.

The lady told him, 'We had a son who attended Harvard for one year. He loved Harvard. He was happy here. But about a year ago, he was accidentally killed. My husband and I would like to erect a memorial to him, somewhere on campus.'

The president wasn't touched.... He was shocked.

'Madam,' he said, gruffly, 'we can't put up a statue for every person who attended Harvard and died. If we did, this place would look like a cemetery.'

'Oh, no,' the lady explained quickly. 'We don't want to erect a statue. We thought we would like to give a building to Harvard.'

The president rolled his eyes. He glanced at the gingham dress and homespun suit, then exclaimed, 'A building! Do you have any earthly idea how much a building costs? We have over seven and a half million dollars in the physical buildings here at Harvard.'

For a moment the lady was silent. The president was pleased. Maybe he could get rid of them now. The lady turned to her husband and said quietly, 'Is that all it costs to start a university? Why don't we just start our own?'

Her husband nodded.

The president's face wilted in confusion and bewilderment. Mr. and Mrs. Leland Stanford got up and walked away, traveling to Palo Alto, California where they established the university that bears their name, Stanford University, a memorial to a son that Harvard no longer cared about.



Picture from Microsoft Clipart

Workshop: How to Confer The Munay-Ki Rites

– Saturday August 16th, 2008 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 8 participants. Fee \$100.00

Pre-registration by August 11th required either by calling Angels And Ancestors at 225-2016 or email judy@angelsandancestors.com.

You can easily judge the character of others by how they treat those who they think can do nothing.

Editor: *This story comes from my friend Sandra. The original story was written by Malcolm Forbes (1919-1990) who also said, "Keeping score of old scores and scars, getting even and one-upping, always make you less than you are".*

We Are Ready to Confer Munay-Ki Rites

Rene Cornish has completed all nine rites and additionally has taken a day long intensive on conferring the Rites. She is now ready to begin conferring the Rites. Rene is a BodyTalk practitioner in Olds, Alberta who facilitates the progress of each individual's healing journey through a variety of modalities such as BodyTalk, Parama, Psych-K, Reiki, EFT, Self Hypnosis, Ho-oponopono and Karma Clearing. Please contact her at renecornish@hotmail.com or 403 556-3116. Congratulations, Rene!

Sharon Horstead is a catalyst for personal freedom. She helps people release the stress of a painful past or present through therapeutic breathwork (rebirthing), intuitive guidance and transformational workshops. She is also a shaman who confers Munay-Ki Rites to those who desire more light in their bodies and their lives. She begins a new session of Munay-Ki initiations on July 8. Call Sharon at her office, Inspired To Freedom, at 403.827.3978 to book your Rites. Or, you can email her at sharon@InspiredToFreedom.com

Ever felt an angel's breath in the gentle breeze? A teardrop in the falling rain? Hear a whisper amongst the rustle of leaves? Or been kissed by a lone snowflake? Nature is an angel's favorite hiding place.
~Carrie Latet



“Angel in the clouds”
by Roger Joyeux © 2007

Crayon Decorated Walls?

Upcoming Workshops – July & Beyond

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 Judith know and she will set an alternative date with you.

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 Individual Sessions

Some folks find that they like to have the Rites completed in a one to one session. In this one-to-one environment, the protégée has exclusive time with Judith to process what is going on and to discuss the effect of the rites. If this option appeals to you, call Judith and arrange for a set of times. Fee for individual session is \$90 per session. Call Judith at Angels And Ancestors at 225-2016 or email judy@angelsandancestors.com.

Angel By Your Side

May you always have an angel by your side
Watching out for you in all things you do
Reminding you to keep believing in brighter days
Finding ways for wishes and dreams
to take you to beautiful places
Giving you hope that is as certain as the sun
Giving you the strength of serenity as your guide
May you always have love and comfort and courage
And May you always have an angel by your side

May you always have an angel by your side
Someone there to catch you if you fall
Encouraging your dreams
Inspiring your happiness
Holding your hand and helping you through it all

In all of our days, our lives are always changing
Tears come along as well as smiles
Along the roads you travel,
May the miles be a thousand more times lovely than lonely
May they give you the kind of gifts that never, ever end:
Someone wonderful to love
and a dear friend in whom you can confide
May you have rainbows after every storm
May you have hopes to keep you warm
And may you always have an angel by your side
-Emilia Larson

Editor: *This lovely poem was submitted by BodyTalk Practitioner, Angela Barclay. Thank-you, Angela. We are thankful that many of our readers take time to send in pieces that either they have written or that they have enjoyed.*

Angel Nuggets

Not only does WD40 lubricate the rusted screws and hinges around the house, it will clean wax crayon drawing off the wall with ease. If you find that there is some oily residue on the wall, simply wash off with liquid dish detergent and water. Your child's signature art is all gone!

The best tranquilizer for sleeplessness: If you have trouble sleeping, try this very simple, natural remedy. Usually, we are kept awake by unnecessary troubling thoughts. The best way to get to sleep, then, is to close your eyes, and then to begin rubbing your hands together. Feel them get warmer and warmer. If you don't really feel the heat, use your imagination in believing that they are getting warmer. The more active your thoughts, the more active the hand rubbing needs to be. Rub the hands really fast and make the hands really hot. As you concentrate on this process, you will feel your head clear from all its activity. The energy has transferred to your hands. Your right hand is joining with your left brain, and your left hand is joined with your right brain. The two polarities are united. When the hands become warm, the head becomes cool and one can relax and sleep!

Editor: *This remedy comes from natural solutions suggested by Osho.*

Website: www.angelsandancestors.com

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