



Tidings of Interest

Rise Higher!

August 2008 Volume 2
Issue 11

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A Letter From Your Angels/Guides



Send us one question. We will channel a letter from your angels or guides to answer the question, including additional information they want you to know.

STEP 1: Send your question by [EMAIL](#), or phone Judy or Roger at 403-225-2016. Turn around time, usually 24 hours following confirmation of Step 2.

STEP 2: Pay \$30 fee by PayPal
<http://www.angelsandancestors.com/>

[Angelsandancestors.
blogspot.com](#)

We invite you to enjoy the articles on our Blog. Each item has a specialty with practical tips for gardening,

From The Editors - Month of Reaping!

I love the month of August because this is the time that all of our vegetables are now ready to eat - if we haven't been sampling them already! In the Finnish language, the month of August is called "elokuu", meaning "month of reaping" or literally, "month of life". The Celts call this time "Lughnasadh". (Say this word as LOO(d)-nə-sə.) August first marked the beginning of the harvest season, the ripening of the first fruits, and August was traditionally a time of community gatherings, and reunions with distant family and friends. If you are traveling during August, we wish you "happy trails". If you are entertaining relatives or friends, we wish you "happy memories". If you are back on the job after a break in July, we wish you "happy hours". Most of all, we wish each of you a time of harvest – so that you feel well and happy.

Namaste, Judy and Roger.

The Meditation Breath - By Roger Joyeux

Ever been there?

If you hang around the spiritual community for any length of time, at some point, you will find yourself in a group of seekers where the leader is telling you to breath deep. The people in the room then respond by forcing their inhalations and exhalations loud enough for all to hear.

Next time you find yourself 'there', think 'done that', and try this. Sitting up straight with your back aligned is the starting point. Review your posture; are you comfortable? (More on comfort later.) Remember how the masters sit? Quite often, their arms are straight with their hands resting on the knees. One of the reasons for locking the arms is that the weight of the shoulders gets heavy after a while. The shoulders then slump down thus reducing the capacity of the lungs. Further, in deep meditation, the triangle of the two arms and spine maintains posture in the situation of elevated consciousness even after the mind loses its attachment to the physical plane. The arms also contribute to keeping the lungs open. The main idea is to attain optimal lung function.

We all know that breathing is good; yet why is it so important to good meditation? Let us begin to answer the question by saying meditation is a subtle process. The easiest-to-understand 'objective' of meditation is to connect with one's higher self. For certain, the higher self is subtle. It resides in dimensional space much higher than that of the physical plane. To fulfill the objective of connection to a subtle being, such as your higher self, or your guides and angels, one's physical presence also has to be vibrating at a high and subtle level. In effect, you need to raise your vibration high enough to attain a reasonable level of compatibility.

There are a few things a person can do to achieve compatibility and breath is one of them. The primary constituent of the air we breathe is oxygen. Of all the elements on Earth, oxygen is the most potent element for carrying divine light. More light means higher vibration; higher vibration gives the meditator a better shot at creating a meaningful connection to the higher self.

When considering the importance of breath, there is nothing esoteric about it. The oxygen in the air is the most potent carrier of divine light frequencies on Earth. The oxygen in each breath acts on the body by releasing light. Every chemical reaction in every cell binds and releases the constituents of the air thus releasing and making divine light available to the body. Oxygen carries light to every part of the body; and the body's vibration rises accordingly.

Opening the lungs by using good posture is only one of several innovations that help the process. Whenever I lead a meditation group, I begin by having everyone take a full deep breath, really full that is. I then ask them to take in a bit more and hold it while doing a few stretching exercises. The objective is to stretch the air sacs or alveoli of the lungs to cause a more efficient exchange of oxygen across the membranes and

or meditating, or simply a thought to grow on.

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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.

403-225-2016 srjoyeux@telus.net

Check Out

[The Store at Angels and Ancestors](#)

(Ctrl and click on the link above)

The Store features an ever changing selection of books, crystals, and miscellaneous items. See the rose quartz angels and crystal skulls.



The Sisters of Serenity

Featured in Book Store



[Zen Transformational Tarot by Osho \(click on image to go directly to Chapters to order\).](#)

[Other items in book store – Click on Bookstore](#)



From Wikipedia

Time is fascinating because it is limited -

into the blood stream. A few more deep breaths, to go with stretching, has the effect of cleansing the lungs of stale air and carbon dioxide build-up. Further, stretching the lungs has the added yoga-type effect of exercising and opening the bronchial passages.

Next, flare the nostrils. Opening the nostrils permits a greater volume of air to enter the lungs. The nostrils do not need to remain flared, yet the flare stretches them and makes them pliable enough to respond to the subtle need to open or narrow as air flows in and out.

Contingent to the flare of the nostrils is the expansion of the nasopharynx (the passages behind the nostrils that stretch back to the throat). With a little conscious effort, you can open the nasopharynx and, again, more air can enter the lungs. In addition, the membranes of the nasopharynx, similar to the alveoli, are heavily populated with blood vessels. This means that oxygen can transfer into the blood prior to getting to the lungs. Doing it right means oxygen gets to your head before it gets to the lungs. The meditator who works with the nasopharynx will notice an elevated sense of being and a calm that pervades the brain after only a few minutes.

Once the air passages, nostrils, and alveoli are opened, air flows. Herein, lays one of the more important means to achieve a blissful state. That is, airflow throughout the respiratory tract needs to flow silently. Noiseless breathing cannot be overemphasized. Any sound of air rushing through the nose, nasopharynx, or bronchial tubes is the equivalent to turbulence of the mind. Turbulent airflow causes turbulent thinking and negates the serenity needed to bring the physical mind and vibration within reach of the higher self. When focused in meditation, check the airflow of your breath for even the subtlest of noises. The body's demand for oxygen will determine the pace or breaths per minute. The way to keep pace, and still maintain noiseless breathing, is to work consciously with the nostrils, nasopharynx, and lungs. After a while, the body's demand for oxygen will even out and the pace will stabilize.

Getting the breath right leads to the hoped-for elevation of the physical vibration as light enters, acts, and reacts with physical tissues. The body, however, is not accustomed to this newly imposed higher state. It reacts by shifting into a posture that may be conceptualized as defensive. In the defensive posture, the body stiffens slightly and tension becomes noticeable to the meditator as discomfort. By assuming defense, the body slows the rate of assimilation of light energy because it wants to maintain the level of vibration that it is used to having. The solution is first to be aware of this problem, then to consciously relax and let the body go. Through conscious release, tension drops away and the process of bringing light to the body resumes at an accelerated rate.

By way of review, sit up straight with opening the lungs in mind. Do several lung stretches with a lung full of air to improve air exchange in the lungs. Consciously, open the nose and nasal passages and experience the high that comes with mind oxygenation. Remember to breath absolutely silently and at a pace set by the demands of the body. When tension rises, relax into a comfortable posture. Finally, sense the serenity that invites the higher self to join your meditation.

-©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

Spirit Animals –Jaguar- By Judith Hirst-Joyeux

Editor Notes: Anybody in Munay-Ki will have experience with Jaguar. Jaguar is a principal archetype that appears in Rite Three, the Harmony Rite. She sits in the sacral chakra as a protector. In the South American Spanish, “jaguara” means meat eater that overcomes prey with a single bound!

The dreamscape shows a sandy beach about one hundred meters wide. On one side is crystal blue ocean. On the other is bright green jungle – it smells cool and lush. A sound happens – is it a cough? Is it someone clearing their throat? As the scene changes a large, slow walking jaguar glides out of the forest.

The scenario just described is one way that a person may meet their spirit animal, Jaguar. Jaguar is mostly in Central America and South America. The sounds Jaguar makes are a coughing, grunting, and snarling noise. They do not roar like other big cats. Jaguar is noted for its endurance and ability to travel hundreds of miles to satisfy

a scarce resource - or so we think! The most common refrain one hears is "I don't have time!" This may be for work, recreation, or just plain living. When you ask someone what the time is, you will get an amazing range of answers. As Alexander Pope says - "Tis with our judgments as our watches — none, Go just alike, yet each believes his own."

its appetite. She also climbs trees very well and is extremely fast. Those with a Jaguar Spirit usually are calculated risk takers. They make strong, steadfast leaders. As diplomats, the individual may be known for the strength of character and calculating mind. In both cases, the individuals come quickly to the point with a minimum of words.

Jaguars are known to live in caves close to a source of fresh water. Humans associate caves with retreating and water with emotion. The message in this behaviour is to take a break from "do-ing" so much, and to retreat to "be-ing" and to dealing with the emotions that are not resolved. Jaguar is also known for its impeccable behaviour – it moves quietly and kills flawlessly, without flourish. Jaguar kills only when hungry and the kill is quick so the prey does not suffer needlessly. Jaguar's example to us then, is to accomplish what we need to do with a minimum of effort. Too, the example is about using only what we need, a minimalist way of living. Perhaps it is time for cleaning out cupboards and pantries and closets and drawers. Give away what is not required – it doesn't serve anymore. And, much of the "stuff" that we have, is not required in the cave!

© 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.



Picture from Associated Press
July 16, 2008
"The Brightest Star In the Galaxy"

Stars, Songs, Faces

by Carl Sandburg (1878-1967)

GATHER the stars if you wish it so.
Gather the songs and keep them.
Gather the faces of women.
Gather for keeping years and years.

And then ...

Loosen your hands, let go and say good-by.

Let the stars and songs go.

Let the faces and years go.

Loosen your hands and say good-by.

Solstice/Equinox Invocation- by Judith Hirst-Joyeux

Editor's note: We have had a request for an invocation that would be appropriate for the Fall Equinox. This invocation first appeared in our first newsletter, October, 2006.

"I invoke the Great Spirit, the God, the lord of the Sun, the father of man and woman, the father of all that is wild and free, the protector of all.

Descend I pray, with your power and protect, guide and assist those within this circle. We ask that you receive our thanks, that you continue your bounty through the winter sleep, that you help us with blessings to all, and that you help us release that which no longer serves us. We ask that you teach us to live in the way of peace. We welcome you.

I invoke the Great Spirit, The Goddess, the mother of the Earth, the mother of man and woman, the mother of all that is wild and free, the protector of all.

Descend I pray, with your power. I ask for the healing of all your children - The Stone People, the Plant people the four-legged, the two legged, the creepy crawlers, the finned, the furred, and the winged ones, all my relations. We ask that you continue your bounty. We welcome you.

To the Caretakers of the Earth, the fairies, devas, sprites, elementals, and all wild and free folk, descend to the circle with your power and protect and hold the energy that healing of all may take place, and that the healing may flow to the earth and all its inhabitants. We welcome you.

To the Winds of the South, we welcome the Great Serpent and ask it to teach us to shed the past and to walk softly on the earth.

To the Winds of the West, we welcome Mother Jaguar and ask her to teach us the way to live impeccably and to show us the way beyond death.

To the Winds of the North, we welcome Hummingbird, Grandmothers and Grandfathers and Ancient Ones, we ask you to be at our fire, to allow us to honor you and those who will come after us, my children's children.

To the Winds of the East, Great Eagle, we welcome you, and ask that you keep us under your wing and teach us to fly with the Great Spirit.

Father Sun, Grandmother Moon, Star Nations, and Great Spirit, we welcome you.

The Devotion which releases the energy: Simply thank every deity or direction and ask them to return to release their power."

© July 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: How to Confer The Munay-Ki Rites

Saturday August 23, 2008 from 9:30am to 5:00pm

Join Judith Hirst-Joyeux on Saturday August 23 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 18th required either by calling Angels And Ancestors at 225-2016 or email judy@angelsandancestors.com or register at http://www.angelsandancestors.com/register_munayki.html

Beautiful Lawns for Dog Owners!

Dog urine kills grass – to stop this effect, twice a day put one tablespoon of tomato juice in with your dogs food. The harmful acid in the pee is neutralized, which means that the grass is not killed. (This does not harm the dog!)

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Upcoming Workshops - August & September

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

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> and hear/watch Alberto Villoldo discuss the rites. Contact Judith at judy@angelsandancestors.com for information setting up a class with several of your friends, and receiving the rites.

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

Crystals' Light Workshop – August 15th

Dates: Friday, August 15th (7:30-9:30),
Saturday, August 16th (9:30-4:30), and
Sunday, August 17th (9:30-3:00).

Fee: \$140.00

Location: 331 Deercroft Place SE Calgary AB

Class Size Limit: 10 (Based on first paid registrations)

Registration: Register online at www.angelsandancestors.com/registration.html or call 403-225-2016. Please register early to confirm your seat.

Registration Closes: Monday, August 11, 2008.

The agenda:

Approximately 12 hours class time is involved. Information and personal intuitive testing is done on roughly 70 of the best known crystals.

Angel Nuggets

A Simple Milk Bath - Pour a cup or more of powdered milk under running bath water. The lactic acid in the milk will remove dry dead skin and leave you baby soft. Powdered milk is quite reasonably priced compared to those expensive bath oils and soaks. Just add a drop or two of some scented oil if you want a really dreamy bath!

Magic Headache Cure - Mix two tablespoons of apple cider vinegar with two teaspoons of honey in a glass of water. Drink the mixture slowly, and clear your headache within a half-hour. Or, try this. Eat ten to twelve almonds at the first sign of a headache. The almonds are equal to taking two low dose aspirins and will not irritate your stomach as aspirin does.

Website: www.angelsandancestors.com

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