



Angels And Ancestors Tidings of Interest

Rise Higher!

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From The Editors – Remembering Who You Are!

This is a time of remembering... we are remembering that we are beings of light having a human experience. Therefore, we would like to share with you an excerpt of information from Archangel Michael and channelled by Ariana Sheran of the Cloverleaf Connection (www.cloverleafconnection.ca). Used with Ariana's loving permission. Thanks!

***Live With Loving Detachment!** Endeavor to stay detached to a certain extent from all that is occurring in the struggle. You, of the Light, know that you have chosen your own ways. You know that you are strong and firm and nothing would ever deter you from remaining Light, from going towards the Light, from being pure Light. Since you know there is going to be this type of a spiritual war occurring and that is happening right now, I believe you can assist yourself and assist others in a certain detachment. This is not saying that you need to bury your head in the sand and not look at what is occurring. That is not what I mean. I mean that you are putting your hand out and keeping a detached attitude. You're keeping the evil from your heart your hand is up in front of your heart and it is out from your body about one foot. This symbolic detachment will keep the evil from your heart and keep you from becoming so terribly emotional and sympathetic about what is occurring. It is natural to be emotional and sympathetic when people are involved and they are being mistreated, for example. Remember the karma and the karmic balance occurring and then remember the detachment, which is protective yet you still give love. It is simply that you don't react in an emotional manner that leaves you out of control. That is where we are asking the Lightworkers to be now and in the near future.*

We encourage each of you to find that place of harmony and peace where your emotions do not gain control, and where you remember the gracious being that you are! - Judith and Roger

Upcoming Workshops –November & December & January & February

The following list of workshops provides calendar dates and fees. A full description of the workshops and registration may be found at the link below on the first page of the Angels' website. <http://www.angelsandancestors.com/> NOTE that we now have VISA and DEBIT.

Workshop: Crystals' Light Workshop

Date: Fri, Nov 7, 7:30-9:30pm Sat, Nov 8; 9:30- 4:00pm Sun, Nov 9; 9:30-3:30pm
Location: 331 Deercroft Place SE **Fee:** \$140.00, includes lunch **Registration:** Prepaid either by cheque or online prior to November 1, 2008. Limit to twelve attendees. **Audit Fee:** \$80.00 for those who have already taken this class and wish for a refresher.

Workshop: How to Confer The Munay-Ki Rites

NOTE that this workshop has been moved from Saturday November 15th to Saturday November 29th.... Click on the Workshop link for more info on this class.

Date: Saturday, November 29th, 2008 from 9:30am to 5:00pm. **Fee** \$100.00, **audit fee** for those who wish to redo the course \$50.00. **Registration:** by calling Judith at 403-225-2016

Workshop: Learn To Channel Spirit Guides

Date: Saturday, January 31 2009 from 1:00 to 5:00pm
Location: 331 Deercroft Place SE **Fee:** \$45.00
Registration: Preregister by calling Roger or Judy at 403-225-2016 Limit to twelve attendees. (See the story in this issue about one student's journey in channeling – *Learning How to use Crystals and How to Channel From Roger Joyeux.*

Make Your Own Medicine Bag! Workshop

Facilitator: Samantha Hussey Make your own personal medicine bag – Learn the basic techniques of creating medicine bags; working with leather, stitching, design and construction ,and how to perform the four-strand braid. In the workshop we will open sacred space, give teachings, perform a short journey to set the intent for the bag, cutting and sewing, punching holes for drawstrings, finishing the bag physically and energetically, and close sacred space. We will be constructing a small personal medicine bag with fringe that would be suitable for crystals, fetishes, herbs, feathers, etc. Measures approx 2'' X 2.5'' without fringe. Fee: \$55.00 including

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all materials About 4 hours If you have an interest in this workshop - email Judith at info@angelsandancestors.com, and we will let you know when the next workshop will be held – or phone 403-225-2016.

Workshop: Karma Therapy Practitioner Level 1 (StarTalker Credit Course)

Date: Will be offered in December if there are two or more participants.

Will be offered January 17th Saturday from 9:30am to 5:30pm.

Location: 331 Deercroft Place SE **Fee:** \$150.00, includes lunch and workbook

Registration: Limit to twelve attendees. Call Judith 403-225-2016

Learning How To Use Crystals And How To Channel From Roger Joyeux – by Caroline (A Student In the StarTalker Path)

I have always been attracted to crystals. At a young age I remember my mother use to have a quartz crystal point and a small amethyst on her dresser. I would always go in her room and observe them and wonder about them and dream that I might have one. I felt there was a mystery behind them. Dreams of crystals were put on a shelf until recently. I was drawn to getting some crystals, but knew nothing about them. I purchased a few and then decided that I should take the “Crystals’ Light” workshop from Roger Joyeux.

Coming into this course, I knew pretty much nothing about crystals - not their names nor did I have any idea of what they did or how they worked. After completing the workshop, I am much more familiar with them and grasp how they work and also how to intuitively find what they should do or how they should be used. I loved learning about the lapis lazuli and why they are beneficial to students. Some of the other facts that surprised me were:

- lepidolite is about balance and what that means
- why elestial is a great crystal to have, and what characteristics to look for when buying this stone
- that smoky quartz has an effect on the kundalini, and what to look for to see if the crystal is “faked”
- which crystal brings serenity – and it starts with an “s” , and,
- the fundamentals of “how to do” a copper board and crystal layout for healing or balancing.

After learning more about crystals my interest in them grew ten fold. I booked my self in for a crystal and copper board layout, so that I may experience it. This was very cool; especially because Roger also does a written channel while you are having the layout done. The channel details the answers to questions and also provides information that your guides wish you to receive.

This experience made me feel the call to learn more on working with crystals, and I wanted to learn to channel. When Roger said that he was teaching a workshop called, “Learn to Channel Spirit Guides”, I registered immediately. This course was extremely refreshing. Channelling was kind of a mystery to me. Roger teaches it in a clear and straight forward fashion and walks us trough many exercises.

I didn’t know what to expect how it would feel or be when I would attempt channelling. I learned there is no electric lightning bolt going off with a neon sign saying “channel coming in”. It is something that requires practice and having guidance while doing it and guidance learning how to do it, is a great blessing. This channelling workshop showed me that I can be a channel. With this comfort level in place, I felt comfortable in pursuing more knowledge since I had a good and strong base.

My teacher says that when you are doing what you are supposed to be doing on your path, everything is easy! My luck just keeps growing in my spiritual path these days. I was very lucky to be able to get tutoring and guidance on doing a copper board layout from Roger himself. He encouraged me to do a copper board layout on him to use my skills and to practice channelling in a safe place. At first I was pretty nervous, because I am not too sure what I am doing. But Roger gently walked me trough the process and so now I have the experience of doing a crystal and copper board layout.

A crystal light copper board layout requires a few things, first the copper board and accessories. Then a series of crystals is required. Having taken the Crystals’ Light Workshop I knew a bit about them, but this course was two months a go. Now, suddenly using Roger’s crystals, I have many crystals to choose from. And, yes you could just put all of them on the client. However, the proper way to do a layout for a person is to ask your guides to help you choose which crystals to use. So I found myself looking down on two very big and full drawers of crystals. This was a very special experience for me, and I felt very lucky and privileged to have a chance to do this.



Pick up Sugulite (aka Luvulite) for a Christmas gift...

Kneeling down and looking at the crystals I felt overwhelmed, I was thinking, how will I know which ones to pick? Roger assured me that I cannot go wrong, and to take my time to pick the ones that I felt needed to be used.

So away I went, looking down on the crystals and listening/feeling to the guidance I was receiving. Was it coming from above or from the crystals? Which crystal was calling, "Pick me! Pick me!"

It was a very slow process scanning all of them. At first it felt like some of them were brighter than others, so that I may see them. I was also using my knowledge of the crystals to know which ones to use. For example, there are basic things you need in a layout like quartz crystal generators, and a few grounding and protecting stones. And at some point when I felt I was done, a name of a crystal that I haven't even seen in the drawers, came to me. This was an experience that encompassed many different things!

With more practice, I will one day offer this service to people in my part of the world. With the courses and guidance I received I felt more confident and now I am really excited to do this all over again!



"Striped skunk" picture from Wikipedia..

*"The most important human endeavor is the striving for morality in our actions. Our inner **balance** and even our very existence depend on it. Only morality in our actions can give beauty and dignity to life." – Albert Einstein*

Spirit Animals –Skunk- By Judith Hirst-Joyeux

One of the most feared and least understood animals is the skunk. Most of us simply know Skunk by reputation – it is small, black and white, and protects itself with a fearsome smell that takes months of washing with tomato juice to fully clear from your skin and hair or your dog's skin and hair.

Skunk, with its black and white coloring, is about magic and mystery, from the very basic, dark mysteries (black) to the highest pure and good mystery (white). Skunk comes to us as a teacher. First, it teaches us about moving slowly, and being in command of our environment; of understanding what is around us fully. It teaches self confidence. Because it is very small and the prey of the very big (Great Horned Owl "loves" skunk as the feature menu), Skunk is very aware of what it feels. It teaches us to trust our instincts. If it feels threatened, Skunk stamps to give warning that it is not happy. Skunk teaches us to look beyond the physical site to "search out what is going on by using our inner site or third eye, and to trust this other vision".

Skunk is unobtrusive and goes about its business quietly. It does not blunder around making loud noises or in any way drawing attention to itself. Its scent warns others away from the area it is in, even if others cannot see Skunk. The message for those who are receiving Skunk Teaching is to go through your journey quietly, doing what needs to be done, and slipping away when the work is finished.

Skunk medicine is about being in balance. If the Skunk is feeling secure, the scent it emits is very faint and may be confused with the scent of the skunk cabbage which grows in small bush areas. Skunks eat a very balanced diet consisting of insects and larvae, earthworms, small rodents, lizards, salamanders, frogs, snakes, birds, moles, and eggs. They also commonly eat berries, roots, leaves, grasses, fungi, and nuts. (*Information on diet from Wikipedia*) Skunk clearly shows that it eats what is in season and what is provided to it by Mother Nature. For those getting a lesson in Skunk Teaching, this lesson is about balancing one's diet with the food readily available in one's environment, and allowing the digestive system to process food that is compatible and not from wildly different geographic locations. Skunk loves honey, and therefore teaches us to enjoy the sweetness of life – to "take it as it comes, and have a good sleep to celebrate the feast of sweetness".

If Skunk is appearing to you, pay attention to what is going on around you. Examine your environment, your food intake, and your spiritual journey. Perhaps it is time to make some changes. © October 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.*



Daibutsu-Buddha at the Kotokuin

The Worm – A Buddhist Teaching Story- Ajahn Brahmavamso

There is a wonderful little story about two monks who lived together in a monastery for many years; they were great friends. Then they died within a few months of one another. One of them got reborn in the heaven realms, the other monk got reborn as a worm in a dung pile. The one up in the heaven realms was having a wonderful time, enjoying all the heavenly pleasures. But he started thinking about his friend, "I wonder where my old mate has gone?" So he scanned all of the heaven realms, but could not find a trace of his friend. Then he scanned the realm of human beings, but he could not see any trace of his friend there, so he looked in the realm of animals and then of insects. Finally he found him, reborn as a worm in a dung pile... Wow! He thought: "I am

Temple in Japan

Picture from

<http://www.writespirit.net/religious-traditions/buddhism/Daibutsu-Buddha.jpg>

going to help my friend. I am going to go down there to that dung pile and take him up to the heavenly realm so he too can enjoy the heavenly pleasures and bliss of living in these wonderful realms."

So he went down to the dung pile and called his mate. And the little worm wriggled out and said: "Who are you?", "I am your friend. We used to be monks together in a past life, and I have come up to take you to the heaven realms where life is wonderful and blissful." But the worm said: "Go away, get lost!" "But I am your friend, and I live in the heaven realms," and he described the heaven realms to him. But the worm said: "No thank you, I am quite happy here in my dung pile. Please go away." Then the heavenly being thought: "Well if I could only just grab hold of him and take him up to the heaven realms, he could see for himself." So he grabbed hold of the worm and started tugging at him; and the harder he tugged, the harder that worm clung to his pile of dung. Do you get the moral of the story? How many of us are attached to our pile of dung?

Editor's note: This wonderful story came from a website called http://buddhism.kalachakranet.org/resources/buddhist_stories.html

When One Does...

When one does what Buddhas do, one is a Buddha.

When one does what Bodhisattvas do, one is a Bodhisattva.

When one does what Arhats do, one is an Arhat.

When one does what ghosts do, one is a ghost.

These are all natural phenomena. There are no shortcuts in cultivation. If you wish others to know about your good deeds, they are not truly good deeds.

If you fear others will find out about your bad deeds, those are truly bad deeds.
~ ~ Master Hsuan Hua ~ ~

Note... In Tibetan Buddhism, a **Bodhisattva** is anyone who is motivated by compassion and seeks enlightenment not only for him/herself but also for everyone... An **Arhat** is a person who attains the ultimate goal of nirvana. Arhat literally means "worthy one" or "saint"

Dealing with Gossip According to Socrates - Author Unknown

Keep this philosophy in mind the next time you either hear or are about to repeat a rumor.

In ancient Greece, Socrates was widely lauded for his wisdom. One day the great philosopher came upon an acquaintance who ran up to him excitedly and said, "Socrates, do you know what I just heard about one of your students?"

"Wait a moment," Socrates replied. "Before you tell me I'd like you to pass a little test. It's called the Test of Three."

"Three?"

"That's right," Socrates continued. "Before you talk to me about my student, let's take a moment to test what you're going to say."

The first test is Truth. Have you made absolutely sure that what you are about to tell me is true?"

"No," the man said, "actually I just heard about it."

"All right," said Socrates. "So you don't really know if it's true or not."

Now let's try the second test, the test of Goodness. Is what you are about to tell me about my student something good?"

"No, on the contrary..."

"So," Socrates continued, "you want to tell me something bad about him even though you're not certain it's true?"

The man shrugged, a little embarrassed.

Socrates continued. "You may still pass though, because there is a Third test -- the filter of Usefulness. Is what you want to tell me about my student going to be useful to me?"

"No, not really."

"Well," concluded Socrates, "if what you want to tell me is neither True nor Good nor even Useful, why tell it to me at all?"

The man was defeated and left, ashamed. This is the reason Socrates was a great philosopher and held in such high esteem.

Editor's note: This story appeared on the "Inspirational Page" at the EFT home page <http://www.emofree.com/Inspiration/gossip.htm>. Many thanks to Gary Craig for having an Inspirational Section.

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