



# Angels And Ancestors Tidings of Interest

## Rise Higher!

**February 2009  
Volume 3 Issue 5**

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### **ANGELS AND ANCESTORS RADIO SHOW SPECIAL**

From **January 13 to April 30** radio show listeners may take the **Psychic Abilities Assessment** at a the lower rate of \$255.00...a discount of \$65.00!

This applies to in-person sessions, and to internet or email sessions.

Email [info@angelsandancestors.com](mailto:info@angelsandancestors.com) with your questions **OR** to confirm your wish to assess your abilities.

Since a Seeker may want a **Psychic Abilities Check Up**, similar to the annual physical from your Doctor, he or she may retake the Assessment for \$150.00. Please call Judith at 403-225-2016 to book your appointment.

### *From The Editors – Feeling Fine In February!*

There are several ways to describe February – the month of love, the month of loneliness, or the month that heralds spring, and therefore, makes us feel fine. Each of us fits into one of these categories. If you don't feel fine, people will say to you that you just have the winter blahs.

We have a solution for the blahs that also qualifies under "love" and is guaranteed to make you feel fine. Anyone that has studied with us knows that we believe in the power of meditation – not only "the sit in silence and let your mind be blank" meditation; we believe in active meditation. Active meditation means that you need to be part of the meditation and not have the meditation "happen" to you. Over the years, I have taught variations of the "LOVING KINDNESS" meditation. I have recently learned this one and wish to share it with you. Say it out loud when sitting in meditation. Say it out loud as a walking meditation, even when you walk your dog. Our dogs love it! Say it at night before you go to bed.

**May I be free from inner and outer harm and danger.**  
**May I be safe and protected.**  
**May I be free of mental suffering or distress.**  
**May I be happy.**  
**May I be free of physical pain and suffering.**  
**May I be healthy and strong.**  
**May I be able to live in this world happily, peacefully, joyfully, with ease!**

This is actually the first step in the "loving kindness" meditation. However, it is a beautiful, empowering, feel good message that lets you feel fine. Don't give up if you do not feel a shift in the first several days. Persevere!

We would love to hear your experience with this meditation. Send us a note to <mailto:info@angelsandancestors.com> subject=My experience with the LOVING KINDNESS meditation, and if you are willing, permission to publish your story in an upcoming newsletter.

Be well, and Happy Valentine's Day!

- Judith and Roger

### *Upcoming Workshops & Events – February & March*

[Event: Angels And Ancestors Internet Radio Show](#)



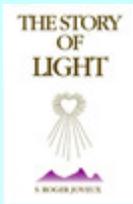
**Date:** Tuesday, **February 3, 10, 17, 24, 2009** 1:00 – 2:00 pm MST **Host:** Judith Hirst-Joyeux. **Weekly for 13 weeks.** Listen at the host page below...

<http://www.modavox.com/voiceamericacms/WebModules/HostModaview.aspx?ChannelId=4&HostId=603&Flag=1>

[Workshop: Working with Your Ancestors – Ancestors Speak](#)

**Date:** Saturday Feb 7 2009 from 1:00 to 5:00pm

**Location:** 331 Deercroft Place SE **Fee:** \$50.00



**The Story of Light: Volume One, Path to Enlightenment**  
**By S. Roger Joyeux**  
**ISBN #0-9686521-0-7**

A limited number of the first edition of "THE STORY OF LIGHT" are still available. Order your copy now by clicking on the above link. In Canada price, including shipping - \$26.00.

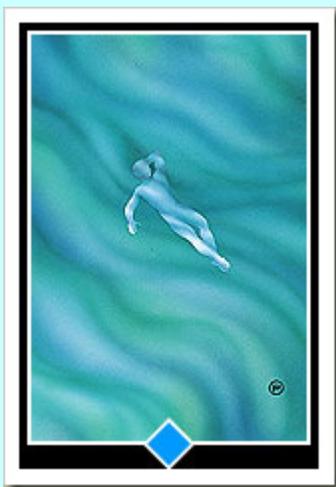


Card 10 – Major Arcana  
Wheel of Fortune

**NEWSLETTER  
SPECIAL OFFER**

Special Offer Tarot Reading – ask 3 questions for \$50.00. Reading may be done by phone or over email.

This offer may only be booked by email to [info@angelsandancestors.com](mailto:info@angelsandancestors.com) or by calling Judith at 403-225-2016. Payment may be by Mastercard or Visa



This is an experiential workshop.

-Part 1 talks about the various influences that Ancestors have on us generally, and the impact that an individual may feel from their Ancestors.

-Part 2 allows the individual go to a specific time to meet an ancestor that works with them today in a positive way.

-Part 3 allows them to go to a specific time to meet an ancestor that has unfinished business that may show up in the individual's life in a negative way. This is a time to resolve that business.

-Part 4 is performing an honouring ceremony for all our ancestors to help them be comfortable and move on or move to the light if they are now ready to do so.

-The session ends with a wrap up and a short time to answer questions.

**Registration:** Preregister by calling Roger or Judith at 403-225-2016 Limit to twelve attendees.

**Make Your Own Medicine Bag!**

**Date:** Saturday, February 14<sup>th</sup> from 1:00 to 5:00pm

**Location:** 331 Deercroft Place SE **Fee:** \$55.00 including all materials

**Registration:** Please preregister by calling Roger or Judith at 403-225-2016 Limit to twelve attendees. **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. If you have an interest in this workshop - email Judith at [info@angelsandancestors.com](mailto:info@angelsandancestors.com), and we will book your space – or phone 403-225-2016.

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

**Date:** Will be offered February 22, 2009 Sunday from 9:30am to 5:30pm.

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

**Registration:** Limit to twelve attendees. Please pre-register. Call Judith 403-225-2016

**Workshop: New Moon Meditation – Feb, April & June**

**Date:** Wednesday Feb 25 2009 from 7:30 to 9:00pm

**Location:** 331 Deercroft Place SE **Fee:** \$10.00

**Registration:** Preregister by calling Roger or Judy at 403-225-2016

Now is the time to set your vision! Join hosts Judith Hirst-Joyeux and Roger Joyeux as they facilitate breathing practice, chanting, rattling, setting intention guidance and meditation for the New Moon energy. Learn that setting your vision helps you to move outside the consensual reality dictated by the media.

**Date:** Friday April 24 2009 from 7:30 to 9:00pm

**Location:** 331 Deercroft Place SE **Fee:** \$10.00

**Registration:** Preregister by calling Roger or Judith at 403-225-2016

The New Moon is on April 25<sup>th</sup>, however, Judith and Roger will teach an exercise to take advantage of the build up of energy to the New Moon.

**Date:** Monday June 22 2009 from 7:30 to 9:00pm

**Location:** 331 Deercroft Place SE **Fee:** \$10.00

**Registration:** Preregister by calling Roger or Judith at 403-225-2016.

Discover how this New Moon energies support the Summer Solstice.

For more information on any of these workshops, click on the SERVICES link on the left side of the page, and then select WORKSHOPS.

**TAROT DISCUSSION – OSHO ZEN TAROT, GOING WITH THE FLOW**

I have been having a week that is not going as smooth as I would like to see it go. Yes, I am setting some expectations, and I do have several tasks that I want to accomplish. I decided that I would pull a card from the OSHO ZEN deck and ask the question, "What is blocking me?" It has been said many times - be careful what you ask for.

When I pulled the card, I pulled card 58 called "Going with the flow". I immediately saw the connection, and again marveled that Great Spirit so easily communicates when asked questions. I could see that I was not going with the flow. I was trying to be in control. Or, as one of my Shaman Teachers would say, "You are trying to drive the bus! Get out of the driver's seat. You aren't qualified to drive the Universal Bus!"

Osho's write up says, "When this card appears in a reading it is an indication that you are able to float now, trusting that life will support you in your relaxation and take you exactly where it wants you to go. Allow this feeling of trust and relaxation to grow more and more; everything is happening exactly as it should."

I get it! I am supposed to relax and not push for a certain outcome. I am supposed to just "BE" and in be-ing, I will quit do-ing. As I am, I will feel the healing powers of the Oneness

**Card 58 from the OSHO ZEN  
TAROT DECK - "GOING WITH THE  
FLOW"**

and all tasks that I must do are no longer "musts" but simply flowing with the current. When I emphasize the task too much, I destroy the balance. I wish all of you ease of daily activities!

© January 2009 Judith Hirst-Joyeux. This article first appeared January 22, 2009 on the ANGELS AND ANCESTORS blog at [angelsandancestors.blogspot.com](http://angelsandancestors.blogspot.com). See other

**TAROT DISCUSSION articles on the blog site.** [Tarot Discussion - OSHO Card XII - New Vision](#), [Tarot Discussion - Osho Card 10 - Harmony](#), [Tarot Discussion - "Guilt" from Osho Zen Tarot, Card 8](#), [Tarot Discussion - Osho Zen Card 9 - Ripeness](#), [Tarot Discussion - Osho Zen Card III - Creativity](#)



Picture from Microsoft Clip Art... Eagle In Flight

Say little, and love much; give all; judge no man; aspire to all that is pure and good.

~ White Eagle ~

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**Spirit Animals – Eagle - By [Judith Hirst-Joyeux](#)**

Around the world, the Eagle is revered for its majesty, size, fierce look, and for its ability to soar so high. A sports team adopts it as a team name. Countries use it as their symbol. Shaman and warriors have worn its wings and claws to represent their power. In the Inca Tradition, the Eagle/Condor represents the Winds of the East. The prayer for the East goes,

To the winds of the East.  
Great eagle, condor  
Come to us from the place of the rising Sun  
Keep us under your wing.  
Show us the mountains we only dare to dream of.  
Teach us to fly wing to wing with the Great Spirit.  
- Alberto Villoldo, PhD. published in his book – **Mending the Past and Healing The Future With Soul Retrieval...**

The words linking Eagle to Great Spirit give one the sense of the majesty of Eagle, and why our Ancestors believed that Eagle was a traveler between worlds. Stories are told that one may watch Eagle soar up into the sky until she disappears. At that point, she walks with Creator and the Ancestors that have gone before.

Eagle has only ever killed for need, never for greed! If Eagle appears to you, then perhaps she has a message that someone around you is using you to satisfy their greed by using you and what you know. Eagle is known for her swiftness. She counsels that what ever you need to do, you must do it swiftly. However, before striking, Eagle rides the wind up high, and scans the land to see the "big picture". She does not ever get caught in details. Eagle is a shining example that one must look at the consequences of all actions to see how it affects a much larger plan – Great Spirit's plan. Often humans only have thoughts for themselves and not for others.

May you live your life with the grace of Eagle!

© January 2009 Judith Hirst-Joyeux. Judith is a Sage-Healer-Shaman who works with the Great Spirit, Ancestors, Goddesses and Gods, and angelic realms. She teaches workshops, coaches other practitioners, and works with clients on helping them work with their body to heal itself.

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**Zen Lesson on Obedience – Buddha Teachings**

The master Bankei's talks were attended not only by Zen students but by persons of all ranks and sects. He never quoted sutras not indulged in scholastic dissertations. Instead, his words were spoken directly from his heart to the hearts of his listeners.

His large audience angered a priest of the Nichiren sect because the adherents had left to hear about Zen. The self-centered Nichiren priest came to the temple, determined to have a debate with Bankei.

"Hey, Zen teacher!" he called out. "Wait a minute. Whoever respects you will obey what you say, but a man like myself does not respect you. Can you make me obey you?"

"Come up beside me and I will show you," said Bankei.

Proudly the priest pushed his way through the crowd to the teacher. Bankei smiled. "Come over to my left side." The priest obeyed.

"No," said Bankei, "we may talk better if you are on the right side. Step over here." The priest proudly stepped over to the right.

"You see," observed Bankei, "you are obeying me and I think you are a very gentle person. Now sit down and listen."

**Editor: This is an old Zen story that appears in many of the writings on Zen.**



**"Nobody sees a flower – really – it is so small it takes time – we haven't time – and to see takes time, like to have a friend takes time." - Georgia O'Keefe.**

## ***My Experience with Heron – By Emma Perry***



**A Great Blue Heron.... from a wonderful website called "www.koipondfever.com"**

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

My experience has moved me so much I have been looking on the internet for others who have had similar experiences. I never knew there were herons in the UK as I had never seen one before the day I had my tarot cards read and an immensely accurate reading. The first card which was the guide card and card which represented me was a heron. Don't ask me the name of the deck used as I don't know.

Anyway, on the way home there was a huge shadow over my car and up above me was a huge heron: A bird I had never seen before. My heart was pounding so hard that ever since I have felt close to and seen the bird in so many weird and wonderful ways. I have used it as a guide. It even took me from my job in the UK to Bermuda as the website giving information on the job featured herons as part of the attraction of island life. When I went to the island there was actually a heron depicted in a wall hanging in the apartment let for me.

I am back in the UK now. Since then I have had an interview for a job and the lady who interviewed me had the last name Heron - when the time is right I know I will work for her. I am still waiting for the time to be right.

Whenever I have a question in my mind and need a positive answer I see the bird and I know to go with my instinct. I have recently ordered a necklace, books and art depicting my favourite bird who I feel is my guide. I actually believe that if I ever get to touch the bird in real life then all my dreams will come true. I am so normal it is un-real and my friends laugh when I tell them about things that happen - I am not sure they believe me - They even made me a cake in the shape of a heron before I left for Bermuda. The important thing is I know what I have seen and experienced is true and I will always think of the heron as my friend and guide and it is the most moving and welcoming presence in my life.

If anyone knows where I can meet a tame heron please let me know.

© Emma Parry (Wales UK) and used with permission. Emma's dream is to make music and she has written some pop songs- you may listen to them at [www.myspace.com/emmaparryx](http://www.myspace.com/emmaparryx).

**Website: <http://www.angelsandancestors.com>**

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