



Angels And Ancestors

Rise Higher!

MAY 2009
Volume 3 Issue 8

[SUBSCRIBE](#)

See Unsubscribe in the info after this Newsletter

In This Issue

[From The Editors – May Is A Time of Planting](#)

[Upcoming Workshops- May, June](#)

[Give Us Hearts To Understand – Traditional prayer](#)

[Spirit Animals – Mouse – by Judith Hirst-Joyeux](#)

[A Dream of Mouse](#)

[Finger Healing Mudra – Ashleigh Whitworth](#)

[Zen Story – Chasing Two Rabbits](#)

KARMA CLEARING

Now is a great time to work on clearing the patterns and blocks in your life. As you spring clean your house and yard, spring clean your energy. May special of 2 hours for \$133.00. Mention this ad when you book!

From The Editors – May is a Time of Planting – Where Do Your Seeds Come From?



[Germany bans farming of genetically modified corn](#) Last Updated: Tuesday, April 14, 2009 | 1:29 PM ET

Picture of corn stalks in a field from Wikipedia...

Every fall, during the harvest, our Ancestors ensured that they kept enough seed of the best vegetables, fruits, herbs and grains to use as seed for the next spring. Our Ancestors knew instinctively that without caretaking of seeds, the plants may become extinct because of over harvesting. Our Ancestors also knew that when the plants were kept strong and healthy by gardening practices and by keeping the best seed, then the strength of Man would mirror the strength of the plants.

In the 21st Century, Man's health is failing at an unprecedented rate, even though as a species, humans live longer. They are, however, like the genetically modified seeds that large corporations create to own – humans are being genetically modified by all the drugs that they ingest. Much the same way that drug addicts need the drug to move forward, humans are dependent on a variety of drugs that our Ancestors simply found in their food supply. Humans weaken as plants weaken.

Norway has recognized the value of preserving seeds. In 2008, the Svalbard Global Seed Vault was opened to allow countries around the world to preserve seeds in case humans have need of seeds in the future. See the website <http://www.regjeringen.no/en/dep/lmd/campaign/svalbard-global-seed-vault.html?id=462220> to learn more about this global mission to protect where food comes from.

Each person can contribute to preserving seeds by keeping seeds from bumper crops of garden harvest. Or, simply purchase Heritage Seeds where the source is known, and put them away for a future time. Seeds may stay dormant for years and still grow.

Why preserve these seeds? There is a saying that Shaman always use that says that Great Spirit has given man everything needed to survive and heal any hurts (wounds). The easiest way to stay healthy is to eat healthy. Do you know where your food comes from? Brands that once provided a healthy source of food have been purchased by conglomerates.

1. Organic? Green and Black's organic chocolate was taken over in 2005 by Schweppes, the 10th-largest company in North American packaged-food.
2. Tom's of Maine is owned by Colgate-Palmolive, a massive company with revenue of approximately \$11.4 billion.
3. Burt's Bees is now owned by Clorox, a massive corporation that has historically cared very little about the environment.
4. Kashi cereal was bought in July 2000 by Kellogg's, the 12th-largest company in North American food sales.

When one looks at these types of facts, it is clear that the source of the food is suspect.

May you find the food that nourishes and heals you.
Judith and Roger

Note: Originally published in [Angels And Ancestors Blog](#) on April 17th, 2009. We felt the information in this article was important to everyone and therefore we decided to reprint it.



Event: Summer Solstice Celebration Saturday June 20, 2009

The actual Solstice is at 5:45am on June 21st. We will celebrate on the eve of Solstice with Potluck and Ceremony. More details will be sent out to those listed on our Subscription list for Solstice, Equinox and Moon Ceremonies at <http://www.angelsandancestors.com/signup.html>.

Workshop: New Moon Meditation – June

Date: Monday June 22 2009 from 7:00 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.

The Warrior's Prayer

I am what I am.
In having faith in the beauty within me, I develop trust.
In softness I have strength.

In silence I walk with the gods.
In peace I understand myself and the world.
In conflict I walk away.
In detachment I am free.

In respecting all living things, I respect myself.
In dedication I honour the courage within me.
In eternity I have compassion for the nature of all things.

In love I unconditionally accept the evolution of others.
In freedom I have power.
In my individuality, I express the God-Force within me.
In service I give of what I have

Upcoming Workshops & Events - May - June

Event: New Moon Meditation – May 24th

Sunday, May 24, 2009, 7:30 to 9:00 pm. Journey with the New Moon Goddess for May to discover what gifts she has in store for you.

Workshop: Working with Your Ancestors – Ancestors Speak (Healing Touch Calgary)

Date: Saturday May 30 2009 from 9:00 – 12:00 am
Location: Spiritual Directions **Fee:** \$30.00
This is an experiential workshop. Register through Healing Touch **Registration:** Terri Phillip either tphillip@shaw.ca or Phone 403-934-4973 Note: This event is on the Healing Touch Calgary Site.

Workshop: How to Confer The Munay-Ki Rites (Workshop offered for the last time on May 31st,2009)

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. Included will be snacks, water, tea, and a light lunch. If you have dietary concerns, please bring your own food.

NOTE: Please register by May 25th. Attendees must have received all the rites. Limit of 8 participants. **Dates: Sunday, May 31st, 2009, 10:00 am to 5:30 pm. Fee: \$100**

Rattle Making Workshop Sunday, June 7, 2009 10:00 to 5:30pm

Instructor: Judith Hirst-Joyeux Make a ceremonial hide rattle! The class will include all tools, hide, sound objects, handles, sand, and ideas for decorating. As the hide will need to dry prior to painting, the final decoration will be done at home. The class will include a ceremony to clear space, setting the intent for the rattle, a short journey to see your rattle, cutting and sewing, shaping, attaching to handle and awakening the rattle, instruction on using and caring for your rattles, and a closing ceremony. To register call Judy at 225-2016, or email info@angelsandancestors.com. Fee \$100.00. Bring a bag lunch.

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

Give Us Hearts To Understand– Prayer from The People

Never to take from creation's beauty more than we give; never to destroy wantonly for the furtherance of greed;
Never to deny to give our hands for the building of earth's beauty;
never to take from her what we cannot use.

Give us hearts to understand
That to destroy earth's music is to create confusion; that to wreck her appearance is to blind us to beauty;
That to callously pollute her fragrance is to make a house of stench;
that as we care for her she will care for us.

We have forgotten who we are.
We have exploited simply for our own ends.
We have abused our power.

Give us hearts to understand
How to care for her as she cares for us.



Picture by Judith Hirst-Joyeux September 2008

become.
I am what I am:
Eternal, immortal, universal, and
infinite.
And so be it.

By Stuart Wilde

Great Spirit, whose waters are choked with debris and pollution, help us to find the way to cleanse your waters.

Great Spirit, whose beautiful earth grows ugly with misuse, help us to find the way to restore beauty to your handiwork.

Great Spirit, whose creatures are being destroyed, help us to find a way to replenish them.

Great Spirit, whose gifts to us are being lost in selfishness and corruption, help us to find the way to restore our humanity.

Oh, Great Spirit, whose voice I hear in the wind, whose breath gives life to the world, hear me; I need your strength and wisdom. May I walk in Beauty! ~--Author Unknown

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

"Not a creature was stirring, not even a mouse!" - line from the poem, " 'Twas The Night Before Christmas"

Humans have long had a love-hate relationship with tiny Mouse. On the love side, we have Mickey Mouse, Minnie Mouse, Stuart Little, Algernon, Mighty Mouse, and Jerry from the cartoon, "Tom and Jerry". On the hate side, we have traps, science experiments, carrying disease, and eating holes in walls and bags of food. One of the most famous views of Mouse's place in the world comes from the series, "Hitchhiker's Guide To The Galaxy" by Douglas Adams. In this series, it is actually Mice that use humans for experiments in the human condition.

Mouse is fearless, very quick, and can climb pretty much anything. Mouse also has very sharp teeth that are self sharpening, allowing her to gnaw through pretty much anything. With her speed, ability to climb and her ability to gnaw, Mouse will challenge any obstacle and conquer. And, don't forget that Mouse is very intelligent. In different experiments, Mouse has proven her ability to look over the situation and to reason out a solution.

When Mouse shows up, do not be frightened! Mouse has messages for you and will show you different ways of being. One - always be persistent in attaining your goals. If you give up, you will go hungry! Two - walk through life in an unassuming way. You do not threaten others and this allows you to go where you will, much like I do. Three - be wary of all people and all new things presented to you. Someone is always trying to create a new Mouse trap. Let people earn your trust. Let them show you and others that they are "in service to others" and not selfish. Four - pay attention to the messages around you. "I see the shadow of Hawk, and know that I will not be safe on my journey, so I rest. I smell the rain, and I know that the Great One is providing water for me, and I must drink."

May you find your way with Mouse's guidance.

Also see: [Spirit Animal - Meadow Vole Brings a Message](#); [Spirit Guide - Fairy Or Blue Penguin](#); [What is a Totem?](#)

© 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.

A Dream of Mouse... Question by T.

Dear Judith, I have searched online for answers and could find none (normally I can), then I come across your site and found your knowledge greater than others, hence this email. I had a dream yesterday about being a mouse, it wasn't a bad dream although maybe I frightened a few people, I was just scurrying about different places, this dream is very unusual for me because I seldom dream of animals and never of being one. I know your busy and most likely pursuing knowledge of far greater importance than my dreams ;-).

Any assistance you could give me in understanding this would be very helpful. Thanks for your time and I wish you all the best in your endeavors.
Regards, T.

Dear T:

Here are several things that immediately occur to me, based on your short synopsis of the events in your dream.

1) The saying, "quiet as a mouse" makes sense here. Perhaps there is something that you need to be doing or are doing, that you want to share with people. Perhaps



"Wood Mouse" – picture from Wikipedia

"Why does mouse affect us so? Why do we see pictures of people standing on chairs trying to get away from Mouse? More than anything, people that are scared of Mouse are really scared of Mouse's power. This tiny animal is a great example of "small package contain big power". – Judith Hirst-Joyeux..

Mice
- by Rose Fyleman

I think mice
are rather nice.
Their tails are long,
Their faces small,
They haven't any
Chins at all.

Their ears are pink,
Their teeth are white.
They run around

The house at night.

They nibble things
They shouldn't touch
And no one seems
To like them much.

But I think mice
are nice.

you need to go about this work quietly, and efficiently, like the mouse, who even though we see as scurrying, does move with great intent. Mouse is also quite persistent so the message may also to be diligent and persistent in this endeavour.

2) The other thing that occurs is that Lord Ganesha is the patron God of mice and rats and perhaps he is calling to you in the form that responds best to him – that of a mouse. He may have a task for you, or, he may be offering assistance in an area where your life is blocked.

3) In what ever you are doing, perhaps you are feeling overwhelmed because you are one (small) person in the world and cosmos. As kids, we saw cartoons of Mighty Mouse, Mickey Mouse, and read stories of Stuart Little. All of these are examples of the smallest being accomplishing great things.

Good luck, and let me know if this fits, and how things work out!

Judith

Ancient Past, Ancient Future

We came here long ago,
Remember?

We created this realm,
Remember?

The joy we shared,
The Elements became,
Air, Fire, Water, and Rock

Remember?
How beautiful it was,
How desperately we wanted
To feel the Elements
To be fully a part of
Our Creation,

Remember?
We worked in groups
In the vastness of
Our Creation,
In the Loving Light
Of Creator,

Remember?
And we become
Part of Our Creation.

Remember?

Remember.

Remember!

by Sage MorningSky

Finger Healing Mudra – Contributed by Ashleigh Whitworth

It seems like there's a perspective of bad news these days. I don't watch TV but the headlines at CNN.com are never pretty. People are worried. They're watching the news too. By all accounts, the situation 'appears' to be getting worse.

So now is the perfect time for an emergency Finger Healing: Help for Any Tough Situation. If you or your family's situation is getting worse regarding *any* issue, don't lose hope. It's hard to believe it right now, but there IS enough wealth and assistance in the universe to supply your needs.

You just have to tap into it.

Using this easy 'Finger Healing' symbol several times a week will help you resolve any serious situation you are experiencing.

1. Sit comfortably with your back straight but not stiff.
2. Place your palms on your upper chest.
3. Point your fingers toward each other, with your elbows out to either side.
4. Relax your hands and extend your fingers.
5. Breathe long, deep, and slow.
6. Hold this position for three minutes.
7. Feel the energy building under your hands and healing your heart of the stress and pain in your life.
8. Feel your hands opening yourself up to new opportunities and chances for success.
9. While using the symbol, become aware of any new paths opening in your life.
10. A new opportunity can be a sign from the universe that you're meant to be on a different path.

Contributed March, 2009 Ashleigh B. Whitworth, CMCH Holistic Counselor. Ashleigh Whitworth is a graduate of the Naturopathic Philosophy program from LaSalle University. She is also certified in Clinical Hypnotherapy, Past Life Regression, NLP, Mental Coaching, Somatic Healing & Reiki, and facilitates Emotional Freedom Techniques (EFT), 'The Journey', 'The Reconnection' and 'Matrix Energetics' processes. She is in holistic practice with her focus on Emotional Wellness at Vitamins First Holistic Clinic in Calgary, Alberta and the [Gaia Clinic](#) in Canmore, Alberta.



Two Rabbits – from the
Website www.freefoto.com

"Buddhism has the characteristics of what would be expected in a cosmic religion for the future: it transcends a

Zen Story – Chasing Two Rabbits - Buddha Teachings

A martial arts student approached his teacher with a question. "I'd like to improve my knowledge of the martial arts. In addition to learning from you, I'd like to study with another teacher in order to learn another style. What do you think of this idea?"

"The hunter who chases two rabbits," answered the master, "catches neither one."

The meaning of this Zen Story has inspired many interpretations. Here are some of the thoughts shared by students of Zen. Which ones resonate for you?

"Reminds you not to take on more than you can handle. It brings to mind a candid camera segment I saw in the early 60's. A little grocery store put a big table outside heaped with oranges, and a sign that said 'FREE', but they purposely didn't leave anything to carry them in. The humor was in watching everyone try to take 3 or 4 more than they could humanly carry. I guess a good tie-in would be that if you get greedy, you might get nothing!"

personal God, avoids dogmas and theology; it covers both the natural & spiritual, and it is based on a religious sense aspiring from the experience of all things, natural and spiritual, as a meaningful unity" -- Albert Einstein

"This story reminds me of the old Hindu reference to one mountain and the many roads going to the peak. Though they are all valid and effective, one cannot reach the top by trying to follow two at the same time."

"Anyone who puts much stock in this story should read the **Tao of Jeet Kune Do** by Bruce Lee. To look at Zen, or martial arts, or anything in life as a chase, is to never find peace. I don't like this teacher, but the story has made me think."

"I interpret this as similar to Jesus' saying that you can't serve two masters without hating one and loving the other."

"I think the student cannot improve that which he has not yet mastered."

From the website - <http://www-usr.rider.edu/~suler/zenstory/chasrabit.html>, with thanks!

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

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

© 2007 & 2008 Angels And Ancestors. All rights reserved. This publication or any portion herein may not be reproduced in any form without the express written consent of Angels And Ancestors. Meaning: Yes, it is usually possible to reprint our newsletters on your web site, user group newsletter, etc. - but ask us first! // **Angels And Ancestors, Division of Hirst & Joyeux Solutions Calgary, Alberta**