



Angels And Ancestors

Rise Higher!

JUNE 2009
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STILL WORKING ON CLEARING ROAD BLOCKS FROM YOUR LIFE?

Let us help! We will continue to offer 2 hour
Karma Clearing and BodyTalk sessions at
\$133.00 until the end of June.

See the pictures of the baby Great
Horned Owl at Judy's blog
[http://angelsandancestors.blogspot.com/
2009/05/spirit-animal-owl-family.html](http://angelsandancestors.blogspot.com/2009/05/spirit-animal-owl-family.html)

Mama owl watching over baby – by Judith Hirst
Joyeux



Note that any of the workshops may be done with
a group of four. So if you would like to participate

From The Editors – The Power Awakened In June



Fish Creek in June by Judith Hirst-
Joyeux

As we move into the month of June,
two things always jump to my mind.
One – this is the sacred time of
weddings, and two – this is the time of
the power of Summer Solstice. What
makes June sacred is that the Goddess,
Juno (Roman) also called Hera (Greek)

is the sacred patron of maidens and women. It is she who blesses unions and
blesses the conception of children. In fact Juno blesses all creative acts and
her power is strongest in mid summer. She is profoundly feminine, and
powerful. Legend has it that Juno causes the wealthy to share their wealth
with poorer folks, or for good causes. All the rivers, streams, lakes and oceans
are her domain in summer because of the life that is created from the water.

Summer Solstice is a time of gathering of family and tribe. It is a time to
celebrate the feminine – the ability to endure and to create. It is a time of
healing when we cleanse to make ourselves stronger; when we ask for
blessings to prevent tragedy and to protect us and our projects and crops for
another year. This is a time of abundance for the first of the harvest – lettuce,
green onions, peas, beans, and herbs are now ready.

This year, the next big burst of feminine energy hits the Earth at
Midsummer's Eve on the 20th of June. The feminine is about creating,
caretaking, teaching, and love. It is about healing the hurts of the humans
and the Earth. Many will be called to take their places as caretakers and
guides for the planet at this Solstice. There will be a profound sense of peace
and rightness for those that are called. Those of us without a calling will,
generally speaking, hear a call that is an awakening for us. It will happen to
both men and women. The feminine is about 'natural' so the organizations
and the people that are in unnatural states, may begin breaking down at this
time. A profound time of healing will result from this catalyst of energy.

Where ever you are, find a way to honor Summer Solstice this year – feast
with friends, meditate, talk to the Goddess, talk to Great Spirit, or walk in the
woods and talk with Mother Earth. What ever you do, "Merry meet, and
merry part, and merry meet again". Judith and Roger

Upcoming Workshops & Events - June

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 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 WORKS**

in a workshop with your friends, please call us, and we will schedule a time that works.

Spirit Animals –Gopher - By *Judith Hirst-Joyeux*

Gopher is a movie hero and played a starring role in the 1980 movie “Caddyshack” which also starred Saturday Night Live Alumni member, Bill Murray, as Gopher’s arch enemy. What is interesting about the movie is that it reflects how many ranchers and farmers in the west feel about Gopher – believing that Gopher is a pest.

A small rodent, Gopher lives in a colony with others, understanding that there is safety in numbers and that family will watch out for you. The Gopher family speaks with clicks and whistles, and even has a special ultrasonic whistle for family members. Ants live underground and store their food for winter as do many other animal/insects. Gopher,



Gopher is actually a “ground squirrel” Photo from Wikipedia, from Banff, Alberta

too, gathers and stores some food for the winter since even though they hibernate, they make wake up as the weather shifts from cold to warm, and require a little snack.

All beings that live underground are said to be “Secrets of Life” Keepers. Gopher, like many of the others that live underground, has tunnels that intersect and connect to allow the gopher families to be safe underground for extended periods of time. Whether life is above ground, or below it, or even in the water, the series of tunnels show us that everything is connected, even though it may be hidden from us. Gopher knows how to dig and uncover hidden truths and meanings. She shares this gift with you.

Partially because she is very small, and partially from spending so much time underground, Gopher has poor sight. When Gopher keeps watch, she always tries to be on the tallest point of land so that she can see movement, and warn her colony. She also is able to feel vibration in the ground, and therefore, often has advance warning of coming visitors. If Gopher shows up in your life, she is telling you to feel around you. Do you too pick up vibrations of energy? If so, are you fully in that place where you will do vibration or energy medicine work?

While many see Gopher as a pest, one needs to see her attributes. She runs backwards and forwards, quickly, with ease, and is able to jump down small holes at a moment’s notice. She feeds from her tunnels by pulling down plants. Gardens that are planted on gopher territory take a beating. Gopher does however, bring the message – look to your own growth process and watch where you plant your seeds. Try taking responsibility for your actions instead of adopting a victim role and blaming others.

Why not go out to a field and get acquainted with gophers and observe their wisdom?

© May 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.

Soup To Serve Buddha

SERVES 4

Don't let the number of ingredients in this recipe fool you. It is quick, easy and very good. If you have never cooked romaine lettuce, try it some time in any recipe that calls for greens such as escarole. You will be surprised at how much flavor and texture it has.

INGREDIENTS

- 4 tablespoons olive oil, divided
- 1 small onion, chopped
- 3 small carrots, chopped
- 2 small celery ribs, chopped
- 1 red or orange pepper, chopped
- 1 bay leaf

- 4 cloves garlic, minced
- 1/2 small head romaine lettuce, cleaned, dried and cut into pieces about 3 inches long
- 2 cups of vegetable broth
- 6 cups water
- 8 ounces uncooked wide rice noodles

Heat a dutch oven or casserole over high heat. Add the oil and swirl around to cover bottom. Add the onions, carrots, celery and bay leaf. Sauté until slightly golden and tender, about 5 minutes. Add the garlic and sauté one more minute. Add the romaine and sauté another 2 minutes. Add the broth and water. Bring to a boil, scraping up any browned bits that might have accumulated in the bottom of the pan. Add the noodles, and more salt and pepper. Cook, uncovered, until the noodles are tender, about 7 minutes. (*The broth will reduce during that time. If it starts to get too dry, or if you want it more soupy, cover the pot.*) Serve immediately or let set for about 5 minutes.

Editor’s note: Colin Tipping of Radical Forgiveness has graciously allowed any publishers of newsletters or websites to use this article by including his information at the end of the article.

We are grateful that he has written this article and published it in his own newsletter – Radical Empowerment Strategies for Conscious Living.

The John Edwards Affair – by Colin Tipping

If I had known earlier what I have just learned from reading excerpts, in Newsweek, taken from Elizabeth Edwards' recently released book, I would have gone out and put money on the absolute inevitability of her husband's infidelity. I am quite certain that John Edwards had no choice in the matter. His soul did it for her healing. Let me explain.

It is clear from her own writing that ever since she was 13 years of age, Elizabeth Edwards has been carrying her mother's pain caused by the suspicion of Elizabeth's father's infidelity. Here are some of her own words as quoted in Newsweek:

"At 13 I had read my mother's journals. I discovered that my mother believed



Living with someone else's fear is like moving through a tunnel with no end.

This is a gathering of Lovers

In this gathering there is no high,
no low, no smart,
no ignorant,
no special assembly,
no grand discourse,
no proper schooling required.
There is no master,
no disciple.
This gathering
is more like a drunken party,
full of tricksters, fools,
mad men
and mad women.
This is a gathering of Lovers.
~Rumi~

my father had been unfaithful to her when I was only a baby. I will say clearly that I do not know if that is true. I only know what she suspected . . . that my father found other companionship while she was buried in babies.. She even thought she knew where - the Willard Hotel in Washington - the place where I had my senior prom, which must have been a bitter pill for her, although I had a suitably terrible time because, unbeknownst to her, I knew what that hotel meant to her. She lived all those decades still loving him, but with something deep inside that would always be restless, even after he died. The possibility of my father's infidelity ate at my mother, I knew, but she stayed there, stayed with him and loved him, and after his stroke when he was nearly 70, she cared for him for two decades with a selflessness that is almost unimaginable.

"Don't ever put me in that position," I begged John when we were newly-weds. "Leave me if you must, but do not be unfaithful."

If ever there was a case that perfectly illustrates how unresolved pain, especially pain that is carried on behalf of someone else - usually that of a parent - will find a way to become healed through being re-enacted later in life, this is it. Elizabeth witnessed her mother being "eaten away" by the suspicion of the infidelity and it has surely eaten away at Elizabeth, too, all through her life.

[Since cancer eats us alive, it is not too much of a stretch to implicate this trauma in the causation of her cancer. It is after all in the breast which is the heart chakra. In my experience in working with cancer patients, my observation is that breast cancer is often the result of a broken heart. Not only was her own heart broken in sympathy with her mother's but she has clearly not forgiven her father for causing the heartbreak. Since forgiveness, or the lack thereof, is also carried in the heart chakra, as well as repressed rage, I am not at all surprised that she should have cancer of the breast].

This seemingly tragic story is also very illustrative of how we enroll others to help us heal such deep and painful wounds. Our souls yearn for integrity and wholeness and at some point in our journey will seek to remove anything that is preventing those qualities from arising within us. Sometimes this can be achieved by ourselves but not infrequently it requires the cooperation of another soul who will agree to act out the situation again for us. By their re-enactment we can recognize the pain and bring it to the surface for healing through forgiveness.

This is exactly what John Edwards did for his wife. He did what Elizabeth suspected his father did so that she could become acquainted with her repressed rage towards her father and come to a place of forgiveness with him. John loved her enough to sacrifice his career and humiliate himself in front of the whole world so that she might either heal her cancer or at least die free of the pain she has carried all her life.

In my opinion, it's the only rational explanation for what happened. Why else would a highly educated, extremely intelligent, intensely rational person with a razor-sharp legal mind who is perfectly able to assess the risk in any situation, running for the highest office in the land, allow himself to be drawn into a sordid little affair with a woman with that clumsy one-liner "You're hot." This might hook a rabid sex addict perhaps, but there's no evidence that John had that addiction. Even to a skeptic this metaphysical explanation for John's behavior makes infinitely more sense than that he would have thrown away his career for a very risky affair with that one woman.

I am absolutely convinced he did it for Elizabeth, and furthermore, her soul asked his soul to do it for her. It's a perfect example of the kind of soul-to-soul healing transaction that typifies what we teach in Radical Forgiveness. It provides Elizabeth with the opportunity to forgive her father and to see the "perfection" in what John did - not TO her but FOR her.

You also have to ask yourself why would anyone say to their newly-wed husband, "Leave me if you must, but do not be unfaithful." That's seems indicative of an obsession, I would say. She even said that it was not a premonition. "I was talking about my own history." She proves the old adage that what you focus on expands and eventually shows up. But beneath all that her statement is, to me at least, her signal for him to actually be unfaithful at some critical moment in their lives so she can heal her mother's wound and her own. And you have to admit, he sure did choose the right moment for maximum effect.

If I were advising Elizabeth, or anyone else for that matter who was clearly holding onto to someone else's pain, I would recommend two courses of action.

1. Do a Radical Forgiveness worksheet on her father so she could release all that repressed rage and judgment towards him. Better still, do the On-line "Breaking Free," 21-day Program for Forgiving Your Parent. She could also do the "Moving Forward," 21-day Program for Forgiving Your Partner working through her belief that John betrayed her. She also needs to do a Radical Forgiveness worksheet on the other woman because she was part of the plan too. Without her, it wouldn't have happened. John needs to do one on her for the same reason.

2. Give her mother's pain back, whether dead or not, and release the need to hold onto it. The reason I would give is that not only is it highly toxic to Elizabeth and likely to nourish her cancer, but from a spiritual point of view, she has no right to hold onto it. By doing so, she is preventing her mother's soul from having the learning experience that was being offered to her in her own lifetime. Elizabeth is, in effect, stealing her mother's karmic gold and she should return it forthwith.

I would love to see John and Elizabeth in my Miracles workshop. I know it would help them move through this experience and both would come out stronger and full of love for each other. And who knows - she might come out cancer free. It's happened before.

Colin Tipping is the acknowledged authority on the application of this technology to the "healing" of individuals, families, races, corporations, and communities. Please go to www.radicalforgiveness.com to learn more about Colin and other Radical Forgiveness strategies.

The Strong Minded Snake (Determination gains Respect) from Buddha Teachings

Once upon a time there was a doctor who was an expert at treating snakebites. One day he was called for by the relatives of a man who had been bitten by a deadly poisonous snake.

The doctor told them, "There are two ways of treating this snake bite. One is by giving medicine. The other is by capturing the snake who bit him, and forcing him to suck out his own poison." The family said, "We would like to find the snake and make him suck the poison out."

After the snake was caught, the doctor asked him, "Did you bite this man?" "Yes I did," said the snake. "Well then," said the doctor, "You must suck your own poison out of the wound." But the strong-willed snake replied, "Take back my own poison? Never! I have never done such a thing and I never will!"

Then the doctor started a wood fire and said to the snake, "If you don't suck that poison out, I'll throw you in this fire and burn you up!"



Viper picture from www.freesnake.com

But the snake had made up his mind. He said, "I'd rather die!" And he began moving towards the fire.

In all his years, the snake bite expert doctor had never seen anything like this! He took pity on the courageous snake, and kept him from entering the flames. He used his medicines and magic spells to remove the poison from the suffering man.

The doctor admired the snake's single-minded determination. He knew that if he used his determination in a wholesome way he could improve himself. So he taught him the Five Training Steps to avoid unwholesome actions. Then he set him free and said, "Go in peace and harm no one."

Editor's note: The Buddha Teachings come from different sources. Some stories are changed in the translation. The translation of this story came from www.buddhanet.org

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>

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