



Angels And Ancestors

Rise Higher! JULY 2009 Volume 3 Issue 10

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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 **August**.

Upcoming Workshops & Events – July

July is a busy month for most people so we are limiting our events for this month.

New Moon Meditation – Wed July 22, 2009
7:30 to 9:00pm Fee \$10.00.
Please register in advance with Judy at 403-225-2016.

Appointment times are Monday, Tuesday, Wednesday, Thursday between 10:30am and 9:00pm

From The Editors – June fades into July

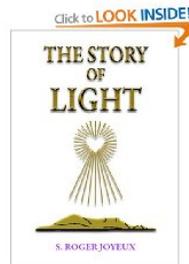
June Events...

June has passed by so quickly! We want to thank all that attended our Midsummer's Night Celebration on June 20th. Fifteen of us heralded the longest day with drumming, rattling, chanting, and meditating. The energy pulsed around the circle.

To set the energies released by Summer Solstice, we hosted a New Moon Ceremony on June 22. Six people gathered to enjoy some rattling, story telling, and a meditation with the Goddess Juno. Everyone also walked the three circuit labyrinth to find the one thing they could do to make their next project or undertaking successful.

Roger's books.....

We are excited to share that Roger's book, "The Story of Light: The Path to Enlightenment" Revised Second Edition is now on Amazon.com. If you click on the book cover, you can read excerpts from the book on Amazon.com. Amazon.co.uk also sells "The Story of Light" to make it easier for Europeans to access the book.



The Story of Light: Path To Enlightenment (Paperback) by [S. Roger Joyeux](#)

Roger is in the final stages of editing the second volume in "The Story of Light" series. This book will also be available on Amazon.com and Amazon.co.uk.

July Uncertainty....

Many of our friends and clients have commented on the surging energy of June that has pushed us out of our comfort zone and caused headaches and some nausea and dizziness. These symptoms are remarkably like the symptoms of altitude sickness. And, as our vibrations rise, from time to time our bodies are not able to hold the higher vibration comfortably, and so the body displays discomfort. The discomfort usually fades in a day or two.

The uncertainty is about the changes that we hope to see take place and do not even though other manifestations come through instantly. One of the keys is that we can only ask for immediate changes for ourselves, not for others, as each person must complete this journey individually. Letting go of attachments to things and to emotions like worry, jealousy, judgment, resentment, are all part of the process of change. Some of us have new roles to play going forward and so we leave our old jobs either by lay-off or by choice. Some of us are getting new callings – we are being called to a different level of service. What ever your situation, know that it is all good! And, it is exciting!

Judith and Roger

[Chicken Curry Pot Pie](#)

[Spirit Animals – Hummingbird's Blessing – By N.](#)

CRUST: Pillsbury Crescents-original. For four.

FILLING:

- 1 tbsp. Olive oil
- 2 tbsp. Curry powder
- 2 cups peeled and diced baking potatoes
- ¾ cup chopped yellows onion
- ½ cup chopped red pepper
- ½ cup chopped orange pepper
- 2 garlic cloves minced

1 ½ cup fat-free chicken broth; It can be either store bought or homemade . I use my own recipe.

- 1 cup sliced fresh mushrooms
- ¾ cup frozen green peas, thawed
- ½ cup raisins
- 1 – 2 large cooked and finely chopped carrots
- 1 ½ pounds skinned, boned and cooked chicken meat, cut into bite-size pieces
- salt and black pepper to taste I use Sea salt.

- 2 tbsp. Cornstarch
- 1tbsp. Chicken broth
- ½ cup cream cheese

METHOD:

Heat oil in a large nonstick skillet over a medium-high heat. Do not over heat oil since the next ingredient will burn easily. Add Curry powder stir until well combined with oil and Curry aroma is released.

Take next five ingredients and add to curried oil mix. Stir-fry over medium heat. I cook this first set of ingredients until the potatoes are half way cooked. Take the second set of prepared ingredients in listed order and add to the stir-fry. Bring to a boil. Cover, reduce heat, and simmer for about five minutes. Combine cornstarch and chicken broth in a small bowl. Set aside. Add cream cheese into stir-fry. Cook until melted. Add the cornstarch mix and cook until thick.

Spoon the filling into 11x7inch baking dish, which was coated with olive oil or oil of your choice. I use only olive oil. Place the Pillsbury crescent dough on the top of the filling and bake in 375 – 400 degrees preheated oven until the top of the dough is golden brown.

This recipe serves four. Enjoy your meal.

Editor’s note: Submitted by Vera. Thanks for sharing this wonderful recipe!

Fish with vegetables and herbs.... picture from www.freeclipartnow.com

Editor’s note: I am always very happy to receive stories about individual experiences with Spirit Animals. This story, however, touched my heart so much; I asked the writer if I could share it. Thank you, Dear One, for letting others share in this wonderful story! Our writer has asked that her name be withheld.

Dear Judy,

I'm happy to discover your site and information about the metaphysical/spiritual significance of hummingbirds, which confirms an instinct I had. At your request, I'd like to share a story.

Following a lifetime thus far of near constant turbulence, a couple years ago, I struck out on my own to find refuge from an abusive relationship and cycle of self-abuse. Once in a new space, I was able to begin taking stock of how much damage I'd incurred. As I recovered, I was stirred by a combination of longing and indignation for a dear friend, Ken. I relished his rare, pure heart, but became disillusioned when he didn't keep in touch, and upon understanding that he never really, fully believed me as I described the increasingly dangerous episodes of rage I was dealing with over a seven year period from my then boyfriend, who I met through Ken. The rage would creep out very unexpectedly and disappear just as surreptitiously, so only a few people who had lived with him and intimately knew him over many years were aware of it. I recognized how hard to imagine it might be that this popular, giving, lovable man could be so monstrous (a bipolar alcoholic?), yet it pained me that our mutual friend Ken, who I considered to be one of my limited inner circle, would doubt my credibility and objectivity.

Ken did call me at one point after I moved away to apologize for not having been more supportive, when he got his own sample of what I'd experienced. But we never fully recovered the closeness of our friendship. There was the occasional birthday or holiday voicemail, but no personal contact. I continued to seek my own path.



Hummingbird picture from a PowerPoint slide show in email.

In that process, late last fall, I attended a local arts and crafts fair, where I was struck by a vibrant, delicate drawing of a hummingbird taking nectar. I walked past it but it called me back. I approached the artist and learned she had been a family court mediator who was beset with horror stories of domestic violence and heartache. To cope, she began sketching as she sat in witness to the ugly testimony. She created beautiful images by listening with compassion and perceiving energetic patterns in this setting. The hummingbird drawing took form on one such occasion. Though not an art collector, and having only a tiny, rented room at the time, I purchased a copy of the print. I left it packaged and, shortly thereafter, moved again into a small, country cottage in another state. The lovely hummingbird image came with me and sat enshrouded for several more months in an adjacent barn, along with other belongings that wouldn't fit in my new home.

Then, as winter was drawing to a close, I learned from someone in the old gang that Ken had just been diagnosed with advanced, metastasized cancer. I bit the bullet and returned to my former neighborhood, risking contact with my ex, to visit him in the hospital. Though he was undergoing chemotherapy, on sight I knew I was looking at a dying man. I continued making visits over the next couple months. We hugged (carefully), held hands, cried, laughed, and remembered that sense of being from the same star.

For no obvious reason, right before I went away for the recent Memorial Day weekend, I finally went next door to the barn, located and unpacked the



"Some people like to paint pictures, or do gardening, or build a boat in the basement. Other people get a tremendous pleasure out of the kitchen, because cooking is just as creative and imaginative an activity as drawing, or wood carving, or music."

Julia Child

I Decided To Succeed - By Walt Disney

And so after waiting aimlessly one day like any other I decided to succeed.

I decided not to wait for opportunities but to go out and find them.

I decided to see every problem as challenges with infinite possibilities.

I decided to see the desert as an opportunity to find an oasis.

I decided to see every night as a mystery to solve.

I decided to see each new day as an opportunity to be happy.

That day I discovered that my only hindrances were my own weaknesses, and that they were just pointing at the best way to do better.

That day I stopped fearing to lose and I began to fear not trying at all.

I discovered that it's not about me and perhaps never was, and it ceased to matter who won or lost.

Today I rejoice in finding I'm better than yesterday.

I learned the hard part - it's not climbing to the top of the hill but to keep on climbing.

I learned that my greatest triumph is to have the right to call someone "friend."

I discovered that love is more than just a state of illusions; it is a way of life.

This day I stop being a reflection of my past failures and light up the candle of the present.

I learned that this light is of no use if it's not to illuminate the path of others.

I decided to change so many things.

That day I learned that our dreams exist only to be realized.

Since that day I no longer sleep to rest.

I sleep solely to dream.

Editor's Note: From the writings of Walt Disney

hummingbird print, and gave it a place in my cottage. Ken passed late at night on Memorial Day. The next day, with my mind given over to this event, a hummingbird zoomed past my front door so close that it startled my cat from her sleep under the bushes. Later that day, it or another came directly to my front window, where no flowers are anywhere near bloom, turned to face me, looked me right in the eye, and then lifted off through the center of my yard in such a way that I could observe the arc of its flight until it was invisible. I intuited it was Ken saying, in that gentle voice that never shouted or cursed, "Hey Lady! Sorry I didn't say goodbye. I'm cool, it's beautiful here! See ya next time, sugar."

Contributed by N. after she read the blog on hummingbird.

Would You Do It? – By Ananada

If you knew that kindness was the answer to all the questions your children asked... Would you be more kind?

If you knew that kisses were the best discipline that you could have given your children... would you give them more kisses?

If you knew that your attention was all that your children required to excel in life ...would you give them more of your attention?

If you knew that peace could keep your children from dis-ease... would you choose peace instead of conflict in your children's presence?

If you knew that you had the Power to make your children's dreams a reality just by being kind, giving them lots of kisses, more of your attention and choosing peace as the only environment to raise them ...would you do it?

It's never too late...Do it now...Just do it.

Ananda of Love 7/07

Editor's note: We are grateful to Ananda for giving us permission to share this wonderful message in our newsletter.



Michelle Obama hugging school children – image from Photo by Win McNamee/Getty Images

STOP! A Meditation by OSHO

Just as you have the impulse to do something, stop.

You can try it anywhere. You are taking your bath — suddenly order yourself to "Stop!" and stop. Even if it is only for a single moment, you will feel a different phenomenon happening within you. You are thrown to the center and suddenly everything stops — not only the body. When the body stops totally, your mind stops also.

When you say, "Stop!" do not breathe then. Let everything stop...no breathing, no body movement. For a single moment remain in this stop, and you will feel you have penetrated suddenly, at rocket speed, to the center. And even a glimpse is miraculous, revolutionary. It changes you, and by and by you can have more clear glimpses of the center. That is why inactivity is not to be practiced. Use it suddenly, when you are unaware.

For example, you were going to drink a glass of water. You have touched the water, the glass — suddenly stop. Let the hand be there, let the desire to drink, the thirst be there inside, but you stop completely. The glass is outside, the thirst is inside; the hand is on the glass, the eyes are on the glass — stop suddenly. No breathing, no movement, as if you have become dead. The very impulse, the thirst, will release energy, and that energy is used for going to the center. You will be thrown to the center. Why? Because any impulse is a movement outward. Energy is always in movement — either going out or coming in. Energy can never be static.

Remember three things.... One, try it only when a real impulse is there. Secondly, do not think about stopping, just stop. And thirdly, wait! When you have stopped, no breathing, no movement — wait and see what happens.

When I say stop, it means stop totally, fully. Nothing is moving, as if the whole time has stopped. There is no movement — simply you are! In that simple existence, suddenly the center explodes.

Osho: Excerpted from *The Book of Secrets*



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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