



Angels And Ancestors

Rise Higher! August 2009 Volume 3 Issue 11

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From The Editors – August Feelings

Cartoon from
BradFitzpatrick.com



My financial adviser
says I don't have
enough faith, and my
spiritual adviser says
I'm too diversified.

I saw this cartoon the
other day, and
laughed! Then I
reflected that the
message in this

cartoon is very appropriate for the times that we live in – volatile times. It seems that every source of information that comes at us each day – TV news, radio news, newspaper news, advertisements of all sorts, and even ezines – all seem to have contradictory thoughts in the messages. How do we cope with that? How do we determine what is truth?

I have always worked with my inner guidance – my gut feel – about what is right or not. I like this quote by Martha Beck which goes a long way to explaining the method that I use. *"Asking if something "makes sense" has multiple meanings. It asks us to test a claim with both our common sense and our senses. Modern science owes its incredible advances to focusing on data perceived by our physical bodies. But other advances, like the "self-evident" truth of individual equality, resonate with a subtler, inner sort of knowing."*

I know that if my five senses do not quantify the data that I am receiving, then the information doesn't *feel* right, or the information leaves a bad *taste* in my mouth. And, sometimes, I just do not *see* eye to eye with the message. If what I *hear* does not ring true, I will discount it. And, sometimes when the person delivers their pledge or their pitch, you just have to say, "I *smell* something fishy!"

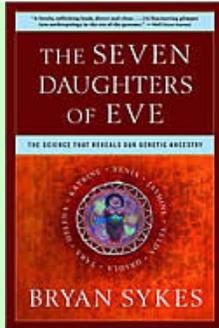
We do not need to depend on others to give us our truth. Our bodies and our subtle senses will tell us if information feels correct. Did the recession end on July 23, 2009 as reported on CBC? Probably not. Was there really a recession? I think of the past eleven months as more of a "repression". That is, information was withheld from the population generally, and government heads around the world made decisions that benefited them, bolstered the companies (naming no names) that were top heavy with financial drains and very lean in good management skills. It "feels" like truth is starting to prevail. Perhaps that new feeling will prevail around the world. What do you think? We are ready to receive your comments about "FEELING".

Judith and Roger

Upcoming Workshops & Events – August and September and October 2009

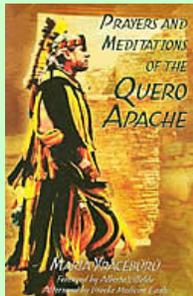
AUGUST

Currently, we are not scheduling any events for August. If we do schedule a meditation or a new moon ceremony, it will be at the last minute.



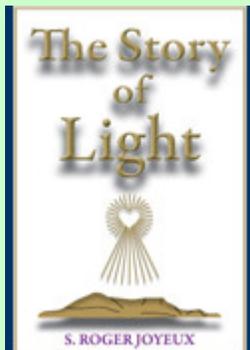
[The Seven Daughters of Eve](#)

The national bestseller that reveals how we are descended from seven prehistoric women...



[Prayers and Meditations of the Quero Apache](#)

Teaches the traditional Quero Apache meditative practice of entering the silence--a combination of prayer, meditation, and breath work--as a path to spiritual healing and enlightenment



[The Story of Light: Volume 1, Path to Enlightenment](#)

Discover the path to enlightenment, and how God's divine light works on Earth to take you there. This is a well written and very thorough treatise on spirituality and light ...

Now in both [PAPERBACK](#) or [EBOOK](#) formats.

1687 - Principia Mathematica by Sir Issac Newton

"Every body continues in its state of rest, or of uniform motion in a right line, unless it is compelled to change that

SEPTEMBER

Thursday September 17, 2009 at 7:30pm – 9:00pm
New Moon Meditation \$10.00

This will be the prelude meditation to the Autumn Equinox. Please register in advance with Judy at 403-225-2016 or email judy@angelsandancestors.com More info will be available on the website.

Tuesday, September 22, 2009 at 6:30pm Potluck and Equinox Ceremony \$10.00

The celebration for Equinox will be a strong reminder of the current energies moving us forward to being multidimensional "beings". An invitation will be sent to folks registered to receive these notices. Not on the list? Sign up here <http://www.angelsandancestors.com/signup.html>

OCTOBER

Friday evening to Sunday, October 23, 24, 25 Crystals' Light Workshop \$144 including snacks and meals

Watch for further information on Roger's popular workshop on crystals and how they work with us. Please register in advance with Judy at 403-225-2016 or email judy@angelsandancestors.com More info will be available on the website.

[An Excerpt from- The Story Of Light: Volume 2, Heaven's Gate by S. Roger Joyeux](#)

Chapter 1: The Angels at Work

1.1 The Angelic Mission

In a moment of contemplation, visualize the heavens from Earth; then visualize Earth from the heavens. Who sees? How do they see? From Earth's viewpoint, except for the sun, moon, and stars, heavenly light coming to Earth is invisible. From the viewpoint of the heavens, the Earth's etheric field and the delicate glow of light from its inhabitants is easily visible. At the very beginning of Earth time, the guardian angels looked from their places in the heavens only to see the darkness that shrouded Earth. They did not fully appreciate the difficulties of the task that lay ahead. The guardian angels, still in their discarnate forms as light bodies in the heavens, had volunteered to be the planet's caretakers, to bring Earth out of the darkness. Their mission was to lead Earth and its inhabitants into enlightenment.

Since the very beginning, guardian angels have been in place in the heavens. They have always stood by the Earth in service. They facilitated the arrival of light frequencies even before the descent into matter. Moreover, once living beings began arriving on the planet, they carried the responsibility of protecting and nurturing those who incarnated.

The angelic ones understood the divine wisdom and knowledge encoded upon the frequencies of light sent to Earth. Yet, they were not nearly as familiar with light frequencies that actually crossed the third dimensional threshold to descend into physical density. Did the light, which successfully made it onto the Earth, still carry the divine wisdom and knowledge it had in the heavens? The enlightened ones could not know. They were not on Earth in physical form. Their understanding of light on Earth had no foundation in experience. So, how did the heaven's guardian angels bring light to Earth?

Angels have sent light to Earth since the beginning. They gathered it together from the far reaches of the universe, bundled it into packets, and then beamed the frequencies towards the planet. Some frequencies bounced off the Earth's etheric magnetic field out into the void of the physical universe. Some frequencies remained suspended in the etheric field. Some of the more compatible frequencies managed to find their way onto the planet's surface. In the beginning, the Earth's density severely hampered the assimilation of light into physical form. Quite often, the light that could not assimilate leaked back out into the void. On the other hand, if the light remained, dense mass

state by forces impressed upon it."

"To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him."

Buddha

Spirit Animals – Cedar Waxwing – by Judith Hirst-Joyeux



Cedar

Waxwing – picture from www.pbbase.com

Over the past two weeks, when the dogs and I walk in the woods, one or two cedar waxwings fly along with us and sing a song of trills and whistles. Since they are trying very hard to get my attention, I spent some time finding out about the bird.

First, the birds are migratory, and arrive in Calgary in the early spring, any time in March. They come in flocks of hundreds, and several flocks visit our back yard, and sit on our mountain ash, eating berries. Cedar Waxwing's diet is pretty much always fruit and berries (it loves the sweetness of life) except at breeding time, when it will eat insects as well. In fact, the berries that it eats may affect the coloring of the feathers, making the light red/orange a much more vibrant red, and changing the yellow color to a more orange-red hue.

Second, while their favorite habitat is woodland with access to lots of berries, the Waxwing loves to be near open, running water, such as a stream, creek, or river. Waxwing needs lots of water to help process its sugar rich diet.

Third, Waxwings mate in early summer, coming together as a pair only for the season. They make their vows as a couple by passing flower petals or some food back and forth. They may have two nests through the summer as the eggs hatch within two weeks, and the young leave the nest after eighteen days. Both parents feed the young.

Waxwing teaches lessons around going

grounded it so effectively that it became unavailable to any other physical form. Regardless of the problem of excessive grounding, by broadcasting beams of light, the guardian angels made light available. As light anchored into physical form, Oneness very slowly took root.

-© July 2009 Roger Joyeux. Roger is a light worker, healer, writer, speaker, teacher, channel and medium, [photographer](#) and [web designer](#). He channeled Archangel Michael at the Conclave of the Mother in 1994 at Mount Shasta; and he has created light stations in Alberta. His new book is in editing, and he is scheduling a "Crystals' Light" workshop for October 2009.

Spirit Animals –Hummingbird's Nest - By S. B. a blog reader

Editor's Note: We receive many stories about spirit animals as a result of Judy's blog. This story, however, has so much information in it that we decided to share the story and Judy's responses. Please let us know what you think about the story. Email us at info@angelsandancestors.com.

Dear Judy,

I found your story about hummingbirds when I typed, spiritual animals hummingbirds on Google. While it was very pertinent to my life and story...I wonder if you can tell me what the appearance of dead hummingbirds mean?

You see, there was a mother hummingbird visiting the balcony off my bedroom quite a bit when I returned to my home in California after spending a hard year helping my family mend after my dad's successful bout with prostate cancer in Arizona. I felt it was such a good sign. She laid two eggs in a tiny nest that I could look into from my balcony. One day she got something wrapped around her and tangled in the tree and was hanging upside down caught. She made enough noise and my cat, who is very protective of all wild animals, let me know something was wrong. I took a towel and put it under her so she was not hanging and she flew away. Then she sat on her eggs until they hatched and two tiny babies were there. She would go and feed them and we had a little cold streak (June gloom) and she kept them warm. You could just see little tiny furry looking bodies and little triangles pointed up (their beaks). Then one day I went to peak at them and they were dead. I feel awful. I left the nest there and just don't look in anymore. I haven't seen the mother again even though I have a feeder on my balcony. I wonder if she died and then couldn't get back to feed and keep the babies warm. Friends have offered to come take the nest and baby carcasses away for me because they say it's just empty vessels. BUT! I haven't taken them up on that and it's still just off my bedroom balcony. My bed faces the balcony, even though that means my bed is in the middle of the room, because it makes it look like I live in a tree house. But when I think about those dead babies, I wonder if it's bad luck or an omen or something. Just wondered if you'd be willing to take the time to share your expertise, knowledge, opinion?

Hi and thanks for sharing your story of the hummingbirds with me, and for asking me to share what I know with you.

All animals come into our life to help us by healing us, teaching us, or working with us. When wild animals/birds show up and become part of our lives, generally, it is because they are here to help us. Hummingbird is about being able to enjoy the sweetness of life – she is associated in Inka tradition with the 3rd chakra, or the solar plexus chakra. When Hummingbird was hanging upside down, she represented how your life turned upside down with the onset of illness in your father. As you rescued her, she returned the favor. When animals are around us and die, generally, they take what ever illness or issues that we are currently faced with, and absorb them – a sacrifice for them that allows them to change their vibration and move forward on their spiritual journey. In your situation, they possibly simply absorbed the unsettled feeling of moving home and reconnecting with friends after some absence. After their death, you may have noticed that you did feel more at ease at home. And,

beyond the physical demands of the body food and shelter needs found in the base chakra) and speaks to the joy of belonging, for they belong in flocks and pairs (which is what the second and third chakras, orange and yellow in color are about), and Waxwing sings of the sweetness of life. Its love of running water is about letting all emotions run off your body. Feel them to the utmost and then let them go. It is stuck emotions that cause pain and illness, for many people. Waxwing's mask is a reminder that sometimes all that others see is the mask that they perceive. And, for many of us, our truth is hidden, even from ourselves.

© July 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.

Recipe - Cauliflower Soup

This rich and creamy soup is great when served alone or with a salad. It is cleansing, and is a nice starter for an Equinox celebration. Let us know whether you liked this recipe – info@angelsandancestors.com.

1 Tbsp. margarine
1 bay leaf
1 onion, chopped
3 oz. potatoes, peeled and diced
1 lb. cauliflower, separated into little florets
1 clove garlic, crushed
3 cups vegetable stock or water
Salt and pepper, to taste
Fresh parsley, finely chopped

- Heat the margarine, add the bay leaf, and fry the onions for about 5 minutes, or until transparent. Add the potatoes, cauliflower, and garlic and stir on medium heat for 5 minutes. Add the stock or water and bring to a boil. Cover and cook until the cauliflower florets are tender.
- Purée the soup in a blender and then strain through a sieve.
- Reheat the soup and season with salt and pepper, ladle into bowls, top with fresh parsley, and serve hot.

perhaps everything looked brighter to you.

The next action is to honor the hummingbirds. In my tradition, we would build a sacred fire, wrap the dead ones in red cloth and place the wrapped bodies in the center of the fire, light the fire, and ask for the blessing of the small lives. The blessing may be a prayer, or chant or poem or what ever feels right to you. Let the fire burn out completely. Remember the little birds with happy thoughts and remember how courageous they were since you may now take courage from them.

Blessings, Judy

Picture of Hummingbird from



slideshow

Judy, thank you so much for this...it has helped me heal and find answers. Of course you may print my letter and your answer...then someone else may find the same healing from it. It ALL makes sense for me and is exactly true in my case.

I'm still having a hard time with the "honoring" part...I'm not sure why. But I cannot bring myself, for some inexplicable reason, to remove the nest and the dead babies. So, the nest is still out there and the dead babies are almost invisible now. Can you please speak to that. Do you think it is awful to just leave it there...is it mean? Do you think it is bad for my spirit? If so, would having a neighbor friend get the nest out and burying it be as good as the ritual you described? Please help. Thanks.

Hi! I have been thinking about your questions, and here is what I have to share with you....

Sometimes, it is easier to understand a concept by hearing a story. Here is a story of our experience. Roger (my husband) and I were driving down Canyon Meadows Road when Roger spotted a dead magpie by the side of the road. He had wanted some magpie feathers for his workshop room. So we swung back, and Roger ran out and got the bird and put it in plastic, after asking Great Spirit whether the bird was for him, and whether he could take the feathers. The answer was yes. We took the bird home, and Roger got out the feathers he was given permission to take. He then said a prayer for the Magpie, and wrapped it in cloth and dug a deep hole in our garden and smudged around it. He closed up the grave, and said another short prayer. While he was doing this, about a dozen magpies arrived in ones and twos, and sat on the fence and in the surrounding trees and watched him. When he was done, the magpies began to sing. They stayed for about two days... almost like our idea of a wake. We felt the experience was very blessed, and we expect that when Roger needs the magic from the feathers to work, the magic will be quite profound – whether for healing or for blessing.

So, let's talk about your situation.

1. It is not unusual, when we have a deep connection with someone, some animal, or some thing, to feel so attached that we cannot let them go. However, when we hang on to people and animals, we hold them back from their true ascension.
2. Having a neighbour do this work for you, will not cut and release the cords of attachment between you and the hummingbirds. When you are ready, this is something that you must do. And, you need to be able to do this with peace and contentment and joy for the birds.
3. The question – Is it bad for my spirit? – is best answered in #1 above – you are holding back the birds' spirits, and yes, your spirit will shift upward when you do this releasing. The birds have given you a great gift, so, from my view point, why would you not return the gift

by giving them a blessed send off? This is a life lesson that you are being given, and you may choose to deal with it, or not. There is no punishment from our choices. If we do not learn the lesson the first time, then down the road, we do get the lesson again.

I hope this helps you to understand the situation. Many blessings, Judy

© July 2009 Judith Hirst-Joyeux. Judith has a healing practice at Angels And Ancestors, however, she is learning that healing happens in many ways, and that her blogs at angelsandancestors.blogspot.com also provide healing in the words that they provide to individuals. She is grateful for the clear guidance from Great Spirit and her Angels for the messages that go into each blog

Guidance - Thinking About Others by OSHO

I am concerned about my friend's drinking habits.

“Don't think about anything that concerns others.”

“And that's what you go on thinking. Ninety-nine percent of the things that you think about concern others. Drop them — drop them immediately!”

“Your life is short, and your life is slipping out of your fingers. Each moment you are less, each day you are less, and each day you are less alive and more dead! Each birthday is a death day; one more year is gone from your hands. Be a little more intelligent.”

“Do not think about anything that concerns others. Train first against the defilement that is greatest.”

“Gurdjieff used to say to his disciples — the first thing, the very, very first thing, “Find out what your greatest characteristic is, your greatest undoing, your central characteristic of unconsciousness.” Each one's is different. Somebody is sex-obsessed. In a country like India, where for centuries sex has been repressed, that has become almost a universal characteristic; everybody is obsessed with sex. Somebody is obsessed with anger, and somebody else is obsessed with greed. You have to watch, which is your basic obsession.”

“So first find the main characteristic upon which your whole ego edifice rests. And then be constantly aware of it, because it can exist only if you are unaware. It is burnt in the fire of awareness automatically.”

“And remember; remember always, that you are not to cultivate the opposite of it. Otherwise, what happens is a person becomes aware that, ‘My obsession is anger, so what should I do? I should cultivate compassion.’ ‘My obsession is sex, so what should I do? I should practice *brahmacharya*, celibacy.’”

“People move from one thing to the opposite. That is not the way of transformation. It is the same pendulum, moving from left to right, from right to left. And that's how your life has been moving for centuries; it is the same pendulum.”

“The pendulum has to be stopped in the middle. And that's the miracle of awareness. Just be aware that, ‘This is my chief pitfall, this is the place where I stumble again and again, this is the root of my unconsciousness.’”

“Don't try to cultivate the opposite of it, but pour your whole awareness into it. Create a great bonfire of awareness, and it will be burned. And then the pendulum stops in the middle.”

“And with the stopping of the pendulum, time stops. You suddenly enter into the world of timelessness, deathlessness, eternity.”

-By Osho from *The Book of Wisdom, Chapter 9.*

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