



# Angels And Ancestors

## NEWSLETTER

**October 2009**  
**Volume 4 Issue 1**

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### **Good Advice**

Whatever you wish to speak to anybody

Let it pass through three gates:-

The Gatekeeper at the first gate asks

Is it true?

The Gatekeeper at the second gate asks:-

Is it necessary?

The Gatekeeper at the third gate asks:-

Is it kind?

If what you wish to say to anybody can  
pass through these three gates then say it.

Otherwise, it is better to keep silent

With many healing blessings

-Anonymous

### **From The Editors – Be the Change!**

For the last several months, the energy around us has been shifting. From September 2 through until September 16<sup>th</sup>, with the peak of the power at September 9<sup>th</sup>, the vibration of the Divine swept the Earth. The purpose of this energy was to “change” more of us, more quickly, to beings that recognized the Creator with in, and the link that we have to Creator. The Angels ushered this vibration to the Earth knowing that not enough people had made the big changes in themselves to allow the Ascension process to move masses of people into a new dimensional way of thinking.

Fear is the most crippling emotion, and, is often the reason that people refuse to change. Those that want the status quo to stay the same on Earth as it now is, simply keep pumping fear into the consensual reality (newspapers, radio, TV, and yes, internet). We can change that!

Each person simply needs to let go of being in control. Fear comes when we are not in control, as does feeling like a victim. It is only when we want to be in control, someone thwarts us, that we feel fearful and victimized. Victims believe that everyone is against them, picks on them, or criticizes them. Because they are so defensive, victims are not able to hear any truth or see what is being said as valuable assistance.

Today, instead of reacting, listen! And, be grateful that you can hear.



from <http://deamicis.com>

Judith and Roger

### **How We Do New Moon Meditation – by Judith Hirst-Joyeux**

Several people have asked what we do at a New Moon Meditations, so this article is  
meditation and fellowship.



Autumn leaves at our  
house – Judy Hirst  
September 2009

The beginning of the New  
Moon phase was on Sept  
17th and four people joined  
me for the New Moon

## Hearty Vegetable Stew From Judy's Kitchen

- 1 tablespoon vegetable oil
- 1 1/2 cups sliced onions
- 2 garlic cloves, minced
- 1 cup carrot, cut into 1-inch-thick slices
- 1 cup celery, cut into 1-inch-thick slices
- 4 cups mushrooms, cut into quarters
- 3 medium potatoes, unpeeled, cut into 1-inch chunks
- 1 (1 lb) can tomato, undrained, coarsely chopped
- 2 cups cooked kidney beans (12 ounces)
- 1 (8 ounce) can tomato sauce
- 1 cup water
- 1 teaspoon dried thyme
- 1 bay leaf
- salt and pepper
- 3 tablespoons flour (I used Spelt flour)
- 1/4 cup water
- 1/4 cup red wine (optional – I did not use this)

### Directions

Heat oil in a large, heavy saucepan over medium heat.

Add onions, garlic, carrots, celery, and mushrooms.

Cook 10 minutes, stirring frequently.

Add small amounts of water, if necessary, to prevent sticking.

Add remaining ingredients, except flour, 1/4 cup water, and wine.

Cover, reduce heat to low, and simmer 30 minutes, or until vegetables are tender.

Stir occasionally while cooking.

In a small bowl, gradually stir flour into 1/4 cup water until smooth.

Add to stew, along with wine.

Cook, stirring, 5 more minutes.

Remove and discard bay leaf before serving.



**Mallard Duck (male)**

Meditation.

The New Moon has the power to set intention for projects and for self work. This month, we worked with the Goddess, Demeter. We asked for a safe harvest for all of the crops and gardens still unharvested. (Roger and I still have about two hundred tomatoes to harvest.)

We started our meditation with the Buddhist "Loving Kindness Meditation".

### LOVING KINDNESS MEDITATION

*(Take a deep breath in)*

*(Speak this line on the out breath) May I be filled with loving kindness,*

*(Take a deep breath in)*

*(Speak this line on the out breath) May I be well!*

*(Take a deep breath in)*

*(Speak this line on the out breath) May I be peaceful and at ease*

*(Take a deep breath in)*

*(Speak this line on the out breath) May I be happy!*

\*\*\*\*\*

The next part of our mediation evening focused on quieting our minds from the days happenings. We did this with a focusing technique that allows us to touch our eyes and be calm.

Our next mediation was on focusing on harvesting food, and what would best serve us to keep us healthy and happy, and what would give us energy. This meditation also called for us to be grateful for the bounty of the Earth.

Our final meditation for the evening was a guided meeting with Demeter, in the realms of the Gods and Goddesses. In this meditation, she walked and talked with each of us, granted us each a gift, and answered questions about what was holding us back from our heart's desire.

The evening finished with a closing of the circle and a thanking of the six directions, and the beings that represent the directions.

Each individual had a story to share about their walk in the heavens, as we shared a light snack.

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## Spirit Animals –Mallard as a Messenger– by Judith Hirst-Joyeux

(Note: First published by the author July 1, 2007, on the blog, "Rise Higher".)

I was walking my dog, Magic, the other day, and a green headed (therefore male) mallard duck seem to keep flying in front of me, rather closely. I was a little surprised since the ducks in the park are more wild than tame. Yet, it persisted. When animals act out of the ordinary, then it is a clue that they have a message for you from Spirit and from Mother Earth.

I thought about all I knew about ducks. They flock together when they travel north and south, however, they are more solitary as a family unit (mother and father) when they nest. As the ducklings hatch and grow, the ducks become more social. The male is very protective of its mate. Generally, though, the male leaves when the eggs are laid. However, I have seen males stay near the female into the hatching time. The female is a good, nurturing parent, although not above pulling a duckling or moving it along if the duckling does not "fall in" with the agenda. The female gathers all the ducklings under her wings at night or when there is danger. The

**“Not the cry, but the flight of the wild duck, leads the flock to fly and follow.”**

**- Proverbs**

**View all problems as challenges. Look upon negativities that arise as opportunities to learn and to grow.**

**Don't run from them, condemn yourself, or bury your burden in saintly silence.**

**You have a problem? Great! More grist for the mill! Rejoice, dive in, and investigate.**

***Bhante Henepola Gunaratana, "Mindfulness in Plain English"***

ducks eat insects, fish eggs, green plants, berries, leaves, tadpoles, little fish, and grain. Minus the insects, the duck diet is not too dissimilar to our diet.

What then, is the message? As I thought about it, the duck is associated with water, and does not move all that gracefully on land, although its flight is compelling. A duck coming in for a water landing is a marvel. The message seems to be about moving gracefully through one's emotions. Letting all that is come to the surface, and simply swim through what ever comes up. Part of the message is about flying above the reality to see the beauty of the emotion in the context of reality (the ground). The message is also about finding one's wings so you can rise above the emotion, and not get weighted down by the story that brings the emotion to the surface. A duck also dives deeply into the water. So, it is a guidance that sometimes one really needs to go deep into the cause of the emotion to get to the mud or sludge before one can rise above it.

There is also a reminder that just as we cannot live without water, we cannot live without emotion. Even plants and animals have emotion as revealed in "The Secret Life of Plants" and "Why Elephants Cry". Our natural environment as we move through life is one full of emotion. Just as duck protects its young or its mate, one is reminded that we must sometimes protect ourselves from life when we are in an emotional state. As duck takes refuge on an island in the water when it is hurt or minding young, so too must one isolate in times of turmoil. If the duck doesn't isolate, it is much easier for predators to pick off a tasty meal. For humans, they are more vulnerable to bullies and control types who will use the weakness to manipulate.

I am grateful for duck's message. I will enjoy my time of joyfulness, and yet guard against those who would try to deflate the joy.

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© Sept 2009 Judith Hirst-Joyeux. *Judith is a Non-traditional Shaman, writer, and teacher. She works with Great Spirit, Ancestors, Goddesses and Gods, and the Angelic realms. Judy uses her intuitive abilities to work with clients using energetic healing modalities such as BodyTalk, EFT, Quantum Touch, Dream Reading Technique, Mindscape Technique, sound healing, and crystal intervention.*

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### **A Cowboy's Thanksgiving Prayer – by Steve Lucas**

Dear Lord, This last year was rough on us cowboys with calf prices bein' low. And the drought and the snow last winter Didn't leave a lot to show

For a lot of really hard workin'. There were times, I confess, That I lay awake nights and wondered: Lord, how do I get out of this mess.

But I turned it all over to you, Lord. Put my trust in your capable hands. And I thank you that you let us keep on Makin' a living off of your lands.

I thank you for every morning when the sun rose over the trees, and spread light over the meadows. And thanks for that cool summer breeze

That cooled sweatin' backs in the hay fields. And thanks for new friends I made, for the joy of seein' baby calves curled up, asleep in the shade.

Thanks for these good friends and neighbors and the love and the help that they give. And I thank you Lord for these old cows

### **Meditation – Touch Your Eyes – by OSHO**



Picture from Microsoft Clip Art

Use both your palms, put them on your eyes, and allow the palms to touch the eyeballs — but just like a feather, with no pressure. If you press you miss the point, you miss the whole technique. Don't press; just touch, like a feather. You will have to adjust, because in the beginning you will be pressing. Put less and less pressure until you are just touching with no pressure at all — just your palms touch the eyeballs.

Why? Because a needle can do something which a sword cannot do. If you press, the quality has changed — you are aggressive. And the energy that is flowing through the eyes is very subtle: a small pressure and it starts fighting and a resistance is created. If you press, then the energy that is flowing through the eyes will start a resistance, a fight; a struggle will ensue. So don't press; even a slight pressure is enough for the eye-energy to judge.

It is very subtle, it is very delicate. Don't press — like a feather; just your palm is touching, as if not touching. Touching as if not touching, no pressure; just a touch, a slight feeling that the palm is touching the eyeball, that's all.

What will happen? When you simply touch without any pressure, the energy starts moving within. If you press, it starts fighting with the hand, with the palm, and moves out. Just a touch and the energy starts moving within. The door is closed;

and the cowboy life they let me live.

And thank you Lord for my family,  
my little girl and my wife.  
And for the chance we have to raise a child  
to live the kind of life

That most folks only dream of,  
spending days outside,  
Feedin', checkin', and sortin', and looking  
where old cows hide.

So, Lord, on Thanksgiving,  
as we take a break from our chores,  
We thank you for this year's blessings,  
and for what you have in store.

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## Advertising

Events and Classified – limit 40 words including dates and times, \$10.00 per issue, or 12 issues for \$100.00.

Additional words are \$.15 each.

Deadline for advertising submissions is the 20<sup>th</sup> of each month. Payment to be made at the time of booking, by cash, Visa, MasterCard or in person for Debit payment.

Publishing of the newsletter happens for the first of every month. Currently, there are over 500 monthly subscribers, and 300 plus anonymous readers who download the newsletter from the website. This number grows monthly.

Advertisers accept the sole responsibility and liability for their statements and claims in their advertisements.

For more information or to place an ad, please call Judy at 403-225-2016.

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## Picture Meditation for October



simply the door is closed and the energy falls back. The moment energy falls back, you will feel a lightness coming all over your face, your head. This energy moving back makes you light.

Even if you are not entering deep meditation, this will help you physically. Any time in the day, relax on a chair — or if you don't have any chair, when just sitting in a train — close your eyes, feel a relaxed being in the whole of your body, and then put both your palms on your eyes. But don't press — that's the very significant thing. Just touch like a feather.

When you touch and don't press, your thoughts will stop immediately. In a relaxed mind thoughts cannot move; they get frozen. They need frenzy and fever, they need tension to move. They live through tension. When the eyes are silent, relaxed, and the energy is moving backwards, thoughts will stop. You will feel a certain quality of euphoria, and that will deepen daily.

Osho: Excerpted from *The Book of Secrets* [Return to "Top"](#)

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## Classifieds

### Events October

**Thursday October 1 - Free The Planetary Healing Mandala 7:00-8:30pm The Heart Atrium at SAIT** -- On **October 1st** of this year, a gathering of people from all ethnicities within Calgary will come together for the purpose of meditation and prayer upon Earth healing. It will take place during the time that His Holiness the 14th Dalai Lama is visiting our city. <http://www.planetaryhealingmandala.org/>

**Friday October 2, 2009 –Opening Show and Sale** - “Thrown, Grown, and Carved” at the Artpoint Gallery 1139-11 Street SE Calgary. Phone 403-265-6867 Collection is inspired by the elements of nature. [www.artpoint.ca](http://www.artpoint.ca)

**Sunday October 18, 2009 at 7:30pm – 9:00pm**  
**New Moon Meditation \$10.00**

Come meditate with us as we work with ATIRA (Pawnee) The Earth, Sacred Mother of every living creature. Please register in advance with Judy at 403-225-2016 or email [judy@angelsandancestors.com](mailto:judy@angelsandancestors.com) More info will be available on the website.

**Wednesday, October 21<sup>st</sup> at 7:00pm** John Irving will be presenting his twelfth and newest novel, *Last Night in Twisted River* at the Central Library, **John Dutton Theatre**. Tickets are \$20 in advance and will be sold through the WordFest office at 403.237.9068

**Friday evening to Sunday, October 23, 24, 25** [Crystals' Light Workshop](#)  
**\$140 including snacks and meals**

Click on the link on the workshop name to see detailed 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](mailto:judy@angelsandancestors.com) More info will be available on the website.

### Events November

**Monday, November 16th, 2009, from 7:30-9:00pm**  
**New Moon Meditation \$10.00**

It is now winter in the Northern Hemisphere. Join us as we invite Great Spirit and Anu, Irish Celtic Goddess of Manifestation Magick, Moon, Air, Fertility, and Prosperity to join us in meditation, to help us renew our energies in this time of rest in the natural world.

**Art Market Craft Sale Location:** Calgary TELUS Convention Centre  
**When:** Thursday, November 19, 2009 to Sunday, November 22, 2009 at 10:00 AM - 9:00 PM **Contact:** Marlene Loney **Contact Number:** 250-672-2411  
**Email:** [info@artmarketcraftsale.com](mailto:info@artmarketcraftsale.com) **Website:** [www.artmarketcraftsale.com](http://www.artmarketcraftsale.com)  
Art Market features the highest standards and greatest diversity of fine craft available in Calgary.

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**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)**

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

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