



Angels And Ancestors

Newsletter

December 2009
Volume 4 Issue 3



Merry Christmas!

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Calling All Angels by the group, Train

I need a sign, to let me know you're here
All of these lines are being crossed over the
atmosphere
I need to know, that things are gonna look up
'Cause I feel us drowning in a sea spilled from a cup
When there is no place safe and no safe place to put
my head
When you can feel the world shake from the words
that are said

And I'm, calling all Angels
And I'm, calling all you Angels

From The Editors – Calling All Angels!

It is December, and, it seems like this is an appropriate month to talk about angels. One of the common themes that comes up in the sessions that I do with clients is that the client does not talk to, or call in, their angels. Some clients are simply unaware that they can do this – ask for help from their angels or even simply talk to them as one would talk to a dear friend. And other clients believe that their lives and needs are not worthy enough and therefore do not bother the angels with their requests. The Archangels – Michael, Haniel, Gabriel, and Azrael have all asked that I provide the following information about calling in your angels.

First, all angels loved to be called in to assist us. They love humans and are the beings charged with the care of Planet Earth and all that is on the Earth, including humans. They especially love to help us at this time of the year – through Thanksgiving to Christmas. They love to help us shoulder the weight of family issues, unresolved grievances, and discord, or depression and anxiety that many people feel.

Second, there is nothing that we can say and do that is unworthy! The angels, and Great Spirit, are without judgment. They wonder why man continues to consistently self judge his/her actions. The Heavens believe that only by experiencing, by doing and by being, can each human expand the knowledge of the greater consciousness of The One. Therefore, take action, live life, and stop judging what you are doing!

Third, you can call your angels in any number of ways. Four talented musicians have each written a song called “Calling All Angels”. Lenny Kravitz wrote a beautiful song with this title. Listen to it on YouTube at <http://www.youtube.com/watch?v=Ak2p1MqFMKA>. Here are the lyrics.

*Calling all angels
I need you near to the ground
I miss you dearly
Can you hear me on your cloud?*

*All of my life
I've been waiting for someone to love
All of my life
I've been waiting for something to love*

*Calling all angels
I need you near to the ground
I have been kneeling
And praying to hear a sound*

*All of my life
I've been waiting for someone to love
All of my life
I've been waiting for something to love*

*All of my life
I've been waiting for someone to love
All of my life
I've been waiting for something to love*

*Day by day
Through the years
Make my way*

And I won't give up, if you don't give up
I won't give up, if you don't give up
I won't give up, if you don't give up
I won't give up, if you don't give up
I need a sign to let me know you're here

'Cause my TV set just keeps it all from being clear
I want a reason for the way things have to be
I need a hand to help build up some kind of hope
inside of me
And I'm, calling all Angels
And I'm, calling all you Angels
When children have to play inside, so they don't
disappear
While private eyes solve marriage lies 'cause we
don't talk for years
And football teams are kissing queens and losing
sight of having dreams
In a world where what we want is only what we want
until it's ours
And I'm, calling all Angels
And I'm, calling all you Angels
And I'm, calling all Angels
(I won't give up, if you don't give up)
(I won't give up, if you don't give up)
And I'm, calling all you Angels
(I won't give up, if you don't give up)
(I won't give up, if you don't give up)
Calling all you Angels
(I won't give up, if you don't give up)
Calling all you Angels
(I won't give up, if you don't give up)
Calling all you Angels
(I won't give up, if you don't give up)



Painting of Angel by Edward Tadiello and found in various galleries.

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 20th 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 100 plus anonymous readers who download the newsletter from the website. This number grows monthly.

*Day by day
Through the years
Day by day
Through the years*

*Day by day
Through the years
Day by day
Make my way*

*Day by day
Through the years
Day by day
Day by day*

Jeff Jones of the group, Alabama, also wrote a song called, “Calling All Angels”. Jane Siberry wrote a song by the same name, and sang it with K. D. Lang. A group by the name of Train, wrote and released “Calling All Angels” in 2003. See their lyrics in the side panel to the left of this article. So, what is the point of showing you all the writers of these songs? Simply, this shows you that there are many different ways to call in the angels, and they all work! There is not any one correct way. In fact, you may enjoy this song, “Calling All Angels” by Maria Bozzini at YouTube <http://www.youtube.com/watch?v=1xF4UZppqbo&feature=related>.

And, the angels make this point as well – not all the angels are invisible and out “there” somewhere. There are many angels on Earth. They are in human form to have the experience of being “human”. They too can answer a call for help. Just remember, that you must call. Earth is a free will zone and the angels may not interfere in a situation without your permission.

The angels have also been saying over and over, “Be kind to your self!” That action means that you do get to say “No” to the things that you do not want to do. It means that you take care of your health – that you eat right and sleep the required amount of time. It means that you always have time to do what you want to do. If you do not have time, then it is because YOU have made a choice not to allow enough time for your self. No one else is responsible. If you begin the blame game, then call all your angels to help you change your actions.

Beginning on the 16th of December, the angels will be the closest to the Earth as the portal of Great Spirit’s love energy is open, and the love washes the Earth and all upon it. On the 16th, call in the angels to walk with you and assist you for the next three weeks, and notice the difference it makes to your life.

We wish each of you peace, love, and joy, and wonderful adventures with your angels!

We call each of you “our angels”.
Judy and Roger

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Classifieds

Events December 2009

[Learn to work with your Crystal Skull Workshop -- Sunday, December 13th, 9:30-5:30pm](#), with Judith Hirst-Joyeux at The Healing Forest, 5034-49th Street, Olds, AB. Call Rose at 403-556-9411. Pre-registration is required.
<http://www.healingforest.talkspot.com/asp/blob2/blobpage.aspx/msgid/582641>

[New Moon Meditation Wednesday, December 16th, 2009, from 7:30-9:00pm](#)
The Winter Solstice is a week away and this meditation will focus on clearing and releasing energies. Great Spirit (God) will be our guide for the evening. \$10.00. Pre-register with Judy at 403-225-2016

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.

If the world should blow itself up, the last audible voice would be that of an expert saying it can't be done. - Peter Ustinov

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Give yourself a present and watch these videos on the internet!

The Bitter Truth About Sugar presented by the University of California Television, about 1.5 hours
<http://www.youtube.com/watch?v=dBnniua6-oM>

The Love Police (truthful and funny), about ten minutes in length
<http://www.consciousmedianetwork.com/video/111609.htm>

Transcendental Meditation - Time management and performance under stress
http://www.youtube.com/watch?v=ASK_WGNhoxw&feature=channel

The Power of Soul with Master Zhi Gang Sha - Soul Basics, about ten minutes
<http://www.youtube.com/watch?v=n8xkmQnsV2U>

Breast Cancer Pink Glove Dance, a very delightful movie, about four minutes
www.youtube.com/watch?v=OEdVfyt-mLw

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Remembering Ted Andrews



Picture of Ted Andrews and his animals from taliaskye.blogspot.com.

For those of you that may have missed the announcement, Ted Andrews passed away on

Winter Solstice Celebration – Sunday December 20 2009 3:00pm to 8:00pm

Join us for potluck and ceremony, including initiation into the Order of Melchizedek (Archangel of sacred geometry). Fee for initiation and ceremony \$15.00 Pre-registration required – call Judy at 403-225-2016.

Events January 2010

New Moon Meditation Friday, January 15, 2010, from 7:30-9:00pm The Roman God, Janus, for whom January is named, will come in to guide us with a message around: to begin, to conceive, to originate, and to deal with self perception. Fee - \$10.00. Pre-register with Judy at 403-225-2016

Sunday, January 17, 2010, from 1:00pm to 4:00pm **[How To Meditate – A Guide for Beginners - \\$40](#)**. One hears that meditation will make your mind calm, that you will feel happier. Is this true? Is meditation easy to learn? To find out the answers to these questions, join Judy Hirst-Joyeux for a beginner's class on meditation. During the workshop, the participant will learn: One quick way to calm the mind; Two different types of meditation breathing; Three different styles of meditating; Four meditations. Pre-registration required. Call Judy at 403-225-2016.

Munay-Ki Rites 1&2: Bands of Power and Healers Rites – January 24th, 2010 from 1-4PM in SE Calgary; \$55 per class. Contact Samantha to register at 403 – 668 – 9361 or www.walkinbeauty.ca Read more about the Rites at www.munay-ki.org Empower yourself through Shamanic interaction with the Divine!

[Learn to work with your Crystal Skull Workshop Sunday, January 31, 2010](#) 9:30am – 5:30pm with Judith Hirst-Joyeux in Calgary at a location TBD. Pre-registration is required. Call Judy at 403-271-2269.

Massage, Healers, Herbalists, Mediums/Readers, Shaman

Are your business sales low? Are your relationships turbulent? Are you simply tired and unhappy? Do you hate your job? Call Angels And Ancestors. Judith, a non-traditional shaman, who combines BodyTalk, EFT, Quantum Touch, Mindscape, Dream Reading, Intuitive Healing and Interpretation, Sound, Crystals, Karma Clearing and Tarot or Angel Cards will help you to shift your life, so you feel better. Distance treatments offered. Appointments only 10:00am – 9:00pm Tues – Fri 10:00am- 3:00pm Sat Book your clearing/releasing/healing appointment. 403-225-2016

Put your ad in this space...call Judy 403-225-2016.....

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Spirit Animals – White Deer of Boulder Junction – by Judith Hirst-Joyeux

At Christmas time, we enjoy all things white – snow, snowmen, white Christmas trees, white angels, white popcorn strings, white lights, and presents tied up in white. The United Church actually has a 'white gift Sunday' where parishioners wrap up toys for children in white paper. These gifts are then distributed to children in hospitals and orphanages, or to families that have had a bad year.

White, in our world, represents, gentleness, innocence, kindness, purity, and even perfection. For some, white represents cleanliness and safety. As an example, think of the legendary "white knight" in stories that saves the people and defeats all evil. Indigenous people around the world tend to label any animals or plants or fish or birds that are white, as "spirit animals". In this context, it means that the animal is other worldly, and not of this time and space.

In this reality, however, all over the world, more white animals are showing up. And, in Boulder Junction, white deer are showing up in herds. Some Shaman believe that these herds are balancing off the darkness in parts of the world, because the colour white does represent all the characteristics mentioned earlier. Many believe that a white deer is a messenger from the Divine. Or that the white deer intercedes when there is danger. If you saw the Harry Potter movies, you will remember the white deer.

October 24th, 2009, from cancer. One of Ted's best known books is "Animal Speak". Many of us have his books and card decks. Dragon Hawk Publishing, Ted's publishers, released the announcement.

Thank you, Ted, for all the knowledge that you have shared over the years! Thank you for the wonderful descriptions of animals and of nature in your books. This is a legacy of teachings that will be used for many years to come. We, your audience, are grateful!

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White deer (three does), photographed by Jeff Richter in the State Forest.

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From Judy's Kitchen- Caroline's Fruit Salad Cake - by Judith Hirst-Joyeux

Note: All of the participants of the Crystals' Light workshop in October raved about this wonderful cake that our friend Caroline made. Here is a great recipe (and a wonderfully easy one) to make over the holidays.

1 Cup of flour	1 teaspoon of soda
¼ teaspoon of salt	½ teaspoon of vanilla
1 10 ounce tin of fruit salad (we used peaches)	
1 egg	¼ cup of sugar

Mix all together and bake in an 8 x 8 pan. (We used a round spring bottom pan that was 10 inches so it was thinner.) Prior to pouring into the pan, one can mix 2 cup sliced almonds into the batter, and after pouring into the pan, then sprinkle ¼ cup brown sugar over the top of the batter. Bake at 350 F for 30 to 40 minutes.

Cake Topping

What message are the white deer bringing to us? The first message is that change is coming, and it is coming at a very high, abstract level in our world. Boulder Junction is in Wisconsin, in the Northern Highland State Forest, south of Lake Superior, and reflects the abstract, since this is not a major city/park destination.

Second, the message is about truth. When we tell an untruth, we call it a "white lie". Regardless of how small the lie, or how good the intentions are, truth is purity of thought and form. White deer is a walking illustration of purity of form, and by extension, thought.

Third, white is about sameness. If we have no colour, then we all look the same. We lose our identifying characteristics and become more androgynous, much like the angels. Deer is telling us that we are moving towards that time of purity and light. Some folks call this ascension. Regardless of what it is called, it is also a truth.

White deer interview with movie and pictures, and discussion with the authors of "White Deer: Ghosts of the Forest". Photographs by Jeff Richter; text by John Bates. -From www.pbs.org



Watch for white deer in your journey. And, enjoy the changes that they announce.

© Nov 2009 Judith Hirst-Joyeux. Judith is a Non-traditional Shaman who works with Great Spirit, Ancestors, Goddesses and Gods, and angelic realms. She writes, teaches workshops, coaches, and assists clients help themselves on healing their body. .

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From Judy's Kitchen ~ Sour Cream Substitutes

Many people do find sour cream hard to digest, and may have a lactose intolerance only for sour cream. In this festive season, partiers can be caught by surprise if they unintentionally eat sour cream. I suggest that if you are putting together food for a party, that you use the following substitutes for sour cream.

~~ Judy

A great sour cream substitute is to use an equal amount of unflavoured yogurt instead of the sour cream.

Other Sour Cream Substitutions and Equivalents

- *1 cup sour cream For baking: 7/8 cup buttermilk or sour milk plus 3 tablespoons butter
- *1 cup sour cream For baking: 1 cup yogurt plus 1 teaspoon baking soda
- *1 cup sour cream For baking: 3/4 cup sour milk plus 1/3 cup butter
- *1 cup sour cream Baking: 3/4 cup buttermilk plus 1/3 cup butter
- *1 cup sour cream Cooked sauces: 1 cup yogurt plus 1 tablespoon flour plus 2 teaspoons water
- *1 cup sour cream Cooked sauces: 1 cup evaporated milk plus *1 tablespoon vinegar or lemon juice. Let stand 5 minutes to thicken.
- *1 cup sour cream Dips: 1 cup yogurt (drain through a cheesecloth-lined sieve for 30 minutes in the refrigerator for a thicker texture)

While the cake is cooking, mix together:
3 oz of condensed milk (we used about 5 ounces)
1/8 cup of butter
1/8 cup of brown sugar
Cook the topping for about 30 minutes while the cake is cooking. When the cake is baked, immediately flip the cake out onto a plate, and pour the topping over it. The topping will run off and pool around the cake so use a much larger plate than the cake. Enjoy! [Return to "Top"](#)



Love is the greatest force on earth. It is yours to use everyday, if you so choose.

December's Positive Thought

You have two basic choices in life; love or fear. Choose love.

December's Positive Affirmation

I AM love and I express love in every thought, word, and deed.

- Adapted from Theresa F Koch at Playing With the Universe

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*1 cup sour cream Dips: 1 cup cottage cheese plus 1/4 cup yogurt or buttermilk, briefly whirled in a blender
*1 cup sour cream Dips: 6 ounces cream cheese plus 3 tablespoons milk, briefly whirled in a blender
*1 cup sour cream Lower fat: 1 cup low-fat cottage cheese plus *1 tablespoon lemon juice plus 2 tablespoons skim milk, whipped until smooth in a blender
*1 cup sour cream Lower fat: 1 can chilled evaporated milk whipped with 1 teaspoon lemon juice

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Meditation – Remain Detached – by OSHO

You have to come to a state of consciousness where nothing impresses you, you can remain detached. How to do it? Throughout the whole day the opportunity is there to do it. That is why I say this method is good for you to do. Any moment you can become aware that something possesses you. Then take a deep breath, inhale deeply, exhale deeply, and look at the thing again. While you are exhaling look at the thing again, but look just as a witness, as a spectator. If you can achieve the witnessing state of mind for even a single moment, suddenly you will feel you are alone, nothing can impress you; at least in that moment nothing can create desire in you. Take a deep breath and exhale it whenever you feel that something is impressing you, influencing you, dragging you away from you, and becoming more important than yourself.

And in that small gap created by the exhalation look at the thing — a beautiful face, a beautiful body, a beautiful building, or anything. If you feel it is difficult, if just by exhaling you cannot create a gap, then do one thing more: exhale, and stop inhalation for a single moment so the exhalation has thrown all the air out. Stop, don't inhale. Then look at the thing. When the air is out, or in, when you have stopped breathing, nothing can influence you. In that moment you are unbridged — the bridge is broken.

Breathing is the bridge. Try it. It will be only for a single moment that you will have the feeling of witnessing, but that will give you the taste, that will give you the feeling of what witnessing is. Then you can pursue it. Throughout the whole day, whenever something impresses you and a desire arises, exhale, stop in the interval, and look at the thing. The thing will be there, you will be there, but there will be no bridge. Breathing is the bridge.

Suddenly you will feel you are powerful, you are potential. And the more powerful you feel, the more *you* will become. The more things drop, the more their power over you drops, the more crystallized you will feel. Individuality has begun. Now you have a center to refer to, and any moment you can move to the center and the world disappears. Any moment you can take shelter in your own center, and the world is powerless.

Osho: Excerpted from *The Book of Secrets*

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

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