



# Angels And Ancestors Newsletter

January 2010  
Volume 4 Issue 4



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Advertising

## From The Editors – Greeting 2010 with Hope

I always look forward to a new year because of the energy that is so strong in January. It is the energy of **hope**. There is hope that this year is better than the previous one. There is hope that the crops will be better, that the job will be better, that the family will be happier and more prosperous, and hope that the world will finally get along. All of these hopes, and the many hopes that are not written here are about planning. The Merriam Webster dictionary meaning of hope is “to desire with expectation of obtainment”. So, when we hope, we are setting our expectations and goal setting.

That made me think about what I would like to do in 2010. A panorama of visions flashed through my mind. I could see the land that seems like a place that I would like to live. The workshops that I am developing popped up as pages of writing. I saw classes set in a grassy meadow. The vision reflected the hope that I have for what Angels And Ancestors will be able to accomplish.

Watch for the following items:

Teachings of Archangel Michael classes

Teachings of “The Keys of Enoch” classes

Meditation classes with different focuses

Workshops on working with the Divine Self

Different workshops featuring the Crystal Skulls (the first one is Jan 31 2010)

Teleconferences and webcasts

Well, I have told you my hopes for 2010. What are your hopes? When we have a hope, we begin an action plan. What is your action plan? How do you propose to keep your hope going? Hoping without taking action is called “wishing”. When I was running projects, we always had an action plan and a project plan to achieve our goals within a set timeframe. Hope does not need a tight time frame; however, it does need reinforcing. Tell someone your hopes.

I was listening to an ascended master speak yesterday. One of the sentences he said zinged through me. He said that sound carries through the Universe forever. When we no longer hear it, it simply has moved away from us. Sound, as you know, travels through the air, buildings, people, and vehicles. So, when we tell someone our hopes, the words carry on and on, setting up a vibration for that hope. That sound vibration moves through the world, the stars, and beyond. We create a universe of hope. Even when people scoff at our hopes, we have set them free with words.



Picture from an email

May 2010 be the year that all your hopes are realized!  
Judy and Roger

Classifieds

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 100 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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### Happy Retirement Gary Craig, of EFT



Your Host, Gary Craig

This picture of Gary comes from his newsletter.

**Gary's Retirement ... and a Gift to the EFT Community:** I will be retiring on January 15, 2010. It has been a magnificent ride and I am thrilled to have joined with you in bringing the EFT gift to the world. I will keep the EFT website, DVD store, Certification and related items active until my retirement date. This should give you plenty of time to make any adjustments you deem necessary...  
To see more on this, check [http://eftcommunity.emofree.com/blogs/efg\\_blog/archive/2009/12/12/gary-is-retiring.aspx](http://eftcommunity.emofree.com/blogs/efg_blog/archive/2009/12/12/gary-is-retiring.aspx)

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### Phoenix

### 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. Abundance exchange - \$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.

**Saturday, January 23, 2010 at 2:00pm** Mtn time, free telecast on Teachings Of Archangel Michael. 1. 5 hours Details to be posted on our workshop page at [www.angelsandancestors.com/workshop.html](http://www.angelsandancestors.com/workshop.html)

**Munay-Ki Rites 1&2: Bands of Power and Healers Rites – Jan 24<sup>th</sup> and Feb 28<sup>th</sup>, 2010** from 1-4PM in SE Calgary; \$55 per class. Contact Samantha to register at 403 – 668 – 9361 or [www.walkinbeauty.ca](http://www.walkinbeauty.ca) Read more about the Rites at [www.munay-ki.org](http://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. Abundance Exchange \$133.00 Call Judy at 403-271-2269.

### Events February 2010

**February 13, 2010 New Moon Meditation Saturday, from 7:30-9:00pm** Aphrodite, the Greek Goddess of fertility, sexual love, and beauty, will come in to guide us. As this is the eve of Valentine's Day, one may be sure the message will talk about love! Fee - \$10.00. Pre-register with Judy at 403-225-2016. Let me know if you are interested in dialling in to the audio webcast of this event.

### Massage, Healers, Herbalists, Mediums/Readers, Shaman

**EVOLUTIONARY ASTROLOGY** with Christina Rai. Connect to your Soul Purpose. Develop strategies for successful self-integration with the help of the magical tool of astrology. Check out my website for more! [www.christinarai.com](http://www.christinarai.com). To make an appointment, email [christinaraiw@gmail.com](mailto:christinaraiw@gmail.com) or call 204-990-4970.

**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.....**

### Spirit Animals – Phoenix – by Judith Hirst-Joyeux

On December 29<sup>th</sup>, I was out walking my dogs, when a shadow passed over us. I glanced up, and there was a very large bald headed eagle flying over us. I was thinking about what spirit animal to write about. I asked if it was Eagle. The answer was "No, think bigger!"

Immediately, a vision of a very large Phoenix popped into my head. A writer named "Phoenix", who writes on Elftown.com, had this to say about the bird.

"The Phoenix is a mythical sacred firebird. Said to live for 500 or 1461



Picture from [www.elftown.com](http://www.elftown.com)

### From Angels Blog... Junco

Junco picture from [talkaboutwildlife.ca](http://talkaboutwildlife.ca)  
Photo © Joanne Bovee.

Juncos range over western North America, right up into the North West territories.



[angelsandancestors.blogspot.com/2010/01/spirit-animal-junco.html](http://angelsandancestors.blogspot.com/2010/01/spirit-animal-junco.html)

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years, the Phoenix is a bird with beautiful gold and red fiery plumage. At the end of its life-cycle the Phoenix builds itself a nest of cinnamon twigs that it then ignites; both nest and bird burn fiercely and are reduced to ashes, from which a new, young Phoenix arises. The bird was also said to regenerate when hurt or wounded by a foe (hence the expression rising Phoenix-like from ash or ruin), thus being almost immortal and invincible — a symbol of fire and divinity.”

I asked then, what message Phoenix was bringing, and if it was for me, or for everyone. The answer seemed to include everyone. Here is Phoenix’s message.

This is a time of great cleansing, the way that the cinnamon fire cleanses and renews me. The material things that weigh you down need to be cleansed either in energy or physically removed from your nest. Negative feelings and energies are now to be released. This means shaking your heads from all of the thought/mind control that is pushed at you each day. Radio and TV contain many experiments that affect people (even the very young) with a mind numbing inertia. This world is about moving and changing. Inertia is described as when a mass remains inactive. As you look around you, see all the people that are inactive, that is, are stuck in only one way of doing things. This is not a natural state. Every being moves.

This is a time of looking at what is truly important to you. If your life and health are important, then cleanse your cupboards of harmful goods, and move forward into a new level of body health. If your free will is important to you, turn off the TV and radio and video games, and pick up books on different subjects. If your job is not to your liking, decide what it is that you want to do, and it will happen.

This is a time of very fast response to what a person is thinking or wanting. Humans are calling it manifestation. It is however, more precisely described as revelation. What you have been thinking and feeling are now coming to the surface for all to see. This change is part of the necessary clearing (fire) to allow us all to begin joining together in mind contact. When all thoughts have been purified, then telepathy may be fully possible without need of hiding anything.

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© January 2010 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. .

### From Judy’s Kitchen ~ Raw Oatmeal Cookies

*This is a recipe that I make from time to time for our New Moon Meditation evenings. I have put in the notes about what I do because I do not always follow the directions. I do what makes sense for me, at the time I am “cooking”. I love this dish raw for breakfast. It is fast and easy, and you do not need very much to feel full.*  
---Judy

2 cups oats (groats, whole) (I used rolled oats – they are basically the same as groats)  
1/2 cup almonds  
1/2 cup raisins  
1/2 cup agave nectar (Or maple syrup. I have used both and I prefer the Agave Nectar)  
1/4 cup cashews (Note that I doubled the almonds and left out the cashews)

#### Directions

Put oat groats in food processor and grind until fine. Transfer to a mixing bowl.

### Words on Water Make Plants Grow By Ron Eslinger

My 12-year-old grandson, Drake, asked me for ideas for his science project. I told him about a video called /What in the Bleep...Do We Know/ on quantum physics, which shows changes made to water molecules when words are written on the side of their container.

The water molecules were viewed under a microscope and the results that occurred with the different words were astonishing. Those with positive words looked like snowflakes and crystals, while those with negative or mean words took on angry colours and shapes.

I asked him if he thought plants put in water with positive or negative words on their containers would make a difference in the plants’ growth. He said he didn’t think so. Below is an excerpt about a book by Masaru Emoto:

“The Hidden Messages in Water” introduces the revolutionary work of internationally renowned Japanese scientist Masaru Emoto, who has discovered that molecules of water are affected by our thoughts, words and feelings. Since humans and the earth are composed mostly of water, his message is one of personal health, global, environmental renewal and a practical plan for peace (that) starts with each one of us. According to Masaru Emoto in his book The Hidden Messages in Water, words and phrases can change water molecules.

Put almonds in food processor and pulse a few times to chop them until just coarsely chopped. Transfer to bowl with the oats.

Add raisins and agave nectar to bowl and mix everything well.

Grind cashews in coffee grinder, and use this to coat your palms as you handle the cookie batter. (I left this out).

Take small chunks of dough and flatten into rounds on the mesh sheet of a dehydrator tray. Dehydrate for about 12 hours on 110 degrees. The time to dehydrate may vary according to how thick you've made the cookies, and the desired chewy/crunchy-ness. :).

(Note that I actually cooked for several hours at 250 degrees, so that the cookies were not raw, but still not over cooked. It is something that you need to practice. I also simply use my oven as I do not have a dehydrator.)

*My religion is simple - my  
religion is kindness.*  
**DALAI LAMA**

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### Watch These Videos

**Sikumi (Winner of the Jury Prize)**

[www.youtube.com/watch?v=CvAceiLq4A](http://www.youtube.com/watch?v=CvAceiLq4A)

**Guided-Meditation 01: Relaxation-Guided-Gayatri-Mantra-Chakra-Techniques-Music**

[www.youtube.com/watch?v=razW9iBf4qo](http://www.youtube.com/watch?v=razW9iBf4qo)



Spiral of Life - This structure is called the *spiral of life* and was found in the remnants of an old temple from the Bronze Age in Ireland. The circle, spiral and wheel are all powerful symbols representing the cycle of life, death and rebirth, including the seasons of the year. (from [www.123celtic-irish-jewelry.com](http://www.123celtic-irish-jewelry.com))

Drake asked himself the question, "Does it make a difference in a plant's growth if you write something on the outside of a cup of water and then put the plant in it?" He took cuttings from a vine from a planter in our house. He was looking for the answer to two specific questions:

1. Does a negative word change water molecules?
2. Does a positive word change water molecules?

Not believing negative or positive words on a cup of water would make a difference, Drake said, "Water is just water."

He used four plastic cups, three-fourths full of tap water and taped a label to the side of each. The labels read "I love you," "I hate you," "I will kill you," and "Thank you." He monitored them for eight weeks, photographing the plants on Sept. 23, Nov. 18, Dec. 3, and Dec. 28, 2008.

The results proved Drake's hypothesis wrong. As stated by Mr. Emoto, negative or positive words on the cup does change the molecular structure of water molecules. The change was evident by the growth of the vines. Over that eight-week period, Drake watched the vines with "I will kill you" and "I hate you" written on their cups wilt and die, while the vines in the cups labelled "I love you" and "Thank you" flourished. The "Thank you" vine even sprouted roots and leaves.

Most amazing to me was that after we had completed the science experiment documentation and were waiting for the day of the science fair, Karen, Drake's grandmother, took the plants off the window sill to clean, and when she put them back, she inadvertently put the "I will kill you" cup between the "I love you" and "Thank you" cups. Within a week, the seemingly dead plant sprouted a new leaf. Simply amazing!

If you want healthier potted plants or herbs, write positive words on their containers and see the change. If you consider that words can do that to water and that our bodies are made up of 90% water, then what do words do to us?/  
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Michael "Ron" Eslinger is a certified registered nurse anesthetist, an advanced practice nurse, a Board-certified hypnotherapist, a certified master instructor of hypnosis, and a fellow of the National Council for Hypnotherapy (United Kingdom). He can be reached at [roneslinger@yahoo.com](mailto:roneslinger@yahoo.com) <<mailto:roneslinger@yahoo.com>> or via his website, <http://www.eslinger.net>.

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### The Spiral of Life by Christina Rai

Everything is energy which is in constant movement both within the self and in the space around the self where we connect with the greater collective. Using the tool of Astrology, we can define the nature of this energy to better understand both ourselves and the reality that we, as consciousnesses have generated.

There are four elements within the energetic matrix and they are: FIRE, EARTH, AIR and WATER. These are the very basis of the experiential process called LIFE.

FIRE co-relates to the inspirational part of the psyche. Inspiration ignites the imagination, gives birth to the idea and provides impulse for action.

This spark of fiery inspiration is received by and into the body of the self where it is grounded, sensed, brought to EARTH. The great feminine receptive principle can now give birth to the spark of inspiration.

The spark gestates within the body of the self, is made tangible and given a form through the facilitation of the mental body. We conceptualize, understand and communicate by way of the mind, the energy of AIR.

For this spark to become viable and powerful in its purpose and outworking, it must be infused with heart energy. We receive and transmute through the emotional body, WATER, the final of the four elements. Once emotion is added, it triggers response from us and from others. There is now relevancy in the act of creation, a meaning to that which we create. Not only does it complete us, as the creators, it



Image from taniecclaciebie.net

Here in this body are the sacred rivers:  
here are the sun and moon as well as all the  
pilgrimage places... I have not  
encountered another temple as blissful as  
my own body. ~ Saraha ~



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nourishes others.

The beautiful thing about this ongoing spiral is that creation is limitless. Inspiration is once again triggered by the full integration of the creative process through the 'spiral of life'. It is emotion which is a part of the WATER element that triggers ongoing inspiration to start the process over again. The emotions transmute the energy and the FIRE of the spirit is ignited once again to create new inspiration. Each ongoing turn of the creative 'spiral of life' facilitates the overall evolution of the soul self in its journey into self-realization and actualization.

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Christina Rai is an evolutionary astrologist who focuses on the internal dynamic structure of the self in all of its layered parts - the ego, the Akashic storehouse, the soul, and the connection to spirit. She unfolds the petals of your soul flower (the birth mandala or natal horoscope) using the gentle but incisive tool of astrology. See her website [www.christinarai.com](http://www.christinarai.com) . Email her at [christinaraiw@gmail.com](mailto:christinaraiw@gmail.com).

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### **Meditations – by OSHO**

“Remember, only that which you can take with you when you leave the body is important. That means, except meditation, nothing is important. Except awareness, nothing is important, because only awareness cannot be taken away by death. Everything else will be snatched away, because everything else comes from without. Only awareness wells up within. That cannot be taken away. And the shadows of awareness – compassion, love – they cannot be taken away. They are intrinsic parts of awareness. You will be taking with you only whatsoever awareness you have attained. That is your only real wealth. ” Osho

“Whenever suffering happens, don't collect it. Allow it to happen, but don't nourish it. Why go on talking about it? Everyone talks about his suffering. Why is there so much emphasis on it? Why give so much attention to it? Remember one of the laws: that whatsoever you pay much attention to grows. Attention is a growth helping element. If you pay attention to something, it grows more.” Osho

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

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