



Angels And Ancestors

Rise Higher! September 2009 Volume 3 Issue 12

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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 September 2009.

Advertising

Events and Classified – limit 40 words including dates and times, \$10.00 per issue, or 12 issues for \$100.00. Deadline for advertising submissions is the 20th of each month. Payment to be made at the time of

From The Editors – September, A Month of Balance

Angels And Ancestors is now three years old in September! We are excited that we are definitely growing up. We'd like to thank each of our readers for all their supporting comments and delightful stories.

So what is ahead for Angels? First, we will be adding several new workshops, and retiring some of the old ones. Second, we will be adding paid advertising to our newsletter. (See the notice for advertising in the side panel.) Third, we will offer some tele-classes. Fourth, for those of you that were interested in CD's of the Angels And Ancestors radio show, we hope to have sets of CD's available by the end of October. The details for some of these changes have not been completed, so please check our website www.angelsandancestors.com periodically for updates. Webmaster Roger Joyeux is making changes as we finalize information.

September always excites me because the autumnal equinox signals a time of balance – more precisely – a time when nature balances. Folks who grow crops and vegetables know that this is a month of harvest. Some call it the “reward” of all the hard work for the previous five months. For many people, September is always a month of change. This year we will feel even more change as the Caretaker Angels ramp up the energies to raise our vibration and bring all of us closer to that sense of community.

We humans have mostly forgotten that the group is stronger than the individual. We have become so trapped in the consensual reality that blasts out “the individual's rights take precedence over the group” that we have not looked past the campaign to discover if there is a reason to want people to concentrate on the individual. Consider this: When we are one, we are alone. People walking alone and worried about their individuality cannot band together as easily to insist on change. Great generals know that the easiest way to destroy an enemy is to isolate them by creating controversy. When we are busy shouting, “I am right, and my rights are priority”, we create petty fighting that masks the changes our levels of government make to accommodate their push for more control of the individual's life.

In January 2009's issue of Angels And Ancestors, we talked about the theme of community. Here is a quote from that article. “We need the energy of community to be successful. “I” does not cut it anymore. “We” replaces competition and scarcity and fear.” Let September be the time that you bring your life back into balance, and step out of the continuous long hours of work to go and find the community that you are comfortable with. Join us on one of our meditation evenings or at one of our workshops to discover a different community. We wish you love and light, and peaceful harmony.

Judith and Roger

Upcoming Workshops & Events – September, October, November 2009

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 6:45pm Potluck

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.

Spirit Animal – Canada Goose

“The wild geese take flight low along the railroad tracks in the moonlight night.” Haiku written by Shiki

Picture by Judith Hirst-Joyeux May 2008



“Canada Goose – Sentinel on a tree”

The **Canada Goose** is a wild goose native to the Arctic and Canada, and parts of the US. It has a black head and neck, white patches on the face, and a brownish-gray body. Goose lives for a life span of ten to twenty four years in the wild, and longer in captivity. In 2005, two writers, Farid A. Muna and Ned Mansour wrote a fascinating article entitled, “Leadership Lessons Learned From Canada Geese”. A synopsis of the article, as listed by Emerald Group Publishing Limited, shows that Goose is worth emulating.

“The first lesson is: work as a team: Canada Geese migrate long distances flying in V-formation. This formation results in lesser wind resistance, which allows the whole flock to add around 70 percent greater flying range than if each bird flew alone. Geese find out quickly that it pays handsomely to be team players. Second, wise leadership: when the leader at the apex of the V gets tired, it is relieved by another goose. Leaders rotate, empower, delegate, and even step down when it’s in the best interest of the team. How often do we see this taking place among

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? Check your registration by clicking on your subscription options at the end of this newsletter or send an email to judy@angelsandancestors.com.

OCTOBER

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 More info will be available on the website.

Friday evening to Sunday, October 23, 24, 25 Crystals’ Light Workshop

\$140 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

(Click on the title to go to the web page for the book info)

From Chapter 1, 1.2 Earth’s Angelic Cadres Through Time

All light given to Earth originates with the divine creative source. At all dimensional levels, beings of the light that are empowered with the capacity to create light frequencies, do so through the word of the divine. The mission of the light-workers is to use their creative power to extend the light forward into the universe. The mission is their contribution to the bringing of God’s light to darkness.

Each light-worker projects its enlightened Oneness outward from its place in the inter-dimensional heavens into the areas of the darkened universe in which it has chosen to work. Where a number of light-worker souls choose to work in the same part of the universe, their grouping constitutes a cadre of angels. The universe contains an unlimited number of inter-dimensional regions and numerous cadres for each region, including the Earth.

The cadres of angelic light-workers that have come to serve the Earth each belong to the planet’s divine plan. For example, the Council of Twelve coordinates the light given to the Earth. It oversees the flow of divine light that causes Earth’s physical form to become Oneness. Having responsibility for the planet’s evolution, the Council of Twelve has under its wing a host of sub-cadres that have their own unique role in bringing light to Earth. Included among the more recognized of these sub-cadres are the Legions of Michael, the Emanuel Group, the Councilate of the Ascended Light (who provided the information for this book), the Great White Brotherhood, and Seth. Some cadres, such as the Great White Brotherhood, have played a significant role in the evolution of the planet from the first moment of its descent into matter. Other cadres, such as the Councilate of the Ascended Light, have “dropped-in” to contribute during significant moments in Earth’s journey. Each cadre comes with a specialized purpose.

In the early stages of the planet’s third dimensional existence, one group of the Earth’s prominent light-workers were the master technicians who designed and created the human physical body. The body served the evolution of the soul by acquiring and anchoring light in the third dimension, thus giving the soul third dimensional experience. The evolution of the body is the accomplishment of a cadre called the “Brothers of the Light of Man”. The human race takes its name from these early light-workers. Similar to many other cadres, the Brothers of the

organizational leaders? Wise leaders ensure that their followers are well trained and developed in order to achieve true empowerment and smooth succession processes. Third, humane behavior: if a goose drops to the ground when it gets hurt or sick, two of its colleagues go down with it to take care of it until it either gets healthier or dies. In this fast-paced and competitive age, we seldom see managers going out of their way to help colleagues who are in trouble. In organizations, morale, productivity, and loyalty increase when employees are treated humanely.”

So, how does your team leader measure up to Goose. If you are the leader, are you as compassionate and as wonderful a team player as Goose?

From the blog
angelsandancestors.blogspot.com

Meditation

QUESTION: What is Meditation?

ANSWER: Meditation is a conscious effort to change how the mind works. The Pali word for meditation is 'bhavana' which means 'to make grow' or 'to develop'.

QUESTION: Is meditation important?

ANSWER: Yes, it is. No matter how much we may wish to be good, if we cannot change the desires that make us act the way we do, change will be difficult. For example, a person may realize that he is impatient with his wife and he may promise himself: "From now on I am not going to be so impatient." But an hour later he may be shouting at his wife simply because, not being aware of himself, impatience has arisen without him knowing. Meditation helps to develop the awareness and the energy needed to transform ingrained mental habit patterns.

-from www.buddhistdoor.com

**Spirit Animals –Wood Caribou– by
Judith Hirst-Joyeux**

Light of Man had only one task to complete. When their work was done, they departed.

The next angelic cadre of significance manipulated the Earth's etheric magnetic fields during a short period of less than a millennium. By creating openings within the etheric magnetic patterns, these light-workers birthed many new light frequencies onto the planet. During this epoch, a significant number of the more prominent geological minerals of light arrived on the Earth's surface. Ruby, diamond, gold, and silver are among them. The angelic brothers (gender-free), who came together to form this cadre, did not remain on Earth long enough to concern themselves with any identifying remembrance. After they had manipulated the opening of the etheric field to allow the vibrations of the minerals to enter, they dispersed. Their contribution was to bring a list of vibrations that came into use by the emerging human specie, as well as, other vibrations that were more directly involved in bringing light to Earth.

Once the planet had a sufficient reserve of light built up within its material substance, and once the etheric magnetic field of the planet had evolved enough to attract the higher and subtler light frequencies needed to initiate the long journey toward planetary enlightenment, the more valuable work of empowering the planet began. The Great White Brotherhood stepped in to volunteer. This cadre consists of numerous branches each of which coordinates a variety of activities to bring light to Earth. As an example, the holy temples of ancient Tibet are under the guardianship of the masters of Om-Ana-Ka-Ra. Once these temples had completed their service by bringing the quantity and quality of light that the divine plan had assigned to them, their mission ended. The Om-Ana-Ka-Ra cadre dispersed thereafter. The destruction of Tibet began within a short period of decades after their departure.

The Great White Brotherhood is the foremost cadre of importance concerned with the light of the Earth. They are the group of guardian angelic souls who have guided the evolutionary progress of the planet into its current state of vibration. Some of the other important cadres include the followers of Gabriel, the legions of Archangel Michael, the Joshua Group, and the Councilate of the Ascended Masters. These individual cadres embrace great souls that have offered their services to the planet through incarnate intermediaries on Earth. The later ones, the Councilate of the Ascended Masters, consist of Earthly souls that have already achieved enlightenment and the grace of ascension. Its members achieved release from their Earthly bondage during earlier millennia, and chose to return to continue their work.

Throughout Earth's history, the role played by the Great White Brotherhood has been especially to help humanity to rise into the realms of the awakened ones. The role of the Ascended Masters was to bring about the union of the light body with the physical body. In this dawning new age, Metatron, Melchizedek, and the Archangels, who are the caretakers of the universe, oversee the final preparations for the acceleration of Earth into its new vibrational octave.

-© July 2009 Roger Joyeux. Roger is a light worker, healer, writer, speaker, [photographer](#) and [web designer](#). He journeyed to the Siddha Yoga ashram in Ganespuri, India in 1990; he danced the alignment of Earth at the 11:11 in Egypt in 1992; he channeled Archangel Michael at the Conclave of the Mother in 1994 at Mount Shasta; and he has created light stations in Alberta.

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A Happier You – by Eckhart Tolle

The greatest goal you can set this year is to make peace with your life, no matter your circumstances. These 10 powerful insights from [Eckhart Tolle](#) will get you started.

- Don't seek happiness. If you seek it, you won't find it, because seeking is the antithesis of happiness. Happiness is ever elusive, but freedom from



Picture from www.deer.rr.ualberta.ca

During August, Roger and I spent a week in Jasper, and hiked the mountains and explored springs, falls, and natural wonders. One of the natural wonders that was a surprise is Wood Caribou. I had no idea that caribou existed as far south as Jasper National Park. Every where we went, we saw signs up advising of Caribou crossing, and notices to stay away from them because they were quite aggressive with humans. We thought that seemed fair since humans are the predator that has caused the most damage to the Wood Caribou.

In spring, Caribou climbs to the high alpine meadow of the Rockies. Since hiking trails now lead to some of these meadows, we expected to see herds of them. However, they were invisible. Perhaps this is part of their message to us. Knowing that the males are significantly larger than females, and that both of them will each weigh 450 and 250 pounds respectively, it is hard to believe they could hide so easily. Most Caribou are predominantly brown to olive, with whitish under parts, buttocks and legs. There is some geographic variation. Some populations in Greenland and northeastern Canada have nearly white coats. Both sexes are antlered.

Caribou offers many messages.

- every year, take two big trips. A change of scenery allows you to appreciate what you have.

- learn how to use your environment to your advantage to feel safe and to enjoy the abundance of it.

- do not be afraid of adventure. Being a risk taker keeps us interested in life and helps us stay alert for predators (those who would use us to their own advantage).

- enjoy the wilderness and protect it.

Everything came from it, and most life depends on it (logging, gas, oil, coal and mining in general).

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

unhappiness is attainable now, by facing what is rather than making up stories about it.

- The primary cause of unhappiness is never the situation but your thoughts about it. Be aware of the thoughts you are thinking. Separate them from the situation, which is always neutral, which always is as it is. There is the situation or the fact, and here are my thoughts about it. Instead of making up stories, stay with the facts. For example, "I am ruined" is a story. It limits you and prevents you from taking effective action. "I have 50 cents left in my bank account" is a fact. Facing facts is always empowering.
- See if you can catch the voice in your head, perhaps in the very moment it complains about something, and recognize it for what it is: the voice of the ego, no more than a thought. Whenever you notice that voice, you will also realize that you are not the voice, but the one who is aware of it. In fact, you are the awareness that is aware of the voice. In the background, there is the awareness. In the foreground, there is the voice, the thinker. In this way you are becoming free of the ego, free of the unobserved mind.
- Wherever you look, there is plenty of circumstantial evidence for the reality of time—a rotting apple, your face in the bathroom mirror compared with your face in a photo taken 30 years ago—yet you never find any direct evidence, you never experience time itself. You only ever experience the present moment.
- Why do anxiety, stress, or negativity arise? Because you turned away from the present moment. And why did you do that? You thought something else was more important. One small error, one misperception, creates a world of suffering.
- People believe themselves to be dependent on what happens for their happiness. They don't realize that what happens is the most unstable thing in the universe. It changes constantly. They look upon the present moment as either marred by something that has happened and shouldn't have or as deficient because of something that has not happened but should have. And so they miss the deeper perfection that is inherent in life itself, a perfection that lies beyond what is happening or not happening. Accept the present moment and find the perfection that is untouched by time.
- The more shared past there is in a relationship, the more present you need to be; otherwise, you will be forced to relive the past again and again.
- Equating the physical body with "I," the body that is destined to grow old, wither, and die, always leads to suffering. To refrain from identifying with the body doesn't mean that you no longer care for it. If it is strong, beautiful, or vigorous, you can appreciate those attributes—while they last. You can also improve the body's condition through nutrition and exercise. If you don't equate the body with who you are, when beauty fades, vigor diminishes, or the body becomes incapacitated, this will not affect your sense of worth or identity in any way. In fact, as the body begins to weaken, the light of consciousness can shine more easily.
- You do not become good by trying to be good, but by finding the goodness that is already within you and allowing that goodness to emerge. If peace is really what you want, then you will choose peace.

Excerpted from Oneness with All Life by Eckhart Tolle. Copyright © 2008 by Eckhart Tolle --- Provided to the public with permission to reprint provided that the copyright for Eckhart Tolle is included.

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Humorous Story of the Month - He Who Tells the Best Story...

A clergyman was walking down the street when he came upon a group of about a dozen boys, all of them between 10 and 12 years of age.

The group surrounded a dog. Concerned lest the boys were hurting the dog, he went over and asked "What are you doing with that dog?"

One of the boys replied, "This dog is just an old neighborhood stray. We all want him, but only one of us can take him home. So we've decided that whichever one of us can tell the biggest lie will get to keep the dog."

Of course, the reverend was taken aback. "You boys shouldn't be having a contest telling lies!" he exclaimed. He then launched into a ten minute sermon against lying, beginning, "Don't you boys know it's a sin to lie," and ending with, "Why, when I was your age, I never told a lie."

There was dead silence for about a minute. Just as the reverend was beginning to think he'd gotten through to them, the smallest boy gave a deep sigh and said, "All right, give him the dog."

A Spiritual Conspiracy – Author Unknown

On the surface of the world right now there is war and violence and things seem dark. But calmly and quietly, at the same time, something else is happening underground. An inner revolution is taking place and certain individuals are being called to a higher light.

It is a silent revolution. From the inside out. From the ground up. This is a Global operation. A Spiritual Conspiracy. There are sleeper cells in every nation on the planet. You won't see us on the T.V. You won't read about us in the newspaper. You won't hear about us on the radio. We don't seek any glory. We don't wear any uniform.

We come in all shapes and sizes, colors and styles. Most of us work anonymously. We are quietly working behind the scenes in every country and culture of the world. Cities big and small, mountains and valleys, in farms and villages, tribes and remote islands. You could pass by one of us on the street and not even notice. We go undercover. We remain behind the scenes. It is of no concern to us who takes the final credit. But simply that the work gets done.

Occasionally we spot each other in the street. We give a quiet nod and continue on our way. During the day many of us pretend we have normal jobs, but behind the false storefront at night is where the real work takes a place. Some call us the Conscious Army. We are slowly creating a new world with the power of our minds and hearts. We follow, with passion and joy. Our orders come from the Central Spiritual Intelligence. We are dropping soft, secret love bombs when no one is looking. Poems ~ Hugs ~ Music ~ Photography ~ Movies ~ Kind words ~ Smiles ~ Meditation and prayer ~ Dance ~ Social activism ~ Websites Blogs ~ Random acts of kindness...

We each express ourselves in our own unique ways with our own unique gifts and talents. "Be the change you want to see in the world!" That is the motto that fills our hearts. We know it is the only way real transformation takes place. We know that quietly and humbly we have the power of all the oceans combined. Our work is slow and meticulous. Like the formation of mountains. It is not even visible at first glance. And yet with it entire tectonic plates shall be moved in the centuries to come.

Love is the new religion of the 21st century. You don't have to be a highly educated person. Or have any exceptional knowledge to understand it. It comes from the intelligence of the heart. Embedded in the timeless evolutionary pulse of all human beings. Be the change you want to see in the world. Nobody else can do it for you. We are now recruiting. Perhaps you will join us. Or already have. All are welcome. The door is open!

From the Editor: This article was originally published in "Food For The Mind" by JoAnn Polito. The story is amazing, and is exactly what is happening, although many people are not aware of the changes.

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