

**Reality
Undefined
LLC**

Reality Undefined E-Newsletter

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Becoming Invisible

In the past, when I realize that retrograde is upon us, it offered me a kind of "heads up" and, as long as I walked most humbly with deep respect, it wouldn't touch me. It could be a special time of validation. I love validations!

Perhaps it is a "Sign of the Times" at this particular time in our evolution, but I am watching people, situations and the like, crumple before my eyes.

The passing of Jan's daughter touched us all in a very deep way. I have learned of two more people that have chosen to leave this earth plane in the same way. Also, perfectly healthy people and bam, there gone.

The energy is zapping everyone in the most unusual ways. I am finding myself unable to even talk to people, it's just too draining. If I were to explain an event, or something going on, by the time I finish describing something, it's changed. I feel as though I am living in two worlds at once and both have very different vibrations.

The great thing about it is that when you can recognize what is happening, no matter how uncomfortable it may seem, your higher self is feeling excited about the change, and confused with the surroundings.

My grandson is living with me and suddenly it seems like he is challenging me at every turn. I feel as if I am under a magnifying glass, and many people close to me are just watching, and wondering how I am going to handle different scenarios. I don't seem to have the answers to the different solutions, however, I do have the answers that don't work, as they no longer apply.

My daughter, also my grandson's mother is visiting us. Together, we are trying to make right choices with the very limited time that we have. The stress alone most certainly promises wrong solutions. But we are pushing forward anyway, knowing full well that there is a bigger picture and all will be fine.

The phrase "effortless effort"

comes to mind, and I realize that no matter what happens, it's all in Gods hands. It dawned on me that the reason that I can't seem to be gaining any ground is because I'm fighting the current trying to figure it all out. Old ways to solutions are indeed in the past now. I am convinced now that it is time to mount up in our new armor. I needed to stop trying to fix it all the old fashioned way. I won't fit.

For right now at this time, my conclusion is to take the leap off that cliff, into the new. Let yesterday's and today's problems be healed with the new. If we stay focused on where we are going and who we are becoming, then we become invisible to the old and it can't affect us.

Liz Cook

May 14, 2009



'Animal-Speak' by Ted Andrews - & Info. On Jake the Snake

Jake the Snake has returned. For those of you who do not know about Jake - he showed up on our screened-in patio last summer.

He was no larger than a big earthworm - a definite newbie. My husband named him "Jake the Snake".

He disappeared for a while, and when he returned, he was not even one foot long. The dogs and cat were not happy with his presence - so I told him to relocate to the front patio where no

one would bother him. He did... for a while.

I came outside one day, while on the phone, to discover my cat having a powder-puff fight with a snake. Jake had grown again, and the cat and snake were fighting over the patio.

I put my phone down, and went to Jake. I scolded him, shaking my finger in his face, and told him it was too dangerous for him to be in the back. He quickly headed out of the fenced-in backyard and went to the front of the

house. That was last summer.

We had not seen him again, until today.

He is about 3 1/2 to 4 foot long, and approx. 1 1/2 thick. And he was trying to bully his way past the cat to get back on the patio. A half hour later, I finally convinced him to leave. He left the yard, and I thought my point had been made - only to discover that he had snuck back in and was waiting for his chance. He was curled up in a tight ball in the corner of the

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Unexpected Lesson in Gratitude

Have you thought about the people in your life? Your spouse or loved one; child or children and friends? Are you ever grateful to have them in your life?

How about the people you loathed, detested, disliked? Yep, the people you don't (or didn't) like.

The ones who were mean to you; hurt you; abused you; bullied you, etc. Have you ever been grateful about having had them in your life?

By now you're either calling me nuts (or other not so pleasant names) – or I have piqued your interest.

When I was younger, I attended a parenting class. One of our first homework assignments was to go home and write all of the parenting skills we had learned from our parents.

I began stewing within.

The next class, when it was time to turn in our home assignments, I handed the instructor a sheet of paper with my name on it; nothing else.

The instructor looked at me – eyebrows raised – and the unspoken question hung between us.

I defiantly said, "My father traveled, so parenting was left to my mother."

The instructor waited – so I continued, "There's not one parenting skill she passed on to me." There, I said it!

She smiled and said how lucky I was.

My jaw dropped; she continued, "So you are telling me that she taught you what NOT to do. You are so lucky."

I was dumbstruck....and she was right!

After that, I began looking back over my life. Since I had worked hard to find the positive from situations in my life, shouldn't I have included the people I didn't like and the situations intertwined with those people?

The answer was yes.

I objectively looked back and saw that I gained much from those encounters.

I then silently thanked each individual for providing me those hard, but definitely worthwhile, life lessons.

I really am a better 'me' because of what they each taught me; I am grateful to have had them in my life.

I am who I am today because of all of the experiences with all of the people and situations in my life up to this point.

Yes, I am grateful.

May 13, 2009

Hope in the Midst of Turmoil

The economy will perk up and we will all go back to the cushy lives we knew so well...not!

I know this is what everyone really wants to hear – but that would be a lie.

We are heading into some major changes: economically (no surprise there); politically (again, no surprise); country-wise; globally; and Earth herself.

So now you are probably thinking, "Yeah Jan – that sounds hopeful!"

It is.

We are coming into the new – as in humankind has never been where we are heading. And many questions are popping up:

- 1) Why does the Mayan calendar end 2012?
- 2) Why are there so many new metaphysical abilities emerging?
- 3) Why did so many psychics see nothing beyond 2012?
- 4) Why is the human race so scared?

Well my friends, the answer to all of those questions is simply this:

We will be entering an energy vibration that humankind and Earth have never before entered. We are leaving the cycles ("history repeats itself") behind.

It is a new adventure.

The unknown has often scared us; did you know we no longer need fear?

Think about it. Fear is a low vibration; we are rising; we are allowed to leave the fear behind! How cool is that?

Okay, the transition from old to new – the growing pains – are not comfortable...but the end result will be so worth it!

You're next question may be, "Blah, blah Jan. And just how do we get rid of fear?"

All right, here is the 'new-agey' answer:

Let in the Light – know you will be provided for and ride it out while helping others.

'Animal-Speak' by Ted Andrews & Info. On Jake the Snake - cont'd

fence.

We went at it again. Not only did he grow larger, he has become very obstinate! Argh.

According to Ted Andrews in "Animal-Speak: The Spiritual & Magical Powers of Creatures Great & Small", [(c) 1993, Llewellyn Publications. ISBN 0-87542-028-1] - the snake totem represents "Rebirth, Resurrection, Initiation, and Wisdom".

Andrews book - which is well worn, and well used - is kept on hand in our house, and whenever we come across an animal, we usu-

Translation:

We are each creators – we have each created the life we are living, and we have chosen to change it. You may not be consciously aware of wanting to change it, but you have.

However, being in physical form, these changes are scaring the be-jeebies out of a lot of people.

CREATE a different mind-set. Think a positive, smooth change.

Say your name, out loud or to yourself. Do you know that is your name? You have a definite recognition and connection within you?

Now, take that SAME knowing and apply it to your life. know that, no matter what happens, you agreed to experience this and you can have the positive mind-set to handle it.

We are each a spark of the Divine. We will be exactly where we need to be, when we need to be there.

Release the fear (we no longer need it!), and acknowledge your right to the connection to the Divine.

The changes we are facing will be rough – but how rough depends on you and your frame of mind.

Think 'doom & gloom' and you create it.

Think that it may be a bumpy ride – but you will be fine – you create it.

Be creative...it's your life...it's your choice.

YOU have the power. YOU carry the hope.

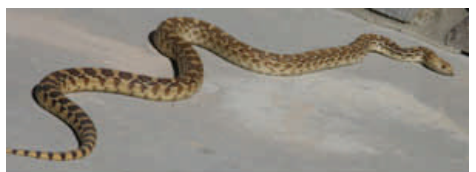
We really are heading for a new beginning – a new adventure. We are the pioneers; we are going to be the new founders of planet Earth.

I am excited about what is coming. I know we each decided to be here to experience this; to help each other and Earth, rise above the lower vibrations.

This is why we came here at this time – and I stand proudly and anticipate the new.

May 20, 2009

ally stop and look up the totem meaning to see what message or messages the animal has brought to us.



Jake the Snake

Elissa's Insights

Elissa's June 2009 Psychic Newsletter



June 2009

Dear Friends,

Come visit Santa Fe, it is getting so groovy here! There's a state of the art history museum that opened on the Plaza, there'll be music and dancing day and night starting next month at the bandstand, soon the 400th birthday celebrations will begin...what a gorgeous place to be! The world might be going to hell in a handbasket but Santa Fe, New Mexico is hot!

I hope your Spring is exciting, wherever you are,

Love, Elissa

June 2009 Psychic Insights and Horoscopes

In June's cycle of creativity, people are willing to make big sacrifices to reach their goals...they feel like a "work in progress" with lots to do. This goes double for Geminis, who may be thinking by the end of their birthday month about brand new goals, once the Sun goes into Cancer and Summer begins. For everyone, it can turn into a time of life-changing new inspirations, which will require adjusting to, but ultimately bring a new ease of being. By mid-summer, many make wiser and more fitting choices for themselves.

The planet of expansion, Jupiter, dominates the vibrational landscape in June, fueling people's big visions for their personal future, and most likely continuing the market rally on Wall Street. This force for growth is exhilarating if it's one's own dreams that are getting bigger, and scary if it's a country's ambitions for nuclear capability. And unfortunately, there are signs that large numbers of people could be sacrificed in the process of the collective's evolution. Something seems to be going on underneath the earth now, too: a humungous roiling of lava like some monster volcano is building up.

Speaking Stones: Mars-type people (aggressive, war-like) have a tremendous desire to ejaculate. Wars and angry acts can pop up all over. These types will act now without thinking of consequences.

Below are more messages about June and beyond from my blog, May 18th and 21st:

June 2009 seems to introduce apprehension about the future, as if there are developments

that create anxiety. "What's going to happen?" is a fearful thought. I get flashes of a tough time up ahead, and it being seemingly uncontrollable. Various dramatic stories that began long ago are like karmic boils bursting all over the place. Still, we humans appear to be in a valley, and that the right people are in place to get us through it.

Innovation: New solutions are announced this Spring 2009 that are omens of "how things can work" in the future. At this time, our personal and collective destiny is to go through a process of purifying, releasing, letting go and receiving anew. Within us and without us, our world is changing. It leads to improvement, and a time of greater synergy, energy, and creativity.

A caveat about omens: They can serve to urge and encourage and bolster a person through a very difficult process. For instance, long story short, I had a dream one night in the 1980's that the next day would be the happiest day of my life. I woke up excited, went out to do errands, and came back to an invitation on my message machine to fly to London if I could leave almost immediately.

Right before I left I went to say good-bye to my best friend. While I was gone, everything in my apartment was stolen, including all the cash for the trip, and they took it all away in the brand new suitcases I'd bought hours before! All I had in my purse were the plane tickets.

However, it was still a trip that gave me, in part, my wonderful life. I'll tell the story in a future blog, it involves a great English medium, Gypsies and rock stars, but I've gotten sidetracked here...the point is that in the relative short-term there can be a difficult time coming even though what's given as a message is the much more positive circumstances that change leads to, so people don't freak out at all that goes on and must be sacrificed in the construction of a more positive foundation."

Personal Guidance for the Astrological Signs For June 2009...read your Sun, Moon, and Rising Signs

Fire Signs (Aries, Leo, Sagittarius): It seems like your ideas or plans are in alliance with some sort of powerful circumstance that's already in motion. You have a brush with a higher level of power and it gives you ideas. You have a lot of insights now and new things to think about. What it is you're flirting with or thinking about brings a lot of change to your life. Travel light so you can be swept away easily.

Water Signs: (Cancer, Scorpio, Pisces): You plan for a good time, and sure enough, things give way to traditional sum-

mer-time fun and fantasizing, and, somehow also, you get an opportunity quite far away from where you're located now. There's a lot to learn from what you end up going to or what you set in motion this month...very fruitful goings-on now.

Air Signs: Libra (Gemini, Libra, Aquarius): You achieve a new freedom, a new level of well-being and ability to pursue heart-felt visions. You are seeing or will see the wisdom of a choice, that you are in the right place, even though things are clearly changing. Rest assured you are going through a transition that brings joy and peace.

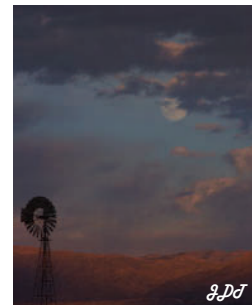
Earth Signs: (Taurus, Virgo, Capricorn): Get out there so you can feel, so you get your response to new environments, new people...mix and frequent...form your ideas based on experience. You can get out in the world to showcase other sides of yourself, other talents. You can be deeply affected by what you run across this month, and it makes you dream differently, and possibly change direction as you think about something new to do.

Elissa Heyman practices psychic counseling and healing in Santa Fe, New Mexico, and around the world via telephone. In-person or telephone sessions are available Monday-Saturday. A full-time practitioner since 1979, her mission is to provide a helpful and healing service through consultations, her blog and monthly newsletters, and Intuition Circles.

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Thank you Elissa!



Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end.

Scott Adams

Life Before, During and After Being A Human

By Jan Toomer

{After the death of our daughter, I was prompted to share what we (each individual) were doing before we entered our current body; touch upon our life and death; and what we do after we die.}

The contents are my perceptions, my understanding, of human's pre-life, life, death, and crossing over as I have seen and learned from communicating with those on the other side. I challenge you to explore your beliefs, and expand your perceptions.

I cannot tell you that my beliefs are 100% accurate for you. I can tell you they are accurate for me, as of right now. And, I still don't have all of the answers.

Please remember – as we each continue to grow and learn, our perceptions expand and change as well.

You may notice that I switched from “you”, “we”, and “I”; this was intentional.

You have my permission, the author, to share "Life Before, During and After Being a Human" in electronic or print copies for free distribution, providing that no changes are made without the written approval of the author.

* * * * *

Pre-Birth

Writing the Play

While we are still on the other side, we begin planning and setting the stage for our own next big production.

Yes, our lives are our plays – and we are each our own star of our own production.

And, like a play, we need a story line or theme; cast of characters, including cameos and walk-ons; villain or villains, as well as major obstacles and dramas to overcome; locations and props; what ability or abilities you will bring into this play; and what karma you wish to rebalance.

We also need our behind-the-scenes crew – our guides.

When the planning begins, we are not yet in (or back into) a physical body, so we are not dealing with limitations. Most of us have a tendency to cram our play with many experiences.

While we are sketching out our play, we are auditioning others for the roles of our parents, siblings, friends, foes, etc. During this time, our hand picked guides-to-be are in training.

One of the things a guide-to-be has to learn (if they have never been a guide before) is to be able to drop their energy level enough to

work and communicate with us while we are in a physical earth body.

So, skipping ahead...you have your cast and crew picked; themes and story lines created; obstacles and villains all set. You now bring your plan to the council.

The Council

The council consists of twelve beings – though many psychics/mediums say there are thirteen on the council.

When I asked, I was told I had a council of twelve, with one empty seat (number thirteen) – and that I was the thirteenth council member for me. Is this the same for everyone? I do not have that answer.

The council is made up of beings that are there for your support. They do not judge, condemn or scorn you or your decisions.

So what do they do? They go over your play, and usually tell you that you have too much in there, and suggest that some needs to be removed.

Remember what I said about not feeling the physical limitations yet? We have a tendency to forget all that and fill our play to the brim.

The council makes recommendations for cutting out some scenes; perhaps deleting one of the themes or some of the obstacles so that we won't get overwhelmed when we live the play.

It is our choice to accept (highly recommended) or reject any of the council's suggestions.

The re-writes and the meetings with the council continue until the playwright (you) is comfortable with the play.

Once everything is finalized, you then have a life contract.

You then prepare for your cue to enter, stage right.

Life

When the time is right, you enter your new physical body. Some have chosen the 'veil of forgetfulness' – though currently more beings are opting to bring more memories of past lives and life pre-earth-birth with them.

Chances are that you entered from stage right with a sharp slap on the bottom and handled not so gently by strangers, all the while you were probably mentally screeching, "What was I thinking!"

And you began your new play.

We Are In This Together

You have experienced the privilege of learning to walk and talk; had your education; had belief systems drilled into you – for better or worse.

You have experienced aches, pain, bumps, bruises, illnesses, heartaches, disappointments, anger, fear, hate, and jealousy.

What about obstacles, blocks, imbalances, growth spurts and growing pains?

But you've also probably felt or experienced: the joy of love; the beauty of a sunset; the thrill of excitement the triumph of overcoming the self-imposed hurdles that your life has brought.

How about a song that wonderfully brought you to tears? A feeling of success; the smell or sight of a beautiful flower; the awesome burst of flavor in your mouth from your favorite food; spending time with that special someone in your life – be they a friend, spouse, child or pet.

Life on earth is all about experiencing that life – in many forms – throughout your 'play'.

It's about gathering information and gaining knowledge.

And it's about learning PMA (Positive Mental Attitude). Out of every situation or experience, there is always something positive to come from it – you just have to be willing and open, to see it.

What have you learned from it? What good came out of a rough or painful situation? We are quick to enjoy 'good' stuff in life, but want to bury the painful stuff. There really is something positive that can be seen for every situation.

And throughout your life, you (whether you are consciously aware of it or not) end up sharing your perceptions of your life experiences with others; you teach others about what you have learned so far.

One thing that is not regularly taught is that one constant life lesson – or underlying 'theme' – in everyone's play – is that every living thing on earth is connected.

It may seem like such a huge idea, and may be hard to grasp. Let's take that idea one step further.

Remember how we talked about 'everything is energy' – and how even man-made items are energy? We are connected – through energy – to everything and everyone.

I know...showing respect to your stapler, TV, car, recliner, dinner plates, shoes, etc. can seem a bit ludicrous... but we are still connected.

We are connected to plants, animals, other humans, spirits and/or ghosts as well.

We are connected to our neighbors and co-workers; the people you pass on the street or

Life Before, During and After Being A Human - cont'd

in a store; or to strangers across the globe.

We are all energy – we create with energy – we all came from the same energy Source. Most of us just forget all of that when we become physical.

Many of us have a deep-seated feeling of being separated from everyone else and everything else. We get lost in our own mire within our human minds and personal experiences.

We forget to look past our own physical self – our own dramas – to see we are all in this together.

As Your 'Play' Plays Out

As your play progresses, you are working through your list of life lessons that you scheduled for yourself.

Does everything go in order on the list? Absolutely not.

Can we get off-script? You bet we do.

Free will brings a lot of ad-libbing; it also is why we have guides. One of the guide's roles is to help us get back to script; to give us hints of our next line in the play. They can also help to sway us back on track; however, it's our choice to accept the assistance and guidance or not.

You can also write in new lines and/or experiences, as well as – in special circumstances and with special permission – have your checklist altered by the Powers-That-Be.

Plateaus

Throughout our life, we have growth spurts, lessons and experiences; we also have plateaus.

These plateaus are brief intermissions, or rest periods, allowing us some breathing space; time to adjust, heal, assimilate, or rebalance.

If you have had long term rough times, then perhaps you need to spend some time within to re-examine your life. Sometimes we get off track and then it seems we can't do anything right – it is all such a struggle.

Are you in a job that makes you totally miserable? Have an unhealthy relationship? Remember "trash or treasure", and take stock of where you are and why.

Other reasons for long term rough times may be part of your life plan (after medical imbalances and mental health issues are dealt with) – may be that you are waiting for you to find the positives in your life so that you can move on. You may want to take time to redo the Gratitude Exercise from the Undefined Reality course.

Emergency Exits

One of the things we usually write into our play is what I call 'emergency exits'. These are points we set up in our play (life) to offer us a way to quit the play or walk off stage. I view these as the nine lives of cats, though I don't believe we have nine exits.

When your emergency exit door appears (not really a door), you have a decision to make – leave the stage and quit the play or go back in and continue on.

Let's say you decided to take an emergency exit, and you quit the play...then what?

If you have not fulfilled your life contract, you will, at some point, have to make a new play to finish the contract.

Now, here's a neat part, if your body (that you have decided to vacate) is still usable, and if it 'fits' a lot of parameters for someone else's play, they can get permission to step into your body and resume the play. They are called walk-ins.

Why waste a body?

Walk-ins cannot always be spotted. Some of the more dramatic walk-in scenarios may be spotted by one or more of the following (when physical dis-ease can be ruled out):

- A miraculous comeback, which baffles the medical physicians.
- A change in mannerisms, habits, likes and dislikes.
- Complete change in personality (s/he's a totally different person now). However, these can also fit those who have had inspirational experiences with or without NDE's.

Death

The Final Act in Your Play

When we 'die', our essence vacates the physical body – usually via the head or abdomen. This can be a 'so smooth you don't notice the transition' to a popping sensation.

At this point, most perceive their non-physical body self much like the physical body, often minus the ailments/imbalances.

For those who have passed over, their physical pain and limitations are no more.

Yes, they hear and see us; yes, they usually stay long enough for the funeral, wake, memorial, and then move on into the Light; and they can hear us after they pass into the Light as well.

However, as we discussed in Undefined Reality, not everyone will pass into the Light. We already covered the various reasons earthbounds stay in-between.

When the individual is ready to enter the Light, the process is quick.

Some see deceased loved ones who came to meet them; some see a being or beings of Light or Angels.

Some just travel the white Light tunnel and are met at the end of the tunnel by deceased loved ones, their guide or a being of Light.

Miscarriages

There are a few ideas on miscarriages, none of which places blame or fault on the parents (exceptions may exist for substance abuse).

- The fetus was not developing in accordance with the incoming soul's life plan.
- Something changed from between the play's finalization and the growing of the fetus that would have altered the soul plan of the incoming soul. These alterations would make it impossible for the incoming soul to fulfill their plan/contract. An example of a possible change could be that another individual had withdrawn their part in the incoming soul's play – which meant the incoming soul's plan was then incomplete.
- The incoming being's role was strictly to provide the parents-to-be with the experience of losing a child in-utero.

Death of a Young Child

The possible reasons include the ones listed above with one addition:

- The child's soul plan may have included a short physical life span; the child had completed his/her soul plan, and completed his/her role in the soul plans of others connected to her/him.

These examples do not in any way diminish the child's life or their role – or the grief experienced by those remaining.

Every life, no matter how brief or long, is very important.

Suicide

The taking of one's own life.

I used to believe that when one had finished all they came here to accomplish, they moved on. In other words, contract fulfilled, you go back to the other side. I have recently come to think this is incorrect.

I still don't have the whole 'big picture', but will present to you what I have thus far, and will begin by sharing a story...

When my daughter was

Life Before, During and After Being A Human - cont'd

born, I 'saw' that every earth life she had experienced so far, she never lived past the ages of eleven or twelve.

Also, from the time she was brought home, she had up to twenty grand mal seizures a day. They eventually tapered off, and by age two, they stopped.

Her last life most closely tied to this life was one where she froze to death – and from the first day of her birth, carried that fear of cold with her into her new body.

I knew that at least two of my jobs with her were to make sure she experienced life beyond twelve years, and to teach her that her fear of the cold did not belong in this lifetime.

The fear of cold was quickly resolved before her first birthday.

She was twelve years old when the Twin Towers were destroyed on September 11th; my husband was then working in Iraq.

On that day, as I stood frozen watching the TV, I hadn't realized my daughter had walked up behind me until I hear her say, in a horrified whisper, "That could've been my Daddy."

That is the day she changed – her inner light dimmed; her eyes no longer twinkled with the joy of living – and for the next eight years, a flurry of alcohol and drug abuse; de-toxing; rehab; therapy. And I learned about hell on earth while fighting to save my child.

Four times she attempted suicide.

During her sober periods, we talked a lot. I once told her, "Cats only have nine lives. You don't have that many....and you're running out."

Now you're probably thinking she was the typical rebellious teen, doing this to get back at mom. If you are thinking that, you would be very wrong.

Not only was she my daughter, she also became my friend, and we talked about everything, including her drug use.

She also knew that she couldn't lie to me; and she knew that the moment she drank or did drugs, I knew it, no matter where she was; we had a tight bond.

In April of 2009, she committed suicide.

Shortly thereafter (the same day), she came to talk to me.

I then had questions for my guides.

My understanding was that those who committed suicide did a turn around – almost straight back into a similar life so that they could finish their life contract (unless mental illness was involved).

My daughter not only went into the Light, but was back on the same Earth day (time is irrelevant on the other side) to help those she left

behind. That didn't fit with my understanding.

But then I found out something else. Not only did she fulfill her contract, but she had stayed beyond it. I was really confused.

I do not have all the details/answers, but feel they will come in time. I cannot tell you what all her life lessons list entailed...that is for her. And, personally, suicide does not set well with me.

I can tell you that she taught me a lot, especially during those hard eight years – and am grateful to have had her in my life, and to have been given the spiritual gifts she presented me.

So did her life list include suicide so that those in her life had the experience of that type of loss?

In the past, I would've said, "No – suicide is against the laws of the universe"; but what about her completing her life list and staying beyond her chosen time?

I do not have those answers.

I did find out that there are a few things to remember:

A) A suicide does not diminish or decrease the impact the individual had on others prior to their suicide.

B) We cannot judge a suicide – we cannot judge others soul plans – we only have the right to judge ourselves.

The Other Side

Once you have traversed the Light, you have time to catch up with others; a reunion. If there was severe trauma, you go to a place of healing first. Or you may need to go to a quiet place to acclimate to the changes; counseling is available, as are healers.

As for those who died in-utero, or at a young age, the most common belief is that they continue their growth on the other side – they grow up.

Most who died as adults, will change their appearance to what they had looked like at about age thirty. They will be healthy looking and whole.

Once you have readjusted, you will review your most recent life. Let me say that again...YOU will review your life. Ego is gone – you will decide what imbalances you may have created. You will decide what you have accomplished. And, you will feel how those you have wronged, felt, and decide how you can balance that back out.

When your review is over, you have many choices which can include:

A) Learn new skills or go to a school of your choice.

B) Practice your soul's passion.

C) And/or, when you are ready, you can once again begin preparing for your next big play....

The End...?

(This is available on-line - PDF - at

<http://www.metaphysical-studies.com/blog/2009/05/05/life-before-during-and-after-being-a-human-by-jan-toomer/>)

Recommended Reading

"Conversations with the Other Side" by Sylvia Browne. © 2002, Hay House Inc. ISBN 1-56170-718-8.

"Life on The Other Side" by Sylvia Browne. © 2000, Signet. ISBN 0-451-201851-5.

"Illuminating the Afterlife" by Cyndi Dale. © 2008, Sounds True, Inc. ISBN 978-1-59179-944-3.

"Here and Hereafter" by Ruth Montgomery. © 1968, Fawcett Crest. ISBN 0-449-20830-3.

"Journey of Souls" by Michael Newton. © 1994, Llewellyn. ISBN 1-56718-485-5.

What Are You?

I am

the known and unknown.

I am

the remembered and forgotten.

I am

the never before experienced.

I am

the Watcher.

I am

the Doer.

I am

the Record Keeper.

And so are you.

I have been asked (for more years than I care to remember) "What Are You?"

Today I have, and share, an answer.

May 19, 2009

**Speak without offending...
Listen without defending...**

What do these words mean to you?

As we begin to realize that we are one, and that there is a reason for everything that happens, and that all things work together for good.. then what is it that stops us from doing these two things?

I would encourage anyone to try these things. It isn't an easy task. However, if we can remember the above two things as we go through the day, and stop our selves when we begin to offend or defend, then perhaps we will see that the only reason that we do them is out of the very fear that we need to lose.

Love is appreciation. Through forgiveness, it is the absence of everything that feels bad, and the presence of every thing that feels good. There is not one thing that can come against unconditional love. It doesn't offend, and certainly doesn't have to defend.

Isn't love the catalyst that binds everything including us together?

When we can walk in a state of appreciation, we are who we really are. Lower vibrations can't affect us. Fear, worry, strife, sickness, all things related to lower vibrations don't exist. It's impossible, it can't occupy the same space, and if it isn't there you don't see it.

What am I doing to get there? I made lists of things I am grateful for, and that I appreciate. I put them every where and look at them through out the day. My family, my animals, the area I live in etc. Then I think about my daughter, and how much I love her, and then I FEEL it to my core. After awhile it becomes automatic. It has drastically changed the way I see the world and my feelings, and most of all, my opinions towards people close to me. My life is a lot happier now, and I don't worry about things like money, or worry about my kid and her life choices anymore. And when things aren't going so well, I am "trying" to understand that the contrast is good also, and instead of fighting what ever it is, I trying to see the opportunity for growth that its showing me. When I see it, and own it, it disappears.

I was visiting family in Phoenix {about 300 miles away} a couple weeks ago. My sister-in-law commented on the awful fire near where I live. They had to evacuate a large area about ten miles from my house and the fire reached a hwy about five miles away. She said it made the five o'clock news in Phoenix. I said "What fire?" I never saw any fire. Neither did my husband, or my family near by. It wasn't in my vibration, however, It was a confirmation to me that I am on the right track. I love it when that happens.

Liz Cook - May 20, 2009

Do Metaphysicians Grieve?

I was speaking with a friend Tuesday – this was the first time I had spoken with her since the death of my daughter, JoAnna. I had just finished going through boxes of JoAnna's belongings which she had stored at our house, so I was a bit tender from doing that.

During our conversation, my friend asked me a valid question which I will share some of here. (I am paraphrasing, as well as going into a more lengthy answer here.)

She asked about a metaphysical-oriented person (such as myself) and how the loss of a loved one (aka grief) hit us. In essence, because I can talk with those on the other side, and am a human, how did grief hit me?

I related to her about how JoAnna and I had been in contact up until the day before the wake her friends held for her (scheduled May 3rd - 13 days after her death) – and that I would cry every time I felt her presence near me or when she talked to me.

On May 1st, I sat down and told JoAnna that she needed to go back into the Light for a while – it was still too painful for me. I then told her that *after* I had time to heal, she was welcome to come back.

She gently pulled her energy from me.

On May 2nd, JoAnna popped back in. Smiling, she bowed to me, giggled and said, "Watch!"

In typical mischievous JoAnna-style, she put on a mini-theatrical production for me.

She showed the Light coming down; her friends from the other side appearing from within the Light.

A guardian Angel appeared beside JoAnna, and both – light-heartedly – walked towards the Light. JoAnna kept looking back at me, smiling.

She entered the Light – high-fiving her friends – and then turned back to me. The guardian Angel had moved beside JoAnna. Opened double doors appeared; the guardian Angel pulled one door closed and JoAnna began pulling her door closed.

As JoAnna's door was almost closed, she swung it open a little wider, stuck out her hand and energetically waved; she bowed, and shut the door.

I laughed.

Her message was, "See? I'm giving you closure!"

I have cried, and tears still spontaneously spring forth – even as I write this.

I am a physical being. I mourn the physical loss of my daughter, who was also my friend. I miss her physical presence.

Yes, metaphysicians grieve.

I do want each of you to know that even if you can't hear or sense your deceased loved ones yet – they can, and do, hear you.

Your prayers for your loved ones are heard and appreciated by them – as is when you talk to them.

And please know that when you are going "Home", they will be there to greet you.

In Love and Light, Jan.

May 27, 2009

Life

The blood red moon
foreboding against the
black velvet sky.
Unobserved by many.

Merkaba effortlessly
glides above - un-noticed -
third dimension dwellings.
Ignorance self-induced.

Training continues -
wonders never cease.
Previously known -
recently re-introduced.

A new beginning starts
before the old ends.
Too much knowledge
to be retained in present.

Going back to gather,
piece by piece -
slowly released back
into the consciousness.

When all remembered,
and honored -
the final journey -
we transcend.

My awareness and abilities are beginning
to re-grow. (MAR97)

