

**Reality
Undefined
LLC**

Reality Undefined Newsletter

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Do You Know You?

INSIDE THIS ISSUE:

Do You Know You?

Book Review - William Buhlman's out-of-body explorations

Elissa's Insights

Events -

Elissa Heyman

What's Your Purpose In Life?

Dowsing Experience

I was writing an article on laws of attraction (like attracts like) when I received a phone call from a dear friend – and lo and behold, we discussed that very same thing.

When we got off of the phone, I realized that, although the topic is very important, there are books galore out and about on that very same subject.

My next thoughts were, "Yeah, there is a lot of material out there on that – but how many just read the words and not KNOW the reality of the laws of attraction? Well, as my usual way of thinking, that of course made me go deeper and led me to, "How well do any of us really know ourselves?"

Think about it. Sure, we know whether or not we like chocolate; what types of movies we like; our style of clothing; our hopes and dreams, etc. But not many of us know our

inner selves.

(Okay, hang in there with me, all of this will come together!) All of my life, I would ask people, "How do you think?" which was usually met with "Huh?" I wanted to know what was the process they used to think. Well, that is not a very practical question.

Then I wanted to know how each person interpreted, for example, the same landscape scene. Again, not a practical question. We each see and think the way our brains, upbringing, beliefs, etc. have helped shape our thinking process.

Later in life, I wondered how others saw this one particular individual. This individual held a position of power; and some were attracted to that.

My 'seeing' showed me a being who oozed black slimy stuff and his energy, to me, felt dirty. Being physically close to

him literally turned my stomach, and I could not stand to look at him for a lengthy period.

I watched as those around him, on a daily basis, interacted and acted with or around him. A pattern emerged. Those who also exuded 'slime' in varying degrees did not seem uncomfortable around this person – they actually seemed energized by it.

Those who did not seem to possess this 'slime' acted in one of two ways: they would either be near this individual for very brief amounts of time or would use an intermediary to make the contact for them – thus avoiding any closeness with that person.

From there I wondered if that person knew how others perceived him.

Cont'd Pg 2

Metaphysical Book Review - Out-Of-Body Exploration

"Adventures Beyond the Body: How To Experience Out-of-Body Travel", William Buhlman. © 1996, Harper-Collins Publishers, Inc. ISBN 0-06-251371-0.

This book is neat! I have been doing OBE's since I was a child – and honestly, it never occurred to me to "explore" as William Buhlman has – so, you

all know what I will be experimenting with!

Buhlman begins his story explaining that he was very much 'what I can see, I will believe' type of person...until the summer of 1972, when his neighbor told Buhlman of his out-of-body experience (OBE).

Curious, Buhlman began researching OBE's, and began

experimenting with techniques. Just when he was beginning to form the conclusion that OBE's were nothing more than "vivid dream", it happened.

Buhlman guides the reader through his trial and error experiences of conscious OBE's.

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Metaphysical Book Review

Out-Of-Body Exploration

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He shares some of his journaling; experiences in some detail; and explains (quite well for the non-linear thinking readers) a touch of physics and parallel universes.

He provides in-depth pre-OBE signals; how to leave the body; what you can do while out of body; and going back into the body; also has information for troubleshooting – such as not being able to leave the body and what can be done to overcome the block.

Buhlman also has some really neat visualization exercises to help the reader on their way.

The reader is swept up in the author's journey from a third dimension being's illusion to a multi-dimensional being's reality.

Included are scripts to record your voice (or have someone else read you through it) for relaxation; techniques; experiment ideas for explorations and more.

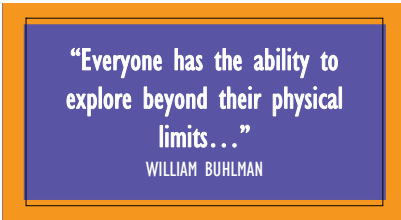
Buhlman has put so much experience, information, and guidance in this one book – which really excites me. I recommend this book for all levels.

Something Extra:

I asked William the following question, and his answer follows:

"As one who has mastered the art of OBE's, what message would you like to pass along to the readers today?"

Everyone has the ability to explore beyond their physical limits and obtain the answers for themselves. The key is the daily repetition of a proven induction method for an extended period of time. I provide forty different techniques for self initiated out-of-body experiences in my books.



Out-of-body exploration is an exciting and self empowering journey of consciousness that opens vast unseen worlds for us to discover. It allows us to go beyond all beliefs and experience the truth of our existence beyond matter and form.

More Author Info Please

Biography of William Buhlman

William Buhlman is one of America's leading experts on out-of-body experiences and astral projection. The author's thirty five years of extensive personal out-of-body explorations give him a unique and thought provoking insight into this subject. His first book, Adventures beyond the Body chronicles his

personal journey of self-discovery through out-of-body travel, and provides the reader with the preparation and techniques that can be used for their own adventure.

During the last ten years he has conducted an international out-of-body experience survey that includes over 18,000 participants from 32 countries. The provocative results of this survey are presented in his book, The Secret of the Soul. This cutting edge book explores the unique opportunities for personal growth and profound spiritual awakenings that are experienced during out-of-body travel.

Over the past two decades William has developed a proven, effective system to experience safe, self initiated out-of-body adventures. He conducts an in-depth three-day workshop titled, Out-of-Body Exploration: Stepping beyond Time and Space. As a certified hypnotherapist, William incorporates various methods, including hypnosis, visualization and meditation techniques in his workshops to explore the profound nature of out-of-body experiences and the benefits of accelerated personal development. Through lectures, workshops and his books the author teaches the preparation and techniques of authentic spiritual exploration.

The author brings a refreshing look to how we can use astral travel and out-of-body experiences to explore our spiritual identity and enhance our intellectual and physical lives. William is best known for his ability to teach people how to have profound spiritual adventures through the use of out-of-body experiences. In addition, he has developed an extensive series of audio programs that are designed to expand awareness and assist in the exploration of consciousness. William has appeared on numerous television and radio shows nationwide.

William's books are currently available in eight languages. The author lives in Maryland with his wife Susan. For more information visit the author's web site, www.astralinfo.org.

Please visit his web site at: www.astralinfo.org.

Thank you William!

Please visit his web site at: www.astralinfo.org.

Do You Know You?

This thought brought me to the next question: "How do others perceive me?" (Getting an idea of my thinking process? Dizzying, eh?)

So I began asking, and received many different perspectives. I decided that this wasn't a very objective way to see myself from the outside or through the eyes of others. Is there a way to get an objective view of self? A view of what is really going on inside as well as what we put out there for the rest of the world to see.

The answer is an unequivocal yes, there is a way.

When Anthony Preman, Numerologist, charted and verbally presented it to me, it was like an objective mirror was being held up to me – and I was fascinated. Through his chart reading, he was able to answer my question about getting an objective view of self and received the information beautifully and gracefully. Now, mind you, there is a lot more to your chart than what I am presenting here – this is but a minute piece.

This is not a short cut to knowing one's inner self – that work has to come from each individual; but that mirror (Numerology) really helps.

I still do not have the answer to how each individual thinks – and no longer ask that question.

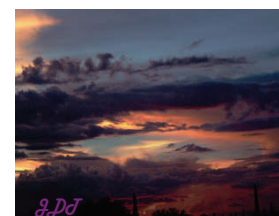
Over the past 5-7 years, I have been digging deep within – facing my own fears, weaknesses, strengths, skills, etc. as well as discovering how to not only better myself, but find out just who the heck I am...inside...the REAL me.

I still ask questions of myself and others – I ask for guidance from others as well as from my higher self.

So now you are probably asking, "What the heck does this have to do with laws of attraction?" A lot; and if you don't know YOU, then how do you know what you are attracting?

Which, of course, brings us right back to: like attracts like.

Hmm...



Psychic Insights for the Astrological Signs and Elements

Read Your Sun, Moon, and Rising Signs

For every body while the sun is in Scorpio 2008: Especially now, our bodies need to be regularly exercised and tended to... consistency will pay off and life will become more balanced if you care for your body, and in particular, exercise regularly! Another thing that pays off is to follow your curiosity...it leads you to reconnect with people, and gets you from one place to another.

Personal change up ahead: November is the beginning of striking change for many. Some people feel the need to "start new"-- move to a new place, get a new job--they start over in some basic way. Another way life changes occurs to those who are already stable and doing well, especially if they are "bridging gaps" in some way: they become much more successful. For others, change comes through the breaking up of their routines-- their patterns are disrupted, life gets chaotic and breaks down. No matter how it happens, needed change is initiated in November.

Fire Signs (Aries, Leo, Sagittarius): You begin something you really want to begin as well as understand, and are very determined and focused about it. You are much better equipped to move forward this month than in the past. There's a sense of know-how, professionalism, and authority that comes in now.

Water Signs (Cancer, Scorpio, Pisces): November has a sense of confusion--there can be an upset about money--or just simply conflict but it looks like it goes away or works itself out. Certainly material condi-

Metaphysical Classes

You can host metaphysical classes at your place, 3-10 people (up to one hour drive from Las Cruces).

E-mail and postal mail classes are also available. More info on online and postal mail can be found at:

www.metaphysical-studies.com

For more information - or to have a brochure mailed or e-mailed to you:

Call 575-382-4576, or

E-Mail - jdreading@cox.net

tions improve by what you learn at the end of November, and this is true for money matters as well as your body. Happy Birthday Scorpio!: You end up in new and beneficial places that feel like a gift, a stroke of luck--there's something lucky and blessed about what you're given this year. New sources come through for you, and you find yourself figuratively and literally in a better place. These are good signs for Scorpios seeking a better work environment.

Air Signs (Gemini, Libra, Aquarius): You're both aware of the end of something, and also, how to begin again. What stands out most about the month is that you are galvanized by the delay or end of something. Whatever is not working for you now leads you to find a way to fulfill yourself in the future.

Earth Signs (Taurus, Virgo, Capricorn): Earth signs can experience sudden success and sudden reversals. It's a time that tests how grounded certain developments really are...if they're not, it's perfectly obvious: they tend to blow up. However, a very decided success could also be your experience! This is the right time to be bold, to take strong actions if you believe you are right. No matter what it looks like--success or failure, this is when things get righted, and you get in the right place.

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Thank you Elissa!

Reality Undefined

This newsletter was produced because I wanted those who didn't use the internet to have access to some of what is being written on the website:

www.metaphysical-studies.com

and the blog:

<http://reality-undefined.blogspot.com>

Will this newsletter take off and do well? I've no idea. Therefore, I would like feedback from any who read it please.

Want a copy mailed, or PDF'd, to you? Send your mailing/e-mail address to:

Jan "JD" Toomer

5685 Salina Road

Las Cruces, NM 88012

E-Mail: jdreading@cox.net

Elissa Heyman-- psychic counselor and spiritual healer - is working on coming down to Las Cruces. Tentative schedule is :

January 8th - private sessions

January 9th circle, by reservation

The circle will be a new experience for me (which I am looking forward to!). For more information on Elissa's circle, please visit her website at www.elissaheyman.com

There is a minimum of six and maximum of eight slots participate. We currently have 3 confirmed reservations - which are \$50.00 per person. First come, first serve. If you are interested - or would like to work with Elissa to bring her circle to your area, please contact Elissa through her website or phone 505-982-3294.

For January 9th's circle, you can also contact Jan (JD) at 575-382-4576.

Silent Whispers

In the cool, quiet evening

the wind whispers to the trees ears,
revealing not it's secrets.

The trees, after learning the winds' secret,

drops subtle hints to the ground,
like colorful leaves in the crisp fall.

The birds have all disappeared,

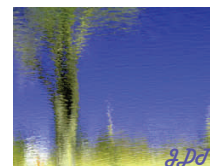
they have flown in the direction from
whence they came.

The birds, knowing the winds' secret,

has left behind them the bare trees
And darkening skies.

And soon, the winds' secret will be revealed

when the wintery-white blanket covers
the land so it may sleep.



Metaphysical Book Review - Pyramids

"Pyramid Power", by Max Toth and Greg Nielsen. Copyright 1974. Destiny Books. ISBN 0-89281-106-4.

Toth and Nielsen give background on the pyramid; the meaning of the word; different cultures' pyramids; pyramid symbols; constructing pyramids for personal use; and experiments with pyramids.

When in high school, we had to do science experiments. I used this book to do two different experiments. I built, as per the books instructions, a cardboard pyramid.

One experiment was based on my fascination with the power of the pyramid. Aligning the pyramid (the book tells you how); I used a needle on a piece of thread

and suspended the needle, first right above the apex. This showed the needle would spin in circles above the apex; it refused to hang still.

The second part of this one experiment, I lowered the needle so that the tip of the needle was approx. 1/2 inch below the apex of the pyramid. I gently pulled the needle away from the pyramid and released it. It would then swing towards the apex, but bounce off an unseen barrier and move away from the apex. It would never touch the apex.

The second experiment involved a small container (again, as per the books' instructions) of honey. I placed another identical container of honey in a regular cardboard box. Then it was forgotten for about

three days.

Having a neutral party verify, I regularly checked on the honey containers. After the determined amount of time (set by our science instructor), I removed the honey containers.

The container in the regular cardboard box was nasty, I (and my neutral party) refused to taste it; the one in the pyramid had slightly hardened, was still clear and tasted fine.

I found this to be a fun book on the whole – I did gloss over the technical explanations (I am not a number person!) – but recommend it for those with interests in pyramids and their energies.

What's Your Purpose In Life?

Written by: "Lacoyote"

Can you imagine, communicating telepathically, communicating with people that are dead, and talking to them and seeing them right next to you, being able to teleport or travel through time?

Can you imagine living in a world in harmony with every thing and everyone? Living without the fear and stress of how you are to survive, or what natural disaster might threaten you? Or having a career that you love, and having instant positive results that is gratifying?

We are the chosen ones that are here at this time to assist, if you will, the birth of this new age on Mother Earth. We can't do that with old three dimensional knowledge. Realize that there is a cosmic event that is occurring right now that is expanding your awareness. It's time to realize the

divine, great, playfully, powerful, spiritual being, with dignity, direction and purpose, that you are. It's time to honor your birth right with dignity, to look with in for direction, and fulfill your purpose in the master plan of this new age.

I know this sounds like something out of a sci-fi movie, but it's not. If you will open your heart in sincerity, and look with in, you will find amazing things begin to happen.

My mom tried to live her life as an example of divine spirituality. She became sick, and we were told by the doctor's that she had very little time left. We sat together and cried because our lives were about to change forever from what we knew. So we cried, and appreciated the time we had and the memories, and then we moved on.

This is where we are now. Its time to move on.

The world that we grew up in is gone. The "American Dream" went out the window after 9/11.

Governments, large corporation CEOs, secrete organizations, religion, and the like, have an agenda. Just about every thing we have been told is a lie to control us through fear. Some will stay in this brain washing mind set, and will continue to live their life based in fear, stress and disease.

God, the creator of this perfect universe, is calling you right now, to take your place. This is your purpose, otherwise, you wouldn't be here.

(Reprinted from blog: <http://reality-undefined.blogspot.com>)

Articles Wanted

Currently, the website

www.metaphysical-studies.com

and the blog

<http://reality-undefined.blogspot.com>

are accepting volunteer metaphysical or spiritual related articles - space provided.

Articles that are submitted, and accepted for the website, will run for one week there; the web has a 'no copy right click'. Then it will be moved over to the blog (unless otherwise indicated; the blog does

NOT have 'no copy right click!') for others to comment on; it will also be archived there.

Articles submitted for either the blog or web site will also be used in this newsletter, space provided.

Please Note

The articles posted here, on the blog, and on the web site, reflect the opinions, experiences, and thoughts of the individual authors. The reader accepts full responsibility to explore what they feel is appropriate for them at their own risk - and no one else's.

This newsletter is currently free. Please be advised that if the mailed circulation increases, there may be a fee (for the postal newsletters) to help defray the costs of printing and mailing these newsletters.

Dowsing Experience

A Bit About “JD”

A friend of mine dowses with a pendulum, and two weeks ago she worked with me to teach me how to use a pendulum. It didn't go so well for me; as soon as I asked a question, I 'heard' the answer in my head whilst the pendulum bobbed up and down.

Many sources define dowsing as the act of finding underground water or minerals with a divining rod. Dowsing is not confined to water or minerals. It has been explained to me that it can be used when searching for basically anything.

The past weekend, my husband and I were delighted to have a wonderful dowser, Frank Geisel, come to the house to dowse for water.

Frank began by asking detailed questions about what we were looking for – this set his parameters for dowsing.

Next, without batting an eye, Frank handed me a pair of L-rods, gave me a quick tutoring session, and said, “Let's go.” I was so tickled...I could do it!

The main key for successful dowsing is – as is with any other energy work – be specific. You will get exactly what you ask for.

While Frank dowsed with a pendulum and the L-rods, I watched the energy interactions. The following is what I perceived:

I heard him specify his parameters; I 'saw' his energy expand, search – and through his subconscious and tools, respond.

When he received an answer, I 'looked' to confirm his findings. He was spot on.

Now, you're probably asking yourself, “Well, Jan, why didn't you just 'look' in the first place to find the water source?”

A few responses come to mind: “I didn't think of it” and “It's currently not my specialty”. But I am leaning towards, “What learning experience would I have gained doing that?” I wasn't about to drill approx. 250 feet into the ground to see if I was accurate at something I hadn't tried before. Ha.

However, through this experience, I learned some interesting things and met a really cool guy – how neat is that?

And, to top it off, Frank teaches dowsing classes at the New Mexico Farm & Ranch Heritage Museum in Las Cruces, NM - which I have requested to be added to the list to learn from him.

You can visit the New Mexico Farm & Ranch Heritage Museum at 4100 Dripping Springs in Las Cruces - (it is a fun and interesting place) and visit their web site at www.frhm.org.

Jan (“JD”) Toomer is a metaphysical instructor and consultant. She has over twenty years experience in teaching others about metaphysical abilities, and she loves to get others to communicate together about the metaphysical.

She is currently teaching online courses www.metaphysical-studies.com or mail courses (5685 Salina Road, Las Cruces, NM 88012). Feel free to contact her either way, and she will send an information brochure your way!

Jan is a member of AHHA (American Holistic Health Association), ISSSEEM (International Society for the Study of Subtle Energies and Energy Medicine), and WMA (World Metaphysical Association). She is also a Life Fellow member of W.G.M.S.C. (World Guild of Metaphysical and Spiritual Counsellors), as well as a Guild Certified Metaphysical Trainer and Guild Certified Spirit Release Worker. She is a LinkedIn member, and her profile can be seen at:

www.linkedin.com/in/jdtoomer.

Jan enjoys reading, spending time with her friends, and digital photography. The photos in this newsletter, and on the website, are hers; as are the articles, unless otherwise specified.

What If?

Past, Present & Future

I briefly introduce “What If?” in my “Undefined Reality” course.

I like playing “What If?” – it exercises my brain; sometimes gives me a new or creative way to solve a problem; and can also aid in teaching me a new technique or ways to alter an old technique.

Is “What If?” just a game, fantasy or over-active imagination? Or, is it working to stretch beyond our self-induced limitations?

Now, I would like to introduce “What If?” to you.

Again, taking an example from the “Undefined Reality” course – what if interactive ghosts (re: hauntings) are not just entities who haven't crossed over and are slightly out of sync with the third dimension?

What if there is a thinning of the membrane between the 'current' time (as we

perceive it) and the past or future time (again, as we perceive it)?

Time is not linear (a straight line); it is more like a spiral (for this demonstration purpose) – which means the past, present and future are a lot closer than we realize.

What if that membrane occasionally thins enough that we can interact with 'our' past or future? Or if the past or future can interact with 'our' now?

Could this also explain our history's accurate prophecies? Did the membrane thin enough for those seers to see through the membrane and catch a glimpse into their future?

Okay, your turn readers and bloggers... What if?



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