



Walking In Spirit All The Way

By Liz Cook

My husband was working out of town in June of 2009. He was going to be there for three weeks and I was excited to have the house to myself. My plan was to remodel the guest room, however, there was a greater plan in the works, and it was one that was going to set my life on a new path.

Never underestimate the meaning of change...

It started when out of nowhere I got an over whelming urge to quit smoking cigarettes. I was a menthol smoker for forty years and never really tried to quit before. Like most smokers, I said I would quit some day, but I liked smoking. I went online and ordered an herbal remedy to help me quit. The website said to allow four to six weeks for delivery and I thought that would be enough time to mentally prepare for it.

Wrong...

The herbal Stop Smoking Kit arrived the next day. Not fully appreciating the potency of herbs, I proceeded to take about eight or nine vitamins and light a cigarette. I took two drags of that cigarette and got so dizzy that I threw it out. That was the last ciga-

rette I ever had.

This is no coincidence...

I began hearing a voice telling me that if I will honor the request to stop smoking, a much greater door would open for me. The feeling was so powerful, and without any doubt, I believed it.

It was never about the stupid cigarettes, it was about my willingness to trust what I was being shown. The moment that I surrendered, a higher power, I choose to call God, took over and all I had to do was allow it to be. I quit smoking that day and I have never looked back, nor have I forgotten those words. The desire to smoke was taken from me. I never went through with drawls, or cheated or even wanted to. It's as if I never smoked. .

The stage is set, part one was successful... [I love it when a plan comes together!]

There is a lot of controversy about author James Arthur Ray and his Sedona sweat lodge incident, however, In his course, "Create harmonic wealth in all areas of your life," he teaches us that balance is BS. When something is balanced, there is no movement. Success is achieved when we are financially,

relationally, mentally, physically and spiritually in harmony. While one may be the center of attention at a given time, each is equal in value and is necessary according to him..

We live in a universe that is constantly changing. It makes perfect sense that the emotional, spiritual and physical part of us live in harmony together. Each part is equally important and one may shine over the other at times, but when all three are in harmony, anything is possible. It's also when we are disease free; it's when the men are separated from the boys, we walk in the power of God.

This is key to our survival if we want to ascend to the higher dimensions.

Every living creation is changing minute by minute. We are being transformed into lighter beings as we enter the New Age of Aquarius. The closer we get to the transition, the more intense the energy gets. We either adjust to it or we are consumed by it. Are we talking about the end of the world? I have no idea, but I think most of us would agree that life as we have known it in the past is over. Things are very different today.

As promised, that great door has opened... (Cont'd Page 2)

'The Alexandria Project' by Stephan Schwartz

'The Alexandria Project' by Stephan Schwartz. © 1983, Dell Publishing. ISBN 0-385-29277-5.

Schwartz was the president of THE MOBIUS GROUP – a team which comprised of both psychics and scientists.

In 1979, he brought together a team for an archeological project...to search for Alexander's tomb; but his research wasn't limited to just this.

His team also looked into the harbor of Alexandria and found shipwrecks spanning many centuries; searched for the Lighthouse of Pharos, Cleopatra's residence, and more.

'The Alexandria Project' is Schwartz's experiences with his team; the trials and tribulations of working with the Egyptian government; civilians (in regards to customs and beliefs); and what the psychics had accomplished.

This was presented in journal form.

My favorite passage: "Right now, our reliance on the intellect, to the exclusion of all else, has sickened us and alienated us not only from each other, but from the earth and the other beings who populate this planet." (Pg 267)

I enjoyed this book, and recommend it for all.

I'm working on the emotional, I feel great spiritually, and it's time to get physical... do I have to?

I am a steak and potato kind of person. I love Pepsi, and have always thought that there is nothing bad in moderation. Until I turned fifty, I was lean and mean... well, not fat anyway. I never cared for exercise, but love hiking in the desert.

I am about fifty pounds over weight which is putting a lot of pressure on my back and middle and needless to say, it is very uncomfortable. I am truly a fish out of water, however, I am grateful for this state of being and I have no doubt that I am going to come out on top.

What I am seeing is so opposite from what I have been living for fifty plus years. So, who better to represent the future of healthy living than some one that is being transformed from the very things that ignorance, laziness or lack of interest stopped me from caring about before? I see now how important this is...

I am journaling each step along the way because it is my desire to be available to anyone that needs help in their preparation to greatness. I realize that eating healthy is essential to the harmony. The challenge for me is to love it, become it and pass it on.

I heard God's voice and I listened. I surrendered and I am allowing the transfor-

mation to take place in my life. The same voice tells me that time is short and harmony is key. The physical, the spiritual and the emotional part of us...

It's time to wake up...

In the Bible, Matthew 25:1-13 refers to the ten virgins that went to meet the bridegroom {the second coming}. Five came prepared. They had plenty of oil for their lamps. The other five were foolish, unprepared, and they had no oil for their lamps. Jesus was slow in coming and the virgins fell asleep. At midnight there was a shout "the bridegroom is here, go out to meet him." All the virgins got up and put their lamps in order. The foolish asked the wise for oil because their lamps were going out. They were told to go buy their own oil, they only had enough for themselves with nothing to spare. While the fools were gone, the bridegroom came and took the wise into the marriage feast and closed the door. Later, the foolish returned and beat on the door, however, it was too late. The thirteenth verse warns us to "Watch therefore, for you know neither the day nor the hour when the Son of Man will come.

It is my opinion that it is all tied into and around 2012, however, the same message stands today....

There is much preparation needed if you want to attend the wedding feast.

It's totally up to each one of us. There is one thing for sure. Most of us have seen life as we know it change, we see our economy crumbling around us, and anyone enlightened know that there is a cleansing going on. We must get rid of the old in every aspect of our lives. It has to happen. The more you realize this now and prepare, not for doom and gloom, rather the birth of a new age that is great for everyone, far beyond our wildest dreams.

As I begin this part of my journey...

I am concentrating right now on the physical because that is what I am being shown. I know nothing about nutrition but God is teaching me. I am learning a new way of living and living what I am learning. I am reminded of something I heard a long time ago. Take everything that you have ever learned and out of that hang on to ten percent and throw the rest away. Folks, it's a new day!

I am surrounded by angels and I am blessed to have wonderful spiritual people in my life and a super Naturopathic Doctor to keep me on my path.

Peace and harmony always

Liz

'Destiny of Souls' by Michael Newton

'Destiny of Souls' by Michael Newton. © 2000 – Eleventh printing, © 2006. Llewellyn. ISBN 1-56718-499-5.

'Destiny of Souls' is a step further into the information 'Journey of Souls'. As in 'Journey of Souls', Newton offered cases with information received during regression hypnotherapy.

With sixty-seven cases, Newton provided the reader information on earthbounds;

rejuvenation time after having had an earth life; the Council; advancement; and the 'set-up' on the other side, such as classrooms, The Library (Akashic Records), groups, etc.

Using some case examples, he also provided a wonderful (to me) explanation, with diagrams, on soul group roles from one lifetime to another.

'Destiny of Souls' sucked me in from the

beginning of the book. I found it be informative, thought provoking, and raised more questions within me – and I love when that happens!

Though I believe 'Destiny of Souls' can stand alone, I do recommend reading 'Journey of Souls' first.

Recommended for all.

About Jan 'JD' Toomer

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 and share their experiences.

She is currently teaching two of her metaphysical courses online and through the mail.

She is also teaching her courses at the Dona Ana Community College (DACC) Community Education in Las Cruces, NM.

Jan is a member of AHHA, A.R.E., ISSSEEM, and WMA. 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.

Jan enjoys reading, spending time with

her friends, and digital photography.

The photos and articles on the blog and in the newsletter are hers, unless otherwise specified.

<http://www.metaphysical-studies.com>

<http://www.metaphysical-studies.com/blog>

Astral Explorations - Part I

By Peter Perkins

Hello everyone, my name is Peter. I have been interested in the Out of Body experience for years. I started to truly, consciously explore OOB (or OBE) when I was in my late teens. Originally I did not do this as a form of spiritualism or enlightenment, but as a form of escapism. Like many, I believed I didn't belong here. I didn't feel a strong connection to this earth and subconsciously remembered other lives elsewhere.

Initially when I attempted astral travel I was inevitably drawn to these other lifetimes of mine. Some had settings that looked like the past, but as I came to understand them, each of these other lives was occurring co-currently with my own one here.

I was quite flustered that my out of body experiences were not the same kind described in many of the technical journals in which they described each step of the process: sleep paralysis, the loud humming and vibrations etc. - even though I have felt these things in my attempts to do things following the books. I did not feel them when I started.

I have learned to accept that everyone has their own way of experiencing these altered forms of consciousness.

The great thing is that there are a large number of methods to try for those interested in this. In addition to these methods, one can find, create or even intuit their own way to have out of body experiences.

Mary is one of my spirit guides, she appears to me here as an elderly woman with a shawl. Her eyes are gray and hold great wisdom and kindness. I state this here so you can understand my surprise later.

I tried one of the older methods of astral travel that I learned a long time ago. I imagined a line through me connecting me to the earth and extending into space where I envision it connecting to a star. This ribbon of light may be similar to the often described silver cord; though when I am actually out of body I perceive no such connection.

In the past I have flown out along the line into the corona of the star enjoying the feeling; the experience and energy of moving through the corona often left me feeling cleansed and energized. After this I would often end up in a spiritual realm.

This time was different.

I moved out along that line and entered a white light, pure white. It was then that I perceived other figures; many, many other glowing white figures. When I say many, I mean more than can be counted or computed. I just floated there in awe watching all the glowing figures.

For some reason I wished to see things differently - not so human centric. Suddenly all the figures were spheres; millions of spheres of light moving about.

I thought about it and willed myself to be so.

I became one of these orbs of light also. I just kind of enjoyed that a while. Then I turned back to my human form, and perceived a brighter white, huge sphere at the center of this nebulous white.

I moved toward it and just gazed at it. I felt bathed in love. I thought to myself should I send love back? The feeling of love was overpowering coming from the sphere.

Then I felt a hand on my arm and felt a voice "That is love."

I turned to see who had addressed me and beheld a glowing female, her hair suspended in the air...glowing strands like a mantle about her head.

I was at a loss really. Suddenly she thought to me "You did wish to go on a spiritual trip did you not?"

I suddenly knew it was Mary, I had asked her to take me on a spiritual journey (to me she feels kind, caring and safe).

I thought "Mary?"

She thought back in the affirmative.

She thought to me "Where is it you wish to go?"

I thought about it and then thought to her, "A place with plants untouched by people so we can walk in nature."

I kept thinking about how amazingly different she looked, and though I didn't think to her directly she picked up my thoughts about how different she looked here; almost angelic.

She thought to me "You too glow with white light here, back home they would say the same of you."

Then we were off, near some evergreen like tree's surrounded by nature but there

was a path. I turned to ask her about the path because I had said a place untouched by humans.

She looked different again more distinct and human but still glowing. She was younger maybe 30 or so. Her hair was blond her eyes gray. I remarked about her changed looks.

She told me it was the nature of where we were, and that I too had changed in appearance. She explained that we perceive things through the minds eye and through our own personal experiences and memories.

I again thought of the path and she thought back to me. "You did say you wished to walk did you not?"

It is funny - the realization that dawned on me then. I did indeed ask for a place where we could walk; the Evergreens about us were exactly what I pictured when I asked for a place of nature where we could walk and talk with one another.

So we walked for a bit among the evergreens in this still place. I realized we had created this place. It was a calm still world though it fit with what I said when I spoke with her, it was a very literal interpretation of what I had desired. Things were very literal; nothing was added that I did not conceive of, when I had said to her where I wished to go.

I don't know why I thought this but I asked about Esther Hicks and Abraham and if it is true that we can have, do, or be anything.

She responded, "Yes and No", which sunk my spirits a little. I guess she sensed that so she explained.

"Yes we can certainly be, do or have anything if we allow it. Most humans though don't allow themselves this."

I understood and nodded.

Then I thought to her, "I need to write this down. I don't want to forget any of this."

She thought back "We are in no rush, if you wish to do so you may. We will be able to speak again."

Thus ended the first part of this journey into the astral.

(Part II is on Page 4)

Astral Explorations - Part 2

By Peter Perkins

Since I now know about the white realm - the place of white light filled with people, I connected to that instead of to a star and off I went. Once again I returned to that place filled with orbs.

I enjoyed the feeling for a while and then wished to see the orbs as people again. I marveled at how many people there were, and though it hadn't dawned on me last time, I suddenly realized I could talk to any of them. I could learn from them and share with them. (Why this hadn't dawned on me the first time I don't know.)

Mary showed up again glowing white, as I knew I appeared as well. I told her I wanted to bask in the love from the huge white sphere again. So we both floated that way and I felt the wave of love coming from it.

I had a feeling or sense like I was being recharged or filled with this energy. It wasn't as overwhelming as last time and I stood there a while before I thanked the sphere and turned to Mary.

She said "What would you like to do?" (Now this is something else that has dawned on me, my guides tend to ask that a lot, as well as similar questions. "What would you like to learn?"; "What would you like to try?"; etc.)

I told her I wished for us to return to the place where we had been walking before. I also said I would like to add to it; a breeze, some flowers and butterflies.

Then we were there again. While we were still glowing slightly our bodies were more defined. Once again she explained we were in a non-physical realm, but closer to the physical than we had been and that is why our definition sharpened.

I remembered something I had said at the potluck dinner. (A bit of clarification here:

I attended a metaphysical pot luck dinner and was speaking to some fellow students about my experiences when I made this comment.) "We are god wearing human masks." This is what I posed to Mary as we walked along.

I asked her if that was accurate and she laughed and said, "As you well know, it's not only human masks. There are many more beings than humanity."

I knew this already, but it was a bit of clarity from my guide.

I noticed how the flowers were under the evergreens, as well as along the path we were walking.

I know evergreens on our earth produce acid in the ground that keeps other plants away; that's why patches of evergreens don't have other plants close by to them.

I remarked about this and she said, "Just as humans are learning war, shortage of resources, and need to feel protected are things of the past - so it is, that these evergreens, the ones I had created, knew they did not need to fight for resources, or need to protect themselves from harm."

I felt the breeze I had asked for, and saw the flowers sway and the butterflies fluttering in it. I looked up at the sky vast blue empty.

I wondered if I could create after I was already here and I thought to add clouds to the sky. Soon three clouds sat in the sky above Mary and me.

Like I have seen the air elemental do, I wanted to paint the sky, so I directed the wind till the clouds were swirled in a pleasing way; the breeze carrying them along.

It hit me then. I wanted to create worlds after my physical body was gone. I wanted to paint the sky and create whole ecosys-

tems and join with others in doing so.

I then directed my thoughts back to Mary and she knew what I was thinking. We are all more telepathic away from the physical.

She said I could certainly chose to do that if I so wished.

I wanted to ask, "What should I do with my life?" A new unemployment benefit kicked in, but I felt should I ask.

She as before knew what I was thinking. She responded, "You have always wanted to teach. You love history, but more to the point you have always loved mythology. The reason for this is mythology is mystical; it has truths that are lasting. Just because new unemployment benefits had kicked in was no reason to not think about this."

She mentioned I would be teaching on Thursday anyway, whether I realized it or not (I gave a talk on Thursday on 'Out of Body Experience' to the local ARE group here in Las Cruces.)

She told me that the same way I had had a breakthrough listening to another speaker, that my own words might hold the same key to someone else experiencing such a breakthrough.

I wondered then about teaching and some other things I might like to do. I wished I had artistic talent for I would love to paint some of my experiences.

She told me that I could certainly learn, it would just take patience but that it wasn't beyond me to do so.

We walked along more, talking about different things and as before I wanted to write it all down and so I bid Mary farewell and returned to my body.

Whiners and Acceptance

I am pretty sure that each of us has met - at one time or another - a whiner. These are people who whine about... well, usually everything about their life (has also been called the 'victim' role).

Now we all have our whining moments - but I am talking about those who whine, and do not want assistance, guidance, advice, another's outlook or help; they just want to complain, and be heard - but don't want to do anything about it.

I got tired of this type of interaction.

I realized that no one will change until THEY are ready to change, so I had to change MY reaction.

Utilizing "Love and Logic" training*, coupled with learning to accept people as they are, and incorporating my boundaries (I do not accept drama in my life) - I changed my reaction to whiners.

Now, if I run across a whiner - I hear them and acknowledge their complaint(s) with "I know" or "I am sorry you feel that way" (with sincerity - not frustration or sar-

casm); I do not absorb or get caught up in their drama and am accepting where they are in their life.

This way, I am accepting the other person's right 'to be' and am honoring myself as well.

** (The book "Parenting with Love and Logic" by Jim Fay and Foster Cline - and they have wonderful "Love and Logic" courses - I highly recommend them. You can find out more at loveandlogic.com or look for a "Love and Logic" trainer in your area.)*

Symptoms of Psychic Abilities

Many people are searching for answers about who they really are; where they really came from; why are they here on Earth at this time; and, the most frequent, 'What is my life's purpose?'

They then begin to recognize (or in some cases 'receive', seemingly spontaneously) a metaphysical or psychic ability – then the questions really begin to pile up.

Psychic ability symptoms can vary from person to person, as well as from within each ability. Also, the lines delineating abilities are thinning; many abilities 'dip into' other abilities – or one 'label', or term, describes multiple abilities. It is no longer about labels or terms, it is all becoming one – it has become experiencing energy and using energy to help others.

When I was younger, I had discovered that not everyone saw/felt/heard as I did. Seeking answers, I broached the subject of psychic abilities with my mother; her response was that she believed in that 'stuff', but not in her house.

A lot of people awakening to their abilities may find resistance from those around them. This can lead to frustration, questioning one's sanity (barring any medical/psychological imbalances) and a sense of being very much alone. For me, I had felt like I was some sort of odd-ball or 'freak'. Not true!

You are not alone. The human race as a whole, over the last ten years or so, has been awakening at an astonishing rate. We are finally acknowledging our spiritual rights to fully be ourselves and to combine energies with the energies of the world. We are not just three dimensional beings...we are so much more!

I would like to say to those of you who have just begun seeking answers about the metaphysical abilities, more often

than not, you have been doing this, or experiencing this, your whole life – you just may not have had terminology attached to the experiences. Also, as your abilities become refined, they are not usually jarring or blaring experiences. What I mean is that the experiences are usually subtle and can be easily dismissed or overlooked. One example could be when someone says "Wow! Was that a coincidence or what?" or "It must've been my imagination."

You need to think beyond that mentality, and be willing to be open to the subtle nuances around you.

(Again, barring any medical/psychological imbalances) I am including some of the 'symptoms' I have, or have had, in reference to metaphysical abilities:

- Knowing who is on the phone (without caller ID) or door before being answered.
- Know when someone lies – or tells partial truths – to you. (For me, this creates a physical sensation, tightening, in my stomach or abdomen region).
- Knowing something good (or bad) is getting ready to happen, but don't have details.
- Uneasiness, unsettled feeling and/or jitteriness prior to a major event, such as an earthquake – regardless of where it happens.
- Knowing when a friend/relative needs to hear from you – or is in trouble.
- Knowing something specific (with details) is going to happen (outside of the 'norm').
- Knowing what an animal (or plant) is communicating. Can be a knowing, mind pictures, or internal dialoguing.

- Having dreams, or flashes, what come true. Knowing, seeing and/or hearing a deceased loved one (or deceased strangers).
- Physically being seen at two different locations at the same time.
- People suddenly feeling better just being around you (not just friends).
- Seeing and/or hearing 'ghosts'.
- Hearing or knowing others thoughts.
- Touching an item, object or person and knowing information about same, or its previous owner (such as 'negative' energy feeling, knowings, mind pictures).
- Know how someone else is feeling (their emotions, whether hidden or exposed) – and feeling it yourself.
- Knowing what's the most probable outcome of a situation, event or circumstance without having prior knowledge and not being a statistician.
- Seeing and knowing what a place (building, town, etc) will look like in the far future.
- Seeing the past and present at the same time.
- Communicate, hear and/or receive information from non-physical beings (other than ghosts).

There are many books, courses (I do offer two online courses – The Basics Course and Undefined Reality Course), and instructors around.

Please make sure you are comfortable with your instructor.

Volunteer metaphysical-related articles are currently being accepted for the blog and newsletter. If accepted, your link will be included in your article. You can email your article to me at: jdreading@cox.net

<http://www.metaphysical-studies.com/blog>

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

Past Life Regression

Two weeks ago I excitedly drove up to the new metaphysical store in Las Cruces – the Metaphysical Life Enrichment Center.

I opened my senses as I walked through the door...and was not disappointed. I could feel the hum of the minerals and could sense the smooth energy flow of peace and calm; very nice.

I met the owner, Joan Burnett – who, after introductions - gave me a tour of the center, including the office where she does regressions.

While the energy in the center was wonderful, the energy in the office was breathtaking.

My guides popped a mind-picture of me in Joan's office, having a past life regression – subtle, eh? Ha.

The minerals called to me (and yes, quite a few were purchased and came home with me); I then scheduled a past life regression session for the following week.

My appointment time arrived, and I sat in Joan's office. I had come to the regression session with no expectations as to what I needed to see and/or learn - but was very curious as to what would transpire.

When I first entered the office, I 'saw' my guides, and Joan's guides, and a few other non-physicals who had come to the past life regression. They were all welcome, and I enjoyed their energy there.

After going through the relaxation (induction – mild form of hypnosis – for a generalized explanation of past life regression

process, see "Questions About Past Life Regressions" below), which leaves the client very relaxed physically, though mentally aware – the regression began.

Joan's soothing voice helped to guide me through a visualization of where/when I needed to go for information to be presented to me for this time in my life (your subconscious/higher self/ guides assists in directing you to a scene and/or memory).

It was a good session. Afterwards, I briefly processed what I had learned from it. For this regression, for ME, I learned that "you cannot protect others (adults) from themselves." For this point in my life, this was an important-to-me insight.

More Info

Joan Burnett, a Las Cruces resident since 1992, is the owner of the Metaphysical Life Enrichment Center and offers books, jewelry, minerals, cards, aromatherapy, music and more!

And after the first of the New Year, the Metaphysical Life Enrichment Center will be offering classes on various topics, including: Meditation, Psychic Development, Numerology, Manifestation with Angels, and Communicating with Your Angels.

See Joan for a schedule of classes or to schedule classes.

Joan Burnett

Joan Burnett received her Doctorate of Metaphysical Science and a Ph.D. in Mystical Research; is a member of the American Board of Hypnotherapy; and is a minister with International Metaphysical Ministry.

Joan has studied past life hypnotherapy with Dick Sutphen, Dr. Carol Carbon, Dr. Richard Neeves and Thad James and has been performing past life regression therapy for 15 years; received training in performing Between Life Soul Regressions with Dr. Linda Backman of the Ravenheart Center of Boulder, CO.

James Stephen Burnett

James has been studying and practicing healing energy work for 20 years. His first Reiki class was taken in 1989.

James also received training in Matrix Energetics from Dr. Richard Bartlett

Both Joan and James received training in Pranic Healing from Master Stephen Co of the American Institute of Asian Studies and training in Reconnective healing from Dr. Eric Pearl and Christine Upchurch.

Services offered:

Past Life Regression - \$100
Between Life Soul Regression - \$300
Energy Work - \$60
The Reconnection - \$333

Metaphysical Life Enrichment Center

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Hours:

Closed Sunday and Mondays
Tuesdays – Fridays, 10A – 8P
Saturdays, 10A – 6P

Questions About Past Life Regressions

I have been asked a lot of questions about past life regressions. I have listed the most asked questions below, and have answered them from my perspective.

Q: *Shouldn't the past be left alone? It's done and over with, so why explore it?*

A: The past is not always "done & over with". Traumas – whether from this lifetime, or past lifetimes – can sometimes interfere with our "here & now".

Phobias, fears, and some relationships frustrations, and possibly even roots of an unexplained (by medical practitioners) health issue can sometimes be found – and in some cases, healed – through past life regressions.

My earliest (first) past life regression had explained a lot to me about an unbalanced relationship with a major figure

in my life at the time. For me, it brought some clarity so that I could begin a healing process.

Q: *I don't believe in past lives, so a past life regression won't help me, right?*

A: Not necessarily correct. Many regressionists (also called 'hypnotherapists') have found that it didn't matter if there client believed in past lives or not; they were still assisted by the regression.

Q: *So when I go for a past life regression with a specific issue or imbalance in mind, then that's where/when I will be directed to go to get an insight about it?*

A: Not guaranteed. Normally, the past life regressionist directs you to go where you need to go – your subconscious/higher self/guides will direct you to where you, the soul you, needs information; not

where you, the physical you, wants to go.

Q: *This is hypnosis, right? I don't want to be hypnotized. It's scary and I have to give up control to someone else.*

A: You do need to feel comfortable with the person you are considering for regressions. If you aren't comfortable with that person, then move on and find another.

Check credentials, ask around to talk to others who have experienced this regressionist; check with Better Business Bureau (can do it online) to see if any complaints were lodged, etc.

This is hypnosis, but in most cases, you are physically relaxed, but mentally alert. You are still aware of your surroundings and you can pull yourself out if you want to.

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Pulling yourself out of hypnosis can make you feel a bit wobbly – so it is recommended that if you want to come out of it, you tell your regressionist to count up for you; it's more gentle on you.

The hypnosis process involves relaxed breathing and visualization which the regressionist talks you through.

Q: Will I remember the past life regression?

A: I personally remember each of my past life regressions, but will say – like a dream – the details fade over time. I do clearly remember the gist, lesson and reason for each regression.

Most past life regressionists will include an audio tape/CD of your sessions. Ask about this before your appointment. If the regressionist is not equipped to tape, ask if you can bring your own recorder. This usually is not a problem.

Q: Will I become obsessed with my past life/lives?

A: Gosh, I hope not! I mentioned about the regression details, for me, faded like a dream memory.

My New Age Dog

By Liz Cook

When the spirit of God calls you for a specific purpose, you gotta know that you are in for the ride of your life, because it is going to be great

I mentioned in my previous article, that I am being guided by spirit, which I like to call God, to totally change the physical aspect of my life.

I planned to write about it after it became a permanent life change for me. I thought I would be in a better position to help others that way. Thank God I am not in charge of this gig. I am being guided to share this transformation as it unfolds and to invite you to join me. We are promised the ride of our lives!

SO...

Jan has graciously agreed to give me my own corner to blog this fascinating journey. This way, we can avoid all the "previously, on Liz & Munch"...

I have always done my best work with an assistant and I was sent one, Munchkin, my dog. Tell me that God doesn't have a sense of humor. Things that are not even logical are happening. Could it be because we are preparing for the NEW age?

I have been gearing up to begin this ad-

venture, well, since I became aware of it. I started by juicing and made some pretty bad stuff. Then I bought a Health Master with instructions... and things got better.

I made more than I needed and I have two dogs, Sassy, my Basset Babe and Munchkin, my Pom-a-wa-wa {Pomeranian/Chihuahua}, my fearless fur ball. I offered them some juice and Sassy wanted no part of it, but Munch lapped it up. The next day it was the same thing.

Q: Will I need to keep coming back for past life regressions?

A: I have had four past life regression sessions in my life (and one of those was on the phone, hopping through lifetimes to find the root life cause of my asthma). I have found, for me, past life regressionists, or past life regression opportunities happen to merge in my life path when I may need to stop and do some digging. Again, it's a tool. I feel a person will be drawn to it if and when it will help them at that time.

Q: So what's the whole process like?

A: I am giving a generalized description: You set an appointment for a regression. There will be paperwork to be done before the regression. The amount of paperwork

depends on the regressionist.

It's preferable to wear comfortable clothing.

When it's time, you will semi-recline or recline. The regressionist usually has a blanket handy if you want it; soft music may be playing in the background and lights are often slightly dimmed.

Once you're comfortable, the regressionist will talk you through a relaxation visualization and into (normally light) hypnosis.

You then be directed to go back to a past life. The regressionist will ask you focus questions and will ask you describe what you are seeing /hearing /experiencing, etc.

When you are done, the regressionist will count you up, which means – usually using number counting – take you out of the hypnotic state.

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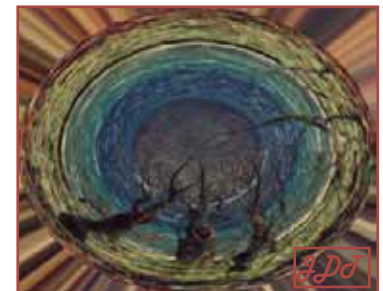
When you are done, the regressionist will count you up, which means – usually using number counting – take you out of the hypnotic state.

food, raw meats or chicken and won't eat it. He will eat as much vegetable or fruit juiced as I will give him. Yes, I am careful what I give him, but I have to say, my dogs have eaten things considered to be poison and nothing has happened. The dog food industry would like you to believe that a healthy diet is dog food only. I disagree completely.

Today is the official kick off and the first real day of my transformation to my new life. I hope that you will check our progress and even join us. If not, that's ok too. What is important is to commit to your truth. Just do it!

Until next time,

Liz



Overcoming Fear - Trusting Myself

By Peter Perkins

Although I have had experiences with seeing spirits before, one experience that really stands out for me happened when I was around eighteen years old.

I was riding in a friend's truck when I perceived a figure floating ahead down the road. Time suddenly seemed to greatly slow down.

I saw a white figure - see through - that looked like a drowned woman. Its appearance was frightening; yet I felt an empathy with the spirit. Appearances aside, my empathy was telling me this was a good person and that I was safe.

All in that instant I felt fear then the dispersal of that fear. I decided to trust in my empathic instincts, and when I did that, the image of the spirit became clearer; I could still see through 'her', but the definition sharpened.

My friend continued to drive, completely unaware of the spirit, and drove right through her. The spirit passed through me, and when we merged, I felt as if I were experiencing bits of her life. I knew then, from those shared memories, what had happened that had caused her death.

She let me know that it had been reported that she had been drunk and drove into the nearby lake. The truth was that she had been murdered, and the murderer

had pushed her and her vehicle into the lake.

The images I got were from the flapper era. She was a beautiful young woman in life and had simply been enjoying herself when the man she was with wanted more than just a companion to dance with. Things escalated resulting in her death. It was not an act of premeditated murder, more an act of passion.

I feel that she wanted someone to know; she had the need to feel the truth of her death was known by someone.

When she finished passing through me, time sped up to normal; all of this had occurred in mere seconds - if that.

My friend looked over and asked if I was ok; he said I had tensed up.

I asked him about the spirit - he reported he had not seen it at all.

At the time, this was just added to my expanding list of experiences with spirits.

Like most of my other encounters in seeing spirits, it started with fear. This one experience was a turning point for me - for even though I was afraid, my emotional compass kicked in; the empathic feeling of this encounter was not a feeling of it being dangerous, but rather a positive encounter.

In hindsight I learned several things from this encounter.

- * Appearances should be overlooked.
- * If I had gone strictly on the vision of this spirit, the fear would never have left.
- * I learned to trust my empathic feelings; previous to this, it had not kicked in as strongly as this time.
- * I also learned we could help spirits. Sometimes they just want someone to know something; to feel validated or acknowledged.
- * I learned not to jump immediately to fear when encountering a spirit.

So I have some advice to give to others who might experience seeing spirits: it might seem frightening at first, but try and look past the fear - or try to see if you can feel what the fear is from.

Is it a fear of the ghost itself; is it a fear of the unknown? Does it come from ghost movies or stories you have heard or seen? Try and see if you can feel where the fear is coming from. If it is not from the spirit itself you might come to realize the spirit is something you have no need to be afraid of.

Trusting ones empathic feelings can help you judge things.

What an Experience...

By Liz Cook

I had an experience yesterday that I would like to share. It was so very different from anything I have ever felt before.

I got so homesick that all I could do was cry. I told my husband that I wanted to go home. He answered by saying "you are home" and he got rather upset because he thought I was saying that our life together was not good enough. At the time I thought it wasn't, but only because our home in the higher dimensions is so much greater. He asked me where home was, and all I knew was it was where I never felt alone, and I felt safe and felt much loved. He told me that he was here, and that I was safe and much loved. This is true, for I am blessed to have a man that loves me so much, but as much as all this is true, it isn't home. What I feel is so much greater. Once again, I have tears flowing down my face as I write this. I have the most overwhelming feeling of appreciation so very deep inside. It is so strong that I never want to

leave its grace. I am in awe.

I don't know why I was taken to this place, but now I am eternally grateful. Perhaps this is the state of being that we are to experience in the next age.

I absolutely do not proclaim to have any answers to the future of our life on this earth. However, I feel like we are so very close that you can reach out and touch it. I do believe that there is going to be a shaking in 2010, and my heart is very heavy when I say that we need to start paying attention to the signs. What would happen if the grid went down for a week? A month? Years? Could you survive? You can if you are prepared. .

The energies are going crazy right now. It's as if surges of energies are hitting everywhere, almost as if they are out of control, kind of like Retrograde with a kick. You turn on the television {tell-a-vision} and it seems like every week now there are at least two shows on the subject of 2012.

Scientists are discovering the power of the mind through Quantum Physics, new places are being found, and it seems to be offering us a different perspective on the way things really are. Kind of like coming out of the dark age?

I finally understand that we are all exactly where we are supposed to be at any given time. For the last few years, I spent hours every day on the computer every day doing research on 2012 and metaphysics, the bible and listened to lecture after lecture by very credible teachers. I still think they are awesome. In this age of information through computers, people are realizing who they are and the power they have within. They are coming together with their power of intent, and it is making a tremendous difference regarding the outcome of events in our future. People all over the world are waking up. However, don't be foolish. Power can be used to serve mankind or to serve self.

(Cont'd Page 9)

What an Experience...

Cont'd

I suddenly stopped reading everything. By the time I went back online, I had over three thousand emails. I felt nothing good or bad. I was told that it was normal, and that I was processing information. As usual, my friend Jan was correct because I finally understand that God, our guides, spirit, or what ever you choose to call it, lives in your heart and if you pay attention and allow your heart to guide you, and act on what it tells you because it will never lie to you. Then, there is nothing to fear. Can you imagine the power when you merge

you mind and your emotions with your heart?

Again, I surely don't know what the future holds, and what I write is my perception of what I am observing. However, with zero doubt I can promise this, if indeed the place I went to yesterday is tomorrow, all I can say is bring it on, and do it quickly. There is nothing to fear.

With love,
Liz

Oh My God...

As I went to post "What an experience" I realized something very very dear to me.

Today is my son's birthday. He died thirty years ago.

Thank you Ryan, Happy Birthday, and I love you more than you will ever know.

Mom

Time Travel

Is time travel real? Does it really exist? Are humans able to do it – and without a time travel machine?

Yes.

I can't sit and explain the physics behind it...haven't a clue. But, I can share some experiences, as well as throw some related theories on the table; and would love to hear your ideas and/or experiences on the topics.

Many years ago I was driving long distance with a friend; she was unable to drive, so that part as all mine.

We traveled quite a distance; I assisted some animals, and a few days later, we prepared to head back home.

Most of the return drive was at night and we scheduled to return home at a specified time (calculated on the amount of time it took to get there).

I grew tired, and pulled off at a rest stop and closed my eyes for an hour – then got back on the road.

With passenger sound asleep, I drove the empty interstate, and became impatient to get home. I decided to try something – I

wanted to get home faster without speeding.

I stated that I wanted to get me, my passenger and the car home faster, safely, and intact; then I imagine the road moved faster and faster.

No sooner had I finished that thought when we, and the car, were completely engulfed in a thick fog. We didn't drive into a fog and the fog didn't suddenly roll it. It hadn't been there, and then it was.

I can't tell you how long I drove in the fog...and I couldn't even see a road...but we did arrive home four hours early.

I dropped my friend off, headed home and crawled into bed. When I awoke, I saw that the half-dollar sized white circular patch in my hair had doubled in size overnight, and I was exhausted.

My intent and concentration had somehow gotten us home several hours early, but it did take a toll on my physically.

I haven't tried anything that extreme again – but I do sometimes slow-down time (to fit more into the day) or speed-up time (to hurry things along) occasionally. Again, I don't do this often; it wears me out

and part of me wonders if this is cheating somehow.

We've talked about how time is not linear; a spiral or coiled spring might be a better visualization on time. If you look at the spring (for example) you can have this life on the fourth coil; have a "past" life on the second coil; another "past" life on the third coil; and perhaps a "future" life on the first coil – and they are all happening at the *same time*.

What does that have to do with time travel?

I have visited one "past" life to observe and have visited another "past" life to change something. I could not change "my" life in the "past"; but was able to help someone else in that "past" lifetime.

What is the point of all of this?

I am hoping to get us to the point of "thinking outside of the box" – we are becoming less restricted in our energy creations.

What else are we able to accomplish if we step outside of the "accepted norm" way of thinking?

Who Is Peter Perkins?

Hello everyone,

I have been asked to tell a little bit about myself, so that everyone can get to know the man behind my posts. I am thirty eight years old. I was born on Long Island off of New York State. The vast majority of my childhood was spent here.

As a child I had quite a bit of Deja Vu in my youth. Though let me preface this by saying I don't think of Deja Vu so much as remembering a past life, so much as it is remembering precognition. Several times

when I went places as a child I had strong feelings of remembering; as I said, not as if remembering the past but as if I had seen these things in a dream or premonition and suddenly being presented with them brought all the memories of the events back. When I was young, whole conversations could be remembered that had never happened yet.

Another thing is I often heard my name being called. Still search though as I may, as a child I couldn't find the source of the caller. Was this my spirit guides when I was

young trying to get my attention? I don't know, I am not sure.

Still with all of these experiences I never really mentioned them to my parents because I thought of them as normal not realizing it wasn't common. I had just assumed everyone had these odd feelings of remembering.

Childhood for me was a test of survival. My father was a type A personality who liked to drink and when he did he was an angry drunk. My mother was devoutly catholic,
(Cont'd Page 10)

Who Is Peter Perkins?

Cont'd

More than a few times I felt my mother's life was in jeopardy from my father. My own life became something I had to worry about as well. I defended my mother several times. My father was not above punching when he was drunk. So even as a child I had to deal with this everyday. My mother on the other hand from her catholic standpoint made her think it was all her fault.

As my mother was not about to allow me to go without church and the same indoctrination I can only imagine she had as a child. From the stories I get from her, my enforced church time was easy. Even as a child, I did not feel the churches teachings were right. To me it seemed to only preach guilt, obeisance, fear and suffering as peoples lot in life. Even worse they preached that those who worshiped differently were damned to hell upon death.

When I asked why people who didn't believe in the same religion were damned to hell, it was as if I had blasphemed just by questioning this simple thing. The old adage children should be seen not heard was part of my upbringing. It is funny now thinking back on it but if a small simple question could shake a major religion, what could really big questions do?

Still regardless of my views and feelings I was forced to church for the majority of my upbringing. I had a lot of friends when I was growing up and I found other religions preached similar if not so harsh teachings from them.

My father got worse with the drinking and the hitting. His womanizing was thinly disguised it truly is amazing the things adults think children will not understand. Well I wasn't about to stand for such things and I let my mother know. Eventually this led to a divorce and to be honest I think it was best for both of my parents.

As a child I was swapped between my parents as the laws made it a forced situation. If I had a vote I would have said I would rather not have had to spend time with my father.

The woman he was with would sometimes see me talking to non-physical entities; which is something that happened during these turbulent times. Well, she did nothing but make me feel shame for this. If anything she made me feel as if I had caused the divorce and that I was a strange child.

Fast forward to my teen years...

I was living in upstate New York with my mother. She had a good job and enjoyed her work.

I was mostly left alone to my own devices.

I was happy to be alone and do my own things. During this time the feelings of Deja Vu were less frequent and I never heard my voice being called anymore.

Although I was still able to see spirits; I don't know exactly when this started to happen other than in my early teens. I was always able to perceive that they were spirits instead of seeing them fully as just another physical being. Still I was old enough to know that this wasn't normal. At least I was taught through my life experiences that this wasn't something people experienced without it being something in a horror story or movie.

So I was always leery of these early encounters. I didn't have anyone to turn to - to explain these things that I could see. It was obvious to me at times that people right next to me could not perceive the things I could. For many years I kept quiet about these experiences. Telling my mother would have been a mistake religion didn't view talking with ghosts as something good or acceptable.

Only in my late teens did I find friends who didn't seem so upset at my experiences. Even though they couldn't see the spirits, more than one could feel their presence. So I was finally able to talk with people who I felt comfortable enough speaking with. Yet something also happened during this time; I found that when I talked about spirits or more openly about things it seemed to attract spirits and other entities to me.

Sometimes the encounters got scary with actual physical manifestation like scratches on cars and other physical signs that the spirits were able to become solid enough to effect things. I understand now that others and I were providing energy when we spoke of these kinds of things which made it easier for spirits to effect things.

During my teens I had many ghost encounters some good, some frightening. One of the things which was disturbing most to me is the house I lived in at the time must have had a ley line flowing through the property from the top of a nearby hill through our yard and past a small church nearby.

I constantly saw ghosts walking along this ley line. I didn't know what it was at the time or how to describe what I was seeing beyond there being a road the dead walked along through my yard.

Well as you can imagine I had no one at the time to teach me about what I was ex-

periencing or how to control my perceptions or even how to shield myself.

I did learn that concentrating on mundane things could make even seeing spirits go away, so I dove fully into the most mundane things I could; trying to bury this side of myself. It worked for a while, sometimes for years, but something in me always drew me back to the metaphysical.

Older and now thankfully not forced to go to church any longer...

Many fights over this ensued as my mother feared for my soul and I feared for my mother's freedom from church dogma. I was able to pursue my own things. I started buying a book here or there on Out of Body Experiences, and Astral Projection, as well as a book on Channeling.

I guess even though I was scared and tried to bury so much of the spiritual side of myself I was still drawn to it. Slowly I gained a fascination with this thing called the Out of Body Experience. To me it seemed like it would be a wonderful thing to get away and fly around. It was a form of escapism. I think deep down inside me, my spirit was rebelling against burying myself in mundane things.

So I sought out practicing to achieve out of body. I went to a Wicca group which wasn't my thing so I left that fairly quickly. I read up on books and learned of Hemisync which was being produced by the Monroe Institute. This Hemisync music was supposed to allow one to achieve Out of Body by producing sounds the brain would synchronize. I was overjoyed spirituality at the flip of a switch!

This was not to be even then way back when I was a young adult in my twenties the costs for going to the institute were prohibitive. Even the take home tapes were in the hundreds of dollars.

Still I kept trying and had some success though not in the fashion I had read about in the books. I was able to project myself but instead of rising out of my body and viewing my room about me I would leap into my other lives. This felt like possession for I would be able to move around in their bodies and speak through their mouth. It was disconcerting as the only word in my vocabulary at the time to describe this was possession. It would be many years before another word that fit better would come to me.

Still though I was able to live through these other lives I learned quite a bit. It was here that I learned how to shield. I also learned how to heal myself. One of my other lives (Cont'd Page 11)

was vastly more knowledgeable about working with energy than me at the time.

So it went like this for a time with me learning through these other lives and in turn I found the doorway could be both ways and that the other lives could visit me here. I once again felt some apprehension at things.

I wasn't quite able to go out of body in the way the books described, I had pictured a ghostlike body floating about not what was happening to me.

So again I buried this part of myself for a long time. Then, when I moved to Las Cruces, the strong feel for the metaphysical rose up in me again; it was a good thing too. I had begun practicing out of body again and though I achieved some success in the fashion the books suggested. I felt the vibrations and the sleep paralysis. In fact quite a few times when I felt these things coming on I would get so excited I would shake myself out of the experience.

At one point I lifted up part way and felt this massive vibration. Looking about I found I was sitting up. At least my spiritual self or my projected consciousness was sitting up while my physical body was still lying back on the bed.

Slowly I started having more experiences. I traveled to a friend's house and was able to tell her some of the things in her room. I had never been to her home so she and I were surprised when she was able to verify what I had seen.

Still going out of body through the methods the books taught as well as using hemisync to try and achieve this state was not quite sitting right with me.

I kept plugging along, eventually watching the movie "The Secret" and "What the Bleep do We Know?" Both of which struck a chord in me. It wasn't too long after that I found an ad for a metaphysical class at the local college. To say I was surprised to see such a thing would be an understatement. I was floored to think that someone was not only teaching about spirituality but at a college.

I signed up right away and almost instantly I felt that this was possibly the best choice I could have made. I learned I wasn't alone. This simple fact made me feel good about

myself. Still I was shy to talk about my own experiences. I listened and participated.

It was amazing. I learned explanations for some of the things I had experienced in my life. Also, I wasn't made to feel bad about it. This was the 'Basic Undefined Reality' course taught by Jan.

I learned a bit of self acceptance.

Well I went on to a more advanced class; once again this was the best thing for me.

Here I learned the term 'merging' which is exactly what I had experienced when leaping into my other selves. I knew even then that these other versions of me were not dead that these lives were going on at the same time but I only had my own term to explain it which I called co-current lives. I learned that past lives, was the more easily understood and accepted term but that parallel lives or as I called them co-current lives were more accurate. I already had the strong knowledge time was not linear.

The thing about these classes though I learned new terms and other phenomenon, it was like I was remembering what I was being taught instead of learning something brand new. I continued on with this and though I was opening up more to the class and to the teacher, I still held my cards close to my chest.

It was an event connected with someone else that truly removed the walls I had spent years building around myself.

I attended another class that I thought was along the lines of goal setting. It had to do with life coaching and while it did have elements of goal setting it surprised me in that it had elements of teaching from "The Secret" in it.

The teacher of that class invited me to A.R.E. meetings. For those who don't know, and at the time I didn't know, A.R.E. stands for Association for Research and Enlightenment. This group talked about Edgar Cayce. While I had heard the name before I didn't know much about him.

I attended the first meeting where we watched a movie called "The Leap", which was like a more scientific version of "What the Bleep do we Know?" I found out the next meeting was to be on angels. My memories of Catholicism and religious

overtones danced in my head. I thought of every reason for NOT attending. Still I showed up and it was possibly the best thing for my own benefit.

The woman named Erica spoke so beautifully about angels and did not even once bring religion into her discussion. I sat enraptured at the things she said. Once again a feeling of knowing came over me. When she spoke about the healing angels and their rods of green light it reminded me of the time in one of my other lives I used green light to heal myself.

When she spoke of the golden music of the Seraphim and Cherubim it struck a chord with me as just a month or so before I had an experience hearing such beautiful divine music and seeing dancing golden patterns of light.

After the meeting I spoke to her and she must have done a brief reading on me because she knew certain things about me. Finally the last of my walls came down as I couldn't stop talking to her. I even apologized because I felt like maybe I was saying too much. She just smiled and let me talk.

When I went back to my class with Jan teaching, I told her about what had happened.

It was only a week later that I was able to start communication with my own angels.

A lot of the blockage I had in talking about my own experiences lifted.

I felt an incredible amount of relief as if I was being true to myself finally. In class I was able to speak up and not just be a quiet presence. When Jan asked if anyone would like to write on her Metaphysical Blog, I jumped at the opportunity.

If I can help others who may, like I had, hold back the beauty and knowledge of what they have inside because of society or shame, I felt I could do so by writing of my own experiences.

Though I have only done it once, I spoke on Out of Body to the A.R.E. group giving a presentation. I have a feeling that I will be teaching and working with others in the field of metaphysics. I certainly don't know everything but I am passionate and willing to share what I do know.

I wish you all a safe,
warm and peaceful
Holiday Season!
Jan

Elissa's Insights

Dear Friends,

The Mayan Calendar has been on peoples' minds lately, thanks to Hollywood and the media's love of striking fear into our hearts. In the Hollywood version of 2012, it's an apocalyptic time where the world as we know it gets destroyed.

I think what the Mayan calendar is pointing to in 2012 is a phenomenon along the lines of what I witnessed when I was a teenager: I saw a fad jump from country to country, continent to continent, until, improbably, Japanese kids with little in common with the Beatles, were screaming their names along with the rest of us. I saw how consciousness could reach a critical mass and spread like wildfire.

The beginning of it is evident in all the grassroots movements that have been building in recent years: the green living, recycling, yoga-practicing, volunteering, innovating, documentary-making Youtubers, who are some of the major activists in a movement that will be accepted by "the people", the people being the overwhelming majority in any country who when asked, want to live in peace. The Mayan calendar seems to be tracking a massive change in consciousness because of a quantum leap it takes at the end of 2011, sort of like what happened when the 60's came and the Beatles took the world by storm, except it will be that people will feel more connected to each other and united in their common concerns, and from that more unified consciousness, develop infrastructure and systems that are more fair and sustainable. Sounds pretty idealistic and implausible, but my sense is that that is what the signs and omens point to. (When I was in New York this month, I was struck with the general rise in consciousness there: people were unfailingly polite and helpful. I don't remember it being like that when I was there last, over ten years ago.)

I believe the "We are One" connected consciousness incident I reported in my November newsletter, was a moment's preview of what such a state feels like, and in it, I instantly understood how change could take place, if everyone identified with everyone else to a much greater degree than now.

Over and over again, the spiritual guidance I get for this time is how important it is to tell the truth, that we can only be strong enough to succeed in this time of rapid change if we are truth-tellers. That's how we can hear and trust our intuition, that's what allows us to listen to our own hearts. We must be honest with ourselves and others.

The scary truth is, there's nothing written in stone about what state the world will be in a few years from now; it's up to us, and to what we give our time and attention.

My holiday wish for you all is that you're happy, and continue to expand into the happy state being energetically established by our changing hearts in our changing atmosphere, as we speak.

Psychic Insights for December 2009

It's a full moon in chatty Gemini, Uranus is going direct, and everybody's being themselves in living color. "Foot in Mouth Alert" is on for the next few days! Mercury goes retrograde on December 26th, producing the mother of all chaotic after-Christmas item-return days at the mall... you also might want to put off getting new electronics and cars until well after the holidays.

Do you have "abuse of power" issues? Expect the Universe to help you release them: People with the potential to do powerful good, will be challenged by circumstances and their own inner promptings to shed their heavy or manipulative ways and use their power to help people. They will feel the call to lighten up so they can participate more fully and enjoyably with life.

Spiritual Guidance for the Signs in December 2009

Read your Sun, Moon, and Rising Sign

Fire signs (Aries, Leo, Sagittarius): (Sagittarius, your zodiac birthday card is up at the Examiner.) You're aware of the weight of your decisions now, and that you've taken on very demanding roles. Fate is in the making this month! Roadblocks can appear--you'll find a way around them.

Water signs (Cancer, Scorpio, Pisces): Pace yourself so that you have the energy to enjoy the holidays. Projects already underway, travel already planned for the future, look great! The long-term outlook is good; this particular month can be stressful towards the end so take good care of yourself and mind your limits.

Air signs (Gemini, Libra, Aquarius): You're likely to bite off more than you can chew, by wanting more than you can afford or handle, and not delegating as much as you could. You'll want to have energy and good cheer throughout the holiday season, and to achieve that, think "less is more". Try partying in a way that doesn't leave any kind of hangover, financial or physical. On the very bright side, you are

scheduled to have fun on your creative path this coming year, and find life pleasurable and fulfilling.

Earth signs (Taurus, Virgo, Capricorn):

It's too soon to tell where your efforts to set yourselves free, to create new and healthier circumstances will lead, but only by continuing to move in new directions will you gain the momentum to see. Keep going with what's new and assess where you're at a month from now.

Merry Christmas and Happy Holidays! Elissa

Itinerary: Los Angeles, December 27 and 28th.

In person psychic counseling and healing sessions anywhere in the Los Angeles area. (I may also go up to Santa Barbara) To make an appointment, email me or call 505-982-3294.

Insight Ezine Article Alert: I'm featured in the December 2009 Insight, the free metaphysical magazine offered at TillyTarot. Click on <http://www.tillytarot.com/newsletters/> to read about how I developed channeling and healing into a profession. There are a number of metaphysicians featured, it's an interesting issue.

Contact: Elissa Heyman Psychic Counseling and Healing in person/by phone 505-982-3294 - Santa Fe, NM - <http://www.elissaheyman.com>
Thank you Elissa!



DACC Schedule for Jan Toomer's Metaphysical "Undefined Reality" Course Series is on Page 13. Please note that "Basic Undefined Reality" has been extended by one class - this is so that we can have more open discussion time.

<http://www.metaphysical-studies.com/blog>

2010 Schedule for Jan Toomer's Undefined Reality Series

Metaphysical Courses Offered at DACC Community Education

Basic Undefined Reality - Consists of four classes, 2 hours each.

Class One: Truths/Beliefs; Terms; Discussion; Shielding. Exercises: Beliefs, Terms & Shielding.

Class Two: Discussion; Energy; Aura; Visualization. Exercises: Energy in Action; Sensing An Energy Field; Colors.

Class Three: Chakras; Discussion; Visualization; Levels; Planets; Healing. Exercises: Psychometry; Meditation.

Class Four: Open discussions. Certificates.

This course must be completed to take 'Undefined Reality' Course.

Las Cruces - \$40:

Course# EX108D1

Thursdays, 1/28 - 2/18/10

6 - 8pm

East Mesa, DAAR, Rm 222

Sunland Park - \$45:

Course# EX108D2

Saturdays, 1/23 - 2/13/10

10A - 12noon

Sunland Park, Portable 4

Undefined Reality - Consists of eight classes, 2 hours each. *Prerequisite: Basic Undefined Reality*

This course has much information packed into it. We touch on so many different topics. Here is a rough outline:

Class One: Reminders; Terms; Fear. Discussions. Assignment Questions. Exercises: Meditation; Zener cards (squares & waves); ESP "A".

Class Two: Patterns; Threads; Overlays; Sound. Discussions. Exercises: Sound; Music; Zener Cards.

Class Three: Elementals and Devas; Introducing Awareness; Q&A. Discussions. Introduction to Kinesiology. Exercises: Expanding Awareness; Zener Color Cards (black & yellow); ESP "B".

Class Four: Dreams; Past Lives; Self-Growth. Discussions. Exercises: Glove; Sharing; Zener Color Cards; Music; ESP "C".

Class Five: Realities; Multiple Roles; Animals. Discussions. Exercises: OBE; ESP "D"; Pet Communication; Your Experiences.

Class Six: Musings; Think About It. Discussions. Exercises: Tree Talk; Sharing; Your Q & A's.

Class Seven & Eight: Are left open for Q&A and discussions - students brings in questions. Certificate.

Las Cruces - \$80:

Course# EX109D1

Thursdays, 2/25 - 4/22/10 (no class 3/25)

6 - 8pm

East Mesa, DAEM, Rm 221

Sunland Park - \$85:

Course# EX109D2

Saturdays, 2/20 - 4/17/10 (no class 4/03/10)

10A - 12noon

Sunland Park, Portable 4

UR2 (Undefined Reality Two) - Consists of four classes, 2 hours each. *Prerequisites: Basic Undefined Reality and Undefined Reality courses.*

Classes One through Four: Discuss Dreams Journals; Discuss 'tools'; Briefly re-visit muscle testing. Exercises: Spirals; Muscle testing. Introduction to "Medicine Cards", layouts and readings. Exercise: Card readings. Introduction to pendulums. Exercise: practice the basics with pendulums. Healing discussion. Healing Exercises and visualizations. Discussion of Chakras. Chakra balancing meditation exercise. Some crystal formations and their meanings. Discussion on mental shape-shifting. Shape-shifting mental visualization exercise. Certificate.

Las Cruces - \$40:

Course# EX110 Tues. 3/30 - 4/20/10

6 - 8pm, East Mesa, DAEM, Rm 222

Life Before, During and After Being a Human - Four classes, 2 hours each. *Prerequisites: Basic Undefined Reality and Undefined Reality.*

"Life Before, During and After Being a Human" by Jan Toomer. This course consists of questions and answers, open discussions.

Class One: Pre-Birth. Some of what we did to create our current life.

Class Two and Class Three: Life. While we are living as humans.

Class Four: Death. The process of leaving the body and death; and the Other Side. When we cross over again. Certificate.

Las Cruces - \$40:

Course# EX111 Wed. 2/17 - 3/10/10

6 - 8pm, East Mesa, DAAR, Rm 100Q