



A Look At Karma As It Influences Our Daily Lives

By Dorothy K. Slemmer

When I graduated from the Hypnosis Institute and got my certificate in 1970, I was also a member of an E.S.P. study group. With certificate in hand, I was quickly swept into doing age-regression after age-regression for members of our study group. And that was the beginning of many years of age-regression research for me. What I didn't know was how much the things I learned from those age-regressions would change my life and my way of thinking!

One thing they taught me is that we all come back into this plane of existence that we call "life" over and over again to learn lessons, pay back and/or collect for debts, and correct errors made in previous life lessons. In a word, we experience Karma.

As the years went by, I began to see a pattern in people's lives. When they were young, they had one set of characters and circumstances to deal with and, as they aged, new sets of people and circumstances appeared.

Through the age-regressions I discovered that situations a person has to work through at a certain age level in this life, corresponded to the age of a character they had been in a previous life! As example, if the person had harmed or perhaps stolen something

from someone at age 17 in a previous life, that person would be presented with a similar situation at about the same age in this life. It is then that person's choice to correct or not to correct what he had done before. This pattern follows throughout life, new situations and people flowing in and out, each an opportunity to learn something, correct something, or collect something connected with one life or another from the past.

Yes, I did say "collect" something. Karma works both ways. There are those who owe us as well as us owing others. There can even be paths in life that are joyous, full of friends, love and comfort that are the results of good choices made in past lives.

Another thing I discovered was that, when it is time for a person to move on to a new karmic situation, he or she is pushed by the plan of their own design to change their life circumstance. Have you ever come to a time in your life when you felt out of place or so unsatisfied with you life that you just knew that you had to make a change? Possibly move or change jobs? That was your own soul's karmic plan nudging you toward your next goal or challenge.

I discovered this by talking to regressed people in the times between their lives. Oh, yes, the entity that is

'you' is conscious and aware when you are about to begin a new life on this plane. And you have plans, goals for your new self to accomplish. Also, you often know if someone special will be coming into the Earth plane with you so that you two can work together in the upcoming life. Sometimes there's even a group that come in together, all with a goal to accomplish together. Of course, when we are born, these memories usually fade into our subconscious and exist only as feelings of desire or interest that we experience as we grow and learn. But they are none that less there and guide our choices in life.

Shakespeare, in his *As You Like It*, writes that, "All the world's a stage, and all the men and women merely players." On the surface that is true. But we are not just players who can leave the part behind when the curtain falls! Each scenario on our stage contains choices for us to make that are critical to our development and happiness throughout time. Consider your life, your choices. Choose well, my friends. Those choices, bad or good, will be there waiting for you when you return to your natural spiritual state and will follow you into a future go-around on the Earth plane!

<http://sunrisedayone.blogspot.com/>

Thank you Dorothy!

'Across Time and Death' by Jenny Cockell

'Across Time and Death: A Mother's Search for Her Past Life Children' by Jenny Cockell. © 1994, Fireside (Simon & Schuster Inc.). ISBN 0-671-88986-9.

Wife and mother, Jenny Cockell, grew up remembering a past life. In this past life, Jenny had been 'Mary', a mother of eight in Ireland. Mary had died in 1932, shortly following the

birth of her last child.

Jenny's past life memories were mainly focused on worry about what had happened to Mary's children after Mary's death.

'Across Time and Death' is Jenny's account of her memories of Mary; Mary's children; and Jenny's journey to find-

ing Mary's children.

Jenny not only found the location of most of Mary's children... she also got to meet some of those children.

A fascinating story, and recommend this book for those interested in past lives and researching past lives.

Wisdom of Angels

By Peter Perkins

I started asking the angels - now that I know they are there - to impart me with a bit of wisdom while I sleep - in dreams and to remember those dreams. I want to share some of the Wisdom I have received and some odd incidents as well. These were received over a period of four days.

They (Angels) Are There To Lead Us Home

I feel that this isn't just meaning after death they are waiting to take one to heaven, but that it means they are waiting to lead us to greater knowledge and union.

Enjoy Life's Bonuses

That morning I went shopping with someone who said she thought her guardian angel was working overtime.

I thought she was joking about her driving or something and I said, "All our guardian angels are working overtime."

Then she turned to me and said, "You know where supposed to hear the angels but we can't because of all the noise all around us, all the time."

I have to say, this out of the blue conversation which lined up perfectly with what I am doing was coincidence or verification or something. It was certainly one of life's bonuses for me to enjoy.

Quiet Your Mind and Allow

Create with Music

I was unclear on this one as I am not particularly musically inclined so I asked for a clarification; I was told write songs to help define goals; a type of affirmation practice.

We Walk Upon Dual Worlds Every Time We Make a Decision

So after waking up I turned on the radio

'Earth Medicine' by Kenneth Meadows

"Earth Medicine: Revealing Hidden Teachings of the Native American Medicine Wheel", Kenneth Meadows. © 1989, Element Books, Inc. ISBN# 1-85230-668-8.

Okay, I am starting this review with... I love this book!

Meadows does a great job de-mystifying the medicine wheel; and walks the read-

ers, step by step, through the meanings.

This book was fun, informative...and I could to a 'reading' (or charting) on myself following what he presented. I thought this was a neat way to have an objective view of self. {grin}.

Recommended for all levels.

and asked to here a song with angels in it, so I would know and have some type of verification. One song - nothing; second song - nothing. Then it switched to sports. Just as I was getting bummed, they started talking about the Angels baseball team.

Thank you for verification and a sense of humor guys!

Warmth Comes From the Heart Not the Hand

This one is cryptic and I am trying to put it into terms that help describe what I think they meant. We can take all kinds of actions and be very busy doing this or doing that. Maybe even working for charities or otherwise keeping busy. Still the work has to come from within from a true desire, a passion for it to have meaning instead of being a rote act. At least this is how I have interpreted it.

Wisdom Comes to Ones Who Wait

I must admit this must have come to me because I am so enthusiastic about receiving wisdom and am pushing, pushing and pushing. This was a reminder to me to be patient.

I have an impatience problem.

Blind Faith Gets in the Way of Creating a More Beautiful World Together

Wow, it is not just referring to religion. It is referring to politics; deeply held beliefs that don't come from the heart; a feeling of disconnection with others; a need to separate and form groups of people that oppose other people, just to feel different and independent. It could be personal beliefs which no longer serve us, or family beliefs that don't apply to our lives anymore. My feeling is if we can get past these things, these limiting beliefs, then a truly beautiful world could be made.

Now, I am fairly war-hawkish and politically savvy. I hold beliefs that peace can be

maintained through superior firepower, I will admit these are all faults (Blind Faiths) I have. There are many others, but I have a few. I am trying to break down the walls of these limiting beliefs. I don't think they serve me anymore and I don't think they serve the world anymore. They are hard to let go of, but I think that's why I received this particular wisdom.

Harm No One

Yes this one is common and common sense. It came to me though, in connection with the above bit of wisdom. Blind Faith harms those who practice that blind faith. It limits them and limits the beauty of the world.

I have never really been a peace and love and harmony type person. I have held views of dislike for those kinds of people; seeing them as unrealistic, not living in the real world where people die; where you need to protect your ideals and not just roll over to whatever comes along.

My views are changing, while I can still get worked up about politics, or the wars America finds itself in. I am finding that sharp edge softening. I don't really know how to feel about it all, but hating or anger only serves to bring more.

The whole world works on the law of attraction, not just individuals. War breeds more war; hatred more hatred; violence more violence. It's time for a change; it's time for peace, harmony, and co-operation.

I also asked the name of the Angel helping me. I asked if I could share his name not wanting to just tell people without permission. He said it was fine that I may. His name is David.

Your Friend, Peter

Thank you Peter!

Las Cruces DACC Metaphysical Class Information

Jan Toomer's metaphysical classes will be offered through DACC Community Education in Las Cruces and Sunland Park.

Basic Undefined Reality

Sunland Park - 1/23 - 2/13/10 Las Cruces - 1/28 - 2/18/10

Undefined Reality

Must have completed 'Basic Undefined Reality' first
Sunland Park - 2/20 - 4/14/10 Las Cruces - 2/25 - 4/22/10

Must have completed 'Basic Undefined Reality' and 'Undefined Reality' before taking the next two classes - Las Cruces only for Spring semester.

Undefined Reality 2 (UR2)

3/30 - 4/20/10

Life Before, During and After Being A Human

2/14 - 3/10/10

Bridging the Communication Gap

By the time my youngest was born, I realized that, though an infant's physical body did need to learn a lot, the soul within was very conscious and aware...just unable to use the new physical body to communicate – thus creating a communication gap.

I shielded (both of us, with my child's permission) and opened myself up to the child's non-physical self; and opened myself to an amazing experience.

Over the years, I had been contacted by either parents of, or those who worked with, people with physical disabilities which restricted physical communication. I was asked if there were any other ways to communicate.

My answer? "Absolutely!"

Shield first, and after you shield, you ask permission – of the other person's higher self – to shield them as well. If the answer is "no", please respect that, and request again later.

After shielding, you can talk (and/or visualize), stating your request to the other person (and their higher self and/or soul), and – being still within – 'listen' to their response. And yes, this is a form of telepathy.

(Please be responsible and use common sense. If you are perceiving responses that are dangerous, harmful or very negative, release those responses and do not act on them!)

It often takes practice and patience to get the hang of this – just as most people don't learn a new language overnight – and to trust yourself enough to 'hear' or 'sense' their response.

Can everyone do this (barring any psychological problems)? I do not have a specific answer for this – but can't imagine why not!

If you are in a position to try this (after practice and patience!) - I would love to hear back from you about your experience.

Happy communicating!

Plateaus and Downtime

As we go through our metaphysical growth, we are often scheduled for downtime. These are plateaus; time to catch our breath, re-energize and prepare for the next growth spurt.

Sometimes we get so comfy in our plateau that we fight, or ignore, the call to move forward.

In the past, I had always been excited about moving forward; I saw it as a new adventure and was excited to see what it would bring about.

This time I put blinders on; I liked where I was and wasn't too concerned with moving forward. A recent conversation with a friend brought this to my attention. I argued, dug in my heels, but did continue to listen to what he was saying, and... he was right.

Growth and moving forward

are important. It doesn't matter if we stall, or cease moving forward because of comfort, fear, or anything else.

We need to accept that our higher selves/souls knows what it's doing and knows where we are supposed to be going to fulfill our soul plan for this life.

We cannot reach our potential if we sit on our duffs; we must go on to the next aspect of our growth.

It is my hope that when you stall, or get too comfy in your downtime, you don't forget to move forward again; and, if you do forget or ignore the call, you will have a friend who will gently nudge you – reminding you to continue on your path. Who knows what wonders it will bring?

Thank you Anthony.

A New Face for Reality Undefined Newsletter

Sometimes changes are made sooner than planned, and the newsletter is one that I thought I wasn't quite ready to change yet...however, my file became corrupted.

After that, I figured it must be

time for the change!

So, scrapped the old look, and redid November's newsletter with a face-lift!

Hope you like it!

A Hearty Welcome!

A hearty welcome to Joan Burnett and her Metaphysical Life Enrichment Center here in Las Cruces!

**Metaphysical Life
Enrichment Center**

2600 El Paseo Rd -Las Cruces

Crystals, jewelry, books, music, aromatherapy and more are available in the store.

Joan also offers the following services: Past Life Regressions, Between Life Soul Regressions, Energy Work, and "The

Reconnection".

And, coming in the new year, The Metaphysical Life Enrichment Center will be offering classes on such topics as: psychic development, meditation, numerology, communicating with angels and more!

There will be more about Joan and the Metaphysical Life Enrichment Center next newsletter - in the meantime, why don't you pop in and check it out!

'Flying Saucers from Mars' by Cedric Allingham

'Flying Saucers from Mars' by Cedric Allingham. © 1955, British Book Centre, Inc.

Allingham began his book re-introducing the reader to those before him who have met someone from another planet.

He addressed the Leslie-Adamski book 'Flying Saucers Have Landed' (1953) and the pro's and con's of their information, as well as Allingham's views on that information; he

revisited the "Fort Knox Tragedy" and Cpt. T.F. Mantell's death.

Allingham discussed his views on the planets and moon, their surfaces and possibilities of life on them.

Allingham moved on to his brief encounter, and included photos of the ship and his photo of the Martian he met.

I enjoyed this book.

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>

Elissa's Insights



Dear Friends,
There's not a cloud in the sky in Santa Fe, it is gloriously beautiful on this first day of November, but I'm still glad to be leaving

town tomorrow to go back East, stare at the ocean, and see what's happening in the big cities.

I'll be in Massachusetts, Rhode Island, and New York, November 3-13 or longer, doing a few circles, seeing clients, and visiting. You can reach me by email, elissa@elissaheyman.com, or cell: 505-577-4012. (There was some confusion at first about the place I'm working, TRS Professional Suites in Manhattan; now it's cleared up and their number to book an appointment is: 212-658-2848.)

Psychic insights for November 2009

Sneak preview of the future? One day I was watching the news, and it was so overwhelmingly and relentlessly awful that I yelled at the tv, "When's this s--t going to stop?" A curious thing happened in the next minute (and that's all it lasted): I went from my familiar consciousness of self to another self-consciousness that by some miracle made me feel like I was me, but also in touch with everyone everywhere...the kind of thing that only happens in dreams. I instantly understood that with such an expanded self-consciousness, no way would anyone torture anyone else. The portent of the worldwide web, ancient prophecies and global grass roots movements all point to the eventuality that somehow, we develop a unified consciousness. When we can actually sense that "We Are All One", why would we still

be sticking pins in voodoo dolls?

The Stars: The big astrological news is that Saturn is now in Libra. The collective mood change is that people tend to take equality as a right. They fight for the end of unfair ruling institutions. It can look like the oppressive forces are winning, but that's because they're coming on strong at the very end of their reign. You can't keep the people down with planetary forces lined up the way they are. Justice and equality will win through group participation and cooperative efforts taking place on a much larger scale. Laws will be struck down, waste will be eliminated, and the world will be a fairer place.

Mayan shaman and scholar Lina Barrios came to Santa Fe, and I heard her talk about what the Mayans expected in the years leading up to 2012: lots of earthquakes, flooding, and changing coastlines. Although I haven't had any visions recently about "the West", previously I was worried about California and a change that affected the West Coast around this time. In another newsletter I predicted that the something affecting half the state was the legalization of marijuana, which looks like it'll happen, but another impression I got was of profound earth changes. Lately there have been troubling reports of unexplained landslides around the Cascadian faultline. I remember tuning into the earth awhile ago and deep down it was roiling around like it was going to really act up, which it hasn't yet. I hope the only active thing is my imagination.

Psychic Insights for the Astrological Signs--read your Sun, Moon, and Rising Sign

Fire signs (Aries, Leo, Sagittarius): You have broken out of a spell...you get out of a rut. This is a time of rejuvenation, but

also, take it nice and easy! You may bring what you have learned or do to new places. You don't need a strategy now, or to know the results of your actions. Explore and reach out!

Water signs (Cancer, Scorpio, Pisces): There can be mistakes in calculations now, meaning your plans for the future can run into a conflict. It's a circumstance that can be fixed--you might try something first that doesn't work but that's how you learn! Don't go borrowing money based on the success of something that hasn't proven itself yet.

Air signs (Gemini, Libra, Aquarius): A very good month for love, partnerships, finding new people, and feeling things have cleared up. Plans tend to work out great! Your best ideas manifest some kind of partnership. You'll find people willing to cooperate in this fun month.

Earth signs (Taurus, Virgo, Capricorn): If you're going to make a switch of major proportions, this is when it happens, this is the powerful and positive beginning that's been building for a long time. There's a lot of energy and force to succeed now. You are at the beginning of monumental change, and ready for it.

Elissa Heyman provides psychic counseling and healing services in person and by phone from Santa Fe, New Mexico. She also writes a psychic advice column, "Questions for Cupid" at www.VeryTogether.com and is the Santa Fe Spiritual Examiner at www.examiner.com. Her monthly newsletter of predictions and psychic astrology is carried on numerous sites. Elissa's specialties are clairvoyant reading, mediumship, divination, and spiritual healing. For more information and a description of other services, visit her website at www.elissaheyman.com

'Saved By The Light' by Dannon Brinkley

"Saved By The Light", Dannon Brinkley with Paul Perry. © 1994. Villard Books. ISBN 0-679-43176-4.

This is Dannon's NDE story.... actually NDE stories. Dannon Brinkley - as of the release of this book - had died and returned...twice.

Dannon tells of how he died - the first time he was struck by lightning - and what he experienced when he left his body; his struggles following his first death; meeting

and becoming friends with Raymond Moody; as well as telling of his missions that he was tasked with by the "Being of Light".

Brinkley's story is moving, and he has some poignant messages he received pertaining to himself, but applies to us all.

A wonderful book, recommended for all levels!

Recommended for all levels.

