

**Reality  
Undefined  
LLC**

# Reality Undefined E-Newsletter

**Volume 2, Issue 4**

**APRIL 2009**

**INSIDE THIS ISSUE:**

## **Unseen Guidance: Delays, Detours & Cancellations**

**Unseen Guidance:  
Delays, Detours &  
Cancellations**

**Book Review -**

**'My Passport Says  
Clairvoyant'**

**Elissa's Insights**

**Pets Visiting After Their  
Deaths**

**Anthony's Affirmations &  
Inspirations**

**Book Review -**

**'Behaving As If The God In  
All Life Mattered'**

**And More!**

Humans – me included – have a tendency to see here and now, and how things may effect 'me'. We often forget there is a much larger 'picture' that we aren't always able to see.

But hey, aren't humans known for being flexible and able to adjust?

Yes, I too get a bit flustered, or frustrated, when my best laid plans go awry – but over the years, I (finally!) have learned that things get delayed or cancelled for very good reasons – I just may never learn of the reason, and that's okay by me.

Sometimes we get frustrated when our plans are detoured, delayed or completely fall apart.

Most of us have experienced this in one form or another. For example:

You were invited somewhere, maybe at the last minute, and grudgingly went. When you got there, you met your spouse/life partner. If you hadn't gone....

You, in a moments thought,

changed your route that you usually take to work – only to find out later - that if you had taken your normal route, you would've been stuck, or involved in, a major accident.

Or, you had sudden misgivings about taking your scheduled flight, so you don't go...

Or everything 'conspired' against you to make you late for your appointment – yet, even though you were late, everything worked out better than you could've thought.

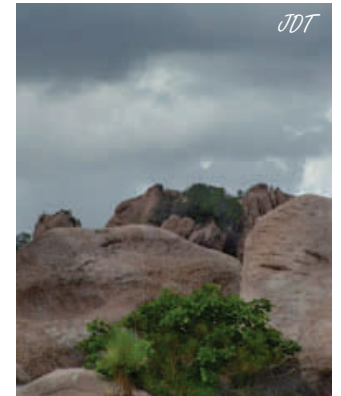
Or, you were scheduled for a road trip, yet your seemingly perfect tire blew. As your trip was temporarily delayed – you find out that had you gone earlier, as originally planned, you would've been stuck in the middle of nowhere because of a horrendous storm.

And, sometimes we forget that our time - human time – is just that. Our guides/guardians/ Powers-That-Be do not follow human time.

I work hard now to be flexible and adjust – because I know my plans or decisions are made with a much more limited view and understanding than our guides/guardians and the Powers-That-Be have. I, for one, am glad that I have unseen guidance.

Jan Toomer

March 3, 2009



## **Metaphysical Book Review - My Passport Says Clairvoyant**

**"My Passport Says Clairvoyant" by M.B. Dykshoorn (as told by Russell H. Felton). © 1974. Hawthorn Books, Inc. ISBN 0-8015-5285-6.**

Every once and a while, I come across a book that I don't want to put down; I am so engrossed I even forget to take notes for a review.

Dykshoorn's story is one such book.

Russell Felton wrote the prologue and began with how he and Jim Bolton had accompanied Dykshoorn to "conduct a 'psychic investigation' of an unsolved murder." It was Felton's account of that particular case as he observed Dykshoorn work.

The rest of the book is Dykshoorn's story.

Dykshoorn was born in 1920 in the Netherlands. He was candid about his childhood and growing up psychic – clairvoyant.

As an adult, Dykshoorn began having his abilities tested, in hopes of answering some questions he had about them.

He never received the answers he sought, but had been tested so much that Netherland's government recognized his ability and "issued him a passport listing his occupation unequivocally as HELDERZIENDE – 'clairvoyant'."

His ability surpassed all that I have seen/heard/read about. He explained how he perceived while working.

**Cont'd Pg 2**

Jan 'JD' Toomer

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## Pets Visiting After Their Death

When I sat down to write this week's article, my flame-point cat, Jasmine, joined me. I asked her, "What should we write about this week?" And, without missing a beat, she replied, "Purring!" and began to purr.

I laughed and assured her that yes, purring is important and makes those around her feel good – but that I needed a little something more for the article.

She flashed me a mind picture of Ming and Alexis – then curled up and went to sleep.

My first conscious memory of a pet visiting after death was the dog of my then-roommate. My roommate said she kept feeling her dog around her. I didn't doubt her since I kept catching glimpses of the dog myself.

When my cat, Ming, died in 2004, I was tickled pink when I felt her jump on the bed and settle in for the night.

Her non-physical visits continued on for awhile, and then she moved on.

Now for a little background on dogs in our house: the dogs weren't allowed to sleep on the bed, nor were they allowed to lie on our laps or sit on us (the dog on the lap means the dog is the dominant one in pack 'lingo').

This past January, we put down an elderly canine friend, Alexis, whose dementia progressed so far that her quality of life was gone.

When Alexis' senility worsened, and she refused her medications, I would tease her that she wasn't going to die on my watch.

One night – about a month or two before we had her put to sleep – I settled down in bed when I felt that familiar non-physical Ming cat jump on the bed. I greeted my old friend and asked what brought her here now.

### Book Review, Con'td

The present vanished and he began seeing and feeling as though he was actually observing (and sometimes experiencing) events from the past as they unfolded.

In this book, Dykshoorn described his techniques and provided information on cases he had worked – which included missing children; locating the human remains of soldiers lost in battle; locating missing artifacts, etc. The cases and how he worked them were fascinating to me.

I really enjoyed this book and recommend it for all.

Jan Toomer

March 25, 2009

I suddenly saw "the Light" come into the room and directly onto Alexis' bed and onto Alexis. She was being given the chance to cross into the Light.

Alexis abruptly stood up, did a doggie "harrumph!" got out of her bed (and out of the Light), and plopped down on the hard floor. The Light disappeared; Ming purred 'goodbye' and left.

When the time came to put Alexis down, I was heartbroken; but she was miserable...it was time.

She was given a tranquilizer and relaxed in my lap. As she relaxed, I could see her separation begin. The non-physical self was separating from the old, tired, and worn out body.

I 'heard' a much younger, alert and happier Alexis tell me, light-heartedly, "See?! I DID-N'T die on your watch! I kept my promise – and that meant that YOU had to make the decision!"

I chuckled, but she wasn't done yet; she continued on, "And I got the last say! I'm on your lap!" And with that, she turned and headed towards the Light.

Alexis' presence has been felt by me and others around the house. She used to do a gentle leg bump with her nose when she was physically alive...and greets her friends even now the same way. And, every so often, I hear the "clack clack clack" of her nails on the hardwood floors.

Jan Toomer

March 11, 2009

## Articles Wanted

Currently, the website

[www.metaphysical-studies.com](http://www.metaphysical-studies.com)

and the blog

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

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

Articles that are submitted, and accepted for the website, will run for one week there; the web has a 'no copy right click'. Then it will be moved over to the blog (unless otherwise indicated; the blog does NOT have 'no copy right click!') for others to comment on; it will also be archived there.

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

## Metaphysical Growth Spurt

As we work to open up and perceive beyond the physical, we can have Metaphysical Growth Spurts (MGS).

One student asked if things could appear brighter. My response was, "Absolutely!"

For example: when viewing plant life, most view it with third dimension eyesight. You see green leaves, stems, etc. and perhaps pretty flowers in a myriad of colors.

As you practice expanding perception, to include energy, you may catch glimpses of the energy from the plant in addition to the third dimension view – making the plant appear brighter, more vibrant and perhaps seem to have more depth than previously noticed...and it does!

For most, MGS are transient or temporary, and it can involve any of the physical senses – smell, touch, taste, hearing, sight.

It's like one sense (or more) is temporarily heightened, allowing us an opportunity to (a) get a feeling of what we are able to do with our senses, and (b) in some cases, teach ourselves how to turn the 'volume knob' – or these senses – up and down and learn to control them.

The first time it happened to me, I found it unnerving and a bit unsettling. Then I moved into "This is cool!", followed by, "Okay, I need to turn the volume down, or learn how to control this."

Now, when I hit a MGS, I am aware of what's happening, and am fascinated. I play with it, ask myself questions and have fun! Some of the questions I ask myself are: "How can I incorporate this into my life?"; "What are the practical applications for this?" and "How can I use this to help others?"

However, if there is ever any doubt, please have it checked out by a physician. (When in doubt, check it out!)

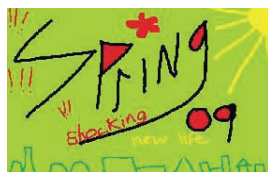
Happy Growth Spurt!

Jan Toomer

March 25, 2009

**'Health is the greatest possession. Contentment is the greatest treasure. Confidence is the greatest friend. Non-being is the greatest joy.'**  
Lao Tzu

## Elissa's Insights



Spring Brings it Home 09

Dear Friends,

Psychic messages about Spring 2009 came very early this year: I began posting them on my blog and elsewhere in January

and February, and luckily, too, because a couple of days ago on March 29th, a virus destroyed my computer and all its data. Gone is everything that I've written, diaries, artwork, and my newsletter subscription list going back to the early '80's. Of all the messages that disappeared in cyberspace about Spring 2009: the one I remember is about much can be lost during this time of extreme transition. It was: "Don't worry about what gets taken away from you now."

P.S.: I'll be out of Santa Fe April 30th-May 5th (available in New Orleans then). Please get in touch about upcoming Santa Fe circles at [elissa@elissaheyman.com](mailto:elissa@elissaheyman.com).

### Psychic Insights for Spring 2009

Friendship is going to be important this Spring, as many changing things happen. April is a time of big change for people, all over the world. These can be personal changes, inner changes, and positive changes as long as one doesn't resist change. We are all here to receive--some receiving blows that wake them up, some receiving arrows of love and enlightenment. Change happens so fast now...we are worlds apart in April. Don't waste a dime of energy fretting over something that happened... everything that's meant to change, changes.

Anger can boil over in April: there's a lot of built-up negative energy in the world, and right now circumstances allow for its expression. In personal relationships, try to back out, or rest from strife, rather than trying to negotiate where it's clearly a struggle. It's better to walk away. The full moon is attracting a lot of attention, as if extreme things can happen on that full moon on the 9th. The positive use of such a cathartic time is for personal healing and the release of all one's old stories.

Help can come from new sources: masterful people at their utilitarian peak can appear, good news about alternative energy is near at hand, and later in the Spring, the planets' grinding action on all our foundations is mitigated by fortunate aspects that should lighten the atmosphere considerably and give us hope for the future. But what a beginning!

The Speaking Stones on personal and professional growth this Spring: "Speedy" is the operative word: People with talent and cooperative energy flowing through their projects and partnerships, come into full bloom rapidly this Spring. Those who are rearranging their lives, making themselves more at peace with themselves and the world, can rise quickly from past conflicts that mired them. People re-group with new focus in this Spring's power-

fully transformative energy.

Out in the World: (written January, 2009) In the U.S, Obama continues to surprise the people around him; extreme economic instability is still the focus; Hillary Clinton (or another female) is in the headlines, and somewhere in the Middle East, things really blow up, affecting a whole group of people.

In America the cultural trend will be to pay attention to one's own community, to get more civic-minded and local rather than global. The colors of this new time have a richer, warmer energy, and a new strength.

Things stay up in the air for a long time, but a sense of trust and connection can build with the foundation which is not yet laid. First new laws are put in place, or trust is established, and in four or five years the young people will really make a difference. Creative simpler technologies connected to something out in space (the sun?) appear--the biggest discovery that changes things up ahead is with energy although the source isn't clear.

Spring shows the activation of karmic, impacting circumstances, the unknown effect of changes to the very foundation. Attack, war, and aggression, are a strong possibility in April, and that people are boiling over mad about something. However, regarding the U.S. and the Obama administration, divination continues to show surprise to the upside in terms of how this all works out, contrary to the headlines or logic. The idea of creating bridges through more communication with other countries looks promising--radical innovation, completely new ways of doing things, create a more stable world. The month of May has astrological aspects indicating people could be a lot more optimistic about the future.

Que Pasa in Mexico? (posted January 23rd, 09) In the February 2008 newsletter I wrote about Calderon's war on drugs losing steam, and that "Mexican leadership, possibly new, may shift focus away from the cartels and onto other social concerns." Now, say the spirits, "The (Mexican) people are due for a change in what they pay attention to and how they do things...they are ripe for another order--this one has descended into chaos." Mexico has to do what Obama is trying to get Americans to do: to get all people to take responsibility, no matter what part they played. A fairer-skinned leader could rise from the middle of Mexico. This Spring could bring "dirty bombs", and that the West coast becomes more built up, or becomes more of a tourist destination.

### Personal Guidance for Spring 2009

Number One: You are Number One! Let yourself off the hook from the job of saving the world and to tend to the care and well-being of your own self. This is the mother of all inner times...use it to get those check-ups, improve personal routines, and be good to

yourself. (This was particularly true in March, still the case in April.) Take care of yourself and do for yourself, first and foremost.

Expect to realign partnerships: Because divisiveness is sure to follow if you don't share values, expect to re-align, make adjustments to, or change partnerships if you and your partner are not on the same page. Spring's lesson is to be discerning about the company you keep.

Reach out to people this Spring: Make new friends, enter new social experiences--catch the spirit of adventure that's in the air, urging people to go and get involved in something new...it leads to more pleasure and a richer life. You'll be reaping the rewards of reaching out in May.

### Psychic Insights for the Astrological Signs for Spring 2009

This seems like a time that you either change, or something happens to you anyway that creates a change--everyone's bending and growing in some new way, and entering into new partnerships with themselves. For the details, read your Sun, Moon, and Rising Signs.

Aries: This Spring, enjoy life, be willing to relax, gathering energy and creative ideas rather than cranking them out, and with that first Spring project, just work on it when you feel like it, and stop when you don't. Everything is in place--you are better prepared for change than you might think.

Taurus: You can be worried about where life is taking you, while actually going into a more powerful place than before. You can make your own place a more powerful place for you--there is power in paying attention to the highest version of what is going on with you, the one all about your growing consciousness, your greater understanding of where you belong and where you shine.

Gemini: What you want, and where you want to go, is something you get to later, so the challenge is being in the world now in a way that makes you happy. Congratulations are in order for closing one chapter of your life, and now you're organizing around new ones. Realism is called for: you might have to make strong changes to get into the world that you want.

Cancer: Two different messages: You can feel quite special and very connected this Spring, and are likely to receive gifts that make you feel magic is at hand. Even Nature shows you its best, go out on the land! Travel plans work out well, filled with enjoyable social circumstances. #2: Time is on your side when it comes to having the right ideas at the right time: your ideas find an audience and success. P.S.: Recognize what can't be changed...the way change happens to you, you're likely to run into circumstances that can't be manipulated.

Cont'd Pg 4



Leo: Feeling safer and healthier, with peace of mind, you begin a new journey in life this Spring. Possessing greater resolve and self-understanding, you have no need to revisit what's already happened. Now you deal with your personal power and get straight how to use it. Fatefully, a karmic interaction can head you in a particular direction. You seek to be in better form, with greater order and organization, and within you a new beauty is born.

Virgo: The world provides for you better than it has in the past. You might go on a pleasure trip! The unknown works well for you: you can build bridges and create new foundations for yourself. Education refines some important aspect of your communication. You're protected by new developments, and you land on your feet in new worlds. Bless your head (much is being released), your body, your gifts, your destiny---the future is looking good!

Libra: Change is liberating and expansive for you now, having already let go of a lot and gone through a lot--you're more or less cleaned off by the time Spring rolls around. You don't have time for too much from the past, or shouldn't make too much time. The way to run into the best possibilities is to run out to meet them--it's when you are "in the field", and embodying change, that you end up in the place with the most possibilities.

Scorpio: You break from old formats, or perhaps new arrangements are made for you. Somehow routine activities can lead to unexpected developments. Education is a valuable tool now in getting what you want. It's your actions that count-- never mind if your head goes back and forth. Your route may be obscure, but you're headed towards balance.

Sagittarius: Even if you're going in uncharted territory, it looks like you have support for taking a risk. Your good choices and helpful connections will be revealed later. You tend to be trendsetters, picking up on where things are going, more willing to leave the past behind than most, and have reason to get somewhere first.

Capricorn: Be discerning about the company you keep: you grow by going right instead of left. You find better environments for your gifts, and improved accoutrements and accessories to support you. Be suspicious of anything or anyone who has dubious qualities; it's easy to get into difficult money issues, too.

Aquarius: You have fewer questions than the rest of us, in that you know your direction and what you want to accomplish, and you're simply working on it. Self-confidence grows, even in the absence of concrete developments. Expect relationships to progress although those needing resolution will have

to wait due to unknown variables, but your relationship picture trends positive.

Pisces: You are in creative mode, and in a more stable place than the average bear this Spring: You're coming from a relatively balanced place, intent on making the most of the new beginnings possible in your life, and enjoying where cooperative, collaborative partnerships can go.



Elissa Heyman offers psychic counseling and healing services in person in Santa Fe, New Mexico, and by phone. She also hosts Intuition Circles for small groups, both in Santa Fe and other cities. Please visit Elissa's website to learn about her services, read the monthly client newsletter with predictions, and test your intuition, plus birthday forecasts for the year for the astrological sign of the month. A full-time professional since 1979, Elissa Heyman is trained in psychological counseling, spiritual healing, shamanism, and metaphysics. Appointment details at :

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Thank you Elissa!



**Please Note**

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

**"An Unconventional Journey on Finding My Lost Dog"**

A dear friend of mine, Liz Cook, has recently released "An Unconventional Journey on Finding My Lost Dog". This is a poignant story of one family's dog being dog-napped. The family persevered, even using psychic and medicine man to help find family pet.

This is a true story - and an inspiration to all of the power of positive thinking, hope and persistence.

This is a free E-book. You can read the Cook family story here :  
<http://twitclicks.com/sflx>

Thank you Liz!

**"Behaving As If The God in All Life Mattered"** by Machaelle Small Wright. Third Edition (has updates), © 1997, Perelandra, Ltd. ISBN 0-927978-24-5.

Machaelle began by writing of her childhood - or more like the lack thereof; Machaelle practically raised herself. She shared her experiences from childhood to adulthood with the reader.

Her history was fascinating to me - and set a foundation for what was to come.

In 1973, she and her partner, Clarence, moved out of the city and headed for the country; this is where things really picked up.

Machaelle was introduced to devas and nature spirits; and was taught about energy, intent and manifestation.

The first time I read this book (in the 1980's), I was so excited that someone had described so well, through the written word, devas and nature spirits; as well as our (humans) role in the relationship with nature.

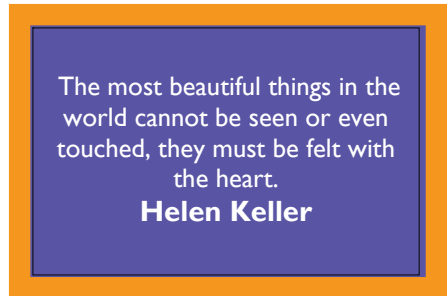
Machaelle's teaching/instruction from the earth energies centered on gardening; this is where Perelandra was 'born'.

It wasn't until the mid-late nineties that I was able to 'test' some of her experiences in my own backyard. I wasn't disappointed.

Perelandra (in the Blue Ridge Mountains, Virginia) is not only the home of Clarence and Machaelle; it is also a 'private research center'.

I highly recommend this book, especially for those with interests in building a relationship with devas and nature spirit energies.

March 11, 2009



**Want More?**

This newsletter only covers tidbits of what appears on my web site:

[www.metaphysical-studies.com](http://www.metaphysical-studies.com)

And at my blog:

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

Click on the links and check it out!

## Anthony's Affirmations & Inspirations

## Steps

Over the last couple of months, Anthony has been reading to me some inspirational insights, and affirmations, he received during meditating. I ask if I could print some of those in the newsletter, and he has graciously agreed. I hope you enjoy... Thank you Anthony Preman!

### Inspiration #1

Divine guidance, like the Presence of God, is where you are, at the center of your being. When you turn to the Spirit for the solution to your problem, Spirit answers by intuitively knowing, not the problem, but the answer. If you have a problem of confusion and wish to gain peace, this could not be done by asking God to be peace, for God is peace. Your answer would come as you turn from the confusion to the contemplation of peace. You cannot join confusion with peace. You must forget the one if you would unify with the other.

#### Affirmation:

*Knowing that the Law of God is perfect, I lay aside all fear, uncertainty or doubt.*

*There is no burden whatsoever in my consciousness. I live in the Kingdom of Heaven now.*

### Inspiration #2

Permanent happiness comes from a quiet contentment and an inner sense of certainty which cannot be shaken by outside conditions, whether good or ill. The mind must reach a place where it no longer remembers the past with anxiety, or looks into the future with uncertainty. If you believe in Divine

Many years ago, I had come down with a muscle condition, and the doctor recommended weekly appointments with a massage therapist. I had had massages before, so there was no problem there.

I made my first appointment and arrived on time. It was not what I expected.

There were candles lit, and under the massage table was a large quartz cluster. I was a bit excited, thinking "Great! Someone into the metaphysical!"

The massages worked miracles on my body. I always lay on the table with my eyes closed, and would often watch the energy in the room (not all massage therapists are aware of the energy, or the entities, present during this healing practice). I watched the guides as they worked with the therapist and with my body. I was entertained and relaxed. Though, I never spoke of it.

One day, I was relaxed, and had a sudden thought – and that thought made me very nervous. I was being instructed to remove the protective shell I had around me; the very same shell I placed around me at a young age – one that hid me.

goodness, the loving kindness and givingness of God, if you believe in your own soul as immortal, forever expanding, then no matter what situation confronts you, you can be happy.

#### Affirmation:

*I have a calm, inward conviction of my union with good, my oneness with God. I have a deep realization that I am surrounded by an infinite Law which receives the impression of my thought and acts creatively upon it.*

*I am conscious of my ability to use this Law, to direct it for specific purposes, for myself and for others.*

*There is nothing in me that can deny, limit, obstruct, divert or in any way, hinder my use of this Law.*

*There is no argument, no belief, no superstition, no doubt that can cast any shadow of unbelief across my mind.*

*I realize that this Law exists and it dwells within my own consciousness.*

Anthony Preman -  
[www.magellannumerology.com](http://www.magellannumerology.com)

## Exposed

I hesitated – this shell protected me so that others would not see the 'real' me – the me that people often saw as a 'freak' or were afraid of; now I was being instructed to remove it.

I did it.

And as the shell fell away, I heard my therapist gasp.

"Oh crap!" I yelled in my mind, and threw up the shell again. I did not want to open my eyes and face the therapist – and see reflected in her eyes either fear or disgust.

I said to her, "I will go get dressed", opened my eyes and began to rise. She firmly placed her hand on my shoulder and told me something that literally brought me to tears.

She told me to stay put; to look at her, and listen. I did.

She said that the gasp was that she just wasn't expecting it – it did not scare her, it did not disgust her (now, I never voiced my concerns!). She said she just didn't realize the magnitude of what I was hiding.

Then she told me that I was to release the shell and never put it back on; that I needed to quit hiding who I really was. I began to

You were a seeker, and sought.

Then be a teacher, to another guide.

Let it be known to all the above -

If any of you should go astray.

This was explaining to me the cycle we each go through - sometimes repeatedly within one lifetime.

Jan Toomer (1991)

Now as a student, will be taught.

Then a master, with all inside.

You are bound to Light and Love.

A debt incurred - be immediate to pay.

cry. Very few knew my 'secret', and most of those who did (mainly my family), saw me as a freak and stayed far away. Here, my massage therapist, accepted me in my entirety – and she was practically a stranger!

It took about a month of consciously practicing to keep the shell off (I kept finding myself putting it back on, mainly out of a very long standing habit) – but eventually I trained myself to get rid of completely.

Today, the shell is but a memory of the past.

If you've been hiding the 'real' you – hiding your light – then it's time to shine!

If you know the real you, let it be shown. If you don't, perhaps it's time to find out.

Please don't settle for anything less than who you really are.

Jan Toomer

posted March 18, 2009

*This article was in a previous newsletter - but was never posted online. I have posted it online and am running it again in here.*