

**Reality
Undefined
LLC**

Reality Undefined Newsletter

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*I would like to
wish everyone
a safe and
joyous Holiday
Season!*

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New Beginnings Journey

This is not a 'pity-party' or 'pity me' article. That is not my intention. I will provide you some facts, to the best of my knowledge, and will take it from there.

Many years ago, doctors overseas forced me to take two medicines that I shouldn't have had. I do claim some responsibility here – I should have more strongly demanded alternatives – but was put in a position of being threatened to be removed from my family (no, it wasn't a psychological issue) if I didn't do as they said. Yes, they blackmailed me into taking the meds.

One was cortisone for severe asthma. I had been on and off cortisone since I was seven years old. Cortisone cannot be taken for more than seven years or it can destroy the liver; bloat the body; royally mess with hormones; and the list goes on. I stood up for myself, and was threatened

with blackmail tactics if I didn't get, and stay on, cortisone.

Second was another drug for a reaction I had – and again, was threatened to be removed from my family if I did not follow their orders and take this stuff.

Well, this stuff did a lot of damage to me. I had a mini-stroke and was unconscious for two weeks. A doctor recently told me that they call that a 'coma'. Go figure.

When I came out of it, the response from the then-doctors was along the lines of "Well, you're walking and talking now – so quit worrying about it."

My body ballooned, my skin turned yellow, and I began dying. However, that wasn't as bad as having lost most of my long term memory; had no short term memory; a near-photographic memory gone; and I lost my 'I've had these

since birth' metaphysical abilities. And I developed a severe (to me) Post Traumatic Stress Disorder, targeted at meeting new-to-me doctors.

I struggled many years when my husband found someone that finally could and would help me. A wonderful naturopathic doctor began me on my journey of healing.

I began re-training my brain to regain a more permanent short term memory – as well as trying to re-develop my lost abilities - and that was a long, scary road.

Some long term memories have returned – some spontaneously; some aided by a childhood friend. But, there still remains large gaps in my memory – and it makes me wonder what else I used to know, but have forgotten.

Most of my abilities returned – an interesting experience in [Cont'd Pg 2](#) itself, which I

Metaphysical Book Review - Past Life Trauma

"Invisible Roots: How Healing Past Life Trauma Can Liberate Your Present", Barbara Stone, PhD. © 2008, Energy Psychology Press. ISBN 978-1-60415-017-9.

Dr. Stone, a psychotherapist, combines a variety of techniques ("Treatment Modalities") in her practice to help others heal.

She provides some example cases, sharing their story; how they found the root cause of the problem; and what was done to assist in re-balancing the individual.

Some cases showed a root cause of a past life (or lives) trauma. For this, Dr. Stone worked with the client to access the past life trauma and

work through healing it utilizing tapping techniques, visualization, past life recall, and more.

Some cases revealed an earthbound attachment (or more). Dr. Stone worked on assisting the earthbound "person" to heal and cross over - which often helped to [Cont'd Pg 3](#)



discuss in my course "Undefined Reality".

And I have now met a doctor that believes he knows of a non-evasive way to rebalance my brain – and possibly return that which was lost.

So that is what I will be doing next week.

Some of my future articles will discuss what all transpired and with whom, and how it affected me. I will share most of it with you all – and perhaps it can help someone else.

New Beginnings – Part One

I am back and have had an amazing healing journey – some of which I will share with you all.

Before I go any further – please note that I am NOT a medical professional, an expert nor a facilitator. I am, in my own words, visualizations and impressions, reporting to you MY experience.

I cannot tell you that these results are typical (I do not know) – nor that you will perceive, react, or experience as I did; each individual is unique.

I arrived in Silver City New Mexico on Tuesday. Nervous and excited, I was met by Leesa Haire, one of the facilitators and owners of the Heartsong Center For Integrative Wellness. Though he was involved, I did not meet with the other owner/facilitator, Dr. Haire, until Sunday, my last day there.

It was time to begin my Brain State Conditioning™. We began with the assessment.

Leesa had me fill out two questionnaires/surveys online. This was followed by a mapping session – which consisted of Leesa placing electrodes on my head, and instructed me to close my eyes; partially open my eyes; and then was given a simple task (such as reading)- each for one minute. She would then reposition the electrodes and repeat the process.

This lasted about two hours or so (though it didn't seem long at all!) and was to map the brain activity for the forthcoming sessions. After the assessment, the results were reviewed and a course of action was planned for the following sessions.

A session, which lasts approximately 1 ½ hours, consists of about seven designs per session.

A design is about an eight to sixteen minute segment where you listen to musical tones/sounds. Each design has specified electrode placement (to monitor the brain's responses), and each design works on specified 'hot spots' (my term here).

All of which, the client is comfortably ensconced in anti-gravity chair (way comfy!),

The procedure is created to help rebalance the brain.

For me, the assessment revealed that the part of my brain that was supposed to be active during a working phase, wasn't; and the part of my brain that was supposed to be active during quiet phases, wasn't. It was backwards.

Some symptoms of this reversal are: the inability, or a hardship, in making decisions; difficulty in focusing; and becoming overwhelmed.

And one the common causes? Post Traumatic Stress Disorder (PTSD). Now, before you go into heavy denial – my understanding, energy-wise, is that any trauma – long or short term – can cause imbalanced patterns within the brain.

Again, energy-wise and my perception – we all experience this in some degree; therefore (in my personal opinion), we can all benefit from Brain State Conditioning™.

End of Part One. Next week, I will present some of my journal entries from this rebalancing; which will include how my mind perceived the process and the changes that ensued.

New Beginnings - Part Two

Last time I wrote about the procedure of Brain State Conditioning™. This next part will begin the journaling I did while I experienced this. I will also interject, where necessary, more background information on some entries.

I did two sessions a day – one in the morning and one in the afternoon - from Wednesday to Saturday; on Tuesday and Sunday, only one session.

Though no one suggested or asked me to do this, I did not watch any TV until Friday night. I walked, read, and slept only. I wanted to be able to really pay attention to my body, and mind, to see what would happen during BSC.

I do have to say, though, that words really cannot express what Brain State Conditioning™ did for me – these words are pale compared to what I feel inside.

What follows are some of my experiences, my visualizations (how my mind created mind pictures to describe the sensations) and my perceptions.

My first session began Tuesday afternoon. The electrodes were placed and the first, out of about six designs that day, began.

I noticed a sensation of warmth spreading from the electrode points, followed by an undulating feeling on my scalp.

The visualization that accompanied this was of two beings – one standing on each side of me – with their hands inserted gently inside my head and manipulating my brain. Now, this sounds horrible, but it wasn't. It was a very gentle, loving feeling.

That evening, I was very tired and very thirsty. I did notice that the tension I had held in my chest (a tightening) was now relaxed. My eyesight seemed to be so much brighter. I put the lights out at 9:30 p.m.

6a.m. Wednesday morning

I awoke and realized that I had slept with no air movement and the room was hot. Having had a history of asthma, I have always slept with air movement (A/C, ceiling fan, etc.) every night, and in a cool room. Not last night, and I hadn't even noticed.

I also realized I hadn't taken my asthma medicine the night before. My breathing was is much more relaxed and my sinuses open. Wonderful!

I hadn't eaten much last night, mainly wanted water. But, did have something in the fridge ready to eat – prepared last night with the knowing that I would need it during the night when my blood sugar (hypoglycemic) crashed. It never crashed.

I really looked forward to my second session, today at 9 a.m.

Session Two

Today I would pay more attention to the tones and see what else happens!

My ears heard musical tones, some which sounded like a xylophone, without the tinny sound; small tubular bells without the lasting reverberation; and a synthesizer.

My mind 'saw' the sounds for one design, as an animation/cartoon where raindrops were dripping into a puddle. As the water dropped and hit the puddle, it created a musical tone which was accompanied by a brief flash of soft blue light around the droplet.

These tones, for the calming designs, provide feedback to the client. The more active the brain was, the higher pitch of the tones, as well as the tones occurring with more frequency. The key was to find/have your mind calm enough to produce less, slower and lower tones.

There was nothing painful or uncomfortable about this procedure, and a few times I

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Elissa's Insights

Psychic Insights for the Astrological Signs and Elements

Air signs (Gemini, Libra, Aquarius): This year one thing should matter a lot more than everything else, and you should feel very clear and sure of something that you want, and much might be sacrificed for it, in that you have a fairly singular vision. Yet this is the when to be bold--this is the time to have the courage to give what you want what it needs to manifest.

Fire signs (Aries, Leo, Sagittarius): The fire signs hear the voices of the world, are very pulled by the world and what's going on in it, and may feel unusually called upon to serve. They have a chance to demonstrate their knowledge and use what they know. It's important that they work with their knowledge, not trying to build the way to deliver it or any other structure, but just deliver their knowledge or work on acquiring their knowledge and not worrying how they're going to package it. Progression towards success: Fire signs will first be about being comfortable where they are, and getting things comfortable where they feel good about where they've got their stuff, where they've got their body, and then there's a huge creative burst once they've got things squared away and they are comfortable with the foundation of things-- and then Wow, Super Creative! Key creative concepts: transformation; forward movement. Happy Birthday Sagittarius! This year, if you decide to go off on your own, it's because you will

be guided to do that..it will be a confident move backed by your heart's knowledge. No matter what, it looks like your financial prospects are solid and growing--this can be through positioning yourself better, new partnerships, and others' favorable view of view. Prospects are good as well for improving your health and maintaining supportive relationships.

Water signs (Cancer, Scorpio, Pisces): The very complicated path that this year might be, to get to the place that you feel at peace and happy with your state, but there's a lot of internal shifts to get to that place. You're very much helped by new information and new technology. There's a lot of grace to this year, a lot of changes but they are smooth or there's an order or a sense of orderliness, and you do make it to a comfortable place. In the design the stones made for water, The Mystery Stone is left out and what this signifies is that you are dealing more this year with what you do know, with what is already on the table, than with unknowns that disrupt things.

Earth signs (Taurus, Virgo, Capricorn): The earth signs have great graces, changes, and tests. They have a chance to use their skills and talents in new ways, get aligned with new principles, and it's easier to start over than they might expect. The wheels are greased for transformation, things move very fast, there's no reason to try to stabilize and worry about security, it's a year to change--their security is formed by changing. Extra Earth sign divination, kind of cryptic at first (new method of getting info!):

"Connections, Connections, Connections! Surprises, fast talking..boom! Opportunities." You are much better equipped to put new things on the table. Your skills, talents and organization are improved. A good year to get a "machine" going around your ambitions, a delivery system--you find a way to get your product or message out. Bringing out new talents is at the foundation of your life."

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 www.elissaheyman.com or 505-982-3294.

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Thank you Elissa!

New Beginnings Journey

Cont'd.

started to drift off into a peaceful sleep.

I noticed that, for me, each design created a different physical sensation on my scalp.

Today, there was one design made for helping with physical pain from the neck up. In me, it felt like a soft circular band (similar to having a baseball cap placed on your head) was at the top of my head, and slowly, gently, started moving downward. Where the band had passed, there was no pain. As it went down past my cheeks, the sinus pressure (which I awoke with this morning) was gone; my teeth didn't ache; the soreness in my throat went away.

Later today, I had a random, long term memory pop up. It was a funny memory involving one of my kids. I laughed out loud, and then it was gone. I cannot recall what the memory was, but really enjoyed the spontaneous laughter!

Something was happening to me, but I couldn't quite put my finger on it - however, I knew it wasn't bad.

To Be Continued Next Month

Metaphysical Book Review – Past Life Trauma

Cont'd.

alleviate the client's problem.

She gives symptoms of earthbound attachments and how she uses muscle testing to learn more about the attached "person". She uses the information to assist in crossing the "person" over.

Stone guides the reader through the different "Levels of Healing": the Physical Body; Energy Body; Mental & Emotional Body; Intuitive Body and the Spiritual Body. She explains each "Body" and, either shows by case example, and/or provides a checklist of what is affected by an imbalance in a particular "Body".

Barbara Stone also includes checklists, as well as appendices with even more information, examples and some "how to's" for a few techniques.

This book is wonderful for both the working therapist as well as the lay person. I was pleased to read about Dr. Stone using a diverse assortment of techniques (as opposed to one or two techniques) to help clients.

This book is recommended for all levels of readers.

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

More From Elissa

Elissa's - December 2008 Newsletter plus The Mayan New Year

("Mayan New Year")



Rebel-rousing Pluto going into highly-structured Capricorn on November 26th is a sign that people will rebel against

the status quo, and the status quo will push back hard, and this is happening all over the world right now. Our governments and social structures are in for huge changes in the coming years. Combined with Uranus going direct within the same day, these planetary aspects signal that volatility, extreme behavior and abrupt change is up ahead--a preview of 2009. The aspects suggest big earthquakes affecting big cities, too.

And right on cue with the November 13th, 2008 New Year's Day in the Mayan calendar system, the world got a burst of hope and light, just like their anciently-themed year predicts, when consciousness surpasses technology". Barack Obama was elected president, and overnight on November 5th, the world became a more hopeful, connected, caring place. There's another surprisingly positive development in December 2008: The heart, and all it stands for, moves into the center of peoples' lives...the hearts of many people open. Peoples' connection to their spiritual nature grows greatly.

So, the omens are that there is both a lot of bloodshed up ahead, and a lot of hopeful developments--it will be a year of extremes.

Today in the Santa Fe New Mexican, the headline is about algae as a new cheap viable source of energy, and on www.rawstory.com, there's an article about scientists in Michigan coming up with a revolutionary way to produce energy from still water. Buckminster Fuller, inventor of the geodesic dome, scoffed at the Scarcity Principle, that people ever had to go hungry anywhere...he thought people could create their way out of anything. Scarcity was something manufactured, political--and that's the theme of the Mayan year that just ended on November 12th, 2008...this last year is called "the end of manufactured lack."

"Consciousness surpasses technology" suggests that through collaboration, new inventions and the raising of our collective con-

sciousness, we'll go and grow in unexpected new directions, connecting on higher levels.

In honor of the stupendously astute Mayan calendar, this month's messages will be for the Mayan year ahead, ending November 7, 2009. First, a little background about the Mayans and the Mayan calendar, from the book, "It's About Time" by Deborah Deluca Hall, PhD.:

"We aren't taught much in typical American education about the Maya, however they had an incredibly advanced civilization before the arrival of Europeans. They created cities with millions of citizens. They created elegant and highly perfected art, architecture, astronomy and social organizations. Theirs was possibly one of the greatest of the ancient civilizations. They calculated planetary cycles with incredible precision. They built monuments and cities unequalled in our own time. Their interest in cosmology and spiritual development is unequalled by any of the "ancient" civilizations that we usually study like Egypt and Greece."

The Mayan calendar cycle ending December 21, 2012: "The cycle most referred to by archaeologists and anthropologists is the "Long Count". It begins about the time that recorded writing was established...and we hear a lot about its end. You may have read that the end of the Long Count predicts the end of the world -- physically. No information I have suggests this to be the case, so if that is what you wanted to hear, then you probably don't want to read further. According to the Mayan elders, this countdown is to the end of one more era of human evolution. There have been others, a concept familiar to students of the Christian Bible literature. And it hails the BEGINNING of yet another era which will start in Year Cero...So one way to look at it, is that this calendar of the Maya may just simply be describing creation of increasing levels of human consciousness."

Predictions for the Mayan New Year 11/13/08-11/07/09

(Aug. '08 "Eclipse's Omen")



This 2008 year when consciousness surpasses technology is also known as the Sixth Day in the Mayan calendar cycle.

There have been other Sixth Day years in history, and they turn out to be the grooviest times of all! The last one was the '60's,

with the flower children, free love, and the Beatles. The European Renaissance was a Sixth Day year. Another Sixth Day year corresponds to "the invention of tools, and first attempts at agriculture and building shelter".

Big improvements and interesting developments will happen now...expect a Renaissance!

Consciousness Surpasses Technology:

This Renaissance year promises to be among other things, the perfectly natural time to make what you are passionate about, your priority. It's a response to life the world needs--as Philosopher Harold Thurman wrote: "Don't ask yourself what the world needs -- ask yourself what makes you come alive, and then go do it. Because what the world needs is people who have come alive." Unleash your passion! Some people will be ready to do that, and some will be intent on finding their passion. The forces to connect people to creative lives were never stronger. Be open and trusting you will meet with success.

Message from the mountains of New Mexico:

"We used to be the sea...under the sea. We were very afraid of That Other Element, the Air...but those of us who ventured into the air were the ones that survived the transition. Those survived who were forward looking, willing to accept their environment, and do the best in it." (This did used to be a sea, one can find shells in the hills around Santa Fe, NM.)

What Works: Telling the truth, and letting other people be. Following the rules, i.e. don't try to get away with anything. A bad time to get caught! Being forward-looking; don't look back on the past with regret.

And this December, don't overdo. Heed your inner rhythms for the best timing in creative projects or anything else.

Watch Out: Not everyone is going to be looking forward, and don't try to drag anyone to the Renaissance Party if they don't want to go, it'll just slow you down. And, due to the comprehensive destruction of old structures going on, you could get caught in a crossfire if you don't observe the omens around you. There are dangerous neighborhoods, people in trouble, people looking for trouble--some people prefer to stay in the shade and if anyone seems

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More From Elissa cont'd.

shady, steer clear to avoid negative consequences--you could be appalled at what can happen now. Also, there is much destruction in this cycle of rebirth--it takes a lot of tearing down for the big building projects of now. Right now the auto industry is on trial, wanting to keep things in place, continue with the creative product of their time, but it keeps things too small, it is too tight a pattern for The Now's explosive expansiveness.

The Speaking Stones: Reading #1: Our collective direction honors above all, an explosion of creativity up ahead that is on a global level, and it is trying to make a beeline for that. But there are a lot of factions that want things done legally about all the stuff from the past, and not being able to let go of the past makes for a lot of "stuff" to get through first.

...but then....

Reading #2: What's left out of this stone design for the year is The Past. It is not a time much in relation to the past. Its foundation is dynamic, and the structure is not determinable...mystery is stalking the final stabilization...and what is in the center and generating the future success is creativity: Creativity is being given free rein...with a focus on education, nurturing, and the development of skills and talents. There's a big focus on talent and skill. The development of our collective communication skills and willingness to solve problems together grows.

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Thank you Elissa!

A Bit About "JD"

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

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

Jan is a member of AHHA ; ISSSEEM, and

Articles Wanted

Currently, the website

www.metaphysical-studies.com

and the blog

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

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

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

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

Reality Undefined

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

www.metaphysical-studies.com

and the blog:

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

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

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

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Book Review - Being Psychic

"Second Sight", Judith Orloff, M.D. (C) 1996, Warner Books Inc. ISBN 0-446-67335-8.

As a rebellious teenaged daughter of two doctors, Judith drifted in life, angry and restless.

A car accident in 1968 was the turning point. It was during this accident that Judith Orloff was introduced to 'the tunnel' where she was ensouced while she watched her physical body inside of a car that had hurled over a cliff.

Judith brings the reader through her life: an unfocused teen; being introduced, and working with Dr. Moss at the Neuropsychiatric Institute; becoming a psychiatrist; and, learning how to integrate her extra-sensory abilities with her psychiatric practice.

She shares in this book her colorful experiences, and how she handled them; and advice for those who do energy work.

For Beginners, it contains a lot of sharing: of fears; letting one's "psychic cat" out of the bag; and offers suggestions on how to integrate psychic abilities with daily life.

For other levels, it is an exceptionally well written book that can humbly remind you of where you've been and where you are now - as well as offering suggestions to help improve what you do now.

I carried this book around with me, reading whenever I had the chance... which means, I really recommend this book.

<http://www.drjudithorloff.com>



Love

Love is as fair

as the summer rose.

It is a natural beauty
from Mother Nature.

It is a happening of
Father Time.

It brings happiness, joy
and color into the world -

and is always bright.

We must treat it
with care....

So it may flourish

with beauty

throughout the years.

JD