

**Reality  
Undefined  
LLC**

# Reality Undefined Newsletter

**Volume 2, Issue 2**

**FEBRUARY 2009**

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## **Do You Ho'oponopono?**

By: Aaron M. Potts

If you are interested in Ho'oponopono, be sure to check out Joe Vitale's DVD's 'Install and Transcend the Secret' and 'The Missing Secret'.

At this point in the game, the word "Ho'oponopono" is not nearly as well known as it will be within the next 6 to 12 months, so I am putting forth this basic description of Ho'oponopono so that you can decide for yourself if you would like to engage in some further study.

Based on what I know, I would recommend that you DO spend more time learning about and practicing Ho'oponopono, and if you take that advice, Dr. Joe Vitale is the man who you want to learn about it from. Dr. Vitale's passion on this subject is amazing, and as of this date (November 7, 2006) he already has a book in the works on this very subject called Zero Limits.

The basic idea behind Ho'oponopono stems from the meaning of the word, given to us

by the Hawaiian culture. Loosely translated, Ho'oponopono means "to set things right", or, in more simple terms, to fix stuff!

Everyone has things that they want to have fixed, and Ho'oponopono is not only a powerful way to fix literally everything that you can imagine, but it is so ridiculously simple to use that there is really no reason to not take advantage of this powerful technique.

The basic concept behind Ho'oponopono is going to first require you to realize the immutable fact that your entire existence comes from within, not from outside of yourself.

John Assaraf does a great job of vocalizing this concept during part of his teachings in the movie 'The Secret'. John says "There is no 'out there' and 'in here'", and that is the very truth of our Universal existence.

We are all one with all things at all times. That may be tough to grasp for some, but it's true.

We are all simply extensions of "source energy", which is the Very "stuff" that the entire Universe is made out of.

So, if we are made out of this source energy - which we are, and based on Quantum Mechanics, we are all creators of our own existence (which we are), then one very simple truth rears it's head for all to see, and it is quite undeniable:

### **Everything is your Creation!**

Everything that you see, hear, feel, smell, touch, think, remember, or emotionally react to - these are all things that YOU have created. And yes, that includes the good, as well as the bad. Each of these things exists because on some level you want them to exist, which takes us back to Ho'oponopono.

If everything that you perceive in the wBECAUSE you perceive it, can you guess what amazing and God-like power you have at your very fingertips?

That's right. You **Cont'd Pg 2**

## **Metaphysical Book Review - "Tribes"**

Tribes: We Need You to Lead Us", Seth Godin. © 2008, Audible Inc./Brilliance Audio. ISBN 978-1-4233-7409-1. (CD's, read by the author, Seth Godin.)

My web designer, and friend, Art Schobey [www.arteffects.com](http://www.arteffects.com) loaned me this book on CD's and recommended I listen to them. Art said it would help me in learning about utilizing today's web. Yes, I am learning about blogging, twittering, etc.

I put in the CD's and listened while I traveled.

Now, you're probably scratching your head and asking, "Why is this in metaphysical book reviews?" Because I was pleasantly surprised by "Tribes".

What Seth Godin wrote, and read, basically can be used for ANY aspect of Life.

Seth explains man's need to belong; in a group; a commonality; a "tribe".

Giving historical and present case examples, Godin provides insights, tips/ideas, etc. on how

to be a leader.

Okay, a lot of us cringe at the thought of being a leader... however, Godin presents this in a comfortable and "easy to digest" way; and the information really can be used in so very many different aspects of one's life.

I found "Tribes" to be informative and uplifting. I recommend "Tribes" for everyone.

Jan 'JD' Toomer  
Metaphysical Instructor and Consultant

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Linked In Profile:

# Do You Ho'oponopono?

Cont'd

can either make more of it, or you can make it go away!

No, I'm not talking about creating thousand dollar bills out of thin air, or wishing away annoying in-laws. However, it is indeed possible for you to create your life so that you HAVE thousand dollars bills, or that your in-laws are no longer an annoyance to you.

That tip alone is probably worth the price of admission, right?

How is all of this done via Ho'oponopono? By simply accepting responsibility.

When you truly grasp and get your head around the fact that you are literally creating every single piece of your existence - from the smallest molecule up through the tallest skyscraper, from the most heart-felt Love to the most gut-wrenching hatred - then you realize that you can effect change over each and every one of those things because you are responsible for them being there to begin with.

You do this simply by showing Gratitude for the things in your life that you are thankful for and that you want to grow and flourish, and by showing Forgiveness for the things that you want to go away or diminish.

Now, let's see if you have been paying attention:

If you are responsible for all things in your existence - the good as well as the bad - and you have the power to diminish or to allow those things to grow simply by showing Gratitude or Forgiveness, who are you showing Gratitude and Forgiveness TO?

.....

Okay, time's up. It's YOU! If you created something that is wonderful, you are thanking yourself for doing so, thus ensuring future occurrences of that same positive behavior. If you created something terrible, then you are forgiving yourself for doing it, thus making sure that it doesn't happen again in the future.

Here is where it gets tough to swallow, but these concepts are just as true on a "microcosm" level as they are on a "macrocosm" level:

You are responsible for everything that is part of your existence. I always like the bad news first, so I'll share that courtesy with you (thus creating more courtesy for myself, if you've been paying attention):

Terrorism is your fault. Murder is your fault. Famine and disease are your fault. School shootings are your fault. Taxes are your fault.

OUCH! That hurts, doesn't it? You bet it

does. But here's the good news:

Love is your fault. Childbirth is your fault. Families are your fault. Friends are your fault. Medical miracles are your fault. Firemen are your fault. Pets are your fault. A child's curiosity is your fault. Unadulterated JOY is all YOUR fault!

Are you starting to see your power now? You can do it all. In fact, you ARE doing it all. Right now, at this very moment as you read this. You are both creating and destroying your world, because it is all YOU.

When you go to bed tonight and you can't sleep, you created that. When you pass out face down on your pillow and get the best night's sleep of your life, you created that, too.

When you get out of bed in the morning and it's raining so hard that you can't even see your car in your own driveway, that is your creation. When you get up in the morning and you are greeted by a dawn that could literally be the dawning of Time itself (and it is), that is also your creation.

It's all you. All the Good, all the Bad, and everything in between. And you can control these things by learning to control your Gratitude and your Forgiveness reactions to them with Ho'oponopono.

Different practitioners have different methods of invoking the power of Ho'oponopono, but since I believe in Dr. Joe Vitale (after all, he is MY creation), I am utilizing his methods of invoking Ho'oponopono, which can be summed up in the 4 phrases that he uses whenever he wants to invoke Ho'oponopono, which is also called "cleaning":

"I Love You"

"I'm Sorry"

"Please Forgive Me"

"Thank You"

That's it! By creating a mantra of saying those 4 things pretty much as often as you can day after day and week after week, you will quickly come to the realization that by Loving yourself, by Apologizing to yourself when you have done something wrong, by Forgiving yourself for that wrong-doing, and by Thanking yourself for the opportunity to create Good, as well as to stop creating Bad, that you can create your life to be "right".

Remember that the loose definition of Ho'oponopono is "to set things right". Since you are the sole creator of your entire existence, you have the power to create whatever "right" world that you want to live in, and you can do it by simply saying and believing those 4 simple phrases.

I know that for some of you, all of this may seem incredibly hard to believe. You refuse to grasp the fact that you are literally the very creator of the entire existence that you live, and that you can easily manipulate that existence with 4 sets of words.

So here is one more test for you:

If you don't believe any of this, who created that disbelief?

Think about it.

And yes, I Forgive You.

Reprinted with the authors permission. (8 Nov, 2006)

Great article! Thank you so much Aaron Potts!

Visit Aarons site at:

<http://www.todayisthatday.com/blog/>

January 21, 2009



## Quick Note

I am pleased to announce that I am currently teaching my metaphysical course at the local community college (Dona Ana Community College) - and have a great group of people!

## Articles Wanted

Currently, the website

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

and the blog

<http://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.

# Elissa's Insights

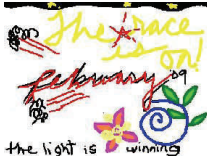
## Psychic Guidance for February 2009

February 2009

Dear Friends,

I'm writing you in between eclipses, as Mercury goes direct, and before an unusual alignment of many planets in Aquarius...what does this all mean? That things can turn out better than you think! That the uncanny Mayans were right on when they called this year, "When Consciousness Surpasses Technology". With that being said, I give you the also tricky, kind of sticky, sometimes explosive month of February...

Best wishes, Elissa



**Overview:** Although the Age of Aquarius will begin to feel upon us, giving us hope and enthusiasm for group efforts, February is also a tricky month with a tendency to shock. Mercury retrograde, officially over January 31st, still seems to be in effect in February when it comes to deadlines or expected progress with projects. (Think "Spring"- not "February") When you go to put your money down, avoid speculating or assuming too much about the future. Stick with the concrete, with the small-in-scope; be thorough, don't overextend but take care of business at hand. New beginnings plus lack of proper preparation can equal loss, especially the first half of the month.

### General Psychic Guidance for Making the Most of February

Be very curious in February: new interests lead to new realizations and new sources of energy.

Protect yourself from unwanted vibrations: recognize more quickly when your environment and people are draining you and your energy is getting low. Get out in the fresh air! go!

Many co-dependencies fall away or fall apart and stop functioning now. Those dependent on external supportive circumstances staying the same should be formulating Plan B.

Clearing Out is a major theme in peoples' lives in February. Space could be coming to your closet, files, and drawers!

It's a good time to take an inventory of your values and what you want to deliver. What do you value and what do you need in your life to produce value for others? Understanding this is an important key to success.

Now is the time to be on fire with creativity, but nothing else. There are many conflicts you could get fired up about, but what a

waste of creative energy! Stay focused on what you've got to give.

There is a "before" and "after" to February--"after" being when the eclipse cycle is over, mid-February. Check back at my website for what can be seen then!

**From Ancient Santa Fe:** In early January I went up on the hill behind my house, where people used to go to find pottery shards and fossils, and probably in ancient times, to do rituals. It's a perfect place to see the whole town and the mountains beyond. I used to go there every solstice and equinox to sing and pray and dance around in circle, but now it's topped by some of the fanciest houses in town, and nobody just walks around. But I found an area that was still wild and where I could still hear the spirits, and this is what they said about Santa Fe: It's appreciated by the land, and good business, to express gratitude for what the earth yields, to honor the area and its blessings with our personal thanks, just like is still done at the pueblo dances. The key to success is to stay in the present, to relate to each other in terms of what can be created together, and what can be done in changing conditions. It was still time for some people here, and Santa Fe in general, to shine, no matter what was happening in general to the economy. There's an influx of people from Colorado--some event can cause more people to come south. (It's also occurred to me before that eventually having the train link Colorado to Santa Fe would be great for tourism.) Santa Fe should market more to Canada. There's a new local museum or attraction in the air?

**Fire signs (Aries, Leo, Sagittarius):** It's easy to escalate things and spend too much money now. You might be expecting more follow-through in February than there is, so be careful about putting too much money into future developments. You need more time for integration and maintenance of what's important to you and your career success.

**Water signs (Cancer, Scorpio, Pisces):** You get a go-ahead, you get a "yes"--there's an important action taken that's successful and sets you on your way with renewed hope for what you might find in the future, who you might meet, and new ways to get the job done, or do your work.

**Air signs (Gemini, Libra, Aquarius):** Even though opportunities are not in front of you, you get signs from on high, feel your good fortune up ahead, and the sense of connection you have now gives you peace of mind. It also seems to signify a whole new chapter in your life.

**Earth signs (Taurus, Virgo, Capricorn):** You're very happy about something this month! Something turns out very well and makes you feels secure. Envision the possibil-

ity of lasting success and a very positive outcome for yourself.

Added Circle in Santa Fe, February 20th, Friday night. Plus Discount. Until the end of February, all my services are 20% off in person--you can thank Keith Toler and santafe.org for many specials around town--they organized a campaign for Santa Fe tourism. (My discounts are for local people, too.) 7-9 p.m. 514 E. Palace Avenue. 505-982-3294

Las Vegas, Nevada circle: March 27th, please call for details: 505-982-3294. I'm available for in-person sessions on the 28th.

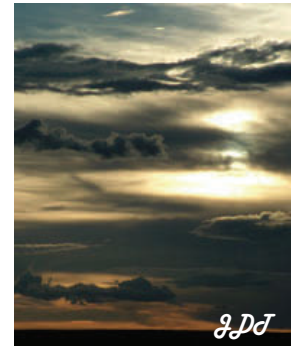
Elissa Heyman offers psychic counseling and healing services in person in Santa Fe, New Mexico, and by phone. She also hosts Intuition Circles for small groups, both in Santa Fe and other cities. Please visit Elissa's website to learn about her services, read the monthly client newsletter with predictions, 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 :

Elissa Heyman

Santa Fe, NM 505-982-3294 Visa/MC

[www.elissaheyman.com](http://www.elissaheyman.com)  
[elissaheyman@earthlink.net](mailto:elissaheyman@earthlink.net)

Thank you Elissa!



"Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy."

**Norman Vincent Peale**



# New Beginnings Journey

## PART FIVE

Saturday

### Session Eight

One design brought three memories from childhood – starting with the newest one back to the later one. The later one was when I was old enough to sit in a high chair.

Later that morning, I realized that memories which contained unresolved/unanswered questions were surfacing – again with no attached emotions.

They came up, one large bubble at a time. The bubble would stop so I could observe what was in it – and when I finished contemplating its contents, it continued its upward path, and popped. No stress, no emotions; just a leisurely process.

(No “hangover” from yesterday).

### Session Nine

I knew I was feeling so much better, because I had troubles – I thought – on relaxing. (Leesa assured me that I could think away – the procedure works on the brain and my thinking and excitement wasn't going to interfere with that). I was restless and excited to be going home the next day. I wanted everyone to know what I had experienced! And was curious to see if all of this would work once I was back in my 'natural habitat' – ha!

And, was looking forward to living my renewed life!

Sunday

### Session Ten

Went quickly – and my thoughts raced to returning home. I kept no personal notes for this day (though I provided some to Leesa and Dr. Haire).

I had met with Dr. Haire after my final session. He said that he was pleased with my progress and noted the changes on the paperwork the sessions provided – both with my feedback and the information from the computer as it monitored the changes.

I did tell Dr. Haire that words could not adequately describe the difference I felt from the time I entered The Heartsong Center to when I finished. And I meant it.

I didn't want to talk long – not because he was a doctor (that fear was gone), but because I was so anxious to get my life restarted!

I also told Dr. Haire that I decided I have made myself their unofficial spokesperson! It really does work.

Home One Week

I have been home for well over a week. Dr. Haire and Leesa both said that the healing process would continue for about a month.

Unfortunately, I am busy with the hectic lifestyle and may have begun taking the changes for granted. I am still very much appreciating the changes, and am integrating them into my life effortlessly.

I go grocery shopping, and do other shopping, with no ill effects. I am no longer tired or worn out from being mentally over-stimulated (since the fog is no longer there).

I know some of you are asking “What about your abilities?” Over the past ten years, I had to go up and out to get the information I needed. This also meant I had to fight past the fog, and fight my way back down again.

I no longer have to ‘go’ anywhere. The information comes smoothly to me – and I have tested this repeatedly.

As for the fluorescent lights, yes, they still burn my skin. (It looks, and feels, like a sun burn). I also noticed that my animal allergies didn't dissipate – so have gone back to the homeopathic treatments my naturopathy had me on – which seem to be working well.

As for the Brain State Conditioning™, I cannot say enough good stuff about it. It helped me, and continues to help me, so much. And the changes it made in me truly are beyond words (though I tried!).

Some people have questioned having this done. Some arguments have been that we all contain within us the ability to correct/change – for example – the effects of PTSD...especially if you are a metaphysician.

If I have a broken finger – I go get help. If I need stitches, I seek help. If my tire is flat, I get help.

I don't feel I can fix everything, including some things within me. It does not mean I will ever stop trying...and I will continue to accept direction, assistance, help from others.

I begrudge no one for their beliefs. I, personally, will seek out assistance or help when I am stuck. In this case, I had asked for help for about eight years – and tried many things, including deep meditation, energy healing, etc. Nothing helped until the doctor spoke with me about BSC and the Heartsong Center, and I went. It helped, and I am glad I did it.

Home Almost One Month

The differences continue to pleasantly,

## The Rest of the Story

but ever so subtly, surprise me. Nothing has reverted or backslid. And the more I move forward, the more I realize how rough it had been; how much anxiety/tension my body/mind carried before doing B.S.C.; how much of life I had been missing...and how much life, energy and literally freedom I now have.

In one word or less? Awesome!

To see this article in it's entirety:

<http://metaphysical-studies.com/blog/?cat=37>

If you want more information – you can contact Dr. Haire or Leesa Haire at The Heartsong Center in Silver City, NM (575-534-9748) or you can contact the parent facility in Scottsdale, AZ to find a facilitator close to you. The parent facility has a website you can visit - [www.BrainStateTech.com](http://www.BrainStateTech.com) (email [Info@BrainStateTech.com](mailto:Info@BrainStateTech.com)) – or you can call them at 480-588-6840.



## Metaphysical Classes

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

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

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

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

Call 575-382-4576, or

E-Mail - [jdreading@cox.net](mailto:jdreading@cox.net)

## My Reading From Elissa Heyman

I came to the reading without any specific questions in mind; willing to be open to whatever happened or came up.

Please be aware that each reading is unique to the individual receiving the reading. I am writing of my experience only.

In her hotel room, Elissa invited me to sit at the table. On the table was a lit beeswax candle; stones; smudge wood; cups of water; and a Tarot deck.

We sat, and then Elissa told me I needed to stand, "your spirit wants to be presented to the Spirits".

I stood, closed my eyes and allowed.

Rattles circled me, feathers brushed me...both oddly comforting and soothing to my physical. What she did next spoke to my inner being. I am not sure if it was an actual language (but feel it didn't matter either way), Elissa began to sing, and it spoke to my soul – encouraging me to trust and unfold my energy. I did so.

She intermittently spoke to me as she went around me – picking up information from the North, South, East and West. Her words were true.

Next we went back to the table, and Elissa read the stones on the table; followed by Tarot cards. What she said was both detailed and accurate.

Okay, that was a small bit about my physical experience. Now, I would like to present my interpretation of the energy experience.

Elissa's energy signature was familiar to me, almost with the feeling of "Oh! There you are! I wondered where you were!"

Though the room was semi-dark, the energy shined – warm and inviting.

The room was a bit crowded – so very many non-physical beings showed up for our support and guidance.

The energy remnants of a light fragrant scent gently swirled around the room.

## Teleportation?

Teleportation (physically traveling from one place to another using only your mind – can be an item or yourself) may be closer than we realize.

I feel that with the veil thinning so much between thought and manifestation, that we have the capability. So what's stopping us?

Our beliefs of physical boundaries, and fear (and fear is only the lack of understanding).

If you've read Buhlman's "Adventures Beyond the Body", ("Adventures Beyond the Body: How To Experience Out-of-Body Travel", William Buhlman. © 1996, Harper-Collins Publishers, Inc. ISBN 0-06-251371-0.

When Elissa used the rattles, their energies spoke to a part of my energy – a part that was much older than my physical body – and reminded my energy that it was contained in human form and here to experience life on Earth.

The energy of the feathers – sometimes gently, sometimes briskly – cleaning my energy layers; and spoke of being a spiritual being having a human experience.

Energy-wise, the most fascinating to me was when Elissa sang. I had mentioned that this encouraged me to unfold my energy – but what happened next was breathtaking.

The energy Elissa released while singing – and my unfolded energy – danced together in an elaborate, ancient dance...sometimes swirling around me...sometimes moving as waves at a beach. I really didn't want this part to end.

As we sat at the table, I would catch glimpses of a guide over Elissa's right shoulder lean down and whisper in her ear.

Across from me – the unused side of the table – gathered animals and a few other beings of the natural world, lending their support and encouragement.

One animal really caught my attention – a giraffe. I will have to look that one up in the animal totem book!

I had a ½ hour reading with Elissa; next time I will get a longer session. Fascinating!

Elissa's gift as a reader is something I am glad I experienced. Thank you Elissa!

For more information, please visit Elissa's site: [www.elissaheyman.com](http://www.elissaheyman.com)

P.S. – Giraffe ability is to far-see.

By Jan Toomer  
January 11, 2009

See mini-review here) then you understand what I am talking about when I say OBE's are the pre-cursor to teleportation. A lot of the 'symptoms' of pre-OBE also pertain to teleportation.

What is needed for teleportation (am using knowledge/experience of energy here – have not accomplished this task yet) – focus, intent, and mind power.

Ever see the movie "Jumper"? ("Jumper", 2008, 20th Century Fox and New Regency Prod.) Pretty cool if we can get there....

By: Jan Toomer  
January 7, 2009

## See In The Dark

I was thinking about how, as a child (and a sensitive), I was afraid of the dark, but was too proud to have a nightlight.

Born out of that fear of the unknown, I discovered the ability to see with my eyes closed. The dark no longer scared me.

Well, as you probably know by now, those thoughts led to more thoughts:

Many of us call ourselves "Lightworkers"; so the flip side of this could be those who call themselves "Darkworkers", right? The answer is "yes".

Newton's Third Law of Motion states: "For every action there is an equal and opposite reaction."

Where we (the "Lightworkers") emphasize working in, living in, staying in the Light and helping others by using the Light – the "Darkworkers" strive for themselves – their power, their gain, their satisfaction, etc.

Those who walk the dark path can range from serial killers/psychopaths to the smooth talkers (who can make the dark sound lucrative, attractive and just plain harmless), with varying degrees between the two.

Even though I personally do not approve of dark work – it is, unfortunately, a necessary requirement for the physical experiences and living on third dimension earth. If there is no polarity, we cannot learn.

I am NOT saying you need to embrace the dark! I AM saying, do not fear!

Newton's First Law of Motion states: "Every object in a state of uniform motion tends to remain in that state of motion unless an external force is applied to it."

Yeah, it sucks crunchy peanut butter.

Many people right now feel they are in the dark, without a nightlight. Do not cave in, or be seduced by, the dark. Please do know this: as you stand in the Light, darkness is only temporary, and we ARE still moving forward.

(Symbolically) Closer your eyes, see in the dark, and fear no more.

By: Jan Toomer  
December 24, 2008

## 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.

## Book Review - After Death

**“We Knew These Men”, Wilfred Brandon, transcribed by Edith Ellis. Copyright 1942, Edith Ellis. G. & R. Anthony, Inc., Merit Publications.**

The books mentioned below are much older, but I have been able to find reasonably priced ones online. Again, also check with your local libraries to see if they carry copies of these books.

Edith Ellis began mediumship writing in the early 1900's. Wilfred Brandon provided the information for this book, from the other side.

Brandon tells the stories of some American soldiers who were sent to the front during the World War.

The reader is introduced to some of these soldiers, and follows their stories – beginning with before their deaths through what happened after they died and left their physical bodies – and on to what happens on the other side.

The front of the dust cover jacket, explained it quite well: “Retailing the experiences of a group of American soldiers whom he know, Wilfred Brandon sends from etheric plane a message to an American once again re-arming for conflict.”

In the times that we are in now, I think this book has proven to be timeless.

Although I will not review them, there are also two other books by the same author. If you enjoy this book, you will probably enjoy those two as well.

The other two books are: “Open the Door!” and “Incarnation – A Plea from the Masters”.

By: Jan Toomer

Reviewed July 2008

## 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://metaphysical-studies.com/blog>

Click on the links and check it out!

“Life... It tends to respond to our outlook, to shape itself to meet our expectations.”

Richard M. DeVos

## The Joy of Being in the Now

So, you're probably thinking (sarcastically), "Oh goodie! Another 'uplifting', over-cheery, unrealistic view on an un-obtainable frame of mind!"

Well, okay, if that's what you want to think... but first... think back to that (at least) one moment of pure joy in your life.

That moment where there was no past or future; nothing weighing on your mind; nothing existed but that one pure moment.

"Yeah, Jan - like we've all had one of those."

I am betting your have. Perhaps the first time you looked into your newborn's face; or sitting by a lake, watching the water or spectacular sunset.

Or, when you were a child who suddenly discovered an ant, and watched that tiny creature with utter fascination.

Maybe you heard a piece of music, or song, that spoke so deeply to you that you may momentarily forgotten all else.

Somewhere, sometime, you did experience that moment - the joy of being in now. Where time stood still, and you noticed nothing beyond that; and within you felt a wonderfully full feeling; and your soul wanted to sing, yet you remained motionless. You didn't want to shatter the now.

By now, maybe a little nostalgic feeling has crept in and you are thinking, "Yeah, that was nice...but it's only a memory now. I am not sure I can ever have that feeling again."

I believe we can.

In my course, I recommend that everyone take some time to view their world as though looking through the eyes of a child. Look at life as if you were seeing it for the first time - with awe and excitement.

Notice your surroundings, no matter how familiar, and see them for the first time - with an air of discovery and wonderment.

With practice, I think you will one day see something breathtaking...and...be in that pure moment of the joy of just being.

Jan Toomer

January 28, 2009



## A Bit About Jan “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](http://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 also teaching her metaphysical course at Dona Ana Community College.

Jan is a member of AHHA ; ISSSEEM, and WMA (World Metaphysical Association). She is also a Life Fellow member of W.G.M.S.C. (World Guild of Metaphysical and Spiritual Counsellors), as well as a Guild Certified Metaphysical Trainer and Guild Certified Spirit Release Worker. She is a LinkedIn member, and her profile can be seen at: [www.linkedin.com/in/jdtoomer](http://www.linkedin.com/in/jdtoomer).

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

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

and the blog:

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

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 PDF'd, to you? Send your e-mail address to:

E-Mail: [jreading@cox.net](mailto:jreading@cox.net)

“Looking back you realize that a very special person passed briefly through your life- and it was you. It is not too late to find that person again.”  
Robert Brault