

**Reality
Undefined
LLC**

Reality Undefined Newsletter

Volume 2, Issue 1

JANUARY 2009

*Happy New
Year!*

New Beginnings Journey

CONTINUED FROM DEC

(Wednesday, Continued)

Session Three

There was one design this afternoon that I didn't care for. It didn't cause any pain, no panic...I just felt a little jittery. I found out afterwards, that design was working on my PTSD.

This session ended with an Alpha design, where I was instructed to "think Love". I really liked that one!

I noticed that SOME foods (which I had brought with!) that I previously thought tasted good (or at least acceptable) to me, no longer were. And, some foods that I thought had no taste, now burst with flavor in my mouth.

One example was a red apple. I quit eating apples because they no longer had any taste to me. The hotel lobby had apples and oranges made available to the guests. When I saw the apple that afternoon, my mouth immediately began watering. I wanted an apple!

I brought it back to my room, and with a bit of embarrassment, I devoured it! I felt like I was at a medieval dinner where I was eating with such relish that I was oblivious to the juices running down my chin and the slurping sounds from trying to catch the juice. For any that know me, food was only a necessary evil to survive, and I would pick at my food – not devour it! I really enjoyed that apple.

My eyesight seemed to be continuing in brightening and becoming more focused. The fog was definitely lifting!

Later this afternoon, as I sat reading, I suddenly sobbed three big sobs and my eyes teared up. Then it was gone. I felt completely fine – as though those three sobs never happened. It came and went so fast, I never knew it was coming, and don't know where it came from. But that was okay, I felt fine. I continued with my book.

When I passed the mirror in the hotel room, I had another spontaneous memory from the

past – it happened quickly and was poignant. As a teen, when I had abused pills, I one day looked in the mirror and REALLY saw myself. I asked then, "What am I doing?" and quit drugs that day. When that memory passed, I realized I saw myself in the mirror this day with the same intensity of how I had in the mirror so many years ago.

It was then that I realized that, though I looked in the mirror daily, there had been so much brain fog that I couldn't really SEE me. How cool! I could see me again!

Thursday - Session Four

I noticed that I am now drawn to, and be absorbed in, mundane sounds.

They were working on the property across the street from the hotel. They were using the big (stinky) tractors – dirt movers, plow, etc. The tractor fumes alone used to send me into coughing and gagging fits; the sound would overwhelm me and my head would begin to hurt.

Cont'd Pg 2

Metaphysical Book Review - "Mystical Traveler"

"Mystical Traveler: How to Advance to a Higher Level of Spirituality", Sylvia Browne. © 2008, Hay House. ISBN 978-1-4019-1861-3.

This is the second of the two books I said I wanted to do a light review on – the first having been "Spiritual Connections" – by Sylvia Browne.

This book, though touches on Mission Life entities, is about the role of the Mystical Traveler.

For me, the title of this book had called to me – and if it calls to you, you just may want to go ahead and read it.

Sylvia again, verbatim, lists the 47 Life Themes in "Mystical Traveler"; she suggested that Mystical Travelers usually (but not always) falls into one of the following Life Theme Categories: "Caretakers, Cause Fighters, Healers, Humanitarians, Prophets or Psychics, or Rescuers."

However, she did inform the reader that having one of these Life Themes does not mean you are a Mystical Traveler.

Browne discussed some traits, and qualities of the Mystical Traveler – as well as the how and why.

I won't say anymore, except: this book was very interesting and I recommend it, for those to whom it calls, for all levels of readers.

INSIDE THIS ISSUE:

**New Beginnings
Journey - Part Two**

**Book Review -
Sylvia Browne**

Elissa's Insights

More From Elissa

Book Review -

**A. Wallace
& B. Henkin**

**One Parallel Universe
Theory**

This day, I stood, transfixed, marveling at both the sounds and smells; neither bothered me!

Today's PTSD design affected me differently. Leesa asked me to just "allow it" and relax. What followed was a really cool visualization.

I soon began seeing (in my mind's eye) different sized bubbles rising from various areas of my brain.

Each bubble contained a scene from my life. I could look into a bubble and see the scene playing out, but I didn't feel any of the emotions that were previously entwined in the particular scene.

As I 'watched', I also saw scenes from known-to-me past lives. I recognized them, and let them go.

I didn't look into every bubble (there were way too many of them!), and I felt it wasn't necessary to know what each bubble contained. I sensed the important thing was that they were going.

As the visualization continued, the bubbles raised a certain height, and popped. They were gone!

This session seemed to fly by. Before I knew it, Leesa announced we were done with Session Four.

Later, in between sessions, I had a sudden 'knowing'. I didn't need to remember my past (regain long term memories). It is today that counts – the need to have all that returned to me was gone. It really was okay.

(Thursday Continued) - *Session Five*

Again, it appeared to finish quickly.

One design today created the visualization of fairy dust (now, I have never really seen fairy dust that I know of, but that's what my mind came up with) – a sense of enchanting, mythical and playful.

My mind brought me from fairy dust, to an open field, followed by deep oceans and playing with dolphins – then back to land. I was then standing next to a pond, and by my left foot was a frog. I 'heard' someone gently tell me to see the frog, "Look at the frog. Remember the frog." I had no idea what that meant.

Later that evening, I tried to connect (psychically) with a friend, and just about when the connection was made, I started coughing really hard. I 'saw' three beings standing between me and my friend, and was told, "No, not now. Concentrate on yourself – no reaching out yet." And from far away, I heard my friend yell, "I am okay, Jan!" And

then I sneezed.

I decided to try meditating. I hadn't done that in over ten years, not because I didn't want to – I couldn't. Too much brain fog to try to get through and I couldn't focus long enough to get into the meditative state.

I was easily able to enter the state now, and was asked to pull green. (Bring down green light into my body – this is where the frog came in before. Kermit the frog's song about being green! My guides wanted me to pull in the green). The meditation was short, but awesome!

Friday

In the past, I would wake up each morning with a song for the day in my head. This song would play over and over all day long. I also had a tendency to count in my head when my mind wasn't working on something. I used the counting to try to focus my thoughts.

I hadn't had a song in my head, nor counted for two days. Today, after breakfast, I seem to be showing my creative side. I had combined a song WITH counting. I realized what was happening when I reached, "96 bottles of beer on the wall..." Ha!

Session Six

One design worked on pain, and for the first time in over ten years, the pain in my hips and legs was gone – in ten minutes or less!

After Session Six, Leesa and I were discussing Greece. It wasn't until I came back to my hotel that I realized when I spoke of my trip to Greece, it was a clear memory. Let me say that again – it was a CLEAR memory! No struggling to grab and retrieve the memory – it wasn't hazy – it was a pre-stroke clear memory! Yeah!

Session Seven

My husband had been doing the shopping (of any kind) for quite a while now. The fluorescent lights burned my eyes and skin; the people, noise, activity, etc. made my head hurt; I would have panic attacks, feel completely overwhelmed, and become really irritable. I would have asthma attacks from all the smells and stuff floating in the air; my nose and eyes would itch, burn and water. These symptoms would last for twenty-four hours or more following me going to a store – which usually meant the next day I was really grumpy, off-balanced feeling and groggy as well.

Really good feeling session this afternoon and it was time to put it to the test. I went on the hunt for a big store – and found one

that had one-stop shopping; groceries and just about anything else.

I spent an hour walking every aisle, the length of the store, the garden center, and grocery store part – all while very hungry.

Not one headache (nor even a start of one). My eyes didn't burn (though I wouldn't know about my skin burning until a few hours later); no sensory overload, no panic attack, no irritability, no blood sugar crash; no allergy reactions (itchy eyes, nose), no asthma attack.

I bought some stuff to make a super salad – my celebratory dinner!

I went outside and called my husband and told him what I had just done. He was speechless at first, then very happy (and, I'm sure, relieved) for me.

I also realized that I was beginning to crave socializing, and a feeling of home calling me back.

The final test would be finished the next morning to see if I had any of the "hangover" feelings from the experience.

I went back to the hotel, made my salad and turned on the TV.

Will Be Completed Next Month



Articles Wanted

Currently, the website

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

2009 Psychic Messages for the Astrological Signs

Read your Sun, Moon, and Rising Signs

Aries: You modernize this year: You get into new markets and use more technology to work with your god-given talents. Partnerships serve social, personal, and professional needs-- this is an interesting, highly creative year for collaborations. The part you do is not the final step or end product. Be your own authority and trust your creative instincts. Only be willing to be complicated and intense with creative projects, not relationships. Proceed with authority doing what you see fit; your decisions are good because they're grounded in self-knowledge.

Taurus: The truer understanding you have of yourself and those you love create a change in your relationships and possibly location this year. You are surrounded by the creative spirit but an idea doesn't quite land, or the full form does not quite manifest at this time-- there's still a debate about what to do, where exactly to direct your energy. You're not ready yet, but keep on engaging with creative energy, and exploring it. Do not judge yourself according to financial measures of success, or insist that this be a fruitful year in terms of material gain. It's much better to put energy into making yourself more potent, more creative and spontaneous, and more willing to do new things. Re staying in balance: even more than the last couple of years, your body will need more exercise and maintenance to stay relaxed, flexible and fit. It's well worth the effort!

Gemini: Be careful this year of overextending yourself or trying to do too much. Everything can still be great and you can take it a little easier. This year, you're hard at work and right in the middle of your interesting plans and strategies. Everything is on course, because it looks like you're engaged in what is most true-to-you to do. Even difficult circumstances seem to end you up in a place you can appreciate. You're happy about where and how you end up in 2009.

Cancer: You may feel you made a mistake in some area, or created a loss for yourself. Perhaps an expectation was not reached. On the other hand, you'll have some of the most fun times in 2009 with either your work or your significant others. This could be a very high year of experiences that are really like a happier, higher level of your prior experiences. You would see a way to do something that really turns you on--you get backing for something. You may be surprised at how fun this year is.

Leo: 2009 Flower Reading: This year you will expect a lot, you have delivered a lot, and a lot will be expected of you. You are putting all your cards on the table, letting people know how creative you are and what you can do. You act more maturely, enjoying the challenge of your responsibilities. You are in

service this year, but you're also living it up! Last but not least, you are leaving behind what didn't work. Tarot: In some way, you are dealing with a difficult situation that you have to think your way out of ...something might force you to abandon some goals, some directions, and look to others.

Virgo: Grace enters your life in some profound way. It would be very difficult to think of this year as anything but a success, even though you may be stressed to the max before you succeed. There's more of a strain in your life in the beginning of the year, Success comes through doing new things, your relationships, new environments, and new directions. Relationships are very important to your well-being this year, and you're very important to other people. You have to traverse a certain distance for more material success, and must help yourself now and get support to get to a better place. What you lack is not important, only to hang in there and go further than you ever have before, feeling life is better, richer, and more rewarding.

Libra: You get into more joyful circumstances this year, but you do have to make moves to make this happen. Even though you have to be pro-active and recognize and take opportunities, Divine Providence also operates in your life this year. You may find yourself going back and forth between locations; in some way there's a consideration of changing domains. It could be that with your creativity you need a different venue that appreciates it and will pay for it. There's something that you're outgrowing, and are moving towards more money for whatever it is you do--and you are now delivering a lot more for the money that people pay you. You need to spread out and see where else you can operate or perform.

Scorpio: A lot of light comes into the lives of Scorpios in 2009, and even so, there can be the profound end of things. What needs to grow is light in your life, and this might involve quite a change in circumstances can be quite changing. Changes happen when partnerships and alliances are strong, so there is support through change. You receive deep insight, a knowing you didn't have; there's tremendous movement within you. Never underestimate yourself...you are reborn this year! Opportunity comes that answers a lot of questions, that really works for you.

Sagittarius: You are forgiven, if you're feeling guilty about something. There's no need to be punished, the difficulty you've had is enough. You get new chances, and there are better arrangements up ahead. You appear to have no past, no karma...2009 is an in-the-present, opportunistic, inspired and positive time because of what comes your way. You do get opportunities..or have a big brainstorm about what you can do or start. You get a chance to start something new, to begin in a new place and you really like

where it goes and the people you meet because of it. Financial opportunity comes when you have a wider view of where you can end up.

Capricorn: 2009 is a clarifying year, and you emerge a finer person. It can be a super-creative and rich time, but it doesn't necessarily mean you're making a lot of money. You're going to figure out whatever you need to satisfy yourself and deal with reality. In order for you to be happy, you make decisions that make waves...even so, make those decisions for your own happiness, so that things work for you. It's time to go out of your comfort zone in some way, and you could travel to faraway places. Avoid taking chances or speculating in the beginning of the year. If you're trying to expand professionally, be patient...it's likely that trying to expand now would take more energy than it's worth. This year's different...enjoy it!!

Aquarius: You benefit in 2009 the moment the Sun goes into your sign: your birthday year begins with a tremendously fortunate astrological aspect meaning you get very clear directions about the right path this year, your new beginnings are blessed, and you begin a cycle of positive growth. This comes on the heels of thinking that you gave up something, but good karma comes your way, you get an awful lot back.

Pisces: You might go in a different direction than you first expected. It's a year of adventures, and you go exploring, expanding your sense of home, and having experiences that satisfy karmic relationships. You are flourishing but may not cut ties with what is not flourishing-- with the past.

Where there's a will there's a way, and what has a lot of will this year is your heart. Your heart is opening and magnetizing people and places to you in which you can grow and thrive --and avenues develop, as you find your way back to a strong direction, and it's a different place, but it feels right.

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!

REALITY

More From Elissa

Elissa's -Predictions for 2009

Psychic Predictions

Dear Friends,

The New Year is about to begin, I'm about to go dancing, but first, I'll put up your horoscopes!

More of a letter will follow...I'll be doing a circle in Las Cruces, NM, January 7-10th; there will be a Winter Circle here in Santa Fe on January 15th, please call if interested in attending, 505-982-3294.

Have a great time in the New Year--2009 will take strength but like good medicine, it will make us all stronger.

Best wishes, Elissa



First Impression: The words that came for 2009 were "...a river of blood, a river of change". The potential for bloodshed, big earth

changes and revolution show up in 2009. Change is transformational: major change keeps on coming, like a river rolling along, changing the landscape, depositing people in new places.

Perhaps one difference between difficult times in the past and today, is that we're aware of technological breakthroughs that make it evident we can innovate to success. Positive directions will be in sight.

Divinations

Numerology: 2009 is a "two" year, and will be full of dualities, for instance in the U.S., we'll go back and forth between transformation (the Obama agenda) and dealing with the past (trials, wars). The extreme volatility of the stock market is another "2" feature, and likely reaches a bottom. Lifestyle and domain changes can be extreme. Some boundaries change, or try to.

In numerology, 2 and 9 break down to two numbers: 2 and 11. (Eleven is considered a master number, so you don't break it down.) In an "eleven" year, mastery is on display. Individuals can better manage their own lives now, and in the U.S., masterful people are at the helm and immediately take the country in a better direction, despite great frustrations.

"Eleven" also connotes spiritual growth, and this year many feel they are gaining mastery over their own selves. A lot of people are feeling healed. There's a big wave of people who are feeling a lot better about where they're going and what they're doing in life. Successful action marks the year-- in it, a lot of people get set up for future success, and find it's easier to align

their heart, mind, and will.

The Speaking Stones: The stones mystified me. I believe they were portraying a disorganized landscape, like an earthquake, or the ultimate disorganization of some collective body, like a revolution. Speaking of earth changes, I have been a little worried about "the West" since about five years ago as part of a group exercise, I wrote a letter from the future--it was dated December 12th, 2009, and I talked about some transformative event in the West and I was "surprised so many people stayed." Plus, at a recent circle in Berkeley, California, four out of seven people doing that same psychic development exercise of writing a letter, mentioned a catastrophic type situation in their letters, dated December 15, 2011. (This last fact doesn't impress me much, though: In the late 70's, parapsychologist Dr. Helen Wambach did research all over California, getting people to visualize the future, and they all saw California under water in 1987.)

The Speaking Stones' reflection of destabilizing and transformative circumstances in 2009 fit various scenarios already in the air: earthquakes in Yellowstone, economic collapse, (and Europe looking more affected than the U.S.); border changes, revolution.

The Oh Cards: There were many images that showed the same thing, a striking contrast between the soaring spirit of people, their hope, and the state of the world at the moment. One image for America portrayed its renewed spirit and the Obama agenda: It's a big traffic light hanging over a beautiful highway, and the light's green and flashing "go"--there's a straightforward way clearly laid out for things to work. And all around the edges of this beautiful scene are different threats.

Gifts from Outer Space: New concepts, originating from some alien intelligence, seed the air with ideas about how to orchestrate and harmonize larger systems, giving us inspiration to change how we deliver energy and maintain power. There's the impression that on other planets, there's some kind of grid and everyone's plugged into it, and certain amenities are just taken for granted: that people have the right to power, and there's not such a profit structure around it.

The Earth: Better growing methods are introduced and greater respect shown for the earth. There is more community activity. Wildlife need help from humans more than any other life on earth. (A highly-rated charity is www.wwf.org.)

Out in the World: It's very difficult for the United States to see how they can achieve the goals of balance and effect real change--a way is not provided at first, as if

at first some serious you-know-what has to go down. The President of France does have to be careful -- he could still be a target. Morocco is in some circumstance that it should wait and see what develops...different people come forward, routes change, and an alliance with another place strengthens systems of delivering things. Alaska's position will improve: it is destined to benefit from something useful there but not yet realized, and to get more integrated with the rest of the country. There's still the idea of California getting rescued, something working out for California...California gets bailed out; and if there were any earth changes that affected part of the state, it would get relief. Women come to the forefront that have the knowledge and healing ways that are needed now.

Heart Openings: There's a growing and perceptible change in peoples' attitude towards each other and a greater spirit of cooperation --this is what makes all the difference in the world. Maybe that's why the prescient Mayans named this time, "when consciousness surpasses technology." This is when things get interesting--when it becomes apparent that human evolution is a matter of being able to feel more and receive more love-- and to give. A mass of hearts open amidst the rubble and chaos and hard realities that litter 2009.

Personal Guidance for 2009:

At all costs, conserve your energy. Choose peace over power.

If you decide to have a good time this year...well, you certainly can! Creativity is off the hook, and ideas abound--that's one reason it's hard to get really depressed about how bad things might look. Expect to have a very good time in 2009, seek what fulfills you, and you shall find it.

Note: This is the corrected Water Sign message from December's Mayan New Year predictions:

Water signs (Cancer, Scorpio, Pisces): It's a very complicated path this year that leads to a peaceful state, involving many internal shifts, but you do get to the place where you feel at peace and happy. 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. This year you are dealing more with what you do know, with what is already on the table-- **Cont'd Pg 5** rather than with unknowns

More From Elissa cont'd.

that disrupt things. In other words, your work is cut out for you.



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Thank you Elissa!



Book Review -

Psychic Healing

"The Psychic Healing Book", Amy Wallace and Bill Henkin. (c) 1978, Wingbow Press Books. ISBN 0-914728-34-2.

Wallace and Henkin present a lot of information, tips and exercises in this book.

Maintaining the belief that everyone has the potential, they cover beginners through more advanced practitioners.

The need for centering and grounding prior to working (doing energy work) is emphasized. They do not, however, address shielding (overall protection).

Some topics covered are healing and psychic readings, with advanced chapters on both.

My favorite chapter was "Why Do People Get Sick?". Henkin and Wallace provides insights on the benefits those who are ill and do not want to get better; they discuss some reasons why people get sick; and provide information about those you shouldn't work on - and why.

Pretty interesting book, with some exercises I had never done before.

I recommend this book for all levels.

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

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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 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 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.

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.



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.

One Parallel Universe Theory

I had been on the road and have just returned.

I was fortunate to be able to spend time with some wonderful people, both family and friends.

While visiting some friends, we began a metaphysical discussion. Listening to some of the debates going on around me, I noticed that each person presented their interpretation, which was delightfully injected with each individual's life experiences, beliefs, etc. - and then I noticed that each was basically saying the same thing!

The topics varied; discussions, passionate; questions, sincere. And I was having a blast!

So for the next few weeks, I will present some of the topics were touched on; present to you my interpretation, and ask that you share yours.

Enjoy.

One Parallel Universe Theory

For every decision/choice you make, there is a parallel universe branching off, experiencing the decision/choice you DIDN'T follow.

Using the letter "Y" as an example: you start at the bottom of the stem of the "Y"; you come to a fork in the road, make a choice...and (for this example) you follow the path that goes to the right. So nothing happened at the left branch of the "Y", right?

One theory says "wrong!" The left branch spurred the other choice to be followed in a parallel universe.

Some believe this entails each choice made daily (which is what I usually use for an example) - I believe that it is the major choices in our life that create these parallel universes.

What are your thoughts on this? Share your thoughts/comments at:

<http://metaphysical-studies.com/blog/?p=119>

Want More?

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

www.reality-undefined.com

And at my blog:

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

Click on the links and check it out!