

**Reality
Undefined
LLC**

Reality Undefined E-Newsletter

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My Journey with Medical Intuitive Mirit Eder-Turley

My story begins before I contacted Mirit. (I am providing an abbreviated version here.)

Last Tuesday, in the wee hours of the morning, I quit breathing – then started again. Then quit again, then started again... I couldn't wake up fully to figure out what was happening. By around 4:20 am, I awoke to the sound of my lungs gurgling; I was having a major asthma attack, and was in trouble.

After treating my lungs, I realized I had bug bites on my face, ear, arm, knee and a grouping of four or five on my back. My body was buzzing with a major allergic reaction.

I stripped the bed and found an Assassin bug.

Later, I emailed Mirit - a medical intuitive - with a question about bug bites and any metaphysical connections to them.

Mirit set an appointment with me for Friday. I couldn't wait – this would be my first experience with a medical intuitive!

I would like to share some of my experience here (it is an abbreviated version). Please be aware that this is MY interpretation of MY session with Mirit; I cannot tell you that my experience, or results, are what you will experience – we are each unique.

Mirit had explained that she will meditate, prior to our appointment, to get information/insights for that appointment.

The time had come; with pen in hand, I wrote as Mirit started our session.

Mirit began with the information she received about my physical body. She saw that the venom (from the Assassin bug) was traveling through my system in my bloodstream. This was creating problems with my heart (which I already knew, and had made an appointment with my naturopathy), and with my lungs.

Mirit provided some possible actions for me to take to help alleviate some of the imbalances.

She then went on to Archetype information for me (another first for me!).

The Assassin bug fit into both the Assassin and the Vampire archetypes.

For me and my experience:

Assassin aspect playing into what I call "Persecution Syndrome" (quite a few energy workers have this – where they have a fear that if they shine their Light too brightly, someone will try to put that Light out), hence the 'assassination attempt' by the Assassin bug.

The Vampire aspect (the Assassin bug sucking my blood) is based on me 'inviting' the vampire in - - meaning I invited in anyone who seemed to like me – stemming from my childhood need to be liked.

Can you see a pattern here? I created these scenarios (though not consciously) through my actions and thoughts.

Mirit interpreted **Cont'd Pg 2**

Book Review- 'Do Dead People Walk Their Dogs?' by C. Bertoldi

'Do Dead People Walk Their Dogs? : Questions You'd Ask a Medium If You Had the Chance', by Concetta Bertoldi. © 2009, Harper. ISBN 978-0-06-170608-0.

What a delightful book!

Concetta, a medium, brings her earthly clients messages from those who have crossed over.

In this book, she answer's questions that she has been asked as

well as sharing some brief stories others had shared with her.

Some questions she addresses are: "Do our pets reincarnate, like humans do?" - "What is the most difficult thing about being psychic?" - "Why do we have certain people in our lives?" – and much more!

Concetta answers these questions candidly; sometimes using examples to help explain the point; and her sense of humor occasionally pops out.

I really enjoyed reading about her perceptions and experiences; she touched on a variety of topics.

My favorite passage from this book:

"Sometimes in order to be your best self, you do need to separate from a person or situation..." (p. 69)

I recommend this book for all.

June 14, 2009

– and brought to my conscious mind – what I created so that, with her assistance, could correct this pattern.

Mirit wanted to address my asthma next. She explained that asthma is a protective method, and can be linked to overextended fight or flight.

She had me get into a relaxed state – and here comes the really cool stuff – we began exploring my asthma. (Please remember, this is an abbreviated version.)

She had me recall the memory of my asthma attack connected to the Assassin bug – and to feel it again. Next, she directed me to go to an earlier time where I had experienced those same sensations.

I had previously linked my asthma to a past life in a WWII concentration camp – so it was no surprise to me that that's where I went next.

Mirit again directed me to go even earlier. I 'saw' myself in the ocean, drowning. (I didn't have much detail, except that I felt I had fallen overboard or was pushed.)

Again, I was directed to go earlier. This time was Pompeii (or perhaps another village that had been in the path of an erupting volcano). In this lifetime, I 'remembered' thinking, "If I don't breathe, it won't hurt."

Again further back.

This time I was a proud cocky teenager living in the jungle. Here my lungs were fine, so we moved to my death in that lifetime; it was there that we found the roots of my 'protection creation'.

I had been bitten by a poisonous snake, and at the moment of realization, I felt I had betrayed myself; if I hadn't been so cocky and feeling invincible, I would've been paying attention and seen the snake.

It was then that I set up the unhealthy protection mode for myself – one that followed me through multiple lifetimes and into this life.

This 'protection' is where I created my asthma. It's purpose? To help me from being distracted so that I wouldn't miss the 'danger' signals in my lifetimes. In other words, to pay attention at all times.

Mirit walked me through a release and recreating exercise.

When we finished, I felt great! My chest felt open and relaxed and the rest of me was basking in an overall feeling of well-being.

I was relaxed and comfortable with Mirit. Her energy, to me, was very gentle; she was very well informed, both with what she 'received', and with how to address and work on that which she received; she also had a warm sense of humor.

I can narrow down my experience with Mirit Eder-Turley in one word: "Wow!"

I highly recommend Mirit's services as a medical intuitive.

Follow-Up

I was talking with a friend Sunday night, relating my experience of the past week – and realize I was forgetting details, such as which day what occurred. It was similar to when you had a dream, but as the day progresses, you begin forgetting the details of the dream, until the dream memory is no more.

I realized that it was all well and good; I didn't NEED those memories anymore.

Release, release, release...

Questions to Mirit:

"What prompted you to become a Medical Intuitive?"

First and foremost, I am a healer. I became a Medical Intuitive to get the language I needed to be more effective as a healer. Seeing energy blockages and discolored places in a person's body was not enough for me. I needed to be able to speak in the language of dis-ease. I also wanted to refine my approach to be more accurate. As a healer, I always used some intuition to guide me. Medical Intuition helps me speak to people who are suffering or stuck in their lives in ways that their mind understand. I went through a 4 year training with Caroline Myss & Dr. Norm Shealy. That training was intense, the process itself was not easy. Everything I knew about myself had to change. Today, I have no greater pleasure than to watch people empower themselves to great health and joy in their lives.

"While you are working with the client, are you able to see, sense, know or feel the adjustments (re-alignments) taking place with your client?"

My intuition is mostly a "knowing", however I am able to see, hear, sense and feel. On rare occasions smell and taste also come to me during an intuitive session. When I work with clients, I work to empower them, so I track their adjustments and realignments without getting involved too much, as to not influence them in the direction I want them to go. I track them to the originating point of a disease then I watch the play unfold. The client does all the work, I believe this is what makes a session very powerful.

"What one thing would you like readers to know (ie, words of wisdom to share or insights you have gained while being a MI)?"

There are so many things that I've learned as a Medical Intuitive and there are so many more things I've learned from my clients.

Never underestimate your power, intuition and faith, it will always lead you somewhere special. Spirit has greater things in store for you than you can imagine, so don't get disappointed if things don't go your way or don't come out exactly as you planned.

About Mirit Eder-Turley

Mirit Eder-Turley, CMI, LMT, is a Medical Intuitive, Licensed Massage Therapist, archetype counselor, and practitioner of energy medicine. She has maintained a private practice in New York, Massachusetts, Florida and New Mexico since 1995. She has taught and lectured about the mind-body-spirit connection since 1997. She assists her students and clients in finding the clarity they need to live their potential.

Mirit has been certified by Dr. Norm Shealy and Caroline Myss through The Institute of Scientific Medical Intuition and is a graduate of CMED Institute. Her studies have provided Mirit with a language for the intuitive healing work that comes to her naturally. Mirit uses her intuitive healing gifts and the techniques she has learned through studying directly with master teachers to assist people in every aspect of Be-ing: physical, emotional, mental and spiritual. Her clients include those displaying the dis-ease patterns of fibromyalgia, trauma, cancer, nervous system disorders, lymes disease and chronic fatigue among others.

Some of the techniques, Mirit uses are Reiki, Axiational Restoration (Re-Connection) Inner Counselor, Energy Medicine and Shamanic Practices. Mirit is also well versed in Ayurveda and Yogic practices.

My Work

I have been practicing in the field of energy medicine and human consciousness since 1995. I work as a medical intuitive, providing individuals with an evaluation of the health of their energetic anatomy system and then guide them towards their empowerment.

I guide my clients to discover the many methods for a complete recovery of health. Healing any illness or personal crisis is a complex undertaking. What works for one person may not work for another. What worked at a certain point in time in your life may not work now. I assist in finding the proper mix in healing any illness or personal crisis.

Medical Intuitional guidance is one of the best ways for you to empower yourself in your life, relationships and health.

Mirit has also written an E-Book - "Complete Guide to the Intuitive Interpretation of Muscle Testing", available for \$4.95 at <http://www.miritturley.com/offers/guide-to-muscle-testing>.

Visit Mirit's Web: www.miritturley.com

June 9, 2009

Elissa's Insights

Dear Friends,

Everything's different: the weather, the world, and our own selves. May the changes you see be welcome ones, Have a happy Summer and be in touch,

Elissa



Santa Fe Visitors Alert: There are two new local finds posted on my links page, and they're both free! One will provide an attitude adjustment just minutes from the Albuquerque airport, and the other, hot fun in the summertime at the new Railyard Park.

Summer 2009

The energy of this Summer is volatile, intense, and highly creative. Expect things to take off that you put your energy into: everybody can jump higher in the fiery, light energy of Summer 2009. Nobody will stand for oppressive tactic right now, so if you're being heavy-handed with your own self, or society is being heavy handed with its people, such regimes will collapse under their own weight.

Summer 2009: The Most Likely Time Ever To Change for the Better!...and that's all you have to know about the coming eclipse season, featuring the longest solar eclipse of the twenty-first century on July 22st. At some point soon you will have a heart to heart talk with yourself, get your priorities straight, and powered by the swiftest cosmic kick in the butt this whole century, you'll have an unsurpassed opportunity to drop what dims you, and burn bright like Nature intended.

Significant Signs in the Sky: Uranus retrograde July 1st: Here's what you can expect: Suddenly, you know what you really want for yourself, and realizing that this is the time to connect with it, you make a sudden turn to veer back in the direction of your own heart. People can make dramatic shifts now, going from being externally driven to inner-guided.

Summer Magic Spell: Who especially is going to be saying this Summer, that "life is full of magic?" Those who fall in love, and people falling for each other now will have put in a lot of work and/or thought into the subject of relationships. The other awestruck group will be those who have worked hard and refined what they are very good at, as they are given opportunities, if they are prepared, that can magically change their lives.

Personal Messages for the Astrological Signs

Fire (Aries, Leo, Sagittarius): Commitments or business requires action, follow-through and self-discipline--just do it, it is so worth it! You'll find smart ways to expand into new markets and new places. Assume that what you're involved in commercially and creatively can grow now, expect to find out how, and then commit to act on what you now know. Bingo! You're a bigger success

than ever.

Water (Cancer, Scorpio, Pisces): While in a new environment, an out-of-context place such as on vacation, you have many important insights. It's revelation time! Where you are going and what you want are all being considered anew inside your head. You manifest the changes catalyzed by what occurs to you now in about nine months.

Air (Gemini, Libra, Aquarius): You don't know all the facts, but you are beginning something' and getting information and feedback about it over the Summer. It's looking positive, there's interest in it, it's got legs, it's timely. This new beginning takes more solid shape in September. Expect a lot of communication, travel, and going back and forth. Expect and also ask for feedback about whatever it is you're starting.

Earth (Taurus, Virgo, Capricorn): There's something changing about your material circumstances. A new arrangement is on the horizon: you're either moving, or going back and forth, or spending the Summer accommodating and getting used to your new situation. It's stop and start, but basically you're getting what you've wanted and deserve.

Aries: Your concern in the beginning is about whether things will keep growing and going...whatever happens, it looks like you successfully adapt. Some of you will be struck at how your life is changing...there's a fearlessness about you, and you're considering really different directions. You can't think too far ahead though as you could get in your own way trying to figure out too much too soon. Let the experience of new circumstances tell you what to do. This Summer brings happiness, although that's hard to believe at first.

Taurus: Your life has improved recently, and that trend will continue through the Summer. Business is picking up, you're more at ease, and relative to the Spring you're on much higher ground. One secret of your success is that the direction you're now going, the choices you've made, are much more true and right for you. However, they set you up for even more change--you can handle it, you're doing great!

Gemini: Your recent creative or professional work attracts new opportunities. More people become aware of you. Something that you do has quite a wide appeal and interest in it is growing. Expect the action around your efforts to increase in August...in short, there's a positive cumulative effect from all you've done that emerges this Summer, so keep up the good work.

Cancer: This Summer you set things up to do better financially. The world continues to invite you places in your official capacity, and the higher powers urge you to see yourself in the most favorable light possible, as you correctly sense you could be more successful than you've ever been. Boldness is required

for success: you need to make a leap of faith to bring something out or move in a new direction.

Leo: In a significant way, the "you" that you've known is definitely over. What takes its place, and can seem to come to the rescue, is a higher version of self, and you go through an integration process until September. Don't pay any attention to the ups and downs of this transition period, things will be better than fine, and you'll know true love--not necessarily with another person, but between you and your divine self. You will feel more on your own or alone than usual as this new strength develops. Self-mastery, here you come!

Virgo: Either you actually take a trip, or this is when it feels like you really get going in your life. Let yourself be guided by new influences and a healthy desire to reach out and connect. There's love and fulfillment awaiting those who let go of their apprehension and go with the flow. Excitement is in store if you go outdoors! The way is clearer now also--it's easier to make plans and know what you're seeking in life.

Libra: By September, things are very different for you. You've gotten over a lot of fears or self-doubt, and your plans are bigger and bolder. There seem to be a lot of practical decisions to make. What are you going to do the knowledge that you have now, where do you belong, and what needs to be done at home? Other key issues are security in general and your personal relationships in particular...there's a lot going on before you forge ahead in the direction you decide to go.

Scorpio: You now understand or you're figuring out just how to successfully carry out a plan that means a very big change in your life. You feel a lot safer or more comfortable or better about taking off in this new direction, and its details are clearer in August. What you figure out for yourself brings you peace.

Sagittarius: You're restless this Summer, between connections, and not sure where things are leading to. A more positive spin on this betwixt and between time is that you are on a very different adventure than you've been before. You may not find a place to land emotionally for awhile, but bear the discomfort of not knowing, as a satisfying situation is out past the horizon. It just takes getting to, and to do that, follow your interests!

Capricorn: You get a go-ahead that you've been waiting for; you're definitely moving in a direction that you've desired. The force is with you! You will have the opportunity to assume a position or role in life that you know is right. You're going to be very happy with what comes to you and what you create for yourself this Summer.

Cont'd P. 5

Time To Wake Up

By now, the majority of people, especially the ones that understand that we are living what the Bible refers to "The Last Days" are experiencing things that leave you in awe. There should be no doubt anymore. I know for me, incredible things are happening so fast, and by the time I sit down to write these experiences down, they seem out dated.

I wanted to write another eBook, and call it "Are you sleeping through the greatest time of your life?" However, I realized that there are several books available on the subject, and also there are unlimited resources on the internet for those that are truly seeking truth. To be honest, in the time it takes me to write, edit, edit, edit, and edit again, valuable time is going by. I believe I can be of better service through this blog. The information is fresh, and you can and should easily check my resources.

My father used to be a fitness nut. We lived in a ranch house. It was a very large four bedroom, three bath house, and it had a hall that went the entire length of the house. My Dad used to get up at the crack of dawn and march up and down the hall singing "you gotta get up, you gotta get up in the morning".

I have to be true to what my gut tells me. My writings HAVE to be straight forward, no nonsense, no candy coating fact. The truth of the matter is, I was pulled out of bed at 3:30 AM to write;

ITS TIME TO WAKE UP .

TURN OFF THE AUTO PILOT...

DO YOUR HOMEWORK..

THE TIME IS NOW..

If you're waiting for God to come and transform you with a twinkle of an eye..

YOU MIGHT BE ON AUTO PILOT

If you are hiding behind the theory that there is no right and no wrong and whats gonna be will be..

YOU MIGHT BE ON AUTO PILOT

If you think that science is wrong, or better, you know 2012 is real, but you just don't think a new age could come while you are alive..

YOU MIGHT BE ON AUTO PILOT

If you are experiencing unusual synchronicities, that are very real, and still, you are not listening to the message that is being offered to you..

YOU MIGHT BE ON AUTO PILOT

It's time. By the time 2012 arrives, we have to match the fifth dimensional vibration. Otherwise, we will be consumed and sent back to the three dimensional dark ages that we have come to love and call life on earth. NOT.

I can not grasp who we are, and why we are alive at this time. We have all heard that the angels are envious of us. My God, everyone of us on this earth has the opportunity to become immortal within the next couple of

years or sooner. We have the opportunity to live in harmony, and have only love for each other. No more negative.

We have to get prepared for this. We need to be doing it now. The key is unconditional love, but how many of you out there can honestly say that you live in a state of unconditional love for ALL creation? Every thought and every word out of our mouth, every minute of every day, will determine if we can stand the intensity of higher fifth dimensional vibration. There is no time to waste. Seek truth, get educated, do your part. Nothing is to big or small.

My passion is to write. I know from the core of my being, that I have to try to wake as many people as I can. For right now, posting on this blog is the way I am shown. I have been somewhat lazy about doing it, or possibly lack the confidence to trust what I am shown through spirit. I don't know. However, I am going to be more consistent because its important.

I would like to ask something from all you readers. I know that this blog is very popular, and a lot of very knowledgeable , spiritual people visit this web site. My intentions are sincere. I am most humbly searching for truth like anyone reading on this website. The information must be accurate, so please, if you read something from me that is questionable, PLEASE comment. We are all in this together.

Peace and love

Liz Cook

June 23, 2009

What Are Animal Totems?

These are our animal guides in this lifetime; and just like our guides, we usually have at least one that is with us through out this entire lifetime.

We also have 'specialty' animal totems that show up during different times in our life to help: lend us support; bring inspiration, or a message; or lend energy.

For example: Big cats (ie the Mountain Lion) and Dolphin have been with me for a very long time. These are the types of energies I needed in this lifetime; they help support and guide me.

Giraffe came through once during a reading I had received from a psychic; its message was for me at that time in my life.

What are some ways for you to find out about your animal totems?

- 1.You can have a reading done by someone who can 'see' animal totems.
- 2.You can use 'Medicine Cards' – or go to someone who uses these cards.
- 3.(This is my favorite!) You can discover it yourself!

Life totems:

Think back over your life. What is one animal (can include insects, etc) that has captured your attention (or imagination) throughout your life?

For me, I could never wait to see the mountain lion or dolphin at the zoo or aquarium. The anticipation of seeing them made my whole body buzz – and when I finally got to see them, I was totally at peace and could spend hours just sitting and watching them.

Do you collect statues, statuettes, figurines or pictures of one particular animal?

Or do you repeatedly dream of one animal?

These could all be clues.

'Specialty' totems:

Today, as I drove out to the dentist's, I saw Lizard. He was animatedly racing across a street.

When I was returning home, a Rock Dove literally flew around my car – as in encircling - as I was driving down the road.

I do not see both of these out and about on a regular basis, so I know to pay attention and

find out what messages they carry.

When I came home, I pulled out my trusty "Animal-Speak" by Ted Andrews (love that book!); and found that Lizard's "Keynote" is "Subtlety of Perception". Andrews writes that one Lizard message is to listen to my "own intuition over anyone else's"; very apropos for me at this time.

As for Dove – "Feminine Energies of Peace, Maternity, and Prophecy" – and Andrews writes "mourn what has passed, but awaken to the promise of the future."

Now, I have only shared a tiny bit of each animal's entry – (Andrews writes a lot more on each animal) – sharing what parts 'spoke' to me.

My husband and I keep this book handy and whenever we have an encounter with a critter, we look it up to see what message it has brought to us.

So, as you go through your day, watch to see what animal brings you a message. Thank them, and look that animal up to see what it means to you today.

June 13, 2009

Cops & Cats

Last week, a dear friend of mine had her two quads stolen; they were recovered, but she had to spend a lot of time with the local sheriff's dept. and the local state police dept. to release the quads.

This week, while cat-sitting for a friend, one of the cats disappeared; possibly slipping out the door when it had been opened. My friend, along with the cat's owner, have been frantically searching for this missing cat.

The same time she was searching for the missing cat, I received a phone call from our security company telling me that the house alarm went off; they also informed me that the sheriff's dept. was en-route to my house. I was totally focused on the welfare of my cat...was she okay? Did she get out?

By the time I was on the main road home, I was literally behind the sheriff cars.

After the deputies 'cleared' the house, my husband and I went in to find the cat, and discussed what had happened. I hadn't locked the front door before I left, and a micro-burst of wind (not sure why they call them micro-bursts – sounds like a semi hitting the house) had popped the door open.

My husband and I also frantically searched inside and out for our cat – and I was frustrated because I couldn't sense her at all (when cat's hide, they HIDE).

I calmed myself and realized that I felt she was in the house. I made one final pass through the house. Lo and behold, there she sat in the middle of the floor in our bedroom.

I shortly received the call from my friend about her trying to find the lost cat there.

During our conversation, she asked me what the deal was with she and I, and cops and cats; what was the message in this? The synchronicity was too blatant; I didn't have an answer for her...until I began to drift off to sleep that night.

The answer popped in loud and clear...she and I were each spending too much time working in the non-physical. In other words, we weren't present here and now; we needed to pay more attention to our physical lives and surroundings.

Some people are seeing/experiencing 'Cops & Cats' in another form...their past.

It's also time to release the past – the past hurts, aches, sorrows, etc. that we feel we received, as well as what we gave. It's time to forgive others – AND forgive ourselves; clean out the baggage we have hauled with us through out the years.

Release the old to make room for the new and to enjoy the 'now'.

Where are the 'Cops & Cats' in your life right now? What do you need to do to release the past and be in the now?

Elissa's Insights - cont'd

Aquarius: It looks like you've hit the jackpot with love, or perhaps you go on a fabulous vacation, or get the opportunity to do what you want creatively. Summer is like dessert, very rich and fulfilling. Yet it looks like your creative self is tuned in to the practical, and that having fun somehow leads to making money or financial stability.

Pisces: Pisces receive help in that money is coming, even though things appear slow at first. Don't push if expansion seems difficult--wait until you have more support. Your involvement in partnerships and the need to create balance in general, perhaps adjusting to new economic circumstances, or going on a diet in other ways, has its dissatisfying moments, but it does look like the benefits of partnership and a life in balance outweigh the drawbacks.

Elissa Heyman practices psychic counseling and healing in Santa Fe, New Mexico, and around the world via telephone. In-person or telephone sessions are available Monday-Saturday. Please visit Elissa's website at www.elissaheyman.com for more information. To contact directly, please call 505-982-3294 or email at elissaheyman@earthlink.net. A full-time professional since 1979, her mission is to provide a helpful and healing service through the healing and psychic arts. Thank you Elissa!

Time to Wake Up: Tip One

My motivation when I write falls into one of three categories.

My opinions or ideas. I get these ideas from all the research from many different people and their views. I narrow it down to what "FEELS" right to me and that adds to who I am.

There are times when I am sleeping comfortably in my Temper Pedic bed, and suddenly awakened at 3:30 AM by aching bones through out my legs, hips, back and feet. I finally get up, and I sit down at my desk to take something for it, and just as suddenly as the pain came, it is gone. At this point I have learned to say ok, what is it? This is usually some of my better writing.

I am pissed off over something or feeling butt hurt over something and I just need to whine a little, and hopefully, someone will offer an opinion that can help me to grow, which brings me to the point of this article.

One thing that I am accepting on faith alone is that we are all one. The bible says to love one another as I love you. We are energy, all the same energy. Our future is all about unconditional love and there will be no more "I", instead, it will be "we".

This is a bit of a hurdle for me because I purposely live in the middle of no where and can go weeks with out seeing people, and when my husband and grandson announced they were leaving on a job for ten days to two

Time to Wake Up: Tip One cont'd

weeks, I was excited. I also have trust issues with people and hold animals in a much higher regard than humans.

To anyone that is scared, confused, shy, lacking self confidence, or thinking that what they have to say is irreverent, this is for you. I offer this tip in love and sincerity because it helped me.

BLOG BLOG BLOG BLOG BLOG BLOG BLOG BLOG BLOG

Start by commenting. Everyone has something to say. We have to realize that in a very short time, life as we know it is about to change. NO ONE knows for sure what it is going to be, but there are people that have made it their life passion to find out. We have enough factual evidence to know that something is going to occur. Even the scientists are saying the "consciousness" word.

It is no accident that we are all here at this time. Together we are going to experience a transformation that has never happened before. This is a new frontier. How do you know that you might be holding a piece to the puzzle that could help all of us? When you look back on your life, I bet you the things that you remember and hold dear to your heart, and will never forget are the very simple and subtle things. I also bet that they are the acts that were done in unconditional love. That's it. The rest are isms.

One of my concerns is that I am not "helping in my community". I thought about joining a group that is sponsored by Dannon Brinkley called the Twilight Brigade. They help dying people cross over. {I also don't like dead people ... but am doing much better} The training facility is in Phoenix, but the trainer told me that if I could gather fifteen people here, he would come here and train us. I don't even know fifteen people here!

Since I started blogging, I have helped people. I have helped myself because true feelings come out when you write. And when you read it back, sometimes, it even makes sense. The other day, one lady contacted Jan, the host of this blog and asked about me. She told Jan that she enjoyed an article that I wrote. That made my whole day. Can you imagine the power of love we could experience if we all could touch each other's heart, one by one?

Jan is a powerful beautiful lady and I am blessed to call her my friend. She is always so careful to respect one's freewill. I on the other hand, am out spoken most of the time. We have the same message, just different techniques in our deliverance.

I promise you have something to say. I promise there is someone that will really appreciate what you say. Can't you take five minutes out of your busy day to make some one else's day?

Peace always Liz Cook

Enlightenment - Ah-Kine - Actualization

By Dagmar Magdalena Ceci

When I was asked to write an article about enlightenment, I thought - "gush, how can I do that?" So much is said about it already - many people have written about it. Is there anything new I can write? Maybe by sharing part of my EarthWalk I can give an idea of what Enlightenment might be....

My consequently walking a spiritual path started in 1998 when both my parents died in a very short period of time. My mother was diagnosed with an extremely aggressive type of cancer, which progressed very quickly. It was a gift for me that we still had enough time to heal our lifelong issues with each other, and that we were able to experience a special kind of closeness that often only dying makes possible. It rids us of all conventional behaviours and attitudes and thoughts, we come to the very essence of our being. During this process, my father- as an alcohol addict -, could not cope with the situation. He went in and out psychiatry, but always started drinking again. So after my mother passed it took not long until he died one night in the street, because he lost his key and couldn't enter his house again. It was cold and he already was ill, so they found him dead on the next morning. Death is one of the greatest teachers and brought me into a deep commitment to find out more about life and spirituality.

First I met Roshi Joan Halifax at a Buddhist Women Congress in Cologne / Germany. As she held workshops about death and dying, I went to see her. Listening to her talks and participating in a workshop, made me wanting to continue studying with her. For several years I practiced Zen and had the blessings of deep and profound buddhist teachings. Enlightenment in buddhist practice is a topic that seems very central to the teachings. Enlightenment is like the fuel that runs the practice-but what is this "Enlightenment" we are striving for? There are many different approaches already in Zen practice, even more when we take all buddhist traditions in account. On my way, to be honest, I lost interest in this question. I felt being here NOW is a task already big enough.

While in retreat with Joan Halifax, I came in touch with women who practiced shamanism and were students of a Native American teacher. After an invite to a Sweat Lodge I felt a deep longing of going deeper into it. But it took me a while to find my own teacher. 2003 I started a traditional apprenticeship with Maria Yraceburu, a Quero Apache HolyOne of the Tlish Diyan (Snake Clan).

In a traditional apprenticeship there are several circles and spirals in personal growth and spiritual re-connection that we have to go through. First we have to free ourselves from the Ego, this part we usually mis-identify with the I or Me, the part that has a lot of "Likes and Dislikes" and very personal intention in all it does and decides. We go through all our issues and, like an onion, get rid of one layer

after the other as long as it takes to be freed from at least the biggest Ego parts and have kind of a sense of connection to our True Self, to our authenticity and to the spiritual source that we might call God/ess - Spirit - Emptiness or whatever. This is followed by a period of time in which we need to learn how to go with the flow, integrate our knowledge into daily life and get more insights about our purpose here on Earth.

Enlightenment in the Tlish Diyan Tradition is called Ah - Kine and means Actualization. People who come to that actualization are called the same, as there is no longer a gap between Enlightenment and the Enlightened person. Ah- Kine means to be aware of our Oneness and Diversity in a profound way. Not in the meaning of a short and spontaneous moment (like e.g. Sartori in Rinzi Zen) but in the moment to moment living our evolutionary role. Of course I know there are moments of Enlightenment ever now and then, spontaneous experiences of Being One. But where does it lead to...? In our times of Narcissism and Egoism as valued attitudes and ways of living, in our times where "being One" is often misunderstood as "I am okay, you are okay" - no matter how I behave-, and the fact that we are all already enlightened on our deepest mindground leads to the thought of "we do not have to work any more on it" - we need more to the concept of Enlightenment. I had dozens of opportunities to observe so called Enlightened Masters or students having these Sartori moments, and I was puzzled by the way they lived...about the amount of sexual, financial abuse and additional behaviour to be found.. Explanations as "don't expect teachers to be perfect" wouldn't work for me. I felt that if somebody is enlightened this should go hand in hand with a authentic, ethical behaviour towards all sentient beings. Meanwhile I understand that Enlightenment might happen in a moment, but if it is not intristically connected to a profound spiritual and personal growth in this person it means nothing but an EgoTrip. It does not serve the community, not the world and not the Universe. Enlightenment unfolds, and only if we join into with ALL efforts to grow personally, become more authentic, live ethically it becomes Enlightenment that serves humanity and All That Is.

Only Enlightenment that is more than just a nice moment of personal feeling and insight can be called Actualization - Ah- Kine....

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Thank you Dagmar! :-)

Book Review - 'Secret of the Saucers' by O. Angelucci

'The Secret of the Saucers' by Orfeo Angelucci, Amherst Press, 1955. (Currently available, combined with his second book, 'Son Of The Sun: Secret of the Flying Saucers'; publisher, Inner Light, 2008. ISBN-13: 978-1606110041.)

Angelucci's writing held me captivated from the "Forward" through to the end of this book.

Angelucci's first contact with 'space visitors' and UFO sightings occurred in 1946 - and in 'The Secret of the Saucers', he wrote of how, and why, he had been contacted; as well as how these visitations had affected him.

Angelucci also explained that during one of his visitations (including physical missing time), his visitors had explained the Lucifer Rebellion* and told Angelucci how he had been involved, and that he was progressing nicely.

What really fascinated me was that his story began in the late forties and he included: some of his experiences; the reactions of others around when (ridiculing, dis-belief, etc); the government having controlled the press when there had been mass sightings, etc. - - and these are still very common today - over 50 years later!

I recommend this book.

*(In a severely shortened explanation here - Lucifer Rebellion is a theory that those who were in league with Lucifer to overthrow heaven {the Fallen Ones} had been sent to Earth to work towards spiritual re-union with God. Though I, at this time, disagree with this theory, I cannot debunk it.)

June 28, 2009

Multi-Tasking in my Sleep

Things are happening so fast. In the past, experiences of the paranormal would happen occasionally, but now, it seems like every person that I am in contact with, whether it be a close friend or the local cashier, something "booga booga" happens. Wow, what an awesome time to be alive!

For many years, I have known that you create your own reality by the very words that come out of your mouth. There are no victims, every reality begins with a thought. If you change the way you look at life, your life will surely change. Today, we don't even have to believe, our creations are manifesting almost instantly. I love it!

I was reading an article about the fifth dimension. The information was channeled from one of the sacred sites that is located around the Mt Shasta area, in Northern California. I thought the article was really good. It was basically a plea for our civilization to wake up and get ready. Jesus is coming!

In the article, they also say that for those who ask for guidance through wisdom, if you go there in prayer, you won't be denied. These teachings are done while you sleep, and the teachers are from the inner earth. They live in the fifth dimension. It would probably help you tremendously if you read the article before you continue.

<http://www.lemurianconnection.com/en/channel/message-from-adama-morya.htm>

I wanted to experience the teachings that were being channeled, so I decided to try to connect with this enlightened being.

As I went to bed, I prayed or meditated {same thing} that I be taught in my sleep. After a few minutes into this, I fell asleep. I didn't dream, but I knew that something was going on. The feeling was very intense, DENSE, I was very dizzy, and I was so cold, which is never the case for me at night. I would start to wake up just long enough to see that it was real. I knew that I had to stay very still or I could get hurt or possibly even die, and it seemed like I had no choice to but to go with it, because I was there, I made that choice long ago. My experiences were done telepathically, on a level that can not be properly translated into three dimensional language. It was like a feeling of knowing. When I awoke the next morning, my body felt like I had been beaten up. I went to lift my dog onto the bed, and I couldn't pick her up. When I went to get into the shower, I had two bruises on my stomach that weren't there the night before.

The overall feeling that I felt about the experience was forth dimensional, walking between worlds, I vaguely remember thinking that you don't want to be there, but I have no idea why I thought that.

The next day, when I went to bed I prayed that I be taught in my sleep. This time, I had a tour of the fifth dimension. I say this because as I woke up, "A peek into the fifth dimension" was my over all thought. Like the previous night, it was on a telepathic level. It was a feeling of pure love, beauty, and oneness, through out the entire experience. I woke up in a state of appreciation for living, and I felt homesick. It was an awesome ride.

What I am coming to realize is this; We are Gods chosen people. Each and every one of us is going to experience the Dawning of the Age of Aquarius. We are going to be transformed, it has already started. And it hurts. We have the ability to do great things, that even the angels envy.

However, to much that is given, much is required. Pretty much all three dimensional behavior will not be able to survive. Its time to wake up. Its time to get ready, and it is so worth it.

Each one of us is going to be tested and tested by the very thing that we are the weakest in. For me, it's my kids. I am true to my school when it comes to my family. I have also been a pretty heavy smoker for some thirty five years. I have tried to quit in the past and made it about four days. I really think that during one of the nights that I wrote above, something happened to me. I realized that I have an addictive personality, and I am sure that doesn't fit into the Golden Age. My desire to get this next few years right is my priority, so much so, that my desire to smoke left. I haven't smoked in almost a month and I don't miss it.

Bottom line is that one of two things is going to happen to each and every one of us within the next two years.

We raise our vibration to meet the New Age. Time is so short now, that regardless of what you have to let go of, loose, or what ever you want to call it, there is sufficient help to get you through it. I used to tell my daughter and her friends that I didn't understand how anyone could not graduate from high school, when all you have to do is show up. Look at the big picture. Make a conscious effort to seek truth and love. Do this with every thought and word, every moment of every day. You will find that what you thought you knew nothing about six months ago, you now are. That is raising your vibration, and you can not fake it.

Or, remain the same. Stay a slave to your ego and in a parallel universe, there is another 3D world waiting just for you with all the BS and injustice and negativity that we have now, if you haven't had enough. People that don't or can't take 2012 seriously won't make it... this time around.

There are so many people, and spiritual teachers, guides, your own intuition, etc that are happy to help. I am finding the whole process very fascinating. It's better than

watching a good sci-fi movie, except you are living it. How cool is that?

See you on the next one.

Peace

Liz Cook

June 23, 2009

Liar, Liar, Pants on Fire!

Do you know when someone, even a stranger, lies to you?

When I was a young child, I learned about lying when I heard someone say one thing, and 'heard' what they were thinking. Often, the two didn't match; very confusing for a child.

I began trying not to 'hear' others' thoughts. Instead of 'hearing' the thoughts that conflicted with the words, I would get a tightening (or pinching) sensation in my abdomen (solar plexus region) when someone would lie.

Conflicted and confused, I quit trusting humans and began spending time with the animals in nature. It was an honest and refreshing experience; I discovered that animals do not know how to lie.

As an adult, I learned I could tell that if someone was trying to be sneaky (preparing to do, or doing something they knew they shouldn't be doing), I would get a similar sensation, or would get what I call "warning bells".

Now, when someone begins telling a lie, my mind sings, "Liar, Liar, Pants on Fire!"

When my daughter became a young teen and would have friends over to the house, she would often tell them "don't be sneaky; don't whisper and don't lie because my mom will know right away."

When a person lies (or tries to be sneaky or deceptive), the whole energy around their body changes – and (to me) this behavior also literally changes the atmosphere in the room. Whether it is a little lie or a big lie, it changes the speaker's energy.

More and more people are sensing or 'hearing' other's lies – especially today's children. Children of today are so psychically sensitive that you must not lie to them! This is very important to today's children.

On the whole, the person lying only fools themselves.

Let's all learn from the animals, and small children – be honest and true to yourself and others.

June 2, 2009

First Past Life Regression

I had my first past life regression in the 1980's. The past life I re-visited helped to explain my then relationships.

Here is a brief on the past life regression:

At age 10, I was living in W. Virginia and my name was John or Johnathan. I lived with my mother, father, younger sister and Papa (my father's father).

I realized that I didn't like my mother in this lifetime; she berated my father and grandfather. Papa taught me about the uses of berries, roots and leaves to help people.

At sixteen, Papa died and I was crushed. My mother had said to me something along the lines of that it was best that he died, so now maybe I would finally do some real work around here.

At 25, I am married – I have a beautiful wife and daughter, and another child on the way.

The regression next jumped to me lying on the ground, I was wearing a uniform and feared that I would never see my family again. I had been shot.

I was fascinated by this regression – but had no full names, dates or location in W. Virginia – so I set aside the notes on the regression and forgot about them....

...Until 1990, when I made a trip to W. Virginia to help a friend's friend with some animals on their property (information on the animal aspect is found in "Undefined Reality" – the animal communication chapter).

While there, I and a friend went for a walk

on the vast property which was nestled in the mountains.

We came across an old house – my house! My heart was racing! I stood outside and had my friend go into the front door. I yelled to her the location of the stairway, directions to the kitchen and other rooms in the house.

She confirmed them and exited the house. I remained where I was and directed her to the left side of the house to where a well should be. It took a bit of searching through the overgrowth, but she located the now covered up well.

I couldn't believe I was standing in front of the house from my first past life regression! But I didn't see the barn. I closed my eyes to remember the past scene. I turned around and began walking away from the front of the house, and shortly found a pile of lumber on the ground. I had found the barn.

We went back to the hosts' house, grabbed my camera and took some pictures.



When we excitedly told our host what we found, our host explained that the barn was flattened just a short while ago; it had become

unstable.

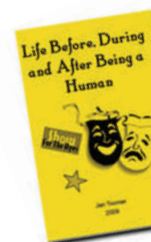
For me, it was an adventure of a lifetime.

I never revisited that past life again – though my curiosity has many questions; but I realized that I had learned what I needed to learn about the past life and correlation with the same people in this lifetime and a better understanding of those relationships.

For those wishing to explore past lives, I highly recommend that you find a certified, licensed hypnotherapist to be your guide on that journey.

The past life you revisit more than likely has issues which you have brought forward into this life, and you will need someone qualified to safely assist you in the healing aspects of that journey.

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www.metaphysical-studies.com/blog

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.

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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.

Currently, the blog <http://www.metaphysical-studies.com/blog> is accepting volunteer metaphysical or spiritual related articles - space provided. Articles that are submitted, and accepted for the blog may also be used in this newsletter, space provided.

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