

**Reality
Undefined
LLC**

Reality Undefined Newsletter

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Wondrous Times? Indeed!

Many people are experiencing the feeling of time speeding up. The hours, days, weeks and months seem to fly by...days seem shorter.

One change that is occurring now is the time it takes for thought to manifest into our reality is a whole lot shorter – some may be seeing this the most in regards to karma (what you do to others will be done to you) – some may be noticing that their small “wishes” are becoming reality.

The biggest change I have seen has been with metaphysical abilities.

As a child, I didn't know the terms metaphysical, psychic, mediumship, healer, farseer, clairaudient, clairvoyant, empath, psychometrists, sensitives, etc. But, that is what I did.

When I began teaching others about metaphysical abilities, I would often see one primary ability, and perhaps one or two secondary abilities. All that began to change about two – three

years ago.

No longer are people manifesting one primary ability with possibly two or three secondary abilities. The abilities are merging; overlapping; delineation of the boundaries between abilities has become blurred.

We are all becoming multi-talented (sensitives); and new abilities are emerging – abilities never witnessed in the history of mankind.

Some examples of what I have seen emerging (and it's still very new to me, so I do fully understand them yet) are:

Some healers are currently learning – through trial and error, as well as with encouragement and support from their guides – how to heal in ways man has never done before.

Another example is the 'weaver'. A weaver is able to pull different energies and weave them into something new. I liken it to making a new recipe for whatever a situation may call for.

I am quite sure there are other 'new' abilities that I have not yet run across.

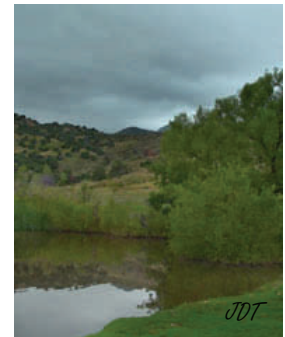
And mankind is getting assistance from every direction – including animals, plants, minerals, etc. – as well as non-earthly assistance.

Are these wondrous times we live in?

Indeed!

Jan Toomer

February 4, 2009



Metaphysical Book Review - 'My Descent Into Death'

"My Descent Into Death: A Second Chance at Life", Howard Storm. (C) 2005, Doubleday. ISBN 0-385-51376-3.

Storm began his story in Paris with his wife - in a group tour in Europe.

It's in Paris that Storm becomes ill - a perforated stomach - which lands him in a Paris hospital, and where his illness remained untreated for many hours. Storm

said he died while awaiting treatment, and then descended into the 'gateway' of hell. After some terrifying experiences there, Storm heard a voice which told him to "Pray to God".

When he did, he was lifted up and brought to the other side where he began his fascinating journey with Jesus and angels.

Storm asked questions, learned and grew on the other side...and when it was time, he went back to his body.

This is Storm's re-telling of that experience, as well as what happened after he 'came back'.

Storm's experiences led him to become an ordained minister; at the time of this book's release, he was a pastor at Zion United Church of Christ.

A more religious view on a return from an NDE.

This was a good book, and can recommend it for all levels.

Jan 'JD' Toomer

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Carrot, Eggs or Coffee?

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved, a new one arose.

Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to boil. In the first she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans.

She let them sit and boil, without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl.

Turning to her daughter, she asked, "Tell me what you see."

"Carrots, eggs, and coffee," she replied.

Her mother brought her closer and asked her to feel the carrots. She did and noted that they were soft. The mother then asked the daughter to take an egg and break it. After pulling off the shell, she observed the hard boiled egg. Finally, the mother asked the daughter to sip the coffee. The daughter smiled as she tasted its rich aroma.

The daughter then asked, "What does it mean, mother?"

Her mother explained that each of these objects had faced the same adversity- boiling water.

Each reacted differently. The carrot went in strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak.

The egg had been fragile. Its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its inside became hardened.

The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water.

"Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?"

Think of this: Which am I?

Am I the carrot that seems strong, but with pain and adversity do I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell

look the same, but on the inside am I bitter and tough with a stiff spirit and hardened heart?

Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor.

If you are like the bean, when things are at their worst, you get better and change the situation around you. When the hour is the darkest and trials are their greatest, do you elevate yourself to another level?

How do you handle adversity? Are you a carrot, an egg or a coffee bean?

May you have enough happiness to make you sweet,

enough trials to make you strong,

enough sorrow to keep you human and

enough hope to make you happy.

The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way. The brightest future will always be based on a forgotten past; you can't go forward in life until you let go of your past failures and heartaches.

You might want to send this message to those people who mean something to you; to those who have touched your life in one way or another; to those who make you smile when you really need it; to those who make you see the brighter side of things when you are really down; to those whose friendship you appreciate; to those who are so meaningful in your life.

May we all be COFFEE!

Author Unknown, please feel free to pass on =)

Posted by "Lili", January 22, 2009

Parental Bragging Rights

Just a personal note - I am playing my 'Parental Bragging Rights' Card. My daughter, JoAnna, has been invited to join the Phi Theta Kappa International Honor Society.

She excitedly called us to let us know, and was filled with questions.

We all had a good laugh after I had to tell her that we never made grades good enough when we were her age to be able to tell her anything about honor societies. Made her day!

So, we are very proud of her and her accomplishments!

The Law of the Garbage Truck

One day, I hopped into a taxi and took off for the airport. We were driving in the right lane when suddenly, a black car jumped out of a parking space right in front of us. My taxi driver slammed the brakes, skidded, and missed the other car by just inches! The driver of the other car whipped his head around and started yelling at us. My taxi driver just smiled and waved at the guy. I mean, was really friendly. So I asked, "Why did you just do that? This guy almost ruined your car and sent us to the hospital!"

This is when my taxi driver taught me what I now call, 'The Law of the Garbage Truck'. He explained, "Many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment. As their garbage piles up, they need a place to dump it and sometimes they'll dump it on you. NEVER take it personally. Just smile, wave, wish them well, and move on with the routine life."

Don't take their garbage and spread it to other people at work, at home or on the streets. The bottom line is that successful people do not let garbage trucks take over their day. Life's too short to wake up in the morning with regrets, so..... 'Love the people who treat you right.. Pray for the ones who don't.'

A very rightly said quote: Life is 10% what you make and 90% how you take!!!! - Anonymous

Reprinted with permission from Mary Powers -Posted by Mary Powers Monday, January 12, 2009 -Mary's Musings at <http://marypowers.blogspot.com/>

Articles Wanted

Currently, the website

www.metaphysical-studies.com

and the blog

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

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

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

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

Elissa's Insights

Observing # 1

Spiritual Guidance and Divination for March 2009

Dear Friends,

This newsletter begins a new format, to make use of the organizing capacity of my new blog : I'll post all the predictions for different locations or events there, and the spiritual guidance and personal astrological messages will be here in the monthly newsletter. So, if you're a predictions fan (this month they include Mexico, the Mid-East, the U.S)--go to: www.elissaheyman.com/blog (If anyone else out there has visions of external world happenings they want to share, please post them, I'm curious.)

Also on the blog is an article about an event that felt important to me, the lining up of five planets in Aquarius on February 17th, in the same planetary positions described in the '70's hit song, "The Dawning of the Age of Aquarius". It outlines how people change now, what they're likely to go through on the way to a more enlightened place.

I'll be here in Santa Fe for the next little bit, watching the city get ready for its 400th birthday party. I'll be out of town April 29-May 5th, running around the New Orleans JazzFest.

Have a Happy Spring!

Best wishes, Elissa

General Spiritual Guidance for Spring 2009

Number One: Let yourself off the hook from the job of saving the world and to tend to the care and well-being of your own self. Is there anything you need to function better? How's the chair you sit in? Is it good for your back? Do you need to get tested for anything? Have you incorporated exercises into your daily life that you've been meaning to? Take care of yourself and do for yourself, in March.

Expect to realign partnerships: Because divineness is sure to follow if you don't share values, expect to re-align, make adjustments to, or change partnerships if you and your partner are not on the same page. In the process, practice communication skills, emphasize trying to create ways that work, first.

Reach out to people this Spring: Make new friends, enter new social experiences--catch the spirit of adventure that's in the air, urging people to go and get involved in something new—it leads to more pleasure and a richer life. Spring is a feeling--something is happening-- in everybody's heart in March.

In the Air: This seems like a time that you either change, or something happens to you anyway that creates a change--everyone's bending and growing in some new way, and entering into new partnerships with themselves. If you don't know what to do, do nothing for a minute, just be still and see what occurs to you when you stop and get calm, and feel open to choose.

The Pictograph: To interpret, it looks like there's an event or an angry outburst on a very large scale that involves a lot of people, and it is both a surprise, and something to be expected.



Psychic Guidance for the Astrological Signs - March 2009

Water (Cancer, Scorpio, Pisces): You have passed some test; something is very likely to work out well. You get a significant go-ahead from the world, and you might even get to tour it!

Fire (Aries, Leo, Sagittarius): Fire signs have questions about their changing identity--they're very aware of personal change. It's an experience to live through, not so much ask questions about. Only living through it and making choices makes it clear.

Earth (Taurus, Virgo, Capricorn): You deal with changes in partnerships, if they are not supportive, and more is clearer later in March. Not a good time to spend money to increase business. Wait to see what is actually happening before acting.

Air signs (Gemini, Libra, Aquarius): Now is the time to accept the truth, and find out what partnerships are glued, or where you need to go. You are emboldened to act on your awareness of the bigger picture and follow where fate points.

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

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Thank you Elissa!

We've recently had a young lone coyote appearing around the outside of the house. We had guessed s/he was looking for rabbits and hares, since coyote was following their well known trails.

I looked out the window and saw coyote with nose to the ground apparently having caught the scent of a hare. I watched as coyote zigged and zagged, following an erratic trail.

Movement a short distance away caught my eye. The hare was watching the coyote! If the coyote -- nose still to the ground -- got within 5 to 10 feet of the hare -- the hare would zig-zag another few feet and stop; always watching coyote.

Several times, all coyote had to do was lift his head, look ever so slightly to the right and he would be practically face to face with hare.

But coyote kept his nose to the ground, utilizing only his sense of smell to hunt his prey.

As humans, we also do not utilize all of our senses to their potential. How much as we missing by using only a small portion of our capabilities?

Hmmm.

Jan Toomer

February 11, 2009

"Life is a succession of lessons which must be lived to be understood."
Helen Keller

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

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

Call 575-382-4576, or

E-Mail - jdreading@cox.net

Observing #2 - Do Not Disturb

When I was younger, I would go 'people-watching'. I'd go to the mall, literally sitting and watching people go by. I watched how they walked; if they were with others, I watched how they interacted with them; and watched to see if people were paying attention to their surroundings.

I'd wonder if they were having a good day or bad, and if they were just existing – going through the motions.

I began to realize that most people walked around with a "do not disturb" bubble around them. They cut themselves off from their surroundings. Their goal was to get in, get what they came for, and get out, with minimal interaction.

I then began watching outside critters – rabbits, birds, lizards, insects, snakes, etc.

Out of every creature I watched, I realized that not one of them had a "do not disturb" bubble around them. Sure, they don't interact all the time (everyone likes some down time!) – but not one had the self-isolation bubble that I saw so frequently with humans.

The majority of critters, even when they appeared totally self-involved, were not. They were aware at all times.

Yeah, survival techniques; I got that. But, they were also in touch with their environment. They were AWARE.

When did so many humans lose that? Can we get it back?

Jan Toomer

February 25, 2009

Book Review - Shadow Matter

"Shadow Matter & Psychic Phenomena", Gerhard D. Wasserman, PhD, FIMA. © 1993, Mandrake of Oxford. ISBN# 1869928326.

Gerhard proposed that we each have a physical body and a shadow matter body – and it is the shadow matter body that is the part of us that leaves our physical body for OBE's, etc.

Gerhard's thoughts on shadow matter can offer alternate explanations for psi phenomena, such as telepathy, apparitions, etc.

Wasserman went into: neurons, photons, electrons, etc. and their counter-shadow parts.

He also used case studies to present his theories.

This was an interesting book.

By Jan Toomer

January 28, 2009

Empaths

Empaths – or those with empathic abilities – can feel or sense someone else's emotions...sometimes as if they themselves owned those emotions.

This depends on the degree of their empathic ability. Strong empaths can absorb the emotions and/or feelings of those around them (or even the residue of someone else's emotions). Other, not as strong empaths, can usually sense others emotions.

With that being said, I am now going to step up onto my soapbox....

Someone recently sent me some keywords to look up on empathy. I was horrified by some of what I saw!

Some people look at empathic abilities to be linked with mental illness or mental instability!

Okay, I am all for 'everyone has the right to their own beliefs' – but this one does not set well with me. First, if you are just investigating the possibility that you are empathic and run across these kinds of statements....ouch!

I am going to explain why else this kind of thinking bothers me.

A mother usually exhibits empathic abilities – in varying degrees – with her child. "Mother's instinct" is acceptable, and not considered mental instability.

Most pets are empathic. "Picking up" on

their owners moods, feelings, emotions seems to be acceptable. I am pretty sure it's not mental illness.

Soldiers, police/peace officers, etc. are often heard relying on "gut instinct" or "gut feelings" – and it often can save lives. So, when they pick up emotions, feelings, etc. from others, is it that they are mentally unstable?

Come on....

Another angle on this is that perhaps mental instability arises from the fact that empaths – in varying degrees (meaning not every empath) – can sense/feel others emotions so strongly, it may make it difficult for the empath to distinguish between their own feelings and those belonging to someone else.

(Getting down off my soapbox...)

Extremely sensitive empaths may get overwhelmed by too many outside emotions; I will agree with that. Shielding (protection exercise – can see the shielding exercise here) can help reduce the act of absorbing so much of others' emotions.

But being empathic BECAUSE you're mentally ill!

Please - be real.

Jan Toomer

"An Unconventional Journey on Finding My Lost Dog"

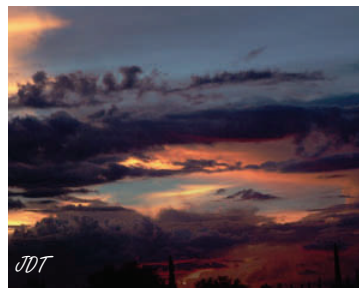
A dear friend of mine, Liz Cook, has recently released "An Unconventional Journey on Finding My Lost Dog". This is a poignant story of one family's dog being dog-napped. The family persevered, even using psychic and medicine man to help find family pet.

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

This is a free E-book. You can read the Cook family story here :

<http://twitclicks.com/sf1x>

Thank you Liz!



'Each of us has deep within the knowledge of all things, and when we are ready to remember, the knowledge is there to be known.'
The Essene Book of Days

Want More?

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

www.metaphysical-studies.com

And at my blog:

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

Click on the links and check it out!

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.

Poetry/Prose

I recently dusted off my old journals. When I was younger, I would write what I learned, observed, experienced, 'saw' mainly in the form of poetry or prose. I have begun posting these on the blog - most with explanations of what had transpired. I will share some of those with you now.

Lost Dreams

Once a shining star
for which you headed...
now a dim reminder
of what you have not.

Looking back, you weep.
Time was contradictive -
agonizingly slow - yet
the years sped by.

A hope for a once
naive child, gone -
swallowed by adult
disappointments.

It's no wonder you've
forgotten how to smile -

You're the Keeper of
Lost Dreams.

This, and "Lost in the Dark" refer to the
same person - and the understanding of
'her' was given to me in the same evening.

Jan Toomer
(JUL98)

Lost In The Dark

Alone, with my thoughts,
in the dark of the night.
My family lost in their
own beautiful dream worlds.

Then,
I was given a glimpse
of 'her' pain...
I cried for her.

Cont'd

Her bitterness overshadows
any happiness she might
have allowed herself.

When she sleeps, she dreams
not. She has made herself
forget how to...

For dreams remind her
that her fears and loneliness
engulfed all else.

How sad to be lost
in the dreamless dark,
alone.

(See "Lost Dreams" for info.)

Jan Toomer
(JUL 98)

GEN X

Grey hairs
surround the
no longer firm face.

Wisdom speaks
where rash
words once exited.

The walk more
confident - no longer
hesitant.

Ears clouded
from years of
loud rock.

Lines no longer
crisp, eyes see
beyond materialistic.

Yesterday's teen -
Today's parent -
Tomorrow's elder.

Where did time go?

Variation on the "Maiden, Mother and
Crone"

Jan Toomer (APR97)

GateKeeper

GateKeeper, GateKeeper,
guardian of the door -
Let me pass through -
back to Nevermore.

Keeper of the Secrets
lend me the key.
I need to find, to know -
the real me.

Time Master, set me
free - let me go -
to fly 'twixt and 'tween -
forever flow.

Master of self -
both low and high -
All of the above is
simply in "I"!

We each individually decide when our abilities,
and which ones, we will use in this life.

Jan Toomer
(MAR97)

Mystic Warrior

What is it I'm not seeing?
Why am I so empty?
What am I supposed to do?
This dried up Mystic Warrior.
I dream of yesterday's battles won;
of yester-years accomplishments;
of past goals.
Are all of my goals accomplished?
So where do I go now?
And will I ever dream of tomorrow?

I had lost, and was beginning to re-build my
abilities. I still could not dream or receive
visions at this point - and the 'novelty' of
experiencing life without abilities had long
wore off.

As it turns out, I had left behind the Mystic
Warrior (which is why the reminiscing) to
go on to some pretty cool stuff!

(FEB97)