

**Reality
Undefined
LLC**

Reality Undefined E-Newsletter

Volume 2, Issue 5

MAY 2009

INSIDE THIS ISSUE:

Okay...Shift!

Book Review -

'The Souls of Animals'

Meditation vs Visualization?

The Times, They Are A' Changing

Book Review -

'Return from Tomorrow'

In Loving Memory - The Hardest Thing I Have Ever Written

Does Your Music Sing To Your Soul?

Okay...Shift!

I was speaking with my dear friend and her husband today. We were discussing a shift which began two days ago – and many are still feeling the effects of this shift.

Many are feeling out of kilt, and have expressed a general feeling of unwell, or are downright ill. Others have a feeling of doom, or feel anxiety about losing a loved one. Or fear of losing everything. These are some of the symptoms that have arisen during this newest shift.

Because of this shift, and because of the uncertain times we are all facing, I was requested to write an article about hope during these trying times.

Back in October of 2008, I wrote two articles (on my Google blog) about Mercury going Retrograde while we were in a growth spurt:

Clean Up On Aisle Two Please

<http://reality-undefined.blogspot.com/2008/10/clean-up-on-aisle-two-please.html>

[please.html](#)

More Clarity Please!

<http://reality-undefined.blogspot.com/2008/10/more-clarity-please.html>

Growth spurts are uncomfortable and sometimes painful (remember children teething!). When we go through growth spurts, we are working to shake off the heavier (denser) energy so we can accept the lighter energy.

You a smoker? Ever tried quitting? It's very hard to break habits – and having lived in heavier energy for so long, and now trying to break free of it is not easy either – but it can be done.

Ever see a snake shed its skin? It doesn't just fall off; the snake has to work to slough it off. But the snake does it. It's part of the snake's growth.

We are individually, and glob-

ally, in a growth spurt. We see the old breaking down all around us – and it has to so we can allow the new, lighter stuff to move in.

Think about this...Even if we 'lose everything' – we still have everything! And before you criticize me for this last statement – please think deeply and fully on it.

While going through a growth spurt – fear, stress, anxiety, and not wanting to 'let go' – will only make the transition more difficult and/or drawn out.

If you want to cry, then cry. If you want to scream, go find a place outside (preferably isolated) and let it rip. Get it all out in a constructive way. Do not hold on to fear or anxiety. Allow the old to transition into the lighter and brighter energy.

I do not have all of the answers – and not sure I would want to. But I can tell you that I know this is necessary for all of us – globally.

Cont'd Page 2

Metaphysical Book Review - 'The Souls of Animals'

"The Souls of Animals" by Gary Kowalski. © 1991. Stillpoint Publishing. ISBN 0-913299-84-7.

"Do animals have souls?"

Kowalski provided examples, stories, and his insights and/or observations of animals in an attempt to discover if animals have souls.

Each chapter was assigned a question. Each chapter question was explored within that chapter. Some of the chapters ad-

dressed: death, affairs of the heart; ethics, love; play and self-awareness – in both humans and animals.

Throughout this book, Kowalski offered some interesting observations and also asked the reader thought-provoking questions.

Kowalski offered an exercise for the reader to try – to look into the eyes of another (human or animal) and take note of what you see. He then writes, "What you look upon is a living

spirit." (p. 91)

Do your beliefs include animals having souls? Not sure? Read this book and decide for yourself.

I recommend this book for everyone.

Jan Toomer

April 8, 2009

Jan 'JD' Toomer

Metaphysical Instructor and Consultant

Email: jdreading@cox.net
Web: <http://www.metaphysical-studies.com>

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

Follow Me On Twitter:

http://twitter.com/jan_toomer

Linked In Profile:

<http://linkedin.com/in/jdtoomer>

The Times...They Are A'Changing

I have some wonderful friends who frequently remind (and fuss at) me to share what I 'get' or 'know' – and am repeatedly asked why I don't always share what I get.

Sometimes I don't WANT to share because I do not like being a messenger of what may appear to be 'doom and gloom' stuff. When I get heavy information, I KNOW that there is a bigger picture; not everyone wants to understand that there is more going on than that one single incident. That one single incident is only one small puzzle piece to a greater picture.

We recently experienced a major shift, which put a lot of people through an uncomfortable ride.

We have reached a plateau – a brief respite; however, the growing pains, growth spurts, changes and discomfort are not over yet.

You may be asking, "Why? Why is this happening?"

Human awareness, world-wide, has jumped at a phenomenal rate over the last 5-10 years.

As our awareness (our spirituality, energy vibrations, etc) rises, we create changes in our physical environment. We are seeing this on a global scale right now...the old must be broken down and removed so that we can bring in the new.

But instead of seeing – or better yet, EXPERIENCING – these changes with being scared, angry, or anxious, we really want to create a smooth transition. We may want to see these changes as an amazing adventure

Okay...Shift cont'd

We each have a choice – just as we do for everything else. We can see these changes as a bane; something horrid; dread it; fear it, etc.

Or, we can accept it with grace and warmth. Embrace our ability to adapt, change and grow.

We are marvelous creatures! And, we have each decided to be on earth during this phenomenal change in energy, humans, and the earth. We chose this! No, not as a punishment. God is not punishing you – you are not punishing you – no one is punishing you.

We are here to make a difference – each and every one of us! And I am choosing to embrace my ability to adapt, change and grow with grace.

And you?

April 11, 2009

that humankind has been creating for a long time and is now finally beginning to manifest. We all agreed to be here for the wonderful expansion.

We really are creators!

And, the ONLY way everything could progress was if we were ready.

We are ready now.

My thoughts on it? Take it with grace; keep the light shining within; help others, friend or stranger; and know that TOGETHER, we can build a better future.

April 15, 2009

Book Review - Return from Tomorrow

'Return from Tomorrow' by George Ritchie. © 1978, Spire. ISBN 0-8007-8412-X.

George Ritchie, MD and psychiatrist, relays his story of how, at age twenty – during WWII – he died; returned; and what happened between the two.

When he died (for nine minutes), he met a light being – whom he called Jesus – and was shown many things which changed his life. He shared those experiences in this book.

While on his journey with Jesus, Ritchie described very similar (to me) scenes of earthbounds (from addictions, anger, suicide, hate, etc); the Hall of Records (akashic) as well as other halls; and a bit of the then future.

Though it is a small book, it is very poignant and recommend it for everyone.

April 24, 2009



In Loving Memory

The Hardest Thing I Have Ever Written

On April 20, 2009, our daughter – JoAnna, twenty years old - lost her battle with drugs and alcohol.

Those who know me know that I share my own personal experiences to teach. I also share my own experiences with others because I know that I am not the only person on this earth experiencing the joys, beauty, heartache and pain of human life. It is my way of saying, "You are not alone."

And, unfortunately, my husband and I are not alone in losing a child during these times.

After receiving the news, I sobbed, and my knees went weak. I never realized how deep one could feel grief.

Then I became very quiet, shielded, and 'listened'. JoAnna was with me. Now I know many of you are probably thinking that it was just wishful thinking on my part – and I would have probably agreed if I hadn't spoken with many others over my lifetime that had crossed over...most of whom I had never physically known.

Death of a loved one is very hard. No one can take that pain from you. Many people told me that they just didn't know what to say to someone who is grieving. And that is okay. It's okay to say that you don't know what to say – listening, hugging, and your presence say it all, and is so very much appreciated.

We have received an outpouring of support from all over, and we thank everyone for their kind words, support, hugs, assistance and love during this time.

We Miss You Jo.

Obituary for JoAnna Toomer

<http://tinyurl.com/ck8aj6>

April 27, 2009



Does Your Music Sing To Your Soul?

We each have our favorite type of music – be it country, classical, Celtic, new age, head banging, rock, oldies, etc.

Did you ever stop to think about your type of music and WHY you like it?

Did you ever listen to your body's response to the music you listen to?

Do your tastes change according to your moods?

There is one song I listen to occasionally on the 70's rock station, "The Night The Lights Went Out in Georgia" (1972, written by Bobby Russell and sung by Vicki Lawrence).

The lyrics tell a story. The music talks to me also.

As this song begins, I get a strong tingling beginning at my ears and below my cheek bones. This sensation moves up to the top of my head, intensifying as it progresses upward. By the time the song is finishing, the tingling

has increased to a strong prickling on the top of my head – very intense but not painful.

This is the only song (so far) that I have this type of reaction.

Not only do lyrics tell a story, but so does the music – and they often tell the same story.

Songs can be uplifting or depressing. They can agitate us; calm us; energize us, etc. They can enhance our mood or even change our mood – for better or worse.

Music TALKS to our bodies, our energy and our minds.

I've recently been listening to "Nocturne" (from the album "Secret Garden"). This piece is 3:14 minutes long and has only 24 words in it, but it talks to my soul – and my soul soars with the music.

If I close my eyes while listening to it, the

music combined with my mind, create the most wonderful (to me!) imagery.

Have you ever been stuck on a song? It just keeps playing over and over in your mind– or you keep wanting to play it over and over? What is that songs' energy communicating to you? Some people are drawn to songs that reflect their current frame of mind.

Listen to the words; then ignore the words and listen to the music. What story are they telling you? How does it relate to what you are currently feeling, experiencing or hoping for?

And what is your favorite song communicating to your body and mind?

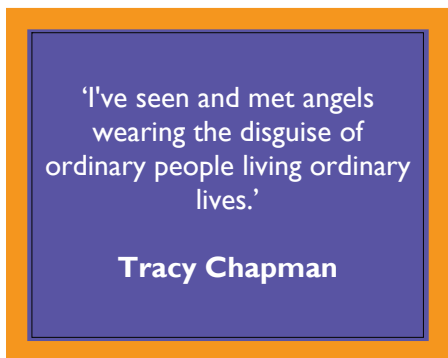
April 8, 2009

Elissa's Insights

I apologize for not having Elissa Heyman's post in this edition - she is currently in New Orleans and won't be able to make my sixth of the month deadline. You can however see her predictions, etc. at her site. She thinks it will be ready by May seventh.

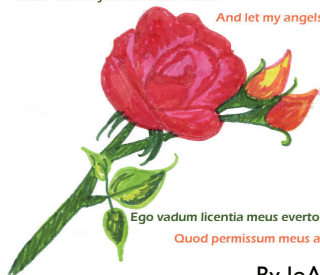
Best wishes Elissa! Hope you are enjoying the ambiance there! :-)

www.elissaheyman.com



I shall leave my demons behind me

And let my angels guide me.



Ego vadum licentia meus everso secundum mihi
Quod permissum meus angelus rector mihi

By JoAnna Toomer

Meditation vs Visualization?

I had been chatting with friends who do, and/or listen to, guided meditations (visualizations) and meditate.

One friend told me that he saw guided meditation (visualization) as external and meditation as internal.

When he said that, I became excited. This is my understanding (watered down version) of the conversation:

Meditation is internal. You go within – working to still the mind and enter the nothingness (aka - void, center, core, stillness, etc.); learn about, and from, self.

Guided meditation (visualization) is external. You are following the instructions and visualizing what you are hearing.

I excitedly told him:

From my pre-teen years up until January 2009, my guides/higher self requested I not participate in meditation or visualization tapes, cd's, classes, groups; nor attend metaphysical related or healing classes, courses, seminars, etc. They (guides and/or higher self) didn't tell me I COULDN'T; rather requested I didn't...so I didn't.

I did ask, "Why not?", and was told it would 'contaminate' or 'undo' what they were teaching me.

However, in January '09, I was given the 'all clear' sign to experiment.

I downloaded "The Daisy Pond" (The American Monk) and began listening to, and following the guided meditation. Then something curious happened.

The narrator's voice went off to my right ear and then started diminishing in volume –

I could no longer understand what he was saying.

My left ear heard nothing. "I" then shifted to the left side of my body and out. I entered the nothingness (stillness) and everythingness. It's those moments in meditation where you are in nothingness and, for a brief time, you understand *everything*.

I then told my friend that this was how I was taught to meditate – enter the stillness and experience knowing everything for that brief time. And my friend knew exactly what I was talking about!

When I was younger and had tried to tell others (who did meditation) about the stillness/nothingness, I was greeted with raised eyebrows and the incredulous sounding, "Uh huuh..." I was speaking nonsense to them. I hadn't discussed it again, until now.

I cannot tell you that one method is better than another; you need to do what feels right to you.

I do wish you each the experience of nothingness and of perfect understanding within.

April 1, 2009

