

**Reality  
Undefined  
LLC**

# Reality Undefined E-Newsletter

**Volume 2, Issue 8**

**AUGUST 2009**

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## **Pardon Me... Your Past is Showing**

I know I have touched on this previously, but it is now becoming 'in-your-face'.

Many are facing something – or someone – from their past. It's time to take care of unfinished business.

Some are having the feeling that they may have forgotten something, but can't remember...all that remains is that slight nagging feeling in the back of the brain. This may be the unfinished past is attempting to resurface.

Some are being confronted with a scenario similar (or in some cases, identical, including the same person/people) to one you experienced when you were younger.

It may be any unresolved issue. Below are just a few examples:

Learning to set boundaries in your life. For example: you may have left a friendship/relationship that was unhealthy for you, or you were taken advantage of... now it's time to face that circumstance again and create your

boundary or boundaries - ("I no longer accept that drama / an unhealthy relationship in my life.") – and stick to it. It doesn't have to be in anger; just decide what kind of energies you want in your life.

An illness or imbalance that you previously applied a 'band-aid fix'. Example: I recently had some dental work done (deteriorating/damaged metal fillings were removed) that I have put off for two years.

An unresolved anger or fear towards a person and/or circumstance. (I am in no way suggesting you put yourself in physical or mental danger!) Example: My mother and I had unresolved issues from the past (touched on a previous post) – and we were unable to physically work it out, so I went to the non-physical and we worked on it there.

Metaphysically-speaking (and chances are you are not going to want to 'hear' what I am getting ready to 'say') – you set up those experiences from your past to

help you grow; learn to forgive others and yourself; and take something positive from the experiences. Yes, there are horrific incidents/experiences out there. I am not downplaying or reducing your experiences. I am saying that we have a choice on how we respond to those incidents. Each individual has the ability to take something positive from each incident – or not.

We are coming full circle – the past meets the present, and must heal those rifts now.

"So just how are we supposed to do that Jan?"

Take care of your physical body.

Begin on healing your past. Counseling and/or getting together with the person/people to work it out amicably. I do, however, highly recommend seeing a board certified counselor/therapist though. It is very easy to slip back into the old energy patterns associated with the incident and/or

people.

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## **'Sunrise, Day One!' by Dorothy Kendall Slemmer**

**'Sunrise, Day One!' by Dorothy Kendall Slemmer. © 2009, BookSurge Publishing. ISBN 1-4392-3425-6.**

The story begins immediately following the major earth shift. The main character, Susan O'Neal, awakens in the barn which is surrounded by water. Initially, she doesn't know how she got there or what has happened.

She does know that she can now see light around herself and her cat, Jack.

Susan meets her guide, Stephen, who begins teaching her how to use her now heightened abilities.

This is Susan's story of her experiences with the newly created higher dimensional Earth, as well as the stories of the survivors she meets on her journey.

Though this book is presented as a novel, I have included it – with good reason – in these book reviews.

From the first chapter on, it

was filled with details and descriptions that I have been receiving for a few years now, from my guides – and was pleasantly surprised to see this information in written form.

Dorothy did a great job presenting, in story form, information needed for our upcoming dimensional shift.

To me, this is not just a novel; it is a written guide on how we all should be practicing our abilities and our connection to the Source.

**Cont'd Pg 4**

Jan 'JD' Toomer

Metaphysical Instructor and Consultant

Articles and Photos by Jan Toomer  
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[http://twitter.com/jan\\_toomer](http://twitter.com/jan_toomer)

## Time to Draw the Line - Setting Personal Boundaries

Last week's article ('Pardon Me...Your Past is Showing') talked about taking care of unfinished business. This week continues that vein and is about boundaries.

Many of us (my hand is raised) have difficulty in setting personal boundaries; and, if we do set them, we often have troubles sticking to them.

We each have the right, and responsibility, to set boundaries in our life; it would be better if we set them up (and kept them) *before* we allow ourselves to get to the point of feeling hopelessness, frustrated, angry, resentful or completely stressed out.

I suggest you sit quietly, with pen and paper, and investigate...within. Write down that which makes you feel 'used', like a doormat; dumped on; or something you really detest. What kind of energy do you *not* want in your life anymore? What kind of boundary, or boundaries, can you set up to keep the unwanted, unhealthy energies out of your field/life?

"What if I am stuck with having to deal with so-and-so because s/he is my boss/parent/sibling, etc?"

You can still set boundaries, and you needn't get stressed about it; nor do you need to get aggressive about it; you just need to re-empower yourself in a constructive manner.

One light example: Every week I wash clothes. I always wash the whites last. In the past, after dinner, I would sit on the couch with my basket and sort everyone's socks and fold whites.

When each child was old enough, they would be instructed on how to wash their own clothes; their whites were welcomed to be washed with mine.

When the empty nest came, I would wash and dry the whites, put them in a basket...and there they sat. I detested matching socks and folding whites. I quit; I just forgot to mention it to my husband.

After about a year, he asked me something along the lines of, "Why do the whites just sit in the basket?" (He is usually very patient with me!) It was asked without anger or frustration.

I smiled up at him and told him, "I've matched socks and folded whites since I was a teen - I am sick of them and don't want to do it anymore. I don't mind washing them, I just don't like folding them."

He shrugged and said, "Okay, I'll do them. Why didn't you ever tell me?"

Yes, why didn't I?

Though this is not an extreme example - it really is okay to say "No", and if that's too direct, there are numerous constructive ways

to enforce boundaries.

I encourage those who feel they are not able to constructively (not destructively or harmfully) set boundaries, please see a board certified counselor; they usually can help you to help yourself.

If no boundaries are set, and maintained, we are bound to repeat that unhealthy energy over and over again - and we really don't need that anymore.

Setting boundaries is part of taking care of unfinished business - it is something that has been put off and it's now time to take care of it.

August 12, 2009

### Las Cruces DACC Metaphysical Class Information

The 'Undefined Reality' courses will be beginning soon in Las Cruces! Register now!

**Basic Undefined Reality** - Will be offered again in January 2010.

For those who have completed 'Basic Undefined Reality':

**Undefined Reality 9/10-10/29/09**  
Thursdays, 6p-8p - \$80.00 - DACC East Mesa Campus, DADM Rm 105.

For those who have completed both of the above courses:

**Undefined Reality 2 (UR2) 9/8-10/27/09**  
Tuesdays, 6p-8p - \$80.00 - DACC East Mesa Campus, DADM Rm 105.

Register, call 575-527-7527. For more info - see page 10 at [DACC schedule](#)

## Pardon Me...Your Past is Showing Cont'd

For those issues revolving around someone else who is deceased, incapacitated, or whereabouts unknown, you can do the following:

Counseling. It really is good to have an objective, trained counselor to help guide you. I am partial to certified counselors who also have acceptance of the metaphysical.

After shielding, ask your guide how you can accomplish the healing.

An energy healing technique, such as Ho'oponopono (brief article [here](#)).

It really is time to have closure on the past - we cannot be lugging that around anymore.

I wish you each a healing of your past.

## 'The Secret of the Soul'

by William Buhlman

'The Secret of the Soul' by William Buhlman. © 2001, HarperCollins. ISBN 0-06-251671-X.

After Buhlman wrote 'Adventures Beyond the Body', he did an international survey on others out-of-body experiences. This book is the result of those surveys.

Buhlman used some of those survey results in this book, and have divided them into two parts: "The Testimonials" and "The Techniques".

In the first part, some of what Buhlman addressed was childhood out of body experiences, and experiences brought on by trauma. He also touched on alien abduction symptoms and compared them to OBE symptoms.

The second part, he went to OBE's in history; death; kundalini and more. He also provided different techniques for getting one's self out of body.

Though information-wise, I was more excited with 'Adventures Beyond the Body: How To Experience Out-of-Body Travel', I believe that this is an excellent follow-up book.

Recommended for all.

August 25, 2009

## Article Submissions Wanted

Do you have some metaphysical insight or experience that you want to share?

Currently, the website

[www.metaphysical-studies.com](http://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 will be posted on my blog 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.

You can email your article to me at: [jdreading@cox.net](mailto:jdreading@cox.net) - or you can mail it to me at:

Jan Toomer  
5685 Salina Rd  
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## Elissa's Insights

Dear Friends,

I'm hanging on to every last minute of Summer--it's been a great one in Santa Fe, with days and nights of music and dancing in the plaza, good new restaurants opening, an exciting Indian Market, and generally beautiful weather. I'm going to miss whizzing around on my bike on balmy days, checking out new developments all around town.

I hope to see you here, or on the road, or you can always call me up! New writing projects are keeping me busy but I enjoy my private practice and working with people above all.

Have a wonderful remaining few weeks of Summer, wherever you are. For those clients on the East Coast, I'll be sending you the October newsletter also with any itinerary updates about NY. (The usual email delivery schedule of this client newsletter is at the beginning of each season, 4 times a year. I write a newsletter every month, however, and post it online. You can find it on the 1st at [www.examiner.com](http://www.examiner.com) and on my website.)

Best wishes, Elissa

505-982-3294 or [elissa@elissaheyman.com](mailto:elissa@elissaheyman.com)

**What's New:** Frequent posts and zodiac birthday cards up at The Examiner. New "Questions for Cupid" columns weekly at VeryTogether.com.

**Itinerary:** November 2-9th. Boston, Massachusetts area private sessions, plus a circle on November 3rd. Please call or email for appointment information, 505-982-3294 or [elissa@elissaheyman.com](mailto:elissa@elissaheyman.com)

### Psychic Insights for September 2009

Privately and out in public, September is a time of deep revelations, behind the scenes developments, and big movements. Much is revealed.

Individually, people get strong insights and deep understandings about their own life and self. In general, a lot of truth precedes a lot more justice.

In the public discussion, new concepts of justice are bandied about. (As to "who wins?", where it ends up at some point in the future is with a more equitable world that reflects the understanding that "We are one".)

**Innovations:** Individuals come up with fantastic ideas and solutions. People are connecting the dots in new ways. In general, people become more creative with their identity and

can change more easily, as well as get to the root of things.

The economy or markets slow down and fall again. Growth will be slow. (I wrote a short piece for the Santa Fe Reporter in early August--it's up at the Examiner if you're interested: it's about the Obama administration and the changing American identity, the war in Afghanistan - and does not express my own political views, it's just what I got.)

The internet retools and gets ready to captivate; the magical phase of the world wide web is yet to come! Now, technicians are reworking the internet, re-doing systems and how to get things out to people. A lot gets done very, very fast. New ways we produce, shop, partner with, and relate to each other must be accommodated. Everything is speeding up, there's really a pressure on technical people. Their brilliance will be in high demand.

Unfortunately, there are omens of death and pollution or toxicity. (I asked the spirits, "What is past that?" as in what happens after the death and pollution, and the answer was: "Embracing; a tolerance for others; acceptance; Enlightenment for some people." It was everyone's responsibility, I was given to understand, to help clean up when we spied a mess somewhere out in the world.)

### How to make use of Mercury Retrograde.

**September 6:29th:** Mercury is retrograde in Libra, then in Virgo. It's a good time to re-work relationships and come to better agreements. It's especially a good time to "go within" and re-balance your own life, so that you are taking care of your health, your personal needs, and re-establishing a rhythm you can live with if things have gotten out of whack. Expect to make great progress in "getting things straightened out" around the house or in the office.

### Psychic Astrology for September 2009 Read your Sun, Moon, and Risings Signs

(Leo and Virgo: your psychic birthday cards and messages are up on my Examiner page)

**Fire signs (Aries, Leo, Sagittarius):** Fire signs might learn through disappointment in September. They can learn the truth the hard way. If they are short of the mark in some way, it will be revealed. The issue can be lack of power, or lack of will power. Something is put to rest in September. Aries' theme is rebirth, Leos are letting go and also giving birth; Sagittarians are hopeful and trying new things. Leos need to curb the tendency to overwork.

**Water Signs (Cancer, Scorpio, Pisces):** Expect breakthroughs in your consciousness that lead to an expanded world and freer life. You become more positive, as if you are infused with a new energy. If you're in business, you think more globally and easily connect with others. Water signs are particularly tuned in to the current phenomena that collectively, people are more sensitive to their connection to others, and that our global consciousness is growing.

**Air Signs (Gemini, Libra, Aquarius):** Somehow it's hard to know which way to turn. The stars suggest that you wait until the way seems clearer before acting decisively. Join forces with other people. Get help. Wait for experts' advice, or people to make offers. When you do act, it will be in accordance with truth revealed and recent realizations. You deal with matters of the heart and love this month. Things end up in a more loving and positive place. (Gemini is off in its own world a little more than the others.)

**Earth signs: (Taurus, Virgo, Capricorn):** Something exciting is happening to the earth signs, yet they are getting calm, getting used to the idea of making a big change up ahead. This next transition leads to a significantly different place. Something has really clicked in their lives--something out in the world says "Yes!" to the earth signs. A promising path is evident. (Taurus is kind of dreamy and changeable in September, not so linked into what's happening with other people and the world in general.)

Elissa Heyman provides her services in psychic counseling and healing in person and by phone from Santa Fe, New Mexico. For more information and a description of other services, visit her website.

*Elissa Heyman practices psychic counseling and healing with individuals and facilitates group processes in Circles. Based in Santa Fe, New Mexico, she works nationally and around the world via telephone. Trained by experts and a full-time practitioner since 1979, her professional mission is to apply her skills in the intuitive and healing arts to helping her clients. In-person or telephone sessions are available Monday-Saturday. For further information [www.elissaheyman.com](http://www.elissaheyman.com). To contact Elissa directly, please call 505-982-3294 or email at [elissa@elissaheyman.com](mailto:elissa@elissaheyman.com).*

Thank you Elissa!

## 'Sunrise, Day One!' by D. Kendall Slemmer Cont'd

I cannot confirm the land mass and water changes presented in 'Sunrise, Day One!'. I do not have that information, nor do I want that information. (I do ask that no one get hung up, or obsess, on the Earth changes...I really believe we will each be where we need to be, when we need to be there.)

I can confirm the information (from my experiences) on the future ways of thinking, healing and creating.

I absolutely and thoroughly enjoyed 'Sunrise, Day One!' and highly recommend this book for everyone; and suggest that we each practice the focus, connecting and the healing how-to examples presented within the story.

You can visit Dorothy's blog for book excerpts and more information - <http://sunrisedayone.blogspot.com/>

### Something Extra:

*What inspired you to write this story?*

I had felt for some time that so many people just did not understand their relationship to their Creator and the purpose of this life. I had written a book called "The Door is Open," in which I wrote the answers to the questions that I often heard asked as a Hypnotherapist. These answers were given to me by my own guides, and I presented them as such. But the book didn't get a good reception. Most people felt it was not what they were taught in their church or just couldn't accept the concepts presented. So, I put it aside.

Then, my guides said, "Write it as a fiction. You will reach more people with that format and the concepts will be more acceptable when people don't feel like you are telling them how to believe." One day in December, 1997, as I was driving home from a college class that I was taking, the guides gave me the first chapter and the title and ending of the book. I could see the whole first chapter happening in my head! I started writing immediately. I took the next semester off so that I could work on the book and it was finished July 4th of 1998. Again, I was unable to get it published. I suppose that the timing was just not quite right, because here it is, published in 2009!

*Is there a possibility for a sequel?*

I asked my guides that very question this morning! I, myself, do not have plans to write a sequel. But I left it open to them, and if they present one to me, I will write it.

Do you have any insights or words of wisdom to share with your readers?

Only to say, be kind to one another. You lose nothing by being kind and gain so much more than you realize! Stop and consider what YOUR cost will be (karma, you know)

in hurting another. And how much time do you really have to make it up?? Peace, always peace....

### More Author Info Please:

Dorothy K. Slemmer, or Dottie as her friends call her, has always had an interest in metaphysics and the many aspects of E.S.P., and she headed an E.S.P. study group in the late 1960's. While working full-time, she studied Psychology at I.U.P.U.I. and later took courses, getting her certificate from the Hypnosis Institute of Indianapolis. For many years, Dottie did hypnotherapy as a vocation and eventually limited her practice to age regression research.

After retiring, Dottie returned to college and got a Master's degree in History with a collateral field of Archaeology.

Dottie felt drawn to write 'Sunrise, Day One!', her first novel, so that she could share with others the insights and truths that she has discovered in her many years of study.

She is the mother of 7, grandmother of 12, and lives on Kentucky Lake with her husband of 33 years and their four cats. She is an artist, a vegetarian, loves to travel, and has an avid love of nature.

*Thank you Dorothy!*

August 12, 2009

## Dreams

I adore dreams. Dreams take us places, help us with problems, can point to some areas in our lives that need changing, humor us, and sometimes give us a scare. Our dreams serve us so many different ways.

We have problem solving dreams, stress relief dreams, fun dreams and nightmares. We can have past life dreams, astral travel 'dreams' (which we sometimes remember in dream form) or learning dreams.

Since learning dreams and astral dreams were addressed in a three part article, starting with '[Coming and Going](#)', I would like to share my thoughts here on the other (not all inclusive) types of dreams.

### Nightmares

Can be (usually) one of two types – stress or fear dreams, and/or past life memories of an unpleasant experience.

Stress or fear dreams are normally triggered by a current situation or circumstance, and in some cases, be tied to a past life experience.

## Dreams Cont'd

Past life traumas can show up in dreams as well.

As I mentioned in other articles, I always recommend a board certified counselor to help, especially with nightmares (preferably one with metaphysical and/or past life regression experience).

### Problem Solving

When someone says, "Let me sleep on it" – guess why? Once our ego-self is quieted for the night, we can often problem solve and may awaken in the morning with a "Eureka!" feeling, or perhaps with the beginning of a solution.

### Fun Dreams

Frankly, I feel that I don't have enough of these. How often have you awoken in the morning, chuckling from a dream? Or, better yet...your own laughter woke you up in the middle of the night?

These are my favorite dreams – they can be comical, light hearted nonsense dreams. These types of dreams remind us that we need to balance work *with* play. Laughter is very important to us – and raises our energy so much!

### Insightful Dreams

Sometimes we become flustered with a person, situation or circumstance. When this happens to me, I often feel like something is missing...I don't have all of the information.

Insightful dreams can present to you a different perspective, perhaps a dream of you seeing through the eyes of another.

Some insightful dreams can show you a 'bigger picture' than what you are currently seeing – such as showing you that more is going on, or involved, than you initially realized, and perhaps providing you additional information so that you can better understand.

I work hard to keep in mind

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Things turn out best  
for those who make  
the best of the way  
things turn out.

*Jack Buck*

## Dreams

Cont'd

that for every one story involving at least two people, there are two different perspectives; and those individual perspectives are colored by the life experiences of each individual, hence the saying, "There are two sides to every story".

### Premonitions

Some dreams show a possible future event, incident or occurrence. Sometimes we don't remember the dream until the event, etc., begins to unfold – then we are smacked with a déjà vu' feeling, or we may recall the dream.

I often recommend that everyone keep a dream journal. Each morning, stop and write down as much of the dream as you can remember (dreams often fade as the day progresses). Date each entry. For premonition dreams, you can go back to when the dream occurred and add the date and information on the manifestation of that dream. This will also give you a possible time frame for how far in the future you are dreaming.

The same goes for dream interpretation; I once again recommend the dream journal. As time progresses, you can learn your own symbology and begin to unravel your symbolic dreams.

Sweet Dreams!

August 25, 2009

## Paranormal, Metaphysical, Parapsychology - Oh My!

There seems to be a lot of confusion between the terms 'Paranormal', 'Parapsychology' and 'Metaphysical'. I have included very loose definitions; for convenience, I am including Wikipedia links within the paragraphs that follow. (Please remember, Wikipedia can be altered by the public).

I also added a section on what appears to be the common usage of the terms (at least in the US).

### **Loosely Defined**

Metaphysics – (meta = beyond, after, with, etc.) – often defined as a philosophy of the realm, or realms, beyond the physical; and/or the connectedness we all share. Metaphysics can have many sub-categories or branches, such as: religion, perception, cosmology, ontology, etc. (<http://en.wikipedia.org/wiki/Metaphysics>)

Metaphysical – pertaining to that which is beyond the physical.

Paranormal – (para = beyond, above, below, near, etc.) – generally speaking, defined along

## Paranormal, Metaphysical, Parapsychology - Oh My! Cont'd

the lines of: that which is beyond the normal that is possibly lacking scientific explanation, to include ESP, telepathy, precognition, 'ghosts', etc.

(<http://en.wikipedia.org/wiki/Paranormal>)

Parapsychology – generally defined as the scientific study of ESP, psychic, precognitive, etc. abilities or experiences. (<http://en.wikipedia.org/wiki/Parapsychology>)

### **More Common Usage**

Metaphysical – pertaining to that which is beyond the physical 'norm' and can include (but is not limited to): ESP, psychic abilities, telepathy; communication with 'ghosts', other world beings (UFO's), etc.

Paranormal – possibly due to the increase of ghost hunting TV shows, 'paranormal' is most commonly used in reference to ghosts, poltergeists, demons, etc. and proving or disproving their existence through a more technological approach, such as: cameras (various types); EMF (electromagnetic field) detectors; and EVP (electronic voice phenomenon), etc.

Parapsychology – Institutes, establishments, researchers that apply controlled scientific tests to prove or disprove that which is beyond the physical – such as psychic abilities, 'ghosts', etc.

August 18, 2009

## About Jan 'JD' Toomer

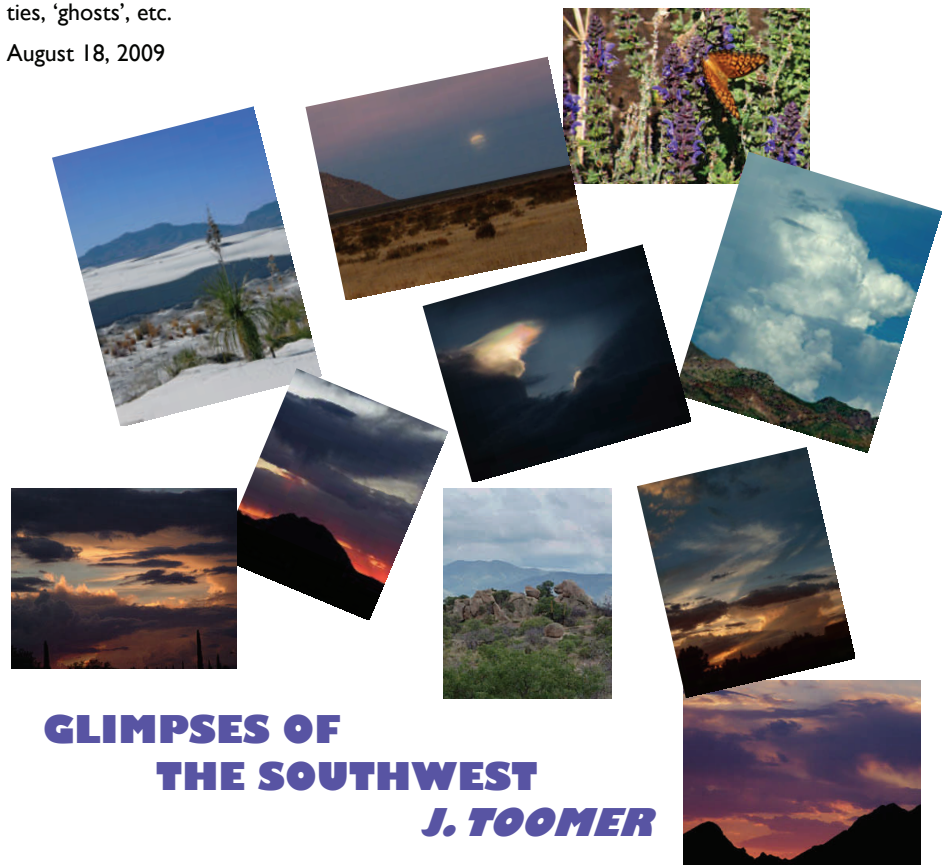
Jan ("JD") Toomer is a metaphysical instructor and consultant. She has over twenty years experience in teaching others about metaphysical abilities, and she loves to get others to communicate together about the metaphysical.

She is currently teaching online courses [www.metaphysical-studies.com](http://www.metaphysical-studies.com) or mail courses (5685 Salina Road, Las Cruces, NM 88012). Feel free to contact her either way, and she will send an information brochure your way!

Jan is also teaching her metaphysical courses at Dona Ana Community College Community Education, in Las Cruces, NM.

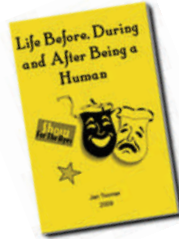
Jan is a member of AHHA ; ISSSEEM, and WMA (World Metaphysical Association). She is also a Life Fellow member of W.G.M.S.C. (World Guild of Metaphysical and Spiritual Counsellors), as well as a Guild Certified Metaphysical Trainer and Guild Certified Spirit Release Worker. She is a LinkedIn member, and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

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



## GLIMPSES OF THE SOUTHWEST J. TOOMER

Booklet  
Available Online



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

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Jan is a member of AHHA (American Holistic Health Association), ISSSEEM (International Society for the Study of Subtle Energies and Energy Medicine), 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 also a LinkedIn member, and her profile can be seen at: [www.linkedin.com/in/jdtoomer](http://www.linkedin.com/in/jdtoomer).

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

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.

This newsletter is currently free. Please be advised that if it's circulation increases, there may be a fee to help defray the costs of printing and mailing these newsletters.

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Please pass this newsletter along to someone else for them to read; archive; recycle or compost. Thank you.