

**Reality  
Undefined  
LLC**

# Reality Undefined Newsletter

**Volume 1, Issue 1**

**September 2008**

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**Do you suffer from  
Lightworker's  
Syndrome?**

**Book Review - A  
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## Lightworker's Syndrome?

We are all feeling the effects of time speeding up. We are tired, irritable, worried, stressed and sometimes don't know if we are coming or going.

And we are tired of watching others around us be greedy, angry, selfish, harming others and themselves, and in general, all the negativity humans are creating.

I think of this as "lightworkers syndrome". (Not a medical condition – just my term).

There was a time when I was angry at the world – how can people NOT see what they are doing to each other, the animals and the earth. I was angry at the ignorance, blindness and lack of caring and compassion. Why can't they see? Why can't everyone be more like me!!!!?

Yep, "light-workers syn-

drome"; somewhere, sometime, I had lost compassion.

After a very difficult period in my family's life, I felt completely wrung out. Caring was beginning to hurt too much.

My doctor told me that if I didn't do something drastic immediately, I would be in trouble.

I hit the bottom of the emotional barrel, and wanted to turn my back on the world and walk away. No more.

I withdrew, went within and became quiet. I needed to change. I needed to heal. I was becoming what so irritated me with others.

Then it hit me.

Who was I to tell someone else how to live their life? Who was I to judge someone else? What right did I have to want others to feel and experience like me?

Who did I think I was?!

I was judging others and I had no right.

Everyone is exactly where they need to be at that exact moment. I had to work through my life lessons, and everyone else has to work through theirs.

With that realization, came an inner peace. I fought against it at first; it wasn't my most recent "norm". I kept reminding myself that everyone has the right to 'be', without my interference.

As hard as it was in the beginning, I let others 'be'. I didn't butt in; didn't offer a "better way of doing"; I sat, watched, prayed, and waited.

And you know what? The world didn't fall apart!

My healing had begun.

(cont'd page 2)

## Metaphysical Book Review - Understanding Death

"Illuminating the Afterlife: Your Soul's Journey Through the Worlds Beyond." Cyndi Dale. © 2008, Sounds True, Inc. ISBN 978-1-59179-944-3.

I would like to begin by saying that I love to read, especially metaphysical material.

Because I read so much,

and because of my own experiences, it is a treat to come across a book that presents information that not only resonates within me, but teaches me something new.

Such is the case in reading, "Illuminating the Afterlife: Your Soul's Journey Through the Worlds Be-

yond." So, on to the review...

Opening with questions about death – which most of us have in the back of our mind – Cyndi Dale, a sensitive (multi-talented), moves on to tell the reader a bit about herself.

(cont'd page 2)

## Lightworker's Syndrome? Cont'd

(cont'd from Page 1)

For those experiencing "lightworkers syndrome", I can share with you what I did to start re-balancing myself. Maybe it will help you too.

I began with doing something physical; something that required physical activity and concentration, preferably something outside (to have closer contact with Mother Earth).

Some ideas may be: gardening; hiking; walking; or playing ball with the dog.

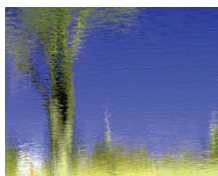
After that, I shielded. (Removed negativity attached to me and/or my energy field; bubble in bright white light and affirm it).

Then I visualized a column of bright white light coming down into the top of my head, and continuing down

my body; down through both legs; out of the bottom of my feet and drove the white light deep into the earth. I was then connected to the higher aspects AND grounded; balanced.

And I allowed, and continue to allow, others to 'be' and work through their life lessons; to experience and to grow.

And I wish every human happiness, balance and peace.



JD

## Reality Undefined Newsletter

This newsletter was produced because I wanted those who didn't use the internet to have access to some of what is being written on the website:

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

and the blog:

<http://reality-undefined.blogspot.com>

Will this newsletter take off and do well? I've no idea. Therefore, I would like feedback from any who read it please.

Want a copy mailed to you? Send your mailing address to:

Jan "JD" Toomer

5685 Salina Road

Las Cruces, NM 88012

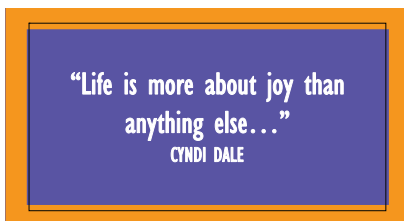
## Metaphysical Book Review - Understanding Death cont'd

She also describes how, as a child, she had her first visit to a funeral, and how that started her on her journey to discover the truth about death.

On September 08, 2001, Dale was directed to write a book about what happens after death.

This is that book.

Dale walks us, step by step, through what happens to us: when death approaches, during our death, and after our death.



Dale explains energy, light, zero point (don't worry, they way she writes this, it is easy to understand) and moves towards the Planes of Light.

She describes "Twelve Planes of Light", and a "Thirteenth Plane" which she describes as the "state of all knowing."

Her explanations about these Planes seem, to me, to fill in some of the gaps, and explain the differing life-after-death and NDE scenarios that others have written about over the years.

Each Plane has its own chapter.

Dale goes step by step through each Plane and explains its purpose; as well as how the planes can be utilized both now and when we die. She also provides the corresponding chakras (based on the 12 chakra system); their location; the metals of light; the minerals/gems associated with each, and the chakra color.

Dale also explains, in depth, the difference between spirit and soul. This is the first time I have come across such a well defined interpretation.

One of my favorite lines in this book is when she poses the question to the reader, "What excites you the most?" and then explains that our passions carryover after death. How neat!

Overall, I found the explanations, examples and descriptions easy to read and follow - and found that Dale's writing flows wonderfully.

I thoroughly enjoyed Cyndi Dale's book, and recommend it for all levels of readers.

### Something Extra:

I asked Cyndi the following questions, and here is what she said:

"What one message would you like to share as:

Cyndi, the Lightworker/Multi-talent?"

Love is truly the great healer, seeker, thirst-quencher, and joy-maker, but sinks in-- and streams forth-- in and from our "weak" rather than "strong" areas. Where we are weak, we need unconditional love. Where others are weak, they need our love. Baseline, we need to stop being ashamed of our wounds and problems, for they generate the need for, and the ability to give forth, grace.

"And as Cyndi, the person?"

Life is more about joy than anything else, but it has to be captured a thought and action at a time. And never in the glamour. Holding just-off-the-press book is great, but not as meaningful as watching my youngest get a home run, or my oldest converse in full sentences (instead of the teenage grunts), or the dog (one of the five animals that run the house) actually sit when I say, "sit."

(cont'd page 3)

**More Author Info Please:**

Cyndi Dale:

Has training in several healing techniques/styles including, but not limited to – Reiki, energy healing, the Lakota way and therapeutic touch.

Is the President of Life Systems Services – “intuitive-based healing, destiny coaching and corporate consulting”.

Speaks frequently at high profile events.

Holds workshops and seminars.

Has authored seven books, including “Illuminating the Afterlife: Your Soul’s Journey Through the Worlds Beyond”, (this review) and “Advanced Chakra Healing: Energy Mapping on the Four Pathways”, Crossing Press, 2005. ISBN 1580911617.

Visit Cyndi Dale’s website at:  
[www.cyndidale.com](http://www.cyndidale.com)

JD

## Energy Chimera

A dear sweet friend recently told me to quit keeping all my little tidbits of information and/or insights to myself and get it out and about.

That’s what this is all about.

So, before I begin, I want to provide a bit of background information.

I grew up ‘knowing’ I had an older brother. I would often ask family members about him, and was met with either hostility or evasion. I couldn’t tell if he was born before me, or was twin – but I knew about him. At one point, I thought I had a mentally disabled brother in Boston, and thought he had died. None of this was ever proved – since no one would talk to me about it.

I have had a fascination with the medical condition, “chimera”. It is said that this is a form of twin absorption – where one twin lived, the other was absorbed into the living twin. This sometimes can create two different blood type samples from one individual.

I have worked on possessions and entity attachments, and am well versed on these two conditions.

Now, back to the current time....

## Energy Chimera cont'd

For those of you who have had a reading done, you’ll probably understand what I am getting ready to say.

For those of you who haven’t, you might want to try it.

Though I don’t have readings done on me often, when I do it is usually a springboard to something else; an insight, an epiphany, a new door opening, etc. The most recent reading is no exception.

The reading I recently received was from Anthony Preman, Numerologist, is a Quantitative Consultant. Anthony did a Numerology chart, with intuitive insights, for me. (Contact Anthony by E-mail. Contact information: [anthony.preman@yahoo.com](mailto:anthony.preman@yahoo.com) or [anthony@magellannumerology.com](mailto:anthony@magellannumerology.com).)

This was a first for me, and I really enjoyed Anthony’s reading and insights. Anthony also provided an exercise for me to do – one of which at first stumped me. I was asked to list what I like (non-physical) about myself. I didn’t have an answer, and this really surprised me.

So, with homework assignment in hand, I began exploring me. (These are NOT typical results of a reading).

And this is what I experienced in my homework. I could almost grab the thought, and then it would literally slide out of my grasp. This was very frustrating. I knew I liked things about me, so how come it was being so elusive, like trying to hold on to something heavily greased?

Finally, I was able to grab one, and the rest followed easily. Whew!

The next day, I was going about my daily routine, and in popped my guide/higher self, and was reminded of:

My blood tests (2006) showing my DHEA (saliva) was over double the high norm for a female; almost doubled the high norm for a male.

My testosterone was 14 ng/ml above the female accepted high. I was put on progesterone and this year’s blood test showed the level had only dropped to 9 ng/ml above.

Next I was reminded of attachments and possessions. (I checked me again, no attachments).

This was followed by me hearing the words “medical chimera”. So I dug

deeper. And I found him. His name was John, and he was my brother. And, he was in me.

Not considered a hitchhiker; nor a possession or an attachment – and I had missed it.

He was promptly removed – all cleansed and directed healing to both him and me.

I do not know how long he had been there, but noticed when he was gone, I felt different. Lighter, clearer, stronger within. And I had no idea who I was; not like amnesia – just, who am I with him gone? What is my energy, my likes, my thoughts? Not combined or interfered thoughts, likes, ideas, and energies.

And now I begin a really interesting self-discover journey – who am I?

Also, am curious to know what my next blood panel will show...

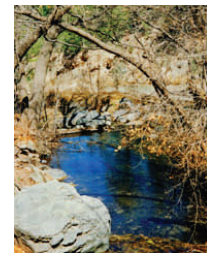
Or perhaps all of this was a mental representation of letting go of the past me, and finding out the current me and what I am like? Hmm.

As for an energy chimera, I have heard of this before, but had never crossed paths with this until now.

For all of you medical practitioners and energy workers out there, I bring you this to let you know.

Many of us are aware that we have entered the time to complete unfinished business and to clear our energies – so, please, dig a little deeper – or when working on others, observe a little more closely.

JD



### 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.

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- 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 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.



- Currently, the website [www.metaphysical-studies.com](http://www.metaphysical-studies.com) and the blog <http://reality-undefined.blogspot.com> 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, and then be moved over to the 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.



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