

**Reality  
Undefined  
LLC**

# Reality Undefined Newsletter

**Volume 1, Issue 2**

**OCTOBER 2008**

## INSIDE THIS ISSUE:

### What Do I See?

**Book Review - Dawn  
Baumann Brunke's  
journey into animal  
communication**

**Earthbounds**

**Sharing**

**Laughter**

Sometimes I see; sometimes I "see" (in the minds' eye); sometimes I sense; sometimes I feel; and often I get a combination.

All emotions and interactions show on an energy level.

For example, when I am watching two people, standing and facing each other, very intent in an argument...

I feel a jagged, sharp sensation in the pit of my stomach, which feels like I've got a stomach full of broken glass.

My ears perceive an angry buzzing sound.

I "see" black, long sharp spikes coming out of each participant; each participant's spikes being hurled towards the 'opposition'.

I see what looks like a cloud of agitated gnats, buzzing between the two.

In newlyweds.....

I feel warmth and a fresh feeling in the air.

I "see" pastel colored ribbons dancing around and between the couple.

I see soft pastel clouds gently swirling around the two.

I hear a soft gentle harmonious hum from them.

In someone working on problem solving...

I feel a strong sense of intent, and stillness around the thinker.

I "see" energy pulled tight, in close to the problem solver. And a visual symbol I get is a picture of several cogs and gears working in tandem.

Even wild animal interactions (such as prey/predator) have a weaving between the two - as though they were communicating to one another.

Energy interactions aren't limited to only human to hu-

man; animal to animal; or human to animal. It also includes our food, and items and/or belongings.

Whenever we are happy, sad, depressed, angry, joyous, afraid, etc., we transfer this energy to the food we handle and/or cook, which is in turn transferred to those who consume it.

And items we create, build, handle, make and/or own can absorb our energies - positive and negative - and can be transferred to others should they touch, use, pick up, etc. the item(s).

A large percentage of people have learned to not pay attention to energy interactions - but please know that even if you don't see, "see", hear, feel or sense the interactions, they do happen and they do affect each one of us.

So please be careful with what you are sharing with others.

## What Do I See?

## Metaphysical Book Review - Animal Communicating

"Animal Voices: Telepathic Communication in the Web of Life"; Dawn Baumann Brunke. (c) 2002, Bear and Company. ISBN 18791819-6.

Dawn opened with how she became involved with animal communication.

Hired as an editor for "Alaska Wellness Magazine", she began going through a stack of un-

published articles and discovered one in which a woman said she could communicate with animals.

So began Dawn's journey.

Dawn introduced to the reader several animal communicators who had translated the animals answers as Dawn interviewed them.

Along the way, Dawn also learned how to communicate with animals - and she had included her direct interviews in this book as well.

She had interviewed (to list a few) dogs, cats, llamas, flies and mosquitoes. When it came to reading the interviews from the insects, I balked. I am guilty of having no fondness for



# Metaphysical Book Review - Animal Communicating cont'd

either the flies or mosquitoes (as my husband can attest). But, after I worked on myself a bit, I did read those two interviews with an open mind.

The interviewees showed a variety of personalities - some serious, some with an air of playfulness. And their messages are important to us all.

Being able to chat with critters myself, I had wondered if this book could hold my attention and/or provide new information to me; granted... I hadn't talked to llamas, seals or many of the others in this book. I was not disappointed, and I carried this book from room to room so that I could grab a page or two in-between projects.

I really enjoyed it, and highly recommend this book for all! If read with an open heart, you just may discover a whole new layer to existence on earth!

### Something Extra:

I asked Dawn the following question, and here is what she said:

"What message do you, an animal communicator, have to encourage others to work on communicating with animals? And, what message do you, as the person Dawn Baumann Brunke, have for others?"

I am primarily a writer and editor, so my connection with the whole animal communication movement is perhaps a little different than professional animal communicators, who work with clients (humans and animals) each and every day.

However, I do communicate with as many different animals and animal spirits and guides as much as opportunity presents. I sometimes say I'm doing 'independent studies' with animals -- meaning that most of my conversations revolve around the things that most interest me and that I wonder about...things like shapeshifting, facing our fears, looking at our shadow material, and generally becoming more conscious and aware.

In terms of encouragement, I would say that we all need to follow the yearning of our heart and soul and deeper being. What is it that moves you? What is it that speaks to you most intently? What gets you excited about life and about learning more about who you are?

Those are the questions that propelled me into writing my first book, Animal Voices. I was initially a bit of a skeptic about this thing called "animal communication." But I was also fascinated. Indeed, what would animals want to tell us if

we could communicate with them? That single question sparked me into interviewing over two dozen communicators and, through them, many different animals of many different species. During the process, I also found that I could connect in this way. And that changed everything for me. I began to understand through experience how this all worked. I was still skeptical at times, though I also became more willing to look at my fears beneath that skepticism and find out more about myself, as well as deepen my connection with animals, nature and the world.

Not long after that book was published, I began receiving letters and emails from readers. Many shared dreams they had about departed animals or extraordinary meetings with animals, or very powerful insights they had while just sitting with an animal friend. Often these people would comment that they didn't think it was "really" animal communication. But, of course, it was! During that same time, I also had a dream in which a group of animals 'thanked' me for writing a book about the different ways in which we can connect with animals. When I woke up, I had an almost complete outline of the book in my head. And this became the catalyst for writing my second book, Awakening to Animal Voices. The focus of that book is that there are many different ways to deepen our relationship with animals -- through dreams, through healing, through the death experience, through unusual meetings, through animal communication, etc. What's great about this is that by following one (or many) of those ways, we also necessarily deepen ourselves. So, that book is a celebration of diversity, of finding the appropriate paths that speak to us as individuals and spark us to open on deeper levels to animals, nature, ourselves and our

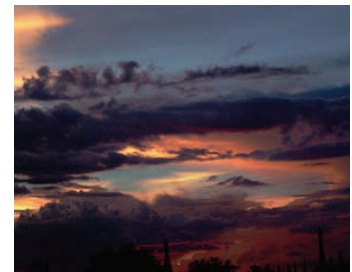
planet.

My third book, Shapeshifting with Our Animal Companions, is also about following what interested me: the deeper nature of death and our fears around death, and how shapeshifting--in this case, shifting the 'shape' of our consciousness--can help us to expand our awareness. So, again, this speaks to my initial answer to your questions: I feel the best encouragement we can give ourselves is to embrace our deeper yearnings, to follow our bliss (as Joseph Campbell once wrote), and to really dig deep for the treasures of our souls.

### More Author Info Please

"Dawn Baumann Brunke is the author of Animal Voices, Awakening to Animal Voices and Shapeshifting with Our Animal Companions. She is also the editor of Alaska Wellness, a bi-monthly magazine focused on health and wellness for the body, mind and spirit. And since 2004 she has been a columnist for Timeless Spirit, a spiritually enlightening online magazine. She is also listed in both Who's Who in America and Who's Who of American Women. Dawn lives in Wasilla, Alaska, with her husband, daughter and several animal friends. For more information about the books or to read chapter excerpts, visit her site at [www.animalvoices.net](http://www.animalvoices.net)."

Thank you Dawn!



### 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

"...we all need to follow the yearning of our heart and soul..."

DAWN BAUMANN BRUNKE

## Laughter

Ever been around an infant who is laughing? I have, and I cannot help but to respond to that laughter. It is pure, uninhibited, simplistic and joyous. It radiates throughout their whole being.

My energy becomes light, and I have to laugh with them. My whole being responds to their delightful giggles.

In our hectic, busy lives, we sometimes forget to laugh; and, sadly, it takes a bit more to trigger our “funny bones” as adults, and bring out that deep felt laugh. But, when it does hit, we laugh hard – our sides hurt, our eyes tear up, we gasp for air, and we love it!

There are different degrees of laughter ranging from a soft chuckle to gut busting – and it is all good for us.

When one is laughing, a genuine laugh, it does amazing things to our bodies and to our energy.

When someone laughs, their energy field gets a tremendous boost – and the energy around them sparkles and pops, like fireworks.

How about letting more lifting laughter into your life?

## 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](http://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](mailto:jdreading@cox.net)

### 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.

## Earthbounds

What is an earthbound? An earthbound refers to those whose physical bodies died, but the energy/soul remains on Earth.

The reasons for someone not crossing over into the Light varies. Here are some examples:

### Someone not realizing they have died.

If the death was unexpected and/or quick.

### Addictions

A being that had an addiction and doesn't want to leave it behind; they usually try to find a living person who has their preferred addiction.

### Someone who feels they have unfinished business.

One example might be one who feels that their family, friends, or business cannot continue on without them.

### Children

Sadly, those who are lost, waiting on a parent; or those without parents – don't know what to do and ignore the Light.

### Fear

One who is afraid to meet their 'Maker' – afraid they were so bad, that they fear retribution.

And the list can go on.

Some of us can see or sense the earthbound. So what can you do? There are quite a few options – but please, whatever you do, be honest.

### Prayer.

You can pray that the entity be helped to cross over.

### Talk to them.

They have the capability of hearing you – though it doesn't mean they will listen. You can talk to them and explain to them about them being dead; explain about the Light and that others from their past are awaiting their return to the Light. You can combine this will pulling down the Light.

### Pulling Down the Light.

I usually do this step last. After talking with them, I will pull the Light down near them. Do not force them into the Light (free will)! I will talk to them, and ask them to look into the Light.

### Setting up Light-Stations.

I used this technique while in Germany. I saw thousands milling around, lost, from WWII. Heartbreaking.

I set up Light-Stations around Germany (mentally). I produced a podium of Light, and behind this podium, I placed an escalator into the Light. Seriously. And it worked. I

I often check back to see how the stations are doing.

I also did this at a Civil War site I came across.

Unfortunately, sometimes nothing we do convinces others to cross over. In these cases, I will use prayer of blessing as the last resort, asking the higher beings to watch over the lost entity and help them over when they are ready.

## I Like Sharing!

Someone asked me, “Why do you ask for other people to submit their metaphysical-type articles on your website, newsletter and blog, and do reviews on other's books? Doesn't that take away from you?”

My answer is absolutely not!

When I was growing up, I was alone in the metaphysical-sense. I had no one to talk to, and only heard from others (with the exception of one very special childhood friend) about how weird (not in a positive way) I was, or that I was a freak.

Metaphysical how-to books were non-existent for me. I learned by trial and error. It wasn't until my late twenties that I learned there were others out there that could do what I could do, and that there were proper names for the stuff that I could do. I felt like I had entered into a whole new world.

I am glad for my life experiences – what I went through may have been tough, but well worth it! It helped create who I am today!

Today, books abound; teachers abound and so much information is available on the web. We truly live in wondrous times! And I want to share.

I do the things I do, and I teach others about it. That does not make my way the only way, or the only correct way.

Each practitioner out there has a wonderfully unique perspective on their ability or talent. When they write about it, share it, it means there is at least one other view, or ability, or both – that has been made available to the world.

My hope is that no one feels alone in their journey of self-discovery – and when they search, they will find many options, experiences, and positive views out there.

And I would like to be able to bring some of those options to the readers.

Reality Undefined LLC  
5685 Salina Road  
Las Cruces, NM 88012

- 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; as are the articles, unless otherwise specified.



• 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.



• 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.

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