

**Reality
Undefined
LLC**

Reality Undefined E-Newsletter

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Reincarnation - Past Lives (2 Parts)

PART ONE

Who are you?

What created and shaped you into the person you are today? Genetics; your environment and/or upbringing; your culture; your life experiences, etc. all helped shape you into the person you are today.

But what about past lives? And why can't we remember all of them – or in some cases, *any* of them?

Many of us had utilized the 'veil of forgetfulness'* when we entered into our current life; this helped us to focus on the now life and work towards completing our soul plan.

Many more people are now bringing some of those memories, intact, into this lifetime.

What many may not realize is that some things from past lives may have been brought forward into the current lifetime, and one area that shows up can be trauma.

We can bring forward traits, memories and/or symptoms from a past life – and when this happens, we are giving ourselves a chance to heal the past in the current life.

How can you be sure something is from a past life? After being checked out medically, you can contact a board certified regressionist counselor or therapist. The therapist can help you delve into past life connections – say with fears, phobias, phantom pains, etc. that do not seem to have their roots in this lifetime.

I have been asked why I consistently bring up "board certified counselors or therapists" (preferably with metaphysical interests and/or past life regression experience) – this is for your safety.

Do you have your teeth cleaned; eyes checked; see a medical doctor for antibiotics, or see a naturopathic physician for herbal or homeopathic remedies? Probably.

If you break your wrist, do you

go see an eye doctor? Of course not.

Well, if you want to explore past lives, especially if there is trauma, then a board certified counselor would be the one to see. An issue brought into this life from a past life affects you today *and* the past life self. Through a counselor *both* aspects of self can be addressed and work on healing.

Does this mean the only way to heal a past life is through a therapist? No – but I consider it to be one of the smarter, faster, and perhaps healthier ways of accomplishing the healing.

I was born remembering a past life from a concentration camp in World War II. As a child, I hadn't the words needed to express the horrors I dreamt/re-lived each night.

It took about thirty years to complete the healing circle on that past life... and that, my friends, is a story for another time.

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Book Review 'The Ghosts on 87th Lane' by M. L. Woelm

'The Ghosts on 87th Lane' by M. L. Woelm. © 2007, Llewellyn Publications. ISBN 978-0-7387-1031-0.

Woelm begins her story in 1968 and continues it to 2006. Her journaling is centered on moving into a haunted house in 1968.

Poltergeist activity; scratching noises; bangings; foot steps; shadow people; feeling presences, and more – Woelm

shares her battles with her fears, exhaustion and stress, brought on by the unrelenting spirits.

Readers may also pick up Woelm's subtle form of self-growth through the years of experiences.

Early on in the book, Woelm lets the readers know that she had no support from her non-believing husband. I was a bit frustrated that her writings about her husband's non-beliefs and lack of support became bitter and sometimes snappy writ-

ing. Although I understand not having the support, I feel that this aspect was overdone – this reader grasped that concept in the beginning of the book.

This book is recommended for beginners or those, like me, who were just curious about her experiences.

September 8, 2009

Jan 'JD' Toomer

Metaphysical Instructor and Consultant

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Reincarnation... con'td

* (A pre-birth technique many souls use to block past life memories so that they live in the 'now'.)

PART TWO

As a child, I had dreams of the walking dead; freezing cold; doctors who terrified and hurt; and more.

When I was older, I became excited when I walked into the living room where my father sat reading a book; on the cover of the book was a picture of the Flying Tigers (planes used in WWII which had a shark face painted on them. Though they were attributed with battling the Japanese in WWII, I had felt they played a part in Germany as well).

I excitedly pointed to the plane and told my father that I knew those planes – they had come to save us, only it was too late for me.

He asked what I was talking about; I told him they came to set us free from the camps. We talked about this briefly, and I was then told, "We don't talk about this."

In this lifetime, doctor visits terrified me, especially if they had to do any tests or procedures.

As I grew older, I constantly self-probed that part of me. I discovered that claustrophobia; fear of persecution for who I am; reinforcement of my asthma; fear and distrust of doctors; dislike for extreme cold to be placed on me (such as ice-packs) were a few of the experiences / traumas I had carried over from WWII. I began working on them myself (before I knew about past life regressionists). It was very slow going.

It wasn't until Nov. '08, at the age of 46, and having gone through Brain State Conditioning (see ['New Beginnings'](#)) that the last of those fears finally released.

That's a long time to be dealing with the trauma brought over from a past life.

Another example - one of my experiences with Medical Intuitive Mirit Turley ([article here](#)); she led me through a fascinating journey to discover the roots of my asthma.

Not everyone has horrific memories of past lives. Some have brief flashes of benign past life memories; some have no memories; and some have brought some 'symptoms' from a past life, but may not realize that's where it came from (another reason for my recommendation for a past life regression therapist).

Many past life therapists agree that you don't even have to believe in past lives or reincarnation to have a successful regression. How cool is that?

If you cannot find the roots of something in this lifetime, I suggest you find a qualified, certified past life regression therapist to assist you.

Happy healing!

Book Review: 'Same Soul, Many Bodies' by Brian Weiss

'Same Soul, Many Bodies' by Brian Weiss. © 2005. Free Press. ISBN 978-0-7432-6434-1.

In his previous book, 'Many Lives, Many Masters', Weiss – a M.D. and psychiatrist – used past life regressions to assist his clients when no root cause could be found in the client's current life.

In 'Same Soul, Many Bodies', Weiss used – along with traditional therapy and past life regressions – future progressions to assist his clients.

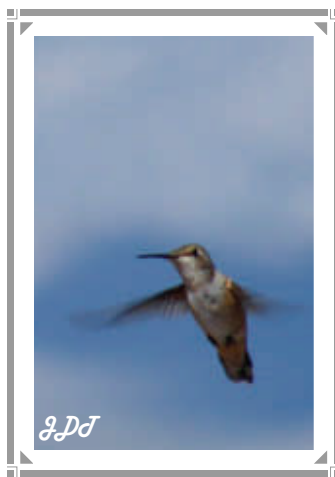
Some future progressions were the future in the client's current lifetime; some were progressions to future lifetimes.

Weiss presented the reader with some of his clients; why they came to him; the regression and/or progression; and how either of those techniques affected his client, as well as how it assisted in healing process.

One client had progressed to around the year 3200, where she described (to me) a very familiar scene.

I enjoyed this book and recommend it for everyone.

September 22, 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 or mail courses (5685 Salina Road, Las Cruces, NM 88012). Feel free to contact her either way.

Jan is also teaching her metaphysical courses at Dona Ana Community College

Manifesting

In mankind's past, intricate rituals, usually with intense and lengthy preparations, were necessary for attempting manifestation. That was because Earth, and her inhabitants, were of more dense energy; it took longer to accumulate the energies needed to manifest.

The energies of Earth, and its inhabitants, have become much lighter – and the 'veils' between dimensions are thinning as well.

What does this mean?

It means that the human race – on the whole – no longer needs elaborate rituals. Energy to manifest is easier to access. Manifestation, of both our hopes and fears, takes less energy now – and, we are capable of doing it with our thoughts.

For manifesting, you need to be very concise and/or specific, because you will get *exactly* (as per your soul plan *) what you have asked for, whether or not you *meant* to ask for it.

Manifesting is creating with thoughts – the more energy you put into the thought, the more physical it becomes – for better or worse.

We all have those "stuck in a rut" times; most of us get over it.

What about those who stay 'stuck'? Aside from medical and/or mental health imbalances, it is usually because they are feeding that reality; their thoughts aren't going beyond that rut; they are not seeing past that illusion, nor that it does not have to be permanent!

Change your thoughts; keep at it; and it can soon catch up with you (as per your soul plan *) – becoming your new reality.

What have you manifested and created in your reality? And what are you manifesting for tomorrow?

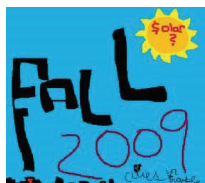
* Soul Plan – (Simplified) What you set up before entering your current body – such as body, family, etc., and what you can and cannot have in this current life to fulfill what soul goals and experiences you have for this lifetime.

September 1, 2009

Community Education, in Las Cruces, NM.

Jan is a member of WMA (World Metaphysical Association) and 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. 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.

Elissa's Insights



Dear Friends,

I hope everyone is hanging in there!

A quick note re my November 3-9 trip to Massachusetts: If you're in the New York City area and would like an in-person session with me or want to get in touch, please email me at elissa@elissaheyman.com. If you want to attend the November 3rd circle in Brighton and are not in touch with Sharon, please email me.

Santa Fe Circle: Saturday night, (sun enters Sagittarius), November 21st. See www.elissaheyman.com/circles.html for details.

Psychic Insights for Fall 2009

(Use your time wisely, it'll be over before you know it!)

If you are in transition: Some peoples' changes reach dizzying heights now and even when they are wonderful changes, a lot more downtime is needed than people will probably be penciling in. Expect to need time to adjust to what's new. It's important for meaningful success, too, that everyone slow down and go at a speed where they can really notice what they're doing. October's Libran persona with her scales of balance would tell us: Do what you have to do in an at-ease and mindful rhythm - don't rush.

The biggest bang for your buck whether you are an individual, a city, a state, or a nation; The most important thing to invest in now is education. Invest your time in educating yourself this Fall, and getting up to speed with the info and skills you need. Invest in education! Knowledge is king!

Habits kept too long in this cycle can really throw a monkey wrench in things. To entertain them is to get your timing off. Jupiter is going direct in the middle of October, a good cycle to move forward in, and now is when you can dislodge things and let go of habits that don't serve you.

What experience teaches now: these are final lessons people might be receiving, where they really get it that certain people clearly can't be trusted, or that a circumstance, habit, or person no longer belongs. Note the information but don't get caught up in the drama, just keep your eyes, like a beam of light, focused on your personal goals. Be very discriminating about what and whom you give attention. Some people will truly be forging a new path

at this time, through uncharted territory, and they in particular need these crystal-clear signs about what to walk towards and what to leave behind.

Nature: A big drought in the Santa Fe area, the Southwest, starting in late 2011.

U.S. Economy: From the group divination at the circle here on the Fall Equinox, it looked like the general public still wouldn't know whether things were looking good or looking bad for the economy. A rally still wouldn't be trusted. The mood is idealistic but not looking grounded in reality, with many "surprises" left out, and big secrets still being dealt with behind the scenes. This period will generate many books and discussions later as so much is going on that the public doesn't know.

The Mood: This Fall, people will be idealistic about working together and creating a new foundation. There's optimism about innovation, discoveries, and the power of creativity. There's a strong desire to deal with our national karma now. This period is more grounded in hope than reality.

Messages for Fall 2009 for the Fire, Water, Air, and Earth Signs

Read your Sun, Moon, and Rising Signs

Air: (Gemini, Libra, Aquarius): You are in the midst of re-establishing yourself, your familiar sense of self is gone, and you are making your way with a little unsteadiness right now, to a new and different future. Something might need to be cut short, something good may need to be on hold. A beautiful dream may not have a way of manifesting right now, but it looks promising later.

Fire: (Aries, Leo, Sagittarius): You are satisfied about how something turns out...something is making you quite happy and more at peace than you've been. You are doing well, business must be good, you are meeting people who please you. Do not overly complicate your life, i.e. stay close to home, or don't schedule too much in a trip, or plan too many activities for yourself. Keep your pleasures simple.

Water: (Cancer, Scorpio, Pisces): You can feel like you are finally moving on some projects and beginning another chapter of your life, and it certainly looks different than the last one. It's a lot more fun! You are unusually willing to walk on new territory and be in different roles and locations, and you don't

look back. You are healthier in this cycle of your life.

Earth: (Taurus, Virgo, Capricorn): You can be in both a very creative mood, and yet not have the means to comfortably create what you want. Things can get cancelled or not continue to expand as expected, so don't count your chickens before they're hatched! Also, make sure that ventures with others provide the appropriate benefit and are a good fit. Now is the time to test partnerships.

Elissa Heyman provides her services in psychic counseling and healing in person and by phone from Santa Fe, New Mexico. Her specialties are clairvoyant reading, mediumship, divination, and spiritual healing. For more information and a description of other services, visit her website at www.elissaheyman.com or call 505-982-3294.

Thank you Elissa!

The pen is mightier than the sword, and considerably easier to write with.

Marty Feldman

Article Submissions Wanted

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

I am currently accepting metaphysically-related articles/stories for the blog

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

Articles that are submitted and accepted, will be posted on my blog for others to comment on, with your active web link (if applicable); it will also be archived there.

Articles submitted for blog will also be used in this newsletter, space provided.

You can email your article to me at: jdreading@cox.net - or you can mail it to me at:

Jan Toomer
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Sharing Planet Earth

Earth is considered the 'school of hard knocks' – being confined in a physical body on a planet that one can experience joy, anger, happiness, despair, love, fear, hate, accomplishment and failure.

But our planet is so much more than our self-encapsulated existence.

This summer, we had the experience of watching a pair of barn swallows raise two broods (which I am sure is not the correct term, but that is what it looked like to us!).

The swallows had built a mini-mud nest on our front patio.

Initially, the male (aka 'Dad') would harass us incessantly with the same repertoire of chirps. He wanted us gone and we weren't going anywhere; but that didn't matter, he would find us front or back yard, and give us 'what-for'.

One day, I sat on the back screened in patio while talking to a friend on the phone, when his bullying got on my nerves. I asked my friend to hang on a minute, and called out "Do you mind? I am on the phone and cannot hear with all the noise you're making. Tone it down, will you?"

He sat quietly until I finished up and went back inside. It wasn't until later that I had realized what had happened.

One evening my husband and I sat on the back patio enjoying the scenery and chatting. 'Dad' showed up and began his monotonous drill, trying to get us to go away.

After about ten minutes I got annoyed with the non-stop repetitive sounds. I turned my head towards 'Dad' and told him that he could at least try some different sounds – since that one was getting old.

'Dad' went quiet, ruffled his feathers, and began experimenting with other sounds. My husband and I started laughing.

'Dad' and I had a talk and I explained that we needed to get along because we weren't leaving. That seemed to be the turning point in our relationship with the swallows. We soon were able to go anywhere and not be harassed by the swallows.

Over the rest of the summer, we were able to watch two sets of three babies being raised.

When it came time for the first brood to learn to fly, other swallows came to visit and encouraged the newbies in the flight lessons. We sometimes had up to sixteen swallows on the front patio. (The visiting swallows would leave when we went out on the front patio.)

When the second brood began their flying lessons, they stayed away longer each day. We knew the time was coming that they would be leaving for the winter. One day

they didn't come 'home'; no one returned to the front patio.

Last week, my husband and I were outside; I looked up towards the electric line and saw one side was filled with barn swallows...thirty-nine of them; they came en masse' to say good-bye.

We live on an amazing planet, with some awesome cohabitants and we are missing so much by not seeing them.

Now, I am not saying to go up to a dangerous wild animal and 'make nice' – that would not be a good thing to do! But, we can learn so much from those we share this planet with if we took the time to pay attention.

This also includes other humans – we miss so much by our set routines; routine habits, routes and people.

As a teen, I would go to what we called back then 'Old Folks Home' and would just sit and listen to their stories of their past experiences. Though in my lifetime, I was not able to personally experience horse and buggies, ice trucks, coal trucks and the trials and tribulations of their day – I could learn much by hearing from those who had.

Critters and humans alike have much to share, if only we made the time to see and hear beyond our own little bubbles.

September 22, 2009

Book Review: 'The Emerging Dream Healer' by Adam

'The Emerging Dream Healer' by Adam.
© 2006, Plume (Penguin Group). ISBN 0-452-28730-8.

In 'The Emerging Dream Healer', Adam emphasizes each individual's ability to heal themselves; this book is about how one goes about accomplishing this.

Adam begins by addressing the need to take responsibility for one's "habits", "attitudes" and "emotions" for optimizing health.

Adam also provides information on Auras, group healing, self-healing and more. He includes examples; descriptions as well as color pictures to aid in visualizing what he is describing. Chapters Two through Eight also have some Q&A's at the end of each chapter.

This book also contains visualization exercises, demonstration exercises and offers possible techniques to try yourself.

Overall, this is a good book for healer to get healing techniques, ideas, as well as for one just beginning their interest in healing.

September 29, 2009

Mirrors, Mirrors Everywhere!

- The person who cut in front of you on the road.
- The elderly person taking too much time at the checkout counter, while complaining of his or her health.
- The child having a temper tantrum beside or behind you at the restaurant where you are trying to enjoy your meal.
- The homeless person begging for your change.
- Those physically different.
- The mentally or physically disabled or challenged.
- That one person at work, church, etc. that we cringe when they come into the room.

What do all of these have in common? For a large portion of the population, they each evoke a strong – and usually negative – emotion in us.

Why?

These are but a few examples of a mirror being placed in front of us, and that mirror is showing us either our fears - or - something that we don't like about ourselves.

In the instances above, usually those which evoke the feelings of fear are those which we are scared of, such as: "What if that happened to me?" or perhaps brings about a feeling of something beyond our control.

For those which bring anger or disgust are usually those that are highlighting something we don't like about ourselves – such as: (for those who are, or were, parents) "Why can't they control that kid?!" is possibly accompanied with the memory of 'been there, done that', with a memory feeling of embarrassment or frustration.

When you come across a circumstance or person who evokes such feelings, stop and ask yourself, "What is it that I am feeling? Why am I feeling this way? What am I afraid of?"

With honesty with self, you can learn more about you, address it, and hopefully bring peace to you as well as toward the circumstance and/or person.

(If it becomes excessive or obsessive, please seek professional counseling.)

September 29, 2009

The invariable mark of wisdom is to see the miraculous in the common.

Ralph Waldo Emerson

THE END