

**Reality  
Undefined  
LLC**

# Reality Undefined E-Newsletter

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## OBE's -

### 'Coming and Going', 'Working' & 'Learning Isn't Just a Physical Thing'

This was a three part series, which I have combined here into one article.

#### Part One

#### 'Coming and Going'

(I love synchronicity! Prompted by my guides, I wrote this article Monday morning. I had a brief appointment in town Monday afternoon – and a friend there brought up this very same topic!)

There has been a growing popularity in the area of OBE's, and people wanting to learn to accomplish this consciously.

OBE (out-of-body experience) is the act of leaving your physical body. We each do this every night while our physical body re-energizes, though many people do not remember leaving their body.

Some of the pre-exit and pre-entry 'symptoms' can be: sleep paralysis, hearing loud bang or knock; hearing your name being called; loud freight train or whooshing sounds, etc.

For me, one of my 'symptoms'

is: often my feet, by their own accord, pop up from the bed and slam back down, and this is usually accompanied by a full body jerk. Yes, a bit dramatic.

I would like to address the sleep paralysis. This is usually the feeling of your body being paralyzed which may be followed by panic/fear.

Barring any medical conditions, this is a perfectly natural function.

Most people have sleep paralysis to protect their bodies while in dream mode. Sleep paralysis keeps the body from literally acting out one's dreams.

Metaphysically, sleep paralysis is... you are out of your body. Should you awaken (become conscious) and find yourself in sleep paralysis, it means you haven't come all the way back into your body. That simple.

There are many books out on OBE's. I recommend William Buhlman's "Adventures Beyond the Body: How To Experience

Out-of-Body Travel".

It does take practice and lots of patience to learn to do this consciously; the more desperate or frustrated you become, the more you block yourself.

Also, if fear/worry – however slight – enters your thoughts, you ground yourself (again, blocking yourself).

You can visit *any* where, *any* time, or (my favorite) go out and fly around the local area.

Please remember that we are energy beings having a physical experience – but our non-physical selves are not limited by the physical.

#### Part Two

#### 'Working'

So you think you only sleep and dream at night? Not!

I mentioned last week that most (probably all) of us leave our bodies at sleep time; so, [Cont'd Pg 2](#)

## Book Review- 'Mission to Millboro' by Marge Rieder

'Mission to Millboro' by Marge Rieder, Ph.D. © 1991, Authors Unlimited. ISBN 1-55666-072-3.

It all began with carrot cake, followed by the name "John Daniel Ashford" – and included hypnotherapist Marge Rieder and her client Maureen Gremling.

It evolved into an extraordinary story of past life memories of Millboro, Virginia in 1861 which ended up including various community members of Lake Elsinore, CA in this lifetime.

About fourteen individuals were regressed; all to Millsboro in the Civil War era, and what developed were their individual stories. These stories included: love affairs; Union sympathizers and spies; Confederate sympathizers and spies; undercover work; a hint of underground railroads and more! What a wonderful glimpse into history!

Eventually the author and hypnotherapist, Marge, took a few of those with regressed Millsboro connections to the current day

Millsboro where they did some sight (and site) seeing and explored some history of the locale; then compared it to the information which had been received during the regressions.

Another aspect of this book is that it once again shows that we often enter new lives with our 'cliques' from previous lives.

A fascinating book and I highly recommend it for all.

July 13, 2009

## OBE's - cont'd

what do we do then?

We play, explore, help others, and do healings. We also visit the past and/or future, and we learn and teach.

Sometimes we remember partial memories or flashes; sometimes we don't remember anything.

Sometimes our subconscious takes our out-of-body experiences and tries to put into some semi-recognizable form – which we usually interpret as a “really weird dream”.

Many years ago, I came across the “White Knights”. These are people who, usually at sleep time, go out and protect, aide, and/or heal others.

The number of White Knighters today is staggering!

When I first discovered their existence, it was verboten to discuss them – even if you knew the individual.

Now-a-days, it's okay to discuss them – and if I run across one (most do not know that they do this at night), I will tell them (privately, of course - it is not my place to broadcast who they are); and answer any questions that I can.

I don't want anyone getting hung up on a 'label'! Anyone can heal, help, and assist others any time, any where!

There are also those who get 'called away' at sleep time to assist prior to a mass exodus event. This is when there will be an accident or natural disaster event in which many cross over at one time.

Those who get called will be like a pre-emergency team; everything is being prepared for the many getting ready to cross – including counselors, healers, etc. and all done on higher levels WITH the energies of those getting ready to cross.

There are also healers, protectors, etc. that get called for individual services – to help one person, or a family, through an event, incident, etc.

Some of you may be thinking, “Well, isn't that what guides do?” Bingo! Absolutely correct. Yes, some still-alive-in-human-bodies humans can be guides as well. How cool is that?!

Part Three

### 'Learning Isn't Just a Physical Thing'

We can also visit the past or future (if your soul plan allows this) as well as visiting anywhere - Earth or otherwise.

Past lives can be glimpsed when sleeping. Some event, circumstance, or person-connection can be re-revealed to you. The same applies to the future.

We can also learn while we sleep. We have access to guides who are specialists for whatever we chose to learn about; we also have access to the Library.

The Library contains Akashic Records (details of each life you have lived, as well as the lives of others – and no, you cannot access your current life), and it contains all knowledge.

Yes, I said *all* knowledge – and not just from Earth – *all* knowledge from anywhere and anytime.

As long as the information you seek does not interfere with your current soul plan (or that of someone you are assisting)...then all else is fair.

And, just like 'specialists' we seek, we are also called upon to teach others that seek what we have mastered.

Now, in this lifetime, you may suck peanut butter at music (my hand is raised on this one), but you may be a music genius or master and just didn't bring that into this current lifetime...you may have wanted to experience something different this go around.

Your energy, non-physical self, however, still retains that information and can assist others.

Some people, over the years have either accused me of being a 'know-it-all' – or the other extreme, saying I have a wealth of knowledge (not bragging, just informing) – but I don't. I do have access to a wealth of knowledge – *all* knowledge – as we all do.

But I do have my limits in accessing information as well.

Linear thinking makes my brain hurt. Okay, not really, but I am an abstract thinker – not good at all with scientific/math equations, numbers, etc. You ask me stuff along those lines and you will probably get a blank stare, a weak smile with eyebrows raised, a shrug, a flat out “I haven't a clue” – or maybe any combination of those.

The other catch, *for me*, is that I need to have an interest in the topic, and have no fear of receiving an answer to the question/s, otherwise, nothing...

And the final reason I may not get an answer to someone's question is that the one asking me is not ready to hear the answer (their higher self decision, not mine); or that I am not the one to assist that person with this question – there may be a specialist scheduled (as per the person's soul plan) to assist.

**Q:** How do you gain access to the Library?

**A:** I often recommend, (after you have done the 'Shielding Exercise'), using the meditation/visualization 'Elevator Exercise' (available on my blog.) Once you are in the 'garden', either look for the Library, or ask your guide to

show you to the Library.

Many 'see' it as a large building in their 'garden'.

Oh, by the way, you can request to find other buildings in your garden as well – it's neat to explore there!

**Q:** How do you access information without visiting the Library?

**A:** I have no set routine/exercise for this – I just gave myself permission to receive information, and allowed it to come.

Information can come to you in various forms: dreams; flashes of insight; mental pictures or a strong 'knowing'.

As you can see, even though our physical bodies are sleeping, our non-physical self makes very good use of the physical body's down time!

Have fun exploring!

July 28, 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: [jreading@cox.net](mailto:jreading@cox.net) - or you can mail it to me at:

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# Elissa's Insights

## Psychic Messages and Astrology for August 2009

Dear Friends,

I don't know why I called my Summer pictograph in the July newsletter, "The Eventful Summer We'll Always Remember". Was it Michael Jackson's passing, or the passing of health care reform? I have a feeling it's something with a bigger impact, but from this prettily-colored depiction of August 2009, it looks like there's a surprise to the upside. Unless the message is: Only pay attention to good news and then our lives will be a lot more pleasant.



August is the time of Leo, and Leo's key words are "I create". That's how to play August in a nutshell. As C.G. Jung said: "The only meaningful life is the life that strives for the individual realization, absolute and unconditional, of its own particular plan. To the extent that a man is untrue to the law of his being, he has failed to realize his life's meaning."

On a less serious note (but maybe it is serious), let me talk about the weather: Here in Santa Fe, it's been practically muggy for weeks, not like the dry atmosphere I've come to expect for the last twenty years. Ever since Spring, there's been much more moisture in the air. And the nights are much colder like there's another ice age coming! The other day, there was a crazy hailstorm that made the national news it was so fierce and unexpected. But besides the weird weather, Santa Fe is hopping with new bands, new restaurants, new art venues and museums--it's getting to be a real scene here and very hot. I've been writing about it on a new website—

[www.examiner.com](http://www.examiner.com)

Have a wonderful Summer, wherever you are!

Love, Elissa

p.s. Housekeeping notes: I am close to finishing reconstructing my email-out client newsletter list, after I lost all my data in March. It's going to be missing a few years and I'm sorry about that. The new lists are organized around geographical location, and will again include a travel itinerary. Aside from where I plan to go, if anyone wants a circle or in-person sessions in your area, please get in touch! My plan is to send the newsletters monthly, unless you email with a cease and desist letter, and prefer the once every quarter newsletters as they used to be. I'll be on the East Coast this Fall, and perhaps Southern California again this Summer, late.

In August, many people change their focus; they are now paying attention to new things and different people. It's not a month where people necessarily figure out cooperative plans and come together. The power of death and the power of radical change is on stage.

**Spiritual Theme of the month:** Give! ("Even if your heart is breaking, even though your feet are aching...Give!") We are asked to reach out and give what we've got, to be caring.

**August's Opportunity:** This is the month to give your full attention to what you are creating and what is new. Get aligned with the vitalizing cycle of energy streaming into August. Let it carry you forward as you focus on what you want to happen. Put the pedal to the metal with projects dear to your heart. P.S. You will miss this whole energizing cycle if you choose to remain in the past.

**Fire Signs (Aries, Leo, Sagittarius):** You beat a hasty retreat from difficult situations. If something in your life is not working, you need to move on. Don't try to fix what's broken, get something new! Re projects: there can be unsettling changes in what you have set up. There's concern about how to stabilize what you've got going. Just keep on working on what you know needs to be done. Do not worry about perceived delays in success. By letting go of emotional baggage this month, you make yourself a lot happier.

### Leo 2009



Happy Birthday Leo! What you can count on: Feeling like a "new you", surprises-- and looking back to think it was a pretty interesting year. However, in some regard you can feel thwarted and that it's slow going getting to where you want to be. You might as well not rush. Instead, go at a pace that allows you to have fun and enjoy your life.

**The Speaking Stones for Leo:** This is a very surprising year. Much comes up that's from the past, both good and bad. You work again with past creative abilities. There's lot of opportunity. You learn to use your energy much more efficiently or strikingly. You're better at dealing with life in general, and more willing to move forward. This is only true if you're doing what you want. If you're not doing what you want, you'll have an opportunity to change and re-align with your desires. If you want to, you can take yourself far, fulfill new roles, and achieve new.

### Water Signs (Cancer, Scorpio, Pisces):

There's some project in the works that looks like it provides support and emotional harmony for a long time to come. There's a way to upgrade and stabilize your life, a vision that began in May, and August is more of an action time of moving forward with your plan. It takes an investment to make this pay off.

### Air signs (Gemini, Libra, Aquarius):

You've tried to make a transition to a more stable and secure situation; it looks successful and you should be more at peace now. Congratulations! Concerns are off your mind and things go more smoothly now. Take a breather and go to the beach if there's one handy. Meanwhile, another assignment is brewing. In the Fall there's a lot more activity away from home, or with new markets.

### Earth signs (Taurus, Virgo, Capricorn):

You are in a place now that allows you to receive more love. You are in better spirits and moving towards a much better plan and rosier outlook. There is a new truth to your life: What is right, is in it. And if you are an earth sign who has not already gotten there, that is where you're going, armed with new truth about what you want, who you are, and how to manifest what's important to you. Either way, self-love and acceptance is the starting point of your success.

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If we have no peace,  
it is because we have  
forgotten that we  
belong to each other.

Mother Teresa

## Sacred Place & Panic Attack

My brother Chris came home from a near by lake and was excited because he got to see and take pictures of these petroglyphs that were on top of one of the mountains on the other side of the lake. Chris says that the top of the mountain is a sacred site, and there are people from an ancient civilization and they are trapped under the rock and inner earth, and that they are waiting to be rescued. My husband Gene and I were completely fascinated by his story and wanted to go see them. So, the following Monday afternoon, Chris, his better half Michelle, Gene, kids, dogs and I all headed up to the lake. Chris pulled the boat and we pulled the tent trailer. Our plan was to spend the night and get up very early, before it got to hot, and hike the mountain.

Annoying little things kept happening as we got ready to leave. Nothing serious, just successful attempts to delay our arrival. We get on the road and a life vest blows out of the boat. We were following, so we stop to pick it up. Mean while, Chris sees what is going on and pulls over to wait for us. He sees us coming, so he pulls out onto the highway.

Almost immediately, we notice that he has a low tire on the boat, and before we could signal, the NEW tire starts smoking and he is now riding on the rim. Our spare is a tire that has been sitting in the Phoenix sun for fifteen years. Gene makes a comment that something is trying very hard to stop this trip, but still, we continue at fifty miles per hour. Our next stop is about twenty miles ahead for gas and the items that we forgot from home.

Chris, still ahead of us, stops half way between two gas pumps and announces that his fuel filter just took a dump. The SUV won't start. Do you think that we are paying attention yet? He finally gets it started and we get his list of items he needs from the store, and we tell him to go ahead, and we will catch up. The trip went pretty smooth after that, until the next morning when the sound of a bee swarm just outside our trailer woke me up.

Apparently, on my brother's first trip up there, Michelle, got over heated and couldn't go to the top. This time, she didn't have any problems, however, Chris, was not quite himself. He doesn't remember, but he was.

I have hiked many mountains and as recent as three weeks ago, and I have not had a problem climbing to the top with in a reasonable time. I have always been able to communicate with the spirit of the desert, and I have appreciated many wonderful gifts that the spirits have given me when I have been walking the desert. This experience was very different.

The hike was very steep, no biggie and nothing new for us, however about three quarters of the way up, it turns to solid rock. There are piles of all sizes of rock. I have no idea how high the pile is.

*(Chris just above us)*



Chris, which was ahead of Gene and I, stopped and sat on one of the rocks to wait for us. I asked him if we were there and he said yes, can't you feel the energy? I didn't feel anything except a little on edge, but thought it was more because I was out of breath.

He and Gene started up the mountain again, which was more of the same rock that we had been climbing on the get up there, however, I suddenly froze in my track. I got a panic attack and I began shaking and couldn't move in any direction. I didn't know what was happening except that I was NOT going any further. I have only had one panic attack over my entire life until that moment on the mountain. Flashes of images went through me, and I knew that I had to get out of there. I didn't like it at all. The guys continued up and I inched my way down the mountain. Here are a couple of pictures that were taken when they got to the top.

*(Looks like DNA Strands..)*

*These rocks are huge.)*



*(Gene thought that this rock had fallen over.)*



This trip was another reminder to me that just about the time you think you can handle something, you find out how very vulnerable you are.

Does anyone have any thoughts?

PEACE

Liz

July 9, 2009

## Are 'Mythologicals' Real?

Everyone's perception of what is 'real' differs.

Growing up with one foot here and another foot...well, various other 'elsewheres' – my perception is that mythological beings are real.

At this point, some of you are shaking your head; 'tsking' me; or thinking either, "You have got to be kidding!" or "I thought you had more sense than that, Jan!"

On the other hand, some of you are secretly (or not so secretly) thinking, "Ha! See? They are real!"

There are so many different thoughts on this – I would like to address one that has fascinated me over the years.

One theory is that Atlanteans had been real, on Earth and that Atlanteans had gotten a bit adventurous with genetics (amongst other things) and created mixtures – such as merman, mermaid, centaurs, etc.

This theory also states that Atlanteans also knew how to undo, or reverse, these experiments.

So are the watered down, half forgotten memories of those times is what created the 'memory' stories of mythological creatures?

Is that theory 100% accurate? Haven't a clue; however for me, it resonates better than any other theory I have read about.

Whether the Atlantean theory is correct or not – my perception is that mythologicals are real, but not here on third dimension Earth; they are of another reality or dimension. This brings me to another theory – one where mythologicals were/are from other dimensions (dimensional beings) and not of third dimension Earth.

Because of my one foot that isn't grounded here on Earth – I have been able to 'see' things not found here, including mythologicals.

Does this make me a nut case? What about being able to see and hear the dead? There are those who do this in their sleep; others can do it while awake. Nut cases? Twenty years ago, people certainly thought I was off my rocker; today mediums are pretty much acknowledged world-wide.

How about other abilities? Even quantum physics is finding connections/explanations for these abilities – and, more is to come.

So would I be so far off to say – yes, mythologicals are real – and that Earth energy just hadn't caught up with their dimension, yet?

July 7, 2009

## Psychic Ability 'Symptoms'

Many people are searching for answers about who they really are; where they really came from; why are they here on Earth at this time; and, the most frequent, "What is my life's purpose?"

They then begin to recognize (or in some cases 'receive', seemingly spontaneously) a metaphysical or psychic ability – then the questions really begin to pile up.

Psychic ability symptoms can vary from person to person, as well as from within each ability. Also, the lines delineating abilities are thinning; many abilities 'dip into' other abilities – or one 'label', or term, describes multiple abilities. It is no longer about labels or terms, it is all becoming one – it has become experiencing energy and using energy to help others.

When I was younger, I had discovered that not everyone saw/felt/heard as I did. Seeking answers, I broached the subject of psychic abilities with my mother; her response was that she believed in that 'stuff', but not in her

## Relationship Healing...Peaceful Endings

After much self-debate over whether or not to write this, I have decided to go ahead. The intent of my blog is to share my life experiences in hope that it will help someone else; so this experience needs to be included.

My mother and I had only shared Christmas cards and occasional letters over the last nineteen years or so.

For approximately five years, she was not doing well health-wise.

About three weeks ago, I had a vivid and lucid dream (shortened version here). In this dream, my grandmother called me and said, "Your mother is lucid and wants to talk to you. Will you go see her?" I said I would speak with her.

The next scene was a hospital-type setting; I entered her room where I found her sitting at a table, with a chair available for me.

She said she wanted to tell me that she was sorry, and verbalized a single incident from our past.

I asked her if she had anything she wanted to say about other incidents. "What do you remember?" she asked me.

Without anger, frustration, hostility, etc., I shared with her what I had remembered from very early childhood and up; the good and bad. She said she was surprised at all that I had remembered.

I then asked her, "Why did you *really* contact me?" She told me that she needed me to sign her release form so she could leave.

I told her that I would not sign for her; she couldn't come live at our house.

I told her I wished her the best, and meant

house.

A lot of people awakening to their abilities may find resistance from those around them. This can lead to frustration, questioning one's sanity (barring any medical/psychological imbalances) and a sense of being very much alone. For me, I had felt like I was some sort of odd-ball or 'freak'. Not true!

You are *not* alone. The human race as a whole, over the last ten years or so, has been awakening at an astonishing rate. We are finally acknowledging our spiritual rights to fully be ourselves and to combine energies with the energies of the world. We are not just three dimensional beings...we are so much more!

I would like to say to those of you who have just begun seeking answers about the metaphysical abilities, more often than not, you have been doing this, or experiencing this, your whole life – you just may not have had terminology attached to the experiences.

it.

The dream ended.

Later that week, I was relating the dream to a friend. She recommended that perhaps my mother was asking my permission to leave...to die. She thought that I should 'go back' and find out.

I forgot about that until this past week – on Wednesday night, I couldn't sleep – I revisited the dream.

I said to my mother that if she were asking my permission to cross over – to die – that she didn't need my permission; however, if for some reason she thought she needed it, she had it.

She passed away July 4th.

On the evening of July 5th, I saw my mother (glowing, balanced and whole) standing next to my daughter...they finally got to meet one another.

They each smiled at me and faded away.

What's the purpose of me sharing this story?

Sometimes forgiveness and healing cannot be resolved face-to-face; that, however, should not stop anyone from working on their issues and on forgiveness.

I had worked regularly, over many years, in the energy levels, to work things out with my mother – hopefully to bring peace to both of us.

She wasn't asking my permission to die, per se'...she was asking if we were now okay; and we were.

I believe my mother is finally at peace.

July 8, 2009

Also, as your abilities become refined, they are not usually jarring or blaring experiences. What I mean is that the experiences are usually subtle and can be easily dismissed or overlooked. One example could be when someone says "Wow! Was that a coincidence or what?" or "It must've been my imagination."

You need to think beyond that mentality, and be willing to be open to the subtle nuances around you.

(Again, barring any medical/psychological imbalances) I am including some of the 'symptoms' I have, or have had, in reference to metaphysical abilities:

- Knowing who is on the phone (without caller ID) or door before being answered.
- Know when someone lies – or tells partial truths – to you. (For me, this creates a physical sensation, tightening, in my stomach or abdomen region).
- Knowing something good (or bad) is getting ready to happen, but don't have details.
- Uneasiness, unsettled feeling and/or jitteriness prior to a major event, such as an earthquake – regardless of where it happens.
- Knowing when a friend/relative needs to hear from you – or is in trouble.
- Knowing something specific (with details) is going to happen (outside of the 'norm').
- Knowing what an animal (or plant) is communicating. Can be a knowing, mind pictures, or internal dialoguing.
- Having dreams, or flashes, what come true.
- Knowing, seeing and/or hearing a deceased loved one (or deceased strangers).
- Physically being seen at two different locations at the same time.
- People suddenly feeling better just being around you (not just friends).
- Seeing and/or hearing 'ghosts'.
- Hearing or knowing others thoughts.
- Touching an item, object or person and knowing information about same, or its previous owner (such as 'negative' energy feeling, knowings, mind pictures).
- Know how someone else is feeling (their emotions, whether hidden or exposed) – and feeling it yourself.

Cont'd Pg 6

## By the Grace of God

I recently read that if we take everything that we believe and throw it out, what is left over is truth. We have to get rid of all the old baggage if we hope to be able to enter into the fifth dimension where everything is unconditional love.

In all the research that I have done, this seems to be the message. However, I haven't read very much at all about how hard this cleansing would be. Frankly, to those of you that have figured it out and can remain unaffected by the intensity of the energy, I salute you and call you Jesus.

It is not my nature to snivel. Rather, this cleansing, or an energy that with out mercy, will push you to the edge and keep pushing with no letting up, until you completely surrender and let go of your baggage. You think that you have been hurt in the past; or, you think that you have lived a decent life and your opinions are justified? You begin to question your whole belief system, God and everything that you have ever known. Then to top it off, you find out that all the people that are close to you, think that you are "not balanced!"

The more you try to explain what you mean, the deeper the hole that your digging gets. I have never felt so alone and helpless in my life. I couldn't make any sense out of anything, and when I tried, I would get so nervous that I thought I was loosing it all together. I asked for help, but no one took me seriously because I have always been strong, and my family knew that I would always take care of everything.

I was ok one moment and screaming the next. Finally, one night I was talking to my daughter and everything was fine. Suddenly, I verbally attacked her for no reason. I removed myself and went into my room. I lost it and didn't know how to fix it, but even I could see that this was not normal behavior.

The next morning, I got up and got dressed, and my daughter and her two kids were very quiet and sitting in the living room. They were probably afraid to open their mouth. I kissed each one of them and walked out the door and drove off.

I could not get a grip. I realized that I needed help so I called my Doctor and she was on vacation, so I made an appointment for Monday. I knew that everything that I was experiencing and going through was about me and no one else. I knew that I had to own up to my actions and take responsibility for all of it, but that didn't seem to help. I tried praying and that didn't help.

I finally reached a point that I couldn't feel any emotion at all. I cried and cried and tried to connect to anything and I felt abandoned. I sat there staring at nothing for two and a half hours. I couldn't think, or move.

While all this was going on, my family was growing more concerned by the hour but

they didn't know what to do either. My brother talked to someone we know that works with suicidal teens, and he said that he thought that I was having a nervous break down and needed to be on medication like Prozac and attend serious therapy.

NO THANK YOU VERY MUCH.

I knew deep down that what I was experiencing was for a reason, I also knew I had to go through it so that I could finally surrender and let go of all the crap that was only slowing down my spiritual growth. It didn't matter, it was still pure hell. I remembered my mother telling me before she died that I would be tested to my very core to see if my faith would stand firm. I told myself over and over that it will pass, and to just ride the wave.

As I sat in the desert in my car, numb from tears, and unintentionally, I was in a deep meditative state. My cell phone rang but I couldn't answer it. Awhile later, when I checked my voice mail, it was my healing. It was my husband. He was crying and very worried about me. I really didn't even hear the words he was saying. It was his love and the sincerity of a pure heart that I felt. I have never felt any thing quite like that before. I began to cry and as the tears flowed down my face, so did all the anger, and the hurt. His love healed my heart, and I have been absolutely fine since.

I know that you who are reading this can not begin to feel how devastating this was on me and the people that I love. I am sharing my experience so that when you have to walk yours, perhaps you will remember this and hang on for your life because it will pass.

By the way, I did go to the Doctor, and she is testing me for any chemical imbalance that may have caused this. I doubt there will be any imbalance. I went to Brain State to balance my brain.

If you live in southeastern Arizona, and you begin your bumpy ride, I highly recommend Dr Meg Gilbert. She is a Naturopathic Doctor in Patagonia Arizona, and she is wonderful. And, she doesn't think that I am crazy at all.

Until next time

Peace

Liz

July 19, 2009



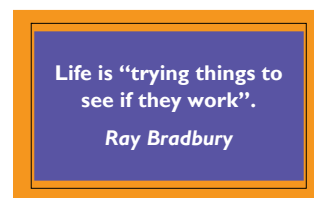
## Psychic Ability 'Symptoms' cont'd

- Knowing what's the most probable outcome of a situation, event or circumstance without having prior knowledge and not being a statistician.
- Seeing and knowing what a place (building, town, etc) will look like in the far future.
- Seeing the past and present at the same time.
- Communicate, hear and/or receive information from non-physical beings (other than 'ghosts').

There are many books, courses and instructors around - (I do offer two online/snail mail courses - The Basics Course and Undefined Reality Course). Please make sure you are comfortable with your instructor.

(For more info., see 'Types of Abilities', page 7)

July 28, 2009



## Book Review - 'Communicating with Orcas' by Mary Getten

'Communicating with Orcas' by Mary J. Getten. © 2006. Hampton Roads Publishing Co Inc. ISBN 1-57174-466-5.

During the course of writing this book, Mary was doing whale-watching trips on the San Juan Islands.

Mary learned animal communication, and began communicating with 'Granny', the matriarchal-figure of a local pod of Orcas.

This book is Mary's story of her growth as an animal communicator; her spiritual growth; and the connections Mary made with several Orcas willing to communicate with her and her friend (and fellow animal communicator) Raphaela Pope.

'Granny' answered questions and shared her beliefs on spirituality; gave details on how the young were taught, including how to mate and the process of responding to potential mate (detailed information); how pods live together and how other pods interact; and her view on humans and human dealings with nature and captured wildlife; her view on how humans treat the earth, and so much more.

This book intrigued me, and I recommend it for those interested in the life of Orcas, and animal communication.

July 28, 2009

# Types of Abilities

## Generalized Terms

Clairaudient – ability to hear beyond the physical hearing; such as voices, music and sounds.

Clairsentient – ability to feel or sense beyond the physical; such as gaining information through the five physical senses (heightened), intuition or 'gut feelings'.

Clairvoyance – ability to see beyond the physical sight; could be in the form of telepathy, precognition. Can receive information in the form of symbols; mind pictures; overlays (example: seeing past and present at same time).

Psychic – a generalized, and often over-used, term; can refer to basically any ability.

## Some of the More Common Abilities

Channeling – ability to communicate with non-physical energies, such as 'masters', angels, guides and other world beings.

Empath – ability to sense and/or feel others emotions, or residual emotions. For those empaths who are untrained, the emotions can feel like their own and can be confusing. Public places and/or large crowds can be overwhelming. *Shielding* exercise can help. (This can be found on my [blog](#).)

The number of empaths on planet Earth are on the rise, and are usually coupled with one or more other abilities.

Far-See – ability to see far into the possible future (or past). This is closely related to the Probability ability.

Both abilities rely on the ability to foresee the most likely outcome based on the current energy patterns.

Far-See example: While driving, one can catch glimpses of the houses, buildings, landscape, etc. in the far future (or distant past).

Probability example: knowing what is going to happen shortly, based on the current energy patterns (closely related to Precognitive).

Healer – a very broad category. Healings can come in as many ways as the healers, themselves, develop. A word of caution to new healers: please never take other's ailments into your own body.

Often beginner healers may start to see patterns during daily interactions. Friends and

acquaintances may appear to feel better, cheerier, more up-beat or energetic when around you.

Some healers pray to heal. There are also: laying on of hands; visualization; manipulation of energy; auric healing (working on re-balancing the aura); chakra healers (re-balancing the seven primary physical energy vortices on the human body); Reiki, and much more.

Medium – ability to communicate with those who have crossed over (deceased). It can be getting messages from a deceased loved one or strangers.

Multi-talented Sensitive (my term) – one who has more than one working ability. A lot of people are now in the category, and it is growing.

Precognitive – ability to know things/events, etc. beforehand.

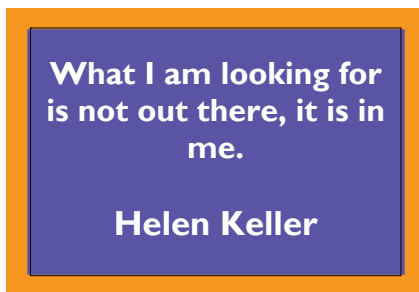
Premonition – ability to sense or feel an upcoming event – usually a 'gut feeling' about something. (Closely related to Precognitive.)

Psychometry – ability to touch an object, item or person and receive information. This information can be received in mind pictures (like still photos or short snippets of moving film); or sudden a knowing of information.

Telepathy – the ability to hear others thoughts, ideas, etc. (receiver) and/or send thoughts, ideas, etc. to others (sender). The ability to be both a sender and receiver is growing.

Tool Readers – ability to use a tool to provide a focus to access information about another. Examples can be (but not limited to): tarot cards, other card types, tea leaves, crystal ball, stones, minerals, 'doodles', etc.

July 28, 2009



# Break Free!

Dreams stir within  
the heaviness which  
laden the subconscious.  
Blood cells carry our  
ancestor's memories -  
etheric separated  
from physical. The  
barrier? Our own ignorance.

Days pass, cycles continue  
galaxy wide -  
yet we remain within  
individual cocoons,  
waiting for someone  
else to set us free.

Teachers teach -  
preachers preach -  
and both are  
meaningless echoes,  
unable to penetrate  
our self-induced  
existence.

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We each live in our own understanding of reality - some unable, or unwilling, to see beyond the illusion. © "Undefined Reality" course workbook.

## Las Cruces DACC Metaphysical Class Information

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

**Basic Undefined Reality** 8/20-9/3/09  
Thursdays, 6p-8p - \$30.00 - DACC East Mesa Campus, DADM Rm 105.

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](#)

Reality Undefined LLC  
5685 Salina Road  
Las Cruces, NM 88012

## Web Site Has A New Look!

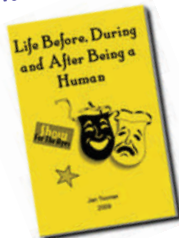
I am pleased to announce that my website

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

has been redone in Word Press and now matches the blog.

It is a lot cleaner looking, and is easier to navigate.

Booklet  
Available Online



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

## Book Review - 'Nothing in This Book is True...' by B. Frissell

'Nothing in This Book is True, But It's Exactly How Things Are', by Bob Frissell. © 1994, Frog Ltd. ISBN 1-883319-01-3.

Bob has something for everyone in this book, including a tad (?) of conspiracy.

Some of what he writes about: Sirians and their role with humans and with Earth; pole shift, and when the next one is due; the 'Lucifer Rebellion'; the 'flower of life' and sacred geometry; Fibonacci Sequence; harmonics (music); Hall of Records; Greys; Philadelphia Experiment.

Though the topic selections seem a bit eclectic, he does a nice job of tying things together.

I often like books that I can personally relate, or confirm from my own experiences; this is not one of those books.

Some of what Bob wrote didn't fit me; a lot I filed away in my 'mull it over' compartment in my brain; and some I will look into more.

Bob Frissell takes the reader on a fascinating journey. I found 'Nothing in This Book is True...' to be entertaining and believe it may assist some in creatively expanding their perceptions of the world around them.

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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 (phone 575-382-4576), 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.

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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.

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The e-mailed version of this newsletter is a little larger and does not require using paper. If you would rather have it e-mailed to you - please contact me at [jdreading@cox.net](mailto:jdreading@cox.net) and let me know - I would be happy to send it to you in PDF.

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