



Reconnecting

My husband and I took advantage of spring break and headed to California. He and I had not been on a trip, alone, since our honeymoon *many* years ago.

We stopped off in Santa Ysabel to partake of the tourmaline dig offered by the Himalaya Tourmaline Mine.

We had a blast! We got dirty and wet; met some neat people...oh, and uncovered a few "sparklies" as well.

Our trip took us through some winding roads and beautiful landscape – we continuously spotted 'awe' moments shared throughout the drive.

Our trip brought us to the ocean. The ocean takes my breath away; I don't need to be in the water, but do love to hear the waves and feel the immense

power generated by the ocean, which in turn energizes me.

We also visited a rather unique used bookstore (and of course came home with some wonderful books!); another shared passion of ours.

This wasn't just a road trip; it was a chance for my husband and me to reconnect, away from work and home, and to share moments together.

We often get caught up in work and home 'realities' and sometimes forget anything beyond that. I highly recommend to everyone to reconnect with their life partners – take a day trip if a longer one is not an option; enjoy the scenery and each others company.

Reconnecting with a loved one, and with the beauty of our country, can of-

fer you the opportunity to remind you what is *really* important in your life.

Jan



Earthquakes and Earth Changes

by Peter Perkins

I had a metaphysical gathering with some of my friends recently and we got to talking about the earthquakes that have been striking recently. I, like some others, feel that this is not the end of such events taking place on earth. First, we are in a time of change here on earth.

The veils between worlds are getting weaker. This can be seen with the preponderance of such television programs as "Ghost Hunters", "The Ghost Whisperer" and others similar shows which show a shifting in consciousness. This shift shows a more open minded, more accepting attitude that has brought ghostly encounters from one of mere fairy tales and stories to a more personal acceptance that ghosts are real and people can interact with them. How many of you have had some experience with such enti-

ties? We have hit an age where it is ok to speak of such things.

Even as we ourselves are changing, our own vibrations rising, so too is our world increasing in vibration. I feel as some others that the earth is shaking off negative energies. It is preparing itself for the changes that are beneficial to her own existence. While some may feel these changes are something to be afraid of or perhaps they feel fears rising about 2012.

I want to remind everyone again that we are spiritual beings simply having a human experience. While we may feel loss for those who pass we are all, all of us immortal. Our spirits cannot die; only these bodies we use to experience the world. We may die in body but not in spirit. This should, I hope, remove some of the fears of the events that are occurring around us.

Our planet is indeed warming but so too are most planets in our solar system. Recently, NASA released some photo's of Pluto showing vast changes. Even this distant planet is undergoing change. It's not a matter of SUV's or coal burning factories for these other planets - and yet news on the other planets heating up also seems amazingly lacking among those who are speaking of global warming. I invite you to research for yourself the changes occurring in our solar system.

So what do we do? If more earthquakes and earth changes are happening, than what can we do? Don't live in fear. Manifestations are occurring now faster than most times in history; so, you don't want to focus on fear or apocalyptic thoughts.

Yes, the earth is indeed going through changes; but these changes are for the best. It might not seem that way

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Earthquakes and Earth Changes

Cont'd

from a limited and separate perspective. Yet from a more global and spiritual perspective, these changes are here to make it easier to transition into a new world. These new changes are wake up calls. They draw attention, they allow us to see that we are not separate from others. Compassion and a feeling of reaching out to others is something these changes are doing currently. Also these changes allow

us to realize there are things we need to do; changes we may need to make as societies to adapt.

Trust that you will be where you need to be. Trust that death is only in the body not the spirit. Trust in Mother Earth.

Lastly trust in your own intuition.



Polars at Play

Book Review: *Old Souls* by Tom Shroder

Old Souls: The Scientific Evidence for Past Lives by Tom Shroder. © 1999. Simon & Schuster. ISBN 0-64-85192-X.

Reporter Tom Shroder began his exploration into past lives by wanting to write a story about Dr. Brian Weiss and his work in past life regression.

During his research on Weiss, Shroder came across an article on Dr. Ian Stevenson (died 2/08/07); interested in Stevenson's work, Shroder turned his attention to him.

Dr. Stevenson traveled extensively to interview children claiming past life memories. Stevenson would then research the memories – either validating the claims or disproving them.

Old Souls is the journey Shroder literally took with Stevenson on some of Stevenson's research trips; what he experienced and witnessed while he followed Stevenson. They interviewed children and adults in Beruit, India and the US.

Shroder began this journey very much the skeptic as far as past life memories. At the end of this book, Shroder's skepticism was not so prominent.

I really enjoyed Shroder's book – and was fascinated at the scientific approach Dr. Stevenson took working to prove/disprove the past life memories.

I highly recommend this book.

Jan

Dragon Song - A Call to Mythological

by Peter Perkins

An excellent article was written by Andrew Gubb on Indigo's recently. There are a great many groups out there who exhibit certain characteristics. Many are believed to be here to serve a purpose. Some are to help others and show them the way back to their own knowledge.

Others are here to help shake up the old systems which no longer work or are to corrupt to serve humanity anymore. Still others are here to help their parents and others into the changing world we are progressively finding ourselves in.

Star seeds are here helping in their own way from other star systems or dimensions. Here to aid humanity and to share knowledge and respect for other races and cultures. One does not necessarily belong to only one group as several may apply.

You may find yourself having the characteristics of one group or another and yet may wonder if indeed you are part of that group. A great deal of sites addresses the various groups of beings that are here. Sometimes you have a strong knowing or self revelation that you are part of such a group.

I myself never thought of myself as a star seed. In fact, out of all the groups, I thought that I was certainly not one of them; even though a fellow person into the metaphysical had asked me if I was and said they thought I was one. It took a self revelatory vision for me to come to this realization.

Yet even with all the groups such as rainbow children, crystal children, indigos, light bearers and one that I feel I have many things in common with the blue rays, the star seeds and others, I have yet to come across a website for those who have been or carry the energies of mythological creatures. While many may be familiar with past lives - and some grasp that time is not linear and know that we live other lives as well as this one -you may have some memory of these past lives, co-current or parallel lives. Mythological creatures, as they have been termed here, did and still do exist. Do you have memories of living a life as such a creature?

Of many mythologicals, not all possess the ability to travel from world to world or between dimensions. Those that don't have these gifts were often assisted by those mythologicals that did such as unicorns and dragons. Look in your hearts and memories; does the dragon song call to you? Do you remember a time and place

where you were not a human but what mankind would term a mythological creature?

We do have a purpose. Like the other groups, we are here now for specific reasons. Perhaps you feel you are incarnating here in human form as some kind of punishment, or realize you are here to learn human frailties and strengths. We all incarnate for a reason, sometimes to heal our selves, or others. Always we incarnate to learn and grow. It is time for us to start communicating with each other.

It is becoming more acceptable for people to believe in ghosts, past lives, psychic phenomenon and prophecy lately. Television shows and programs even on Discovery and History channel cover such topics. Talk of extraterrestrials and ufos is becoming more mainstream as well. News anchors may still laugh about covering such topics, but the topics keep coming up and that says more than their smiles and laughs ever will. Even the Vatican has come forward to speak on the possibility of alien life.

Even with these things becoming more acceptable to talk about, we mythologicals have kept our cards close to our chests. It is hard to say "I remember a time when..." and you describe your memories (Cont'd Page 3)

of a life when you were not human. That does not invalidate your memories. You are not alone. You are loved, cherished and missed.

In sharing with each other, we may come to understand we are not alone. Many times people keep something to themselves and only when they risk ridicule and their own internal fears do they discover others who have had similar experiences.

If you think about it, if no one ever spoke of an experience with a ghost, we might still be living in a world where people didn't know how common such experiences were. Certainly we would not have shows

such as "The Ghost Whisperer", "Medium" and "Ghost Hunters". Yet because people risked ridicule and risked sharing, they learned they were not alone. Indeed, so many have had experiences that one is not ridiculed anymore when one speaks of ghosts. It does take bravery, to step out of ones comfort zone and speak truths one holds in ones heart. Be brave my fellow mythologicals, hear the dragon song and let it give you the strength you need to speak.

Note I want to clear up something, as questions may arise from this article. There are many human myths in regards to mythologicals. What I am referring to

in this article is not the version of mythologicals that are or have been portrayed for centuries. Does it make sense to you that Unicorns exist for the sole purpose of allowing virgins a ride ? Or that Dragons sit on piles of human wealth ? Why ? It's not exactly like a dragon is your average bank CEO of today's era. I speak to those with memories of being these creatures and others, who recall their society, their culture and the gifts these beings have.

Most mythologicals are intensely spiritual in nature though this has been confused for a long time with them being magical.

Peter

The Next Phase

The Next Phase, Part I

Responsibility

For those who have completed their work on clearing their past and setting boundaries may find they are now working on the next phase:

*Responsibility
Accountability
and
Being Pro-Active*

In this article, we will touch on Responsibility.

Most of us balk or inwardly cringe when we think of taking responsibility; it's so much easier to blame other people or outside circumstances.

The first time I faced Responsibility (during meditation with my guides), I literally froze. I consciously did not want to accept responsibility.

As I stood before Responsibility, I did a flash-review of my youth up to that current point in my life, and discovered that I had played the victim-role quite well!

No more!

I stood tall and accepted Responsibility; and you know, I actually felt both free and empowered doing so!

Taking Responsibility for your life, your creation, is very important now. By taking Responsibility for your thoughts (creation) and actions, you can work towards creating a new reality for yourself.

I know, sounds like sci-fi, it it's not.

The energy on Earth, and in humans, has come up so high that we *each* are now creating...for better or worse.

Think about:

- You
- Your Family
- Your Home
- Your Friends
- Your Job
- Your Neighborhood
- Your Hang-outs
- Your Town/City
- Your State
- Your Region
- Your Country
- Your Continent
- Your World

I'll bet you stopped thinking/imagining at either a local, state or region – if you went that far.

For most of us, our creation (and our thoughts) do not go much beyond our local physical location. We've created our own little world bubble.

When you accept Responsibility, I recommend that you begin with you and your life and work your way through the list. Yes, it *may* take a while, but should be well worth it.

Taking Responsibility for you – your thoughts and your actions, will affect the rest of your list! How cool is that?

Now, you're probably asking, "How do I take responsibility?"

Remember, each of your thoughts creates! It reshapes your vibration; your health; your views on life; your life, etc.

At the same time, it ripples and affects those close to you...home, family, friends, co-workers, and so on; for better or worse!

Being conscious of your thoughts and your actions can change you; once you realize this, you can empower yourself!

You Created Your Life!

And You Continue to Create Your Life!

The Next Phase, Part II

Accountability

Last week we touched on the next phase of our growth - "Responsibility"; this week is about "Accountability".

Through this part of the next phase, you will be held accountable for your thoughts and actions.

Of course, we have all been living with societal consequences and/or balances; but now, as you live your life, you will be holding *yourself* accountable for your thoughts (yes, even cursing at the driver who cut you off on the road does create!) *and your* actions and/or non-actions.

Lying, stealing, deceit, manipulation, guilt, misdirection, self-serving, hate, etc. are all going to have to be dealt with – not only through society rules, but also through your higher self.

Many are now looking into the mirror and are having trouble recognizing themselves when they look into their own eyes. If this is happening to you, what are you not being true/honest about?

(Cont'd Page 4)

I don't know about you, but I can be pretty hard on myself – so try to remain true to me as well as my higher self.

If there is something you don't want done to you – then don't do it to someone else.

It's time to do the right things.

The Next Phase, Part III

Being Pro-Active

In "The Next Phase" we have touched on "Responsibility" and "Accountability" – now we will look at "Being Pro-Active".

Because we are creating our own realities, we have to take responsibility for our creations – and we are holding ourselves accountable. Now we can become pro-

active.

Using the same list from "Responsibility", you can begin being pro-active with *you* first.

One exercise I recommend in my classes is to spend a day smiling. No matter what happens, smile a *genuine* smile. You may need to take a few short breaks to relax your muscles, since most of us do not spend a whole lot of time doing this – but then go right back to smiling.

Someone urking you? Take a slow deep breath, let it go, and smile!

Those who have done this one-day exercise were pleasantly surprised by the results, and were able to see their creating in action!

Being Pro-Active in your life – which ripples to others – can change a whole lot in one day!

You can also be pro-active in relationships. Are any relationships harmful or toxic to you? Then perhaps you need to re-evaluate those relationships.

And you can work your way down the list.

Being Pro-Active does *not* mean violent or harmful behavior; it means doing positive work to make positive changes.

What can you be Pro-Active about?

Jan

Time is Changing

by Peter Perkins

I have noticed how things seem to be rapidly moving now in the world. A good deed rapidly leads to a return good deed; positive thoughts and negative thoughts are being answered faster than ever. Things may manifest in your life at an increased rate. This is something taking place on a small scale – such as getting angry on the road and hitting every red light – or concentrating on things I am grateful about and catching green lights all the way; offering help or support to someone and soon after help or support coming my way. You may notice this in your own life.

On a larger scale you have some of the calamities or events transpiring around the world are instantly brought into awareness. It is a sign of the technological world we are living in but it is also more than that. It is a change in consciousness. Now not only do events and news come to us faster than ever, but people react to such events at equally blinding speed. The tsunami and the earthquakes brought aid almost as quickly as these tragedies occurred. So too do we hear about political

unrest or other events which would never reach our ears or eyes just ten years ago.

Things just can't be hidden the way they used to as the mass conscious rises with the changing times. It seems as though technology is acting as a means for us to communicate the way we can as spirits; communication is largely telepathic and secrets are something that can't be kept, nor can lies exist when one is out of body or a being of light. While we are still beings of this third dimensional reality and for the moment need technology to mimic this natural form of communication for most people it shows that many people are ready for the changes taking place.

Old die hard beliefs are also falling to the wayside. How many of you ever expected the Vatican to talk about extraterrestrial life? Even the knowledge that we live in a physical, solid world is being disproven by quantum physics. While evolution and Darwinism seemed to replace religious beliefs now we see a rise in creationism and intelligent design being brought out.

Even time can change! Recently the mas-

sive earthquake in Chile altered the earth and caused a change in the earth's revolutions. While the change in time was minor it is another clear indication that even such constants as time that we took for granted can change,

All of these things are not something to be afraid of but approached with optimism. In the past change took place also though it required a great deal of time. When Copernicus introduced the idea that the sun was at the center of our view of the universe he was scoffed at and ridiculed. The people of his time believed the earth was at the center of the universe and that all revolved around it. Now we take for granted what was revolutionary back then.

So let's look towards the future as a revealing of more truths, a time when we may have to relinquish old beliefs and limiting thinking to embrace the changing times.

Keep this in mind as you look towards the future.

Peter

Book Review: The Truth About Mars by Ernest Norman

The Truth About Mars by Ernest L. Norman. © 1956 (1988, 4th Edition), Unarius Educational Foundation. ISBN 0-932642-12-8.

A small but interesting book.

Norman wrote about his out-of-body experiences visiting underground cities on Mars.

Keeping in mind that this was published in 1956, Norman wrote about pre-fab (using a type of plastic) homes; a process similar to test-tube babies; transportation similar to mono-rails; etc. In other words, he was describing what he saw back then in Mars underground cities that, some of the concepts/items, are seen here today.

He recounted the story told to him of how the surface of Mars became desolate and dry; he discussed some of the customs on Mars, such as using a barter system, a wedding ceremony, education, and more.

This was a light and enjoyable read.

Unusual Experience

by Peter Perkins

First I want to state that I have been on a rollercoaster of emotions over the new health care reform recently made law here in America. It has so divided our country that it's almost as if there are two countries. It is not new, I saw the amount of hate vented at George Bush when he was president; most of the media was on that bandwagon. Now with Obama as president it is the same thing except the media is not on the bandwagon - but mainstream media is not the source a lot of Americans go to anymore.

The amount of discontent is incredible; death threats and anger is at a point where it seems like the country is ripping itself apart at the seams. We have legislation passed with lightning speed and without the checks and balances that are in place for a reason. Instead of working together to overcome problems facing our nation it seems like congress is more like bullies on a playground. I don't even think any of them read the legislation they vote on.

With the attack on an IRS building in Texas involving the pilot Mr. Stack, I only see tensions becoming more and more, you would think the politicians would try and calm the anger and division down. Sadly you have both sides saying, "Bring it on!" and planning to use the unrest to further political goals of either party.

I felt strongly like this is all a big distraction. Look at the political tension and infighting and don't pay attention to what's going on behind the screen, like in the Wizard of Oz. Even though I know this is a distraction and know that there are things going on behind the screen, I still found myself disheartened over it all.

My thoughts turned very negative. I try and maintain a positive outlook but it was very hard for me to do. I attended a meet-

ing of the local ARE and when asked how I was doing I was tempted to vent and talk about all the things that have been on my mind and bothering me. I didn't and I am glad that I did not do so; it would have been easy to simply dwell on the negative.

I decided to clear the slate and take the moment right then for what it was; a chance for me to gather together with other members of the metaphysical community and to mutually work together so that we could all benefit.

I shielded, wanting to remove my negative energies and bring myself into a more positive energy state. It worked it worked so well that my vibrational shift was something that I find hard to describe. To put it into terms hopefully others will understand it would be like going from reverse to fourth gear all at once.

That day at the meeting we had a teleconference with Dorothy Slemmer who wrote "Sunrise, Day One." As she spoke to us I got so many verifications for things that I had experienced in out of body states. Indeed while I was listening I felt like I was floating, as if I was a balloon only loosely tethered to my body.

I have felt this way in the past and grounding helps out but I tend to ground hard and will lose my abilities for a few days to a week; so I didn't want to ground hard. While I was listening and aware of the meeting and certainly listening to Dorothy speak, I was also out of body and out there exploring. Eventually Linda who heads the ARE group mentioned I had been silent the whole time and it took me some time to actually formulate my thoughts.

It was funny because another member mentioned that I wasn't there with them at the moment and it was partially true. I loved listening to Dorothy speaking about her book, I had never read it but I had vi-

sions very similar to the things she had described. In fact when I described some of the things I had experienced to my friend Jan, she mentioned those things were in the book.

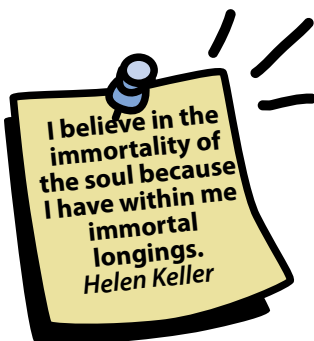
So here I am at the ARE meeting trying to formulate thoughts and bring myself back to my body so I could communicate with everyone. Even though I succeeded and was able to express how much I liked hearing Dorothy talk as well as sharing some of my own experiences which synced up with the book I was still in that state of being only partially in my body my spirit wanted to go out there.

I talked with Daniel who helped me ground but not in a hard way. I am thankful for that. As I became more aware and focused on the here and now I found one of my other lives had come to visit and was sharing my consciousness. I, myself in the past, have leapt into my other lives and experienced life through their eyes so what was happening was the same exact thing in reverse. This too had happened to me over the years; still, it has been a very long time since this has occurred.

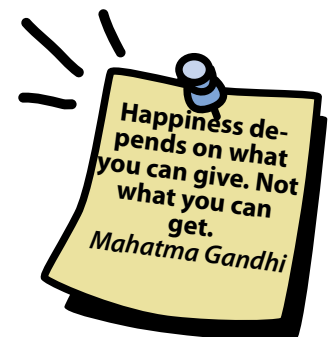
My other life knew my emotions were all topsy-turvy and they had come to help me as well as to enjoy a moment of my life and what I was experiencing. He stayed for almost twenty four hours before he thanked me and went back to living his life.

Later that day I tried and was able to visit him and see through his eyes. We talked a bit and I thanked him for his visit. We both looked out over a beautiful pristine forest. Something we both share is a like for such vistas.

Both this visit and a discussion at the ARE meeting, focused on the here and now instead of worrying about the future or dwelling on the past was just what I needed to clear my head.



Writers are wanted for volunteer metaphysical and/or spiritual articles. Share your experience - write of your musings/thoughts, messages received or epiphany. Send your article (and website info) to me at: jdreading@cox.net



Quality or Quantity?

When do the elderly have the right to die?

My husband and I were off to California and visited someone dear to me; she is 96 years old, and due to a tired and worn out body, confined to a wheelchair or bed.

She told me that she just wanted to be done, and then brought up a very good point: we force our elderly humans to live beyond quality years, but allow our pets the luxury to cross over...why can't we do that for our elderly? Especially when their

life consists of never ending medical tests, eating and sleeping; waking hours are given over to TV since hands and eyes no longer work comfortably.

Quality or Quantity?

For pets, we go by quality of life, not quantity; for humans, we go by quantity, not quality. What kind of life is that?

Many years ago, I was told that one old Native American custom had been: when an

elder felt they could no longer contribute, or felt that they had become a burden, they would go out to the wilderness, lie down and release their soul, vacating their physical shell.

A lot of us had lost that connection with self to do that...perhaps it's time for humans to relearn this, and honor the right for our elders to go when they are ready...

Jan

Manifestation

by Peter Perkins

After the ARE meeting (in the article "Unusual Experience") several people stayed behind to watch part of an interview with Terry and Esther Hicks and Abraham.

I watched the movie and though I have manifested things in my life, I was enthralled to hear of the manifestations that Esther was able to create in such a short time. It usually takes me a month or so.

Esther, while channeling Abraham, mentioned an exercise that Abraham had

given her about manifesting. It was simple things and she tried it and Abraham went onto say how she had missed all the times these things had manifested until the last thing she had tried to manifest came up; she was suddenly aware of it.

I felt inspired and set an intention of manifesting a hummingbird. I haven't seen one this year so far but I focused on my memories and feelings about the cute little birds.

Though I didn't see one that day I played a YouTube video with hummingbirds.

The following day I visited my mother's house and my eyes were fixed on the hummingbird feeder she had outside. She saw me looking and said, "They haven't come yet, it's too cold and today is incredibly windy." I told her almost without thinking that I had seen one. My mind was dwelling on my wishes.

Not twenty seconds later a hummingbird flew up and I grabbed my mom and said, "Look!" It darted around and fed from the feeder. Even though the winds were incredible today it had become a manifestation in less than twenty-four hours.

How to Find the Truth in a World of Lies, Part One

How to Find the Truth in a World of Lies, Part One

Part One: How To Admit You Are Wrong

by Andrew Gubb

To start off this post, I want to draw your attention to a few truisms. I like truisms. The human race isn't very intelligent, so sometimes we still need to learn from truisms before we move on to less obvious truths.

What I wanted you to consider was this:

Principle 1.

Everyone thinks they know how the world really is.

And they have to! If they didn't think that their beliefs were true then they wouldn't be able to get a start on anything.

Principle 2.

Everyone has a different idea of how the world really is.

You get where I'm going here?...

Principle 3.

If everyone thinks differently, what makes your idea of how the world really is so special that you KNOW that it is correct?

In this series of articles I'm going to be challenging your way of viewing the world and showing you how to find the truth in a world of lies.

How to realize you don't know it all

I was a pretty smart-assed kid. I found classes too easy and had an idea of myself as some super-genius, and even then I had a bone to pick with the establishment, so I used to spend assembly times sniggering at anything religious as if to make a point. I loved to be right. To be fair on myself, I was eight years old.

At that time I thought I had the universe figured out at a basic level. We are machines made out of atoms and molecules. Consciousness is a sort of illusion. When we die, consciousness ends. Science can understand everything. If we had a big enough computer, we could simulate a human being just by understanding the mechanics of atoms.

But round about then I had a strange epiphany. It struck me so hard that I still remember vaguely the actual moment. I realized, "If I want to keep being right, I will have to admit I am wrong to be able to improve my ideas. Otherwise I'll just mire myself in self-delusion while everyone else overtakes me."

Being a super-genius is hard work.

Nowadays I wonder, if I could go back in time and meet my past self, whether he'd like me or if I'd even like him. Now I firmly believe in life after death, a higher power that guides and protects us, psychic abilities, astrology and telekinesis. I'm vegan, (Cont'd Page 7)

earn money doing energy healing, and consider prayer to be a helpful tool in getting things done. I think he would think I went nuts somewhere along the way. Astrology???

Eventually I started out in earnest in my struggle to find out how to be healthy and happy and fulfill my yearning for life to be something more than the pathetic package that seemed to have been assigned to me. Despite how everyone seemed to suggest that life was fine as it is, I knew at least not to believe them. I'm a supergenius, OK? So I got into psychology and psychotherapy. I quickly gravitated to the more alternative areas such as NLP and hypnosis, but I tended to get uncomfortable when they expressed unscientific ideas such as Universal Intelligence. Still, I knew they had something at least. So I kept reading.

The next encounter with "fringe" science was in Quantum Mechanics. I read a book on it and came out with the strange feeling

that Quantum was something profoundly important for some reason I couldn't quite grasp. For the moment it went to the back of my mind, but I kept coming back to a fascination in it. I know why now. It just didn't fit with my fundamental beliefs in a robotic reality. In Quantum Mechanics, there is some crazy, crazy pattern that seems to suggest that consciousness affects the way reality behaves! Anything but that! (Many scientists are in denial about the ramifications of Quantum Mechanics).

I kept studying and questioning. But it took a long time and a lot of bravery to come to question the most basic foundations of my reality.

Building and destroying

I see honing a belief system as something like building a house. It's quite easy to place one brick on top of another. But what if the first bricks you laid were in the wrong place? You'd have to stop putting

more bricks on top of them. It's uncomfortable to do, but you'll have to undo your own hard work in order to start building a wall in a better place. Otherwise, no matter how much effort you spend on making a perfect wall, you'll still have a bad job on your hands.

My error was to keep building when I should have been destroying my belief systems. I accumulated knowledge without challenging what knowledge I thought I already had. Eventually I got to the point where I went virtually mad. (It didn't help that I was the stay-at-home type at that time). My ideas about reality were so out of sync that practically anyone would have been able to see it except me.

There's the trouble: letting go of beliefs can be scary. Eckhart Tolle would tell you that you have identified with your beliefs... which means, according to the word's latin roots, to make yourself the same as your beliefs. I = belief. So destroying a belief can feel like dying. It's much (Cont'd Page 8)

Elissa's Insights

Psychic Messages and Guidance for Spring 2010

by Elissa Heyman

The early Spring seems to require a great deal of physical effort: people have to do a lot to reach an objective, or remove what has been immovable, or make it through a change. This is a tougher time, and more muscle and persistence is needed this Spring to move ahead. A good time to "act as if" and you plow through the patchy circumstances.

Look for opportunity with people you already know, whom you are already in contact with, to help you on the next leg of your journey. In Spring, opportunity tends to be closer to people than they realize.

As Above, So Below: Much is emptied out of peoples' personal and collective landscape this Spring, but it makes peoples' time be filled with things that are headed for the garbage. Existing structures are deconstructing; bombshells are going off, the culmination of past conflicts.

Parting of the ways: Sometime in the middle of summer July-August, there will be more of a division among people in that many stop sharing a fate with others; many will feel it's time to stop paying attention to the news, and focus actively on

one's own endeavors and world vision. In the next few months, so much will be let go of and no longer subscribed to.

Future infrastructure: The building blocks of the future our in our midst but not hewn, and there are lots of trial and error, competing possibilities that don't add up to much. There's some synchronization of alternative energies and new understandings in physics, enabling them to work together.

For entrepreneurs: Because innovation has such strong potential now, it's better to work with--if you are an innovative or creative type--your own unique tools, skills and vision. It looks like the people who achieve success, or early success, have space around them where they're not consulting on their direction a lot, or following others. All that matters is what you can see to do now--and what you have vim and vigor for.

Personal growth: If you acquired a negative view of yourself, its roots and source are likely to be revealed now. Just like you took steps to establish and cement self-judgment, there are steps to take to go another route, based on another relationship with yourself. This Spring provides the experiences, occurrences, circumstances and opportunities to take those steps to re-establish a new and better relationship with yourself, and forge another path for-

ward.

From December 2009 winter solstice notes about 2010: "This Spring: There's some huge change that is either imminent or obvious in Spring...or whatever huge change really does happen in 2010, it looks like it's in the air then. It looks like people are moving full speed ahead with change in their lives... a lot of things have changed for a lot of people by the time it's over."



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Thank you Elissa!

more comfortable to accumulate beliefs. (Especially when you feel like you need to be a super-genius to be loved).

This is what we call **humility** (or earthliness as the word literally means). Humility might not seem like a really great quality to cultivate, but that's only when you see humility as trying to do a favour for others. Humility isn't about others, it's about you. It's refusing to build a tower that sooner or later will have to fall down. I'm not overly fond of self-abasement myself, but I use humility where it's practical.

Socrates was famous for saying "all I know is that I know nothing". That's a good mantra to have. In fact, the more I've explored reality from different points of view the better I've become at admitting that what I believe could be wrong.

On the other hand, you always will think you know what you know. It's just how we work: we need to have a map of reality to use, and we can't doubt it, or we'll never take a step. But learn to get comfortable using the word "belief" for what you think you know, as a concession to the possibility that what other people think they know could be right, and be welcoming of challenges to your belief systems. The more your belief systems are challenged the better they become. Challenges destroy the useless while crystallizing what is closer to the real truth.

Going against the grain

I needed bravery to destroy my own beliefs. But I also needed bravery to go against the social group I identified with. In fact I'm still learning this bravery, as I'm sometimes still uncomfortable in talking about what I believe in, in case a scientific bogeyman jumps out of the closet and eats me for being too new-agey.

In case anyone is where I was I want to say this: whenever you have a belief system that is part of a social group, you have censorship. Yes, even in Science. The social group draws boundaries and says "this is where we start and end; if you step outside the line you don't have a right to be a part of our group." It's a very tribal thing. Possessed by the primal fear of not being accepted by your tribe, you choose to conform your reality to the group reality.

So this was my second error. When I was exploring psychology and trying to find myself, I kept on thinking that Science was infallible and held the last word on truth in this world. Nowadays I think that you can know anything, seriously anything, if you take responsibility and make the effort to find the truth for yourself. No authority is good enough to save you from responsibility, grasshopper.

So I came to a point where I started finding some really great insights and got excited. I was making a grand discovery! I was going to change the world and push back the frontiers of science!

The joke was on me, of course. I was dis-

covering spirituality, and the reason science didn't take into account the insights I was getting was because of social censorship.

Rewriting my reality

So one day not too long ago I noticed I still felt uncomfortable in my beliefs. So I sat down and wrote in my journal, "What is the most basic truth of my reality?" I wanted to get right down to the foundations again.

I came up with this. And until the next post in the series, this is how I'll wrap up the article. I'd love to hear what you think about anything discussed here.

- I am consciousness.
- I am exploring myself.
- I am the avatar.
- I affect myself.
- There is joy and there is suffering.
- I want joy, and I have the power to create it.
- Things matter; those which I choose to make matter.
- Joy matters.

Next week, Part Two: "How To Use The Mind".

Thank you Andrew!

You can check out Andrew's site at: <http://www.andrewgubb.com/>

Book Review: The Instruction by Ainslie MacLeod

The Instruction: Living the Life Your Soul Intended by Ainslie MacLeod. © 2007, *Sounds True.* ISBN 978-1-59179-605-3.

Though I usually do not care for books which contain "labels" – I was intrigued and pleased by MacLeod's 'The Instruction'.

MacLeod has provided a guide of sorts, to help the reader ascertain the following...Your:

- Soul Age

- Soul Type
- Mission
- Fear
- Desires
- Challenges
- Investigations
- Talents
- Powers
- Paths

Each owing its own chapter, MacLeod gave comprehensive descriptions to assist the reader in self-assessing where you are in your current soul stage.

He also provided meditation suggestions to help you connect to your guide for guidance or confirmation as to where you are now.

MacLeod's technique in this book provided the reader with much information in an easy-to-use format.

I thoroughly enjoyed 'The Instruction' and recommend it for everyone.

■ *The articles posted here and on the blog reflect the thoughts, opinions and experiences of the individual authors. The reader accepts full responsibility to explore what they feel is appropriate for them and at their own risk - and no one else's.*