



Don't Shoot the Messenger

by Jan Toomer

"Did you know that this hurricane was going to happen?"; "Why didn't you tell me I was going to lose my job?"; etc....I was asked in an accusatory tone.

I am asked this a lot, but you can substitute the word 'hurricane' or 'job' with any other word(s) of your choice.

I do not keep my 'feelers' for earthquakes, tornadoes, hurricanes, etc. on. These are pretty much happening all the time, all over the world – I would be a nervous wreck...no thank you. If, for some reason

I *need* to know about any of these, my guides/higher self, etc. will get this information through to me.

For personal information received for others...I do *not* keep tabs on your personal lives...have my hands full with mine!

When I do get information; have a premonition/future vision; etc. the information I am provided is the statistical probability that such and such will occur as of that moment...human free will can change that outcome.

A dear friend had told me to quit keeping

information to myself – so I share the info I 'feel' or 'get' with you all through the blog (or verbally for the personal insights).

When I am sharing not so welcome news/info/insights, I sometimes get flack for that. Please don't shoot the messenger.

This blog accepts most volunteer articles and comments – I know that my perceptions/interpretations are not the only ones in this world – and offer you to share yours.

And I promise to work hard to not shoot the messenger.

■ *The articles and advertisements posted here and on the blog reflects 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.*

The Reiki Shack Experience

by Jan Toomer

Since late 1990's, I have had an interest in Reiki. I read up on Reiki and had a few sessions – I attempted to attend Reiki workshops – but could never seem to make it to a place to learn Reiki.

Last year, I began honing in on getting instruction from a very sweet lady. I had spoken with her, and we agreed that after my vacation, I would hook up with her to learn Reiki.

While I was on vacation, she was able to sell her home and she moved.

I was happy for her, but was really annoyed with my 'spiritual team' – dangling a carrot, and once again moving it a bit out of reach...argh!

Later, word reached me that someone I didn't even know was offering Reiki classes...I checked my calendar...checked in with my guides for a 'yea' or 'nay' and got a green light! I signed up.

That is how I met Barbra, Brent, Andre' and Jordan Szabrowicz. The Reiki class I took, I

actually had four Reiki Masters! How neat is that?

The Reiki Master Szabrowicz family has absolutely wonderful energy. Each person (as expected) has a unique energy signature and energy technique – no one is any better than another.

I thoroughly enjoyed the class – the instructors had a warm sense of humor, taught no boundaries (yeah!), covered intuitive Reiki, and were patient with me (a really big plus). When the class began, I understood why I had to wait so long to learn Reiki – I was waiting to meet and hook up with these wonderful people!

My experiences with Reiki attunements are unique to me – I cannot say you will experience the same as I.

I was very excited to finally learn Reiki! And as I was attuned, I had some awesome (to me) visualizations and sensations. My inner vision was much clearer following the attunements and watched in fascination the other individuals' energy flows, energy colors and flavors.

When I got home that night, my cat met me at the door, her tail high and she was chirping at me. I told her "Hi!", and headed to the kitchen to get some dinner... I was tired and hungry.

My cat followed me around like a dog – cat-talking to me the whole time. I was distracted with getting nighttime stuff done to figure out what was going on.

I sat down on the couch, my cat jumped up, (still cat-talking to me). She grabbed my hand and began licking all over it. I laughed and asked her what the heck was going on...she 'told' me that I smelled 'yummy'. Okay...

I asked her to tell me what she was talking about. She said my energy smelled wonderful; I then remembered what the Szabrowicz family had told us in class – animals know when someone has received a Reiki attunement and they will react.

I asked my cat why this was any different from any other energy work I have done in my life – she said that this was more focused and refined.

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Book Review: A Dog's Purpose by W. Bruce Cameron

by Linda Aragon

A Dog's Purpose: A Novel for Humans by W. Bruce Cameron. Forge Books; (C) First Edition edition July 6, 2010. ISBN 978-0765326263.

This book is an enduring story of a dog's journey through several lifetimes with the mission of discovering his Life Purpose. There are many heartwarming dog stories out there on the market but what makes this one quite different is the way the story touches on the Universal quest to answer life's most basic questions...seems our animal friends perhaps share this quest: Why are we here?

Reborn four different times, Toby, a mutt: Bailey, A Golden Retriever, Ellie, a female Search and Rescue German Shepherd, and Buddy, a Lab – all share the same soul! Memories carry over from his various lifetimes, including difficult times of abuse and abandonment, along with times of great love and connection. All lifetimes build on one another, this soul decides. Not only in abilities to learn, work, and obey but in understanding what is really important, life's meaning, and yes, what this dog's purpose is!

A heartwarming, insightful, humorous, story told through a dog's eye commen-

tary on human relationships. This beautifully told story speaks of the unbreakable bonds between man and man's best friend. It teaches us that love never dies, our friends are always with us, and that every creature on Earth is born with a purpose.

You will likely shed a few tears as this dog experiences death several times. Still, the insights you will receive will be priceless and you just may find yourself wanting to read this all over again. This book will indeed help you to heal any loss of a pet you may have endured.

I highly recommend this book to all. ■

State of the World, State of My Mind - Pt I

by Peter Perkins

It has been a long while since I have last written for the blog, and I was reminded by a dear friend that all the thoughts I have been dwelling on concerning the state of the world as well as America itself may be of interest to others. I've been thinking a lot about what we are seeing all around us on the news, so let's jump into that right now.

Catastrophes, we have all seen many of them occurring one right after another. Indeed they are happening so close together that the media hardly has time to cover one before they move on to the next. The earthquakes in Haiti, China, New Zealand and of course Japan; the flooding in Australia; the political unrest here in America as well as the unrest in the Middle East.

Why are there so many things going on all at once?

I will try to explain my thoughts on this.

The two are connected. The planet is currently shaking off and venting energies it no longer needs. This is the very same thing we are seeing in people who are rising up to shake off governments, or regimes that they see is no longer of service

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The Reiki Shack Experience

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I was a bit put off by that... I have been doing energy work of some kind or another since I was a small child. I decided to ask my guides about all of this.

I asked my guides and they confirmed what my cat had said. They explained it was like in the scifi books I had read about a with an untrained energy wielder – whose energy was unfocused and a bit scattered; to a well trained energy wielder whose energy was well focused and with laser-like precision. Neat.

My cat (who is elderly) asks for a Reiki treatment regularly – she let me know it eases the pain in her joints.

In February, I once again got together with the Szabrowicz family and received my Reiki Master's attunement and instruction. I again felt welcomed and enjoyed learning from them.

One Master had their hands on my shoulder during the attunement, and I felt the hands get hotter and hotter (it didn't hurt) – it felt absolutely wonderful! After the attunement was completed, I thanked and let that person know what had happened...and explained that I had dislocated that shoulder, which had been a bit tender. It felt wonderful after that!

(Again, this is my experience, unique to me) – After the attunements were completed, I realized I had an interesting sensation on my hands.

I looked (with other sight) and 'saw' my hands were dripping a wonderfully beautiful blue sparkly energy. It looked like I had dipped my into Tinkerbelle's fairy dust. When I moved my hands, it had the effect of writing in the darkness with sparklers on July 4th.

I looked around the room, and realized everyone dripped with sparkles from their hands!

Oh yeah, cat met me at the door again – she couldn't wait to sit with me on the couch and lick my hands.

I will be teaching Reiki, with emphasis on Intuitive and Distant Reiki – and hope to do the Szabrowicz family proud.

Thank you Barb, Brent, Andre' and Jordan!

The Reiki Shack
<http://thereikishack.blogspot.com/>

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State of the World, State of My Mind - Pt I

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to them. While both of these things, in the moment from a place of being emotionally in the middle of it seem horrible, they also show the changing consciousnesses of our world. When something happens even on the other side of the world we know about it, not only do we know about it, but we feel a connection to the people experiencing it.

We feel empathy and this is not a cultural empathy based on people of ones own culture but global empathy that transcends culture or nation. We may not be from the places that have been struck by these catastrophes but when we become aware of them, almost immediately we can feel for the people who have been affected. Just as all is energy. When we feel this empathy and we offer our prayers, our good wishes, money, or other donations it is felt and does show a willingness to reach out to our fellow humans showing that we care and are there for them.

This change in consciousness is a very positive thing. It wasn't so long ago that people hearing about some tragedy on the other side of the world simply thought better there then here and went about their day. We are learning slowly but thankfully it is building that we are all connected; whether it is to a neighbor or people we have never met around the world.

Why are we having so many catastrophes occurring one after the other?

Each catastrophe is an alert, a call to bring

attention and awareness. As you may well know people have a tendency to give attention to something that is right there in front of them but within a month or two it loses the impact and if nothing else happens for a year or more they tend to let go of the feelings generated by the event. We are not being allowed to just metaphysically fall back asleep.

We are getting hit over and over again and again to not only make us aware but keep us aware.

No more drifting back to sleep for us, no more hitting the snooze button. So what are we being alerted too and made aware of?

We are being alerted to old systems falling away, we are also being alerted to the plight of our fellow man so that we may feel empathy and a connection with them.

The changes in the world are letting us know that the world is changing. Things that had been accepted as concrete and never changing are showing that this is not so. We are being alerted to the fact that if we want change - we, the people of the world, can change the world. Even the solidity of the ground below people's feet is showing that even this can change. Humans have survived as long as they have because we can adapt, grow, learn and are able to change as the world does.

Well the world is changing, we can adapt to it or we could stubbornly refuse to

change and end up going the way of the dinosaurs. Everyone let's call on our strong card and change so that we can adapt to the changes going on.

One example of a change we can make is away from nuclear power. It should be very evident from Three Mile Island, Chernobyl, and now the Fukushima Daiichi nuclear plant. If a single plant could cause such widespread damage due not to human error but natural disaster we need to wake up to the possibility another major catastrophe might affect several plants. There are options that work with the planet and do not have the huge potential of danger should they be effected by some disaster. We can switch to geothermal energy, tidal generated power with the constant ebb and flow of the ocean, wind and solar. It's not just going "green", it's about protecting ourselves and the other life forms that share this beautiful planet with us.

What about the people who died in all these catastrophes?

Applaud them. I mean it.

We all enter life with a plan we make choices about what we will experience while we are here on earth. These noble souls chose to be bright shining beacons to draw our attention. Let us not allow their sacrifice to go in vain. My thank you goes out to these brave souls. Thank you for getting our attention, thank you for not letting us forget and drift back to sleep. Thank you for making people aware of the devastation that

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earthquakes, tsunamis and other disasters cause. People have seen what it can do and if they missed it, we are presented with it all over again. More and more people are waking up, it might take the mas-

sive catastrophes we are seeing over and over again but let's listen to the message to us and not fall asleep.

home country of America.

Peace and Love Everyone

Part II of this article will focus more on my

Peter

State of the World, State of My Mind - Pt II

by Peter Perkins

The first part of the article I spoke of the world at large and how the massive changes both in the planet and society are taking place. This part I am going to focus on America.

We have not been spared here in America the same changes that are sweeping our world. I would say that it is more subtle but Katrina, the BP Oil Rig disaster were not very subtle at all nor was the horror of the attacks suffered on 9/11.

These got our attention but sadly didn't hold it for long. They were wake up calls to change the way we live. Were we listening though?

It would seem only the attacks on 9/11 really changed things and only because our government kept the fear alive for so long. Though the methods chosen to deal with this are far more invasive than necessary and actually affect many more citizens than terrorists. What we learned of 9/11 is that the men who crashed these planes learned how to fly in our own country and then used those skills to commit that atrocity.

Would it not make more sense to delve deeply into the schools that teach flight, especially flight of large commercial airplanes then to introduce technology that irradiates and violates the privacy of America's citizens in such an invasive way? I think the only way that such methods were able to pass were fear being hammered into people to the point where they thought this was the only way to remain safe.

Why do we have such strict measures? Is it really to prevent a terrorist attack on the airplanes or is it the government's fear of an uprising occurring here in America like we are seeing in the Middle East. The fear of the government of its citizens was highlighted in the horrible attack on Senator Giffords.

We all know this attack was the result of a man with severe psychological disorders.

It was not the average American upset with government nor, as some people like to promote, a republican or tea bag party conspiracy. What happened though? We heard from the President in a big speech that we need to be more civil with each other. It didn't last very long on the part of either party - not even our president stayed true to his own speech.

Still what came of it was a separation of the government from its citizens. As slow as government is to act we saw almost immediate action when one of their own was shot.

New ways of interacting with the public, more protection for politicians and a sudden stop to all the town hall meetings that seemed to be the rage for a while.

We can't let fear rule us, let it be an alert that something needs to be looked at but don't get lost in it. Fear should never rule because it simply feeds on that and we get distanced from what it alerted us to in the first place.

Yes the shooting of Senator Giffords was indeed a tragedy - not only her shooting, but the death of many people including a young girl. It was done by a man with mental problems and yet the result was an overall wave of terror among politicians that this would happen to them.

When something is presented to us it is to draw our attention to make us think and if we take the cue, to make changes.

More recently we have seen the unrest in Wisconsin about the unions. What was the message here? If we look below the layers we saw politicians run away from their duties. Would this ever be accepted by any of us? If we all left our jobs and fled the state because we wanted to avoid some tough decision at work for a few weeks we would be fired. We should not accept this behavior from our politicians, it is unacceptable. I know everyone might see this as taking a political side but I am also going to get into how the law was passed. That was equally unacceptable.

While they may have been given no choice since the democrat senators refused to return to the state. It was still wrong to slip this law through in the manner in which it was. It was pushed through like the health care law due to a majority having power and using it with no regard simply because they had the majority and power to do so.

What do these things tell us? First how many people read the law? How many people in fact read the health care law?

The point is we need to be more aware and actually educate ourselves about what our government is doing. We could simply cling to what the media tells us but they don't get it right all the time and if you can't see the political slant of media sources then take a moment to try and see it. We the people have the power, it's not just a line in the Constitution, and it is not just for America.

We have forgotten that we have the power. We can give that power away and let someone else handle our responsibilities; we have already seen the result of this.

It's how our world has ended up as it is now. We have the power but we also have the responsibility. We need to educate ourselves, take interest in how we are governed and make changes that make sense not simply changes based on fear.

What else do we see happening in America? Our Priorities are being presented to us like a cold slap in the face. How do we place our priorities and values?

The NFL going through the problems it is highlights the fact not that there are problems leading to no games being played. We are being given a moment to step back and ask, what could be so wrong that people playing a game, a game! With some being paid millions of dollars could be so wrong that they might not play this coming season.

What are our priorities as a society when we pay people playing a game millions?

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I don't need to mention the many legal problems many players get into. A simple look at the news for the past few years would highlight that. Many times they are treated not like any of us would be if we broke the law.

Why do we accept this? Why do we place these people on pedestals and treat them as if they are separate from the rest of us?

Time for us to take an introspective look at ourselves as a society.

Our sport stars are not alone in drawing our attention in a big way lately. The best paid TV star in America played his part in letting us know how differently we treat our actors and actresses. Charlie Sheen is highlighting for us just the kind of things we accept from actors and actresses we would never accept from one another. Yes he was fired - an amazing thing considering quite often such excesses would be excused and laughed over as eccentricity. It is only because he went as far as he did that we didn't see him just taken back into the fold because he made so much money

for the network he worked for.

This is another example of highlighting our priorities as a society in such a in your face way that we can't ignore it any longer.

Now unto disasters - what did Katrina show us; what did it highlight in an "in your face" way?

We were unprepared for such a disaster is what we learned from that. The levies were unable to deal with it and even now the area hasn't changed to prevent such a tragedy from happening again if the same thing happened. So we didn't learn obviously so we get reminded over and over wake up it's time to change and adapt.

The BP disaster was nice to talk about from politicians for a while. They could rail against oil companies and sound as if they are concerned. Did it change anything though? Other than a brief slow down, did we learn from this disaster and make changes?

Simply do some research into this and you

will know the answer.

In fact, not only do I invite you to research what changes were made in the wake of any disaster or other major events, but I strongly support your self education on these matters.

Only if people are aware, truly aware beyond what I or the media or some political group tells them, can we move ahead as a society.

In ending I simply say the time to hit the snooze button is over. It is time to wake up, to take responsibility for the world around us. We need to see disasters as a sign of what we need to change, to not suffer the same things over and over. We can make changes and it requires that we change. Relying on the government to make the changes for us, is giving away our power.

Love and Light Everyone

Peter

Chaos in Relationships

by Jan Toomer

Chaos in relationships...how much before it becomes "Enough!"?

I've given this a lot of thought recently. I believe relationships are: what is between you and at least one other; the energy you invest - and its reciprocation - between self and:

- Spouse
- Loved One(s)
- Friend(s)
- Sibling(s)
- Parent(s)
- Grandparent(s)
- Pet(s)

- Boss
- Co-worker(s)
- Client(s)
- Etc.

When chaos enters a relationship, it creates disturbances in balance and harmony, and may include varying degrees in severity of physical and/or mental abuse.

My pet peeves are disrespect, deceit, and not claiming/taking responsibility for one's own actions/deeds/words.

Chaotic, unstable, abusive, etc. relationships may be harmful to the physical and/or mental health of the individuals involved.

How much is enough?

If a relationship isn't nurturing, supportive or a 2-way street, in my opinion, it time to say "Enough!" and to walk away.

If the relationship is abusive, seek help immediately! (Call your local police, emergency services or safehaven/shelter.)

The time is now to take responsibility for the energies you are allowing into your life.

Please do so safely and without violence.

Volunteer articles are welcome! I will provide your web (and/or contact) info with your article. We are looking for spiritual/metaphysical, real life, uplifting, guidance, etc. type articles. Can be in the natural health fields, mental health fields, personal experiences, etc. Send article to Jan Toomer at: Jan@reality-undefined.com



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Karen Bishop's Email 3-27-11

March 27, 2011

Hello everyone!

During this unprecedented time of finally moving forward, yet another update is warranted, as we are almost anchored into the new and still in transition so to speak. Although my prior work is now over, this recent validation to our experience I felt was again warranted, as this is a very special time and we are almost near a pivotal point of new and eagerly awaited change in many of our lives.

During periods of equinox alignments, the days and nights are of equal length. I can remember standing on specially designated points at ancient ruins during this day, seeing the sun on my left and the moon on my right, both at the same points in the sky. The experience of balance and neutrality was indescribable. It is during an equinox then, that energies can "cross over" and move about, as there is no uphill or blockage prohibiting this movement, but only a straight and flat road.

The equinox of March 20th did indeed create this experience. And as always, there is a window before and after when this movement begins. We may have suddenly felt waves of creativity, where we had so many ideas that we could not possibly imagine implementing them all. This is common during an equinox, and know that these ideas were not all meant to be implemented...they are arriving simply because the energy is moving. We may also have found all kinds of things suddenly in our space...from the past as well as the future....as much of everything was able to move about freely during this time.

We may have experienced insomnia, as we were about to cross over into a new space, and for various reasons, before we do, it is very common to lay awake during a large portion of the night. After we land, we may then experience the opposite...which is a strong desire to sleep while we are rebooting and integrating.

The equinox was meant to create the movement. But the arrival of new light is something entirely different. And as always, things are moving right on track. Recent earthquakes are arriving in order to re-align the earth so that it will be poised to receive this light. These earthquakes began a year prior, but because there was still so much fear and strange ego and arrogant based behavior with the inhabitants of the earth, this process was stopped until things could be re-examined in order to provide a new plan that would hopefully remedy this situation. Ultimately, because so many "lightworkers" said they had indeed had enough, along with the many attempted "fixes" not generating their desired outcome, we are once again moving forward no matter what is occurring on the planet at this time.

So then, these recent earthquakes and earth movements or openings, are arriving so that the earth will be poised to accept the new light that is due to arrive in April. In small

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increments, we are indeed finally experiencing change. We may find ourselves being supported where we had been left dangling before...all in an attempt to make sure we are right where we need to be when the light arrives...and as always, we are divinely protected at all times even though it may not have remotely felt like it in recent years and months.

Heart pain, lung ailments, esophagus, and upper back pain are our own individual experiences of readying to receive this light....just as the earth is having her own readying experience. As our hearts open then, they break apart and move old energy out, thus creating inflammation around our heart area. And this is what manifests as unusual pain in these areas. But as always, it is best to consult a professional health care practitioner if one is experiencing a health problem, as not everything can be attributed to our spiritual evolutionary process.

Experiencing great loss also creates a heart opening, along with a new residence into a higher vibrating reality, and as promised, this is what my new book is all about (making progress, but delayed from the transition brain fog! Will notify everyone on the e-list when it is indeed ready. If you wish to sign up, kindly write to me at the address below).

Although the recent earthquakes are occurring as preparation for the new light (and moving us on our axis is part of this preparation), they have important lower level by-products as well. When a soul leaves the earth through the physical death process, many times it will set up quite a scenario upon parting, so that there will follow its passing, an opportunity for change. For instance, a soul might be ready to depart and decide to leave via a drunk driver related auto accident so that attention can then be given to drunk driving and all related to it. The nuclear situation then, in relation to the Japan earthquake and subsequent tsunami, is a similar example of this. This intent is to draw attention to alternative forms of energy, as the Gulf Oil spill failed to do. It seems that human beings must be affected, or rather that this planet must be hit more directly where it hurts, before change can occur. But this is why many of us have now been set free, as we now watch the end times from the sidelines (a lot about this in the book as well).

In April then, more abundance will come for many of us, as we will be showered with higher vibrating experiences and much goodness when this new light arrives. And for those who have retired to the sidelines, our magical lives will indeed begin to manifest in ways we have waited for, for far too long.

Wishing you heaven in your heart, starlight in your soul, and miracles in your life during these miraculous times,

Karen Bishop
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*Life is a succession of lessons
which must be lived to be
understood.*

Helen Keller

