



## So Many Filters

by Jan Toomer

I have been taking a healing class and have been fascinated.

Through this class, I have slowly been removing filters I have placed – over my lifetime – on my abilities. I have had so many filters!

### What Are Filters?

They are what we use to dampen 'noise' around us.

*Example 1:* You have moved (or are visiting) a new place (hotel, apartment, condo, house, etc) and the noises are new to you, so you are very much aware of every sound around you. Gradually, though, those sounds become less and less pronounced, until they are incorporated into the background...then you only hear sounds which are no longer considered normal background noise.

*Example 2:* When you go to the store, you are aware of others in the store, but you only stop and look when something/ someone, out of your 'norm', catches your attention. Then you focus on that.

The same can be applied to abilities – they

can be dampened.

As a child, I 'saw' and 'heard' energies, entities, etc. all the time. As I grew, I learned to filter them. They were still active, but unless I was doing energy work, they became background noise; the unusual is what would get my attention in day to day life.

As some filters are being removed, it is... well, *freeing*.

My filters are cumbersome. It's like having layers of clothing and wearing a coat on top of that, during very cold winter months.

Removing the filters is like a warm spring day – no cumbersome clothing (rather shorts and a t-shirt). I can enjoy the warm comfortable spring breeze on my skin.

And I never realized this until now!

I have to admit, filters were in place so I wouldn't be distracted – or a distraction – in daily life. Most people weren't comfortable around me when I stopped and talked to the 'air' (grin).

Except for around my husband and long time friends, I don't usually talk to the 'air'. On that note, I hadn't realized to what ex-

tent I let my filters drop around them until a friend recently told me that she never knew if I was talking to her, the cat, my guides...or what.

I laughed, but duly noted this and make an attempt to address whomever I am speaking to now. Ha!

### Now Seems An Excellent Time To Remove Filters

Earth's energy, as well as those who inhabit Earth, is raising; it is appropriate that we become more connected and not so bundled-up.

Filters are different than shielding. Shielding is used to *not* absorb the energies of others (you can still sense the energies around you - you just don't absorb them) and is especially recommended for empaths (who feel others' energies as though it was their own).

Having said/wrote that, please note: we are *all* becoming more empathic.

Do you think it's time for us to drop the filters and become more connected?

I do.

## Intuition and Spiritual Growth, Part I

### What or Whom Are We?

by Anthony Preman

What does it mean to be a Psychic or an Intuitive? Or should the question be, "What does it mean to be psychic or intuitive?"

When you read the above two questions, you are reading two very different questions. The first question, "What does it mean to be a Psychic or an Intuitive is implying that you, the reader or the individual who calls themselves a psychic or intuitive has identified yourself as just that; psychic or intuitive. The second question, "What does it mean to be psychic or intuitive," implies that this is a part of you, but

does not define "who" you are.

Being the fact that I do not care for the word, "psychic," as many infer this to such people as, Sister Cleo or Dionne Warwick, etc....etc. I will use the word, "intuitive."

Being intuitive does not mean that you were born with a gift. How many times have you met someone who either is or claims to be intuitive and they soon tell you that they were born with a gift? For many of you that are reading this, you may think that your intuition is a gift. But is it?

We are all born with biceps. Some people are born with biceps that have the ability to look like Arnold Schwarzenegger and

there are some that no matter how hard they try and no matter how many weights they lift, they will never look like more than Olive Oyle from the Popeye cartoons. But just because we are born with biceps, does not mean that we are, "gifted;" it just means that some have a more innate ability to build those muscles and some can try and try and never gain much ground. The same concept applies to intuition; we all have intuition and some will work their intuitive muscles so that they can spiritually, "lift" very heavy objects. Some will try and try and gain very little ground.

But the question that I have for you, the reader, is why? If you are an individual that has wanted to be intuitive, ask yourself

(Cont'd Page 2)

why? Why would you want such a thing? For those that never wanted intuition, but for some reason, it comes to you naturally, you can understand what I am saying.

When you look within yourself, ask yourself the question, "Am I a person who feels that intuition makes me in some special?" You do not have to tell your answer to anyone except yourself. But if the answer is yes, then ask yourself, why it is that being an Intuitive makes you feel the way it does?

I think we all have a need within us to feel that we are special or that we are gifted in some way that others are not. We have been this way since we were a child. I am quite sure that each one of us can remember back to elementary school when we had new shoes or a new outfit and how special or rather, unique from everyone else that having these things made us feel. But there are those that never had the uniqueness or the individuality from ev-

eryone else and we never felt "special." But that doesn't mean that we didn't search for it on a conscious or subconscious level desperately throughout our lives.

How many people have you met within your life that subscribe to the statement, "I AM a Psychic"? Have you ever wondered as to why they feel this way? Has the mere existence of these people who define themselves as being a psychic and the title of psychic encompasses every aspect of their lives, ever made you want to withhold from telling anyone that you have these abilities out of fear that you will be put into the same category as them? I know that I have met many people that fit this category and to be honest, there are times that it angers me. I of course try to temper this anger and realize that their actions do not define me, but I am still human and deal with human emotions.

When you are alone with your thoughts and have the ability to ask yourself wheth-

er or not you define yourself as a psychic or as an individual who has intuitive abilities, please do this. Being honest with ourselves is the hardest thing to do at times. But if you find out that the answer to your question is that being a psychic or intuitive defines, "what" you are, ask yourself why it is that you need to feel this way? Ask yourself what else defines, "whom" you are?

This article is the first in a series of articles that I will be writing on the subject of intuition and our spiritual growth. But I believe that if we are to start a spiritual quest or an introspective look at ourselves, we are to start at the very basic, very foundational part of us. And the foundation of what or whom we are is the title or words that we use to describe ourselves.

## Book Review: The Secrets of the Light by Dannon Brinkley

**The Secrets of the Light by Dannon Brinkley.** © 2008, HarperCollins Publisher (HarperOne). ISBN 978-0061662461.

Review by Linda Aragon

I would like to present a book review on "The Secrets of the Light" by Dannon Brinkley, and also a recommendation to check out this man with an incredible story, written through three consecutive books. The series starts with "Saved by the Light" – many of you may be familiar with this one as this book was a phenomenal national best seller– his true story of being hit by lightning while on the telephone in 1975. Dannon Brinkley died – and he revived 28 minutes later in a morgue. This first book reveals what happened to him during that time, a profound moving account of a dark tunnel, a crystal city, and his meeting with angels who revealed to him 117 revelations about the future, 95 of which have already come true. A dramatic story and an inspiring look at the fascinating mysteries of life and death.

Next, Dannon Brinkley writes "At Peace in

the Light" (1995) whereas he continues his spiritual exploration including his obtaining enhanced psychic ability. He shares his experience with the panoramic life review, and instructs readers on awakening and honing their own skills of perception and opportunity for spiritual growth.

In 2004 Dannon Brinkley now shares another spiritual classic – "The Secrets of the Light" (co-written with Kathryn Brinkley) – Spiritual Strategies to Empower Your Life ...Here and in the Hereafter. This book could be seen as a spiritual manual. After three near death experiences, Dannon openly shares much about what he has learned and this book is filled with practical instruction. A must read for anyone on their spiritual path. He shares his conviction that each and every day we must stop to affirm certain spiritual truths, presented here in this book as "The Seven Truths". Dannon writes "Great blessings make themselves available to us when we begin each day with heartfelt appreciation and spiritual connection".

I thoroughly enjoyed reading all three of

Dannon Brinkley's books, captivated by the fascinating journey he took, often with great difficulty in both overcoming extreme physical challenges and coming to terms with the profound information the angels shared with him, struggling to find a way to share with the world some of the most important spiritual lessons of time.

I highly recommend you check out the fascinating journey of this man who I see as a highly enlightened soul with profound information to share with us all.

Blessings to all, Linda Aragon

Note: To those who may be interested, I have spiritual meetings taking place for going on three years now, please check us out on MeetUp.com (search Las Cruces Spiritual Meetings). Also I have an extensive spiritual lending library which I freely loan out to anyone who might be interested. You may contact me through my website:

RadiantLifeTransformations.com  
<http://radiantlifetransformations.com/>

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You can go to the website and leave comments or questions for the authors of these articles?

Type in the title name in the search box on the site, and it will pull up that article. Go to the end of the article and you can post your comment/question there.

Check it out.

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

Reality exists only in the present moment.  
Leonard Jacobson

## Coping with Death

by Peter Perkins

Recently a member of my family, an aunt of mine died. I spoke to her just a few days ago on my birthday and she was fine. My parents told me the next day that, that night she had suffered a stroke. I processed what they said but it wasn't till that night, that I took a quiet moment to think about my aunt.

I visited her spiritually and saw that she was in a hospital bed and she looked swollen. I suddenly knew she was going to die; intuition perhaps, I'm not sure. I did speak with her though and assured her that she had lived a good life and that she shouldn't feel that she needed to stay.

I wasn't trying to rush her off or anything, I just wanted to let her know it was ok and that she would be fine.

I waited with her for a time before I came

back to myself. It is odd having a premonition that even though she was in a hospital under medical care that she would not last long. Still she seemed to get my message.

The next day my mother told me my aunt's stroke had taken a turn for the worse and blood was building; this is probably why she looked swollen when I had seen her. They seemed to think she would pull through and I didn't want to discuss my experience. My parents are not very inclined to the metaphysical and even I admit it would have probably seemed morose.

She held out till July 4th when my cousin visited her and he told his mother what I had said, that it was ok for her to go. This was all she needed. She had been holding on to hear that, I honestly believe. It was only moments after he said this that she died. Now, she was not coherent in

her state when he said that, but the soul heard him.

I don't know

what more to say other than when it is time we need to let the people we most love know that it is ok. I do believe she would have held on possibly for years if he didn't tell her it was ok.

Even though I know we only die in body not spirit, and even though I had knowledge she was going to die about a week ahead of time, I still needed to grieve. She was a very good woman always kind and giving to her family. It still hurts to lose someone. I know she is not really gone just left this behind and I am sure she will come back to check on her son, not as a lost soul but in spirit nonetheless.

Peace be with you all, you have my love,

Peter

## How to Love

by Andrew Gubb

It seems such a simple question, yet many people do not know how to love. Some people think they do, but have themselves fooled. Other people are beginning to realise that they don't come up to the standards they hold themselves to. Some of those people might think that knowing how to love is overrated and choose to more consistently hold themselves to different standards; think of them as gangsters or atheistic businessmen who are happy to admit that their life centres itself around just making a buck. Others, however, might start to ask how they can find out how to love.

To love is both easy – the easiest thing in the world – and difficult. Difficult, because if you are not accustomed to doing so it can be hard to find a space, a point of view, or an energy which allows you not to need to ask the question of how to love. When you are in this space – as we'll call it – however, it is easy to love – so easy and so enjoyable that you will ask yourself why so few others do it this way. Perhaps then you will start writing messages to help others reach this space.

The first thing you need to know is that it is NATURAL to love and it is a sign of SICK-

NESS not to love. When a sickness is cured, the health is shown to have been there all along. Love, therefore, is not a skill to be learned.

The next step in learning how to love, therefore, is to cure the "sickness" of unlove. There are many ways to do that, some better than others.

In principle many spiritual paths proclaim to be the way to ultimate love and ultimate happiness (and yes, happiness and love are inseparably linked), yet they are often perverted into mere traps for the eager seeker which he or she finds themselves unable to get out of. A spiritual path may be positive if it affirms that you are already where you need to be. It may be negative if it instead makes you believe that realisation is some goal that is forever far off in the future, and that you are in fact inadequate to reach it, at least in THIS lifetime. Ask yourself in this situation if you REALLY want to know how to love (or how to be happy, etc) – or do you prefer to run around in circles and waste your time? "Official" spiritual paths are optional, as we all have an "inner compass" which will show us where to go if only we listen to it. If you think an "official" spiritual path is not necessary for you, most likely it isn't.

As with all spiritual processes, remember that healing the sickness of unlove is something that is natural, and whatever you may do to disallow your wound to heal is unnatural. Therefore, having faith that where you are is where you need to be is a powerful help. This faith simply stops you from doing things that may continue to hold you back. On the same note, allow the processes you go through to happen normally. If you feel like hating, hate. If you feel like being uncaring, be so. All things pass in time, and if allowed to recede, these hurts will show a jewel of love beneath them when they disappear.

In short, to learn how to love you must simply remember who you are. Do whatever it takes to get there, and don't expect your path to necessarily look like anyone else's. Follow your heart, and you will get to where you want to go.

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<http://www.LightworkersConnection.com>  
- I help those who walk the less traveled path feel supported in their journey.

<http://www.TheSpiritualVegan.wordpress.com> - Vegan recipes

■ 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.

## Pets

by Jan Toomer

It was 104 degrees outside; my car's air conditioner worked hard to try to keep the heat at bay.

I was driving home when I noticed something in the middle of the hot paved road; I was still too far away to tell what it was, but saw traffic coming and going, passing by whatever it was.

As I neared, I saw what looked like a small dog, still sitting motionless in the middle of the road.

I drove closer still and saw a small dog sat facing my direction, ignoring the other vehicles passing on either side of it.

About two car lengths away from it, the dog jumped up, and began wagging its tail.

I slowed down, not knowing what the dog was doing, or going to do. It began to get really excited and I suddenly 'hear', "There you are!" with joy in its thoughts.

I thought, "Whoa! What?!"

I slowed down as I passed the dog – the dog ran after me.

I was barely driving at a crawl and I panicked – I couldn't see where the dog went.

I pulled over and opened my truck door – and there, looking up at me, was the small dog; its joy undeniable.

I slowly shook my head and thought, "Here we go again."

The dog tried to get into my truck; the truck was too high for the small dog.

I turned the engine off, grabbed a water bottle, got out, squatted down and began giving the dog water.

My husband pulled up behind me, giving me the look I know so well – I think it's called "exasperation". When he got out of his truck, I pointed to the dog and said, "HE started it!" and smiled.

My husband said he would go back up the street to the little store and get some dog food.

I put the dog in my truck and headed home.

When I got home, I put a big bowl of wa-

ter on the patio and the dog drank with gusto.

"He" turned out to be a "she", and was very thin and very thirsty.

I called her Little Lady.



*Little Lady - aka, Celina*

Food was offered, water bowl refilled.

I went inside for about thirty-minutes, came back out, loaded up Little Lady and headed back to where I found her.

I rang door bells and knocked on doors inquiring about Little Lady. No one knew her or had seen her before.

I took Little Lady on a walk up and down two streets. She stayed, leash-less, with me; did not chase the rabbit that crossed our path and watched with curiosity as a family of quail walked in front of us – but she never gave chase.

Throughout our walk, I kept asking her if there were any familiar sounds or smells.

"No."

I finally asked Little Lady to "Show me your home!" and she took off running. She ran to my truck and sat down beside my truck tire. I brought her home for the night.

I explained to her that she was such a good girl, but I couldn't keep her with me (I am allergic to "feathered and furred"), but I would find a way to help her.

The next morning was spend searching "lost dogs"; calling animal control and other agencies, to see if she was reported as missing. Nothing.

I talked to a friend who recommended a no-kill shelter in El Paso; I called them.

I explained what had happened; they said bring her in and they would evaluate her health and temperament and then make a decision on whether or not they could take her.

Another friend joined me on the trip as we drove Little Lady to the Animal Rescue League of El Paso (ARLEP).

The vet there examined Little Lady and took a blood sample. She then told me that no one was looking for this dog; she had been out on her own for quite a while.

No heartworms, but malnourished; about three years old; gentle temperament... they would take her.

I was happy – and very sad. If I could have dogs, she would've stayed with me.

Animals show up in my life – those who need help. I do what I can, but unfortunately I cannot keep them with me.

These poor gentle souls are on Earth for US – humans – all of us. They are here to aid us; be companions and to teach us unconditional love.

When we take them into our homes and lives, it is a life long commitment to them.

They are not disposable and they do have feelings.

Please do not throw away a pet because they don't do what you want, or you don't have the time or money to care for them....there *are* alternatives!

And if you can no longer keep your pet – don't toss them out or dump them somewhere else. Place an ad in the paper or at your vet's; ask your friends to spread the word that you are trying to find a good home for your pet; or, as a last resort, please take them to your local no-kill shelter.

Places like ARLEP are run by donations only – please help support them. Donations are a blessing to them and their wonderful work.

Please donate to ARLEP  
<http://www.arlep.org/main.asp?id=23>

**Animal Rescue League of El Paso**  
P.O. Box 13055, El Paso, Texas  
79913

# Manifesting Now

by Jan Toomer

Imagine a Big Pink Elephant with White Polka Dots showing up in your living room...

Or your re-occurring nightmare/dream of a home invasion comes to life...

Or everything you've always feared shows up in your life...

Or suddenly getting everything you've always wanted...

What would you think?

Most of us would celebrate the good stuff...and whine, complain or ask "Why me G-d?" for the not so pleasant stuff.

Many of us (maybe with the pink elephant being the exception...for now) are creating and manifesting this into our lives *right now*.

Seriously.

Manifesting (my definition by observation of the energy) means it is the 2nd to the last step in creating-with-your-thoughts process.

## In the Past

- A person thought, hoped, wished, or really feared – and concentrated hard on these.

- Months, or years later...those now forgotten thoughts, hopes, wishes, fears showed up in that person's life. Since time passed, no connection occurred (or was dismissed) between those original thoughts and the physical appearance of those thoughts.

## Today

- A person has a thought, hope, wish or fear
- Hours, days or maybe a week later, it becomes reality in that person's life – and possibly dismissed as a mere "coincidence".

## Next...week / month?

- A person has a thought, hope, dream or fear
- And it shows up almost instantly.

And this is where you are going – if you aren't already there.

Remember when I said manifesting is the 2nd to last step in creating with your thought process? *The last step is dealing with it.*

Once *your* thoughts manifest in *your* life, you have to deal with it – for better or worse.

So when that Big Pink Elephant with White Polka Dots shows up in your living room, there can be no crying, whining, etc.; there can be no feeling the victim

of some cosmic joke, because all fingers point back to you...the creator of that Big Pink Elephant with White Polka Dots.

As we continue on through the 4th and into the 5th dimension (reality, ascension, shift, etc. – whatever terms work for you) – our thoughts create. The higher our vibration/frequency, the quicker the thoughts show up in front of us.

It's not magic; it's the power of creating/manifesting through thought. It is happening right now and it's happening everywhere and with everyone (to some degree).

Each of us are now in the phase where we must begin being *consciously* aware of our thoughts; work on being aware of what mind chatter is going on in you. Societal rules (hopefully) taught us to watch what you say in public. Now it's time to 'watch' what you think.

Act like your thoughts are being broadcast on a loudspeaker – monitor and control them. (That's another thing coming – and its right around the corner....thoughts will no longer be private!)

Are your thoughts something you want to manifest right next to you? In front of everyone? Is it something you don't want everyone around you to hear, see, and/or know?

What are you manifesting now? ■

# Book Review: You Don't Know Me by Joseph H. Armellino

**You Don't Know Me: Biography of Elwood D. Babbitt.** © 1991, FineLine Books (Cosmic Science Foundation).

Armellino interviews Elwood Babbitt. Babbitt was born in 1922 and was a Marine set to Guadalcanal and Saipan in WWII.

Babbitt (deceased in 2000) was a trance

channeler and a very spiritual person.

In this book, Armellino interviews not only Babbitt, but also come of the entities Babbitt channeled.

The main focus of this book is Babbitt's spiritual experiences during WWII; atrocities of man against man; spiritual guid-

ance and Truths.

Though some readers may find some of the experiences relayed in this book about the war; I feel this outweighs the importance of the spiritual messages within the pages of this book.

I highly recommend this book. ■

# Pounding

by Dragon Spirit

Pounding, rumbling, howling and growling.  
Bright light splits the night  
Flashes of red and yellow delight.  
Windows are rattling  
Scared ones are babbling  
Weird ones are gathering to see the fight.  
Rumble, stumble, crash and bang.  
Across the field they tumble again.

How I delight in the sky tonight  
To sit and watch the beasties set it alight.  
Don't be afraid, it's only a game  
Where dragons show their might.  
They muscle and tussle across the field  
Displaying their prowess with great zeal.  
The applause falls gently to drench and mend  
And all grows silent when the game comes to an end.