



11-11-11 What Does It Mean?

by Jan Toomer

I am hearing this question a lot – and tomorrow's the day!

I am feeling excited – like the eve before a holiday.

I am feeling nervousness – will I like what transpires? Did I have too big expectations?

Speaking of expectations, what are mine? I don't think I really have any formed expectations. I look back to December 31, 1999 – New Year's Eve...what were my expectations? I know the world's expectations ranged from terror to excitement to the blasé.

My expectations were to go to bed, wake up on January 1, 2000 and continue on with my life...okay...no expectations.

But today is different; I am excited. I feel

like something long awaited is finally coming!

I did notice that today I had a slight headache (a rarity for me), tired – and lots of busy-ness with the connection between my guides, healing team and myself.

I have also noticed a lot of activity on the spiritual realm directed to the human realm.

This extends to the animal kingdom as well; the animal spirit guides showing up on Earth swelled tremendously in the last two days – like they are all getting into place.

For me, my interpretation, 11's represents the balance between heaven and earth – otherwise a balancing of an individual's spiritual and physical self; and a balance of energy flow from the Source to us.

Energy is shifting in a major way – which

had begun around October 28th – and I think that if they hadn't already, many will begin to feel this.

My recommendations?

Keep yourself balanced and shielded/protected.

Keep positive/loving thoughts for yourself and your brothers and sisters on Planet Earth.

Keep positive/loving thoughts for Mother Earth.

And if you are a Reiki practitioner, please send a round of Reiki to the Earth and her inhabitants to assist where it is welcomed and needed.

In love
Jan

Happy Holidays
to you
All!

Last Newsletter? I Don't Think So

Thank you to all of you who responded to my email asking if I should continue the newsletter or not. I received quite a few responses, of all kinds.

I received requests to keep the newsletter going.

I also received tips, ideas and suggestions which I read with gratitude and appreciation – I also say thank you for the candid and thought provoking replies.

There may be some changes, but for now, here is the newsletter.

Again, thank you all.
Jan

Email: Jan@reality-undefined.com

Why Hope is Hopeless

by Jean-Claude Koven

Conventional wisdom would have us believe that hope is a wonderful concept. We are told that without it, people are doomed to despair. What our pundits fail to reveal is that hope is about as desperate as it gets. All words -- like sounds and colors -- have a vibrational frequency. If we intend to increase our Awareness then it's vital that we monitor everything we think and say and attempt, in each instance, to transmit the highest level of expression. Each word we choose carries its own Light/Love quotient that either elevates or debases.

The higher states of Awareness (densities) deal in ever increasing levels of subtlety. By contrast, the myriad cultures of the twenty-first century are clearly moving in the opposite direction. Our popular entertainment, sports, politics, financial dealings, treatment of the environment, and armed conflicts can hardly be viewed as moving us toward the Light.

Add the word 'I' as you read each word below aloud, and feel the level of its vibration.

- ASSUME
- SUPPOSE
- BELIEVE
- HOPE
- AWAIT
- WISH
- CRAVE
- PLEAD
- BEG
- PANHANDLE
- MOOCH
- SCROUNGE
- LEECH
- BUM
- EXPECT
- ANTICIPATE
- DEMAND
- REQUIRE
- ENVISION
- CONCEIVE
- FORSEE
- PROJECT
- THINK
- REGARD
- CONSIDER
- PONDER
- CONTEMPLATE
- DELIBERATE
- WORK OUT

- DISCOVER
- ASCERTAIN
- DETERMINE
- CONCLUDE
- VERIFY
- CREATE
- MAKE
- CONSTRUCT
- GENERATE
- MANIFEST
- DISCERN
- GRASP
- PERCEIVE
- COMPREHEND
- REALIZE
- INTUIT
- KNOW
- GROK
- AM
-

Can you just hear it?

And on the seventh day God beheld the Heavens and the Earth, viewing all He had created and proclaimed, "Gee, I hope this all works out."

For a moment, look past the reverberating aftermath of 9/11 and see -- truly see -- what stands before us. This is a magnificent opportunity. A sudden, ephemeral portal inviting us to enter into a higher state of our own consciousness. In a way, the political events that triggered those momentous events take on a secondary meaning. They are catalysts, lost in the grandeur of what they have precipitated.

We sit at the crossroads, the problem presented to us provides the position of the chessmen, and is expressed simply as, "White to mate in three." Except to historians and those who delight in commentary, does it really matter how we got here?

This is our moment of choice. Do we transcend rhetoric or succumb to fear, rage and revenge -- the three cattle prods so adeptly wielded by our drovers? See how effectively these words are used to deflect us; turning us here, then there, until we end up precisely where we are directed. What's in a word? Everything! It is an analogue of the energetic spectrum of Creation. Each word's vibration reverberates with the full force of our intention echoing beyond the outer rim of infinity. Words en-

train. They mesmerize. They can restrict or empower.

The wor(l)d game is played with great skill and cunning by highly trained professionals. These people head our governments and industry, edit our media, deliver our diversions and sermons, and run our banking and financial institutions. They speak to us in great earnest from our TVs and newspapers using the language of reason and concern. They play the role of parents protecting us from the bumps in the nights.

And we let them. We have always let them.

Beware Greeks bearing gifts! Beware of being led -- so cleverly led -- away from the prize of the moment. Beware of bartering one atom of freedom; one gram of spirit; one iota of your essence.

These are fascinating times. Awaken; wipe the sleep from your eyes. Watch carefully and note how the swirls and eddies of the human condition shape events. Take no action; do not judge. Simply observe. The patterns are there. You will see them easily once you master the ability to disengage. Notice how each of these patterns moves through you as well. This is the nature of the universal hologram -- the "as above, so below."

And this understanding is the key to your role in our 21st century Passion Play.

What if.... "we are all ONE," were really true?

What if.... you and the world were so inextricably entwined that when you sneezed, someone in Bangladesh caught cold?

What if.... what you thought, said and did really mattered?

What if.... you suddenly became the central control module of planet earth and the entire world was directly wired to you?

Here is your challenge: For the next twenty-four hours imagine that the fate of the world rested solely on you. Monitor your-

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METAPHYSICAL LIFE ENRICHMENT CENTER
2600 El Paseo Rd, Las Cruces - 575-647-0300

Check out their website - they have neat stuff happening throughout the month!

<http://www.mlecnm.com/home.html>

Raquel Ontiveros-Carr

Reiki Master, Certified Pranic Healer
Health and Joy through Energetic Balance
To make an appointment
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Post 11-11-11

by Jan Toomer

We had heard all the talks, speculations and fears as 11/11/11 approached. Many waited with trepidation for whatever was to transpire.

We had, on 11/11/11, worked as a group consciousness to help raise the energies of all beings on these dimensions which we occupy – and each being had the choice to accept the loving boost, or not.

Many are disappointed (or perhaps relieved?) that no dramatic physical hoopla occurred.

Those who can “see”, “hear”, “feel” or “know” (utilizing “clair” senses) more than likely subtly experienced something (energy-wise) between 10/24 and 11/15/11.

We are now on the other side of 11/11/11, and I would love to hear of your experiences.

My Experience

On 11/10/11, I was overwhelmed with thousands (if not more) of voices – all speaking out at once...these were from outside of our dimension, and were directed to all of us – humans on Earth; they were words and energy of encouragement, uplifting us all.

Reports began coming in...animals were acting “weird” or exhibiting bizarre or unusual behaviour.

The vocal din continued into 11/11/11; our cat stayed secluded (her choice) in her bed all day.

Post 11/11/11

These energy shifts begin in the subtle bodies; and subtle energies are just that... subtle.

Some people are feeling a sort of anticlimatic let down post 11/11/11. Some are even wondering, “Did *anything* happen at all? And, if it did, why do I feel like I missed it?”

Yes, something did happen - the whole Earth had a major energy uplift. Some may have physically felt it; some may not have – but let me make one thing perfectly clear: all can benefit from it.

Manifestation

Manifestation begins with a thought. This thought can be creative or destructive; full of hope or hopeless; helpful or harmful; self-sabotaging or self-supportive, etc.

The thought energy is (currently still) not instantaneous manifestation / creation (but so much more close to it now!). The thought must travel through the various subtle bodies, becoming more dense, until it reaches (thus manifests) in the 3rd/4th dimensional density.

The thought will then become reality.

That energy shift, which reached its apex

on 11/11/11, *will* manifest in 3rd and 4th dimensions; as it becomes more dense energy, it will become more “real” here.

11/12/11

When I awoke on Saturday, 11/12/11, I noticed my vision had been altered. I still need glasses to read, but my sight which does not require glasses has sharpened as well as colors began more vibrant...more alive.

The vocal din had quieted, the energy in the air felt slightly different. This put a lot of people in a funky place for a bit; they felt kind of “off” or not just right.

Our cat came out of self-induced seclusion more alert and ready for (okay, demanding) cat-time.

Now What?

Energy-wise, we are on a plateau; a chance to catch our breath and unwind a bit.

You didn’t think we’d sit still long, did you?

As the energy from 11/11/11 manifests, it will be in ways to help both mankind and Mother Earth in our self-growth journeys.

As individuals, we each continue on our spiritual paths; we continue having our learning experiences, learning opportunities and have opportunities to aid others in their journeys.

Why Hope is Hopeless

self carefully. If you speak or feel lovingly, visualize tensions dispelling somewhere in the Mideast. If you experience a bout of road rage or the frustration and impatience of reaching an automated telephone tree, visualize a comparable burst of negativity, such as a bombing or flooding, somewhere in Europe.

The specifics aren’t important. Just note the quality of energy in each thought, word or deed and allow your imagination to project that energy into a physical or political analogy somewhere in the world. If you are willing to do this for just one day,

you will receive, in return, a wondrous gift. There are no collective solutions.

Stop looking to others for the answers.

What happens now to all of us depends solely on you.

Jean-Claude Koven is a writer and speaker based in Rancho Mirage, CA. He is the author of *Going Deeper: How to Make Sense of Your Life When Your Life Makes No Sense*. Selected by both Allbooks Reviews and USABookNews.com as the best metaphysical book of the year. See: www.goingdeeper.org. For more information,

please visit www.goingdeeper.org.

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Thank you Jean-Claude Koven!

Cont'd

Faith is the strength by which a shattered world shall emerge into the light
Helen Keller

Empaths and Holidays

December 22nd, 2009

by Jan Toomer

Holidays can be difficult for empaths*; emotions vacillate anywhere between highs and lows worldwide and opened empaths can feel this.

Emotions can range from excitement building to depression, and it rolls in waves around the world.

What does this mean for an opened and/or untrained empath? It means an unpleasant rollercoaster ride of emotions that do not belong to them.

Couple that with December being the end of the calendar year – which can bring another rollercoaster ride as worldwide reflections of the year coming to a close.

Ouch!

What can an empath do to help alleviate this? What can parents do for an underage empath to help them? Shield, shield, shield ** (see below).

Shielding helps create a barrier to keep other people's emotions/energy from entering the empath's energy. Does this mean an empath won't feel any emotions anymore? No.

It does mean that shielding aids in assist-

ing the empath from absorbing others emotions. The empath can still sense others' emotions, but won't carry or absorb them; and they still feel their own emotions.

As the energy – worldwide – continues to rise in vibration – so too increases the number of empaths on our planet; we are all becoming more empathic.

What and how does an empath feel?

Imagine going to a crowded mall (grocery store, concert, festival, etc.). An open empath will absorb the emotions of the people around them (or at holidays they can experience in their own home...since emotions are heightened worldwide around the holidays). This means they can absorb, and feel: depression, anger, disappointment, regret, sadness, jealousy, fear, joy, expectations, happiness, excitement, etc.

They can absorb so much and don't understand why they have so many conflicting emotions.

Over twenty years ago, I approached a psychiatrist who worked in a mental health facility and asked him "How many patients were empaths?" and "How many mental health 'illnesses' could be aided by teaching them to shield?" As you can imagine, my questions were not well received, and unfortunately this question

remains unanswered even today.

I am not saying that there are not real mental health issues – there are. I am asking "How many are opened/untrained empaths who are overwhelmed by others emotions – and could be helped by shielding?"

In my classes today, I ask the students that – if they take nothing else with them from my classes – to please keep shielding. It really does help.

I am not writing this article to create fear – quite the contrary. I do want empaths to feel at ease with their ability – and not be so overwhelmed.

I was there before, and didn't like it – so I offer the information to others.

I wish you all a wonderful, and shielded, Holiday Season and New Year.

Jan

**Empaths – (also known as Highly Sensitive Person or HSP) are sensitive to, and can absorb, others emotions.*

***Shielding sheet on Page 5*

Please Note:

Beginning the week of December 5th, I will begin the search for a new place to "set up" for offering healing sessions and classes.

I will send out an email to newsletter members when I have found a suitable location.

In the meantime, if you know of a place for rent (reasonable price so I can offer lower prices to you), please feel free to contact me: Jan@reality-undefined.com



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For an appointment with D'rae, call: 575-571-6668 or Email: draes.healings@gmail.com

Elissa Heyman

December 2011 eclipse season and psychic messages for the astrological signs

by Elissa Heyman

For Everyone: Eclipse Season and How to Harmonize with its Unusual Power: The new moon to full moon eclipse cycle officially began late Thanksgiving night, a two week window of opportunity for conscious, directed change that ends in a full moon lunar eclipse on December 10th. On that same day, revolutionary, freedom-seeking Uranus goes direct, and we are all more comfortable forging ahead with whatever path liberates us. If it's not personally meaningful, we ain't interested.

During this period we can make use of the planetary forces which propel us to what's uniquely fulfilling, or squander the energy by procrastinating, losing our center, and paying attention to what everybody else is doing. Resist the urge to give in to chaos! This is the time to marry the freedom-seeking urge with discipline, take responsibility for making your own dreams come true and work to accomplish your goals! (Uranus direct should be telling for the Occupy Wall Street movement: with discipline it could gain stability and begin to grow.)

Then Mercury goes direct a few days later, then Jupiter, and right before the New Year all the planets are direct, moving us toward the fates we co-created in the planetary build-up to 2012. Do not mistake this time for anything less than Important!

Psychic Astrology for the Fire, Water, Air and Earth Signs

Fire (Aries, Leo, Sagittarius): You can look forward to finding new friends in new places. A new emotional harmony, being in sync with people in some new and important way, leads to having more fun. Fun becomes a more important part of your life.

Water (Cancer, Scorpio, Pisces): You are in the middle of making good things happen. You're not seeing the end result of your efforts but you're happily engaged and that counts for a lot. Water signs are able to move to more desirable levels, both financially and spiritually. The fact that some things are working out allow them to have a dreamier existence. The signs favor travel and leaving behind the familiar for opportunity...water signs are moving forward whether they see where they're going or not.

Air (Gemini, Libra, Aquarius): The direction you're headed is right if it gives you peace of mind, although it's likely new. The plan

that involves the most unknowns is actually the most masterful; it has the most potential. Have confidence in the intelligence and masterfulness of your plan, and don't be afraid of not knowing.

Earth signs (Taurus, Virgo, Capricorn): One thing you can be thankful for is that you know the truth: in some way you are more "in truth", and acting on truth, than ever before. You are also more motivated now, or finding out how to stay motivated and act on inspiration in a way that's very successful. You are becoming a bigger success at creating things!

Elissa Heyman, psychic counseling and healing in Santa Fe, NM, or by telephone. New website! <http://www.elissaheyman.com> Contact phone number: 505-982-3294 or elissa@elissaheyman.com

Thank you Elissa!



Splashes of Red

At the center of your being you have the answer; you know who you are and you know what you want.

Lao Tzu

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Feather Fans



by:

Dorothy Ance Webb

and

Valdora Phillippe

Ward



*Double Feather \$150
Single Feather \$100
Shipping may be additional*



*Photos are for examples only
- the feather fans shown here
have been sold.*

Feathers are commonly given as a gift to heal the heart. The feathers send prayers to the heavens and draw healing power from the sky. These fans may also be used for smudging or to compliment a dance costume. In a rustic decor the fans can be beautifully displayed in frames or as wall hangings.

The barred turkey feathers are painted with animals and birds sacred to the Native Americans. The handle is beaded in the Peyote design and decorated with leather fringe, fur and/or animal fetishes. Each is unique.

These fans are a collaborative effort between two cousins -- Dorothy Ance Webb and Valdora Phillippe Ward. Dorothy is of Laguna Pueblo, Winnebago and Chippewa-Ottawa heritage. She beaded and decorated the handles. Valdora painted the feathers. She is an artist, well known for her murals, paintings on fabric and detailed wood burning or fire painting.

*Contact Dorothy Ance Webb through her website for more information
or to place an order.*

<http://dorothyancewebb.com/contactus.html>

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