



Confusion Facing Infinite Possibilities

by Peter Perkins

In the weeks approaching the new year, I have felt more confusion rise up in me. It is not directed at any one thing but more a generalized feeling of confusion. So I shielded and centered myself, which did seem to help for a time.

Eventually though the confusion came back. I felt disturbed by the confusion - seemingly having no basis on anything, as if my thoughts were jumbled. I went to several sites online dealing with Lightworkers and psychics and found I wasn't alone in this feeling of confusion.

I read more than one post on these sites of other individuals feeling this undefined confusion. I have found it affected empaths the most, which makes sense to me since I am also fairly empathic.

I wondered if it was simply the holidays and the mass of emotions around the world, especially as the New Year approached.

I live in New Mexico, with Mexico being so close and culturally the fear they are feeling about 2010, I thought this might have been the cause for my confusion.

I decided it was time to talk with my angels about this. Amazingly I should have done this a lot sooner because they were able to explain a lot to me about what I was experiencing.

First they assured me it was not a bad thing for me to be experiencing confusion.

Apparently for me, and possibly for those other individuals experiencing this confusion, I was confused because we stand on the cusp of possibility. Anything is possible, and people are forging their own future by the intentions they set. Right now nothing is impossible for the future and I am sensing the infinite possibilities and am feeling somewhat overwhelmed.

If someone were to ask me "What does the future hold?" I would have to answer, "Everything".

We are all setting our intentions - whether consciously or unconsciously. In a way we are all choosing our futures and they need not all be a group consensus.

I want to try to explain what I mean by this:

In the past we all lived in a group consensus - as if the mass of humanity chose how things would be, and this means everything from how we would experience the warmth of the sun, the cold of snow to what societies would be like, and how they would work. Even though we could choose things in the past like what job to take, who to marry and basically set our lives as we wished, we were still part of the group consensus.

One person couldn't suddenly decide I'm going to leap into the air and fly to my friends, or I am going to explore the depths of the ocean without an air tank and protective gear. This is because consensus reality says you can't just fly around without technology, and you need an oxygen tank and gear to survive the ocean depths.

However, for the future now, people are making decisions that depart from consensus reality. As time marches on people will literally be creating their own worlds. This includes people being able to stay in a group consensus world if they wish to. I don't know how to explain this disparity except to turn to science and the new thoughts in quantum physics about multiple dimensions.

We will all be able to step into the worlds we wish; so in this consensus reality you can't just leap into the air and fly - but we are going to be able to go to one of these other dimensions where such an act is not unusual or defiant of consensus reality. Likewise dimensions where one can enter the ocean depths and explore unprotected exist. We are going to be able to choose where we go, what we do, and what we will become. Those examples are the very simplest of examples about the infinite possibilities we are facing.

There is no set future for us at this point. There will be a world of cataclysmic end; there will be a world of ascension; there will be any possible future you could imagine, and beyond that because we can all imagine different things.

My angels told me it is time to start setting intentions. Right now at this cusp of infinite possibility it is easy to be confused because anything is possible. By setting my intentions I am narrowing the possibilities and this should reduce the confusion that I am feeling. This does not mean those infinite possibilities are not there, it just means I am choosing what I want, and do not want, in my reality.

It is time for us all to take individual responsibility and sovereignty for our lives. What kind of world do we want to live in, what kind of things do we want to experience, and who do we want to be.

We can no longer play the victim and say, "I can only be this because of my parents", or "I can't learn that because I am too old", etc. It is proven everyday that people are forging their own futures. One just has to take a look around to see individuals doing things that previously had been thought impossible. Old records are being beaten; personal industries are building craft that can go sub-orbital. We have rovers on mars and our telescopes are looking out at the vast distances of space. All of these things are occurring in consensus reality. Opening new ideas and new possibilities; remember it wasn't too long ago that people didn't even dream of being an astronaut.

The future has even more possibilities open to people.

So, if like me, you are feeling confusion and you might not know why - it could be that you are feeling these infinite possibilities and you just haven't set your intentions yet.

Happy 2010 to you all!

Peter

A New Year and a Clean Slate

I awoke one morning to see a smooth blanket of snow – and the child within stirred.

Grabbing my camera, boots and coat, I headed outside to capture the pristine views.

Snow, to me, represents: crispness, re-energizing, rejuvenating, and purity...a clean slate.

I found the cold crisp air invigorating. I hesitated... excitement and indecision battled within...for taking that first step

onto the snow is a commitment – and taking the first step forever alters the view.

I took one slow deep breath, and stepped forward.

As I walked and snapped photos, I noticed that the same old area had been transformed into a beautiful wonderland.

I had become so absorbed that I hadn't realized how long I had been out there... until I suddenly couldn't find the shutter button – my ungloved hands had become numb. And I was elated!

I see the New Year the same way as a fresh snow day – and I approach it the same as that first step into the snow.

The New Year represents to me a pristine clean slate – offering each of us unlimited possibilities for the newest year.

I wish you each the joy of taking those first steps into 2010; creating, exploring and enjoying the adventures as you journey through your year!

Happy New Year!

Frank Geisel's Dowsing Classes

Dowser Frank Geisel is offering his classes at the New Mexico Farm & Ranch Heritage Museum in Las Cruces, NM. Mr. Geisel also gives brief presentations every Sunday at the Farm & Ranch Heritage Museum.

Frank has provided information on his classes:

"I teach two basic classes per year at the Farm & Ranch Museum. The schedule varies, according to other activities.

I can accommodate up to 30 people at any of the classes, and the classes are usually full.

The basic classes teaches fundamentals of dowsing (clearing the mind, getting permission, etc.; then the use of the four basic tools; and finally, programming one's subconscious mind to perform various dowsing tasks). I provide tools to use during the class and have available various dowsing tools available for purchase at wholesale price for anyone wanting them. The class is scheduled for two hours on a Saturday

afternoon.

Basic Dowsing Class:

Two hours on Saturday, March 20, 2010, 1:00 p.m. at the New Mexico Farm & Ranch Heritage Museum. The cost is \$15.00. (All of the money goes to a children's education fund which enables school children visits to the museum for special educational activities).

Once a year I teach a class on "Remote Dowsing" and dowsing for "Noxious Energies" - I ask that attendees for this class already be schooled or experienced dowsers. This class is limited to a maximum of 20 students and involves dowsing on maps for places to drill a well, hidden treasures, and other interesting items.

It then delves into the subject of "Noxious Energies" - how to dowse to detect them and then how to clear them. It is also a two-hour class. Attendees may bring their own personal dowsing tools - I have tools available for use also.

Remote Dowsing Class: To Be Announced.

Anyone wanting to attend a class should call ahead to the New Mexico Farm & Ranch Heritage Museum, (575) 522-4100 and ask to be registered. Payment can be made the day of the class. It wise to register as early as possible."

Thank you Frank! And I highly recommend Frank!

New Mexico Farm & Ranch Heritage Museum
<http://www.nmfarmandranchmuseum.org/>
4100 Dripping Springs Road
Las Cruces, NM 88011
575-522-4100

'Dowsing with Frank in New Mexico' by Jan Toomer
<http://www.metaphysical-studies.com/blog/frankg>

'Seeking Spirits' by J. Hawes and G. Wilson

'Seeking Spirits: The Lost Cases of The Atlantic Paranormal Society' by Jason Hawes and Grant Wilson with Michael Jan Friedman. © 2009, Pocket Books. ISBN 978-1-4391-0115-5.

Grant tells his story of his first experience with the paranormal. As a youth, he was able to see...something...in the woods

by his childhood friend's house. This being, which Grant could see but no one else could, seemed interested in learning about humans.

Grant developed tests – both so Grant could prove its existence to his friend, and for his own curiosity.

Grant also touched briefly on how Jason,

through receiving Reiki treatments, had begun "seeing things".

In 'Seeking Spirits', Jason and Grant share ghost hunting case experiences that they did prior to their The Atlantic Paranormal Society (T.A.P.S.) "Ghost Hunters" TV show.

This was an enjoyable book.

■ The articles 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.

Why Are We Here?

by Peter Perkins

Why are we here? I know it is a big question. Something that has plagued minds for years. It might amaze my fellow Americans to hear the answer is not to pay taxes and die. I know for many years, I have heard this question answered with exactly that response. Were here to pay taxes and die. So before I get to my own answer to that question, I would like to take a moment or two to discuss the many empty answers and outright falsehoods we may have been taught over the years in regards to this question.

When I say "Why are we here?" I mean "Why are each of us here?" Is there some purpose, some reason to it? Do we all have a purpose? Yes my fellow humanity, yes we do and yes there is.

What I Was Taught in School

When I was going to school any kind of spiritual questions (Even in Catholic School) were often answered with dogma or derision. In catholic school this question was answered quite simply we were here to toil to suffer, to make up for some original sin, and make amends for being so bad that God's son Jesus needed to sacrifice himself for all our sins. What a wonderful reason for being here eh? The question didn't have much better of an answer in non-denominational schools that I attended. Unlike catholic schools in which we at least had a reason for being here, though certainly not a very pleasant one. Public schools taught me there was no real reason for us to be here. Not only were we merely an evolutionary abnormality; I was taught the earth itself was merely an anomaly - a mistake. Life came about simply by a string of amazing coincidences. We just happened to have water; we just happened to be just the right distance from the sun; we just happened to have a magnetic shield and an atmosphere to protect us from the sun. Hundreds if not thousands of random variables just magically fell into place to allow life to develop on earth. The funny thing is even with all these magical coincidences that lead to life on earth, we were told in science that there was no god, no creator.

So how about ourselves? The question of why are we here then as humanity - instead of merely why life is here. Once again my teachers felt almost uncomfortable with this question. We evolved from apes, there was no real reason why we are here. Just as earth had been an amazing anomaly, I was taught we too were mere chance. Just another animal that evolved different then all other animals.

As you can see both answers to "Why are we here?" seemed unsatisfactory. Either we were here to suffer and die for the sins of unimaginably ancient sinners or we were here as a fluke, as some cosmic mistake or random occurrence.

So then with both these answers, how is it that we have come to the common answer of "Why quite naturally were here to pay taxes and die"? An answer which is said almost as a joke and yet it hides the resentment we have of the shallow answers we have been given over the years. Who does such an answer serve other than the government? Out of the two answers we are given in school, only the catholic answer that we are born to toil and suffer pairs up so nicely with the thought of pay your taxes and die - and while your at it, a nice little tithe to the church would be good for your soul as well.

We are taught that we are living in the best of times, with automation, machines, and modern conveniences. That we have more leisure time than vast generations before us. I know that I was taught the people of the distant past had no time for anything other than the constant struggle for survival. While the people of the past certainly planted crops or hunted and did not have washing machines, or hair driers, they certainly seemed to have enough leisure time to produce amazing works of art. To as a society, build things like the pyramids and other great stone monuments. If cloth and pottery were as rigid as stone I would think we would see many more examples of not only the leisure time that was had in the past, but the time people had to think on spiritual questions like, "Why are we here?"

Contrast that with how we spend our leisure time, quite often it is zoned out in front of our televisions; taking that latest call on our blackberry, hours after work is over from the boss making a special request. Or sitting before our computers making money for various sites merely by clicking through and getting bombarded with advertisements. We might have leisure time but are not encouraged to ask such silly questions as why are we here.

In the past if you pointed to the pyramids as an example, of what these people had the time to build, look at the beautiful artwork and magical ceremony they had time to develop. The professor would often scoff and say all these things were the product of slave labor.

One could look at the Amish in modern times. Their barn building tradition in which the whole community would get

together and miraculously build a barn almost overnight for members of their community. No housing problem here, no massive foreclosure signs in Amish communities and yet they seem to be doing just as well without all the headaches of wonderful modern society with all its leisure time, and stimulus bailouts.

Times are changing, just recently online in a Yahoo article on Egypt, they came across vast evidence that the people of Egypt built the pyramids, not a slave force of labor. Small burial tombs around the pyramids for the workers were found. As well as vast cafeteria like buildings where rich meals were brought in for the workers.

So too is science, after a long time scoffing at religion, coming to the same conclusion that religion had. We were not some random dice roll at the beginning of time. There is some creative force whether you want to call it god, the singularity or something else to soothe the ego of past scientists. It is becoming more apparent that we are all part of the same source of energy that created everything. The stars, the planets, the comets, the vast universe we see around us.

Many old religions posit life is but a dream, an illusion. Quantum science is coming to this conclusion as they push forward into new discoveries. We are all energy, not matter, though we are very densely packed energy. Everything that is matter, indeed everything made up of atoms and atoms themselves are energy.

Remember that line in school that earth was just an anomaly - a single planet in all the cosmos where a fluke chance allowed life? Look now at how new planets including water worlds and possible planets of life are being found monthly now.

All I can say is "Hurray!" for the modern era, with all it's problems, we are still living in blessed times. A child can now ask, "Why are we here?" and though in dogma they will receive the same answer that has been given for years, in public schools at least there is a brief pause before the same rhetoric of evolution and random luck is given out. If your lucky and in some progressive school you might even hear an answer other than the ones we have been given as we grew up.

So then I come back to the question of "Why we are here?"

The answer is simple, we are here to spiritually grow. We are all one, all part of the same energy of creation and yet we are here each having experiences that allow

us to grow, to progress and learn to be more of ourselves.

It is in the living that we give answer to that question. By living our lives, by having our experiences, by choosing how we perceive all that we experience we are creating ourselves.

One person may see themselves as having a handicap and decide to limit themselves, another may look at it as a chal-

lenge to overcome. Each of us through our experiences here distinguish ourselves as unique divinely beautiful beings. We all come from the same energy but living our lives we paint the canvas with a portrait of who we are. We must learn who we are before we can reach out from that canvas, grasp the paintbrush and start to paint into creation the world around us.

We are here my friends, to learn who we are, and then once we know ourselves we

can direct our efforts towards co-creating the world around us. All things start first as ideas, we imagine something and then bring it into creation. We are here to co-create the world around us and beyond. First though we must get a sense of who the artist is and our experiences here give us a perfect opportunity to define the artist.

Peter

Earthbounds and Addictions

In "Earthbounds",

(<http://www.metaphysical-studies.com/blog/2009/02/19/earthbounds/>)

I talked about types of earthbounds – those who had died, but didn't cross over...they are still attached to Earth; they are just slightly out of sync with our dimension.

I want to delve a bit more into the earthbounds who have remained here because of an addiction.

Does this mean that everyone who has any type of addiction will not cross "into the Light"?

Absolutely not!

Staying earthbound is a *choice!* It is not a punishment; it is not *just because* a person had an addiction while they were physical.

Those with addictions who *choose* to remain earthbound usually do so to continue "hanging out" with those in the physical who are using the deceased's preferred substance of choice, and they try to get their 'fix' or 'high' through a physical per-

son's substance abuse.

For example: Mr. X and Mr. Z had both been cocaine addicts and had died. Mr. X decided to not cross over; instead, he looked for the energy signature of another cocaine addict who was still living.

Let's say he found Ms. Y, a cocaine addict. Mr. X will move his energy closer to Ms. Y, entering her energy field, to absorb the emanations that Ms. Y exudes while she is getting high; Mr. X *chose* to seek out the energy of an addict instead of moving into the Light.

Mr. Z, who was also an addict who had died, looked for and saw the bright white Light (or tunnel, etc.) and perhaps saw some deceased loved ones and/or guides awaiting his arrival. Mr. Z chose to cross over and may have been pleased to be free of his addiction. He *chose* to let the addiction go.

For those of you who have an addiction

Speaking as one of us who can 'see' – when you abuse drugs and/or alcohol, you emit a drug/alcohol specific energy pattern, and you call to you some of those earth-

bound addicts. Your energy field – instead of being smooth and steady – has holes, like a slice of swiss cheese; this allows unwelcomed and/or unwanted energies to enter your energy field and to attach to you. I see them as "leeches".

Earthbounds cannot be *forced* to cross over (because of free will) – on the other hand, they are violating *your* free will by attaching themselves to you while "encouraging" you to continue your addiction.

This is *not* an excuse, or an "out" from taking responsibility for your own actions!

You can have the attachments removed (or you remove them)...but, the next time you partake of substance abuse, the attachment pattern repeats.

By getting – and staying – clean and having the attachments removed, your energy will have the chance to begin re-stabilizing (barring mental/physical imbalances).

Your choice.

'Into a Timeless Realm' by Michael J.Roads

'Into a Timeless Realm: A Metaphysical Adventure' by Michael J.Roads. © 1995, H.J. Kramer.ISBN 978-0915811663.

Michael Roads awoke at 2:00 a.m. to the sound of howling wind, and shortly discovered that while he was sitting in bed - his light body began a journey.

Roads physical self had journaled this extraordinary experience that his light body was having.

He detailed the Beings he encountered and some really interesting lessons.

During one of his experiences, Roads was able to view, and explore, some of our (human and/or Earth's) possible futures.

Michael, through sharing experiences, takes the reader out of the 'accepted norm' and brings the reader on a journey as he pierces the membranes between illusion

(physical life) and Reality.

Favorite Passage:

"...Focus on all that you ARE, on your potential, your capabilities, your capacity. Ignore what you think you are not. Accept yourself the way you are. Trust in yourself in all things at all times." (pg. 234)

I highly recommend this book for all.

Listening to One's Inner Angel

by Peter Perkins

As you may well know we are filled with thoughts constantly bombarding us in every moment. We scarcely have time to relax and quiet our minds to listen to our own thoughts. We have the media pounding away with it's stories although thankfully though we have heard of the tragedy in Haiti, we have seen the massive outpouring of help as well. In recent history we are seeing tragedy met with immediate aid in the form of money, medical aid, food distribution and expert help in many other areas.

Let us take these examples, like Katrina in the US, the tsunami in Sumatra and now the earthquakes in Haiti. We could view them as a tragedy, we could shake our heads and dwell on the massive loss of life. Such thoughts can consume us. We can also chose to concentrate on the positive aspects which may seem overshadowed by the tragedy.

Such positive aspects as, attention being given to a part of the world that would not have received such attention except through such a tragedy. It makes people aware that their fellow brothers and sisters regardless of skin color, or religion are suffering and in need of aid.

This awareness brings light to the darkness because we can no longer ignore it as we might have a mere thirty years ago. A rush of aid from many countries, as well as medical personal, peace keeping forces, rescue teams, excavators and many others volunteering their time, money and compassion did their best to help out where needed. One needs only take a step back and see the worst of tragedies bring out the best in us as the race of humanity.

This would be a macro reflection of our own lives. When we are facing personal tragedies that seem insurmountable we can get lost in the drama of whatever the problem may be. Our own internal chatter

might fill us with thoughts such as, "This is impossible to overcome", "I can't do this", or "I am not smart enough, good enough or strong enough". We forget the same rush of aid that came flooding to these regions that were struck with tragedy lies within us.

We can be our own rescue team during our own personal tragedies. It takes a moment to quiet our minds and instead of listening to the voices in our heads giving us all the reasons why we cannot overcome a situation or problem, realize we also have within us the voice of our own internal angel. Often the negative voice of fear, doubt and ego will overpower this compassionate loving voice which is there to provide us all the aid we need.

Just think of all the tragedies and problems in your life that you have overcome and become stronger because of it. Little things - perhaps like learning to ride a bike, learning to balance a checkbook, facing a test we know will be hard. Then look at the big tragedies in our lives, perhaps a house fire, or the loss of a loved one. Years later we can look back on these things and say "I remember when I thought that was the end of the world for me." We may remember the tragedy but we also have the realization that it wasn't the end of the world for us.

That part of ourselves from the future, if it could go back and say "You'll make it! You're going to do just fine! Not only can we handle this but now we can help others going through the same thing!" Like some personal cheerleader who is there to make sure we don't forget all the power we have and all the factors that can come together to aid us in tough times.

That voice is there, if we listen for it. Our higher self to whom time is non-existent; it knows we have already overcome things, already learned valuable lessons to strengthen us. It is our own internal angel. If we take a moment to go back

over the tons of tiny little tragedies we go through in our lives. We can see there has been help, or personal reserves of power that have allowed us to overcome and be where we are now. Our higher self is always there it knows what we are capable of. Take a moment then to quiet your mind and tell that voice that says we can't, were not good enough, or this is impossible that it was wrong hundreds of times before in our lives so why should we listen to it now. Instead let us say "Higher self, my own internal angel, we've been through a lot together, let me hear what you have to say."

You might just hear a soft "We can do this! We are powerful enough to overcome these challenges." It might not be a voice but a feeling, a knowing of these things. Smile to yourself when you hear or feel these responses. Every time we have hit some personal tragedy that voice has been there. We may not have heard it, but chances are we felt it and that feeling allowed us to overcome.

Just as these macro scale tragedies made people cry out in pain and sorrow which drew the tremendous resources and aid of the rest of the world, we, in the micro scale of our own lives can realize those tremendous reserves of aid, love and compassion are within us. Get to know your higher self; let it's voice or feelings dominate for a while. You will find your own personal tragedies easier to face, with a knowing of all the little tragedies you have overcome before.

Then allow what aid comes along to enter into our lives. it could be personal reserves of strength, willpower or the actual aid of others coming to help us. When that happens always take a moment to thank your higher self for rooting for you, for being there and letting you know it knows you can handle it, or that it knew you would get the help you needed.

Peter

Free Will

by Peter Perkins

We are all born with the beautiful gift of free will. We, in any moment have the ability to practice our free will. How do we know when we are using our free will ?

There are many things which keep us from thinking that we have free will, yet it is there regardless. If we are in a situation that is uncomfortable to us, like a party that were having a bad time at, or a job that is unsatisfying we have the option to leave in a moment.

There are of course things which keep us from thinking we can: guilt over disappointing others; fear over future interactions with the people from the party, or fear over financial security by leaving one's job. Free will sometimes takes courage to put into practice.

Free will can be taken from us at any time if we allow it. Thankfully this is a choice of free will and can be changed in a moment if we simple use our free will to chose to do so.

We can choose to watch a television program that interests us; this is practicing free will, though sometimes we zone out in front of the tv and don't even change the channel to find something that interests us but just watch whatever comes on - and that is when we are giving up our free will; giving it up to indifference.

There are times when we give up our free will due to peer pressure, or simple indifference. Have you ever been approached to sign a petition that you really didn't care for either way? Suddenly you find yourself signing it simply to please the other person or to get them to simply stop pestering you. This is one example of giving up our free will.

Another time we give up our free will is when the news is constantly flooding us with certain views or scaring us into certain acts, we give up our free will if we allow our reactions to be solely dictated by these things. The next time the media seems to be saying to run right out and do this, or that it is un-American to do or not do something. Take a step back, think for yourself. This is a time for you to practice

your free will. Decide for yourself what is right, after all we have to live with ourselves and our own decisions.

Political parties, social clubs and other polarizing organizations constantly try and get us to think a certain way, vote a certain way and act certain ways. We do, however, have at any given moment the option to practice our free will. If we don't agree with something, if we find our views changing or something doesn't feel right, we can simply choose our own path.

Be brave as you step into the future, take that extra few moments to truly use your free will. It isn't always easy to practice our free will but don't ever let that fool you into thinking you do not have free will. After all our free will is a gift.

Our gift of free will can change the world. Cut through fear, peer pressure and indifference with your free will and you may discover something amazing. You may discover yourself, who you truly are.

Peter

A Change in Plans

My sincerest apologies to those in the Basic Undefined Reality course which was supposed to begin on January 28th.

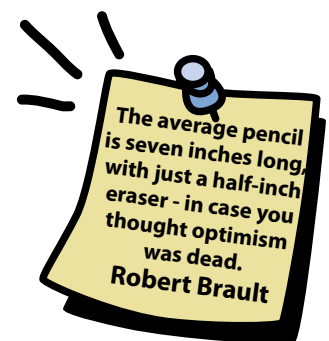
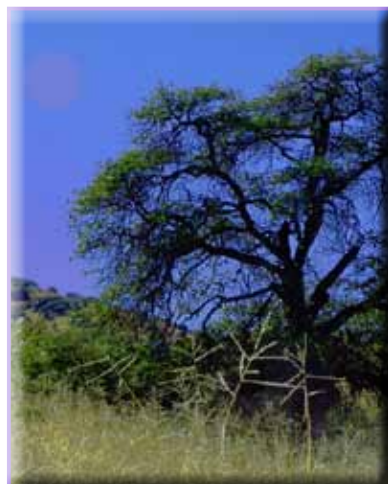
My vehicle got stuck in the mud, and I could not get into town.

For those still interested, we do have four slots open. The class will begin Thursday,

February 4th - and will run from 6 pm - 9pm (to make up for the lost class on 1/28/10); class two of four will also run 6-9pm on 2/11/10 - and the remaining two classes will run 6-8pm (barring no more getting stuck in the mud!)

You can call DACC Community College at 575-527-7527 to register.

Basic Undefined Reality - 4 classes - THU
Class 1 - 2/04/10 6 - 9 pm
Class 2 - 2/11/10 6 - 9 pm
Class 3 - 2/18/10 6 - 8 pm
Class 4 - 2/25/10 6 - 8 pm



Elissa's Insights

Dear Website Readers,

My apologies for such a late posting of all the personal messages and other predictions for the year...I've had a technologically challenging couple of months. It's January 27th, and President Obama just delivered the State of the Union address. Below is a prediction that the President starts doing what he wants to do in 2010, and his address tonight definitely corroborated that.

My biggest impression of Obama was always that he was a great idea man, just the person we needed to think our way out of various situations. Divination always showed the success of his ideas, but I've been wondering if I were totally off, if it weren't a rigged game that he stepped into, where he wasn't in a position to change anything. Tonight's display of solutions had a tremendous wow factor, my faith is restored in his high consciousness, caring nature, and strength.

Dear Friends,

I'm very excited about having a new email program that will send my newsletter to you, one that lets you manage it, sign someone else up, stop getting three copies, etc. But if I wait until I figure it out, you'll never get this. So for the last time, I'll be sending you my psychic newsletter in the homey, error-filled way I always have. Its entrance into a higher tech world will have to wait until Spring.

This is Part 2 with your individual messages, and although everyone has a different story, I certainly noticed something as this year began: people were excited and hopeful about 2010, they felt good about it; they expected good things to happen for themselves and their communities. How does this square with the prospect of devastating earth changes, ongoing and new wars, and widespread poverty? It's a dynamic year of manifestation, in which individuals can make great progress in whatever they are focusing on, and big bombshell events can materialize that have been a long time coming. We have to pick what we pay attention to. What happens in front of us is the past manifest, what's going on inside us and in various green and humane grass-roots movements is the future.

One eye-catching prediction many prognosticators have made is that this is the year that we're contacted by space people. (The best material I saw on this is this well-done video out of Sedona, Arizona. Check it out: YouTube - 2010 Predictions

from ... Beyond.) The message I got from... Beyond, was that people were ready as they'll ever be, there's no reason to think human beings need protection from knowing about life in other places.

Have a wonderful year, live your own truth, get grounded in whatever makes you happy,

Elissa

P.S. I've added new links and a new look to my website...I'll be available in Santa Fe for psychic counseling and healing all winter, in person or by phone, and will announce trips in the Spring. I plan to travel to the East Coast, California, Texas, and New Orleans this year. P.P.S. This American Life, heard on NPR, has a segment called 2010 with Ashli Lewis about going to a psychic--I'm in it (you'll be able to guess which one: http://www.thislife.org/Radio_Episode.aspx?sched=13333).

2010: A Dynamic Year of Manifestation

2010 is a decisive year in that what we do, whether it's good or bad for us, has big consequences. We are more aware than ever of our responsibility to create our own fate.

This year the truth provokes a strong positive response...deeper insights about our own selves help us move out of ruts and create a more stable life. As we've all just witnessed, revelations about the chaos in Haiti and Port au Prince create an outpouring of support to build a better place.

More noticeable by May, people make important decisions that vastly improve their mood and life. Many choose to follow their hearts, and feel they have returned to their true selves. It is as if there are new energies in the air, a new consciousness to connect with that lifts us up.

Many experience a greater sense of connection both with their own selves and their community. This is the wildcard and source of hope for the future. The growth of empathy--love--is the wildcard.

This is the year to let your light shine. This is the year to let go of fear. This is the year to go for what you want. 2010 grants us what we reach for, or what we cling to.

Re predictions about the economy, wars, weather, etc., I expect all kinds of natural and man-made extremes and harsh conditions to threaten the world this year. However, I have faith that catastrophes ultimately bring about positive change, not

the end of the world. This is the worlds' big opportunity for transformation, just as it is individuals' big year to change their lives.

I have posted articles about the economic recovery, Las Cruces, Part 1 of the January 2010 newsletter, and five fate-changers in the decade ahead. (And if it's your birthday, be sure to read your birthday card and message at the Examiner.) About the economic recovery: I wrote last August that the stock market might bottom in 2009, although times would be tough for people in 2010. But I don't know about that upbeat prediction, I wouldn't bet on it.

Here are a few more:

2010 Popular Trends and what grows in America:

1. The practice of meditation.
2. Therapies that treat the whole family, like Family Constellation Therapy.
3. Black American culture's popularity and success.
4. Involvement in local politics.
5. President Obama's ability to do what he wants.

2010 Psychic Messages for the Astrological Signs by Element

Read your Sun, Moon, and Rising Signs

For all signs: New abilities surface, more so this Spring, and old patterns dissolve, especially ones with your family of origin. The best way to receive the new spirit and energy of this time is to strive to live a balanced life: everything in moderation.

Fire: (Aries, Leo, Sagittarius): You are in a flow this action-packed year when you meet significant new people. Your previous efforts, past lives, and the desire for prosperity attract all kinds of experiences and encounters in 2010. Although money could come to you fairly easily, it is spiritual richness that is sure to come your way this year.

Air: (Gemini, Libra, Aquarius): Self-esteem grows, and you treat yourself better. This is a very different sort of year, full of new people and new influences and experiences that create resolve. Life does not go in a straight line. You are meant to circulate freely in 2010, and go where your

(Cont'd Page 8)

heart leads. Relationships are completed, conflicts are laid to rest.

Water (Cancer, Scorpio, Pisces): Both you and your projects gain stability. August and September can find you in different directions than you've previously gone, but whatever you're engaged in is fruitful and can come together quickly. Developments require you to pay attention to your family. August can be a breakthrough month--make sure you are doing what you want.

Earth (Taurus, Virgo, Capricorn): Narrowing your focus, doing what you do best, will produce good results and have you performing with greater intensity. It's not a good time to make big sacrifices of time and energy to other people: What is at the heart of you is calling for self-expression. Invest in yourself rather than the people around you, unless they are essential to your own performance.

2010 Psychic Messages for the Astrological Signs

Read your Sun, Moon, and Rising Signs

Aries: You see ways to do better financially, and also receive assistance if you ask for it. You have opportunities this year even in a contracting economy. Beware of biting off more than you can chew as your life can get complicated with too much going on. However, partnerships can help you increase business and even improve your health. You make plans for the future, thinking about what's going to please you in the long term.

Taurus: It's quite likely you find your groove in 2010, and are happy with what you are doing. You can see the goodness of something, and can feel in the vicinity of your dream life. Your love is stronger and your strength is growing in 2010. Practice tolerance: it will go a long ways when you're not so happy with a situation that is also very good for you to be in. Look forward to more enjoyable relationships!

Gemini: In a greater state of psychological resolve and unity this year, your energy is much more deployable for things that you want in life. A series of successful personal transitions marked 2009, and now you have much more to look forward to. You're going to see a better place to go to, and spot more successful directions in business.

Cancer: You may wonder whether you're doing the right thing by following what feels like divine inspiration. Follow your heart and see where it's taking you, and don't jump to conclusions about what you are or aren't receiving. Don't demand that everything make sense right away as you follow a vision. The second half of the year is more successful. You finish projects into which you've put a lot of time and effort, and can take them to the next level.

Leo: Change happens suddenly. Things you want can materialize quickly. You can leave bad habits and outworn relationships behind. You connect with people who support you, and find yourself able to work better and are more accepted by the powers that be. Most important, you learn to please yourself more, simplifying your life and doing what makes you happy. You progress faster the second half of the year. (Addendum to Leo: Things can materialize quickly, but also de-materialize quickly if they are not being fed and maintained--you will see the results of your productive as well as destructive behavior.)

Virgo: You have more connection with the people in your life than you did last year, and more active partnerships and relationships. You also have more space in your life to fill; certain activities are done with. There are many opportunities this year to redirect your energy. See the success of your own past; it is on its shoulders that you move to an even better place; for some, you literally move to a happier location.

Libra: This is a transitional year that demands you surrender, or change, even more than you are doing now to get what you want. You could be in your own way, or stopped from going in the direction you want to go. You figure out how to get around obstacles, or how to stop being opposed by your own habits. You are making the effort because there is such a good place to get to. Focus on your priorities and desires, and know that where there's a will there's a way.

Scorpio: Money woes and material world concerns are part of the year, and then in Spring things ease, bringing the chance of a new beginning. There are valuable lessons to extract from your circumstances, which basically, you have to work your way out of. Chances are you won't remember the difficulty, as you end up in a position that you recognize to be just right for you.

Sagittarius: You discover you can free yourself from old roles and choose new ones. You make strong personal progress, energized by new visions. There's a lot of work ahead of you, but it is joyful work. Networking, establishing business connections, and partnerships are highlighted this year.

Capricorn: Your detailed message for 2010 is with your birthday card at the Examiner, you can get to it at www.elissaheyman.com To add to it, a new cycle begins with new opportunities. There's new warmth to your person and personal relationships.

Aquarius: Something big you're trying to achieve requires funding ...there's something not yet in place and you have to be able to wait it out. There's good potential in your surroundings but an opportunity does not come right away. Expect positive change in the Spring. You understand better how you function and work best in 2010, and can go directly to more rewarding places.

Pisces: You become more open-hearted, and may stretch your wings in ways you haven't for lifetimes. A relationship or liaison could develop into an important partnership. You can create more space for yourself through a new venture or collaboration. You're not ready to decide just how your life works...it's in an ongoing process of development in 2010.

Elissa Heyman practices psychic counseling and healing in Santa Fe, New Mexico, and by telephone. She writes a column for the Examiner, the psychic advice column Questions for Cupid, and her monthly psychic newsletter. Elissa will be presenting her work at a conference hosted by the New Mexico Counseling Association in March 2010.

For information about her services for individuals and groups, please visit <http://www.elissaheyman.com> or call 505-982-3294.



(Cont'd Page 9)

February 2010

Psychic Predictions for the Astrological Signs

Fire signs (Aries, Leo, Sagittarius): (I realize how repetitive this fire message is, but rather than edit it, I want to show you all the variations on a theme that I got regarding the fire signs' improved ability to make things work financially, and remind you that the President of the United States is a fire sign, and this message bodes well for the success of his ideas for the country.)

" Suddenly you act in ways that make it possible for you to make more money... you get off on the right foot. You do things that work in the world, or are accepted, and you create a foundation for doing better financially. Also, you could get approval for something needed to make you more money. If you have recently figured out what to concentrate on, you've figured out the right thing for greater financial stability. A positive month for financial growth: if you don't see the results imme-

diately, you're laying the foundation and certainly will by April."

Earth signs (Taurus, Virgo, Capricorn) : There are up cycle and down cycles to this year as a whole, and in February it's likely for deals to fall through, or for something that has its ups and downs, to have its "downs" in February. There could be a disappointment about what somebody chooses, about the outcome of a deal. However, creative ideas that you don't have to put your money down on yet, or are simply fun to think about and move towards, are a great place to put your attention.

Water signs (Cancer, Scorpio, Pisces): It looks as if you have finished something, and are not too happy about it, or some aspect of it. You can be a little out of sorts, or not exactly satisfied with where you're at now. If you can afford it, go on a vacation, do something to open up your mind to what's new, to the future. A health program, a change of scenery, and meeting new exercise goals all look favorable in February.

Air signs (Gemini, Libra, Aquarius): There's a lot of uncertainty about how to organize yourself and take action, or get something in working order. You just have to plunge in and do it, because you can have a lot of questions about whether it's going to be effective or not, and what's really important is just that you start. And it could be that in a few weeks you revise your modus operandi, but it looks like everything gets into working order after a sketchy beginning.

Elissa Heyman practices psychic counseling and healing in Santa Fe, New Mexico, and by telephone. She writes a column for the Examiner, the psychic advice column Questions for Cupid, and her monthly psychic newsletter. Elissa will be presenting her work at a conference hosted by the New Mexico Counseling Association in March 2010.

For information about her services for individuals and groups, please visit <http://www.elissaheyman.com> or call 505-982-3294.



DACC Community Education's Spring 2010 Course Catalog is out!

Did you know that this is one of the biggest course catalogs printed by DACC Community Education?

There are a lot of choices! Check out their catalog and see what interests you!

Catalogs are available at local businesses throughout Las Cruces.

About Jan 'JD' Toomer

Jan ('JD') Toomer is a metaphysical instructor and consultant. She has over twenty years experience in teaching others about metaphysical abilities, and she loves to get others to communicate together about the metaphysical and share their experiences.

She is currently teaching two of her metaphysical courses online and through the mail.

She is also teaching her courses at the Dona Ana Community College (DACC) Community Education in Las Cruces, NM.

Jan is a member of AHHA, A.R.E., ISSSEEM, and WMA. She is also a Life Fellow Member of W.G.M.S.C. (World Guild of Metaphysical and Spiritual Counsellors), as well as a Guild Certified Metaphysical Trainer and Guild Certified Spirit Release Worker.

Jan enjoys reading, spending time with

her husband, her friends, and digital photography.

The photos and articles on the blog and in the newsletter are hers, unless otherwise specified.

<http://www.metaphysical-studies.com>

<http://www.metaphysical-studies.com/blog>