



Danger Lurks In 'Safe Places'

by Jan Toomer

In the new subdivision of Sleepy Hollow, Dundee, Illinois, parents never worried about their children. The houses numbered ten; the rest of the area was woods and field. All the kids knew how to swim, climb trees and yell loudly if they needed help; therefore, they were safe.

Janine and Kathy were the best friends any two six-year-olds could be. They could be witches or mermaids in the blink of an eye; or soar the skies with ducks; sing harmonies with the frogs or sail the seas in milkweed boats. They were invincible.

Seeing who could be the first to reach the finish line at the end of Janine's driveway, the two raced on their imaginary horses. As they crossed the line, they moved their horses over to the mailbox to avoid being trampled by the other riders, and to let their mounts cool off.

"Hey, Janine, come see!" Kathy was bent over studying the ground by the mailbox. Janine galloped over and crouched down by her friend.

"What is it?"

Kathy could hardly believe her luck, and with a sly grin, she whispered, "M&M's."

Janine looked closer at the M & M's scattered around the base of the mailbox. They didn't look right, the colors were faded.

"They look like they've been in the rain or something", she said. "Besides, you know we're not allowed to have candy right before dinner. Our mom's get angry 'cause we don't eat right then."

Kathy smiled, "They won't find out if we only eat two or three." She plucked three and shoved them into her mouth. "They don't taste very good. I guess they have been in the rain. Want one?"

Janine shook her head. She didn't want dirty candy or to get in trouble with her mom.

Kathy and Janine stretched out in the grass and guessed the shape of the passing clouds: a dog's head and a big man's head complete with beard. Soon the sound of Janine's mother announcing dinner shattered the cloud spell, and sent the girls racing to their homes.

Later that evening, after the phone rang, a bewildered Janine assured her frantic parents that no, she didn't eat anything outside. Yes, Kathy did – she ate three M&M's off the ground. Her parents asked Janine to describe the M&M's and where they were found. Then they told Janine that Kathy was brought to the hospital.

Kathy never made it home again. She died that night of an accidental drug overdose.

This is based on a true story.

I don't know what those "M&M's" were that Kathy ate, and I wouldn't have understood it anyway. I was only six at the time and grieving the loss of my friend.

My name is not Janine, but Jan Toomer.

Please be aware of what you leave out, what you drop or what you leave open. Any liquid or tablet, prescription or over-the-counter, can be lethal to children and pets.

(This article was published in May 1994 in THE CITIZEN, Stuttgart, Germany and again in THE HUACHUCA SCOUT, AZ, in April 1997, with the author's permission.)

A Heartfelt "Thanks!"

A heartfelt "Thank You!" to those who supported me in getting my energy manipulation services off and running! The Distant/Absent Reiki seems to be the hottest item - even for the locals! *grin*

Hugs to you all!

Book Review: Matrix Energetics by Richard Bartlett

Matrix Energetics: The Science and Art of Transformation by Richard Bartlett, DC, MD. © 2007, Atria Books. ISBN 978-1-58270-163-9.

Bartlett's story of how Matrix Energetics came to be was entertaining, leaning a bit towards SciFi/Fantasy, and for me, totally believable.

Bartlett brings the reader through looking at the medical mentality our society has developed into; gently walks the reader through a bit of quantum physics (nothing

too heady), Zero Point Field; and through my favorite quote: "This is not merely a case of what has been called 'mind over matter'. No, this is an example of *mind as matter*..." (p 91)

Bartlett writes of his process of Matrix Energetics, the Two-Point Technique and how he practices it, photos provided.

I really enjoyed this book, though was frustrated when Bartlett said in his book (more than once) that there were videos available online at his site that were made to

go with this book, but when I went to his site, I could not get the videos to play. Following a recommendation at his site (for those who were unable to view the videos there), I clicked the YouTube link provided – at YouTube, I had to type in "Matrix Energetics" to try to find their videos, and was then overwhelmed with all of the videos that have ever been done on Matrix Energetics (not just Bartlett's videos).

Other than that, I highly recommend this book.

The Other Side of the Illusions

by Jan Toomer

I am not a scientist, a medical physician or a mental health specialist – but I am sharing with you what I am seeing on an energy level.

We are now really beginning to see the effects of the electromagnetic changes/pulses – not only in the wildlife (massive die-offs world-wide), but in humans as well.

This is manifesting in humans in a few ways: formerly small quirky attributes (which may have shown up once in a while) of each individual is now being magnified – in some cases, magnified tremendously – and in some people, magnified so much so that the person is losing control of balancing that attribute/quirk with society and self; or for some they are just suddenly losing touch with reality.

Also – fears, insecurities, depression, etc. from one's past – that may have been forgotten or had been lying dormant are

now re-surfacing...often magnified in intensity.

Now we each have to decide if we are going to live in the illusion of our fears or face them.

I can see warping and this warping ranges from mild (example: "what a weird thing – I hadn't thought about that fear/phobia since I was ten years old") and you acknowledge the memory and move on... to severe warping where psychiatric care may be needed.

This is a delicate time for the human race – not only are we facing our quirks and fears, but – because of the electromagnetic changes/pulses and energy shifts – we also have to make sure we are actually dealing with *our own stuff*.

What does that mean? It means that we are *also* becoming more telepathic; we are becoming more empathic; we are able to receive and feel more from others... **world-wide**.

By knowing yourself; knowing your energy...and if you ask me, shielding regularly...you lessen the emotions/energy from others from affecting you. Shielding is not a cure-all, but it allows you to **not** absorb other people's stuff.

As we all are going through this, please deal with your stuff. If a friend points out a non-harmonious action or actions, or that: your behaviour is unusual; you are blowing things out of proportion (and this is not typical for you); you are over-doing it; and/or you are over-reacting – then please pay attention. Let go of ego and pride, take a step back and take a real good *objective* look at self.

Deal with your issues! Work through it (get counseling if you need help with it) and come out of the other side of the illusion of fear.

Hope to see you on the other side of the illusions!

We Are the Aliens

by Jan Toomer

I have been watching the 'Ancient Aliens' tv series on the History channel, and in true Jan-fashion, I have been talking to the show.

'Ancient Aliens' covers many different angles in introducing the viewers to the possibility of alien influence, guidance and/or direction in humankind's history.

Some of the topics or questions brought up are:

Were we genetically altered to become Homo sapiens (in other words, there is no missing link)?

Did aliens build the mega-structures that will still ponder on *how* they were built and/or how the massive stones were relocated and raised into place – such as the pyramids, Easter Island statues, Stonehenge, etc.

Did aliens bring the knowledge of mathematics and astronomy to our ancestors?

How did our ancient kin come up with batteries (Baghdad Battery), flying machines or knowledge of flight; astronauts; light bulbs; coin operated vending machines; the Antikythera Device (first, and ancient, computer which is believed to be an astro-

nomical clock), etc.?

Was there an atomic explosion (nuclear weapons) in Biblical times?

Why is Noah's flood story told in cultures around the world – both current and ancient cultures – and most of those stories pre-date Biblical times?

And the list goes on.

Why don't we know for sure how knowledge – for example – of ancient Egypt – suddenly showed up? It did not seem to progress – the knowledge was just suddenly there.

Granted, there is so much we don't know – or cannot yet prove with physical evidence – it is mostly speculation.

Many people have memories, knowledge (either born with those memories, received through past life regressions, spontaneous recall) of lifetimes that we have no written record or documented history of – where did those memories come from?

And more importantly, the biggest question – how many of us have forgotten that "history repeats itself"?

I propose the following – feel free to take

it or leave it – whichever fits into your reality...

Man – aka homo sapiens – were the 'aliens' who built, created, and had knowledge of mathematics, science, astronomy, etc.

Something happened – probably a pole shift that affected the electromagnetic fields on Earth which 'erased' the majority of humankind's brains – like taking a magnet to a computer hard drive and erasing it...and knowledge overall was lost.

Our slates were wiped clean.

I think *that's* why we have no ancestral/blood memories, no oral history on how all of these wonders were accomplished.

"History repeats itself" is what I was telling the tv.

We once again have computers and technological capabilities to have batteries light bulbs, air travel, space travel, etc.

I think we are speculating, observing in awe the advancements of an ancient race who was our ancestors...we are in awe of ourselves!

We are the aliens!

Trial Run

by Jan Toomer

The week leading to Christmas, I was told (by my guides) to get ready for a 'trial run'. The feeling accompanying this message was that we were to experience – short term – no electricity...so I was thinking it would happen the weekend of Dec. 25th.

My whole life, where I was conscious of what I could do, I realized that I had no sense of time – I oftentimes knew what was going to happen, just not sure *when* (time is a third dimension creation).

Christmas weekend came and went... nothing happened.

Sunday morning, early, I awoke to no electricity and the generator hadn't kicked on.

I grabbed the cordless phone extension and began calling the electric company to notify of the outage; their line was busy, so I tried intermittently to contact them.

In the meantime, hubby went out to see if he could jump start the generator, but it refused to start.

The house temperature was at 67 degrees. We turned on the gas fireplace to help heat the house a bit; but the circulating

fan is electric and we've no electricity. The house temperature began to drop due to cold air coming in down the fireplace flue.

I had finally gotten through to the electric company to hear a recorded "we're working on it" message (a car accident had knocked the power out); the message informed us that electricity would be restored in 4 – 6 hours.

About an hour later, the main phone (thus the cordless extensions as well) was dead.

Around 1pm, our phone was still dead. Shortly thereafter, on a hunch, I went to an older phone and picked it up – there was a dial tone. Hubby found the main phone (of which I had been using the extension to call the phone company) had been unplugged; however, neither of us had moved, used or unplugged that phone.

Talking to a friend later on that day, she asked me what had been the purpose of the phone being unplugged; I asked my guides.

I was told that the phone was unplugged so we would have the full effect of the trial run. (I found the phone being off kind of freeing.)

So with this trial run, we have discovered:

1. Our fireplace cannot be used for heating purposes...we need to find an alternative.
2. We need a stove top percolator for hubby's coffee (grin).
3. The generator needs to be repaired – *and* we cannot rely on it for energy.

I work hard to not be a 'doomsayer' – and truly believe that we, as a mass as well as individually, generate and create our future – in other words we are creating our future with our thoughts of today.

However, I am also not so naive that life is all roses and butterflies.

When we lived in the south, we learned how to prepare for hurricanes; in the Midwest, tornadoes; in the southwest, monsoons; California has earthquakes and mudslides. We adapt to our surroundings.

If my guides had me do a trial run – then I needed it to be prepared; I think that is called 'common sense' to be prepared for changes.

Interesting experience...

From Jan's Journal - Jan. 5th, 2011

by Jan Toomer

Dreams are increasing; I am getting restless, but sleeping deeply.

The world is becoming unsettled...not understanding (the beginning) of the mass exodus occurring world-wide.

Many feel their governments are hiding the causes of this mass exodus – I feel the government, through conventional means, has no answers as to why this is happening.

The whales had warned of this (though

I thought they meant they would leave first) – humans will see this soon in the oceans as well.

The animals are leaving to force humans upwards (energy-wise) – to help awaken our masses – but humans are...showing on the surface, curiosity in passing – inside, deep, they fear – they block their higher selves voices from coming through – they are afraid to consciously listen and acknowledge.

Today I got agitated that people do not hear me...I have provided steps for people to aid in their growth – but then they

come and ask me what they need to do.

(Yes, I am human and have my own cranky moments – *grin*).

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Due to this – I have compiled the blog entries that address what we each need to do to prepare for our move up towards the next level/ dimension, etc. and will post it for sale shortly in pdf format. Please remember, these are my impressions/interpretations of the energy messages sent me – take what fits you and leave the rest.

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

How Many

by Jan Toomer

How many lifetimes between now and tomorrow?

How many sorrows and joys can we experience?

How many thoughts have we created and let loose?

How many more horrors can man create to do to man?

How many are ready to say 'no more terror, war, hate'?

How many lifetimes between now and tomorrow?



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