



There's More to Life Than Meets the Eye

There's more to Life than us.

There's more to communication than words or body language.

There's more to Earth than meets the eye.

On Saturday, we went to the El Paso Gem and Mineral Show with a friend of ours.

As we did our initial walk through, I observed what caught my attention; what caught my husband's attention; and what caught our friend's attention.

We broke off and pursued our own interests. I am always looking for a raw 'rock' that speaks to me – sometimes I find one; sometimes I don't.

Tucked over by a jewelry table were some items which I had noticed had hummed, so I headed over there to investigate. I found petrified wood with crystals that had grown on it. I picked up a piece and was blasted with energy! It was pretty cool.

I put that piece down and visually looked over the other pieces. I picked up another and closed my hand. My whole body hummed as a vibrational crescendo began; it resonated with

my energy beautifully! That little piece came home with me.

By now you're probably thinking something along the lines of, "That's nice Jan. So...?"

Well, this is one of those times when one experience leads to many thoughts – which I do a lot! (*grin*) So, here we go...

That experience led to:

How different things attract different people.

How these energies interact – and speak - differently with each individual.

Listening to the energies around us... beyond other people or animals.

And finally...How we can communicate physically with one another and we create rudimentary physical communication with animals that we choose to interact with.

However, plants communicate; rocks communicate; wind communicates; rain, bodies of water communicates; even Earth, including the planet and the 'dirt' communicates....if only we'd be still, open up and *listen*.

And there's more! We, the human race, have the capability to be multi-dimensional beings; there are others on other dimensions to communicate with!

We, as whole, have self-imposed barriers we put around us and our beliefs and our 'known' physical realities; and by doing this, we severely limit our abilities and capabilities to REALLY communicate.

Have you ever....

...asked a flower or tree how it was doing?

...thanked the wind or rain for their hard work or blessings?

...picked up a rock and listened to its story?

Do you know how much of Life you're missing because of your own barriers?

Are you really communicating to your full potential?

There really is more to Life than meets the eye....

The Living Matrix: A Film on the New Science of Healing

'The Living Matrix: A Film on the New Science of Healing' © 2009. The Living Matrix, LTD and Becker Massey LLC. (emginate). Video - 83 minutes.

I have not reviewed a video before, but after seeing 'The Living Matrix', I felt I had to say *something*.

I was intrigued from the moment the video began.

This video provides many theories;

new research; techniques and shared experiences on different ways of healing the human body and taking into consideration the whole Being in the healing process.

Perhaps none of this sounds 'new' to you, and some of it was not 'new' to me. I will have to say I was excited to hear of researchers that 'confirmed' some of what I knew from energy-work; and was excited to learn new-to-me information.

Some of the speakers featured in this video include: Marilyn Schlitz, PhD; Arielle Essex, DO; James L. Oschman, PhD; Bruce Lipton, PhD, MD; Eric Pearl, DC; Rollin McCraty, PhD; Peter Fraser and Lynne McTaggart.

I recommend this for everyone – especially those who are ready to heal themselves.... You may find inspiration, hope and/or guidance in this information.

2010!

Psychic Defense - Safeguard Your Spiritual Body With 6 Effective Techniques

By Scott Petullo and Stephen Petullo

Cosmic debris is everywhere, and if you're not careful and don't protect yourself, it can interfere with your life and cause havoc. Capitalize on your spiritual and mind power and make the most of your life within the framework of your unique destiny and karma by employing potent spiritual protection techniques.

Since we encounter other-dimensional energies, some positive, others not so positive, on a regular basis, we have learned how to interpret the level of benevolence and protect ourselves to avoid disruption and interference.

Apply the 6 methods below to make your life more Light-filled, peaceful, and hassle free.

Purifying Fireball

Imagine a massive, searing, white Light fireball slowly moving up from your feet through your energy field, and beyond your physical body above you. Allow it to take with it all the dark energy and cosmic garbage you might have picked up during your day.

Protective White Light Force-field

The concept is similar to the one above, but this stays with you and provides a protective barrier. Just make sure to allow positive, loving energy in.

White Light Downpour

Allow a concentrated, broad laser-beam of white Light to pour down on you, filling every living cell with purifying energy. It's so potent, it even makes the ground under you glow.

Cut The Dark Cords

Imagine any and all harmful emotions and

energies with and, or connected to you as dark cords leading to the original source. Meditate and imagine, along with a protective white Light surrounding you, these threatening cables being pulled together and lined up in front of you, miles into the distance. Then manifest an enormous guillotine of white Light coming down from the sky, severing the festering mess like a knife through butter. The cords will writhe and thrash about, losing their energy force (which was sapping your power), as you cleanly pull the gory roots out of your energetic body (particularly from your gut/solar plexus). Immediately fill the space left by the cords with brilliant, healing, white Light. Some of these negative cords were with you since you were a kid, some are new, and many are links to those from the past and are no longer needed. Get in the habit of staying cord-free.

White Light Sword

After a radio interview we did last year, that night, while in a meditative state, Scott was approached by an aggressive demon. The figure appeared to be warning him to stay away from the new friend, the radio host. Scott was more annoyed than fearful and successfully employed the white Light sword technique to fend off the aggressor.

Keep this multi-purpose spiritual instrument ready on your hip. It extends as far as needed, even many thousands of miles, and you're always prepared to bat away, preferably to the Light, any spiritual interference or use it to help those in need (if they have your permission). But remember to only use it in defense, and not in a harmful way (unless they're really asking for it-joking!).

Forest Meditation

Here's a brief exercise you can use to become more grounded, protected, and aware at the same time. Focus your energy

at your breastplate or third eye area. Close your eyes and take a few deep breaths in through your nose, then exhale through your mouth. Visualize yourself walking down a path in a beautiful forest full of huge redwood trees. Stop and sit with your back against one of these majestic trees. Feel the tree's energy. Notice how the tree climbs way up into the sky, and is also grounded deep into the Earth with its roots. Now feel the sun's rays shining down on you, surrounding and protecting you. Bask in the sunshine. Feel the warm breeze. Now notice how you're surrounded by beautiful red, orange, yellow, pink, light blue, dark blue, and violet flowers. If you'd like, imagine a friendly animal approaching and giving you an insightful message—feel or listen for their thoughts/words. You can visit this peaceful, safe place any time you feel the need or desire.

Get creative in developing your spiritual protection devices. Remember, your imagination and the power of belief will make them real. Make a daily habit of it and you'll stay free of cosmic junk.

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Scott Petullo and Stephen Petullo are identical twins and have been exploring metaphysics since the early 1980s. They are experts in the fields of prediction, personal fate, love life, and past life regression, and are natural psychics and mediums. Get their free report: 13 Spiritual and New Age Myths and 11 Questions to Ask Before Hiring a Psychic.

<http://www.mystictwins.com>

<http://www.holisticmakeover.com>

Thank you Scott and Stephen!

The Oversoul Seven Trilogy by Jane Roberts

'The Oversoul Seven Trilogy' by Jane Roberts. © 1995, Amber-Allen Publishing. ISBN 1-878424-17-3. (Comprised of *'The Education of Oversoul Seven'*, © 1973; *'The Further Education of Oversoul Seven'*, © 1979; and *'Oversoul Seven and the Museum of Time'*, © 1984.)

I had originally tried reading *'The Education of Oversoul Seven'* shortly after it came out, but was too young (which

I don't often get to say! Ha!) to grasp the concepts.

This time, I couldn't put the trilogy down.

This is a novel, but the written imagery provided can allow the reader an (adventurous) idea of how time is not linear (past, present and future are all happening 'now'), and how our soul can experience multiple lives.

Roberts presented the main character, 'Oversoul Seven' and his earth personalities/lives with a touch of humor.

She took the soul, the soul's personalities and lives and intricately weaved a fascinating story.

I was intrigued, captivated and amused. I enjoyed, and recommend, this book.

A Spiritual Reading

By Liz Cook

Last Sunday, my sister and I went to a psychic fair in Tucson. We both signed up with the same lady and when it was her turn, we asked if we could do it together, and she said that would be fine. She didn't use cards, in fact it was more of a casual chit chat. I am not at liberty to discuss my sisters reading, however, I can say that it was pretty right on if you know what I mean.

I have never experienced a reading done in this way. Usually, the reader doesn't want to know anything so that you won't think they are "fishing" for information. However, this lady asked a lot of questions, and she would tell you what she was seeing as you answered her. Her visions left you wondering as she compared the meaning to a scene in a movie. It seemed pretty vague, however, the information had some deep roots that began falling into place the next day.

I would like to say one thing to anyone that would like to have a reading done, but may be afraid of what might come out. A physic will only validate what you already know and what you are ready to hear. At some level of your being, you have to give your permission for them to see. Otherwise, they can't. There are many counterfeits; however, in my opinion, a good physic reads with the desire to offer guidance for the highest good, and has the highest respect for free will. A physic reader of light also accepts with honor, the responsibility that comes with reading.

That being said, I would like to share with you an amazing journey...

This particular reading that I got seemed to unfold one symbol at a time. I am most jazzed by synchronicity, where spirit manifests and becomes reality. It's the stuff that makes your hair stand up and you know it's real.

Right off the bat, she asked me "how can I help you? I asked her if I was going to move? She told me that she saw Wyoming around me, and that seemed cool because even though I live in the desert, I have felt homesick for the mountains and snow for some time...

Next, I asked about my mother. She died in Sept of 06 and I still really miss her. Rarely can I speak of her without crying. I have some sort of a void concerning her that has not been filled. Perhaps, it's being filled now, as I will explain as this incredible reading slowly unfolds.

She told me that she saw my mother in swaddling clothes. I didn't think too much about it, but I never heard of that before. I told her that my mom and I had an agreement on communication that has never happened, and therefore, it makes me think that she can't honor our agreement. She said that my mom didn't have to experience many of the things that most of us go through after death, because she already knew. I know this. She was a very enlightened being.

Next, she told me that she saw a very big bird feather. At that point I freaked because my greatest fear in life is birds. There is no reason for this fear, but it is very real. All of my life, in kidding, I have said that I was pecked to death in another life. As a child, I didn't want to die and go to heaven because I thought you got wings, and I wanted no part of that.

She confirmed that I was killed by birds as a form of torture in another life. She told me that they even pecked one of my eyes out while I was still alive. However, she said it went deeper. She told me a story about a very highly evolved being with wings, and they were my honor. Something happened and I lost one of my wings, it devastated me and broke me, on a level so much greater than any feeling that we can experience on this earth plane. She told me that I was of the bird clan, and that they want to talk to me, but have respect for my fear of them.

She went on to say that a feather would come to me to heal my past once and for all. It would also open the doors to who I am. The communication with my mother, in the way she and I agreed on will also be honored.

By the time we left, I felt like I had known this lady for a very long time. As with any reading, when something hits you over the head as truth, but nothing rings true with you at that moment, rather than judge it, file it under later. Then, when it happens, if it does, you will remember the words, and hopefully, find your own synchronicity. For me, I didn't have to wait very long.

The next morning, Gene {my husband} and I went to my brothers house for coffee and I am telling my brother Chris, and his lady Michele, about our readings. Michele hands me this big hawk feather...

the feather will find to me...

And so it begins...

I began to tell them about losing a wing, and as I did, I began to cry. I could feel the sorrow and the loss. I wasn't afraid, I was very sad. I felt as if I lost my true love, or my truth. It wasn't supposed to happen like that. {She also told me that at one time I was not very nice, but I can't remember where that fit into the reading} Could that be where I lost my wing? Or perhaps that is why I was tortured? I just know that I was devastated.

Next, I told Chris and Michele about mom, and I had to call my sis to ask her what the term was that the reader used. When I told them that the reader saw mom dressed in swaddling clothes, instantly, all three of them said "Mom has reincarnated back". Something hit me like a ton of bricks, and I thought about my niece. She was born after my mom died and I always thought there was something weird about her.

My mother died Sept 20, 2006. My niece was born Sept of 2007. This is third generation. They have many similar mannerisms and they look alike. Tell you what, it would explain why my mom doesn't write. Ha.

I inherited my moms dog Munchkin. He wouldn't leave my moms side during her last year on earth. I plan to take him to see that niece and see what Munchkin has to say.

Reincarnation is something that I have put on the shelf for later. I know that it's real, however, as with most things that offer little proof, it's one of those things that "ya just don't know". I do believe that we are at the beginning of a new age, and have thought that there are many many highly evolved spiritual beings that live in human bodies, and as they get old, they die, only to come right back in new and improved bodies because they still have a job to do, and need the younger body.

None of this came to me until the feather came. My brother braided the back of my hair with the feather so that I could feel the energy without getting freaked out. We will see how all this unfolds.

I have no idea about Wyoming and what that means. However, if anyone is a reader, and you have any insight, I would love to know. In the meantime, I am jazzed by the reading that I received. I would love to give her credit, but I never got her name.

Warm wishes of Peace and Love

Liz

Far Journeys to Another World

By Peter Perkins

I created the ribbon of light and centered it to the earth and sent the far end to the White Realm. The White Realm seemed closer this time. I once again went out to it. Once I was there I saw all kinds of people floating within as before.

I met with Mary there. I had some fears rise up; I removed them and asked her about them. She explained that fears had no place here and I was shedding them as part of a process of growth.

I said to her I would like to fly as a bird with her; in the form of birds. For some reason I asked for us to fly over an alien vista.

(Now once again, when I am out of body. I go on intuition and choose to do, say or experience things, that I don't know if I would consciously even think about.)

She readily agreed and told me this time we would be going to a pre-existing place. What she meant by this is, it would be a place not created by herself and me as we had created the other realm that we walked in.

I told her I understood. I also said if we needed to appear as alien birds this was ok with me. She told me this was well.

She asked if I was ready and after my acknowledgment we were off. We were in the form of birds and what amazing birds we appeared as. How to describe them?

In form they resembled peacocks, but instead of the fanned out tail it was a very long tail. We were not made of feather and bone and blood but seemed to be made up of tiny stars in the form that I described. Slender necks small heads crowned in light and that amazingly long tail that glittered with the many stars within it. The closest thing I have that can describe how they appeared would be like tiny sea creatures filled with bioluminescence. Still this would be inaccurate, but being limited by words, it is the closest I could describe it.

We flew and though we had wings we did not need to beat them the way birds do here to fly. We flew through mere intent; willing ourselves to where we wished to fly.

Below us stretched a vast alien city. All of red stone though, it was so smooth that it was not like earth stone. In fact as we flew over it I wondered if it was stone at all. The atmosphere too seemed to have a red kind of haze to it.

As we flew I became curious and flew lower over the domes and oddly angled towers. I rose back to where Mary was then and curiously inquired about the aliens. I thought to her, "I did not see any people, nor did I see streets or vehicles of any kind." Even as birds we could speak in this mental communication way.

You see the reason I was so curious is she had said the place existed and was not created by ourselves. I knew if we had created something and did not choose to add to it, it would be missing those things we did not wish. This place though, existed independent of us. I thought there should be people (Aliens) but I didn't see anyone.

She explained to me that they were all within the structures. She knew I was thinking about no roads or vehicles and explained to me that the people here traveled by will. They could will themselves from one location to another and did not need vehicles or roads to travel. She went on to explain the atmosphere here was poisonous to them and so they needed to remain in their structures.

It made me think of our earth and pollution. I asked her if it was caused by them or by natural causes. She explained to me that it has been a combination between natural causes and the acts of what these people had been before they evolved. I got a strong feeling the people here were viewed differently on a cosmic level between what they had been and what they had evolved to; as if they were two distinct people (prior to evolution and post evolution), with no negative baggage attached

to what they had been.

I then thought, "How then do they build things if the atmosphere is poisonous and they can't go out into it?"

She explained to me that groups of them would gather and will a new structure into being. Creation here took time it was not the instantaneous thing like it had been when we created the evergreen wood to walk among. Though it took time, I got the sense the time it took from will to manifestation was short...around ten minutes or so, when groups of people were involved. Also there was no action required beyond a group gathering to will a new structure into being. No bulldozers, no cranes, no quarries or steel mills etc.

I asked if the earth was to be this way, with a poisonous atmosphere. She said it could have been, but this was not to come to earth.

I thanked her and sent her my love and she reciprocated. I then explained I wished to write all this down without forgetting it. She understood and we parted company.

Thank you Peter!

Comment from Jan Toomer

I was so excited when Peter shared this experience with me! I had been there too; except I had visited within the dwellings. I had been confused as to why no one went outside.

The dwelling I had visited had a clear domed ceiling; I could look up and outside. I saw a massive windstorm; the sky was a thick red haze above us. The sound coming from outside, though somewhat buffeted by the structure, was that of a constant deep buzzing or humming sound.

It is so neat when someone has 'visited' where you have!

Grave's End: A True Ghost Story by Elaine Mercado

Grave's End: A True Ghost Story by Elaine Mercado, R.N. © 2001, Llewellyn Publications. ISBN 0-7387-0003-7.

Based on a true story; this is one family's experience in a haunted house.

This is not a horror story, but I don't recommend this book for those readers who "spook" easily.

The disturbances began with a subtle feeling of being watched...and escalated, causing Mercado to become nervous and then scared.

This continued until one day, after many nerve wracking years of living with this, two people came in to help. These two people contacted the earthbound spirits; relayed the earthbound stories to Elaine

and her family; and then helped the spirits to cross over and energy cleaned the house.

It is a very interesting story and recommend for those interested in hauntings and/or experiences with earthbounds.

2012 and Fear

Our reality is created by our thoughts. If fear is what exists in you, then that is what you are creating with!

There is a lot of confusion, and fear, surrounding 2012. Armageddon, End of Days, End of the World, etc. on one hand... Rejuvenation, Re-birth, new dimension, dimensional shift, etc. on the other hand.

Do you know how many "End of Days" and "the world is coming to an end!" cries have happened throughout the history of mankind?

Do you remember the chaos and fear of getting ready to change from the year 1999 to 2000? It was crazy!

I didn't have an answer about 1999 – I just took it as it came.

I don't have an answer about 2012 – and I will just take it as it comes.

I had tried living with confusion and fear, and all that it got me was getting stuck in "fight or flight" and my health deteriorated. That sucked crunchy peanut butter big time!

Like most any other habits, it is work to re-train body and mind to let go living with fear – I really believe both body and mind become addicted to it.

Once I began stepping away from fear, and not letting it engulf me, I realized how

wonderful life is – yes, the so called 'good' and 'bad'.

We came to Earth to experience a physical existence; and so many of us are on Earth to experience life through this 'time' – we chose to be here, and 'now'!

If we could all release fear and *live* – what wonders we could see and experience!

As for 2012 – your higher self/soul knows your path; it knows your soul plan. We will each be where we need to be, when we need to be there – as per our soul plans - regardless of what may or may not happen in 2012.

The Semi-Blind Leading the Blind

Part One

By Peter Perkins

I felt this article come to me when Liz sent me a comment about one of my other articles.

I thank you for your response as it helped me find another article within me that was waiting to be written.

There are many times I feel like I am the semi-blind in regards to the metaphysical. As many of the things I have experienced or learned have been intuitive or come from within. As I was growing up I didn't have anyone to teach me about spirituality and metaphysics at all. While I did attend church, that was not a place very conducive to asking questions.

There are many people infinitely more well read in the metaphysical than me. Though I am fortunate to have friends share with me their books, and in so doing I find similar experiences to my own. It is a nice verification for me, to see other people have experienced some of the same things I myself have.

It is not like in the distant past where a shaman would come along and help explain or interpret the things I was experiencing. In ancient times these shamans were respected and acknowledged within their tribes and within their cultures. Often revered as being able to perceive and interact with the spirit world.

I am not sure exactly when this changed around. Indeed in some parts of the world shamans or people very like them have not lost the ability to perceive clearly these other aspects of reality. They have

also not lost their place of respect.

Somewhere along the lines though, things changed. Progress or the rise of science, or perhaps even the rise of the major religions might have been responsible, but at some point those who could see became persecuted. It became dangerous to speak about such things as communication with spirits, or learning herbal wisdom from ancestors or gods and goddesses of nature. Any number of people who could see spiritually became hunted sometimes outright killed. Many who had the gift to see the spiritual hid their abilities for fear of what would happen if people found out.

We truly did enter a dark age; a dark age not only of education, but of spirituality. People were taught not to trust themselves but to trust in the church; to trust in their local lord. Indeed personal responsibility and enlightenment were replaced somehow with obedience, conformity and dogma. People began to close their eyes to the spiritual world.

It wasn't this way everywhere in the world, there were still places where shamans and seers and visionaries and those who taught these ways to others could still be found. Still for a great many people this was an age where being blind to your own experiences and blindly accepting leaders either nobles, royals or religious leaders replaced peoples natural tendency to trust in themselves and their own senses and experiences.

The years rolled by and blindness persisted because no one knew that they were blind. The people who could see were often regarded as primitives, or out of touch with the world, when these people were

indeed very in touch with the world and with themselves.

The ways of accepting religion and leaders swept the world further and more people who had the ability to see spiritually fell under persecution. It became a time to remain secret about such things and so, sadly even as the age of scientific enlightenment swept the world. Spirituality dimmed. Science sought to explain everything, religion was being replaced and spirituality was thought of as largely unnecessary to the educated man or woman.

Thankfully the sparks of spiritual enlightenment didn't fade away completely; leaving us in the darkness, blind to our own truths and the universe around us even as science and technology rose to distract us. Indeed how could one claim to be blind when science showed us new wonders with every passing year? It was full steam ahead for science and religion was being replaced as science pressed onward sweeping the world the way religion had before it.

Leading to this age we are all in. Science has pushed so far that they have discovered things known by shamans, Tibetan monks, visionaries and seers for years. We are not alone, nor have we ever been alone. There are other universes, other dimensions, the world about us is an illusion and god or a creative force must indeed exist.

Even as scientists are starting to use science to prove things known and never lost to many people, it is amazing that many of these discoveries are not better published and available to people through the media. While it is true that books are being released on many new aspects of quantum

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The Semi-Blind Leading the Blind

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physics it is rare to see these things spoken about on prime time television spots.

It seems many like sitting in the darkness of spiritual blindness. After all they can't be blind, can they? Not when they get to vote on American Idol, they just can't be blind, they get to vote people off the island! How can we possibly be blind, we receive news from around the world send pictures and email in a few seconds and hear all about the wars every night.

I am speaking of a blindness of spirituality. If you will, a willful closing of the third eye.

Yet there are people who are starting to see again and unlike ages past, while they may still be ridiculed or persecuted the age of killing people over such things, as having spiritual visions and seeing spirits is very rare.

People are starting to open that third eye again to perceive the truth behind reality. It is a gift, that even though many turned their back on their own spirituality, their own divinity; that our spirits, our higher selves and guides have never turned their back on us. The truth has always been there, patiently waiting for us to set the distractions aside and look within.

I feel very much like I am semi-blind. I am a product of modern America. I like fast food on demand; I can be distracted by the latest shiny gadget to come along. Yet somewhere along the line I started setting the distractions aside.

When I was younger I could see more clearly, and seeing ghosts was something not uncommon for me. I blinded myself to

such things but time and again my third eye would open and give me peeks beyond the three dimensional world we all find ourselves in.

I am starting to see again and though my spiritual vision is starting to clear up it is hard to explain some of my experiences. Indeed describing this new sense, this ability to perceive spirits, and energy is very much like feeling vibrations.

It is to me, a new sense, something that is hard to describe to others. In some of my experiences I have seen worlds where everything is the same bright white glow and yet it is very easy for me to make out objects and people within, yet to the normal vision of sight in our world it would be like seeing nothing but pure white. So it is that this new sense, this new ability to perceive, can distinguish vibration and energy.

How does one describe a new sense to those who don't perceive with that sense?

I liken it to the following. Imagine if you will the whole world was blind. Suddenly sporadically and briefly you could see. Sometimes fleeting, sometimes lasting longer. You want to tell other people what you are experiencing, what you are seeing. Yet you have to describe it in words they would understand. With everyone being blind, you can't describe things as colors, and other things which are strictly the provision of sight. You have to explain these wonders with words that people who can hear, smell, taste, and touch can comprehend. Then they will understand.

It is sometimes frustrating as you want to

truly share what you are experiencing, in the words that you are now defining for yourself. Sometimes when enough people say they can't understand what you're describing, you wonder if these brief bouts of vision are real.

If they are real, how come no one else can understand what I am experiencing, how come no one else can see?

I was lucky to run into other people who could see. I was lucky in finding books and videos where people brave enough to speak out, about their own spiritual experiences; their own ability to perceive with this new sense was shared with others.

Thankfully I am not the only one who is lucky, for we are all living in a day and age, where we can go out and find others who can perceive the things we are experiencing. Even if you have never remembered any of your own experiences of spirituality, it is a great boon to be able to read about others experiences and perhaps sparks from those writings, and sharing will ignite the fire of our own sense and light the way for us to see.

So here I am, the semi-blind, getting glimpses of the spiritual. Unlike the shamans of the past my spiritual eyes are not wide open. I am still coming to grips with my own experiences and trying to learn what lessons I can from them.

Yet I have been asked, what do I see when I talk about, spirits, guides, angels and other non-physical entities. I will do my best to answer that but please realize I am trying to describe a new sense using words that may be better suited for other senses.



Happy New Year!

Empaths and Holidays

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.

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.

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

Matthew, Tell Me About Heaven by Suzanne Ward

'Matthew, Tell Me About Heaven' by Suzanne Ward. (C) Suzanne Ward 2001, Published by Matthew Books, ISBN 0-9717875-1-4.

Review by Peter Perkins

This book is one in which Suzanne Ward channels her deceased son Matthew's spirit.

It is a series of question and answers in which she asks him questions about the accident that caused his death, which he described as part of his soul contract. Through his experiences between lives, he describes a realm called Haven which he says may be where people got the term heaven from.

The question and answer sessions between mother and son are clear and well explained. Often one question leading to others. So many different topics are covered in these question and answer sessions that one can easily find something within for their own knowledge, or verification.

I myself found a lot of verification on life between lives. The manifestation of matter. The thought of different vibrational dimensions existing within the same space and many other topics.

As a book on channeling it could stand alone. Yet it also holds many things that people may be curious about. Do animals

have souls? Do pets join us in the afterlife? What is there to do in the afterlife realm?

If you have had experiences yourself and seek some kind of verification this book may be what you are looking for. It is also a good book for those who are curious about other realms and feel more comfortable hearing it from the spirit of a young man who had lived as one of us as opposed to other books where entities are channeled that have never been human.

I highly recommend this book to any interested in channeling, life after death or with a curiosity in the spiritual realms.

Supernatural and Spiritual Experience Research

Dr. Irene Blinston is looking for participants who have had metaphysical or paranormal experiences to do an in-depth questionnaire for her research.

She asks "Have You Had a Supernatural - Paranormal Experience? Did it take place

before you were 20 years old?"

To view the questionnaire information page http://www.blinston.com/Religious-Apparitions_Paranormal-Phenomena/supernatural-research.html

You can find out more about Dr. Blinston at her website, http://www.blinston.com/Religious-Apparitions_Paranormal-Phenomena/about.html

Why Can't I See Tomorrow?

We've talked a bit about:

- time travel

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

- parallel lives

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

- manifesting

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

- and 2012 ('2012 and Fear' on page 5).

How does it all tie together and what does it have to do with 'Why Can't I See Tomorrow'?

Let's break it down a bit:

- Time is not linear; all time occurs now.

- For every thought and action, we create a parallel life, world, universe or dimension

for each of the other actions/thoughts we hadn't taken.

- Manifestation – from thought to physical reality – is occurring more quickly now.

- 2012 will bring about what *you* create 2012 to be.

If you are trembling inside, your stomach knots, or you have thoughts which race into panic and/or survival mode, then what are you creating for your future?

If you are thinking how wonderful it will be to have no conflicts (war, racisms, hate, starvation, dis-eases); feeling 'full' knowing all will be in harmony and peace, then what are you creating for your future?

Since all time is now and we each create our own reality and/or 'future', we will each step into, or over to, the dimension (world/reality/universe) that will fulfill what expectations we each have for tomorrow and beyond.

'Why Can't I See Tomorrow?'

Because *you* have not yet created your 'future' yet; you haven't settled on what your tomorrow, or 2012, will be.

So, what will you create?

Flight to Eternity by Marty Arnold

Flight to Eternity by Marty Arnold. © 1986, Mystic Mountain Books. ISBN 0-911265-06-6.

"The plot, the scenes, ad the characters in *FLIGHT TO ETERNITY* are fictional, but the story, the actions, and the experience of the characters are based on information gathered..." (page ix)

This is a fictional story of TranAir flight 481;

its crew and passengers.

A very light passenger load on 481, the flight was scheduled to leave Colorado and land in Los Angeles.

The plane never made it to its physical destination – it had crashed.

What followed were the characters stories of what transpired after the crew and its

passengers 'crossed over'.

From the information that I have received over the years, the information presented in this book on what happens after we die, rang true to me.

I highly recommend this book for those interested in life after death.

Dec 09 Interview

Jan Toomer Interviewed by Keith Whelpley with KSNM 570 AM

Thank you to Keith Whelpley and KSNM 570AM for inviting me to the studio.

The podcast of this is below, and has been edited – and put into two parts.

Keith warmly welcomed me, but my ner-

vousness still came through (*grin*) – so I have edited the version; the edits include my removal of my many "ums" – otherwise, the interview content remains intact.

If you would like to hear the unedited version, you can visit KSNM's blogcasts Southwest Senior (12/22/09) hour 2 at <http://www.ksnm570.am/>.

Keith Whelpley's show - "Southwest Senior" - is on Tuesdays, 4 - 6pm.

The edited version can be found at

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

DACC Community Education's Spring 2010 Course Catalog is out now and courses begin this month!

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 - and you can click the link below to see the online catalog.

<http://dabcc.nmsu.edu/comed/docs/schedule.pdf>

■ 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.

Anger and Promoting Change

During a phone conversation with Liz, she mentioned a young adult who had a lot of anger; anger at people in general. Anger at people lying; deceit, corruption, the pickle the county is in; and the list goes on.

I asked her how old this person is – she said thirty-years old. I explained that, roughly, ages 30 and below are totally fed up with the state of humans and of the world. Though this anger/frustration is not limited to just the younger people, I have seen that they appear to be 'stuck' and are not sure what to do about it.

I also reminded her of: how I learned at a very young age, that humans (generalized) lie; their mouths said one thing, but their energies and thoughts said something different; and how both she and I had gone through this angry-phase as well and that we each were unable to do anything about it until we got past the anger hurdle.

Anger can be a springboard to begin changes; however, action in anger is not very constructive. Each person must find their way over that hurdle.

I spoke with another friend of mine this weekend and broached this same topic. She recommended 'service to others'; not as a doormat – rather finding constructive ways to assist others. She said, that for her, she decided to start changes within and then work her way outward.

I had learned that I couldn't change the world all at once. What I could do was change me; change my outlook and find a way to help others. I began to offer my classes/experiences to assist others not only metaphysical ideas and abilities, but also to hopefully expand others' perceptions and awareness – and offer those who took my classes a way to change negative energies into positive, and create a more positive reality.

I suggest that we each get out there and do something constructive and productive to encourage change.

Want to help others move into a more peaceful frame of mind? You may want to become a therapist.

Want to work with others in a more linear way? Bank teller, architect, etc.

Want to encourage green living?

Perhaps alternative medicine to help others?

What can you do to change your anger, frustration, etc. into something more positive? What can you do to promote change? What can you do to change the world, one person at a time?

We, the Compound People

By Peter Perkins

I have a dream I would like to share with others. I was going over my dreams with a close friend and they told me I should make this dream public; they thought it might help other people.

This dream had been going on for a time before I became aware within the dream. It was at that point that things sharpened and became more defined. I was at a friend's house and she was sitting staring at her computer screen. The screen was a blank white screen from what I remember. She wasn't typing or surfing the web just gazing at the screen.

She was an old friend - someone I hadn't seen in years.

Suddenly becoming aware in the dream, I looked around and saw a box of sugar cookies high up on a shelf and went to get a few for myself. I reached up and retrieved some but the box lid and sugar poured out, getting on the floor and some in my friend's hair.

She didn't notice, still blankly looking ahead at the computer screen before her.

She looked like she was in a mental fugue. Unaware of the world around her. I turned her to speak with her, hoping perhaps the magic of moving her away from the computer screen would break whatever was causing her to be in this mental state.

I was shocked, from the side I could tell she was my friend. Turning her to face me, I beheld her other lives there upon her face; it looked like an amalgamation of several people.

I apologized for spilling the sugar and thanked her for the cookies. Finally she spoke saying "We are pleased you like them." In fact, when she spoke after this, she referred to herself as "We".

Just as in out-of-body, I sometimes realize things or grasp concepts that in my waking moments I would not understand so quickly. I knew then, in the dream, that she was the amalgamation of all her multidimensional selves. Yet even though I knew this, it was not confirmed in my dream till a bit later.

I cleaned up all the sugar and brushed the sugar from her hair. She was still in that mental fugue. Aware of me when I spoke to her directly but otherwise oblivious to the world around her.

The dream progressed and I was elsewhere speaking with someone I didn't know at all, and yet in the dream I knew that he was a friend of mine.

He was a young man and he smiled a lot as we spoke to each other. I brought up my concern for my friend who seemed to be in that mental fugue. He nodded, not seeming surprised by this.

He told me people around the world were becoming like that. They were very wise because they were in touch with their other lives but they needed help focusing on their body here. He told me they would often forget to do things, though there were always people to help them out.

I knew somehow even though this was happening around the world, it was still rare, and only a few people in each community were like this.

To interpret a dream

I mulled this dream over and with the help of my friend was able to make some sense of the dream. Originally I was concerned that ascension had been thrust unto some people and they were not prepared for it and thus ended up in this state of confusion. It truly is good to have friends to talk to about my dreams because we were able to delve into it more.

The sugar cookies - comical as they may have been - were simply a device to get my attention focused on my friend. That is why the sugar got in her hair. It guaranteed that I would focus on her and thus reveal something I was unaware of just then in the dream.

When I turned her and beheld all her lives there on her features, at the time, I was not realizing that I could see these things. When she spoke using "we", I was hearing them speak.

(Cont'd Page 10)

We, the Compound People

Cont'd

It was an awareness I had of her multidimensional aspects, her other lives and incarnations.

It was not her that was aware of these aspects of herself; instead, she was so focused on her own life, that she was blind to the beauty and true nature of what she was - a being, like all of us, who had lived many lives; held many experiences and had so much wisdom to share.

Instead she focused on the computer screen ahead of her almost like an automaton.

I could see nothing upon the screen. To me it was like a lit screen but no words or no pictures upon it. She was so intent on it that she was wholly unaware of the rest of the world.

The other person in the dream who talked to me about this seemed happy, at peace with himself and the world. I too felt those same feelings in me. In fact it seemed as if most people here could feel this freedom of peace and happiness.

When I mentioned concern for my friend, he told me that it did happen and that some people were like that. At first I felt that my friend was like some oracle or that people like her were revered for their wisdom and that people went to them for advice etc.

Yet, my thoughts on this matter have changed. I was aware of all of her other selves and could speak with them. She was not aware of this. Instead she was locked on to the mundane task of watch-

ing her computer screen. I think this is very symbolic.

Yes these beings were revered for their wisdom but not because people went to them for advice like some oracle, but because we could see the beauty in them. We could see their other lives and we knew when they came to this realization of what they truly were, that they would be able to shake off the mental fugue of thinking that we are all separate beings cut off from the cosmos around us. The wisdom these people held could then be shared once they had awakened from this mental state.

Patiently the rest of the world tried to help these people as much as they could. Waiting for the day when they would realize their own greatness and the truth of what we all are. Spiritual beings living out many lives for the experiences, wisdom, and wonder that could then be brought back and shared with everyone.

As to the computer screens symbolism; this could have just as easily been a tv, or radio broadcast. It was simply symbolic of getting so wrapped up in the mundane aspects of our lives that we lose awareness of the world around us and our own spirituality.

It required me actually physically turning her away from the screen before she was even aware I was there. How many of us are like this ?

We are focused on work, or television or other distractions of which there are many. One could easily get lost in such

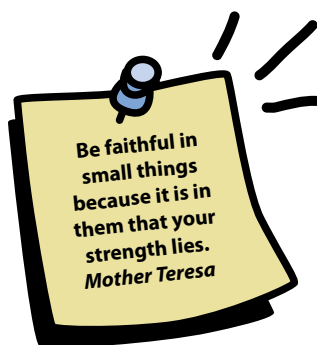
things and lose sight of the world around them. Not only this world but the many other aspects of themselves. Their own spiritual selves lost to this feeling of separation from others.

The dream shows the great love and patience the rest of the world had for these people. We were just waiting for them to realize there is so much more to themselves and the world around them. Waiting for them to awaken to their own potential and beauty. All of us knowing everytime one of them awakened to this, that it would be cause for celebration for they would be coming home.

So what message can be found in this rather unusual dream ?

People who are awake and aware need to have patience and love for those that are so wrapped up in this life that they ignore the true aspect of their existence. There are so many things to distract one from the truth of self on this world. Money, work, relationships, television, radio, the internet, wars, dogma and so many other distractions...it truly is a blessing that there are people who are awake.

Realize that some people need time to become aware; just as it would not be right to force something on someone they are not ready for, we must instead love them for where they are and love them for who they are. We know deep inside that eventually everyone will become aware; it may take time, it may take other lives but they will eventually rejoice in realizing who we all are.



Thank You!

A big "Thank You!" to all the authors of the blog and newsletter - your contributions are very much appreciated!

A big "Thank You!" also goes out to all of you who read and pass this newsletter along - again, very much appreciated!

Hugs to you all! And I wish you all a fantastic 2010!



Elissa's Insights

Elissa's New Year's Eve Wishmaking Edition 2010

Dear Friends,

You are being sent these wish-making suggestions just as the moon becomes full for the last time in 2009; it's also a "blue moon" and a lunar eclipse: a rare celestial pop of the champagne bottle that celebrates the death and rebirth of our "ways", collectively and culturally, and for many, ways we have felt about our own selves for decades. There is big change up ahead for each of us, and our respective societies.

The omen of the sun, moon, and earth lining up while the moon is in Cancer as the year begins, suggests the heavens and atmosphere lend strength to our emotional nature this year, making it easier to be loving, to feel loved, and to connect. We get sprinkled with stardust of a very special nature today, and we should and could be filled with hope for the future if we let ourselves feel the changing energy of 2010—if we can let ourselves be free of the past. This atmospheric change can actually be felt all month, perhaps especially after Mercury goes direct on January 15th.

December 31st, 2009, is an especially potent moment in astrological time to make a wish. It's as if the planets are saying: "Whatever you are intending now—and especially, whatever change for the good you can imagine for yourself, put it out there, and expect it to show up."

Overcoming Ritalin: A Message of Hope

By Peter Perkins

As some of you may know I am in touch with my angels. Every once in a while they fill me with a strong desire to write about some topic. I see this as the universes way of saying that this subject may help someone. So I take these impulses seriously and when I feel that compulsion to write, I do so.

This article is on Ritalin, this is also known as Methylphenidate. In this day and age it also goes by a few different labels, Concerta, Metadate CD, Metadate ER, Methylin, Methylin ER, Ritalin, Ritalin LA, Ritalin-SR.

Some of you may already know about this prescription drug. In my day and age it was highly prescribed by doctors as a way of "curing" hyperactivity in children. It has since grown as a means to treat ADD (Attention Deficit Disorder) ADHD (Attention Deficit Hyperactivity Disorder

and narcolepsy. Re charting one's course when Mercury is retrograde. It should cause people to do a lot of re-evaluating and reconsidering of personal goals and plans. The full complement of omens and signs needed to guide one's way have been rolling in the last couple of weeks, and will continue through the first few weeks of January.

I've noticed with clients in the last week, many are changing their plans to better plans, re-thinking things to come up with a better result. This happened to me too a few days ago. I happened to be using my own little telephone exercise to get in touch with my intuition! I got a very surprising message about a course I've embarked on, and not what I expected at all. My intuition told me that my plans created a lot of unnecessary, crazy-making steps. There was a better route for me to success. It made me come up with another plan, it re-focused me in such a way that I felt relieved, and that feeling of relief told me my re-considered direction was a better choice for me.

2010 adds up to 3, which is ruled by stability-seeking Saturn. When it trines Pluto next week, it's a sign that now one can effect profound change, and anchor their lives to a different foundation, a different outlook, or a different partner.

Have a great New Year's eve, and if as part of your wish-making you want input from your own intuition about your year ahead,(or your plans for it), you can try the 3 minute audio on my website.

der and narcolepsy.

It is a nervous system stimulant that affects chemicals in the brain and nerves that contribute to hyperactivity and impulse control.

As a child I certainly had a lot of energy and would love to burn that off in play. I was still a quiet child without a lot of screaming or yelling. There was more than enough of that in my household already as a child. Also for those of you who have read my other articles you may know that I perceived ghosts and other psychic phenomena as a youth. Do to this as well as the great amount of deja vu I had as a child, this may have led my parents to believe I had what today would be diagnosed as attention deficit disorder.

It certainly was not a deficit of attention that I had as a child, but an abundance of attention in noticing things my parents

Best wishes, may it be a great year for all of you,

Elissa

P.S. Part Two of the January 2010 newsletter will come out mid-January, with the 12 zodiac signs' messages for 2010. (Capricorn, your birthday message is up at the Examiner.)

P.P.S.: Predictions from me for Las Cruces, New Mexico will come out in the Las Cruces Sun on New Year's Day, I believe... <http://www.lcsun-news.com> —look for an article by Derrickson Moore.

Contact: Elissa Heyman Psychic Counseling and Healing in person/by phone 505-982-3294 - Santa Fe, NM - <http://www.elissaheyman.com> Visa/MC/Paypal

Thank you Elissa!



simply could not perceive. It is a shame that like many parents, they chose to go with a chemical solution to cure something that did not need curing.

I understand my parents did this out of ignorance but also love. After all to them I was speaking with imaginary friends not spirits or guides. When I seemed to ignore a conversation it was because I had already had a premonition about it and knew exactly what was going to be said. So it seemed to them I was ignoring the conversation.

Another reason they chose to go with Ritalin was the doctor told them it would normalize me; I wouldn't have so much energy and would be easier to deal with. I know this because my mom explained to me why they were giving me this medication. Even then I knew it was wrong; I didn't like it and it was only through my mother imploring me that I ended up tak-

(Cont'd Page 12)

ing it.

I am aware, as many of you may be, that a great deal of psychiatric medications are for society and the people around the one taking the medication and not for the one actually on the medication. If your depressed take an anti-depressant so you don't drag the people around you down. If you are manic and creative take another medication to make you less manic and sadly less creative. I wonder how many disorders are true disorders or doctors fearful of being sued if they don't prescribe something or diagnose some problem. A huge rise in ADD and ADHD and even AADD (Adult Attention Deficit Disorder) seems to be a product of our age.

What if like me, it is because these children are merely in tune with the spiritual side of things or they have the beautiful energy of youth we all seem to wish we had as we grew older.

As far as advice to parents who may have had a doctor prescribe Ritalin or diagnosed their child as having ADD, or ADHD. There are alternatives to prescription medications. If you are worried about hyperactivity you might want to cut down on the sugar in your child's diet. Also take the time to speak with them. Ask them what they are looking at if they seem to gaze off into space. It might just surprise you. If they seem worried to talk about it, let them know it's ok.

Often society, teachers, etc. frown on things like spirits, deceased relatives, angels and others such things. Even organized religions try hard to destroy or deny

such things as visitations by religious figures or people reporting speaking with angels etc. So it may take some coaxing to let your child know it is ok, and that your really interested in what they are seeing or thinking about. It may just surprise you!

Likewise if your child seems to be listless or to ignore your conversations you might want to take a moment and ask them why. They may just say, "We already talked about this."

Even though you may know you didn't talk about this before, your child may have, like me, had a premonition about the entire conversation; to them they know they heard everything and are probably confused why you are having this conversation with them again. This feeling of deja vu can be that strong in youth and sometimes through life.

I have listened to some other spiritualists speaking about Ritalin recently in relation to the indigo and crystal children. Saying that it destroys the psychic gifts that these children have. This is where I feel the need to step in with a message of hope.

I myself as a child was on Ritalin. I will admit it did dampen my experiences and it did reduce my energy. It did not however destroy my gifts. They surfaced, and still surged, on occasion regardless of this medication. I even spent a part of my life denying this side of myself dampening my own gifts as much as Ritalin ever did. Yet my gifts returned to me time and again.

So my message of hope goes out to those who may have like myself been on Ritalin,

as well as to those parents who may be in a situation where they back their child's gifts, but the other parent pushes for medicating their child with Ritalin. It may dampen for a time these spiritual or psychic gifts but rest assured they can be regained, they are in effect part of our birth-right as spiritual beings living human lives. If you focus on regaining and remembering these gifts they will come back to you. If you are afraid that your child may completely lose their gifts because of Ritalin or other medications, rest assured you can work with your child and show your love and interest in their gifts to re-spark these things in them.

Remain loving, have faith in your own abilities, or that of your children, and know that through attention to the spiritual side of yourselves you can regain a stronger connection with these gifts again. We are amazing beings and as immortal spirits we cannot be denied our heritage through not only prescription medications like Ritalin, but societal peer pressure and dogma.

It is our birth-right and it is waiting for everyone to claim these gifts or reclaim them.

In love,

Peter

(Please note: Peter is sharing his experiences and thoughts on this – he is not a medical doctor.)

Thank you Peter!

Many people, online and in print, are reading this blog information each month. Why is it so popular? People want to know about others' experiences! Their reasons vary and can range anywhere from curiosity to feeling good about not being alone in their experiences.

Volunteer metaphysical-related articles are currently being accepted for the blog and newsletter. Want to share your experience?

If accepted, your link will be included in your article. You can email your article to me at:
jreading@cox.net

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