



## Oil Spill and Memories of Another Place

by Peter Perkins

I am sure many of you are aware that the oil spill in the Gulf of Mexico is a serious threat to the ecology.

I remembered holding my breath when the Chinese coal tanker struck the Great Barrier Reef near Australia. I was relieved when it was dealt with so smoothly and with minimum harm. It was a wake up call to the world to pay attention and yet since it was handled so easily and far shorter than the time originally estimated people went about their lives as if it had never occurred. The world went back to sleep the way it usually does unless something personally impacts their own life. We are all connected what effects some of us effects all of us. The thought that oh it's on the other side of the world it doesn't effect me is a false one.

The wake up call came again when BP had an accident in the Gulf of Mexico that lead to a massive ecological catastrophe. Make no mistake this is a major catastrophe that impacts not only the Gulf of Mexico. The oil is poisoning the water and in an effort to show that everything is connected it is coming ashore and killing life not only in the ocean, but sea birds, and land animals that live near those coasts. People are only now waking up to just how bad it is because it is personally impacting their lives.

We see a lot of anger now at BP, as fishermen and others who made their lives off the coast have effectively lost everything. Tourism is being impacted not only there but in Florida, where tourism is their life's blood. Yet anger doesn't solve the problem, it draws attention to the problem, and at least in this perhaps it could work as a positive force. Anger, like fear, is destructive emotions and only serves to empower it. You might ask yourself, "How could anger or fear feed the problem?"

I will give but a few examples and won't

even begin to talk about the metaphysical aspects of negative energy feeding off of it; instead I will speak plainly in terms everyone will be able to understand.

The workers who are trying to solve the problem are under an incredible amount of pressure. This is without taking into consideration any emotions, they are simply in a position where all eyes are on them and BP is thinking mostly of the loss of money. (Fear of loss.)

Those workers don't live in a vacuum though - they see the anger on television and the radio. They know people are growing more and more dissatisfied and I am sure they are trying their best to handle the spill. Still this (Anger) only serves to make the pressure they are under to get this done even more. We all know that under a great amount of pressure people make mistakes, they don't sleep as well and they are not as effective. Then there is the (fear) of letting people down, of losing their jobs and fear for their families that someone vengeful will take out this problem on their families.

I have seen fear grow in another life. I tell you this here and now, it most certainly feeds on itself and grows. Just like the anger and fear build over the spill it grows steadily damaging more and drawing more anger and generating more fear.

How then, how can we stop such a thing? Fear paralyzes, it makes you think you can do nothing. If you're afraid of something, you try to avoid it. It is so simple; you need to face fear head-on. Nothing makes fear retreat more then boldly facing it. You see, fear cannot stand up to its positive opposite bravery. It just can't do it.

I am so very, very proud to see so many people facing the problem bravely. Instead of turning away in fear feeling as if there is nothing they could do, people are stepping up. BP has received over ten

thousand ideas from people all over the globe on ways to handle the spill and clean it up afterwards. Instead of running from the problem and saying "It's BP's problem not mine." people are aware that we are connected. They have woken up to the fact; harm to the oceans is harm to them. I applaud all of the people who have contributed to BP ideas on how to deal with this tragedy. If even one of these ideas is effective then it has the ability to impact the world. Could you imagine if ten or a hundred of these ideas are effective? Good-bye fear, you've been met with courage and bravery.

Now as to anger, it is as simple as dealing with fear. Its positive opposite simply needs to be brought in to bare on the problem - love. This too is happening, people who love their land, love their ocean and the wildlife is stepping up. We are seeing compassion for the wild life and efforts to try to help creatures that are certainly not human. Once again people are waking up to the idea we are not separate but all part of a whole. What happens when anger is faced with love and compassion? Just like fear it retreats from its positive opposite. We can face these problems not just in the face of the BP oil spill disaster but in our own lives. Are there problems that seem insurmountable in your life? Face them with bravery and love you may just see a problem that seems impossible to deal with evaporate before your eyes.

I feel very strongly about this article, and I hope that it spreads even beyond this blog. It is important for the people who have been giving ideas and those who are spending time and resources to help the wild life and to minimize the damage to know we are behind you 100%. Likewise I want people to know the more personal truth that problems in our own lives may be faced as well.

HAPPY

INDEPENDENCE

DAY

## Endings and Beginnings

by Jan Toomer

As many are finishing up clearing up their pasts (both present and past lifetimes), they will begin to see endings, followed by new beginnings.

These endings can range from the minute to larger.

And please realize that these endings, whether large or small, are occurring to make room for a new beginning.

Many seemed surprised when author Karen Bishop (who has written online articles and books for quite a while which

journalled the steps the human race has been going through during the process of spiritual evolution) wrote her final "Wings" post, saying goodbye that part of her life. I was sorry to see her end that portion, but I do understand that it's part of letting go of the old to allow the new.

(Karen is leaving the old "Wings" posts, archived, at her site for those who wish to read them).

On that note, an ending has come to me offering my metaphysical classes at DACC Community Education. I will have "Spirit Sensitivity" on June 16, and then will end teaching the metaphysical classes there. I

will continue my non-metaphysical courses at DACC Community Education.

I really enjoyed having had my metaphysical classes/courses at DACC Community Education, and thank Community Education for all of their wonderful support.

I will be offering my physical metaphysical classes at The Adara Center, in Mesilla, NM and I look forward to teaching there – some delightful owners and wonderful energy there!

<http://www.emergingearthangels.com/latest.html>

## Broken-hearted

by Jan Toomer

Over a year ago, a friend 'read' me and said I carry a deep sadness within me.

I have felt this for as long as I can remember.

The sadness weighs heavily within me.

I began digging – peeling layer upon layer. I started with the newest/freshest hurts, working through each one; back further and further; addressing each incident which popped up.

Every fear; hurtful word, action or thought directed to me – whether intentional on another's part or merely misperceived by me.

All the way back to the womb.

Yes, the heaviness lightened, but was still there.

I do not have many lifetimes on Earth when compared to most. I bounced around from lifetime to lifetime – peeling more layers – finding more fears, more hurt.

A recent reading stated that I have come

to Earth during pivotal times in man's history. I chuckled and said, "Yes, I am an investigator" (behind the scenes). But the verbalization of my hidden-from-others histories was painful for me. It reminded me of .... *something*.

I kept digging, all the way back to my first Earth lifetime.

The greed, jealousy, hatred, persecution of others, murder, lying, etc. ate away at me – I felt like I was drowning in negativity.

I had left that life, vowing to never return to Earth – the negative behavior broke my heart.

With each lifetime that I did come back here, I was very aware of the negative attributes of humans, as well as our (human) potentials.

By this lifetime, as a small child, *I did not want to be here!* I was not suicidal, but very withdrawn and not wanting much human interaction. I was a wide-open empath; I spent a lot of time in nature. Animals and plants don't lie, or purposefully hurt another.

As I grew, I began cultivating my PMA (Positive Mental Attitude), seeing the good,

the positive, the hope for the human race, the animals and plants and the Earth.

Then I began teaching others what I had learned.

Right before I sat to write this, it suddenly hit me!

Lifetime to lifetime I was broken-hearted about the human race; the anger, the destruction, violence, deception, apathy, etc. towards one another; towards plant and animal life; and towards Mother Earth.

My sadness was for Earth and those who live here; those who self-induced blindness towards others hurt all.

I think that throughout human history, we have thoroughly covered every negative aspect of being human. Isn't it time we thoroughly explored and tried out every positive aspect – leaving the negative attributes behind?

I am so ready – for we really are amazing and have such wondrous capability to change the world for the *better*.

It begins with one person at a time...it begins with you.

## Book Review: The Dream Book by Betty Bethards

***The Dream Book: Symbols for Self Understanding by Betty Bethards. (original © 1983) this edition, © 2009, NewCentury Publisher. ISBN 978-0-967-9790-1-4.***

I usually shy away from dream dictionaries since I feel that each person's symbology, on the whole, is unique to them. For example: your life experiences with a black

cat will differ from my experiences with a black cat – therefore, we each would have different meanings/feelings/experiences with a black cat.

Less than half of this book discusses dreaming, and is done in a clear, easy to understand manner.

The rest of the book is the dream dictionary. I was pleasantly surprised by this part of the book; Bethards, I believe, did a great job on the generalized explanations and I feel this can benefit the reader.

I recommend this book for all.

# From the Healing Circle

by Connie Reuschlein

Scenario: A willing recipient is lying on a practitioner table for a real yet also “experimental” healing session. He has never received healing work prior to this. Six healers surround him, scanning with eyes and moving hands delicately over his aura body, sharing comments of what they discover.

“Jim, I notice depletion in your solar plexus. How about expanding it? Just visualize a ball of light growing there.” And VOOOM, it is done! Accomplished before he even has a chance to visualize it. The intention made it happen instantly. As a group, we all felt, saw, and/or sensed the solar plexus chakra grow HUGE really fast.

We discovered we can use this same process (just asking / putting forth the intention) to expand a whole energy field, open and balance the complete chakra system, etc. We also have the option of asking Jim’s divine guides to assist him in this process, or have his guides do all the work for him. Please note that the most powerful (or at least quickest) results seem to come when the patient/recipient is actively participating.

Although we may not be manifesting our intentions instantaneously in our physical world, we CAN instantly manifest our intentions on the energy bodies and chakra systems! At least this is what we are discovering during the Healing Circle at Connie’s in El Paso, TX.

We use these Healing Circle gatherings to learn, explore, and share our talents as energy workers. The purpose is to bring together those who are interested in energy healing (whether they know any healing techniques or not) so that we can all build confidence, knowledge, and support each other thru the processes of transformational growth. Taking turns working on each other (and working on guest recipients), typically on a practitioner’s table, we discover that as we give, we also receive!

In an environment of non-judgment, and respect for diversity, we encourage each other to use our imaginations and creativity to get quick and dynamic results for the patient, always doing so under the

guidance of a healing professional, while the divine energies flow thru us.

This process of energetic transformation is truly too easy! The only requirement to participate is to work (play) from your heart center, the place where purity and innocence reside. This is key, because we are not doing the work. We are simply channels for the divine energies to flow thru. This allows a strong connection from the divine to the patient desiring healing. If we are pure channels, more divine energies can come thru.

As we explore the infinite possibilities to healing, we discover all kinds of fun things. For instance, as a group, we are very likely performing different modalities on a recipient at the same time. This can be like listening to Classical, Rock, and Country music all at once. Not very pretty! In one of the earlier gatherings, being the last to receive work on the table, I noticed that there was a variety of energy frequencies or waves coming thru in discord. It was a bit uncomfortable, but had no ill affects.

So at our next gathering, I said we were going to try a new experiment. As we began the opening prayer to bring in our divine healing helpers, I asked the divine guides if they would please take our various frequency waves and bring them into harmony and balance, so that the recipient could experience a beautiful symphony. To our delight, we discovered they did just that!

We are now finding that we can go ahead and set up “new rules” to allow the coordination of various modalities and processes to work harmoniously together. I repeat: We can set up “new rules” to allow various modalities and processes to work harmoniously together!

For some of you this may sound shocking due to the teachings of your modality masters. But please understand that the human race is evolving at such a fast pace, that the old ways of doing things do not necessarily pertain to our current needs in evolution. The bottom line is that we are all meant to be performing our unique talents together as community, and to keep expanding community to include all

of humanity. To do so requires imagination, and the exploration of our creative ideas and abilities. No matter what you read here, always follow your own heart, not my words or those of anyone else, in deciding what is appropriate for you, what rings true for you.

New rules, new games, new realities.... Life is our playground so lets play in it! Let’s play in it together!

Start treating life as your playground. As long as our intentions are aligned with our highest good and the good of all concerned, we can do no harm. The more playful we become in our service to ourselves and humanity, the more light, grace, and love we bring into our world.

Try out the “new rules” experiment for yourself. Begin by creating new rules for your energy sessions. As you discover the possibilities, start incorporating new rules into your life as well! Pay attention to the changes. Have gratitude for the miracles.

Warning: Energetic healing experimentation should only be conducted under professional leadership. The work is very powerful. So, if careless and uninformed, the results can accidentally cause dis-ease and discomfort to the recipient.

If you do not have access to professional guidance, a good rule to set up for yourself is that you can do no harm. Then ask your divine guides to fix or filter out any errors done on your part.

Remember, it is use of intention with purity of heart that is key.

Connie Reuschlein, The Lightbody Tailor, offers her Healing Circle once a month at her home in West El Paso. She recently learned Matrix Energetics, which has added great depth and imagination to these gatherings and to her own energy work.

Come join in the transformational playground, where you will truly learn to play! To receive notification of the Healing Circle gatherings, email: [LightbodyTailor@gmail.com](mailto:LightbodyTailor@gmail.com)

<http://www.lightbodytailor.com/>

■ *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.*

## The Spirits Made it in the Picture

by Jan Toomer

Last week an auric photographer was available at the Metaphysical Life Enrichment Center, so I made an appointment for Friday afternoon.

The last time I had an aura photograph was about four years ago – and that had been my first aura photograph; I was curious to see what would show now.

Thursday evening my daughter popped in (she passed away APR09) and asked if she could be in the photo with me. I laughed and said “Sure!”

Friday morning, she popped in and asked again. I told her she was welcome to be in the picture, though I wasn’t sure how she would manage that. She gave me a big smile.

Suddenly, several others popped in behind her and asked if they could be in the photo – I smiled and said, “Why not? Go for it!”

I got busy working and forgot all about their requests.

Later, I drove into town for my appointment.

While sitting before the camera, my left hand surged (not the equipment, just my hand). I commented this to the photographer, Wayne Darling. The photo was taken.

When Wayne peeled the paper off, I commented, “Oh look, there’s the surge on my left!”

He smiled and told me that wasn’t a surge, that was a spirit who was very close to me, and that above my head were approxi-

mately six guides who were also in the picture.

By golly, they did it! The spirits made it in the picture! Ha!



## Radical Forgiveness Intro

by Linda Aragon

When I was first introduced to the concept of Radical Forgiveness, I resonated with it immediately and had an intense knowing that this concept was not only going to prove invaluable for myself, but also would be a focus of my work as I set upon – teaching classes, conducting study groups, and providing Life Coaching on an individual basis. The book Radical Forgiveness, by Colin C. Tipping is a great foundation for understanding the essence of the teachings, though Radical Forgiveness requires little beyond willingness and an understanding that everything truly does happen for a reason.

The blessings of this work are many, but primarily is the release of “victimhood”. Look back at your life so far and see if you can see that during your most difficult times, also came your greatest growth. Could it be that much of your lessons were set up, perhaps even in a pre-birth contract to bring you just what you needed? Soul Contracts are an interesting study which goes along with everything hap-

pens for a reason and once concepts are learned and understood, shifts in your attitudes and perspectives can be life altering.

It seems to be that we needed something to take us beyond the dramas of our life, an understanding of the bigger picture, and that seems to have been hidden from us. When we awaken to this truth, that all is in divine order, we are able to step back, see the bigger picture, learn the lessons we were given and an understanding of the true meaning of our suffering comes forth and we may well be able to transform it immediately. We can then adopt a way of living based on true forgiveness, unconditional love, and peace. To transform the energy of the victim archetype, we must be able to experience it fully and completely. Could it be that is why we were so anxious to take on this physical life, to fast forward our spiritual growth and understanding? Jesus taught, there are no victims – we seemed to have forgotten that lesson. True forgiveness means letting go completely of victim consciousness.

I understand that some of the ideas presented here can be very challenging especially for those carrying so much pain. Would you not like to find a way to release that pain? This work can be extremely freeing and healing. Radical Forgiveness challenges us to radically shift our perception of the world and of our interpretations of what happens to us in our lives so that we can stop being a victim.

My goal is to help the planet make this shift. I immediately set upon becoming a certified Radical Forgiveness book study leader. With that in place, I am soon starting a Radical Forgiveness study group, a pilot group in the Fall of 2010. It is my hope then to bring this very important work out into the community. You may contact me through my website below for further information, and to be added to the list of those interested in participating in these groups.

Linda Aragon  
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## Book Review: There Were Giants Upon the Earth by Zecharia Sitchin

*There Were Giants Upon the Earth: Gods, Demingods and Human Ancestry: The Evidence of Alien DNA by Zecharia Sitchin.* © 2010, Inner Traditions International. ISBN 978-1-59143-121-3. (Publisher-provided copy)

Utilizing the Bible (which Sitchin also provides some Hebrew words and the English mistranslations), Sumerian clay tablets and/or cylinders, as well as some other ancient texts, the author presents his case of how man (modern day humans) came to be.

Modern day humans are the descendents of 'gods' – aliens who made Earth their home – and genetically engineered Homo

erectus into Homo sapiens. He proposes that this is why no "missing link" in our evolutionary chain has ever been found.

Sitchin provides the reader with a lot of information – weaving together different cultures' recorded histories to tell this story; the information is presented in much detail – so much so that the reader will either find it to be a bunch of bunk – or, like in my case, give the reader much to reflect on.

Sitchin closes with a wonderful dangling carrot – his theory that one of those gods/goddess' ("Queen" Puabi's) remains are currently in possession of the Natural History Museum in London.

Sitchin has requested DNA (mtDNA – mitochondrial DNA – DNA passed down through the females) testing be done on Puabi's remains; the requests were denied.

Inner Traditions offers the public a chance to sign a "Demand the Evidence for Alien DNA" petition on their site.

I recommend this book for those who are interested in aliens, ancient history, ad for those who can handle a lot of detailed information.

I enjoyed the book.

## Intuition and Spiritual Growth, Part I

### What or Whom Are We?

by Anthony Preman

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

When you read the above two questions, you are reading two very different questions. The first question, "What does it mean to be a Psychic or an Intuitive is implying that you, the reader or the individual who calls themselves a psychic or intuitive has identified yourself as just that; psychic or intuitive. The second question, "What does it mean to be psychic or intuitive," implies that this is a part of you, but does not define "who" you are.

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

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

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

all have intuition and some will work their intuitive muscles so that they can spiritually, "lift" very heavy objects. Some will try and try and gain very little ground.

But the question that I have for you, the reader, is why? If you are an individual that has wanted to be intuitive, ask yourself why? Why would you want such a thing? For those that never wanted intuition, but for some reason, it comes to you naturally, you can understand what I am saying.

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

I think we all have a need within us to feel that we are special or that we are gifted in some way that others are not. We have been this way since we were a child. I am quite sure that each one of us can remember back to elementary school when we had new shoes or a new outfit and how special or rather, unique from everyone else that having these things made us feel. But there are those that never had the uniqueness or the individuality from everyone else and we never felt "special." But that doesn't mean that we didn't search for it on a conscious or subconscious level desperately throughout our lives.

How many people have you met within your life that subscribe to the statement, "I AM a Psychic"? Have you ever wondered as to why they feel this way? Has the mere existence of these people who define themselves as being a psychic and the title of psychic encompasses every aspect

of their lives, ever made you want to withhold from telling anyone that you have these abilities out of fear that you will be put into the same category as them? I know that I have met many people that fit this category and to be honest, there are times that it angers me. I of course try to temper this anger and realize that their actions do not define me, but I am still human and deal with human emotions.

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

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

[www.magellannumerology.com](http://www.magellannumerology.com)

Thank you Anthony!



## More on Animal Totems

by Jan Toomer

I have been asked to discuss more on Animal totems – not the one(s) we are born with, but the ones that enter throughout our life to bring time appropriate messages.

There are a few ways to receive messages from daily (as opposed to lifetime) totems; some suggestions are:

1. Animal Communication - ask the animal yourself. This is accomplished by first SHIELDING; stilling yourself and communicate with the animal using emotions and/or mind pictures (this is how animals communicate). Even curiosity carries a feeling. Can you recall the feeling curiosity feels like?
2. Watch, Observe and Learn – What are the animal's strengths? Weaknesses? Habits? Talents? How can any of this be applied to your life at that moment?
3. Look Them Up As They Cross Your Path – This past week, I made an effort to record the critters that came by and share with you one of the ways I interpret the animal totem message. I use Ted Andrews' books ("Animal-Speak" and "Animal-Wise") for quick interpretations of the messages. I read the appropriate animal entry, while being honest with myself – and see what is appropriate for me at that time.

This week I had:



A Horned Toad – reminds me, as I become more sensitive, to express my emotions in an appropriate manner.



Walking Stick – focuses on patience and camouflage. Reminds me to wait for the universe to line things up for me (no instant gratification! Ha) – and to not show everyone, basically, what I am up to until it is ready to be revealed.



Toad – reminds me to draw upon what is within; utilize my untapped resources.



Lizard – psychic awareness is heightened (or will soon be) and needing to listen to my own self.

For those of you who do not yet sense/feel/see your guides, guardians, etc. – please know that messages will come to you through many different avenues. Here is but a small sampling of how messages can come to you:

A scent / smell (usually from your past)  
A song  
A friend  
A book  
An article  
A flower  
Animal totems  
And many more ways!

You just need to pay attention / be aware of what is being presented to you.

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:

Jan@MetaMatters.org

# Energy Readers

by Jan Toomer

I was recently describing to a friend a distance reading I had recently received.

When the reader began, I saw the reader standing before me. I then felt the reader, as I so eloquently put it, "poking and prodding in my energy". (It's not really a poking and prodding feeling, I was being mischievous.)

My friend asked me to describe this. I said that if you can imagine standing before a rack of clothes in a store and you begin looking at each article of clothing hanging on the rack. Most people kind of push the clothes back, and begin rifling through each article to take a cursory glance at them; looking at one; sliding it over and looking at the next; and so on.

This is what I visualize when this type of reading occurs – the reader is rifling through my different energy levels.

Our discussion turned to different types of readings (this is by no means a complete list). The following descriptions are my interpretations based on my experiences and of my experiences of seeing the energy in action of other readers.

## Medium

The reader accesses information from those who have crossed over (deceased) – and can receive information from their guides.

## Channeler

Reader who receives information from guides, "Masters", etc.

## Trance Channeler

The reader's body is utilized by a non-physical entity. The reader's consciousness steps aside to allow the in-coming entity the use of the reader's vocal chords for speaking; use of the hands for writing; and/or the whole body.

## Psychometrist

(Metaphysical, not neurological) – a reader who touches an item, person or animal and receives information. For items, the reader is picking up on the energy information transferred to the item; the person/animal having had the most recent physical contact with the item will leave behind energy 'memories' as well as energy signatures. The most recent contact will be the strongest; for antiques, there can be layers of different signatures and 'memories'.

## Aura or Chakra

These readers look at and interpret the colors and formations of the aura and/or chakras and relay the information to the client. The aura (an energy body around all living things) is often what children are referring to when they tell someone that they are "pink" or "blue".

## Energy Field

These reader's energies touch or enter your energy field and sort through the different energy fields to spot what needs to be brought to your attention (this is what I called, with tongue in cheek, poking and prodding – it is not uncomfortable, and many people do not even notice any sensations).

I will now try to give you a mental picture on these. Each reader perceives in his or her own way for the reading, but I will try to give you some generalized descriptions.

## Memories

A memory may pop up into the reader's thoughts. This indicates to the reader that the situation or your emotions about the situation is similar to what the client is feeling.

## Symbols

The reader's symbols will show up. For ex-

ample: the reader may see a red rose (love) or a yellow rose (friendship) as a representation of the non-physical being trying to pass along information.

## How Does "Getting Info" Work?

Simply, everything is energy – including us. The reader tunes into the energy frequency and interprets what they 'get'. It's kind of like turning on a radio and then scanning the channels until you find the one you want.

Also, using myself as an example, I see what I call wormholes.

One of the ways I get my information is from a wormhole. It is a funnel (imagine the shape of a tornado), where one part comes into a specific area of my head, while the other part leader to those who provide me information.

Okay, I know that just sounded kind of creepy...but it really isn't.

I have been aware of my wormhole since a child.

I was asked if others have this - I have never looked. Why? First, I guess I took it for granted, and secondly, I consider 'looking' a no-no – I see it as an invasion of privacy.

I am not a physicist – and am 'iffy' with linear thinking (formulas, numbers, etc) – but I do 'know' that wormholes play a big part on connecting to, and getting info from, other dimensions.

Yes, the information comes from other dimensions. If our guides, etc. were from this dimension, it would simply be a matter of picking up the telephone or IM'ing to get the information. (grin)

Wormholes are also a way for entities to comes down and enter a trance channeler's body.

Hopefully this answered some questions for you – and hopefully is produced more questions in you.

Problems cannot be solved at the same level of awareness that created them.  
Albert Einstein

# What's the Meta-Happenings in Las Cruces / El Paso?

by Jan Toomer

If you are an instructor and/or have metaphysical-related business or classes, please contact me for the next month no later than the 20th of the month (for example, for metaphysical-related upcoming events/classes, etc. for July, I will need the information no later than June 20th).

You can send me an email - (and please put "Meta-Happenings" in the subject line, so I don't overlook it) - and include the information.

**PLEASE NOTE:** I can no longer "pull" the information off of your individual web sites - it is too time consuming. Please send an email or word document with the date, time, title of event, presenter's name, fee

(or list "free" if free), and your web address. I will link your posts to your website for the readers to get more information.

*If there is no fee listed, I will not post it.*

Thank you all!

## HEART OF THE DOVE

Martha Turner

**JULY 6** - \$5.00 Registration Required.  
11am - Hour of Empowerment through prayer and healing.

**JULY 10** - \$20.00  
7pm - Monthly Ascended Master Gathering.

**JULY 17** - \$20.00  
6:30pm - Evening with the Arcturians

**JULY 21** - \$3.50 (held at FunkyKarma)  
1:00 pm-2:30 pm - Tea Party

### Heart of the Dove

308 Capri Rd. Las Cruces.  
Register at: (575)526-6704 or email,  
heartofthedove3@comcast.net.  
<http://www.heartofthedove.net/>

## METAPHYSICAL LIFE ENRICHMENT CENTER

Joan Burnett

**JULY 6** - \$5.00 min. donation (every Tues)  
10am - 12noon - 'A Course In Miracles' course with Danielle Jackson.

**JULY 07** - \$5.00 min. donation (every Wed)  
6:30 - 8:30PM -- ACIM Discussion Group

with Danielle Jackson.

**JULY 11** - FREE  
2pm - Guided Meditation with Joan Burnett.

**JULY 17** - \$96.69  
10am - 3pm - Angelic Light Weaving I Class with Terrie Marie

**JULY 25** - FREE  
2pm - Guided Meditation with Joan Burnett.

Coming in the Fall to Metaphysical Life Enrichment Center: "Clear up the Crap: Finding Joy in Everyday Life" - part of the *Undefined Reality Series* by Jan Toomer.

### Metaphysical Life Enrichment Center

2600 El Paseo Road  
Las Cruces, NM  
<http://www.mlecnm.com/home.html>

## THE LIGHTBODY TAILOR

Connie Reuschlein

**JULY 3** - DONATIONS  
3 - 8pm (potluck dinner 5:30 - 6:30pm) - Healing Circle (El Paso)

**JULY 17** - \$17.50  
9am - 12:30pm - Discovering Our Invisible Bodies. Register at DACC Community Edu-

cation (575-527-7527).

**JULY 17** - \$17.50  
1:30 - 5pm - Healing our Energy Bodies, Saturday. Register at DACC Community Education (575-527-7527).

**JULY 24** - \$45.00  
9am - 12:30pm - Discovering Our Invisible Bodies. Register at El Paso Community College (EPCC) Continuing Education Program. El Paso.

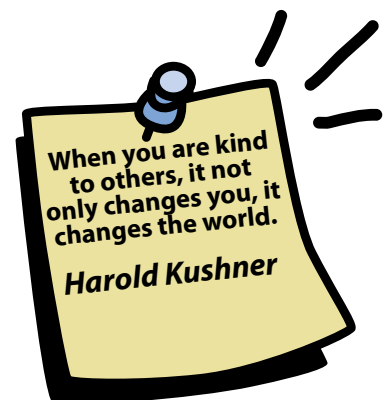
**JULY 24** - \$45.00  
1:30 - 5pm - Healing our Energy Bodies, Saturday. Register at El Paso Community College (EPCC) Continuing Education Program. El Paso.

### The Lightbody Tailor

Connie Reuschlein  
email: [lightbodytailor@gmail.com](mailto:lightbodytailor@gmail.com)  
<http://www.lightbodytailor.com/gatherings/healingcircle/healingcircle.html>

## THE ADARA CENTER

[http://www.theadaracenter.com/Schedule\\_of\\_Events.html](http://www.theadaracenter.com/Schedule_of_Events.html)







## Metaphysical Classes by Metaphysician Jan Toomer Held At The Adara Center

2521 Avenida de Mesilla - Suite B  
Mesilla, NM - 575-541-1700 - [www.theadaracenter.com](http://www.theadaracenter.com)

**Spirit Sensitivity** - Consists of two classes, 2 hours each (class hours subject to change). *Prerequisites: None.*

Many people are clairvoyant – they have the ability to see that which is not physically present – and don't know what to do with this ability. In this class we will discuss shielding, communicating with those you see, different types of 'hauntings', some visualization techniques to help willing earthbounds to cross over, and more! This class is also recommended for parents of children who are clairvoyant; it is *not* recommended for those who wish to quit seeing (though boundaries will be discussed in this course). Note: some repeated material for those who have taken "Undefined Reality". Certificate.

8/03 - 8/10/10                      6 - 8pm                      \$30 (+ tax)                      Max. 20 people

**Spirit Sensitivity for Teens** - Consists of two classes, 2 hours each (class hours subject to change). *Prerequisites: None.*

Same as "Spirit Sensitivity" except for Teens. One parent may attend free with their paid Teen (as a monitor only - not participant). Certificate.

8/17 - 8/24/10                      6 - 8pm                      \$30 (+ tax)                      Max. 20 people

**Basic Undefined Reality** - Consists of four classes, 2 hours each.

This course will help you build a foundation for understanding the metaphysical. Some of what we will touch on: basic terminology, shielding, energy, colors and aura, chakras, psychometry and a touch of healing. These classes do include at-home exercises (not mandatory), in-class hands-on exercises and time for Q&A. Certificate.

*This course must be completed to take 'Undefined Reality' Course.*

8/31 - 9/21/10                      6 - 8pm                      \$50 (+ tax)                      Max. 10 people

**Undefined Reality** - Consists of eight classes, 2 hours each. *Prerequisite: Basic Undefined Reality*

Undefined Reality is more in-depth, with a wider range of topics. Some topics which may be discussed in class are: fear, dreams, symbology, animal communication, and past lives. Classes do include at-home exercises (not mandatory), in-class hands-on exercises and time for Q&A. Certificate.

*You must have completed "Basic Undefined Reality" to take this course.*

9/28 - 11/16/10                      6 - 8pm                      \$100 (+ tax)                      Max. 10 people

**Animal Communication** - Consists of two classes, 2 hours each (class hours subject to change). *Prerequisites: None.*

Animals communicate in a quick and efficient manner – using a silent but effective method – without lying or deception. This course introduces you to a method of animal communication that you can take home and practice. No prerequisites. Note: some repeated material for those who have taken "Undefined Reality". Certificate.

12/07 - 12/14/10                      6 - 8pm                      \$30 (+ tax)                      Max. 20 people

**Life Before, During and After Being a Human** - Consists of three classes, 2 hours each (class hours subject to change). *Recommended : completion of Basic Undefined Reality and Undefined Reality courses.*

In this course, we will have metaphysical discussions on what happens pre-birth; life, death and when we cross over again. Certificate.

2/8 - 2/22/11                      6 - 8pm                      \$40 (+ tax)                      Max. 20 people

**There is a minimum of 3 paid registrants for the class to run; If there are not at least 3 people, the class will be cancelled. Registrants must pay 1 week, or before, of start date. Limited seating; no walk-ins.**

**Contact Jan Toomer, email: [Jan@MetaMatters.org](mailto:Jan@MetaMatters.org) to register and pay.**

## Elissa's Insights



*The Summer 2010 pictograph* indicates there is some kind of showdown, some kind of beyond-the-line-in-the-sand incident, where people are dead serious, and willing to declare war. Like the nature of Summer, there are incongruous currents of energy swirling around, within us and without...the success of South Africa shows up, and that it is growing into greater stability. The arts are sizzling with energy, and wild. On a personal level, there can be a reservoir of inner knowledge released inside our selves, fueling personal growth, wise choices, and a greater ability to see the truth. It is a time of spiritual development and knowledge gaining. There's the suggestion that knowledge saves the day and buoys our collective fate.

### Spiritual guidance for Summer 2010

This is a time of purging, of great undoing. Whatever comes up, welcome it as part of a healing process. Things want to come out, let them.

The truth wants to come out. Peoples' strengths come out, peoples' daring comes out, peoples' belief in their good comes out. Peoples' despair over what didn't work comes out...let it, and let it be washed away.

Welcome the diversity of your lessons, they are so many! Underlying everything, a marvelous process can be taking place within you: the growth of love. Love for oneself, and for everything, blooms. It could have been locked up for so long within your own heart and your own body.

The currents of love that come through each of us create an energy field, an atmosphere that surrounds the earth. There is a one-ness growing, because of our individual turns of mind. It is a natural phenomena, and we are releasing it into being with each loving breath. Goodness grows

in the summer of 2010.

The spirits request: Give blessings! It could be just a smile...

### Summer 2010 newsletter excerpts

One of the Summer messages about successful communication is to just give people soundbites, that's all they can absorb, so here are a few messages at a time from my forthcoming Summer newsletter:

#### *Main personal message of Summer:*

"Whittle, whittle, whittle, whittle, whittle away what you don't need, what you don't want, what you don't use, who you're not, how it was, when you were, blah blah blah. The bright air of today, when you whittle away, is promising."

*Main collective message:* It's time to drop judgment about who has done what at any point in time. It's time to start right here and let go of the past as the cost of retaliation is too high. Summer's violence is a sign to escalate nothing. It's the signal forget everything but the seeking of common values that create sustainable life.

#### *How to create beauty and connection this Summer:*

This is an important time to offer yourself as a center in some way, and share what you care about. It could be an online community or in your place. Summer encourages community-building and becoming more effective in giving what you've got. Let the whole landscape light up with little centers of purposeful activity!

### Summer 2010 psychic messages for the fire, water, air and earth signs

The build-up to this Friday's full moon lunar eclipse is already in the air—the moon will be in the beginning of Capricorn, helping us change the structure of our lives, but first we'll feel very strongly about what needs to change...I'll see if there are any special messages about it. Meanwhile, here's how to make things grow and thrive in Summer 2010:

*Fire signs (Aries, Leo, Sagittarius):* Keep on swinging, don't be deterred...there are accomplishments and successes dead ahead. You are in the vicinity of change for

the better. Keep on with what you've discovered works for you recently, what is no longer in debate. Give yourself to the goals you have now for your health, wealth and happiness. If you're looking for a successful direction, one is certain to emerge in Summer. Something that began in April shows signs of success again.

*Water (Cancer, Scorpio, Pisces):* The strong planetary forces in play can cause missed communications and make you feel out of sync. Be your own best friend...what will make you feel good? Treat yourself well this Summer. At this point, how you see things, or what you're trying to do can be challenged: does the model/strategy/perspective work for you, or doesn't it? You need on-the-ground evidence. If you are not getting results, Nature could be getting you to open other doors and try something different.

*Air (Gemini, Libra, Aquarius):* Do not be afraid of the changes that you feel. It is all a process to get to a certain saturation point of exactly how you feel about things, so you can change them. You may be upset by a loss. However, your consciousness could be quite free and finally able to flow again, once the loss is accepted. Choose to see that you've got another opportunity, another chance, and that is always what comes. Whether you did already, or did not make choices that now create balance in your life, you will certainly see the tremendous value of doing so.

*Earth (Taurus, Virgo, Capricorn):* Your heart opens and you become more gentle. You're likely to be dealing with "going back home" in some way: going back to what you know works for you, and also literally, earth signs may be returning home to take care of people. You will have opportunities to learn and be helped by other professionals in your field or craft. An important choice requires evidence you may not get until mid-Summer, then things seem to be tipped towards one direction, and a path is shown. Meanwhile, try doing what you want to do, and see what happens.

Psychic Counseling and Healing, in person/by phone Santa Fe, NM [elissa@elissaheyman.com](mailto:elissa@elissaheyman.com) 505-982-3294

<http://www.elissaheyman.com/blog/>