



Anything is Possible

by Jan Toomer

Growing up I had guides as metaphysical instructors and teachers – both for how to handle my abilities and how to balance them.

I know many of you have heard me say that when I took that first, short intro to metaphysical class (oh so many years ago), how excited I was to learn that there were words assigned to what I did - and that there were other people out there who could 'do things' as well.

On Friday, my mind wandered back to those early days – and I felt appreciation for my non-physical guides and teachers.

I had once asked "Why can't I have a physical teacher?" and was given a picture of a physical teacher 'polluting' my energy stream. Now, that does not mean the physical teacher would have been wrong in his/her teachings – it did mean that their teachings/perceptions were not conducive to my instruction as a child and young adult.

As of January 2009, I was finally given the go-ahead to explore physical instructors and the varied topics/perceptions available today. I got to go shopping!

For over a year, I surfed the net; read every flier which came my way, etc. – and found nothing to 'grab' me.

About a month ago, I received an email flier for a long-term class. It was local *and* it was from someone I had already met and absolutely adored both her personality and energy.

Except for knowing it was a healing class, I hadn't a clue what the class entailed. I excitedly asked my guides about the class and got a green-light, followed by "go and have fun!"

The first night of class was basically in intro. As the instructor, Martha Turner gave a brief overview, she recited some names which were unfamiliar to me; but, names do come with energy signatures.

I was excited all over again! I have names to go with the very familiar energy signatures from throughout my life of being taught by my guides.

Okay, now back to my 'wanderings'...

Last Friday I asked again – about the question I posed to my guides when I was younger. "Why wasn't I able to have had a physical instructor?" The 'pollution' answer was okay when I was a kid – now I wanted a real (adult)

answer.

I laughed when I received the more in-depth answer; it made so much sense!

All of my life, with my guides assisting me, it never occurred to me that I *couldn't* do something – or ever felt that there were 'procedures' to follow. For me, there were no boundaries as to what we (humans) could or could not do.

If I tried something and it didn't work....well, I found another way. I never saw what I did as something with boundaries.

My guides' point was that: had I had a physical instructor, I might have been taught boundaries (directly or inadvertently).

As an instructor myself, I give guidelines and recommendations (such as shielding before doing any energy work); work with others to teach them to trust and listen to themselves and their guides; and encourage them to experiment (safely).

Anything is possible.

After all, who am I to say, "It can't be done"?

New Shielding Technique

by Peter Perkins

Ever since I was taught shielding in Undefined Reality I have been practicing this energy work. Sometimes it is slow, sometimes faster - but I have recently, in the past day, found a technique that works for me which allows me to shield quickly.

First I remove any negative energy. I visualize this as a black or gray mist

that I simply remove from myself and convert to more positive energy.

Then, once the above is done, I envision a wide filtered light coming from above. This light is like the kind you might see with sunlight coming through an opening in the clouds.

Prior to this I always imagined slowly filling with white light or a very tight beam of white light that slowly filled

me and expanded outward to form a sphere.

The new method, with the more dispersed white light, seems to work very well in shielding quickly and I believe this is a benefit to me. It may also be a benefit to others who work with shielding and have found it slow in coming at times.

Book Review: **Beyond Boundaries** by Louise P. Hauck

Beyond Boundaries: The Adventures of a Seer by Louise P. Hauck. © 1992, Blue Dolphin Publishing Inc. ISBN 0-931892-51-1.

Hauck, an intuitive, can see past and future. She uses these glimpses of the client's past or future to help them with the 'now'.

This book is Hauck's experiences in her life; some clients she worked with and their stories; and a bit of a learning tool for novices – or a refresher/reminder for the well-practiced,

Favorite Passage:

...“Healing comes in a moment of epiph-

any: a comprehension or perception of reality by means of a sudden intuitive realization. A shift occurs that can re-arrange your whole molecular structure – and change your present, past, and future.” p. 239.

I really enjoyed her book and recommend it for all levels.

Gratitude

by Linda Aragon

Gratitude – A habit Worth Maintaining!

With the Holidays approaching, Gratitude seems to be an appropriate topic to approach. With much uneasiness about the economy, earth changes, etc., it is now more important than ever to find the peace within, focus on the good in the world and realize that everything is for a reason; all is for our highest good and the best thing we can do is cultivate our sense of Gratitude. The Power of Gratitude is an extremely important aspect of attracting to you the abundance and happiness that you desire and deserve in your life.

Through the Law of Attraction, the energy vibrations that you resonate and project (based on your thoughts, feelings, and emotions), determine your “vibrational frequency”. As you broadcast that frequency, you attract to you the energy or vibrational frequency that harmonizes or resonates with it, which in turn determines the events, situations, and circumstances that you attract and eventually see manifest into your life.

What does that have to do with Gratitude? - Everything!

When you are in a sincere state of Gratitude your energy is one of acceptance and harmony. You resonate and project a much higher vibrational frequency which is exactly what attracts the events, conditions, and circumstances that you desire.

Think of yourself as a giant magnet. Whatever you are feeling (love, fear, anger, happiness, etc.) – you are indeed attracting more of the same to you. Expressing Gratitude in any situation projects a magnetic force that draws to you more of what you are expressing Gratitude for. When you are in resistance or focusing on what you

“don't want”, that focus of not wanting creates a magnetic force which only serves to draw to you more of that which you are resisting or “NOT WANTING”. You are the one thinking your thoughts – You are the one with the power to change these thoughts. It is important to recognize and understand the importance of accepting responsibility for whatever is going on in your life. Start where you are right now! Want things to change? Change your thoughts! Perhaps in the past you were ‘unconsciously creating’ - Now you can begin to ‘consciously create’! Once you fully grasp and understand that your current experiences here and now, are merely guideposts showing you that you are either on the right path or need to make adjustments in your thought processes, you will become empowered to express heartfelt Gratitude for whatever is currently happening in your life, recognizing the fact the YOU created it.

When you have developed a crystal clear understanding that all things work for the greater good, no matter how seemingly bad things may appear, it becomes much easier to stay in a state of Gratitude. You are then setting yourself up for a greater flow of abundance and happiness being attracted and coming into your life. When the Universe sees that you are grateful for what you have, it will send you more!

Action Steps to Develop Your Attitude of Gratitude –

1. **The Mental Gratitude List** – Meditate on your list of things to be grateful for. If meditation is not your thing, go over a mental list as you do the things that relax you, such as working in the garden, walking in the park, going fishing, or whatever relaxation activities appeal to you.
2. **The Written Gratitude List** – List all of the things you can think of that you

are grateful for. Think deeply about each area of your life and begin to write in detail the good things that come to your mind as you write.

3. **Make yourself Gentle Reminders** – When you notice yourself grumbling about a negative event or stressor, try to think of 4 or 5 things for which you are grateful. For example, when feeling stressed at work, try to think of several things you like about your job.
4. **Be Careful with Comparisons** – comparing yourself to those that have more, do more, or are in some way closer to their ideals, promotes feelings of inferiority rather than feeling inspired. Realize how truly fortunate and lucky you are and feel Gratitude for having people in your life who can inspire you.
5. **Keep a Gratitude Journal** – Not only are you combining the benefits of journaling with the active adoption of a more positive mindset, you are also left with a nice catalog of happy memories and a long list of things in your life for which to be grateful. This can be wonderful to read during difficult times when it's hard to remember what these things are.

“WHEN YOU ARE GRATEFUL, FEAR DISAPPEARS AND ABUNDANCE APPEARS”

What's New at Radiant Life Transformations? Here's another way to obtain valuable Life Coaching services. How about a trade? Do you have a product or service to trade for Life Coaching? Let's talk!

Radiant Life Transformations
<http://radiantlifetransformations.com/about.html>

Thanks Linda!

■ The articles posted here and on the blog reflect 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.

Working with Energy

by Peter Perkins

I have always used energy unconsciously. It is something we all do on a day to day basis. Our thoughts, feelings and emotions all affect the world we see around us. I have begun to consciously use and work with energy in the past couple of years.

Prior to this I have worked with energy in the capacity of trying to help heal a friend who was diagnosed with cancer. She has since gone into remission.

Another friend of mine found out his mother was also diagnosed with cancer and I worked even long distance to try and help her. She certainly was accepting of any help.

Sometimes individuals are not accepting of help. I do know she was also working with Native American healers at the time and she has since experienced a recovery.

I would like to think in some small part in both cases my energy channeling helped. I don't really consider myself a healer but we all have some capacity to do so.

In recent years I have focused on shielding and working with energy in this way.

My prior experiences of channeling healing energy come from knowledge of a parallel life in which I witnessed myself doing so. My shielding work which in some way I also knew of was refined with the help of Jan Toomer in her Basic Undefined Reality class.

Recently I have experienced some pain in my wrists again the sign of carpal tunnel syndrome. I have had it before and had the release surgery on both hands. I could have lamented and bemoaned it all and in a small way I did.

Then I decided "Why should I?" I have experienced this before and if there were lessons to learn from it I had already certainly learned them. So I set out to work with energy to heal myself. I imagined my hands and saw a tight black circle in the area that I knew the tunnel to be. I expanded that energy wider and wider until it was well away from my hands and dispersed it. I then concentrated positive healing green energy into my hands. It took about two weeks but I am back to typing again without the pain. My hands feel much better.

What can we do with energy? Are there limits? Our bodies are made of energy as

is everything around us.

So when I found my vehicle experiencing problems and the check engine light came on I went into that worried, upset, angry state and then after my episode I decided to try and work with energy here as well.

I once again imagined removing the negative energy and transforming it, then shielding my vehicle in the same white light. Two days later I am happy to report the problems are gone and the check engine light has disappeared.

I just want people to know there are options for dealing with things. If I remained in that victim state of mind was I using energy then? Certainly I was. I wasn't intending to remain in pain from my wrists or pay an exorbitant amount to have my vehicle repaired. Yet my state of mind if I did not step out of that mental place could certainly have lead to both of those situations.

Try it out, work with energy and hopefully you will see some positive benefits in your life!

You Really Never Know

by Dragon Spirit

Wicked cold wind blew in from the North

Along with it came an animorph

Who looked something like a dwarf.

Stocky and short

He let out a snort

And parked himself at the bar.

Curiosity got the best of me

I just had to go see

What the heck this thing must be.

He snorted and chortled and let out a squeal

At his delight with the olive he began to peel.

I saddled the seat beside him

And offered to buy him a gin.

His eyes were alight

At the mere sight

Of the offer of friendship to be

And he introduced himself to me.

He'd been far and wide

With many friends at his side.

"A drink for my friend," I said to the bartender

He looked at me like I gone around the bend'er

And slid one right at me.

How was it he couldn't see

The man sitting next to me?

He was an odd fellow

And he let out a bellow

As he realized my perplexity.

I took another drink

And he was gone when I blinked.

So off my stool I slinked

And I went to find the sink

I thought I'd had way too much to drink.

I pushed into the head and lo and behold

There he stood stocky and bold.

He said my guide he was to be

Which is why no one else could see.

I stared in disbelief

And have to admit great relief

That it wasn't the whiskey.

It just goes to show

You really never know

When or where your guide will show.

**Written by HJM, aka Dragon Spirit*

Impressions from Double Eagle Restaurant

What happens when a group of friends who are sensitives, get together for lunch at the Double Eagle Restaurant, located in Old Mesilla, New Mexico, on the plaza?

Well, on April 30th, we decided to find out. The manager, Jerry Harrell, graciously allowed us to dine in the Carlotta Salon.

It was agreed beforehand that none of us would look up information on Double Eagle before our visit or discuss our impressions until everyone had a chance to write them down while we were at Double Eagle Restaurant – no sharing until then, unless urgent.

Please note: I have used “{ }” brackets in places where I inserted information for clarification – they were not part of the original notes.

April 30th – our visit to Double Eagle Restaurant:

When you enter, you are greeted by the hostess. To your left is a beautiful, ornate carved bar.

We made our way to the Carlotta Salon. When you enter the room, the dining table is in the center of the room.

On the right wall is a gilded angel on a mantel with a large rectangular mirror above it. An overstuffed chair sits in the corner.

On the left is another mantel with a large oval mirror above it. Further down the left wall, on a small side table sits a lamp; another over-stuffed chair sits in the corner.

The far wall has a large portrait, reported to be of Marie Charlotte with her dog.

The opposite wall hangs the portraits of Mr. & Mrs. Maese (original owners).

After we had our lunch, we ‘opened’ up to the entities said to haunt Double Eagle. With paper and pens in hand, we each jotted down our impressions. Some of us have had previous experiences as well (labeled “previous visit”).

Dorothy Webb:

- Female energy. Stern, disapproving. Makes me uncomfortable, like I did something I shouldn’t have. Didn’t use correct etiquette while eating. Carlotta?
- Shadow in corner by ceiling.
- Lights seem to flicker, as if they were real flame; pulsing.
- Why is female angry?

- Lightening flashes (energy surges?) at top of painting.

Previous Visit:

Several months ago, I was having lunch with a friend. It was a Sunday and went to have lunch at several places, but they were closed. By the time we got here, we were very hungry. My focus was on food and after I ordered, I was distracted by the people walking by because of their dress. A man in dirty clothes, rough; a woman in a big hat. I thought an organization was having a meeting. My friend saw that I was distracted and asked me to describe the couple and she couldn’t see them.

Trish Hall:

- The room feels heavy to me, not the air, just the energy in the room.
- While pointing the Flip at the large picture with the lady and the dog, the background to the lady’s left seemed to have a ripple movement to it (maybe the light above the table).
- A wave of sadness went through me.
- Sitting in the corner chair (west/south side) – my heart started racing; could feel it throbbing; uneasy feeling. Breathing slowed, heavy chest.
- Feelings eased.
- Heart racing after asking “Are you uncomfortable with us being here?” {asked verbally}.
- Increased pain in my lower chest – heavy.
- Stabbing pain below ribs – had to leave room – went out to re-shield.

Peter Perkins:

- Felt a cool breeze; checked and there was an air conditioner vent above; though the a/c was not on.
- Felt presence behind one of us in the corner of the room by a chair.
- Re-shielded – felt vision go unfocused briefly.
- Felt bed on opposite of entry door.
- Heard footsteps and restaurant sounds got quiet.
- Two presences briefly felt by entrance to room.
- Strange smell throughout {metaphysically}
- Impression – brown haired young man, clean shaven, 20-30’s, dark gray top.
- Female presence felt well outside of room, moving.
- Trish asked if you were okay that we were here. I felt the response with them (multiple) being ok with it.
- Man standing from back chair in corner of room.

Collette Wallace:

- Stood up to take photos; felt like the pressure in the room changed. Became heavy; harder to breathe, light headed; coming in around me towards the chest, like changing elevations.
- Started feeling the beginning of a tension headache.
- Closed eyes to pick up a feeling or image(s). My eyes began spinning in circles; mildly dizzy, anxiety.
- Became aware of lights slightly and continuously flickering.
- Felt draw to sit in corner chair, green.
- Felt confused, can’t concentrate – been going on for about 15 minutes. Still hard of breathing – just shielded again.
- The entire time: drawn to the chandelier; painting on the left {large painting with dog}; eyes of paintings on right {portraits, male and female} – drawn also to mirrors.

Jan Toomer:

- Rooms on right when you enter and head to Carlotta Salon. Pink room: a woman, long dress with light bustle, holding a fluted glass – soft gentle laughter – sounds of glasses touching – hosting a gathering/event/party.
- At bar: A ‘cowboy’ with handle bar mustache leaning on bar – right foot lifted and resting on foot rail.
- Less ‘formed’ cowboys also at bar.
- A saloon girl in Peppers area; dirty white and red dress; she is very upbeat and happy at the people in the restaurant. (Out of place there).
- Voices in second room down (from entry of restaurant) – men talking low – have sense of many men – gathered like former days of a gentlemen’s room.

Carlotta Salon:

- Tiny woman, no fancy clothing; dress to slightly below the knees, sitting on the far corner chair (catty-cornered from door) – doing something with hands – motions similar to knitting. Have sense that she is watching room visitors to make sure they (we) behave properly.
- I had left the room and came back to find Trish sitting in the corner chair – with woman still sitting in same chair. Woman in chair is not bothered by Trish – will Trish sense her?
- Sensing three people (constant) in the room – two males and one female. One male said “Peter”. I pointed to Peter and said yes, that’s Peter. He said,

(Cont’d Page 5)

"No" and motioned that he wasn't talking about Peter, he was telling me his own name began with "P".

- A man standing behind chair (on R side of room when you enter) – aware of us, and aware that we are 'noticing' him.
- The portrait with lady with dog – the dog is not happy and doesn't want to be either with her, or sitting for painting. Dog energy is still around, and not happy. Dog not hers (from portrait) or not happy with her/not wanting to be with her.
- The two overstuffed chairs and both mirrors are important for this room (Room used to be a bedroom? Have sense it was for sleeping) energy-wise. Possibly original to the house.

Previous Visit:

My first visit to Old Mesilla was with my husband and a friend. Walking through the plaza, I saw a lot of 'goings-on' from another time. I concentrated on taking in the sites of 'now'.

We had entered Double Eagle for lunch. I had great food and surprising background (other sight) entertainment.

Seated in Peppers Café, I heard to my left, soft conversation, the tinkling of glasses and occasional laughter...coming from an empty room (doors were open and I could see the entire room from where I sat).

On the way to the restroom, I walked past the bar and realized that it had two layers of patrons; some obviously belonging to "now" – others from another time.

I entered the ladies room, the door closing behind me. I stopped mid-stride and swung around to face the now closed door and a cowboy leaning on the door. Arms crossed, left leg crossed over the right at the ankles; a very relaxed pose. He had a long-sided mustache, dusty worn

pants and worn boots.

I told him that it was impolite for him to enter the ladies room – and that he needed to leave this area now; if he wanted to talk to me, he could do that after I left this room. I did not sense negativity in any form from him – just a light amusement.

A gentle smirk played on his lips; he nodded once, turned and went through the door.

Our last participant:

- Very faint reflection in the rectangular mirror over the fireplace – reflection was behind the angel – very brief – not able to determine male or female.
- Reflection not in the mirror now. (Did not even see the second mirror until someone else pointed it out).
- While you {Jan} were talking about your bunny, there was a pink light behind your chair.
- There is a shadow – continuous – in the corner to the left of the fireplace – standing, not sitting in the chair – male energy
- Little white dog in the painting is sad – dog does not want to be with the woman – dog may belong to someone else.
- Corner shadow not visible in the corner mirror that is diagonal to the shadow corner.
- When Collette was talking about feeling heavy in her chest, my chest felt lighter.
- I sat in the chair in the corner to the left of the rectangular mirror – the corner where I 'see' the shadow – felt cold spot on back of my neck – felt a connection with the shadow, from a past life – close relationship ended because one of us died (me?). I felt very sad, tears!

Note: after physically writing the article, I visited the Double Eagle Restaurant web (<http://www.double-eagle-mesilla.com/history/ghost-story>) - and read that Carlotta's Salon used to be Armando's bedroom.

Each sensitive perceives his/her own way. I highly recommend shielding; observing and not absorbing; and re-shielding before leaving the area.

At the conclusion of a visit, I will ask if anyone wants to cross-over, and will call down the Light to help any who wish to cross over.

No one at Double Eagle took me up on this offer.

Photos - <http://www.metaphysical-studies.com/blog/2010/05/06/double-eagle-photos/>

The staff at Double Eagle Restaurant are warm and friendly; the atmosphere inviting and comfortable and the food (so many choices!) was fantastic.

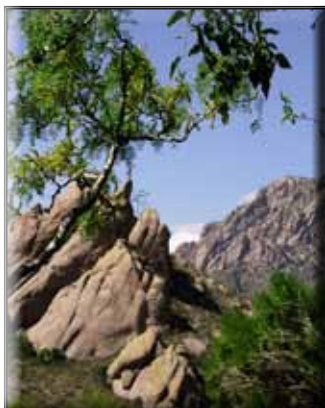
And I thank them for our wonderful visit!

Whether you are a sensitive or not – make sure you stop by Double Eagle Restaurant for the food and atmosphere!

2355 Calle De Guadalupe, Mesilla, NM 88046
PO Box 905, Las Cruces, NM 88004

For Reservations or information, call 575-523-6700.

<http://www.double-eagle-mesilla.com/>



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

Red Haired Viking

by Dragon Spirit

Copper flying in the wind steals my breath away.

I know that you'll come back to me somehow, somewhere, someday.

Proudly you stood full of life and passion

as you sailed away from me in true Viking fashion.

I see you now only in my dreams, for that time I barely remember.

Yet I know deep down inside there is still that ember.

When next we met my heart did melt

I so wanted to ask if it was how you felt.

I bided my time and patiently waited

While your old soul started to awaken.

You brought me your sunshine and made sure I knew

That nothing could come between me and you.

My red haired Viking you will always be

In this life, the next and as far as the mind can see.

**Written by HJM, aka Dragon Spirit*

Attachments, Part I

by Jan Toomer

(AKA More on Clearing up Your Past)

For those of you who know me personally, you know that I am not fond of talking/writing about negative or dark entities.

When I sit to write the weekly article, I *shield* and ask to be directed and guided by "that which is Highest and Holiest".

Sitting to write this week's article, I found that *each* time I wrote, I ended up including information on dark entities; I stopped writing that article and began a new one – *four times!*

I guess I finally got the message...so here is the finalized article.

For those of you who have worked on clearing the past, you may be entering a stage of clearing your energy fields – including cleaning out attachments.

An attachment could have occurred in a past life (and they remain attached when we re-incarnate) and/or attached in this current lifetime.

What is an attachment?

An entity who has voluntarily or accidentally become stuck in another's energy field.

An attachment can bring into your energy field – their pains, aches, disability, memories and/or emotions that they had carried from their lifetime prior to getting stuck.

These can often manifest in the human body, yet, when checked out by a medical doctor/mental health professional, the cause/source cannot be found. (Note: this can also happen when we bring forward our own past life traumas.)

How does an attachment occur?

An attachment can occur when we are severely out of balance – it can include (but is not limited to):

- Traumatic experience (grief, tragedy, accident, major illness)
- Alcohol and/or Drug Abuse

Does this mean that everyone, every time they experience any of these, has an attachment? No, not necessarily.

Grief –

Sometimes an attachment occurs when we've lost a loved one. The deceased, wanting to soothe a 'survivor', may enter the survivor's energy field with the intent of soothing the survivor's grief, and may get stuck.

Tragedy, severe or major illness, accident – These occurrences can open our energy field and make us vulnerable. Shielding can help – but does not always remove attachments once there.

Drug and/or Alcohol Abuse – see "Earthbounds & Addictions" - <http://www.metaphysical-studies.com/blog/2010/01/18/earthbounds-and-addictions/>.

Dark Entity Attachments –

Can also be known as demons, dark forces, etc.

Not everyone believes in their existence; I do not argue anyone's beliefs on this.

Some believe that dark forces can attach themselves to human energy fields to inflict discomfort and/or pain; they also like attaching to those who abuse drugs and/or alcohol.

Attachments, Part II

by Jan Toomer

How can attachments be 'found' and removed – and – how can we tell if it's an attachment or something from a past life experience?

Some sensitives can see attachments; some can also remove them. However, before you spend time hopping from sensitive to sensitive to find the 'right' one, and possibly spending way too much money – there may be an easier way.

Find a board certified therapist or psychiatrist who specializes in attachment removal (also known as 'de-possession') who may also utilize hypnosis – or a therapist/

sensitive team who works together.

Please do not confuse this process with exorcism. An exorcism is usually a very aggressive removal process.

De-possession with a therapist is usually a gentler process.

Dr. Shakuntala Modi wrote a wonderful book, "Remarkable Healings" – where she presented to the reader case studies – actual clients and their perceptions and experiences.

Dr. Barbara Stone also wrote a wonderful book, "Invisible Roots" – and addressed both stuck entities and past life traumas.

The attachment(s) (or past life traumas) personalities should receive assistance as well; not just 'cast out' and left unguided, or free to attach to someone else. This is where the therapist assists both the person and the attachment.

Working with a therapist (or therapist/sensitive team) who specializes in past life traumas and de-possession can assist you in finding the root cause and begin the removal and healing process.

For past life traumas, sometimes just a past life regression will assist in healing that aspect/trauma brought forward.

Clutter

by Linda Aragon

NEW BEGINNINGS - GETTING IT TOGETHER

Let's think about this: So many of us are so very busy, never enough time. We move swiftly through our day, whether it be work or kids – We must get it done, we must hurry, we seem perpetually to run late – we forget the umbrella, forgot to make the business call, oh, and that package can just be sent out tomorrow... gee, did I turn off the coffee pot? Sound familiar? Yep, we are a fast paced society. Now let's take a breath and regroup. What we can do feel more peaceful and more on top of things? We all know someone who just seems to have it all together, to breeze through the day, always calm, always smiling, and you can bet – their package got mailed! What's their secret? To begin with Acceptance and Gratitude are key here, but there's more to think about: Let's look at ways we can bring our life to a more peaceful place this year:

EMOTIONAL CLUTTER AND PHYSICAL CLUTTER ARE RELATED

Learning how to "let go" is the cornerstone of clearing emotional clutter. It can be one of the most empowering experiences of your life. The more you can move and eliminate, the better the flow. Often people with emotional baggage collect material baggage in the form of clutter in their homes. Clearing the external clutter is marvelous, but unless you also clear the emotional clutter, you may be doomed to repeat the cluttered house over and over again. Yes it's true, the condition of your surroundings reflect the condition of your inner world, and vice versa. Remember that individual I just spoke of that always seems to have it together, gets places on time, is calm, etc...Check out his surroundings, chances are you will find things in order, neat, uncluttered and visually appealing. Chances are he/she has dealt with their emotional baggage as well. You may feel that hanging onto things keeps you secure, so you don't feel loss and scarcity. In fact, that is far from the truth. We hold onto things because we already feel

Silly Dragon

by Dragon Spirit

Silly dragon, funny and blue

I could just squeeze the stuffing out of you.

Perched atop my bed

loss and scarcity. It simply amplifies the feelings. Hanging onto clutter and emotional baggage may be the way you feel self-worth, or even self confidence. It may be a false sense of strength and security.

TIPS FOR REMOVING YOUR MENTAL/EMOTIONAL CLUTTER:

*Let go of anger and forgive – Anger is bad for your health, both physical and emotional. Forgiveness is necessary... First and foremost, forgiveness of elf, but also of your perceived enemies, those that have hurt you, done you some sort of disservice, etc. Carrying that anger or resentment doesn't hurt them, only you – that is the irony. It is in your best interest to 'let it go' and forgive the other person. Please remember this about forgiveness: It doesn't mean what they did is OK, it simply means I refuse to let you have any power of me anymore. Want a test...let's say you run into this individual (the ex, the boss, the neighbor) at the grocery store... if you truly have done the work, no emotional feelings will come up

- *Stop worrying* – There is nothing constructive about worrying – it won't help you avoid the outcome you are worrying about and it certainly will destroy your ability to enjoy the present. Focus your energy on what you would like to happen instead. Yesterday is history, tomorrow is a mystery, today is the 'gift', which is why we call it the 'present'.
- *Follow through on promises and commitments* – When you've said you will do something but you keep putting it on hold, it drains you of energy. See it through.
- *Say NO to people and activities that drag you down-* Surround yourself with people that uplift you and do things that make you feel great!

NOW LET'S ADDRESS THAT PHYSICAL CLUTTER

- *Look at your surroundings* - Identify the areas that need decluttering. Break it down into small tasks rather than one project. Perhaps the kitchen table, a drawer, etc. You will be surprised at the momentum you will

gain once you get started.

- *Go through your stuff* – For each item, ask yourself: Do I love it? Do I need it? Do I use it? If no to all of these, it goes. Divide everything into four piles: Keep, Recycle, Donate, and Dump. As soon as you're done, remove the items that aren't staying. Feel the calm as you release!
- *Avoid a new build up* - once your big clear out is done, periodically repeat process above. Here's a tip for the closet: – bringing in a new sweater? How about letting one go.

Nutritional Tips:

It is important to eat at regular intervals, ideally every 3-5 hours. This helps to keep blood sugar levels stable. Skipping meals is a set up for bingeing or overeating.

Most of us do not drink enough water. Although you may not experience any symptoms of mild dehydration, extreme dehydration symptoms include dizziness, lack of concentration, irritability and headaches. Aim to drink 6-8 glasses of water a day and you will stay well hydrated. Often hunger urges are really cries for water.

Quote:

"Be yourself, everyone else is taken"..... Oscar Wilde

WHAT'S NEW AT RADIANT LIFE TRANSFORMATIONS?

Lots actually...I've expanded!

Telephone and email are now options to get Life Coaching with same phenomenal results as in person, anywhere in the United States!....I offer a free 30-minute introductory session, so take the plunge, give me a call or drop me an email, and see if Life Coaching is for you.

Check out my 'Testimonials' from clients I have worked with to see a sampling of tremendous benefit clients have experienced from Life Coaching with me.

Radiant Life Transformations
<http://radiantlifetransformations.com/about.html>

Every night I stare at your head.

Mean and nasty, I think not

People just don't understand your lot.

Fear and mistrusted by many

For every one of them, if I could have a penny

I'd fill your treasured cave

And be your loving slave

And tickle the stuffing right out of you.

*Written by HJM, aka Dragon Spirit

Beauty and the Beast

by Dragon Spirit

Beauty and Beast all wrapped into one

Oh, this doesn't look like fun.

Look in the mirror and what do I see?

Holy cow, there's a dragon staring at me!

I swear I'm sober

My family says "We don't know her.

She just kind of... came to be."

Who is this critter staring back at me,

Grinning with those pearly white teeth?

Green eyes and pigtails

Or horns, could that be?

Who have I been hiding inside of me?

I'll open the door and wait to see.

Oops, guess It's time to set myself free.

That scary old dragon was just me.

**Written by HJM, aka Dragon Spirit*

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

by Jan Toomer

I would like to begin to place up-coming Meta-Happenings in this Newsletter.

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 in-

formation. I will get as much as possible in the newsletter. Please also include a point-of-contact for the readers to reach you (your phone and/or email).

Thank you all!

June 4 - (see cost below)

12 - 5pm - *Aura Photography & Insights with Wayne Darling.*

Full Package: Includes aura photo, exclusive color chart, and a one-on-one interpretation! A \$40 Value, specially priced at just \$32.23 (with tax) for Center patrons. -OR- The Basic Package which includes an aura photo and an exclusive color interpretation chart, a \$30 value, specially priced at just \$26.86 (with tax) for Center customers.

- **Metaphysical Life Enrichment Center**

June 4 - \$26.86 (tax included)

5 - 7pm. - *Crystals 101 & Creating A Crystal Grid with Wayne Darling*

- **Metaphysical Life Enrichment Center**

2600 El Paseo Road
Las Cruces, NM

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

June 6 - Donations Appreciated

3 - 7:30pm - *Connie Reuschlein of The Light Body Tailor.* These gatherings are relaxed and full of laughter w/o expectations or judgement. It is not necessary for you to know how to perform healing work to be a part of this gathering. You will learn and experience a magical reality. And we are all receiving healing energies, just by being present and supportive of each other. All you need do is be open with a pure heart and you will receive!

These gathering have us all riding on profoundly high frequency waves of light. Know that when we gather, we amp each other up, support each other within this wave, and receive more light into our physical bodies. We are all evolving at such a fast pace, and there is no turning back. The light does not fade!

Mark your calendars for 3PM (or when ever you can make it - better late than missing out!) That's only a week away.....

You may bring a simple dish or snack for our 5:30 potluck, but it is not necessary. I will provide a vegetarian dish of some sort. Donations appreciated. The gathering usually ends around 7:30 PM.

Home of Connie Reuschlein
600 Satellite Drive
West El Paso, 79912

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

June 12 - FREE

10a - 11:30 am - *Linda Aragon of Radiant Life Transformations* is offering a free lecture. She writes, "This is a free lecture and your support of course is appreciated and I think you will enjoy the topics I am going to touch on (Happiness, how to get it?!- Power of Thought, Soul Contracts, Forgiveness and more) so do come - let me know if you have any questions..."

<http://radiantlifetransformations.com/>

- **The Adara Center**

2521 Avenida de Mesilla, Suite B
Mesilla, NM

June 16 - \$20

6 - 8pm - *Spirit Sensitivity by Jan Toomer.* Course # EX105 - This is the last time my metaphysical classes will be offered at DACC prices and at DACC Community Education; this class will be held at DACC East Mesa Campus, DAAR bldg., room 107.

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. Note: some repeated material for those who have taken "Undefined Reality".

Register at:

- **DACC Community Education**
575-527-7527
2345 E Nevada Ave, Las Cruces, NM

Please Note: Page 9 shows the upcoming schedule for some of my future classes to be held at The Adara Center. For Massages, Body Wraps, Alternative Therapies and more!

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

June 17 - FREE

6 - 9pm - Intro Lecture and Healing Demonstrations on Theta Healing® Basic DNA Class.

In West El Paso, hosted by Connie, The Lightbody Tailor: info @ 915-584-5306

June 18 - 20 - (see cost at website below) Workshop on Theta Healing® Basic DNA Class will be June 18 to 20; Friday @ 6 - 9 pm; Sat & Sun @ 10 am - 5 pm.

In West El Paso, hosted by Connie, The Lightbody Tailor : info @ 915-584-5306

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

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 to register and pay.

Elissa's Insights

The Unusually Late Psychic Newsletter for May 2010

For the first time I can remember, I never got it together to put out my monthly newsletter. I thought this was just a product of my wild life: I made the above picture for it on May 1st in New Orleans, but never got around to completing the project because it was Jazzfest!! (I did post the psychic messages, though, at the Examiner.)

Today it strikes me as more appropriate to explain the May picture now, on the full moon, when the spell of this month is broken, and people move on in one direction or another. May was all about gathering information with which to move forward in life, and some of the information-gathering would have likely included dealing with obstacles, trying things that didn't work, seeing by experience what the best direction is, learning hands-on what's important to you. The spirit of May says "gain knowledge", and that means to take everything that happens as an experience to be guided by, to point you towards or away. It also implies that the key to success and money will hinge on how much you know...you may be gaining a more profound grasp of your subject matter.

All in all, people tend to succeed by taking chances, learning from experience, and not being attached to anything but what they learn from it all. All in all, May's

experiences are to help point one towards a rewarding future.

Here's a preview of June's news for the four elements and the astrological signs they rule:

June 2010 Psychic Messages for the Astrological Signs

Fire signs (Aries, Leo, Sagittarius): Your strength comes out and you are becoming a more successful identity. If you have a unique offering, you may be soon offering something new. If you are a fire sign with nothing going, remember that Nature hates a vacuum, and this is a very likely time to receive what you feel devoid of in the way of work or opportunity. You are blessed by the power of the Sun this month and tend towards success.

Earth signs (Taurus, Virgo, Capricorn): Put your thinking cap on! You have choices to make! Gotta choose the right one: The right one's the light one, the light one's the bright one, the bright one's the delightful one, and make sure you're the one who's delighted. Maxim for the month: Knowledge is Power, meaning use what you know, as in conserve your energy and don't let yourself get drained.

Air signs (Gemini, Libra, Aquarius): Go for the vision that has you breaking into a smile, go for the role that gives a shot at real happiness. Stay "up", think high. Let

synchronicity and the omens show you the connections in your universe. Do or die to get out of any situation that holds you back, there's no more time for that.

Water signs (Cancer, Scorpio, Pisces): Things sink to the bottom, things float away, things spread out...things belong to others and you let them go. You want to flow, and the consequence of going with the flow now, is to arrive in some enlightened state or place that simplifies your life.

Psychic Counseling and Healing, in person/by phone Santa Fe, NM elissa@elissaheyman.com 505-982-3294

Elissa Heyman psychic counseling and spiritual healing in person/by phone 505-982-3294.

<http://www.elissaheyman.com>

elissa@elissaheyman.com



Thank you Elissa!

Book Review: Yesterday, I Cried by Iyanla Vanzart

Yesterday, I Cried by Iyanla Vanzart. © 1998; © 2000 Fireside. ISBN 0-684-86748-6.

When I began this book, I was a bit put off by her victim-role; don't get me wrong, Vanzart did have a torturous childhood/young adulthood, and I for one, am proud of her survival.

As I continued on, I realized that she was exposing the most vulnerable aspects of

her life and growth to the reader. I also realized that her way of healing and growth was through sharing her life story; her tears; her fears, etc. and with that came, for her, some freedom.

She was working on shedding the victim-role – and kudos to her!

This is a painful story of overcoming tragedies and hardships, both internal and external.

This is a story of digging within to find the "whys" of repetitive abusive relationships – externally and internally.

This is a story of freeing the unseen chains and taking responsibility for one's own choices, decisions and actions in life.

I recommend this book.

