



Awaken and Remember

by Jan Toomer

It is now time to claim that which is rightfully ours. It is time to give ourselves permission to remember why we are here; to remember that we are - each and everyone - connected to: everyone and everything on Earth; everyone and everything beyond Earth; everyone and everything in every dimension.

We are individuals, but we are not separate.

It's now time to awaken to the *real* you; to whom you *really* are and to what your purpose really is.

Each one of us has a purpose; the purpose is *not* "nose-to-the-grindstone", paying the bills (though that does help our physical lives), etc... I am talk-

ing about the higher purpose - the *soul's* purpose.

Remember who you are - remember why you are here...it's time.

So, the call has gone out now...*remember*.

Awaken and Remember.

Release the Dragons

by Jan Toomer

For as long as I can remember, I have felt another aspect of self arise when an animal, child or friend is threatened. I felt a part of me awaken fully and step away from my physical body...as it stepped away, it grew in size.

It is the dragon aspect.

No, not the "Draconian" or the horrific dragons of old mythical proportions, but rather the dragons of old who help mankind in the past.

I was recently (last few months) asked to release the dragons...to bring them back to our dimension.

I said, "No!"

When humans fear someone or something, they attack and/or attempt to destroy it (usually with torture involved). I would not ask *anyone* to return to be hunted, "studied", tortured

or killed because of mass human fear.

Now, I am pretty sure I am not physically a dragon. My x-rays, MRI and blood work over the span of my lifetime has proven such. Is it a past life? Probably. Is it an archetype? Possibly. I don't have a definitive answer.

What's My Point?

1. Fear is *not knowing*- and can be removed by expanding and educating self.
2. More things will come to light... be presented...to the human race soon.

The information coming forth will force us to expand our somewhat limited views on "reality and myth"; we will have information presented to us that will shake us to our core, and some of that info may shake our support for our country's government (governments all over the world).

I am asking you all to please keep an open mind as to what is presented us; do not fear whatever it may be. If you have limited understanding - research, ask questions, have discussions and empower yourself to remove the fear.

I have been presented some wonderful experiences that were outside my "norm" - yet I welcomed these experiences. I was clueless, but receptive... not only have I learned something new, but it was an expansive and awesome experience.

I wouldn't have been able to say that if I had approached the experience in fear. (Mind you, I am human and have my fear moments as well!)

So please, learn to *know* more about any *new* - and remove fear from the experience. It may add a whole new dimension to your knowledge of life.

Metaphysical Life Enrichment Center

Check out what's happening at the Metaphysical Life Enrichment Center!

[MLEC Calendar](http://www.mlecnm.com/page/page/7281444.htm) <http://www.mlecnm.com/page/page/7281444.htm>

Wayne Darling and Aura Photographs - Friday June 3rd.

2600 El Paseo Rd
Las Cruces, NM

[Community Calendar](http://www.mlecnm.com/page/page/8011382.htm) <http://www.mlecnm.com/page/page/8011382.htm>

Daniel Jackson and Chakra Empowerment Intensive - begins June 4th.

10 Common Signs of Spiritual Awakening - Ascension Symptoms

by Lola Fayemi

We are living in a time where it is becoming increasingly normal for people to embrace their spiritual sides. Even people that would not use the label of spirituality are open to concepts such as finding their life's purpose and trusting of their own intuition.

Although we live in a world where science, logic and rationality are revered, many people are left questioning the way we are told to live our life. No matter how hard they try to avoid it, the question "there's got to be more to life than this?" niggles away at them.

More and more people are awakening spiritually and are open to more than is available in the material world. The runaway success of "The Secret" DVD goes to show the world was ready to embrace universal laws and has been left wanting more.

Spiritual emergence or ascension is subtle by nature, subtle energy shifts which raise your vibration with huge physical impacts. It is also a personal journey that differs from person to person. Here are 10 signs of ascension symptoms I discovered during my spiritually awakening:

1. Emotional rollercoaster

You may find yourself touched and on the verge of tears more often than usual. Crying at the drop of a hat over the news or a display of sentiment that you would not have cried over before is common. You may also find yourself to be more aggressive or angry with people. Some days you will feel depressed and other days full of joy. You truly feel the full range of emotions and yes it is draining, but it's happening for a reason. Stay present to the feelings, feel them fully and they will pass.

2. Stronger connection to nature

Previously your attitude to nature may have been "take it or leave it". Now, you have a deep appreciation for all of nature, the colours and the shapes. You start to welcome the seasons whereas you used to dread winter. You may also start to like animals you never liked before. I developed a love of cats, much to the amusement of my friends who knew I couldn't stand them before. You're changing and becoming

more accepting of things for what they are.

3. Changes in energy levels

One day you are bouncing off the walls, another day you can't even get out of bed! You've got to roll with this one as much as you can. Sleep, rest or chill on the down days and flow with the energy on the high days. Try and eat healthily and try not to stress or feel guilty, it will stabilise.

4. A feeling that something has changed within you

You simply feel different, you may not look any different but you know something has changed internally. Your old ways are falling by the wayside and the real you is starting to emerge.

5. Sudden awareness of recurring patterns or relationships

You may have been living out the same old patterns for decades but suddenly you become aware of it. You may realise that you always destroy what you create, always pick unavailable partners or always attract dependant people - the list is endless. This is great, becoming aware is the first step in eradicating it.

6. Food intolerances, allergies and cravings

As you are becoming more sensitive to energy, your body may start to react to foods you have always eaten and/or you may start to crave something different. The intolerances and allergies may not be permanent so remove them from your diet for a few months and try again later. The cravings may be what your body needs so go with it and trust your body to communicate what it requires.

7. A desire to "find yourself", change your social group, behaviour, job etc.

Your material needs have been met and there is still a longing for more. You may start to question who you really are and start to see that your current life may not have been a conscious choice and is more of a by product. Before you can consciously choose you may find yourself stripping away layers to reconnect with you, the spiritual you.

8. An increase in occurrences of coincidence

Better known as synchronicity, favourable

people and beneficial circumstance start to appear with exactly what you need. Answers to questions are revealed to you through signs and messages. Synchronicity is a sign you are on the right track and that you are aware of these miracles happening around you. The more you notice and take heed, the more they appear so show appreciation for the guidance you are receiving.

9. Quicker manifestations

Spiritual awakening raises your vibration; this involves a release of blockages which allows abundance to flow to you. Being in alignment with a higher vibration results in quicker and more beneficial manifestations to be received by you. Be aware of your thoughts so you get what you really want or better.

10. A change in what you read, hobbies etc

You are changing for the better; you are heading for a life of deeper fulfilment and purpose. As you do you will find different ways to pass the time and may not enjoy things you have always done as much anymore. It's fine, new pastimes will interest you just be open to what comes your way. Change and growth are taking place; the discomfort you experience is increased by resistance. Know that all is exactly as it should be and you are having the human experience of growth, let go and roll with it. When discomfort strikes, ask yourself where or what you are resisting and let it go. They say the darkest part of the night is just before dawn so know that it's for good.

Lola Fayemi is a Lifestyle Coach that helps people to *shine* and unleash their potential *without selling their soul*. She supports her clients to create vibrant and fabulous lifestyles in harmony with their true nature.

More information on Lola can be found at <http://www.alignedandthriving.com> where you can sign-up for her free ebook '5 Steps to Living the Life You Really Want.'

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Thank you Lola!

Coral Castle - Magic, Mysteries, And Metaphysics

by Michael Kohler

The Coral Castle created by Edward Leedskalnin is one of the most enigmatic structures of the modern world. Originally called Rock Gate Park, this 1100 ton structure was built by one man working alone without the use of any modern tools.

According to most researchers it took him 20 years of arduous labor to build. But was this structure really the result of hard work along with the knowledge of simple weight and balance techniques? For many reasons, the Coral Castle may be result of a forgotten metaphysical mystery.

Edward Leedskalnin, often referred to as Ed, was born in Latvia in 1887 and he died in Miami, Florida in the year 1951. He was 64 years old. How he died is actually well documented. He became ill in December of 1951. He put a sign on the door of his castle saying that he was going to the hospital. He apparently took a bus to Jackson Memorial Hospital in Miami and after three days of treatment Ed quietly died in his sleep. Although this may seem like a sad story, it actually gets worse.

Despite the fact that Ed died of stomach cancer, what was more disturbing was the sadness that he carried with him for decades on end. He apparently had fallen in love at the age of 26 with a Latvian girl by the name of Agnes. He was infatuated with her. She was 16 years old. He called her his Sweet 16.

Unfortunately for Ed, she had other ideas. The day before the wedding she decided that Ed was not the right person for her. Whether it was because of his very small build, short height, lack of funds, or lack of education, the love of his life decided that she would go her separate way. And Ed also decide that it was time to leave.

After traveling for some time, Ed took care of himself by working in the timber fields and on cattle drives which led him to Texas and inevitably to Florida City, Florida. To add to his existing sorrowful story, Ed contracted tuberculosis and actually should have died. But somehow the miraculous happened. Despite all of the emotional turmoil in the physical illness, Ed persevered and became one of the most unusual and amazing people that has ever

existed in contemporary time.

Buying an acre of ground for only 12 dollars, Ed purchased his first stake in the land of opportunity. Ed believed that the United States was the land of opportunity, a place where a person could become famous. Utilizing the natural resources of the area, with what is called oolite or coral, he began to create very unusual structures on his property.

Some of his most simple but strange creations were a variety of chairs that were placed around his Rock Gate Park. Weighing anywhere from 1000 pounds to a couple tons, these chairs are carved right out of the bedrock coral, quarried by an unknown means and fashioned into domestically shaped objects including tables, chairs, and even an amazing fountain.

All of this coral furniture began to attract the curious that lived in the neighboring area. No one ever saw Ed at work, yet the structures he created still stand today in history. Take for instance the reading chairs. Ed named them Reading Chairs for a very good reason. At this time, Ed did not have any electric power.

What he would do is sit in one chair in the morning, and then another at noon and in the early afternoon so that he had the light of the sun to read. The chairs were obviously designed for someone his height and about 5 feet. The chairs came equipped with footstools and there was even a place on each side for a taller person to use as a foot rest. He moved and carved 1000s of pounds of coral just to be able to read.

Another very strange and amazing structure is the Florida table. Made of one solid piece of coral, this table is shaped exactly like and in direct proportion to the state of Florida. The table even contains a replica of Lake Okeechobee, Florida's largest lake, at exactly the right location. In the shape of a bowl, this lake could be used as a finger bowl, a bird bath, or for any other reason that required refreshments.

The most interesting part were the chairs that surrounded the table. Each of them were rocking chairs, so perfectly balanced so that a person could sit in these thousand pound chairs and easily rock

back and forth. Ed had a neat trick that he would show guests. He would run around the table pushing the chairs into action and would have all of them rocking at the same time by the time he was done. Although Ed was reclusive, he made a special chair for the governor of Florida thinking that he and all of the senators and representatives of the state could come and sit around this table, rock in their chairs, and figure out ways to raise Floridian taxes.

So is the Coral Castle in Homestead, Florida, really a magic trick, an illusion of weight and balance, or is it truly one of the most remarkable labors of love ever created? It is my opinion that many of the objects located at the Coral Castle are not so much representative of a place that was meant for people to live, but the secret to how Ed was able to tap into what many call free energy.

I believe Ed Leedskalnin was like a magician that knows a secret that no one else does, and knows that he has the power to captivate and awe the audience as long secret is never revealed. I believe the Coral Castle is a secret in stone written for those that can decipher its clues.

Did Ed have the power to tap into some sort of free energy and utilize it in any way that he wanted? Could he actually levitate structures weighing in excess of 30 tons as if they were Styrofoam? We may never know how Ed Leedskalnin created the Coral Castle, but perhaps, as with the best magic tricks, its mystery should remain unknown.

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About the Author
Michael Kohler is the owner of *Coral Castle Explained* (downloadable book). To learn more about the Coral Castle go to:
<http://www.coralcastleexplained.com>

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Book Review: Channeling by Kathryn Ridall

by Jan Toomer

Channeling: How to Reach Out to Your Spirit Guides by Kathryn Ridall, PhD. © 1988. Bantam Book. ISBN 0-553-27181-4.

Ridall opens with her first experience seeing a trance channeler and then brings the reader through her experiences of her

own channelings.

She addresses Spirit Guides: Who are they? What can we learn from them? What do guides get out of this relationship?

Ridall offers visualizations and meditations to prepare the reader for making contact with their guides. She also discusses dif-

ferent channel relationships and brings the reader through progressive steps for channeling.

An interesting book and I recommend it for those who may be interested in making contact with their guide(s) or wants to channel.

Creating the New

by Jan Toomer

Sometime prior to 2006, I had received the message that there were – at that time – one thousand people, world-wide, who were working on specialty training.

This training was of energy work previously unknown to humankind. The training was difficult, and frustrating, because there was no one to give pointers, or tips on how, what, or where to begin. The only words of advice from the task masters

were along the lines of “think outside the norm” and “create new ways”.

The goal was to create new ways of working with energy (not the solar/electric, etc. kind); learn and master the new ways, and then teach it to others so it may spread.

So, in other words, very much an ambiguous task challenge.

This week I have the sense that new ways are now beginning to manifest in our here

and now.

What does this mean?

I cannot say for sure what the new ways (techniques) are that have been developed, but I recommend that you keep your eyes and ears open....

I feel it will “show” in the not too distant future.

And I, for one, am very excited.



If you don't ask the
question, the answer will
always be no.
(A credit union in LC)

Volunteer articles are welcome! I will provide your web (and/or contact) info with your article. We are looking for spiritual/metaphysical, real life, uplifting, guidance, etc. type articles. Can be in the natural health fields, mental health fields, personal experiences, etc. Send article to Jan Toomer at: Jan@reality-undefined.com

Children Who Talk to Angels

by Skye Thomas

What do you do when your child begins talking to some unseen entity? How do you determine if it's a psychic event, an imaginary playmate, or some sign of a mental health issue? You want to handle things in a way that is best for your child and of course in a way that isn't going to harm them in any way. You also want to make sure that you speak from a spiritual belief system that you can believe in. Your child will know if you are uncomfortable with the topic or if you don't believe in what you are saying. They'll also be able to tell if you are scared or threatened by the subject matter. You will want to fully research the concepts and choices before saying something that you might later regret. The first response should probably be no response. After all, it may just be a fabrication to gain attention. Kids do that.

The first thing to look into is imaginary playmates. There is a lot of research and information to be found on the topic. You can ask your child some questions about their little friend and find out pretty clearly if the child is creating an imaginary playmate or not. The research will show you some of the common reasons and scenarios that cause some children to create these friends. Study the topic for yourself and make up your own mind if that's what is happening with your child.

If you determine that your child does not fit into the imaginary playmate profile, then you have to decide if they're actually talking to guardian angels, spirit guides, Jesus, or some deceased relative. As I understand it, imaginary playmates are not named after spiritual entities or relatives. They have their own unique names. If your child is specifically mentioning Jesus, or great grandpa Joe who died last month, then you have to evaluate the chances that they're either suffering a bit of an emotional problem or they really are talking to spirits. I would also look at your own words and see if the child might be trying to win your favor by pretending to channel your favorite spiritual figure. Also, are you giving them subtle messages that maybe you want them to be magical chil-

dren that talk to angels and spirits? They may be faking it in order to please you. Kids do that.

It might not hurt to find a therapist who believes that psychic events can and do happen. They would be able to give you some professional insight, guidance, and reassurances if needed. If you see a therapist who simply doesn't believe in such things, then you and your child may be deemed nuts! On the other hand, there are experts who are so hungry to find real live cases of psychic children, that they may overlook signs that your child is faking it or struggling with other issues. You really need to choose the therapist carefully and one with good amount of common sense as well as an open mind. They will be able to help you find out if your child is really channeling someone from the other side or if they're suffering from some sort of a psychological issue that needs attention. They can also help you to learn how to speak to your child about the events.

If it's determined that your child is psychic, expand your research to include information about psychic children. The fact that it's Jesus or Joe that your child is talking to may be comforting, but that's not really the issue. The fact that they can possibly 'hear' and 'see' a dead person means that you have three basic choices before you.

* Make your child stop so they'll be 'normal' and fit in with everyone else. This is typically done by ridicule, punishment, or logically telling them that what they are experiencing is not real. Telling them it's not real and isn't happening is a polite form of ridicule.

* Make the child into your personal miracle. Have them show off for everyone you know by channeling grandpa Joe for you, your friends, and family. This will make them feel like a side show freak. This approach could quite possibly backfire on you by making your child quit talking with angels altogether. It can also make them embrace a sense of self who is freakish, causing the child to become a really weird and spooky personality type who doesn't fit in with anyone anywhere.

* Behave as if it's perfectly normal to talk with those who have passed over to the other side and act as though it's simply another form of communication and/or prayer. Explain to them that there's nothing wrong with them. However, you should probably warn them, as they get older that there are frightened uneducated people who will not like it. They will need to learn when is the proper (safe) time and place to discuss such things and with whom. By not making a huge big deal of it, you help them to feel like it's simply a natural part of life. I personally would not want to deny my child such a direct link to the heavens.

My overall recommendation is to research psychic children and imaginary playmates. You can find support groups of other parents and professionals who are addressing this topic. They would have more concrete research and data for you. Whether your child has created an imaginary playmate to entertain themselves, is really psychic, is just trying to get some attention, or is having emotional problems, they were given to you to care for. No matter what your belief system, it's your job to protect your child and make sure they grow up as balanced and sacred as possible. The most important thing is that you both continue being honest and loving towards each other. Be kind and most things will turn out for the best.

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ABOUT THE AUTHOR

Skye Thomas began writing books and articles with an everyday practical approach to life in 1999 after twenty years of studying spirituality, metaphysics, astrology, personal growth, motivation, and parenting. After years of high heels and business clothes, she is currently enjoying working from home in her pajamas. Go to www.TomorrowsEdge.net to read more of her articles and to get a free preview of one of her books.

Tele-Conference June 5th with Shepherd Hoodwin

Author of several articles on the Michael Teachings, and three books including: *Journey of the Soul, A Channel Explores Channeling* and *Michael Teachings*.

Sunday, June 5th at 1pm

Contact Linda Aragon - Holistic Life Coach

Aragon77@comcast.net

RadiantLifeTransformations.com

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Jan@reality-undefined.com