



## Working in Harmony and Light

Over the last few months, I have been having some difficulties with a local business that I frequent. I had tried to correct the situation myself, but had no success. Frustrated, I sent a letter of complaint (email) to the upper management. Within minutes (literally – about five minutes after I sent the email), I received a phone call; I spent the next few, unrushed minutes pleasantly surprised at the compassion and caring from the management.

I am pleased with the way management worked to resolve my issues and there was no apathy, hostility, or aggravation from them; major Kudos to them!

This experience led my thoughts to how, for the last two years I have been working locally attempting to bring cohesion to the mind/body/spirit community practitioners.

When I started, many saw me as a

competitor and was often (but not always!) met with disdain, hostility or just downright ignored.

I am now beginning to see cohesion beginning to develop. I cannot take credit for this – but it is very exciting nonetheless! And it is happening all over, not just local to me!

We each have an ability and/or skill, and we are each unique individuals. This means we each bring our own touch, technique, and/or energy signature to whatever it is we each do; in a nutshell, *there is no competition!*

People who resonate with your energy, skill, and/or technique will be drawn to you; again, no competition!

For those of you who know me, you know that I try to get others to write and post metaphysical-related (mind, body, spirit) articles on my blog. I do this because 'my way' is not the *only*

*way*; 'my messages' aren't the *only* messages. I try to offer other views and/or messages to the public.

I also promote others books, businesses, sites, etc. (within my available time) – again to offer you a variety or choice.

Though the two topics – local business issue resolution and metaphysical community cohesion – are not, on the surface, related – they are both about working with others without hostility, apathy, competitiveness, etc.

It is about working *with* one another; complimenting each other; and about working in harmony and Light in every situation.

I wish you each harmony and Light!

Jan

## Forgiveness Workshop Experience

by Peter Perkins

This past Saturday February the 13th I was able to attend a Forgiveness Workshop instructed by Linda Aragon. In addition to her teaching at DACC, she also runs a local A.R.E group here in Las Cruces. If you have never heard of A.R.E., you're like me when I first found out about them. A.R.E. stands for Association for Research and Enlightenment. Now onto the class.

I arrived early as I usually do, for those who know me. I helped set up the tables and chairs and we were fully fleshed out with fifteen students by 9:05 am. Yes it was an early class. I know that I was curious about the class since it was a four hour workshop. My thoughts were on could we fill four hours with talks about forgiveness?

We most certainly could, I would even say we could have easily spent another hour. The first half of the class we all introduced ourselves and then jumped right into the first section of the syllabus, Anger Management. Images of nerf bats and people yelling to vent danced in my head; though this wasn't part of the class at all. Instead we focused on Anger and how small little things can add up till we boil over. Yet in retrospect viewing the little things that bring anger twenty-four hours later or even an hour later sometimes it is funny that we would let such minor things upset us. I myself am apt to get angry while driving. People sleeping through green lights or parking on the street before pulling into a driveway at a snails pace tend to get to me. Though it is only a temporary thing - angry for the moment and gone the next - as I cruise

off to my destination. Still for some they hold onto these minor angers and they build. We learned how to empty our anger drum. A nice little term to describe how much anger we are holding in our bodies. We learned that anger is a secondary emotion the primary usually being fear, hurt or frustration.

We moved on to Communication Skills. This was amazingly simple as it might seem is often skipped over entirely so that we could hold onto our anger and need to be right. After all who wants to actually talk when we could shake fists and hold grudges. Some simple steps for resolving anger by talking things through were discussed, mainly focused on letting the person know why you are upset as well as how you feel about it. The communication skills were great be-

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cause they keep the power in your hands. Instead of playing victim or the I'm right your wrong game. This section on communication skills focused on self empowerment and resolving anger issues through talking things out and setting resolutions fully based on what we were capable of thus taking the power out of the other persons hands.

We moved onto Listening Skills next. While it would seem to be part of communication skills the two were broken down into speaking what was on our minds and listening to the other person. Perhaps learning the truth behind why someone feels a certain way and creating a better sense of empathy. With good listening skills we can often learn the real reason behind anger. Since anger is a secondary emotion we

can often learn is the other person afraid, or perhaps hurt and this makes dealing with the situation much easier.

Then we had a break and returned to focus on Forgiveness directly. Linda went into the traditional methods of forgiveness and restated forgiveness is an act for ourselves not for the other person. It is so true as we are the one's holding onto things with the other person sometimes being completely unaware. There were some worksheets and more discussions.

Then we went into radical forgiveness. I liked it! This was a new idea based on a more metaphysical view of life. Everything happens for a reason and for our own spiritual good. Hard concept to take for most people and though I am familiar

with it and believe it, just a few years ago I would have thrown such a concept in the trash. Yet it was great to see some of the students who had never heard of the concept suddenly click with it. Even had some have "Ah Hah!" moments of realization. I myself must admit I too had an epiphany about my own life.

All in all it was a wonderful class. We all learned something. Hopefully we will all be able to keep these life skills with us.

Peter

*Linda Aragon also hosts Las Cruces Spiritual Meetings - you can find out more here: <http://www.meetup.com/Las-Cruces-Spiritual-Meetings/calendar/12604542/>*

**Caution: some may find the next article disturbing and/or unsettling**

## Recycling Parts and Pieces

This past weekend, my husband, a friend and I watched a TV program on organ transplants, as well a work being done with cadaver parts and using stem cell work to 'grow' replacement parts.

I am in no way saying either is 'right' or 'wrong' - but would like to share some thoughts and questions on the energy, cell memory and soul aspect of these two types of procedures. I have no definitive answers.

### Organ Transplant

My thoughts (as they often zip around)...

If:

- The soul enters the body anywhere from conception right up to just before birth; it's the soul's preference as to when it enters the body.
- Our blood cells retain memories (cellular, or cell, memories) - to possibly include ancestral cellular memories.
- According to the practice of soul retrieval, any trauma can result in a soul loss (a small portion of one's soul

stays at the point of trauma, resulting in a small reduction in soul). Soul loss can occur in any lifetime (past or present) and takes a retrieval to reclaim and re-incorporate the soul fragment back into the whole.

Then:

What happens when someone dies and their organs are donated?

We know that many organ recipients have experienced changes in taste, habits, hobbies, interests and/or temperaments.

Though science states there is not scientific proof of cellular memory; many recipients beg to differ.

Is there cell memory transfer to the organ recipient? (My thought = highly likely)

Is there soul fragment loss for the organ donor? (My thought = highly unlikely)

### Cadaver 'Parts' and Stem Cell Work

Well, you know me; those thoughts led me

to ponder on the procedure where cadaver body parts (scrubbed of outer layers) are infused with stem cells to "re-grow" the cadaver body part and make it viable for transplant (example: nose or an ear).

With organ donors, the organs are "harvested" quickly to transplant, (if I understood correctly) not so for cadaver parts.

So...

- Does this mean that the life force in the cadaver part is non-existent?
- Is there cellular memory in the cadaver parts?
- What is the energy and/or cellular ramifications or side effects on the recipient?

Again, I have no answers; I have no sense or feeling of 'right' or 'wrong'; and I have now shared my thoughts and questions with you.

What are your thoughts?

Jan

## Book Review: Picture Yourself Capturing Ghosts on Film by Christopher Balzano

*Picture Yourself Capturing Ghosts on Film by Christopher Balzano. © 2010, Course Technology/Cengage Learnings. ISBN 978-1-4354-5483-5.*

A paranormal investigator and author, Balzano shares tips, guidance and ideas about taking photos and videos in the course of a paranormal investigation.

Balzano goes a bit into: the workings of cameras; equipment prep before an investigation; the investigation; evidence review and software for digital photos review. He also goes into faked photos and more.

Balzano devotes a chapter to "The Great Orb Debate"; including comments on orbs from Gene Lafferty (another investigator).

The author presents the information in a clear, direct manner - and includes some of his experiences in photo review as well as photo examples throughout his book.

I recommend this book for those interested in paranormal photography.

## May I Push Your Buttons?

by Liz Cook

Peter wrote about how we are filled with thoughts that are constantly bombarding us in every moment, and how residual we are in getting through the trials that life offers, much of I might add, are brought on by greed and corruption that are imposed on innocent people. The article, by the way, is excellent.

Jan wrote about a wonderful message that she received in a reading that the shift has happened and how beautiful it really is. I have no doubt that this is true, however, isn't that divine intervention at work?

I am going to push a few buttons if I may. It is something that I seldom read anything about. It's something that I sincerely want to understand for my own growth.

I would honestly like to know why an enlightened person, one who has committed their life to be of service to humanity and all creation as great teachers of our time, find it necessary to charge hundreds and thousands of dollars for a week end work shop?

Many seem to have found keys, that open doors that have tremendous affects on humanity and our outcome as we enter the new age. Many of these teachers have the ability change lives, sometimes instantly.

In my research, the one thing that remains consistent is the compassion to leave no one behind. It's the intent that is driven by love that heals and offers us the opportunity to ascend.

The majority of the people on this planet

are hard working honest people that are doing everything in their power just to put food on their table. These are the ones of pure heart. I am sure they would appreciate the hope they could receive from attending one of these high dollar workshops.

It seems to me that it's time to stop the insanity. It's time to realize that we are all in this together. When I see someone in need I help them. They get better and can contribute to the whole in a more positive way. I don't charge them \$395 or \$5500 for my help, however, I might charge them \$10 for my book that teaches them to pass on the gift they received. Seems like a win-win situation.

## Silent Meditation at Pi Yoga

by Peter Perkins

This past Thursday, I had the pleasure of attending a meditation group at Pi Yoga. It was a good session with seven people. Normally I have a hard time calming my

mind unless it is at night prior to bed; yet the quiet setting and low lights were able to help me to still my mind. The session was led by Erica who helped us by directing us to still our minds and go through deep breathing to enter a meditative state.

She asked us to concentrate on a question or thought that we had on our minds. I was curious about my evolution and the idea of ascension.

I was able to quickly go into meditation and soon I was able to have a really startling experience. I pictured myself with someone else, possibly a guide floating down through a DNA spiral. It was like falling slow and as we passed through parts of it I felt the friction of energy passing through energy. The being with me remained silent and I felt they were there

more for my own desire to have a friend nearby then to impart information.

As we continued I saw the DNA throughout my body and was able to travel along till I came to some shiny structures, like crystal growths. The best way to describe it is white quartz but only the tiniest slivers and it seemed internally lit.

I was curious about this and so backed my perception away to examine my whole body and found it was not unique but that I perceived this in many places like small glowing points. From a distance it was like looking at stars.

I moved my perception back down to the place where I first saw the crystal-like structure and I entered it. It did glow internally and I felt as if I was in a white tunnel. It stretched off into the distance and I simply admired things for a while. I backed my perception up and found that all those glowing points had tunnels as well. White glowing strands stretching off.

I was kind of amazed with it and found the white tunnels stretched out and the other people meditating had these lines as well.

They were everywhere connected. These glowing lines looked to me like a mass of white so densely packed it was hard to differentiate between individual strands.

I sent out a pulse a greetings, a hello along the lines. I brought my perception out and found the lines extended well beyond the room - they extended out far into space. I extended into other places I guess what could be termed other dimensions. I felt a kind of information overload and pulled back.

This experience certainly gave credence to all of us being one.

This was only one of the experiences I had during the mediation and the whole mediation was only thirty minutes long or so. So I am not sure if I was experiencing an out of body experience or some internal mental visions.

I would recommend guided meditations to those who are interested. I myself can only say that I had a most interesting experience.

## Back to the Basics

In my DACC Community Education bio, I stated that I am a metaphysical instructor, practitioner and student; and the 'student' part was very prominent this past Thursday.

I live in the boonies - seriously!

After driving approximately one mile to get to the main (and only) road out, I then drive about six miles on dirt road to reach 'civilization'. Okay, two things: the road really isn't dirt, it's clay; and, six miles doesn't seem like a big deal...until it's raining while construction vehicles are tearing up the road.

Under normal circumstances, my husband and his vehicle usually rescue delivery trucks, personal vehicles, etc. if they get stuck out there.

I opt for safety when it rains heavily - the road is drivable, just very slick...I stay home - that was until last Thursday. (#1)

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## Back to the Basics

I was speaking at the Las Cruces general Spiritual Meeting / A.R.E. (Association of Research and Enlightenment based on Edgar Cayce readings) registered group. (A really neat group – check them out! A link provided at the end of this article.)

I shielded, said a quick prayer, and headed out. I had almost made it to the blacktop (aka 'civilization') when I hit a patch of road where construction site workers had physically torn up the road. (#2)

An eighteen-wheeler parked slightly cockeyed on the opposite side of the road and some type of loader working on my side of the road. The loader had really big tires, and had literally torn up the road. The road was also lined with the construction worker's vehicles.

The way the truck and loader were on the road left me a small space to maneuver through...and it didn't work; I began sliding (missed the big truck), slid past the truck, slid sideways and came to a stop; I was blocking the road, and I was stuck. After rocking myself out, I slid to the blacktop.

After the meeting, I had to drive the road again – and I did not want to. (#3) The construction-related vehicles, save one, were gone from the road. Driving 10 mph, I made it home.

But I still had to go back out that evening for class. When my husband came home, I asked him to drive me to work; he said "No." He explained that since the road was so torn up, he had more trouble than I getting home. (#4)

He suggested I cancel the class and reschedule for later. I said I would like to do that, but decided I should go ahead and go to class. (#5)

I left an hour early to give myself plenty of time; I made it halfway up the road and gently slid...I was stuck. As we used to say in Louisiana, "stuck good!"

Fast forward: Muddy hands, one broken shovel, two sets of tennis shoes that felt like they weighed twenty pounds from packed on clay, my husband and I gave up trying to extract my vehicle.

Class cancelled and rescheduled.

After we got home, cleaned up and dried off, I asked myself "What was the purpose of this experience?"

There may be other, unknown to me, reasons – but for me, it boiled down to: I had ignored not only my own sense of wrongness about getting back on the messed-up road; I also ignored the other indicators (see #'s 1-5).

So for me, it was a refresher on 'back to the basics' experience: Listen to and trust yourself!

P.S. – My vehicle was 'extracted' Friday afternoon. \*grin\*

Spiritual Meeting / A.R.E. (Association of Research and Enlightenment based on Edgar Cayce readings) registered group: <http://www.meetup.com/Las-Cruces-Spiritual-Meetings/about/>

Jan

## 5 Myths About Indigo Children and Adults, Debunked

by Andrew Gubb

In the 1970s there was a big phad about these "new kids" - indigo children - that were coming along to change the world. Apparently they were going to bring about a spiritual revolution which would bring heaven on earth by 2012.

Most of what you find on the internet about indigos is pretty confused. Most of the people who write about indigos are not indigos. Some of them are decent channelers, and they at least can channel some decent information, but they often make a good few mistakes while they're about it. Doreen Virtue - we're looking at you. Other people are neither indigo nor channelers, and their only source is second-hand, third-hand, fourth-hand.... and we have a set of Chinese whispers that cross the world and before you know it, indigos are unspeakably strong or we're magical superbeings that can walk on water or God knows what.

Indigos are pretty special creatures. But we're not Jesus. And we're not every child, either. Let's debunk some myths.

Writing is Andrew Gubb, indigo, for your enlightenment :)

**Myth #1: all children of a certain age are indigos.**

I've heard this theory that all children born after 1992 are indigo. Actually I've just done a search on google and I hear this same rumour for many different dates ranging between 1984 and 2000. Seemingly the indigo revolution is just on the horizon, and will happen as soon as these children are grown up. Also, they are always children.

Nothing could be further from the truth, people. Indigos have existed for thousands and thousands of years. They are simply a stage of spiritual evolution. This world is still on the green level moving on blue, but every so often a few indigos and crystals come along to accelerate things in strategic points. This world is still at a stage where indigos are made to be leaders and are rare, influential people; they are not about to become the whole population.

And if they were, you'd know it. Indigos don't keep quiet. If every schoolchild was indigo, there wouldn't be any schools any more - they would have been blown up long ago.

**Myth #2: indigos are all of a certain age; they didn't exist on this planet before a**

**certain date.**

Not my experience at all. I've known or heard of indigos up to 50 years old; even one lady of 40 or so, who was inexplicably wiser than her vibration seemed to reflect, told me about her dead father who seemed to have all the traits.

I myself have expressed the indigo energy for several lifetimes.

I think it could well be that we are getting more indigos now. Makes sense. The world in general is going through a really rapid spiritual evolution. We need leaders at this point. So I won't say no to that.

**Myth #3: indigos are all psychic.**

I WILL say that indigos are all intuitive to some degree, though not all indigos realise their capacity to talk to spirits, channel angels, see the future and other cool things. I say "realise" this capacity because everyone has it to some degree, it's just a case of whether you cultivate it or not. Think of it like sporting ability or artistic ability or whatever else. There's talent, and then there's training.

So some indigos basically find themselves seeing spirits from day 1, remember their past lives, and all that. Some don't. I  
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haven't grown up talking to spirits personally, though most psychics point out to me that I have a lot of ability.

There are some psychics who are very good at channeling messages and have natural ability but are not indigo. You can tell because they channel wisdom but they don't necessarily live it :)

Indigos have in general what I call "natural intuition". They're generally very sensitive and connected, and when they need to know something, they generally know it, in their gut, in their actions, in the things they are drawn to. Contrast this with certain psychics I've met who channel everything they can except what they need to know to help themselves :)

### **Myth #4: All indigos are lightworkers**

Hmm, I think all indigos have lightworker potential. A lot of them get stuck in resistance and bitterness though. I'm sorry to say it but a lot of the stuff that goes on in this world is damn hard to forgive - and many non-indigos know this, but they often don't know the half of it. Indigos feel injustice very strongly, and it's everywhere. They can get tied up in hate and never get out.

Any indigos reading this, though: work on it, because this life is just a dream and we're meant to be happy, OK? :)

### **Myth #5: All indigos are spiritual masters**

Yes and no. An indigo's soul is a brilliant light, a sight to behold. However, sometimes the soul isn't expressed by the incar-

nation. On the other hand, some incarnations of less experienced people (I hate to say less evolved, because... I just don't like to think of this as a scale, OK?) are so deeply connected with their spirits, through meditation, introspection and serious dedication to personal growth, that they incarnate greater wisdom than some indigos will. I think Steve Pavlina may be one of these people. Apart from his solitude as a child, he didn't seem to exhibit the characteristics of an indigo at that point. Not to say I wouldn't really enjoy having a conversation with this guy. I think he's wiser than I currently am, or at least he writes better self-help advice.

Steve Pavlina, come to think of it, says that he directly experiences Being (Oneness) 80% of the time (in one old post; I imagine he experiences it more now). I've only had this experience in short glimpses fairly recently. So we're not born enlightened or anything like that. If you work hard you can be more spiritual than an indigo. Some of us get lazy, or addicted to drama. Some of us die bitter. We might be perceptive, but we're not always high-vibrational. Free will or the choice between fear and love exists on all levels. (Or if there is some level in which it does not exist, I haven't been there yet to be able to report back). Indigos like feedback on their blogs

So let's wrap this up. Indigos aren't supermen, aren't X-men, we don't run about with our pants outside our trousers. We're not going to change the world in one fell swoop though if you listen to us we can be pretty effective in helping out to a certain extent. We're not everywhere and we're not nowhere. We are what we are. Om :)

We often have some pretty cool superpowers, but so do you. I couldn't conclude an article about indigos without reminding you this: whatever we have, YOU have. The principle of Oneness reminds us that all things contain the essence of all other things. A rock has excitement in some microscopic quantity. A bird has intelligence. Pigs have decorum. The Pope has a tiny drop of love in his heart. Jesus had some hatred in him. And whatever the essence of the indigo is - perception, power, energy, genius, whatever it is - you have it too. Not even that far away. Work on your growth, and you can be a master. You're limited by your potential but not how much you choose to live up to it - and most people never come close to their potential.

More writing about indigos is coming up. By the way, if you are wondering about indigos and want to know if you are one, I always direct people to this article by Kristen Finlayson. The rest of her blog is awesome too.

I don't know about you, but I have the potential for some dinner!

Hope you enjoyed the article. Do tell me what you think, okay?

Andrew

*Thank you Andrew!*

You can visit Andrew's site at: <http://www.andrewgubb.com/drupal/6-myths-about-indigos>

## What Has Happened to Our Rights?

This is one of those "where my thoughts took me..." articles, so hang in there with me!

Friday evening our 14 year old cat was suddenly in pain and had trouble walking. I sat on the floor with her, and had the sensation of harsh pinching in her front leg.

It was after office hours, so my husband brought her to the emergency clinic. A few hours later he returned home with a slightly woozy cat (a small dose of morphine for the pain).

The doctor told him that our cat threw a blood clot (which is very painful) and that her heart rate was 210 beats/minute and they heard a heart murmur. Our cat was sent home with heart medicine (beta-

blocker / anti-arrhythmic) to slow her heart rate down, to be given three times a day; and we had instructions for low dose aspirin regiment for the blood clot.

Come Saturday, I reluctantly gave her the first dose of heart medicine - everything in me screamed that this was wrong! However, I had never 'felt' a blood clot before... maybe the doctor was right.

Sunday morning, I gave her another dose of heart meds and a small dose of aspirin (as per the doctor's instructions). Again, I couldn't give her the three times a day heart med dose.

On Monday, I brought our cat to her regular vet. Diagnosis? Heart was fine; no sign of a blood clot.

I explained to the doctor that I had a hard time giving her the meds as prescribed by the emergency vet. She said it was probably a good thing I hadn't.

She also said that something may have been pinched - or that perhaps she had arthritis and hurt herself when jumping down from the couch earlier, especially since she was overweight - causing more stress on her joints.

Our cat starts her diet tonight and her heart meds were donated for those who really need it and cannot afford it.

This experience led my thoughts to:

I have one leg slightly shorter than the other, so I have orthotic inserts to balance me out.

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I have been doing great for over a year, and suddenly couldn't walk right and had back and hip pain.

The wonderful man who does my orthotics asked me what have I been doing to mess my feet up? I really hadn't a clue.

He then told me that he has found hormone imbalances can, in essence, reshape the foot.

My jaw dropped. I told him that my thyroid meds have been discontinued and this has messed me up.

That led my thoughts to:

The FDA has recently decided to ram-rod the natural pharmaceuticals. The consequences? My and countless others, meds are no longer available. The FDA has removed them.

My meds are no longer available, compliments of the FDA, and my body is not in good shape.

Why has the FDA interfered with natural pharmaceuticals? Because of the chemical pharmaceuticals. (In a very watered down version) the FDA is owned by the chemical

pharmaceuticals.

Instead of making sure that the deadly stuff that did make it through to us (examples: the 'fillers' used in baby formulas that killed and/or damaged many infants and the prescriptions meds from China that used lead paint, fillers, etc. and damaged / killed others here in the US, etc) didn't happen, they are turning on the chemical pharmaceuticals 'competition' – the natural pharmaceuticals that were actually wonderful for us and our bodies.

Because of the health-reform approaching, many cannot afford western medicine and are seeking alternative medicine (and this will increase, unless **we** allow the FDA to completely shut those down!).

I am not saying western medicine practices or *all* chemical pharmaceuticals are bad; I am saying that each of us is responsible for our bodies and must explore what we each need.

This is America! The land of freedom! What's happening? Where is our freedom going? Why are we not taking a stand, and responsibility, for our own care?

It is **our** government! They work **for us!**

I was fighting listening to "me" about my cat's medicines; my hesitancy and 'compromise' probably saved her life.

I fought the FDA to keep them from sticking their noses in the natural pharmacy's businesses – but not enough people spoke up.

Where is the line, everyone? When will **we** take responsibility for **our** government, and **our** healthcare?

Isn't it time to stand up and be heard? Or will you wait to see what other rights and freedoms will we give up next?

We have the right:  
To speak up.  
To be healthy.  
To be free.

We have the responsibility:  
To speak up.  
To be healthy.  
To be free.

Jan

## I Can See

by Peter Perkins

This morning I woke up and got ready for the day. It was like any other day until a condition that occurs rarely happened. When it is very dry out, as it has been for a few days now, I can have a piece of dry skin fall into one of my eyes. When this happens I can't see through that eye for several minutes until I blink or wash out my eye.

This morning was one of those times. Just as I was temporarily blinded the phone rang and it was my mother wanting to know if I would go shopping with her. I told her what was happening and that I

didn't feel safe to drive just now.

My mother told me she would be over with some eye drops. I am very thankful that my mother is always willing to help me out when something like this comes up. During the time that it took for her to arrive I had blinked and used water to clean out my eye and it was fine.

Still for those few painstaking moments of blindness in one eye it made me appreciative of a few things. I was grateful I could see out of my other eye. I was grateful that I could hear to get that phone call from my mother. I was grateful that I could get up and head to the sink to wash my eye out

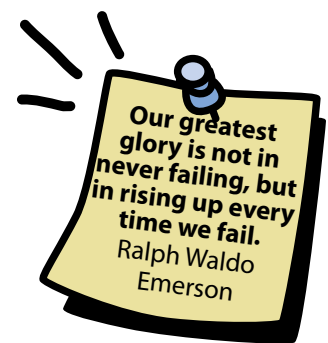
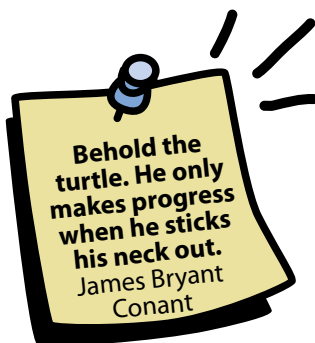
with water.

Losing my sight made me acutely aware of many of the things we tend to take for granted. In a strange way temporarily losing my sight made me see clearly the blessings I do have.

I did end up heading out and helping my mom shop. As I made my way through the aisles I saw several handicapped people and felt a stronger empathy with them.

Sometimes it takes something negative to make us see the positive.

Pete



# Awakening to Ascension

by Peter Perkins

First I want to start out with the concept that life is a waking dream. I know it may be a term you are familiar with. Some major religions have the same idea that life is but a dream or an illusion. The world around us is like a projection letting us learn lessons and experience things; but to the soul it is but a temporary dream. With this as the basis for how life is then what would it be like to awaken from the dream?

Indeed many religions have spirituality at their core. Sometimes it is hidden under dogma and the more earthly concerns. When one looks beyond the surface, most religions try to reveal that we are beings of spirit, a soul, luminous beings not the creatures of the flesh we think of ourselves as. While this revelation that we are spirits may have at one time been the focus of religions, a shift occurred to more physical matters. Tithes, a tie to governments, control of information and things very much away from the root that reveals we are so much more than our physical bodies. Some religions still focus strongly on the spirit and do not have as many additional trappings as others.

Science has come to a similar realization recently through quantum physics. At the smallest levels everything is not the solid physical matter that we think of it as. Everything, when scaled down to subatomic levels, is energy. So what religion knew for years that we are beings of light not of physical matter, science is now discovering. I believe this is an important turning point since western society has focused so much on science being the truth. This lends the weight of science to spiritual matters. This opens the door to many who would otherwise never think of spirituality.

So then are there indications of what it is like to awaken? Is there anything that can give us a clue as to what it is like to realize we are in a dream? I think there are.

First we have examples of religious figures throughout history who seemed to possess incredible abilities. Healing the sick, the ability to travel instantaneously, the ability to speak with people distantly and many other things we would consider miracles. Second, there is a direct experience we can have that is as close to this experience as possible; lucid dreaming is the experience in which we realize we are in a dream, but wake up. If you have ever had a lucid dream then you know exactly what I am speaking of. If you have not, I want to cover that a bit.

In lucid dreaming we realize at some point within a dream that we are dreaming. This realization often leads us to feeling unlimited. We know in a dream anything is possible and since we are dreaming we can do whatever we desire. In a lucid dream if you want to go somewhere you could just fly off to wherever you wish to go. You could simply teleport from where you are to where you wish to be. Also, if you desire something within the dream you simply have to think of it and it manifests. This isn't just objects but settings and situations.

If you were having a nightmare and suddenly you become lucid you could change the whole nature of the nightmare in a heartbeat.

As a personal example one of my lucid dreams I realized I was dreaming and found myself in a school-like setting. What a school though! The halls were filled with light and people were walking or floating down the halls. I realized I could float if I wanted to as well and soon I was floating down the hall with the others. After a while I felt like I was to learn something and found myself before a room. I went into the room and it was open to the sky. A beautiful noonday sun shined above me. I looked up and just basked in the light. Suddenly, I concentrated while looking up and the sunset and the moon rose above me. I kept doing this making the days pass within seconds. I knew this was but one of

the lessons I could learn here.

So if Ascension is like this; if realizing we are in a dream is like a lucid dream, then how come more people aren't flying around, or teleporting or performing what we would consider miracles?

In some ways people are doing these things. Stories of energy healing are becoming more common. Going out of body lets us travel to other locations and fly, and manifesting is happening, though it is not instantaneous. I think the reason we don't see more overt examples of these things is because our higher selves know more about the impact we would have on others. We are still living in a world with others, and inadvertent manifestations, or an errant thought while driving sending us off to our destination would be disastrous to others - our higher self realizes this. I think there are many people awake or awakening. Yet we need to evolve, not only spiritually but mentally.

If we awakened without the mental capacity to understand the impact we would have on others it could lead to many situations where problems arise. Our higher selves know this and though we are not put back to sleep. The abilities come to us as we need them and with that aspect of our higher selves knowing what is best. I know it may seem frustrating to seek out ascension to want to awaken and realize our full unlimited potential but it is good that our higher selves are patiently watching and making sure we utilize our gifts in a way that will not bring harm. After all one could just as easily awaken and realizing it is all a dream wipe out a nation with an errant thought as they could provide food and shelter to many in need.

I think when we are mentally capable of handling these awakened gifts our higher selves will open those floodgates to full awakening and ascension.

Peter

# Worldwide Meetup of Indigos, Crystals and Awakened People

by Andrew Gubb

I'm helping to organise a worldwide meetup of indigos and other highly conscious people. There are already meetups in Spain and several countries in South America.

Here's the event on Facebook:

<http://www.facebook.com/event.php?eid=322153054332>

And here's the text if you can't read it:

Hi guys - Inspired by Nicholas Chirivino (<http://www.facebook.com/profile.php?ref=sgm&id=1065016764>) of <http://www.indiguismo.blogspot.com>, indigos around the world are coming together in reunions in each country on the 6th of March. If you want to hear more about the story, you can read my note here:

[http://www.facebook.com/note.php?note\\_id=32117886862](http://www.facebook.com/note.php?note_id=32117886862)

We already have meetups in Ecuador, Spain, Mexico, Argentina, and Paraguay. By total coincidence the well-established indigo network in Indonesia I-Nesia is having a meetup in Bandung at that time too. Now I'm doing my bit to get this into English.

Let's make this a worldwide thing and take  
(Cont'd Page 8)

a day to get together, meet new people on our wavelength and send light to our brothers and sisters around the world. Let's fight the disconnection we've gone through until this moment and start organising.

As I said in my note, there may be at a rough guess 40,000 indigos in Spain but we're only going to have about 50 in the meetup. I think this is a GREAT start though. It's a symbolic start, but we all know how little snowballs get bigger as they roll down the mountain.

Right now indigos around the world are in a large part alone, confused as to what they are, angry and hurt. As I-Nesia (<http://www.facebook.com/group.php?gid=158980253889>) has proved to me, together we are happier, healthier and STRONGER to make a change like we were born to do.

Let's make this a world of love, joy and light!!

### RECIPE FOR FUN

1. Talk with your indigo friends in your

country

2. Start a new event on facebook and invite everyone to it

2a. We suggest making it an open meeting, that is anyone who is interested can come. Many indigos don't know for sure if they are indigos and there are many non-indigos in the world who are interested in helping the cause. Also, it'd be a bit nuts to exclude crystals and rainbows if any want to come along (?!?!?)

3. Send me a link and I'll put it up here

4. Love each other!

5. Meditate together send light to all the indigos in the world and visualise to help us connect, organise, share with each other and help each other in our mutual life's mission. Do this (if you want of course) whether you're meeting up officially in your country or not. I'd like to suggest a time of 12 noon GMT for all of us to do this; however I understand that this may not be practical, so we can do it otherwise at 12 noon local time, or whatever other time is

most convenient for the meetup.

Imagine all the people, living for today.

Now - you may say that I'm a dreamer; but I'm not the only one. I hope someday you'll join us, and the world will live as one.

6. SPREAD THE WORD!!!

Post this on online forums you frequent, send emails to your indigo friends, stick up a poster in any spiritual type place you think a few indigos might pass through... do your bit!

7. Group hug! :)

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Hope you join me in this!

Andrew

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<http://www.AndrewGubb.com> - Finding Light: Reaching the essence of things  
<http://www.TheSpiritualVegan.wordpress.com> - Vegan recipes

## Elissa's Insights



It's Spring!

The snow is melting and the birds are singing in Santa Fe. According to the psychic pictograph for March, (and according to Mars going direct March 10th), it's a good idea to trot out your plans and dreams for the future that may have had a fuzzy trajectory so far, and try again to reach people, or try again to reach your personal goals, as it looks like greater success can be yours in March.

March is influenced also by the full moon in Virgo at its onset.

**Here's the Speaking Stones' message for March:**

This full moon is stuffed with a lot of intrigue, as if there's hidden yet impacting action taking place within individuals' personal lives, and among the larger bodies like governments.

There's a lot of shifting around of goals, and also, of what resources people reach for and use. This is a very innovative moment on the planet.

You might have the resources and tools right around you to re-invent yourself.

Self-expression can be especially potent now...take opportunities to do that.

People who are willing and strong enough to change, are changing a lot, and shifting things in their life. Strong people in positions of power are also making their points, and shifting things around for a lot of other people. This is a good period when "the positive" emerges.

However, as the Virgo moon points out, the changes that are possible now take work. Mars goes direct March 10th, setting

the stage for your renewed commitment and efforts to pay off.

*Call in to ask Elissa a question on blogtalkradio, Journey Into the Light, March 17, details at [www.elissaheyman.com](http://www.elissaheyman.com) Elissa will be discussing her recent training with Peruvian shaman Jose Luis Herrera, and taking callers' questions. Elissa's complete March 2010 newsletter, plus article about the last radio show and more March predictions, will be posted shortly at [www.elissaheyman.com](http://www.elissaheyman.com)*

*Elissa Heyman provides services in psychic counseling and healing in Santa Fe, New Mexico, and by phone. She is the Santa Fe Spiritual Examiner (<http://www.examiner.com/x-16014-Santa-Fe-Spiritual-Examiner>), and the Questions for Cupid (<http://verytogether.com/love/ask-cupid/>) columnist. For more information, and to read the monthly psychic newsletter, please visit her website at [www.elissaheyman.com](http://www.elissaheyman.com) or call 505-982-3294.*



# Overcoming Fear

by Peter Perkins

Fear is one of the emotions that hold us back from many of the wondrous things that we can accomplish in our lives, as individuals and societies. Fear is not something that comes with us when we come into this world. How many times do we speak of children as being fearless. In fact many times I have seen children take a fall; they look around stunned for a little bit, but unless a parent or someone runs over and makes sounds of being worried the child often gets up and runs off to keep playing. When a parent or someone else runs over looking worried and asking if the child is ok it's as if the child realizes that they have to react in some way and they start to cry.

We grow up and learn fear, from people around us. Starting with our parents, and then from the societies we live in. As a child a parent might say don't touch this or don't do that. It is because they fear that we will hurt ourselves. Sometimes the parents might come over and spank us without us even doing what they fear as a way to teach us to be afraid. It's comical from a grown up perspective yet I have seen it many times at stores or parks etc.

As we grow up the fears tend to pile up. Society teaches us to be afraid of other cultures, of different ways of doing things. It teaches us to fear our own thoughts and ideas unless they pair up perfectly with societal norms which vary depending on which society you are in.

Religions which are mostly to bring enlightenment and spiritual peace to people often bring fear too. I was raised Catholic and one of the big things taught in the church was fear. Fear of damnation, fear of hell, fear of ostracism from other church members. We were taught going to church helped secure one's place in heaven though by no means was it a guarantee. On the other hand - missing church, not going to confession, or heaven forbid not being catholic insured eternal damnation.

Over the years I have been to other reli-

## About Jan 'JD' Toomer

Jan ('JD') Toomer is a metaphysical instructor and consultant. She has over twenty years experience in teaching others about metaphysical abilities, and she loves to get others to communicate together about the metaphysical and share their experiences.

She is currently teaching two of her metaphysical courses online and through the mail.

gious establishments, each pushing fear in their own way but the fear comes back to one thing. They want to create a fear to keep one coming back; loss of membership is loss of revenue for most religions.

Media, both news and entertainment in their own ways push fears. Advertisements for cosmetics push a fear of growing older, and create anxiety about one's looks. Even though it has been revealed that many of these advertisements are touched up or altered to produce unrealistic visions of beauty it hasn't stopped the adds from rolling out.

Pharmaceutical ads push fears of various medical conditions. Is it just a sore muscle or could it be endemic of a more serious condition. Are you depressed, well then you need some medication to pick you up and make you happy. The list of new medications keeps rolling out along with lists of new fears to make one wonder if they had better not be on these new medications.

It's not just the modern world that is filled with fears. In ancient China, Emperor Qin Shi Huang ordered all books in the empire burned because his chancellor Li Si created a fear in him that book-makers and scholars may speak out against him. What a horror it was that centuries of information, history, technology and philosophies were put to the torch due to fear.

Not only advertisements, but politically creating fears of the other party or some other group or opposing view are pushed to extremes to create fears in people for trying new things, for beginning new projects or anything that goes against a certain political view. The pushing of fear in the media can even create problems where there were none before. Prejudices created by fear of racial groups or religious groups and nationalities can prevent friendships, working together to resolve differences if they even need to be resolved and can work against potential benefits if those fears weren't engendered in the first place.

So how can we overcome fears? They seem to be everywhere cropping up in

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Jan is a member of AHHA, A.R.E., ISSSEEM, and WMA. She is also a Life Fellow Member of W.G.M.S.C. (World Guild of Metaphysical and Spiritual Counsellors), as well as a Guild Certified Metaphysical Trainer and Guild Certified Spirit Release Worker.

Jan enjoys reading, spending time with

all facets of life. Stop a moment when you feel fear rising up and realize anger can be fear in disguise as well, now that you have stopped try and see who does the fear serve?

This alone can make one come to startling revelations. Realizations that these fears don't serve oneself at all. Sometimes it takes just this brief moment of contemplation to realize the fears heaped on us might have nothing to do with our own benefits but with someone else's. Can someone, or some group whether religious, political, business or social gain financial or some other benefit by making you have fears? If so, you have to ask yourself - are these fears founded?

Fears don't always come from others, sometimes we have fears within ourselves. Fear of change is something most people have because their is uncertainty. Yet even here we have to see if the fear is wholly our own, or the opinions of others. There are many times that amazing people ignored the opinions of parents, friends and colleagues to try something new and different.

One of the big ways to overcome fears is trust. Trust yourself. Trust your own ability to make decisions. Trust in your ability to overcome, after all you have gotten yourself this far in life. Trust other people to make decisions and decide what is right for them as well.

Gratitude is also something that can help in overcoming fears. While you may be fearing the future and it's uncertainties focusing on the many things you are thankful about can help change your views on things. Realizing there are many things to be grateful about is a good way to understand the many fears you have overcome before.

Not only is gratitude a way to overcome fears but it is a wonderful way to realize the resources you do have. These resources alone may allow you to realize some fears are really small things after all.

Peter

her husband, her friends, and digital photography.

The photos and articles on the blog and in the newsletter are hers, unless otherwise specified.

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

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