



# Reality Undefined

Multiple Authored Metaphysical Discussions & Metaphysical Books of Interest

MARCH  
'11

Volume 3  
Issue 3

## Small Drop

by Jan Toomer

*Fear of today  
Fear of tomorrow  
Greed, Anger and  
Everywhere.....sorrow.*

*Call in the Light  
Completely fill you.  
Fear removed – live  
In harmony too.*

Life on Earth is but a small drop compared to an endless ocean of our true existence.

Our lifetime, here and now, is but a tiny portion of who and what we are.

We are not: the material goods in our life, the money we do or do not have.

We are: beautiful, creative beings living on Earth to experience physical existence; here to help one another in these experi-

ences while on our journey for spiritual growth.

Each day, each step, we are provided opportunities to learn, to share or to assist another.

### **Our Bodies are Merely Garments...Worn Here Until We Are Done**

Our garments are temporary – for use during this lifetime only (so it is recommended you take care of it!).

We are not our garments – look beyond the external and see the being within the garment.

### **Petty Behavior, Thoughts of Jealousy, Greed, Hate, etc. Are a Waste of 'Time' and Precious Energy**

We are here to experience, create and help one another.

We create our own realities – everyday – for better or worse. We can create angry, violent, hateful lives – or not. However, whichever we create, *we have to live with it.*

Personally, I feel my energy and 'time' can be better spent – and in more harmonious ways. Oh, don't get me wrong – I am no angel; I do get cranky or annoyed sometimes.

Anything done out of love or compassion is of the Light –

Anything else is out of fear...that is not of the Light.

Even if our lives here are but a small drop of our total existence – shouldn't we all work to create a more uplifting life experience?

## Shadow Attack

by Peter Perkins

Recently I had a dream in which I was lying in bed and noticed a shadow passing by a window. As I looked around for it the shadow was suddenly in my room and rushed towards me. The Shadow being actually pushed me back in my bed and tried to get into me.

I woke up and removed the being, encapsulating the being in white light and my angels took them away. I then shielded. I

probed my own intuition about this and believe this was a test of some kind. To not be in fear and to stand my ground and be myself. I have heard that we are entering a time where we must know ourselves, and I believe this was a chance to state clearly that I would not accept this kind of attack.

What I wanted to express to the readers of this blog is not that people should be afraid of attacks or worried about such things, but that you are not alone. Everyone has angels ready to help if you but

ask. You have the tools to shield and to protect yourself. In addition to your spiritual resources you are also not alone in our physical world. You can speak to others if such an attack occurs to you. There are people you can turn to here on the blog.

You no longer have to accept negativity in your life, or live in fear from attacks. It is time to stand in your place of power and say no to things you do not wish in your life. Know that you are never alone.

## Book Review: The Prism of Lyra by L. Royal and K. Priest

*The Prism of Lyra: An Exploration of Human Galactic Heritage by L. Royal and K. Priest. © 1989. Royal Priest Research Press. ISBN 0-9631320-0-8.*

This book begins... well, at the beginning – before humankind was on planet Earth and how humans came to be.

The authors discuss how beings created modern man, and how modern man is connected to other world beings, such as

Arcturians, Lyrans, Sirians, Pleiadiens, etc.

Some of this information was channeled – a wonderful 'food for thought' book. I will be continuing on with the next two books, "Visitors from Within" and "Preparing For Contact".

### *Favorite Passage:*

"Not one of us is 'from' another place. We are from the Source, and the Source is vast. To say we are 'from' the Pleiades is a

denial of all the other ideas that we are." (p 88)

### *Personal Note:*

For those of you who seem to have memories of having already been through a nuclear war/holocaust with global destruction and it's aftermath – or perhaps a feeling of "Oh crap, here we (our race) goes again!" - this may help address that.

## Change Yet Again

by Jan Toomer

Mile after mile...

A faded McDonald's sign announcing "next exit"; billboards promising the thrill of seeing the "Thing"; the visual dash-dash-dash of the painted road lines.

So many things appear to be the same – yet so many things have changed...and more changes are coming.

As is so often in my life, when I get comfortable and in a nice routine, my world and/or reality gets shaken up.

When this happens, I go within, tear

things apart and take a long hard look. Then I sound it out with my husband and a few friends.

I know the choice is mine – and I know my soul/spirit has decided this is a good thing... I am now working on my physical self...it's not so sure it wants change yet again.

The physical likes steady, consistent and with no disruptions. Yeah, like life and growth really are like that (tongue in cheek). Not!

So, changes are going to come into my life again – and I prepare. I will attempt to journal/write a bit about this new ad-

venture in soul growth. I the meantime, I will continue on my path; I will adapt and grow.

Changes are coming for everyone, world-wide. Our physical selves (which don't like change, remember?) will be uncomfortable – but please remember, our souls agreed to be here, on Earth, at this momentous time in the history of man and the history of Earth – and to participate in the spiritual growth of both as never have been seen before.

We need to help each other as we adapt, change and grow. It's no longer time to think of self only – start helping others to prepare to adapt, change and grow.

## Cranky and Mixed Energies - Part I

by Jan Toomer

### The Word for the Week

"Cranky" seems to have been the word for the past weeks and will be the word probably for the rest of this month.

We are cranky; easily agitated and/or wanting to withdraw right now. Noises, feeling like too much coming at you, disharmony, etc. can all feel a bit overwhelming right now.

I've been going to the same hair salon since 2007 – absolutely love my stylist... do not like the way the company/salon operates. On my (what turned out to be) last visit, I walked out.

I had complained to another stylist (mine wasn't there) and she asked if I wanted to see the manager. A curt, "No!" was my re-

sponse as I was leaving. It is no longer my job to fix broken businesses...I quit.

I got into my vehicle and was 'told' (by higher self/guides) to get to the re-cycle bins (which was my next scheduled stop) right now!

Already in a huff, I responded to the directions with another curt, "Fine!" and drove off.

As I neared the bins I saw...an elderly gentleman crawling out from between two recycle bins...he was trying to reach his vehicle – he had fallen and could not get back up onto his feet.

I helped him back to his feet, emptied his recyclables and gave him a "thumbs-up" as he drove away.

Okay, I felt properly chastised for my (self-

absorbed) crankiness...and was thankful I was guided to be there for him.

As the distance between lower and higher energies increases, many are experiencing lack of patience (aka "crankiness"). The lower vibrations can feel as though it (or just about everything) is rubbing you the wrong way.

### Cranky and Trying To Work with Mixed Energies

I am not saying that one vibration is better than another! Each person is where they are in their soul's evolution/growth – it is as it should be.

Patience and shielding are highly recommended now; and if you have the capabilities...work with energy (people) who resonate with you.

## Cranky and Mixed Energies - Part II

by Jan Toomer

### But It Doesn't End There

- **Appetites are increasing** – the human body needs a bit extra to keep up with the energy shifts.
- **Exhaustion** - our bodies are requesting more sleep right now.
- **Sensitivities have increased** – our physical senses, as well as our abilities, may feel in overload. As we rise in energy, we are becoming more aware of the energy; this means our physical senses may be enhanced through vibratory changes. We need to adjust and learn to turn the 'volume knob' down on our senses (yes,

we can learn to turn them down a bit – and can crank them up again when needed).

- **Enforcing Boundaries** – becoming more firm with what we each will and will not allow into our lives.
- **People Act Like I Don't Exist!** – One of the things happening is many are feeling frustrated... feeling as if those around them don't even acknowledge their existence...that is until they physically bump into you...then they seem genuinely surprised and confused that they didn't see you (although you may have seen them clearly).
  - One friend's interpretation is that many people may be self-

absorbed or internal and that they are just not paying attention to their surroundings.

- My interpretation (and it doesn't mean it's right) is that...as energy frequencies raise, lower vibrations literally do not see the higher vibrations – kind of like those with higher frequencies are becoming invisible to those closer to the third dimension reality.

### And There is More

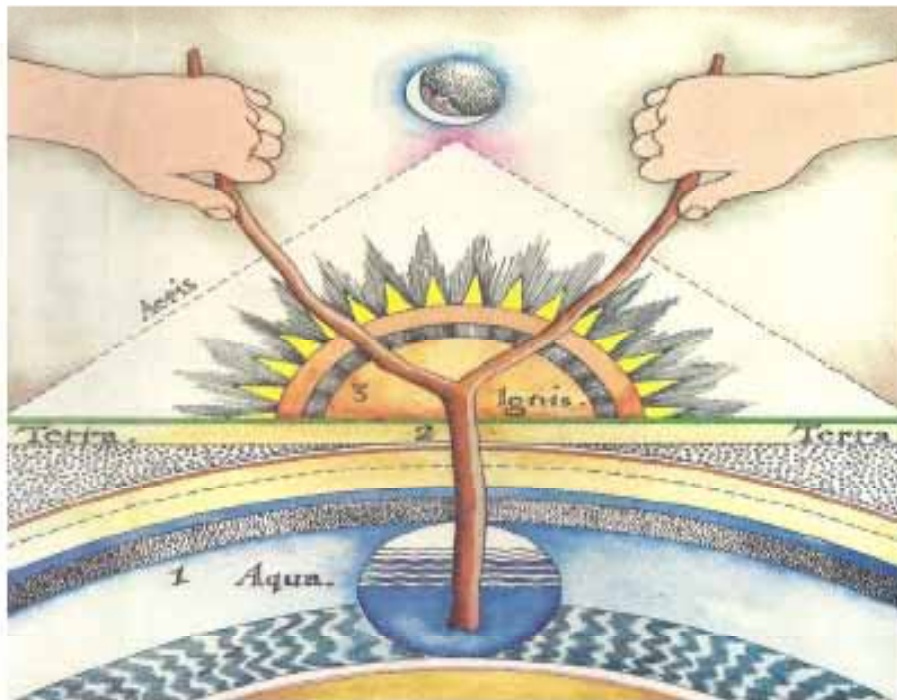
What the heck is going on?

We've discussed the electromagnetic (Cont'd Page 4)

# BASIC DOWSING CLASS

Saturday, March 19, 2011  
1:00 p.m. to 3:00 p.m.

**New Mexico Farm & Ranch Heritage Museum**



Learn the basics of Dowsing (Questing, Divining, Water Witching), how to use the four basic dowsing tools, and the benefits associated with dowsing.

Cost: \$15.00 - Dowsing tools will be available.  
Museum "Friends" Members - \$12.00

Register Early - (575) 522-4100

pulses/energy shifts – we can add to that the solar flares (exhaustion, feeling as though trying to walk through molasses) and feeling the emotional ripples from turmoil occurring globally.

We are going through changes, physically and spiritually. We are humans...we adapt, change and grow. That is who we are.

### Preparations – Your Choice

If you've been listening to media (TV, Radio, etc.), you are hearing hints of what

we may be looking at...gas, food, energy shortages. Many people/experts (?) are recommending having at least six months food, medicine and toiletries supplies on hand.

This is not a scare tactic – more common sense.

I see patterns and possible outcomes for what is occurring right now. The possibility of energy shortage in the US is currently high. I was 'shown' a scene from when I was growing up – long lines at the gas stations. I was young and wasn't driving at

the time, but was curious as to why people had to wait so long and use coupons. It was an energy shortage.

If there is an energy shortage, the foods flown/shipped/trucked into your area will be limited because of the fuel shortages.

### Combining Households

If you have ideas or plans to go to someone else's place to ride out shortages (if they occur) – you need to have your (at least) six month supplies in place *before* you arrive (or bring with you).

(Cont'd Page 5)

## Karen Bishop's Email 2-9-11

February 9, 2011

Hello everyone!

I wanted to send out this brief message, as I thought it was important in this unprecedented time. We are making some great progress moving into a new reality and higher dimensional experience, and the experiences it creates are worth noting, as they can be crazy making and strange at best.

In this year of 2011, we are moving through the portal of the 11 gates, leaving much behind. In this way, with the advent of the 11<sup>th</sup> of each month, and much to do with 11 gates generally speaking, we get thrust ever forward in small bursts, moving closer into our new spaces, until eventually, we are finally there in every way.

So then, because of the move forward in small increments, we are partly here and partly there, and this is what can cause many strange and uncomfortable experiences for many of us. But know as well, that these strange feelings and experiences as I will describe next, are very common to the ascension experience. They occurred in earnest around the year 2000, and they are occurring again. This proof in the pudding that we are indeed evolving into a very new reality and new experience, leaving the past three years or so, far, far behind us, is an encouraging sign.

As we have been in suspended animation for nearly three years, waiting for those on the planet to hold the light within themselves in lieu of getting it from the cosmos, the "universe," or from others already holding light, many who came here at this time finally declared that they were done with the job of assisting in the plan, and wanted to now be free. It was then decided that we would finally move forward, no matter what was occurring, as the game of endurance had gone on so long that many were simply leaving or at best, becoming damaged and weary beyond measure.

So for the past several weeks and months, we have been moving forward and are being released, if even in small increments. During these last few years, we have been in the birth canal, or tunnel if you will, and when in that space, it is near impossible to "see" anything. In addition, we are not connected to anything either. Alone in the tunnel, on a raft floating in a sea with no wind behind us, no oars, and in still waters, with no one to our left or right. But now we are moving forward and this is creating the strange feelings of being in two places at once.

We may feel totally spaced out, as if we are not all here. We may feel that we are talking, but not in our bodies...that the words are coming from someone else...certainly not us. We may look in the mirror and wonder who that person is, as we have no idea who we are or where we are, as we are not all here right now.

We may have a difficult time interacting with others, as they are not all here either! We may feel lost, in an unknown zone, very alone, and connected to nothing. We may not remember what the meaning of anything is, and not remember the names of common objects (very common in the transition stage!). We may have an unusually difficult time finishing a sentence, as we get lost. At times while writing my new book, I would start a thought or sentence and then it would get lost out there somewhere and it would take forever to grab it and bring it back...I could not find it anywhere...it was seemingly gone from my space. We may even forget our names or birthdates, and this is very common as well.

Generally speaking, we just do not feel like we are all here. In this way, we may wonder if we are getting Alzheimer's, as the symptoms are very similar. But unlike Alzheimer's, all these symptoms pass in time as soon as we are thoroughly enmeshed in our new spaces in a higher dimension.

(Cont'd Page 5)

## Cranky and Mixed Energies - Part II

Cont'd

### Isn't This Creating It?

Isn't this creating fear – and working on manifesting the shortages?

I am not doing this out of fear – to me, it just seems like common sense.

I lived with tornadoes – our family pre-

pared for them, but did not create them with our thoughts of preparing for them.

I lived with hurricanes – we prepared for them, but did not create them.

Earthquakes – same thing.

Oil and gas shortages – I will prepare for

them...same thing.

I figured the worst that could happen is that there is no energy shortage and I won't have to buy canned veggies for a while.



## Karen Bishop's Email 2-9-11

Cont'd

Physical symptoms include that old familiar need to eat every two hours, with dramatic blood sugar drops. Our bodies are fine tuning for that new reality, making a massive transition, and need all the fuel they can get. We may feel weak and exhausted, and have just so much energy to spare at any given moment. As we move forward into the new, we may become excited about new ideas and creations, and then not have the needed fuel or energy to implement them just yet, and then they pass for a while as well. We are also still very weary from this entire process and how it has unfolded. A massive rejuvenation period is needed, and I hope we are able to receive this precious gift in times to come.

We may feel that we are having an experience in one world, and then suddenly we are in another world or reality, and have to juggle and straddle, jumping back and forth across a massive, gaping, empty space, leaving us confused, delirious, exhausted and split apart. But there are also manifestations in the physical reality as well, that are in alignment with being in two worlds.

We may be in the beginning stages of something new and exciting, but are still not able to leave all of the old behind just yet. In this way, we may be yearning to begin our new, but need to tie up loose ends first, or complete the last tendrils of our old reality before we can move forward in all ways. In some ways, we may have begun the new, but are still in the old as well, living in both spaces, thus creating even more confusion and splitting. Or we may new opportunities and messages arriving for us, but cannot go there just yet until we finish the old.

During this time of transition, we may feel we are sinking, drowning in possible financial ruin, and may wonder how we will ever survive. But as always with ascension, our needs are always met, and especially during this time, we have just what we need to sustain us, but may not be necessarily generating any new financial support, as we have had to live off of our own energy for the past three years. So even though our needs are met, we are being taken care of, if even through our own efforts for the time being. We are being watched over from above and monitored, and when more support is needed, it will miraculously arrive somehow until we are firmly settled (on this note, a heartfelt thank you to those of you who recently sent donations...they were greatly appreciated and needed. Thank you so much).

As we push ever forward then, into our new reality, leaving the old behind if even in small and steady increments, we will get a big push and much greater movement with the advent of the equinox in March. During this time, we will be more firmly ensconced in our new spaces...spaces which fit us oh so much better now...as we have left what no longer fits us behind. So when the big thrust and big light arrives through the equinox, it will then serve to support us in more ways than we could ever imagine. It will also push us firmly into a dramatic space of new light, with something to hold onto and with much more abundance for all of us. Something we have not seen for a very long time.

Wishing you heaven in your heart, starlight in your soul, and miracles in your life during these miraculous times,


Karen Bishop

(No website at the moment, no internet, and no e-mail, but I can still be reached through the postal service: P.O. Box 15196, Rio Rancho, New Mexico, 87174)

**Reality Undefined LLC**

**JAN TOOMER**  
DIP., MHP  
M.Ed.

**Energy Manipulation Services  
Metaphysical Consultations  
Metaphysical Instruction**



By Appointment Only  
No Walk-in Appointments!

Phone: 575-382-4576  
Cell: 520-234-4440  
Email: Jan@reality-undefined.com

Metaphysical-related articles & free podcasts  
[www.metaphysical-studies.com/blog](http://www.metaphysical-studies.com/blog)

**Advertising**

Price is per month - Newsletter Only  
(newsletter is sent out via email and some printed)

Sm Card Size ( approx. 3.25 inch W x 1.75 inch H)  
**\$2.00 /month**

Space is limited - we reserve the right to refuse requests to  
advertise in this newsletter. Email requests to:  
[Jan@reality-undefined.com](mailto:Jan@reality-undefined.com).  
*Prices and sizes subject to change.*

# Tips for Growth

by Connie Reuschlein

## Tip #1: How to Overcome the Fear of Future (moving forward)

As an energy healer, I see "knee ailments" and to a lesser degree, discomfort in any of our joints, as a fear of moving forward in our life (or fear of future).

A Divine Master shared some interesting knowledge with me regarding this subject:

While I was working on a client's knees, the Divine explained to me:

"There is no past. There is no future... The past is memories. The future is dreams. All that exists is the present moment. Since there is no future, there can be no fear of future. All we need to do is draw our dreams into the present and watch them materialize!"

Here is the beauty of this wisdom: *It completely removes any responsibility for fearing future, because future simply does not exist!* It is like flipping a coin so that we see our world from a completely new perspective.

I visualize this process as seeing a kitchen cabinet in front of me filled with a wonderful selection of spices (dreams I want to bring into me life). I can choose what spice I want to take from the cabinet and bring into my present moment. This feels like drawing desires into my core, into my authentic self! Of course, I have to take notice that the dream I pull in fits in with my vibration (sense of purpose – what feels right to me).

Take a moment to contemplate or meditate on this concept. Then try it out for your self!

## Tip #2: How to Share Your Personal Power (with out giving it away!)

The Divine shared this vision with me, during a distance session with a client who was experiencing *loss of personal power* (energy depletion).

I like to call this the **RED BLANKET** technique:

1. Using your willful intention, take back all of your scattered and fragmented energies that you have given away... or that have been taken from you.

2. Draw your energies back to your authentic self, your essence, your source. Sense your wholeness.
3. Now visualize that you have been given a red blanket (your divine gift from source), which you wrap around yourself. Imagine that this blanket contains all of your glorious personal power in its true and complete essence!
4. Now see yourself calling in those you want to share your personal power with. Imagine yourself opening your arms and drawing your red blanket of power around them. (I like imagining the Storyteller surrounded by her children.)
5. Allow your power/your essence to nourish those wrapped (with you) in your blanket.
6. When you are finished sharing your essence, simply open your blanket. This stops the flow of your power. Those present will automatically move out from within your sphere.

Essentially, *you choose who you want to share your power with and for how long you want to share it.* It is completely within your control. You do not give away your power. You do not let anyone take your power. You simply allow them into your sphere for as long as you choose. You then stop the flow of power when you decide.

Although the Red Blanket (or Red Robe) is a metaphor, it is a very helpful way to practice the technique of sharing your power with the grace of discernment!

## Tip #3: Merge the Mind and Heart as ONE

Learn to merge your mind and heart for decision making.

*When you learn to "THINK with your HEART" and "FEEL with your MIND" you will discover that you have harmony between your intellect and emotions! .... no conflicts.*

1. Visualize your mind as a sphere of golden light in your head.
2. Now visualize a golden sphere at your emotional center - the heart chakra.
3. Hold one hand out in front of your heart, palm up.
4. Visualize or imagine pulling your mind and heart into that hand.
5. Visualize your *mind & heart merging as one* into a bright golden sphere of light!

*This concept was taught to me by Peggy Phoenix Dubro, founder of EMF Balancing Technique®.*

## Tip #4: Learn Non-Judgment for a Fuller, Richer Life

As a healer, I have learned that *non-judgment* allows for very powerful healing results during a client's session. When I practice non-judgment, I find my world is richer in colors, textures, and flavors!

### Follow these tips to non-judgment

Observe your thoughts and beliefs as judgments surface. Just observe them . . . Do not attempt to judge your thoughts and beliefs!

### Discover ways to trick your mind:

- Believe that your confrontations are there to give you situations to build your strength and compassion.
- Believe that others are mirrors of parts of our self we don't want to face.
- Think about the possibility that what you see and experience is illusion.
- Imagine that we create people and scenarios for our own learning benefit.
- Remind yourself that even if you don't believe the above tips, you are using the beliefs to trick your mind!

*Practice allowing . . .* Notice that tolerance has a very different vibration. Tolerance builds a wall of discipline (and contains irritation), while allowing flows like liquid! Allowing, when practiced regularly, shifts us into non-judgment. Allowing creates rich colors and textures in our life, as we begin to recognize people and situations as "just different" from us.

Difference equals diversity. Diversity is like all those wonderful spices in our cabinet! We pick and choose different ones depending on the flavors we want for our meal at that moment! You wouldn't say, "This spice is wrong or bad". It just offers a different character or personality to the food! Observe life as wonderful diverse spices that we can enjoy or leave in the cupboard. We can choose the spices we want to enjoy. We can choose to be adventurous or risky and experience other spices as well!

Thank you Connie!

<http://www.lightbodytailor.com>

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](mailto:Jan@reality-undefined.com)



# I Was Once Called 'Mother Earth'

I hear the stars call out my name -  
while Mother Earth speaks her tales of woe.

My heart aches for mankind's cruelties.  
My soul wants to fly free once again.

I see the many possible paths man has  
created for their lives and Earth's.  
None of those possibilities are any that  
I wish to be around to witness.

I am Watcher - I am Listener - only  
occasionally, and briefly, am I Doer.

I sit in a imperfect body - battered  
and almost destroyed by military doctors.

Am I to cripple the rest of the way?  
A battle to survive? And for what?

To witness man's cruelty to man -  
man's destruction of Mother Earth?

I was once called 'Mother Earth' - am I  
crippled because Mother Earth has been  
crippled also? Am I a reflection of  
Her pain?

Maimed, polluted, weary, trapped;  
wishing to once again reach the  
stars uninhibited.



---

19MAR02 - A nickname given me had been 'Mother Earth'. - When I wrote this, I was still struggling with the after effects of an undiagnosed stroke and illnesses and anger brought on by the treatment and medications from military doctors.

