



## Stepping Forward

For many of you who know me, I have been quiet and a bit absent lately – I am beginning to re-emerge and thank you all for your patience with me.

I have been on a wonderful journey – a year ago this month, I began SCR (Spontaneous Cellular Release) the healing modality class – and will soon be done with my training and practice sessions. Throughout this time I also received my Reiki Master/Teacher.

It has been fun and hard work – but totally worth it!

Remember that I had not been allowed to have any long term physical teacher/instructor until last year – and since then I have had a lot of “firsts” in my life.

1. Finally being able to have a physical teacher – which was Martha Turner – and whom I am grateful that she is in my life and honored that she has been my instructor.
2. The Szabrowicz family of Reiki Masters became my Reiki instructors – and I was deeply honored to go through this experience with all of them.
3. I have gone public with doing energy healings - mainly SCR and Reiki.
4. I am going to begin teaching the “Reality Now Series”, which I will begin with the Intuitive Healing class and the Animal Reiki – For Domestic and Wild Animals class. (I am bringing back the “Reality Undefined Series” classes as well).
5. Am working more now with animals.

6. I have an office in town now, at the Heart of the Dove Center and have the joy of working with some absolutely wonderful people that make up the Heart of the Dove Center!

And the list goes on! I am so excited and feel so privileged to be stepping forward in such a wonderful way!

Once again, thank you all for being so patient – and I am looking forward to bringing you more articles!

Jan

## Radical Forgiveness Study Group

*Many people have been asking when Linda was going to have this study group again - and now it's scheduled! Do not miss this! Jan*

by Linda Aragon

**Radical Forgiveness Study Group** – next course is July 9th – August 13th

Saturday's 10:00am-12:00pm –six weeks Fee \$50 (discounted, take advantage!)

If you missed this study the first time around, here's your opportunity to jump on board. This book study course can be extremely freeing and healing! Radical Forgiveness challenges us to radically shift our perception of the world and of our interpretations of what happens to us in our

lives, allowing us to release victimhood. Would you like to find a way to look beyond the dramas of your life, and get an understanding of the bigger picture? When we awaken to the truth, we realize that all is in divine order, based on true forgiveness, unconditional love and peace.

Please take a look at the reviews of the first study group and what people had to say – now it's your turn!

*(Repeat of this course at a discount is available space permitting)*

Please feel free to contact me with any questions, to sign up, location, etc.

I will be giving a 1 hr .“INTRODUCTION TALK” at the Las Cruces Event Center – 522 East Idaho in Las Cruces - on Sat.

May 21st at 10:00am

Tickets sell for \$10 but contact me now, mention this newsletter, and I will get you in for free!

Sign up this date and the course is yours at \$45! Payments must be made by July 1st – Cash, check or PayPal

Please feel free to contact me with any questions, to sign up ,location, etc.

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■ The articles and advertisements posted here and on the blog reflects the thoughts, opinions and experiences of the individual authors. The reader accepts full responsibility to explore what they feel is appropriate for them and at their own risk - and no one else's.

## Prickly Surges

by Jan Toomer

This week I had a call from a friend who shared with me her recent experiences; as she began to describe her experiences, I knew exactly what she was talking about.

About 4-6 months ago, I went through an unusual experience...every time I witnessed, or had, a trauma (mild or severe) I would have a surge run through me which resulted in prickly or tingly sensations at my fingertips, toes and the back upper part of my head.

These sensations would hit while watching TV (cartoons or not; serious or funny) when someone had experienced a trauma. The trauma could have been physically mild (bumped an elbow) to more severe (needing stitches, etc), or it could have been an emotional trauma.

The severity didn't seem to matter; the realistic qualities (or lack thereof) didn't seem to matter either.

I also experienced this sensation when my elbow accidentally brushed my water glass in the kitchen and I swung to grab

the glass before it could spill. Though not what I would perceive as a 'trauma', my body/energy communication saw the incident as a trauma.

The sensations per episode did not last long, but after a few days of this, I was getting annoyed with it.

### What is it?

I asked my guides what the deal was with this. It was explained to me that I had experienced an energy shift and was working to adjust to the new energy; this energy shift kind of amped up the empathy.

It also was helping to bring home the fact that everything is energy – and I was interacting more with the energy around me...I was learning to be more conscious of my own energy actions and reactions.

### What Helps?

My guides recommended *Shielding* and also recommended a grounding/balancing visualization:

Visualize a bright white Light coming

down into the top of your head, going through your torso, down each leg, out the bottom of each foot, and deep into the core of Mother Earth.

Next, visualize a bright green Light coming up through the bottom of your feet, up your legs, up your torso, and out the top of your head and back up to the Source.

### How Long Will This Last?

I cannot answer for you; my experience lasted about a month with it lessening in severity with my active awareness and participation.

### In Summary

The prickly surges are our energy stepping up a notch and a reminder that energy is everything – and since we all comprised of energy, it is a reminder that we interact with energy daily, and we are all the same...energy. Think about it...we are all interconnected energy. Doesn't that make us *all* connected to one another?

## More Metaphysical / Spiritual Happenings in Las Cruces

### Metaphysical Life Enrichment Center

2600 El Paseo Road  
Las Cruces, NM 88001  
(575) 647-0300

For more metaphysical and/or spiritual classes or events, please see the Metaphysical Life Enrichment Center's calendars.

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

Also introducing the new

### Tesoro Integrative Health Center

207 Avenida de Mesilla\*  
575-652-0076\*

[tihealthcenter@gmail.com](mailto:tihealthcenter@gmail.com)  
(formerly Pi Yoga Studios)

### ...Grand Opening Specials

To fit any schedule or budget!  
(beginning Tuesday, May 10, 2011)

### Stress Reduction Package:

Receive:  
One month unlimited pass to all yoga, Qigong, Tai Chi, meditation and belly dancing classes; One Reiki session; One massage therapy session  
All for \$99! (plus tax)

Normally, a \$150.00 value, so save: \$51.00!!  
Registration for this promotion runs from May 10, 2011 to June 10, 2011.

### Unlimited Monthly Rate

Receive 3 months of unlimited passes to all yoga, Qigong, Belly Dancing, Tai Chi and meditation classes for:  
\$39.00 a month (plus tax)  
Normally a \$49.00 value, so save: \$10.00!!  
\*\*\*\*\*  
½ Price for First Time Drop-ins

Come try a class at TIHC at no obligation for only \$5.00! Choose from our varied selection of yoga, Qigong, Tai Chi, meditation and belly dancing classes.  
Specials begin on Tuesday, May 10, 2011

Everyone is trying to accomplish something big, not realizing that life is made up of little things.

**Frank A. Clark**

Writers are wanted for volunteer metaphysical and/or spiritual articles. Share your experience - write of your musings/thoughts, messages received or epiphany. Send your article (and website info) to me at email: [Jan@reality-undefined.com](mailto:Jan@reality-undefined.com)

# Michael Teachings - Introduction

by Linda Aragon

I would like to take this opportunity to share with you a new study I've been involved with and anxious to bring to the community. I have an invite for you to introduce you to these teachings.

I have arranged a special tele-conference with Shepherd Hoodwin - a channel, intuitive, and workshop leader. He does past-life therapy, healing, mediumship, counseling, and channeling coaching.

All are invited to this event which will take place on **Sunday, June 5th at 1:00pm.**

Shepherd is the author of several articles on the Michael Teachings, and three books, including 'Journey of the Soul', 'A Channel Explores Channeling' and the 'Michael Teachings' - all highly recommended reading.

## Who is Michael?

The Michael entity is a collective of 1050 souls who have completed their incarnations on Earth, and evolved to a higher plane of existence.

Unlike familiar information provided by Seth, or Lazarus, which largely focus on the principles of conscious creation, the Michael Teachings bring a unique perspective to our physical plane explorations. Michael provides a revealing set of tools that help chart our spiritual progress as we journey through our incarnations. This system shows where we are on the path, what lessons we will encounter, why we are here, and what is yet to come. It also helps us understand the unique qual-

ities we each bring to the world, and why people and society are the way they are.

Because these teachings are not based upon dogmatic principles, or a requirement to adopt a rigid belief system, the merits of the material can be self-validated. The core of the teachings involves learning to develop self-acceptance and tolerance for others, and this is fostered through the use of a set of tools which Michael calls - Overleaves. The Overleaves describe the various attributes of our personality, showing us how we perceive and interact with our world.

## OVERLEAVES

Although our role remains the same during an entire cycle of incarnations, in order to gather a variety of experiences we choose a set of personality attributes for each new lifetime. These attributes fall into the categories of Goal, Mode, Attitude, and Center - all of which we will explore.

## ROLES

We choose one of seven roles which will serve as the blueprint of who we are, and how we interact with others:

Priests and Servers - are roles that dedicate themselves to the service and spiritual evolution of the soul.

*Note:* My role is "Priest" - roughly 5% of the population.

Sages and Artisans -devoted to expression, the artisan through creation, and the sage via communication.

Warriors and Kings - the great mobilizers

in society, and they express their nature by "taking action".

Scholars - are the assimilators of knowledge. Profoundly curious.

(Much deeper explanations will be explored)

## SOUL AGE

As we continue through our lifetimes, gathering experiences, learning lessons, and fulfilling agreements, an evolutionary process transpires and this course of development is called Soul Age. The five soul ages that we progress through are Infant, Baby, Young, Mature, and Old Soul. Each soul level has seven sub-levels we will learn characteristics of each later.

*Note:* My soul age has been determined - Old Soul, 2nd sublevel - out of over six billion souls on our planet, there are roughly 300,000 Old Souls -relatively small number however this is changing.

The final goal in the teachings is to learn unconditional love for all of humanity. You will have an opportunity to schedule a reading for a chart at this event.

To learn more about this event, to RSVP for attendance, for location and directions, etc., please contact me:

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## Book Review: Chindii Woman: A Darcy Redbird Mystery by Dorothy Ance Webb

*Please note: This is a mystery written by Las Cruces' own, Dorothy Webb. I was pleased and totally engrossed in this story, so decided to run the review in our newsletter.*

**Chindii Woman: A Darcy Redbird Mystery by Dorothy Ance Webb. © 2011, AuthorHouse. ISBN: 978-1-4520-9599-8.**

Having been an avid reader and mystery lover, I have read a variety of styles ranging from James Rollins, Tony Hillerman, Jonathan Kellerman and Dan Brown - to the lighter side with Charlaine Harris and EJ Copperman... I now have a new favorite - Dorothy Ance Webb's "Chindii Woman: A Darcy Redbird Mystery".

This book grabbed me from the first page of the prologue and then kept on going - I didn't want to put it down.

The Chicago-raised Darcy Redbird - in hopes of finding out the truth about her brother's death - moves to the last place her brother was alive - a Navajo Reservation in the southwest.

While working to unravel the truth and stay alive, Darcy learns that her brother's death was one of many and, according to the locals, the spirit woman named "Chindii Woman" - seeking revenge - caused the deaths.

Darcy also learns of Navajo culture and

some of what it means to be a Native American Indian.

I thoroughly enjoyed the easy flow of the writing; the mystery was well crafted; characters believable and the cultural information and how it was wonderfully woven into the story was fascinating!

This is a must read!

*Chindii Woman* is available from [authorbooks.com](http://authorbooks.com), Amazon and Barnes & Noble in either soft cover, hardback or ebook. Or they can get an autographed copy from the author Dorothy Webb -- P. O. Box 657, Mesilla Park, NM 88047, (575) 523-4196.