

Reality Undefined

MAY
'10

Volume 2
Issue 5

Impacting Others

by Jan Toomer

Usually at lunchtime, or in the evenings, I will watch one or two re-runs of "Extreme Makeover: Home Edition" with Ty Pennington.

It's a show about renovating, or rebuilding, homes in the US of those who submitted their stories and request to ABC – and were chosen by ABC.

I love Ty's high energy; the designers and carpenters creativity; the hundreds of volunteers who come in to help; and love the transformation of the recipient families.

I'll admit, I cry when I watch these. My husband asked me why I would watch these shows when they make me cry.

I told him that it reminds me that there is still a lot of good out there; but that's not the only reason I watch them.

I watch them because they also remind me that we each have an impact on others' lives.

Sure, it may not be as dramatic or blatant as this one- or two-hour show, but you and I are impacting others *every single day*; we usually aren't even consciously aware of it.

Our words and actions - be they kind or unkind - alter or change someone every day.

Energy-wise, I see those who put out unkind, harsh, and/or damaging words to others because they feel bad about themselves. Remember the saying, "Misery loves company"?

Those who go through the day being helpful, uplifting, and/or positive also spread that positive energy.

How will you impact someone's life today?

Learning New Things

by Peter Perkins

This past Thursday the ARE group that I am part of had a speaker talk about crystals. I must admit I don't know a lot about this field. I helped bring things in and got ready for the presentation. The woman who gave the talk on crystals was someone I knew from the ARE meetings and I had been to her house before. It's really beautiful and crystals were everywhere.

At that time I had purchased a healing crystal which looked something like a short wand with two points, and was multifaceted. I cleansed it when I got home with it and let it soak up the sunlight. Still I didn't know a lot about crystals and so it was more of a show piece for me than a tool.

Well the speech was good, with lots of crystals being handed out for people to get a feel for them and see the differences as well as colors and textures of the crystals. There were quite a few people at the presentation; including a new member who I had spoken with

about the group when we listened to a presentation on Alchemy.

The woman who gave the talk on crystals asked me if I could see the energy from them and with effort I could but it was not something I could just see naturally.

She showed me one healing crystal and it had a wider more dispersed energy to it. Another she described as having a laser like pin point accuracy. I didn't perceive this till later when she was working with someone.

Then it was as clear as day, I saw what she was talking about. I saw the energy and it was like she said, like a laser; straight and precise. I don't know how to explain it other than things suddenly became clear.

Like the last ARE meeting the energy of the room and perhaps the crystals was causing me to become less and less grounded. Perhaps this was why I could perceive it clearly this time. I think though the fact the woman us-

ing it has such high energy herself that it helped make it more apparent.

While I do some energy work, and in a way we all do so unconsciously, I usually visualize the energies easily. Yet I wanted to try working with the crystal I had purchased.

I couldn't see the energy but I could feel it. I could feel it in my hand as I moved the point of the crystal and the vibration in my hand followed where the crystal tip was pointed. I still don't know fully what can be done with crystals but I now have a more full appreciation of them and realize they are tools that do work for people.

You learn something new everyday, and that's a wonderful thing!

Peter

Book Review: Edgar Cayce's Hidden History of Jesus by Kirk Nelson

Edgar Cayce's Hidden History of Jesus by Kirk Nelson. © 1995 (8th printing 2007), A.R.E. Press. ISBN 978-0-87604-461-2.

Nelson combined biblical passages with, where he could, corresponding Edgar Cayce readings to enhance the entry or to fill in some gaps in the Bible passages.

Nelson provided three parts in his book:
"Part One – The Essenes and Beginning of Jesus' Ministry"
"Part Two – His Ministry"
"Part Three – The Resurrection and the Ascension"

I am a bit disappointed in that Part Two

had no Edgar Cayce readings, and Part Three had a few correlating readings. Part One, however, was fascinating to read and was packed with Edgar Cayce reading information.

The Power of Our Minds

by Danielle Jackson

I have stressed the importance of stilling our thoughts and being present, moment by moment. Our minds are so amazingly powerful. Unfortunately, most of us remain totally unaware that the power of our minds is found in our thoughts. Every thought we think will manifest somewhere in our outer experience, our body, our environments, our relationships or in our finances. It will not matter whether the thoughts are positive or negative or a mixture of both...these thoughts will manifest. We take our thoughts for granted and rarely place importance on the power that is inherent within them. This lack of awareness is the reason, I believe, that illness or disease of any nature remains as part of our experience. We look for other causes for our discomfort but rarely do we consider that it is only through our thoughts that these experiences have

come into our lives. It is only through our thoughts that these experiences remain a constant in our lives. The majority of our thoughts are from the past...they replay over and over again until they manifest... or we change our minds and begin to think new thoughts.

Healing happens when the change is made from an old thinking pattern to new thinking pattern. Healing, regardless of the circumstances or the needs, can only happen when we consciously and willingly begin to change our minds about our past way of thinking. This change is not necessarily an easy one. It takes focus, determination, persistence and practice to change thinking patterns. But you can change them! This then is the message... Listen, make the changes and change what you are experiencing in you your lives. Not ready or willing to make the change? Well...then joyfully accept the

life that you are making and expect more of the same!

I've been writing the articles on this website for over a decade. I have used this format to bring the message that I have received. In the last year and 1/2 the format became more of a blog. Today I am beginning a change that hopefully will be more interactive. So I will begin to share more of myself on a daily basis through the blog format. So stop by often and feel free to leave a comment or ask a question.

Blessings,
Danielle

Thank you Danielle!

Check out Danielle's web site!
<http://www.dancethespiral.com/wordpress/>

Metaphysical Allergy Relief?

by Jan Toomer

(NOTE: this is an energy exercise only! Do not disregard your medical physician's instructions!)

When working with others, it's always easier to 'see' option for them; sometimes we don't 'see' so clearly for ourselves, or we just plain don't think of asking for ourselves.

I am notorious for forgetting to contact my guides for assistance in my mundane life.

For example: I have severe inhalant allergies, especially 'furred & feathered' animals – which sucks crunchy peanut butter for an animal lover and communicator. I needed inhalant allergy relief!

I had tried prescription allergy medication; herbal allergy meds; homeopathic allergy tablets (which worked the best, but still not enough relief) and still suffered for

many years with severe symptoms. The contact time didn't matter, brief or not, I had problems.

This past week, it 'suddenly' occurred to me to work with my guides on this. I am sure someone probably mentioned it before, but for whatever reason, I just didn't do it....

Shielded and sitting quietly, I asked what I could do to be able to be in someone else's house for a short time (about 1 – 2 hours) and not have such severe reactions.

The response was immediate. I was shown to first shield and when completed, bring down (from the Source) a (slightly darker than lavender) pale purple colored light and bubble my shield with that.

Next, I was shown to bring down a healing green light down and bubble my purple and basic shield with that; a three-layered shield!

So I tried it out on Thursday morning. I pet the dogs and they licked my hand. A sure test!

Thursday afternoon and evening – no fever, no chest congestion, no stopped up nose, no watery eyes and I was able to sleep that night; still nothing for Friday morning.

Just like when you first begin shielding, it takes practice until it becomes automatic. Now all I have to do is to keep remembering to perfect this on me! *grin*

I do not know if this will work for others and their inhalant allergies – but it may be worth a try!

If you try it, please let me know if it helped you or not!

Tell Them

by Danielle Jackson

In the past weeks I have heard from many individuals about the challenges that they are experiencing now. The loss of loved ones, the ending of relationships, the challenges of talking care of elderly parents, the challenges of raising young children, the appearances of job/career changes, the task of healing body conditions, the overwhelming sense of aloneness and feeling disconnected to everyone and everything, just to name a few. The energy of change is upon us all. Today as I entered into meditation, with a long list of prayer requests, I asked God not only for the dissolution of these many challenges, but for the words that would give us all comfort and hope. In the midst of my meditation I felt a warm and loving presence whisper to me:

Tell them that if they are feeling alone it because they have forgotten that I am always with them. In them, through them, everywhere about them I am there.

Tell them that this energy of change is heralding in a time of love, peace prosperity and wholeness for all of mankind.

Tell them to put down their crosses, and tear up their personal scripts of pain, suffering and loss.

Tell them not to lose hope because they

are the hope of a new millennium of Light.

Tell them to come into the present moment now calling forth, moment by moment, their divine inheritance

Tell them they have chosen this time to be on Earth to participate in these changes. They did not come alone but are joined by a multitude of souls here on earth at this time to anchor in this light of transformation.

Tell them that when they are lonely to look about them and behold their brothers.

Tell them to withhold their judgments for when they judge their brothers they have judged my creations, which are perfect in My sight. Ask them, as an extension of love to Me, to seek to find that perfection.

Tell them that they are the "Lighthouses", which have come to cast the light for all to remember Me. As they let their light shine they will see Me everywhere in all things.

Tell them that what ever their challenges appear to be that they just need to call on My name, get out of My way and prepare for My love to lift them into the manifestation of all that I have created them to be.

Tell them that they don't ask for too much but far too little. I would not deny my created anything because it was always my

intention that they have everything.

Tell them that even though they are embodied in the appearance of flesh, they are the same creation as the Angelic Realm and the Masters that they now revere. There is no challenge, task or event that is greater than them. They have come by my authority with every Universal resource created, available to them.

Tell them to make a place for me in their dwelling place and within their heart. Not so that I may come and dwell with them but so that they have a place to dwell with me.

Tell them to come into the silence so that I may speak to them and they will know my love within the core of their being and begin to radiate that love.

Tell them and remember Me!!!

Here is the message.

Blessings,
Danielle
(I friend asked me to reprint this and I feel that it is appropriate for all of us.)

Thank you Danielle!

Check out Danielle's web site!
<http://www.dancethespiral.com/wordpress/>

The Source

by Jan Toomer
Part I

As a child, I was confused by many Sunday school lessons. One such lesson taught us that God (the Source) made us in His image.

I looked around the room and concluded, "No way!" Everyone looked, acted, and felt different; everyone's thoughts and energies were different; it made absolutely no sense whatsoever!

It didn't fit me or what I observed at all; it didn't fit my reality.

As I grew, and my instructions and lessons from my guides continued, as did my physical instructions and experiences (aka, living life).

Using an earthly-type analogy: children are made from their parents; they may have some physical attributes from one or both of the parents – but they become individualized. Their thinking, energy, looks

and mannerisms start developing; they are not carbon copies of their parents.

Some of their life experiences are unique to them, as is each interpretation or perception of each experience is unique to them.

If you have two or more children, you will see two or more distinct, unique to them, individuals, even though they came from the same physical source.

One day I had an epiphany! What I was learning from my guides and learning from life were slowly beginning to coalesce! I understood what Genesis 1:27 was talking about, and our physical bodies had nothing to do with it!

As I learned to 'see' people, I realized I 'saw' their core – their soul; it was the soul that was made in His image! (Okay, so you probably figured that one out already – but it was a big step for me as a child! *grin*)

The Divine Spark

My thoughts/beliefs are that we, our souls, are divine sparks from the Source ("made in His image") – our life experiences, our perceptions and our interpretations of our life experiences helps us to grow; we gather, from lifetime to lifetime, more experience and learn more life lessons.

Our ultimate goal, as each soul decides themselves, is to rejoin the Source, bringing back the experiences, interpretations and perceptions, and we will re-incorporate again with the Source.

Some people find this an un-nerving, or even scary, thought.

"Won't we lose our individuality?"
"Won't we cease to exist?"
"Won't 'I' be gone?"

If we all came from the Source, then we are all connected – it's just harder in a physical body to remember this.

(Cont'd Page 5)

"I" is a physical, earthly attribute; it includes 'ego', which is again, an earthly attribute.

When we depart our physical body (our physical body dies), and we cross over, "I" (ego-based) is no longer; it is not needed on the other side.

The *real* us is energy; energy does not cease to exist.

When we (individually) have decided to re-join the Source, we once again become part of the whole. Nothing is lost; it is just shared, and enhanced, with the Source and the other experiences/perceptions/interpretations that had also re-joined the Source.

It is the ultimate 'going home', and it doesn't happen until *you* decide you are done experiencing.

Part II

What is the Source?

A wonderful person asked this question.

I have no definitive answer for anyone. I can tell you my interpretation, but please be aware that physical word descriptions are very inadequate to describe the Source.

The main Source: energy, never ending; never judging; patient beyond what you and I can ever experience in physical form.

I see the Source as a very bright, intelligent, energy, which always has been and always will be.

Visiting the Source

I have in my mind's eye, visited the Source while in this physical body. However, I *know* (my own knowing - my knowing does not necessarily have to be your knowing) I cannot handle direct contact... my physical body and mind cannot handle the massive energy and information contained within the Source.

So, my (mind's eye) visualization has set up a cave with a large ledge in front of the cave opening. The cave has a very bright Light source within, which spills out onto the ledge.

When I go to communicate, or be refreshed and/or reminded of the Source, I will go to the ledge and face the Light within the cave. I *know* that if I adventure too far in, I will be overwhelmed; my physical mind and body cannot hold, contain or absorb that much.

I will either stay on the ledge or will go to the mouth of the cave; no further.

When I communicate to the Source (directly and not through my guides) I feel such an overwhelming and indescribable sense of acceptance and love.

There are brief times, when I meditate, that I *know* all; *understand* all, and have unlimited compassion - but, when I come out of the meditation, those feelings and understandings are gone...or severely diminished or paled. My physical body and mind are currently incapable of maintaining a hold on that knowledge. To me, that is the Source, who can maintain all of that, all of the time...unlimited.

My Relationship with the Source

Some may be offended by what I am going to write next, but I will share it anyway.

As a child, on bended-knee, I would pray to the Source - and for me, that sucked crunchy peanut butter.

In church, I was taught I should be afraid of the Source, and I wasn't; I was taught to bow down, or be on bended-knee, when praying to the Source - I felt it wasn't natural.

My own personal connection to the Source is very intimate, and by that I mean I can be me, in every way, shape or form: grumpy, happy, or 'matter-of-fact'.

I figured, since the Source knew all of me better than I did, then I needed to be straight-up when I communicated with the Source; no pretenses, no pretending, etc. - it had to be natural.

I talk to the Source like I would a very close, dear friend - and I feel as though the Source *is* a very close, dear friend.

Now, I can't say I have ever heard the Source actually speak words to me, but when I communicate with the Source directly, I have absolute and total trust that the Source will guide me, protect me and direct me - and that does not waver, regardless of my physical temperament or mood.

So, there you have it - my (physical word limited) sense/feeling/interpretation of the Source.

Hopefully all of this helped. :-)

Living In Two Worlds

by Dragon Spirit*

Living in two worlds is difficult to say the least.

One foot in the present and one in the east.

Playmates come and playmates go
Many of whom you'll never know.
"Lost her marbles," many would say.
I don't care. I love her anyway.
Crazy Cat Lady, Psychotic wench

Come and sit a spell with me on the bench.

Your stories I wish to hear
Ringing true and very dear
To my heart the truth does speak
That is what I really seek.
You see far and you see wide.
Into your depths I love to pry.
Show me, teach me, help me learn
This is the desire that does burn.
Dragons, gnomes, fae and such

Oh what a motley bunch.

We should do lunch.
We'll sip our tea in the garden of light
And enjoy the day with pure delight.
Stories and lessons and fun abound.
Oh what a wonderful life I have found
Just sitting here on the bench
With my favorite wench.

*Written by HJM, aka Dragon Spirit

Writers are wanted for volunteer metaphysical and/or spiritual articles. Share your experience - write of your musings/thoughts, messages received or epiphany.

Send your article (and website info) to me at:

Jan@MetaMatters.org

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

Your Meta Questions Intro

I am often asked generalized metaphysical questions or questions about topics from my classes – and have decided to share some here.

Please remember that my answers/responses are based on my perceptions, beliefs and/or experiences – they may or may not fit you. Feel free to take in what is helpful to you and leave that which is not.

Your Meta Questions - Soul Contracts & Free Will

Question: Soul contracts are set on course at the time of birth. How can Power of Attraction work if your life is already set in stone? Is this free will?

Your life is not set in stone – only certain experiences are.

We each created a soul contract/plan prior to entering our current life. See it as a check list of specific tasks you wanted to accomplish in this lifetime - lessons and/or experiences to help you grow spiritually.

We did *not* each bring a play-by-play manual! Every second, everyday is not detailed in our soul contract.

We decided not only which lessons/experiences to accomplish – we also decided who we would have as players in our life-game; what abilities we would bring to the current lifetime.

Then comes the tricky part: most of us forgot our plans when we started living our physical life.

Our soul contract is still in effect – we don't necessarily remember them – but our pre-scheduled plans will try to occur. These targets/events/experiences are usually spread out throughout our lifetime and will work hard to manifest for us.

Everything else is free will! Free will comes into our lives daily; each thought, action (or re-action) is free will.

I am also open to your generalized metaphysical questions (please keep personal information out of it) and I will try to answer a few throughout the month.

You may post your generalized questions here, or email them to me at jan@reality-undefined.com.

If your question is chosen, it will be posted

Listening or not listening to our guides/higher self is free will.

How we deal with the upcoming events/experiences, etc. is free will.

How does manifesting (power of attraction) play into this?

We are only limited by what we each created for our soul plan.

What does that mean?

It means that if you chose to *not* have telekinetic abilities in this lifetime, you can practice it until the cows come home, and still not get it. (Yes, I am talking about myself! Ha!)

If you pre-chose to not have a specific ability until you reached the age of 36, you won't be able to access that ability until you are 36.

You are only limited by your own soul plan/contract – all else is game on!

If you have doubt about manifesting (creating mental blocks like: "I can't really do this"; "I am not worthy of this"), then your own free will (including doubt) will manifest that – which means you cannot manifest/attract creations if you un-create them with your own doubt.

Remember the part where I said, "...most of us forget"? Well, that's the kicker. If you can't remember, then how do you know if

under this header ("Your Meta Questions") with my response.

Thank you all!

:-)

Jan Toomer

you able to manifest this and that or not?

Work on removing your mental block and then work on manifesting!

I never thought of myself as 'manifesting'. I just thought, "I would like to find/have such and such"; thought about it (what it would look like; details, such as dimensions, etc.); and then I let it go.

I didn't dwell on it; I didn't worry over it; I let it go.

When I let it go – I *knew* that it would be taken care of if it was meant to be for me.

If it didn't manifest, it usually meant (for me):

- I didn't really want it
- I didn't really need it
- It wasn't accessible with my current soul contract
- It wasn't clear enough in my mind what it was I wanted

If I felt I still would like to have "it" (whatever it was), I would reframe my desire, with more clear intent and details.

If it came, wonderful!

If it didn't, I moved on.

How to Find the Truth in a World of Lies, Part Two

Part Two

How to use the mind

by Andrew Gubb

In the previous article in this series about How to find the truth in a world of lies, I moved around a general theme of having the courage to break your belief systems in order to improve them. Here I'd like to look at how the mind works and how you

can use it more effectively.

"The mind is an excellent servant but a terrible master."

The mind and the spiritual path

I was first inspired to take a step back and look at my way of perceiving reality itself by Eckhart Tolle in *The Power of Now*, a book which has been utterly transformative in my life as well as for millions of others. He

suggested that our mind isn't just the innocent calculating machine we thought it was. When we become identified with the mind and think we need to defend it, we are capable of seeing anything but the truth in order to hold onto a feeling of being right or superior. So suddenly we have two, not one, adversaries to deal with in finding truth. One is ignorance. The other is our own selves. The more dangerous a truth is to our sense of identity the better we are at deluding ourselves. This is why *(Cont'd Page 7)*

science, which advocates a totally mental approach to finding truth, has had great success in areas such as physics but practically none in psychology and the tender issue of how to be happy in a world which needs constant dissatisfaction to maintain the status quo.

For the issue of how to be happy, Eckhart Tolle recommended you give up entirely on trying to work things out mentally and see this instead as a contest with your mind. You have a lack of clarity because your mind is making things unclear. You gain clarity, then, by stopping your mind from doing so. There's nothing you need to "know".

I still learn that lesson anew from time to time as I explore using meditation and prayer instead of trying to tackle my psychological issues from the frame of solving a problem. Nowadays I've dropped a LOT of complications and have a very simple spiritual path:

Keep walking. Live life. Follow my heart. Have faith that I'm where I need to be in any given moment. Learn from experiences and ask for help from my angels and spirit guides. Meditate when I'm drawn to it.

It's up to you to create your own spiritual path. Feel free to take inspiration from mine, and look into other paths, too.

So that's how to find the Truth. But what about small-t truths? I took a detour, yet small-t truths and perfecting your more general worldview are what this series of articles is really about. But don't worry, there was a point to what I've just written.

Transcending intellectualism

To get to be good at finding the truth in a world of lies, I think it's impossible to separate entirely the spiritual aspect of all this. If you don't know yourself, you can't know the world. And take a step back – why do you want to know the truth? If you only want to build your intellect then you can. But it might be worth challenging yourself anyway. Is that the best use of your energy?

I know plenty of people who think that

$$n = \zeta i$$

Where n is number of books read, and i is intelligence. ζ is the number 1, making it effectively irrelevant. I just put it in because it looked funny.

I disagree. I believe that

$$ne = \zeta i$$

Where e is the energy you put into being transformed by what you read. I know someone who lent me a book on the Law of Attraction who doesn't live the knowledge it contains. She asked me why I spent so long reading it and why I gave it back only half-finished. I said it was a good book, but I wasn't ready to totally integrate the information yet. I wasn't interested in reading for the sake of it.

Reading for the sake of it is a big thing in our society.

The problem with this, quite apart from the fact that it's a waste of energy, is that people gain knowledge but they don't UNDERSTAND it and they don't LIVE it. This is absurd, but it makes sense to them because what they want is to build their identity, not empower themselves with understanding. They want to shelter from life rather than living it.

I can't be too hard on these people because I was the worst there is. I changed because there was something more important to me.

So we come back to the spiritual aspect of finding the truth. Here we go: *To align with truth you must transform yourself, transmute your fears, and empower your passion.* A fearful person just can't see the world as it is.

If you want help on how to do this the best book in the world is *The Power of Now*.

How to think clearly

Inspired by that book I learned to intersperse periods of meditation with periods of thinking. Yes, like most followers of Tolle I went through a phase of trying not to think ever and getting angry at myself whenever I noticed I was thinking :) But nowadays I'm happy to think a lot and continue to search for truth, and I don't think I'm misguided in telling you that you could benefit from doing so, too. Make a point of observing if your mind is overactive or going in circles, and take time to meditate if so.

If your mind sounds like a broken record and you just can't seem to find the solution you need, check to see if your mind is just going through a feedback loop where you feel fearful and create more feelings of fear by imagining all of your problems in vivid detail, thinking that focusing on the problems will banish the fear. With hardcore intellectuals, their problem is often that they aren't totally right about everything yet, making them scared of

damage to their ego. At these times the solution is to calm down. Though it's hard, you would probably benefit most from choosing to do nothing for a while. I know it often seems impossible. Just realise that nothing is ever as terrible as the mind makes it, that the world doesn't end if you're relaxed and enjoying yourself, and that solutions often come up of their own accord without need for intervention. In short, doubt your mind.

Try laughing. There is nothing that cannot contain humour except a person controlled by his ego. Laughter is a cleanser: it destroys false structures. I actually suggest this trick: stop and laugh for no reason. If you have the strength to do so, I guarantee you your train of thought will be on a different track when you return to the problem at hand. It's a great exercise if only to learn to doubt the mind and the things it makes serious. If so many things stop being important after laughter then what is important? Check it out.

So take regular "steps back" and consider what your true motivations for thinking are, whether your fears and desires could be leading you to false conclusions, and what results you are getting. A sure indicator that you are on the wrong track is if you've spent a lot of energy in making a stunning case for what you already believe :)

Finally, who could discount the need to share thoughts with others. I've not historically been that good at it, but the more you open up the more "real" you become. Connections with other people, especially people on your wavelength who can understand your ideas and accept your way of being, are the best way to stay grounded. Often just speaking your thoughts aloud to someone is enough to alter your perspective (consider the shrinks who get paid excellent salaries just for thoughtfully listening to people). They'll automatically point out the gaps in your ideas and if they're really cool, they'll be able to help you notice if your mind is distorting things. Cultivating relationships where you can give and receive criticism is so powerful.

Your brain is not a computer

This is the message I'd like to finish off with: your brain is not a computer. A computer works by taking all factors into account and doing expert calculations. Do you know how many "thoughts" a robot would have to undertake to correctly ascertain where a ball is going to land? Yet even a dog can play fetch. It's the same with other "calculations". You go from one (Cont'd Page 8)

How to Find the Truth in a World of Lies, Part Two

idea to the next but you don't know exactly how. It's not mathematical. Basically, like you will your hand to move, you will your mind to come up with an answer.

So don't think you need to craft a perfect mental dialogue to arrive at a solution. You don't necessarily need any mental dialogue at all. Quiet your mind, feel the

issues at hand, and, with your consciousness, push into the feeling that is in the space between wanting to know something and knowing it. You need to have an quiet mind to be able to do this or you won't even notice the space. And when the answer arrives, move on to the next thing you want to know.

This is what you do already so don't think it's a magic skill you need to learn. But knowing the process is useful. It's a reminder that YOU aren't doing anything. The answer comes, or it doesn't. You are just the will to know.

How to Find the Truth in a World of Lies, Part Three

Cont'd

Part Three

The Meaning of Beliefs

by Andrew Gubb

So here we are at number three of the article series, *How to find the truth in a world of lies*. In the first article I challenged you to question your beliefs. In the second I had you challenge your own mind. Now I'm going to challenge what you understand by "truth".

The map is not the territory

I like philosophers. They're funny. They're kind of tragic at the same time, though, because they waste their time building structures on false foundations. I think most people, actually, intuit that there is something wrong with philosophers, but they're not as cocky as me so they just assume that if a guy spends four years studying something, he knows what he is doing. I disagree: I think a huge amount of people really are capable of doing something so spectacularly useless.

The fundamental problem with philosophy is that it *takes thoughts too seriously*. Thoughts, which are made of words, are supposed to be able to perfectly reflect truth. Actually, I think many philosophers miss a subtlety and assume words to BE truth. This is one of the tricky tendencies of the mind you need to be aware of. In NLP they address it by saying "the map is not the territory".

People who miss this can have a tendency to get really uptight about questions such as "Can you cross the same river twice?" My answer to that question would be "Who cares?" If pressed further, I'd explain, "What part of reality are you trying to map? When I understand your motivations for asking a question then I can provide an answer that has meaning for you. But there is no such thing as an absolute truth in the form of words."

Every word has a meaning defined by the dictionary. The definitions, in turn, are all words defined by the dictionary. There's no connection to reality there. The dic-

tionary isn't authority. A word is assigned its meaning when we point to a thing in reality and use a word to describe it. You really can't ever define anything in the way a philosopher wants to. You can only point to things.

So when you talk about something you have a meaning you want to impart. With the words, you attempt to point at the meaning. Meaning is what really has value in the world. Not logic structures.

Reading behind the words

I think, therefore, it's best not to read something from the frame of finding out if it is true or not. Instead, look for meaning. When someone says something, depending on how they say it they could be imparting a thousand different meanings. Don't trust the words. Read behind the words.

When I read a book I have a process I go through. First my head fills up with ideas. The more ideas I have, I know, the less I understand. So I sit down and work on finding the meaning of the book. Not just the meaning the author wanted to impart, but the meaning for me (for this reason, many books I'll leave halfway through. There is no meaning for me at this moment). I might sit with my journal on my lap and condense entire chapters into a few sentences which I'll scribble down in my own words, making the ideas mine and integrating them in my own map of reality. It's not that the book only contained a few sentences of value (usually). The larger body of writing gives you context and helps you understand. But finally you leave behind the words, them having served their purpose, and you're left with the meaning which this book held for you.

Lenses

When you "read behind the words" you find a funny thing. Different views of reality stop becoming mutually exclusive. For instance, you could be both Buddhist and Christian at the same time. I see there is truth in the words of Jesus and truth in the words of Buddha. They might not say the same thing, but that doesn't matter.

They're both looking at reality from a different viewpoint. Consider Rumi's story, which I paraphrase from memory:

A group of people were brought into a dark room with an elephant in it and asked to describe the animal.

One touched its leg and said, "This animal is like a tree trunk."

Another touched its ear and said, "This animal is like a giant fan."

Another touched its trunk and said, "This animal is like a snake."

Rumi's story was meant to illustrate that God could be approached in many different ways, but that didn't mean that any of them were wrong.

I have another example which I'm working with in my current life. Right now I'm interested in getting my diet right, and I'm faced with a seeming choice between many different viewpoints: the raw foodists who experience incredible results from eating only raw food and forgetting all else, Edgar Cayce's dietary rules which cured many people of diseases, and Macrobiotics which seem to have had similar successes with other people. I even know of a viewpoint which says most diseases are karma, somatizations or learning experiences and your body is capable of living off light, so you can eat whatever you feel like and it'll only make a difference if you think it will. Which should I follow? Well for now I take a little bit of all these approaches. I eat as raw as possible while consuming grains, miso and salt to ground myself as per Macrobiotics, looking out for some of Edgar Cayce's specially recommended foods and laughing a bit at the whole process at the same time. Each viewpoint can be seen as contradicting the others, but I don't take any of them as gospel truth. I consider each to contain a certain amount of meaning, and forge my own approach from that.

Steve Pavlina calls this using different "lenses" to look at reality. Each belief system is a lens through which you view things. Each one is likely to have some (Cont'd Page 9)

blind spots and some things it is good for. The greatest empowerment comes from being able to use different lenses depending on the situation rather than grasping onto one and refusing to accept the others have any value.

Beliefs as tools

This implies a shift in the way you look at your perception of reality. Instead of your beliefs being your best attempt to understand the world, they could be seen as just tools. If a belief empowers you or brings you joy, you can accept it as true. If a belief doesn't, then you can throw it out.

There are many ways to ascertain what is most likely to be the "real" truth - which I'll go over in a later post - and I do believe

that it's best to believe what seems most likely to be correct. On the other hand, many times we still can't be that sure. In fact we can never be sure ;) But anyhow, if you're in a grey area of truth, you can look at the possibilities of believing that which is most useful to believe.

Consider you have the intense desire to become financially free. You have been brought up with the socially implanted belief that it is impossible to survive doing anything other than submitting to an external boss and taking up a tyrannous and mind-numbing weekly schedule. But you feel that that is unacceptable. And other people suggest there might be a way. Who do you believe? I for one chose to believe I could achieve what I wanted, because that was the belief that was most likely to help

me do that. I didn't have much in the way of evidence, though like a good fundamentalist I then went out and found some to support me in believing what I wanted to believe.

Many beliefs have a way of making themselves correct. If you believe you can or can't do something, as Henry Ford said, you're right. In a similar way, other people have a way of fulfilling our expectations of them. There are other, even more curious reasons why this can be true, which I'll challenge you to explore later. But for now, have a think about that. What if you seem to be so right because the world likes to show you the part of it that meets your expectations? What can you achieve by changing the way you look at things?

How to Find the Truth in a World of Lies, Part Four

Part Four

The Adversary

by Andrew Gubb

Excuse me if the past posts were all about getting rid of things. Destroying belief systems, challenging the comfortable way you look at your mind, getting you to doubt your sense of reality - I know. I love to strip things down. I'm the sort of guy who gets a perverse pleasure out of throwing things out when I'm spring cleaning.

In the next article I'm going to build you up again by getting to some juicy truth-finding methods. However, before that I wanted to go over the issue of the forces that work against you in your efforts to finding truth. It was going to be the introductory section to the following article, but I found I had a lot to say on the matter and didn't want to cut myself short.

The adversary

You should be aware in the search for truth that you have an enemy. Remember I said that I think you can know absolutely anything you could possibly want to know if you put the dedication into finding the truth for yourself? The reason that most people are stuck in ignorance and illusion is the influence of what I'll call the forces of darkness. If we are omnipotent, omniscient, and blissfully loving beings (and I think we are), then our limitations come from those which we have imposed on ourself out of "dark" urges. Some people dedicate their lives to bringing ignorance, separation and enfeeblement to

the world under a perception that they will get something out of it, or perhaps just a blind addiction to the darkness. On the other hand, even those who work for the cause of Light carry the seed of darkness in them. It's all about what part of the whole you decide to represent in your part in this great theatre.

Understanding of the play of light vs. dark, I believe, is one of the most important things to look into in your search for truth in this world of lies. (Don't forget to apply truth-finding protocols to what I've just told you, of course). But this understanding can also help you discern other truths. Realise that there are people who want to limit the infinite wellspring of understanding that is at our fingertips and make us stupid so that they can continue to suck our energy. They are powerful, and are not interested in our wellbeing.

The biggest reason there is a trouble with finding the truth in this world is because of the direct intent which goes into making it hard.

This is a very powerful shift in perspective if you integrate it.

Keeping responsibility

There are two ways to deal with this new understanding.

THE WRONG WAY

Decide that your life sucks because of the forces of evil now and you're just as powerless as ever to improve it. (Give away your responsibility out of fear of making changes).

THE RIGHT WAY

Realise that you have more power now that you know why you have been kept in the dark. Realise that the world has never been as impossible to get to grips with as you were previously led to believe. (Have the courage to keep your responsibility and make a move on making your life better).

Realise that the forces of darkness are powerful, but actually their greatest power is the power which you give them. Why do you give them power? Because the seed of darkness in you leads you to think it'll be a good choice. You can only be affected by darkness to the extent your harbour darkness in yourself.

If you get angry at them, you're generally continuing to give your power away. Anger is a stage you have to pass through in the process of waking up, but after that point you have to let it go. If you're angry, it's a fact that you still feel like you are vulnerable. By failing to question this sense of vulnerability, you continue to give your power away.

Because the truth is you are not vulnerable. You have the greatest power in the world: the power to choose how you will live your life. Everything else is peanuts.

Authority

Or better said, *false authority*.

Watch out for it.

In this society made up of victims and vic-
(Cont'd Page 10)

timisers, we have a conditioned response to believe in the words of "authority" without question. Anyone who talks like they know what they are doing, if they have few enough morals, will be able to quite quickly create a large group of followers intent on giving up their lifeblood to them.

The forces of darkness arranged this quite purposefully. We already had the tendency to give our power away or it couldn't have happened, but at about the year 1885 a school system was set up with the very clear intention to train children to be obedient and naive enough to believe whatever they were told to believe.

(Note I don't think they created this impulse. I think, due to the seed of darkness within all of us, we already had it. However they spent large amounts of energy in cultivating it and bringing it out. This is why, on the one hand, the state of the world is largely the fault of people like this, but on the other hand, the responsibility to reverse this damage is ours alone).

Hence, nowadays, the chances are, if you haven't spent a lot of energy on questioning your reality, your beliefs have been dictated by the desires of those in power.

This goes for all sources of truth – ESPECIALLY those you think "unbiased". The news – totally controlled. Science – even more so. Medicine – a capitalist scam which the Nazis would be proud of. Fitness and diet information – owned by industrial interests. Financial wisdom – obfuscated by people who don't want you

to be free. Religions and spirituality – an absolute minefield of false authority with truth hidden in the unlikeliest places.

To learn the truth, you must become your own authority and stop looking for authority in others. That's not to say you shouldn't go to others for help in finding the truth – you can only find the truth with help. But it means that the final arbiter of truth is YOU. You weigh up the words of many different sources and then choose what to believe on your own. You keep your responsibility. Responsibility is heavy, but less painful in the long run than being continually drained by the myriad vampires of our society.

I don't believe I'm being manipulated!

OR

You're a conspiracy nut!

Believe what you want, but just for fun humour me on this point. IF authority controls your beliefs, then wouldn't it be easy for them to make you think that everything in this society is OK and that you are not being manipulated? Isn't that the best thing for them for you to think?

I've known conspiracy theorists who really were nuts, and I think the manipulators of society like to keep the image of them like that. On the other hand, I'm a pretty balanced guy (generally...). I don't go crazy about it. I just realise that if a friend could betray my trust for ten euros, then people who have more power are hardly likely to

be much more enlightened in their actions, despite that those actions will have a larger impact. Power makes you more of what you already are.

Wake up and smell the roses dude – we don't live in a perfect world. To keep a balanced perspective, though, I don't think we need to be incredibly unhappy about that. We do have the power to live good, enjoyable, loving, abundant lives. Without evil we'd live infinitely better lives. But what does it matter – you're here, so get working on making the best for yourself. If you let yourself be eternally resentful then you'll just continue giving away your right to a happy life.

I think the fear of this bitterness is the reason why some people close their eyes to the truth. However, it doesn't have to be like that.

In conclusion

False authority is another reason to doubt what you believe. Don't get caught up in resisting them but keep working on finding out what you want to know with the awareness that these people exist.

And don't worry too much if you start to feel like an alien in this society knowing what you know. You're not alone.

To learn more about polarity (the play of light and darkness) check out these articles by Steve Pavlina as well as this one by me.

How to Find the Truth in a World of Lies, Part Five

Part Five

Tests for Truth

by Andrew Gubb

In this article we're going to talk about the different protocols you can use to evaluate ideas in the process of finding truth.

I separate the protocols into neat categories but really in most cases you'll be using a combination of several at once. For instance, *you could follow your intuition to find the most trustworthy person to learn from and then test what he says using the scientific method.*

PROTOCOL 1: Believe what others say

This is the protocol we use by default. Maybe you're expecting me to rip on its flaws, but this method is actually quite indispensable. It's when it's used naïvely that

it snares us.

The basis for this test for truth is to ask yourself whether your source is 1. trustworthy, and 2. accurate in their perceptions.

I'll give an example. I'm not sure whether global warming is real. I don't understand the science of it, so I can't work it out for myself easily. I saw Al Gore's "An Inconvenient Truth" and couldn't deny that he made a good argument, but I personally felt a creeping disgust at the sense of inauthenticity I got from this man. So I decided that while the man seemed intelligent (potentially accurate perceptions), I didn't feel he was trustworthy.

Then I read Steve Pavlina write about global warming, putting forth his opinion that it IS real. Steve Pavlina is much more authentic than Al Gore and has never given me reason to doubt that he genuinely

cares about people. He is also extremely intelligent. On top of all of that he works very hard, and I know that if he researches a topic and writes an article about it, he won't have done so half-heartedly.

(Incidentally, Steve proved me right on my aversion to Al Gore by citing climate change authorities* in that the most effective way to reduce your impact is to become vegan – something which Al Gore has neither done himself nor talked about in his video. It doesn't seem like the world's most recognised orator on the subject would have missed a little thing like the most important means to end climate change. Something fishy is up).

* "The University of Chicago reports that going vegan is 50% more effective than switching to a hybrid car in reducing greenhouse gas emissions."

Sure, I haven't done all the research Steve (Cont'd Page 11)

has. But if I know I can trust his benevolence and his intelligence, then I can be fairly safe in adopting his belief.

I did say "fairly" safe. I'd actually put my certainty that global warming is real at about 65%, having looked into relatively few sources. If I had to base an important action off my understanding, I'd research and think more. As it is, I'm already vegan, do not own an automobile, and am not interested in pursuing activism at this moment. So it's not the best use of my energy to research more deeply. For now, if Steve says so, I (65%) agree.

In order to minimise the errors of this system, it's best to go over many sources and seek out those who seem most trustworthy and accurate. When you have only one guru, you might fall victim to the "one-itis" syndrome (a Seduction Community term meaning the illness when you only have one girl in your life and start thinking that no other girl exists. Now substitute "girl" for "guru"). Having many sources of information reminds you that nobody's perfect. If there are seeming differences between what two people you trust say, you might firstly have to realise that you shouldn't have been trusting them so much in the first place. Secondly it could also mean that you don't understand them perfectly; what they both say could be true, only expressed in different forms. If the words seem to contradict each other in this case it means you need to move past the words into the meaning.

Using the First Protocol consciously

The first protocol is basically what we use from day 1, when our mother offers us her treat and we decide to trust her that it isn't full of poison. It's a great mechanism. Information is passed on from one generation to the next easily, automatically and often without intervention of the conscious mind. In this way you learn things, like avoiding eating unidentified berries, whose original teacher might have been... you, twenty lives ago. But as we grow up and mature we have to start to realise that not everyone is looking out for our benefit, and even those who are could be carrying information that has been distorted by those who are not. We have to start becoming more conscious about what ideas we accept and reject.

The best way to find a good source of information is to use intuition (Protocol 4). Consult your gut feeling. Usually you'll feel uncomfortable about a person if they have false motives – it's one of the easiest things to pick up. Watch out, though, as there are people who are very charismatic

and can manipulate you using emotions and dazzling arguments. Remember you don't have to be able to win an argument to be right. If a charismatic guy wins you to his side, let him win, but in private, doubt what your mind is telling you and try to feel what your gut says. If there is a conflict, your gut is right. Run away.

Here are a few sources of information almost guaranteed to be distorted: the news, anything from big publishing corporations, school, university, the government, anything sponsored by big companies, advertising messages, the scientific world, etc. Don't think it's beyond the news to outright lie for the sake of money. They do, frequently. You can get a scientific study that proves whatever, but bear in mind, unless you've actually been down to the laboratory and evaluated the work for yourself, it could be a lie. It doesn't even need to be though, there are thousands of ways of misleading people without technically "lying". If you find yourself believing in a scientific study without question, go out and look for a scientific study that proves the exact opposite thing. You will find one.

On the other hand, more trustworthy sources tend to be blogs and websites, as they are subject to no censorship; individual people depending on who they are; and in general any source that doesn't have an outside financier or a boss. It's the sad truth that even moral people can be forced to do immoral things when their source of income could be turned off at any moment. (That's why I chose not to take a journalism degree -- in fact, why I chose not to take a degree at all. Degree = job with a boss = loss of control = doing things not in alignment with who you are). So unlike magazines and newspapers, blogs are often goldmines of authenticity, originality, humour, and value. Go look for some good ones :)

You're not a sheeple any more, so you need to take consciousness of the fact that you are now a minority. In this world, anything that is made for the sheeple majority is specially built to avoid making them uncomfortable by challenging them to live free. So you'll need to look for information sources made by and for minorities.

PROTOCOL 2: The scientific method

The scientific method goes:

"Doubt everything. Believe only direct evidence or that which you can logically deduce from it."

It has an unspoken second rule:

"Believe the direct evidence or logical deductions of the scientific community, but with caution."

Really, if you learn science from other people, you are using the First Protocol, and need to be aware of the potential pitfalls of that. A lot of scientists are naïve and don't expect scientific data to be manipulated. It is. For instance, there is practically no scientific credibility for psychic abilities, something which us psychics find rather amusing. The evidence is there and is clear as day, but this is a failure in the First Protocol.

Actually... the scientific method is all about the First Protocol. Direct evidence cannot lie, even if you can lie about direct evidence. One of the rules in science is that an experiment has to be repeatable, so that other scientists can tell if you're lying or not. The more times an experiment has been successfully repeated, the more credibility it has. This is a really excellent mechanism for preventing distortions of the truth. It's not at all foolproof, but it has worked to create a lot of good results in many areas. (In other areas, faulty experiments have been advanced as undeniable truth and nay-sayers silenced or ridiculed).

There are a lot of faults in the scientific method. For one thing, doubting everything can become a religion in its own right. A lot of people feel secure in attacking other people's beliefs while only holding negative beliefs themselves i.e. everything is wrong. They don't want to believe anything except the most physical, undeniable things for fear of being attacked like they attack others. Or they can refuse to consider an idea which they are uncomfortable with, saying, "I'll believe it when you show me the ultimate proof." There is never an ultimate, undeniable proof, of course.

The other thing is that it is a mental approach. The more you need to use your mind to work something out, the more likely you are to be distorting things with your mind (as we talked about in a previous article in the series). Scientific proofs work for simple things, but complex things like the workings of the human body have so many factors that you will never take them all into account. If you're arrogant (I have known scientists and a lot of them are very arrogant) you'll want to think you understand these things when you really don't -- and you should not be allowed to try and heal people. To be a good healer, you need the Third Protocol (see below).

And the psychologists who think that they can understand the mind from a few (Cont'd Page 12)

behaviour studies and CAT scans are just laughable.

Science split up from religion in a very conscious decision a few hundred years ago. In order to avoid the political issues involved in talking about God and the divine plan, they wanted to deal with only the most material, earthly facts. That's cool in my opinion, but you can't find the meaning of life in such a perspective. Many scientists (more than half), then, are atheists, and have been shown (in scientific studies no doubt... well, I've observed them) to be more often depressive, suicidal and solipsistic. They tend to feel like life is absolutely meaningless. That's not a fault of the scientific method, it's a fault of thinking that science and spirituality are mutually exclusive, and perhaps also a side effect of overusing the mind without being wary of its dangers.

Have I been very hard on the scientific method? I'm sorry, my father is a scientist and I'm pissed off at him for trying to force me to see the world the way he sees it. I'm also sick of the authoritarian way school tried to teach me. I admit, though, that science does have a certain magic to it. If you read a good textbook or talk to a guy who really knows, loves and understands science, you see how scientific discoveries formed a sort of story with one experiment leading to the other, uncovering gems of truth in such an elegant way. For a good overview on "real" science, I recommend reading stuff by Richard Feynman, this for starters.

Science and spirituality (see the Fourth Protocol) need to be reconciled now. They are not mutually exclusive. We would go through such a quantum leap, for instance, if we used psychics to channel information which we then tested with the scientific method and published. And scientists distance themselves from the truth by denying evidence of angelic beings, the afterlife, and God, their theories failing because of this blind spot.

Yes, there is evidence of those things. Scientific evidence.

PROTOCOL 3: Believe what works

I was still a budding scientist when I came across NLP. The method used in it was so genius, so obvious, and so ignored by school and science that I was stunned. The idea was this:

"Don't try to understand everything. Just find out what works."

The brilliant thing about things that work is that you know that they work. It's the

best direct evidence there is. In some ways it's different from the scientific method as you generally learn for practical reasons rather than for the sake of knowledge in itself. On the other hand, by finding things that work for you in your life, you generally find your belief systems being forcibly updated.

So about the time I got into NLP, I found myself getting more and more distant from the scientific world of school and my parents. I had been asking myself, "OK, I like learning and I'm good at it. But what is REALLY worth learning?" The answers that came to me were, "How to be happy," and "How to better myself." Hence, I found the Third Protocol. I realised that understanding the world for the sake of it and understanding for the sake of personal growth were two different things.

It took me a while to adapt to the Third Protocol. Scientists fall prey to a disease called "mental masturbation" in which, because they take quantity over quality in their thinking, they become distanced from reality. If your ego gets caught up in your thought processes, thinking becomes very addictive.

My father has had episodes of insanity because of that. I actually think he's always insane, but his addiction to thinking sometimes becomes so out of hand that it becomes clear to even the psychiatric profession (oblivious as they are). When this happens, you see how absurd it is to live by deduction. There are so many ways to get a theory wrong. But most people don't use a theory when they're making friends or cooking a meal. They just do what works.

It happened to me, too. I had spent... how long, three years? almost entirely without a friend who I felt could understand me, most of the time alone because I was sick of normal people, festering with unexpressed anger at a system which I felt was evil but which I couldn't talk about with anyone. This happened most of all because I was changing to the spiritual person I am now and had no idea who I was and what the hell was happening to me. So I was very, very alone, living in the dark energy field of my parents' house, and had a lot of time to think. Yeah. So I went crazy, and managed to get a parodic example first-hand of why it's important to use your mind and for your mind not to use you.

It's a beautiful thing to become aligned with Truth, but if you do it for its own sake it will often be a case of the mind using you. If your truth has no effect on your life, consider that you are living in an ivory

tower. Whether you find truth for its own beauty, for practical reasons, or both, real truth will have an impact on your life: it will shake up the way you see things, the way you do things, and your very identity, and will most likely be very, very uncomfortable. If you don't face yourself when looking for outer truth, you're missing the point.

Third Protocol techniques

Steve Pavlina writes about doing thirty day trials. The idea is to try a belief system out for thirty days and observe what effects it has on your life. He even tried out religions like this! He went so far as to join Scientology for a month to observe what it was like from the inside, reporting that it was interesting and seemed to have quite highly-conscious members, even if he wouldn't spend his life savings on it.

For a better perspective on this, I recommend you read more from the horse's mouth.

NLP has an interesting protocol called "modeling". The idea is to look for people who already do things well and try and work out the processes they go through in order to do them. I can't say much about NLP as I haven't studied it in depth (it is really something you practise rather than read about, appropriately), but you could look into that. I hear from practitioners that the real way to learn NLP is to get a trainer.

In general, though, just work out what you want to do or the skill you want to learn and explore new ideas on how to do so with an open mind. Act on your new understanding, and let reality be the arbiter of truth. If this comes to challenge your belief systems, let it. Enjoy the destruction.

PROTOCOL 4: Believe intuition

When you have come to realise the limitations of the discursive mind, intuition starts looking like a much more attractive prospect. Actually, when you develop it, intuition is an incredibly powerful tool. It's in part because of intuition that I have expressed the conviction that you can know anything if you want to enough. A powerful intuition goes beyond just mental computing and into the realms of the supernatural. It's entirely possible to "download" information from the Universe this way – either as communication from spiritual beings or from Universal Intelligence itself.

You may want to apply the First Protocol to what I'm saying if it's something new to you, by the way! Do I seem intelligent? Do I (Cont'd Page 13)

seem trustworthy? What does your gut say about me?

I've often used the Fourth Protocol in combination with the First – that is, getting readings from powerful psychics who could tell me important information about my life and communication from my spirit guides. The first time with Erin Pavlina, I was still somewhat skeptic. What she told me, though, blew me out of the water and made it impossible for me to disbelieve. Well, impossible from a logical standpoint anyway. Because of my emotional attachment to the world being a certain way, I still half-doubted it all for a long time.

However, more and more I've been using my own intuition in my life (something which those psychics all, without exception, advised me to do, by the way). It's such a powerful tool that now I'd feel lost without it. The decisions I make nowadays aren't done by weighing up the pros and cons mentally. I usually just see if it feels right. I find that many of the things I need to know... I just know.

How do you learn to be psychic? I'll tell you in a year as I'm nowhere near my full potential yet! For now, I'll give you some resources I've found very helpful:

Erin Pavlina

Anna Conlan

Akemi Gaines

How to believe in psychic abilities: a practical lesson

Do you need proof of psychic abilities? The best thing to do is what I did – go to a good psychic for a reading and see what they say. A good psychic reading is INCREDIBLY valuable – breaking your skepticism might be the least it does for you.

I paid Erin Pavlina 400\$ for an hour-long reading and would tell anyone it was worth twenty times that. She pretty much saved my life, and I mean that literally. However, a lot of equally good psychics do readings for free or for very low prices because they haven't made a name for themselves yet. I can recommend one of those – Chris Landry. He did me a free reading and absolutely blew me out of the water. His psychic skills are at least as good as Erin's in my opinion (fortunately this time my life didn't need to be saved) – what he said was dead-on correct when I could verify it, and moreover I felt it to be exactly the answers I most needed to hear at this stage. As a psychic-in-training myself I'll put it this way: my intuition tells me that

this guy is the best psychic I have ever met.

A half hour phone reading with him now costs 10€. I'm saying this in part as a favour for him, but most of all for you because I really, genuinely think that this is a laughable price for what it could do with you.

Do you remember those MasterCard adverts? Let's do a parody.

Computer: 1000\$
Internet connection: 10\$ a month
Buying a nice meal for you and your girlfriend in a local restaurant: 50\$
Having your belief system and way of viewing the world completely and utterly revolutionised: Priceless

Try a reading.

The things you can know when you know that psychic powers are real

When you know that someone is genuinely psychic and can receive information out of basically nowhere, this opens up a world of possibilities. Say, first they tell you something you have thought to yourself and never told anyone. Then they tell you about your childhood wounds with such accuracy that it makes you cry, and give you good advice on how to work through them, moreover. Then, if they tell you about your past lives, have you any choice but to believe in reincarnation?

Get it?

Here are a few things I believe in because I trust the perceptive abilities and good intentions of many psychics who all say the same thing:

1. Reincarnation. Absolutely no doubt about that.
2. Angelic beings.
3. Spirit guides (disincarnate souls, I mean souls between lives or who have never lived, who work with us in guiding us through our lives).
4. A concept that you might call God – but with caution, as it's not really anything like what the Pope would talk about.
5. The ability to affect the world through thought alone (prayer or the Law of Attraction).
6. The meaning of life as being something like: grow, experience, enjoy, love, and learn to know yourself. Life is basically a game.

As a direct result of my reading with Erin and the others who continued to confirm my belief in psychic powers, I now feel very much at peace with life. I'm not scared of death, and trust that everything happens for a reason. I feel like my life is meaningful, even when it's not altogether pleasant. And I experience myself as a lot stronger as a result of my beliefs. Through prayer I've accomplished some stunning things for myself, and I now feel that whatever I want, I can achieve. Most of all I know I can reach a state of joy and vibrant health, which is what I want so much, and that I'm supported and empowered in my search. The universe wants me to get what I want. I actually feel like it's impossible that I won't.

Summing it all up

Wow, I've been writing all morning. I'm hungry and my head is spinning. I hope you've enjoyed this monster post!

I'm sure there are more means of evaluating truth out there, so keep your eyes open for them. Most of all, become aware of the protocols you are using already, and ask yourself if you could improve on them. Truth-finding is a skill, so learn it!

We've come a long way since the first article in the series where I tentatively stepped into the deep end and challenged you to admit you were wrong. It's all about being open. Just open, open, open, and let your beliefs die again and again until your perspective is dazzlingly clear and you shine as a massively powerful person. The more you work on it, the better you'll get – it doesn't matter how right you think you are now, there is always room for improvement. Admit you are wrong, and get working. Look for new ways to be wrong. The more you realise you're wrong, the more opportunities you have to become even righter.

And once you've become an überman, try to take it easy on the sheeple... they have fragile egos, okay ;)

(This is the conclusion of this series).

Thank you Andrew!

You can check out Andrew's site at: <http://www.andrewgubb.com/>

Elissa's Insights

Dear Friends,

I'm happy to announce a lot of travel and circles this Spring, and a new workshop! I also hope to entertain you all with photographs once I figure out my new digital camera. I'm not so happy with all the work that new interests and ventures generate. Even though I do psychic counseling and healing for a living, I find myself surrounded by a lot of electronic equipment to figure out, manuals to read, and software to install.

There's a lot of updating going on in my life, that's why. Cars, computers, websites, blogs, brochures, and yet the big message I've gotten lately is to make sure I enjoy myself and have fun. So I'm going to New Orleans! Time to get recharged on the fairgrounds of Jazz Fest, and the newer international music festival in Lafayette. I also want to paddle around once again in the chlorophyll laden bayou swamps, generating the most refreshing smell I ever inhaled.

I hope you all find similarly great ways to amuse yourself, get your mojo back, and enjoy the Spring.

Stay in touch, best wishes,

Elissa

p.s Spiritual counselor and teacher Eric Teissedre has a great new blog at www.ShamanInsights.blogspot.com, check it out!

Psychic messages for Spring 2010

(first posted March 20th at the Examiner)

Personal Guidance

Spring favors bold ideas. Reach high! People are taking a lot of calculated risks, and developments ensue right away.. By this Summer one should be able to see the signs of whether something is a "go" or not.

Keys to successfully manifesting big dreams: Appreciate your own self. Demonstrate flexibility. Be peaceful, and organized.

(The Currency of the 2010's: integrity): "Stand tall!" Stand up for whatever you have to say, whatever you do in the world. It's the time to step up and be counted. Apply yourself now: being consistent and reliable pays off. The consequences of being in integrity, or not, are revealed in personal and collective realms this Spring.

Psychic Astrology for Spring 2010

(first posted April 1st at the Examiner)

Fire signs (Aries, Leo, Sagittarius): Fire signs expand their boundaries, they take

on new territories, they receive new ways of interacting with the world. And blessed are those who help the poor: they may develop new healing powers or abilities.

Aries: Ooh: there's a big glowing money tree up ahead! It seems to be around the time of Christmas...there could be an idea or an offer that really has legs. Go for it! October you should be very busy working on your own projects, and Libra might be a partner. Wise words for Spring: Opposites attract, receive what's yours, give freely.

Leo: You are very happy about something, something long time coming. You are ready to step over a divide in their own self and get onto a higher plateau, and a brand new territory in some way, that doesn't have a lot of competition.

Sagittarius: You have a new mountain to climb...a new goal has come into view, and yes, you should let your life be disturbed to put something front and center that is important. You'll make other things about your life easier, later.

Water signs (Cancer, Scorpio, Pisces): First, make sure you're fit for travel. Clean yourself off of past ways or beliefs that have used up their usefulness. And, okay!! Expect to be surprised by yourself: how you can change. Release judgment for the fastest change.

Cancer: There's a "health and well-being" improvement. Re an important matter: You have to act on a realization even though you may not feel like you have enough known facts. Feel the fear, but go ahead a do the strategically smart thing to do.

Scorpio: You are healing matters of the heart. You are glad to be "home", meaning among other things that you are feeling like you are on more solid ground now, and can plan for the future, and that future is looking brighter. You've come a long way lately, everything feels safer and better.

Pisces: You are healing something with your self-expression. You may not get a go-ahead right away about your dreams and desires, but where there's a will there's a way. Around August it looks like there are breakthroughs in your projects, and someone could be coming into the picture that can move things along.

Air signs (Gemini, Libra, Aquarius): Raising your vibrations answers a lot of questions. It is getting on a higher plane about things, and simply moving too fast for the past to stick. All is forgiven on a spiritual

level, there is a lot of grace that is impacting you throughout the year, and especially, October-November. With your raised vibration, what happens is that you can be completely forward-thinking.

Gemini: You have your eye on some new prizes and they seem to be around the bend; still, you get a glimpse of them somehow. Be aware of all the changes that happen around you, but don't take them as relevant to you--only pay attention to your own clear path. Be patient and await for July-August, a time that has riches for you.

Libra: There may be somewhere you need to go for family matters this Spring...karma calls you away. You are tremendously influenced by where you go, new programs you're involved with...a lot is conspiring to bring new circumstances into your life. Spring is a time to absorb and flow, as a new identity is formed.

Aquarius: You get new ideas and this can feel like a godsend. You get asked to do something important. What is required of you now is apparent; answer when you are clearly called. It's time to take the high road, defer gratification, or sign on for something challenging. Higher education is favored; get all the credentials you need.

Earth signs (Taurus, Virgo, Capricorn): Look beyond the small stuff in any negotiation or business dealing this Spring...just make it work. Be bold! Put your ideas out there! People are hungry for things and the world needs bold people right now.

Taurus: There is opposition from life in various ways, yet you might as well get more relaxed and accepting because you will work through it all--actually, a lot comes from your self-imposed burdens. It is not easy to accomplish what you want at first. Late May looks more promising.

Virgo: You have longings. Let them come to the fore and guide you. You are only trying to get to a better place, and it can be through a sadness first that you experience positive change. New creations and new projects may stop and start or sputter a little before taking root. May is hot!

Capricorn: If you fall, you will pick yourself right back up. Do not pay any attention to a stumble this Spring. The end justifies the means. Keep your eye on goals...there are so many different roads to reach the place of desire. You know how to do it! Your intention is strong. But, the part of you that knows how to do it can not be grasped by the conscious mind. Trust yourself, believe in your goals, and you'll get there.
(Cont'd Page 15)

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

<http://www.elissaheyman.com>
elissa@elissaheyman.com

Spring 2010 Itinerary

New locations!! Unless otherwise noted, email: elissa@elissaheyman.com or 505-982-3294 for questions or to reserve a space. All circles are limited to eight people.

Amarillo, Texas (Note, two different dates): Psychic Counseling and Spiritual Healing Circle at Nightsky Metaphysical Center, Friday night, April 23rd. Call Sherri to reserve a space: 806-463-5533. Private sessions, May 10th.

New Orleans, La: Private sessions. Monday April 26, Tuesday April 27th, maybe Wednesday the 28th.

Austin/Brenham, Texas: Private sessions: Tuesday, May 4th (Austin), Wednesday May 5th (Brenham). See above to book. Brenham circles: May 7th and May 8th. (These may be already booked, please call or email me if interested.)

Houston, Texas: Private sessions, Thursday, May 6th.

Santa Fe, NM: Psychic counseling and spiritual healing circle, Friday, May 15th, 7-9pm.

Summer Solstice circle, June 25th, 7-9 pm

(On May 21st in Santa Fe, I'll be talking to 4 classes of 9th grade science students about psychic phenomena...the times they are a changin'!)

Introducing: NEW WORKSHOP

Intuitive communication: a workshop for therapists

Saturday, June 12th, 10:30-4:30 pm, Santa

Fe, \$110, limited to eight

This new offering is a follow-up to a presentation of my work at a New Mexico Counseling association conference. Participants asked for a one day workshop to practice working with their own intuition, integrating it into their counseling work. Email elissa@elissaheyman.com for more information and workshop outline.

Email elissa@elissaheyman.com for more information and workshop outline.

Pagosa Springs, Co: Psychic counseling and healing circle, Thursday, June 17th, 7-9 pm; please call Ann at the Southwest Light and Learning Center, 970-731-0694

I will not be available in Santa Fe for in-person sessions: April 23-May 11th, and June 14-18th.

Thank you Elissa!

Focus and Intent

by Peter Perkins

For those who know me, I am able to speak with my angels and they assure me they are always with me.

Still sometimes I feel detached or unconnected with my spiritual side. I was in this mental place when I asked my guardian angel why I hadn't had any spiritual experiences in a while. He assured me that I did have them all the time.

Suddenly he showed me times when spiritual things were going on. He brought forward memories which seemed like floating bubbles. I was shown when spiritual things were occurring in my life. The memories were normal but a spiritual patina was draped over them so I could see the spiritual in what looked mundane in my life. So I told him I would like to have a spiritual experience tonight. He told me all I had to do was focus and intend. He told me I had been focusing on other things lately. So I focused and intended as he said on having a spiritual experience.

Later that night I had a dream, it seemed lucid but I am not entirely sure if it was a lucid dream or if I was out of body. I was sleeping in a bed and I knew there were two other beds with people sleeping in a row with my bed. There were people moving about by the feet of the beds.

Suddenly the me in this state began to vibrate. This was similar to when I first started out of body.

The vibrations though became much, much stronger. I was vibrating with such high energy it felt like I would explode. I could see myself as a roiling mass of golden energy. It felt amazing the amount of energy and power in that moment. I thought to myself at some point I am consciousness embodied.

I was suddenly like a star. It felt like there was so much energy that I was feeling that I was vibrating. I felt amazing love beyond anything I think I have ever felt. I wish I could properly describe to you readers what this felt like. When people speak about feeling connection with source I think this is what they mean. I felt like I was nothing at all and everything at the same moment. I also felt pure love.

Then I left my body - the one sleeping in that bed alongside the other beds. The world around me was frozen. A young woman with short blonde hair was at the foot of my bed. I floated there, a point of observation looking at the frozen world about me. I moved around that place with a feeling of such tremendous elation.

I woke then and the vibration and feel of energy and elation was still there.

I was still somewhat in this amazing state even as I sat up in bed. I said "Thank You." immediately I received a "Your welcome." The reply felt so incredibly loving. The energy signature was different then my guardian angel as was the mental voice. This energy signature felt like an almost perfect synthesis of male and female energies with the slightest shift towards female. Once again I said thank you. The reply, just as before, came just as quickly.

I talked with that being - further wishing to thank them for helping me with this experience. Though I come from Catholic roots I have since moved. Still, I called her Mother Mary, for it felt like an amazingly caring, loving female spiritual being. She told me that was not who she was but that I could refer to her by that appellation if I wished. She said she was happy to help me and that at this time she was helping the whole world.

I just want to take a moment and thank my guardian angel for his advice to focus and intent; I would also like to thank this female spiritual being. Lest I ever forget, I wish to thank all the people from this life who have helped me and aided me in my life journey and spiritual journey. I thank you all for the magic you have brought into my life.

Peter

When Dragons Come to Play

by Dragon Spirit

Oh what a glorious sight.

The dragons are playing tonight.

They like poker and they like rook

But they don't like finding humans on their hook.

Tests of strength and tests of wit

Careful or you might get bit.

That is a shy one and there is sly one

And that one has a mighty tail whip.

There is Ike and Spike

And don't forget one-eye mike

Whose roar is worse than his bite.

Brown ones and blue ones will lick you to death

And yellow ones have just horrible breath.

Orange ones drink too much foam

then swear that pink thing is a gnome,
While purple and pinks ones dance a jig.

You silly dragons, Tricks are for kids!

Things wouldn't be the same

Without them in the game

But I assure you my life will never be the same

The nights the dragons come to play.

**Written by HJM, aka Dragon Spirit*

Book Review: Psychic Communication with Animals... by Laila del Monte

Psychic Communication with Animals for Health and Healing by Laila del Monte. English, © 2001, Bear and Company. ISBN 978-1-59143-100-8.

Laila del Monte, a flamenco dancer, has become an animal communicator and healer.

In her book, she relates some experiences with animals and their guardians (she does not use the word 'owner'; she wrote, "...I feel that animals do not belong

to us..." – pg.xiii); a bit of their stories and how she was able – or in some circumstances, unable – to help.

Laila introduces the readers to "spirit doctors" who guide/assist from beyond.

The author describes how communication is accomplished through mental pictures and emotions, which she then works to translate to words to share them with the guardians.

She also discusses how animals come into our lives to teach and/or support us – and provides examples stories.

Favorite Passage: "Your attitude today is creating your tomorrow." p. 117.

I really enjoyed this book, and recommend it for pet "guardians" and those who are interested in animal communication.

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.

She is also teaching her courses at the Dona Ana Community College (DACC) Community Education in Las Cruces, NM.

Physical classes offered by Jan are:

- Basic Undefined Reality
- Undefined Reality
- Life Before, During and After Being A Human
- Spirit Sensitivity (SEP 2010)
- Spirit Sensitivity for Teens (OCT 2010)
- Animal Communication (OCT 2010)

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.

She enjoys reading, spending time with 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>

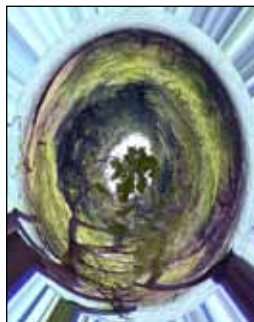
Please Note!

I am in the process of changing my email address and ask you to change it in your email list.

(OLD ADDRESS:
jreading@cox.net)

NEW ADDRESS:
Jan@MetaMatters.org

Thank you!



■ **To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.**

Ralph Waldo Emerson