



Facing your Fears

by Peter Perkins

For those of you who know me, I am now teaching metaphysical classes and one of the topics that came up was fear. I have always had a lot to say on this subject even though I didn't realize my passion for it, or how to deal with it until then.

Fear is one of the most limiting emotions we can have because it paralyzes and prevents us from evolving, and living life the way it was meant to be.

Fears often start off small and are triggered by some childhood trauma or even something carried over from a past life. A fear ignored does not remove it, even if you feel safer by avoiding your fears you will find that doing so does not lessen that fear at all.

Some fears are simply fears of the unknown. An example would be: A peaceful little town tucked beside a large hill. The towns' people never went over the hill for fear of what might be over there. There is no reason for this fear but it keeps the people of this town from ever exploring in that direction and thus stifles the growth of an entire town. It might even be that more friendly people live on the other side of that hill, or perhaps rich farming grounds. Until the people are willing to face that fear of the unknown and take a peek over that hill, they are trapped as much as any prisoner. In this case though the bars of their cell are of their own making.

Fear is also something that grows when one focuses on it. Retreating from fear will never make it go away as it simply gains ground. A simple fear of something can turn into a phobia if given enough energy.

So what can one do to help remove fear in their life? Fear surprisingly is a coward easily defeated. While fear will gladly rise up to dominate your life you can choose to face your fears and in so doing lessen them or even remove them altogether.

I am not saying that if you have a fear of rattle snakes to stick your hand in a rattler nest. If you have a fear of heights I wouldn't advise going sky diving as your first step either.

Still one can educate oneself about a fear. Learning about a subject you fear may be hard at first, but doing so will help you understand the subject not as some abstract thing, but the truer points of what to be concerned about.

So someone with a fear of snakes could learn what parts of the country they are in. What poisonous ones look like, and even advice on how to deal with them if encountered in the wild.

Someone with a fear of heights could through small steps learn to face that fear. There are many resources out there for facing fears but you need to take that first step.

I ask that you take that first step. Face your fears and see that they become smaller

and less significant as you do. In order to expand and grow and overcome it is important to face your fears, by doing so you live in an ever expanding universe.

It is a good thing the beings of light, which we all are, didn't say "No way! I heard about that earth place. I'm not going there, it's scary!" Instead we all looked at it as a chance to grow and expand and said "Bring it on!"

Grab onto that heritage, look at your life and say "Bring it on!"

Remember fears can be as much a bane for a society or our entire species as it can an individual. Right now a great deal of fear is being promoted by the media concerning Muslims.

While it is easy to get trapped in this fear one can research and learn and open up to new experiences that were limited through this fear. Can we afford to let a fear paralyze a whole society?

As many of you know spiritually we are not alone in the universe. Imagine how many great things can be learned, experienced and what new growth could be gained from such a thing. Yet if we live in fear as a people, it is like a hermit fearing to leave his home.

While we can't drag others out of their fears, we can make those first bold moves in facing our fears and in so doing perhaps motivate others to do so as well.

One Size Does Not Fit All

by Jan Toomer

As we enter deeper into new territory... energy- and ability-wise...my mind struggles to put into words the concepts being given from higher self and/or guides.

I am given information both during daytime and in dreams. Daytime is usually not as in-depth as during lucid dream time.

While lucid dreaming (you are dreaming, you are consciously aware that you are dreaming, and you can manipulate/guide your dream), I am given information – usually in analogies – that I can pass along. All of it makes perfect sense to me at the time...until daylight comes and it's time to write it down.

One example: one analogy given to me – in reference to this article's title and en-

ergy work – was the following:

Go slightly up, then a 45 degree angle, stop; go straight up, slight shift to the left and down a bit.

Yeah, when I write it out, it makes no sense...yet that's exactly what I saw. So, my job is to try to make sense of that puzzle piece and be able to put it into written form.

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One Size Does Not Fit All

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While I get bits and pieces of information, I do not always have all of the pieces. Each of us carries some part of the puzzle; some key to help us make sense out of the jumble.

A dear friend asked a question, and her question provided a key for us all, and that key being:

Energy-wise, one size does not fit all.

Let me explain: when teaching/sharing, I provide my interpretations of my experiences with energy. In classes, I encourage everyone to learn how to shield (and I provide a technique) and then tell people to change and modify it to where it feels right to them.

When I request students pull down from the Source, I tell them to see it as "bright

white light. It can be pearly-white; golden; tinged with blue, etc." and then request them to visualize it as liquid and filling them up (for shielding).

This visualization was created when our (human and Earth) energy vibrations were much heavier (dense) and group consciousness/consensus ruled; one size *did* fit all. Now, it is becoming too heavy for some of us.

Energy frequencies are lighter now; we've begun the process of leaving group consensus (for creating/reality) and are becoming more individualized.

What does this mean?

One size *does not* fit all.

It means, now more than ever, you must

trust yourself.

Try a technique the way it's presented – but trust you to modify/change it until it becomes comfortable with you and resonates correctly with you.

If something is not resonating smoothly with you, then something is not right. Work with it, create a new way.

Visualize your connection to the Source in your own way! You see it as a fine, yellow, sparkly mist? Then that the correct way for you! Just because one way works for someone else, does not mean it will work for you.

Look within; listen to you; work with energy so that it is right or comfortable for you; and *trust* you.



ET Unveiling

by Jan Toomer

Are you ready for the upcoming ET unveiling?

The pattern/trend seems to be energetically overwhelming – it is soon time for the ET's to be introduced to the masses.

We have had the Vatican's blessings (?) to believe in ETs; the error of the report of the UN's ET ambassador; China's airport problems...closing/delaying because of UFOs; interesting spirals and formations taking our eyes to the stars; and TV shows popping out regularly that involved ETs, or

other planets.

All of this is to hopefully prepare the masses (humans everywhere) for the unveiling here on Earth – and the governments are hoping to avoid a "War of the Worlds" (by HG Wells, on air 1938) response (mass panic, fear, etc.).

I do not feel this to be an "Invasion" – I do sense a lot of anger, world-wide, when the masses find out how much and for how long their governments had hidden information on ET's; and yes, there will be some panic as well.

ET's have not been part of many people's realities, so this may be a rude awakening for them and they may not know how to deal with it.

ET's have been a part of human history – and have been recorded, in various forms – throughout time.

I do not have the "when" – but again, the energy patterns are indicating it is on the horizon.

Do you put out a "Welcome" mat?

Did You Know?

You can go to the website and leave comments or questions for the authors of these articles?

Type in the title name in the search box on the site, and it will pull up that article. Go to the end of the article and you can post your comment/question there.

Check it out.

www.metaphysical-studies.com/blog

It's easy to make a buck.
It's a lot tougher to make a difference.

Tom Brokaw

Be Kind to Self

by Jan Toomer

This past two weeks, I have heard from others that they have felt:

- Disconnected
- Withdrawn
- Antsy
- Jittery
- A "calm before the storm"
- Unfocused
- Really tired
- Energy depressed (not emotionally depressed)
- Intolerant/unwilling to put up with crap, inappropriate and/or negative behaviour from others
- Calling someone on their negative

behaviour

I know it seems like we just get over one set of energy "symptoms" and along comes another. Please remember that the energy shifts are riding in around the full moon (Shift and Shift Again) – so yes, as we acclimate to one set, another can arrive.

Be honest, and be kind to self. If you are over-tired, can you go to bed a bit earlier?

Antsy or jittery? Perhaps some appropriate-to-you exercise to work it off.

As for those of us (my hand is raised) who have suddenly become very pro-active,

as well as very vocal at calling people on their rude, deceitful, and/or negative behaviours – perhaps we are trying to show others their negative energy so that they can have the opportunity to shift their own energy...

- Or -

A dear friend said to me something along the lines of: You are finally setting boundaries and enforcing them! (Time to Draw the Line – Setting Personal Boundaries.)

grin

Anyway, hang in there everyone...this too shall pass.

Seasons Continue to Change

My hubby and I took a short vacation last week – and flew to NC to see the leaves change color for the fall – beautiful!

We didn't watch TV or play music (we tried the music once, didn't resonate well) – we did have fun and wore our happy butts out.

When we came home, I knew it was time for me to make some decisions. I am still unsure at this time what all that will entail – but do know that changes are being made.

You see, I am a workaholic – and it took a trip to the ER five days before our trip for me to realize that I was stuck in a work-rut – and not paying enough attention to my physical well-being. Not a healthy thing at all.

My Undefined Reality series classes in Las Cruces will continue on without me - (I will finish out the already scheduled classes). Some of the classes will be discontinued, others will be offered by Peter Perkins (as an independent instructor). I am very excited that Peter is taking over these classes – he's a talented sensitive and great guy.

I will continue writing metaphysical-related articles for the blog and do book reviews (as time allows) – but beyond that, I am not sure what adventures life will bring or what I will be doing on the metaphysical fronts - but am looking forward to enjoying it all a bit more than I have been the past few years.

The seasons continue to change, and so do we.

Happy Fall!
Jan

'Undefined Reality' Series Schedule

Animal Communication Course
Presented by Jan Toomer
12/07 - 12/14/10 6-8pm
At The Adara Center
\$32.27 (tx incl)

Animals communicate in a quick and efficient manner - using a silent but effective method - without lying or deception. This course introduces you to a method of animal communication that you can take home and practice. No prerequisites. Note: repeated material from "Undefined Reality" course. (This course is slated to be discontinued.)

Spirit Sensitivity
Presented by Peter Perkins
1/04 - 1/11/11 6-8pm
At The Adara Center
\$32.27 (tx incl)

Many people clairvoyant - they have the ability to see that which is not physically present - and don't know what to do with this ability. In this class we will discuss : shielding; communicating with those you see; different types of 'hauntings', some visualization techniques to help willing

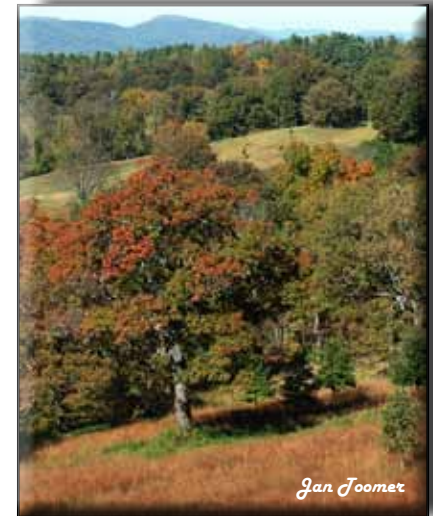
earthbounds to cross over, and more! This class is also recommended for parents of children who are clairvoyant; it is **not** recommended for those who wish to quit 'seeing' (though boundaries will be discussed in this course). Note: Some repeated material for those who have taken "Undefined Reality".

Spirit Sensitivity For Teens
Presented by Jan Toomer
1/18 - 1/25/11 6-8pm
At The Adara Center
\$32.27 (tx incl)

Same course description as "Spirit Sensitivity", except for Teens ages 13 - 17. One parent may accompany their teen for free - but as a monitor only, not participant. (This course is slated to be discontinued.)

Life Before, During and After Being A Human - Presented by Peter Perkins
2/08 - 2/22/11 6-8pm
At The Adara Center
\$43.03 (tx incl)

In this course, we will have metaphysical discussions on what happens pre-birth; life; death and when we cross over again.



There are a limited number of slots for these classes - you must pre-register for any of these classes. You can email Jan Toomer at Jan@MetaMatters.org to pre-register.



The landscapes and flowers are shots from the Biltmore Estate in Asheville, NC.

The sunset is from home.

