



Spirit Ranch

by Jan Toomer

I had spoken on the phone with Ann about a week earlier – she was informing me about her Equine Assisted Programs (EAP) out at Spirit Ranch in Las Cruces; she also told me that I needed to visit Spirit Ranch and experience it for myself....so I went.

I saw the horses grazing as I slowly drove past the arena.

After I parked, I was warmly greeted by Ann Remick-Barlow and then given a tour of Spirit Ranch where I met some of the staff – some of both: two-legged and four-legged kind.

The horses, individually and as a herd, expressed contentment with their roles at Spirit Ranch and were pleased with their environment.

For me, the energy at Spirit Ranch was calm and smooth; the atmosphere seemed to carry the following energy patterns:

- Quiet acceptance
- Rejuvenation
- Calming

- Peaceful
- Welcoming
- Non-judgmental
- Transformational

And this was before I even had a chance to see *any* of the staff members in action!

I went back later and what I physically witnessed, as well as what I saw energy-wise, re-affirmed my initial energy read of Spirit Ranch.

I felt quite honored to have been granted the privilege of watching the horses during a session. I saw their energies ebb, flow, swirl, etc. as they responded – without judgment - to the humans in that session.

As I watched the energy, I was able to witness some of the energy transforming...what a beautiful sight!

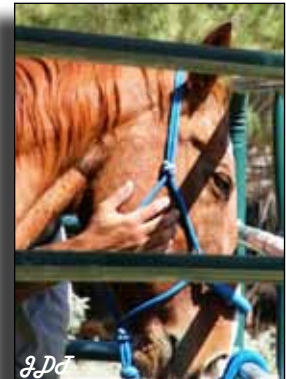
And you know what? Horses don't care about what you look like, what you do for a living, who your friends are, etc. They are non-judgmental, live in the moment, and keep all the secrets whispered to them.

"Spirit Ranch" seems a very appropriate name for this place.

One does not need horsemanship skills to benefit from an Equine Assisted Program; there is no riding.

The programs are tailor-made for behavioral or social needs of individuals (adult or child), families, and/or groups, including service/military members - traumatic brain injuries (TBI) and/or post traumatic stress disorder (PTSD) - spouses and families.

Check out the website:
<http://www.equineassistedprograms.com/>



Something Major?

by Jan Toomer

Many of us have heard that "something major" is happening soon. Some say it will happen at the end of October, others say in November.

I have been asked a lot of questions, some of which is listed below:

-
- What is going to happen?
- Where is this going to take place?
- Do I need to move?
- Do I need to "get ready"?
- What do I need to do?

My friends...I do not know.

I know, big help I am...right?

My team (guides) told me to have everything in place by November 1st.

Well, that told me nothing. What am I supposed to have in place? Why November 1st? What am I getting ready for? What do I need to do?

No answer.

Sound familiar?

Okay, perhaps I wasn't being direct enough – so I asked more specific questions.

The response I received was that I "need to experience as others experience".

Well, that sucked crunchy peanut butter, *and* was no help.

My suggestion to you all is what I've been saying all along:

- Have emergency rations on hand (nothing new for those in hurri-

(Cont'd Page 2)

cane, tornado, earthquake, etc. prone areas).

- Listen to yourself/inner self (not the part of self that goes into panic-mode)

- *Know* that you will be where you need to be when you need to be there.

Please also remember, we *each* on Earth right now because we *chose* to be – our

higher self knows exactly what is going on and where we are supposed to be, and when we need to be there, and why.

Have faith.

Complementary – Not Competitive

by Jan Toomer

How many of you have seen the movie “Miracle on 34th Street”?

One theme in that movie has to do with doing the right thing; if you are not able to provide someone with what they are looking for or what they need, you send them to someone who can help; it’s not all about “me” and “mine”.

This is being complementary – not competitive.

It saddens me when energy workers of any kind – readers, healers, teachers, channelers, consultants, etc. become territorial. They are not playing well with others in this sandbox labeled “Earth”.

Did it ever occur to you that there are so many energy workers out and about now because each and every one is needed right now?

So many people are awakening; so many are healing their pasts; so many are clearing their paths; so many are in need of assistance! It’s not about hoarding clients - it’s about those who need what we each, as individuals, have and can offer to others.

One technique is not necessarily any better than another technique; no one on this planet is better than anyone else...ever.

Each one of us has a unique vibration, flavor/signature, and/or frequency and brings our own unique perspectives to whatever it is we do.

This means, for example, two Reiki heal-

ers do not have the same energy vibration or the same life perspectives/experiences encoded into their energy.

If they come to me for a healing, and if during the healing (which I often do readings), it comes to my attention that perhaps there is someone else they should see, I will get a hint as to what type of profession or an actual person’s name/signature to recommend the client go see that individual.

If someone seeks me out and their energy is discordant with mine, that tells me that perhaps I know the person I need to send them to – I am the ‘go-between’, or intermediary, for that person.

There is no competition! There are no territories!

It is about your frequency/vibration and who needs that frequency or vibration; or they come to you so that you can direct them to the correct person to assist them. Somehow you possess some information that a person is in need of.

We all have our uniqueness, we all have our abilities that we each brought to this Earth at this time to help all of mankind; not help self.

In my opinion, those who view others as competition or as threat to their business or livelihood are living in fear, and therefore they are sabotaging themselves.

We are creating our own realities right now; if someone is coming at it with fear, they are creating fear – they are living in fear, they are making more fear.

If we come at it with the spirit of complementary; in the spirit of the “Miracle on 34th Street”, *everyone wins* – because we are doing what’s right, not what’s best for self-interest.

People wonder why I advertise or promote other healers. Why do I advertise other “like” businesses?

I have long used this technique of not only advertising others and promoting others as well as myself (I am in there too) – but sending others to other places, offering options, other views, other perceptions... even my blog is like this...open to others to share their perspectives, their views, their experiences.

Why?

Because it is not all about me.

I don’t have all of the answers. I don’t have all of the abilities of this earth. I don’t have everything.

What I *do* have is a network. I can offer options to people; and to me, this is the best thing I can do for others. We all want choices.

And you know what? The Powers That Be have watched over me and provided for me. Because I am not living in fear and trying to hoard clients, “territories” or make the work I do all about me, the Universe takes care of me.

I am by no means rolling in dough, but I am comfortable and helping others... what more could I ask for?

*Wherever we may come alive,
that is the area in which we are spiritual.*

David Steidl-Rast

METAPHYSICAL LIFE ENRICHMENT CENTER
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Check out their website - they have neat stuff happening throughout the month!

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

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We've Been Living In A Dream World

by Jean-Claude Koven

"Most people are other people," Oscar Wilde once remarked. "Their thoughts are someone else's opinions, their lives a mimicry, their passions a quotation." As he so wryly observed, the vast majority of us are not who we've been pretending to be, and the lives we've been living until now are molded according to rules and values that are not our own. Most of humanity is stuck in someone else's discarded chewing gum and has yet to break free.

Unless you have been brave enough to forsake this trap, here is your likely portrait: your religious convictions are those of your parents or community; you root for your hometown sports teams; your political allegiances conform to the party system that society offers; you are an avid observer of the cultural pageantry, like the Super Bowl and the Oscars; your holidays are the standard ones, such as Christmas, New Year's Eve, and Independence Day; you look to your political and religious leaders for guidance and protection; you feel driven to succeed—to make more money, to live a better life.

These are worthy and desirable choices that hold families and societies together. They make you who you are, you might argue. True, but only if you are content with admiring the wrapping and never looking inside the box. If you dared to look, you'd discover how these basic thoughts originate in a fundamental belief formed

during the first years of your life: that survival depends on obeying the rules. Children typically bend their perceptions and interpretations of reality to match those of their parents and others who care for them. They find clever ways to please in order to receive attention and belong. As they grow up, the people and issues may change over time, but the initial patterns of conformity remain deeply ingrained in the subconscious.

The price for surrendering to consensus is steep. It is nothing less than the loss of individuality and curiosity. Without these two magnificent attributes, you disengage from the grandness of the creation and implode into the holographic illusion humans have come to call reality. You become one of Oscar Wilde's other people, thinking someone else's opinions and assuming they are your own.

We are trapped in the daily drama the culture and the media feed us: mortgages, sporting events, tsunamis, sex offenders, AIDS, terrorism, global warming, corrupt governments, and economic inequities . . . all demanding our attention. The matrix plays us like an instrument. A thirty-second news bite can push our buttons. We get hooked and riled, liberally lacing our collective guts with corrosive biochemicals unleashed by our righteous indignation.

This condition is virtually universal. It is also the underlying cause of the world as

we know it. People cling so tightly to their personal and social identities that they are blinded to anything that does not validate them. The inevitable product is a world of war, greed, and competition, driven by paranoia and fear.

The way out is easier than anyone might imagine. However, very few summon the courage, for it requires them to leave the comfort of their known world and walk alone, unaided by the crutch of belief and dogma, into the domain of pure consciousness. Most people would rather get caught up in the business of earning a living, raising a family, or helping their community than deal with the unsettling immensity of All That Is.

Yet it seems that all humans are meant to take this epic journey of discovery at some point in their series of lives on this planet. If you choose to walk this path, you will find yourself gaining a new perspective—that of consciousness, where the mind, with its judgments and emotions, ceases to dominate and the heart is your only reliable guide. The great issues of your daily life that once commanded your attention now seem wondrously arbitrary and irrelevant—simply interesting experiences that lasted far too long and became unnecessarily weighty.

You now see the illusion for what it is: a game-board projection designed so aspects of the Oneness can experience duality, fear, and separation. It is no more real (Cont'd Page 4)

It Is Time, Take Responsibility

by Jan Toomer

We all have our comfort habits – you know, the things you do to relieve anxiety, tension, frustration?

I have a few different activities to assist me; the one I use if I am frustrated with my metaphysical/spiritual work is to (don't laugh) put on my original (and now remastered) soundtrack from "Jesus Christ Superstar" (I love the music!)

I recently cranked that puppy up and sang as loud as I could (and definitely off key) – this helped open my lungs and throat and gets my energy cleansed and flowing again.

It takes a lot to get me frustrated or angry – this time, I allowed my frustration to build in me – so I had to deal with it.

I am *not* perfect! Let's get that out in the

open right up front. I know, shocker, right?

But honestly, why do some people ask for help, then don't remedy the reason they got into a pickle to begin with? Argh!

Okay, so getting on with the story...

Over the last two weeks, various unconnected people had asked for assistance; I worked on their problems, informed each of the root cause (reason) why their incident had happened (as I understood it) and how they could prevent it from happening again – some of which fell on deaf ears.

Why?

Because they each had to take responsibility for their "contribution" to what caused the problem.

So, after about a week of this...Jan went

into a self pity-party – hence the "classic rock" crank up. You are probably familiar with these pity-parties? You know, the one where you ask "What's the use?" or "Was all that hard work for nothing?" Yeah, I went there...

I am better now. *grin*

Please remember – we are now having to clear up our past and are being held responsible for our own **self created reality!**

Seriously, it is time, take responsibility.

What Does This Mean?

It means that I (or others) can clear the ghosties, uckies, etc. from your environment and re-balance the energies – but it *only works if you take responsibility!*

If you do not take responsibility for your actions, thoughts and deeds, the assis- (Cont'd Page 4)

We've Been Living In A Dream World

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than a programmed matrix in a computer game. You and I are merely units of awareness projected into the matrix, defining ourselves by the points through which we view and believing what we see to be reality. Who did the projecting? You. Who is the projection? *You*. There is only you.

How do you get to this liberating place from which you can see the larger picture?

The cosmic formula of creation is gloriously simple: Attention + Intention = Manifestation. Nothing in the universe evades this law. The reality you perceive is entirely a function of the only two forces at your command: your attention and your intention. Bring conscious awareness to this equation—consciously monitor your attention and intention and what you are manifesting—and everything changes.

Through this ongoing process of self-observation it will become increasingly clear that the part of you that is projected into the illusion is in trouble. This realization in fact marks the beginning of your journey out of the illusion. Once you begin to couple the law of Attention + Intention = Manifestation with the concept of Oneness, you begin to see a completely different picture. You are All That Is. There is nowhere for you to go, nothing to attain,

no lessons to learn.

If you buy into the reality that you are an earthbound human stuck in the struggle of life, presto, there you are. If you focus on the part of you that is watching you flounder in the illusion, snap, you're free. It can't get much easier than that. Yet why are so few of us awake?

The written or spoken word can do no more than point the way. And trading one belief system for another accomplishes nothing. The answer lies elsewhere. Waking up is a consequence of induction. Just a few years ago you might have placed yourself in the presence of a guru or master and, through devotion, discipline, or some other practice, gradually assumed some of his or her enlightenment. Now, using the law of $A + I = M$, you become your own master. By focusing your attention on the part of you that is watching the rest of you floundering in the illusion, you are taking a giant step in restoring control over how your attention is commanded. If you add the intention of reclaiming your essence, you complete the formula that can only result in the manifestation of whatever your curiosity seeks to explore.

The payoff of having been so deeply mired in the illusion that you nearly succumbed

is compassion for those still stuck in the matrix, coupled with a large dose of humility. You have learned that the illusion is perfect exactly as it is. The only thing that needs to change is the point from which we view it. Now all that's left is for you to summon the courage to begin the journey home.

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About the Author

© 2005. Jean-Claude Koven is a writer and speaker based in Rancho Mirage, CA. He is the author of *Going Deeper: How to Make Sense of Your Life When Your Life Makes No Sense*. Selected by both Allbooks Reviews and USABookNews.com as the best metaphysical book of the year. See: www.goingdeeper.org.

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For additional information, contact the writer of this article, Jean-Claude Koven, at jck@prismhouse.com. Please notify of intent to publish.

Thank you Jean-Claude Koven!

It Is Time, Take Responsibility

Cont'd

tance from others *will do nothing!* The energy worker has wasted their time and energy.

No one, whether they are doing it voluntarily (donating their services/expertise)

or are getting paid, likes to put forth the effort to have their work undone in about 24 hours or less afterwards.

The problems began for a reason my friends!

Meta-Night 10-18-11 at Linda Aragon's

by Linda Aragon

Spiritual Meeting members and visitors:

Thank you all who participated in this wonderful gathering as Jan tuned in to her guides (and ours) to answer many questions that flowed all evening both on personal levels and global levels. This was the first time I have hosted such a meeting and it was a pleasure to provide a place for Jan to gather with us and provide us with this interesting and informative type of

evening. As Jan was born "Open" with so much information to share from the other side, it is a gift for us to be able to learn what she so readily wants to share – all to further our spiritual understanding and involvement.

Thank you Jan so much for this opportunity and I am confident I speak for others, when I say "We look forward to more evenings like this!"

Love and Light, Linda

Linda Aragon

Holistic Life Coach

Aragon77@comcast.net

<http://www.RadiantLifeTransformations.com>

"Awareness is the precursor to Change"

(Thank you Linda!)

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For an appointment with D'rae, call: 575-571-6668 or Email: draes.healings@gmail.com

Top 12 Emotional Reactions to Reality Shifts

by Cynthia Sue Larson

Most of us have experienced times when reality has literally shifted around us. We've noticed time has slowed down, sped up, or even stopped completely. Sometimes we notice that our coat, wallet, shoes or keys aren't where we know we left them -- or we're disconcerted to find that yet another sock has vanished into the "Bermuda Triangle" of our laundry room. Reality shifts are these times when we notice things appearing, disappearing, transforming, or transporting... or changes in the way we experience time.

What I find particularly fascinating about this phenomenon is the wide variety of reactions people have when they notice reality shifting. Just as in Alan Funt's "Candid Camera" television show, people experiencing reality shifts don't always respond the same way -- or even in ways we might expect people to react.

In the case of reality shifts, it's quite likely that our feelings are interconnected with the shifts in reality we are witnessing, so these emotions may help us find a key to better understanding the phenomenon of reality shifts. For example, anecdotal evidence suggests that people who are relaxed when they discover they have cancer (rather than feeling initially shocked or angry) are less likely to have spontaneous remissions of their cancers.

To find out how people feel when reality shifts, I designed and conducted a "How Do You Shift Reality?" survey of 395 people in April 2000, asking people to answer twenty questions about their reality shift experiences. One of the questions I asked was:

"When I notice reality shifts, I often feel..."

This survey offered several multiple choice answers to this question, including a write-in space for people to share additional comments. When I analyzed these survey results, I was excited to discover that there are twelve typical types of emotional reactions for people experiencing reality shifts!

(1) Curiosity

The most typical emotion that people feel when reality shifts is curiosity. People typically find themselves wondering, "WHAT is going on here?!" when they witness reality shifting around them. Of the 395 people I surveyed in April 2000, 62% of the respondents reported feeling curiosity when they noticed reality shifts. One survey respondent noted that just like Spock (from the old Star Trek television show) might comment, they often find themselves feeling like "Hmmm.... interesting!" Even those who are familiar and quite practiced in the art of intentionally shifting reality expressed a great deal of curiosity about what's going on when reality shifts. One of these survey respondents commented, even though "I have learned to control it (reality shifts) with my many years of magick practice, it only makes me yearn for more knowledge." Another person commented that they felt "fascinated - wonder whether we produce existence through will, or has time been changed?"

(2) Excitement

Reality shifts can be extremely exciting. I've often experienced dramatic changes, such as a woman across the street from me vanishing as I looked at her, which have given me goose-bumps once I realized the significance of such a thing happening! Of the people I surveyed, 45% indicated that they, too, have felt very excited when reality shifts. "Yeee - ha!" was one write-in response, which made me laugh out loud! Others said they felt "encouraged, anxious", "overwhelmed", and "restless". When the full import of a reality shift sinks in without being denied, very powerful emotional responses are often felt. One person wrote that it "depends on the circumstances, but my reaction is always intense one way or the other."

(3) Awe

Reality shifts can often feel much like witnessing some of Nature's most powerful

forces at work. Like hurricanes, volcanic eruptions, floods, and fires, reality shifts remind us of our relatively humble position in this amazing universe. 37% of the survey respondents said they felt "awe-struck" by reality shifts. People wrote that they felt "humbled", "awe-struck by the fact that we do indeed create time", and that they "suddenly feel small in the scheme of things". Reality shifts renew a sense of wonder for many people.

(4) Happiness

The next most common reaction to reality shifts is one of joy and happiness! 33% of the survey respondents said they feel happy when reality shifts. "I try to hold on to the moment as long as possible", wrote one person. Others remarked that reality shifts leave them feeling, "encouraged", "amused", and "validated".

(5) Confusion

A less common reaction to reality shifts is one of confusion. 26% of the people in the April 2000 survey indicated that they have felt confused by reality shifts. "I think that I'm crazy!", wrote one person! Typical comments of those reporting feelings of confusion were of feeling "mystified", "dumbfounded", "un-rooted", and "dizzy, light-headed, nauseous, disoriented". One person commented that I "wonder about my vision", and another remarked that reality shifts are "noticed usually after the shift or hindsight".

(6) Fear

Fortunately, only a very small percentage of those polled indicated that they felt frightened by reality shifts. 7% reported feeling afraid, and wrote comments that reality shifts have made them feel, "agitated", "anxiety", and "thrilled and frustrated, 'cause it scares me before I can react appropriately -- cold and shivery".

(7) Anger

A very small percentage (3%) of those surveyed reported feeling angry when reality shifts. It's understandable that people
(Cont'd Page 6)

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might get upset when things change without warning in seemingly unpredictable fashion. One person wrote that reality shifts make them feel "somewhat frustrated, curious, sometimes angry".

(8) Sadness

Sadness is another less typical emotional reaction to reality shifts. Like anger, we might expect a certain degree of sorrow when people see things changing suddenly. Only 3% of the survey participants in the April 2000 survey said that they feel sad when reality shifts.

(9) Denial

While "denial" was not one of the multiple choices for how people feel when reality shifts, several people indicated that they intentionally disregard reality shifts, even when they notice this phenomenon occurring. "I shut it out of my mind", wrote one person. "I never seen that happen or maybe I did, but didn't understand what it was. Do not consider them as anything real. I pass it off to my being mistaken", commented another. A third wrote in feeling "a need to rationalize, until I shift it into something that makes sense". There is another moderately large group of people who simply don't believe in reality shifts, saying "I haven't seen them", or "I don't believe in them". In my survey, 6% of those surveyed reported that they don't experience reality shifts at all.

(10) Gratitude

by Jan Toomer

A lot has transpired this past week, not just for me, but others as well.

I spoke with two other friends (unknown to one another) who began major changes this week. I don't mean like spring cleaning or getting a haircut - I do mean a major life change which included working to leave disharmonious energies and stepping forward to accept the new, lighter and healthier energies.

My guides had said that I needed to experience the changes, just like everyone else. This is one of those changes. The 28th transitions and transformations have be-

Another common response to reality shifts is one of gratitude and appreciation. Many people wrote in comments about feeling, "grateful", "thankful", honored", "reassured", "connected", "peaceful", "fulfilled", and "just glad to be able to see it and feel it when it happens all around me". I frequently feel grateful when reality shifts around me, because it overcomes the occasional doubts and skepticism I sometimes feel that such things can actually happen.

(11) Heightened Awareness

Quite a few people said they feel "alive", "high", and "aware" as a result of seeing reality shifts. These people are having what Abraham Maslow called Peak Experiences. When I first noticed reality shifts, I immediately began to pay much more attention to my surroundings, since I thought perhaps I'd been inattentive and that's why I was mistakenly thinking reality had shifted. What I found was that the more alert and aware I became, the more likely I was to witness reality shifts! One person commented feeling "very calm & focused in the moment", while another remarked, "I become aware of the WOW - "Whole" Other World - beneath the surface of this one, and feel my spirit stir when I witness veils drop and lift." Others responded, "I read the signs to my reality -- I feel aware", and "Very, very interested!!!"

(12) Acceptance

Yet another typical emotional response to reality shifts is one of calmly accepting this experience as part of normal life. This

group of people is having what Abraham Maslow referred to as Plateau Experiences, as they become familiar with what was once a peak experience. The range of the feelings of acceptance in this group of individuals runs the gambit from "indifferent" and "ambivalence" all the way to "calm", "mellow", and "at peace with it because I understand it". These are the reactions of people who are "just used to it", who feel "that it was to be expected" when they witnessed reality shift. One person remarked, "It happens so often, I just accept it", and another commented, "I just accept them as normal". Others clearly feel that reality shifts are not unnatural at all, saying, "I feel that these are natural occurrences for me and am not alarmed", and "I feel as if things are as they should be".

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When I look back at all these reactions, I'm amazed to find that I've experienced most of them myself. I hope that people who are just discovering this phenomenon will be reassured that most people find reality shifts to be exciting, awe-inspiring, and life-affirming in a very deep and profound way.

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The 28th Transitions and Transformations

gun.

What I experienced (sorry, private) was major and I felt it in every level of my being. It was a bit unnerving, but really, should've seen some of it coming. Then I awoke Saturday morning feeling lighter, refreshed with still a touch of being tired (which I attributed to the adjusting to the energy changes this personal shift brought).

These two friends, and I, all came up with similar thoughts:

What if this shift, which was to occur somewhere between October 28th and mid- November, is major individual en-

ergy shifts/adjustments, transitions and transformations?

Now, I am not saying we are totally in the clear with economical, civil and world-wide man-made issues that will have to be dealt with, along with issues with Mother Earth...those are still on the plate for us.

What I am saying is that we have just taken (or are taking) a really big step into lighter density energy - the process has really jump started this past week.

How exciting! I, for one, cannot wait to see what comes next!

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Feather Fans



by:

Dorothy Ance Webb

and

Valdora Phillippe

Ward



*Double Feather \$150
Single Feather \$100
Shipping may be additional*

*Photos are for examples only
- the feather fans shown here
have been sold.*



Feathers are commonly given as a gift to heal the heart. The feathers send prayers to the heavens and draw healing power from the sky. These fans may also be used for smudging or to compliment a dance costume. In a rustic decor the fans can be beautifully displayed in frames or as wall hangings.

The barred turkey feathers are painted with animals and birds sacred to the Native Americans. The handle is beaded in the Peyote design and decorated with leather fringe, fur and/or animal fetishes. Each is unique.

These fans are a collaborative effort between two cousins -- Dorothy Ance Webb and Valdora Phillippe Ward. Dorothy is of Laguna Pueblo, Winnebago and Chippewa-Ottawa heritage. She beaded and decorated the handles. Valdora painted the feathers. She is an artist, well known for her murals, paintings on fabric and detailed wood burning or fire painting.

*Contact Dorothy Ance Webb through her website for more information
or to place an order.*

<http://dorothyancewebb.com/contactus.html>

Notices

This will be the last time a hard copy (mailed out version) of the newsletter will be mailed out.

I have not been charging for any of these newsletters; the wear and tear on equipment, price of ink (or the professional copy places), envelopes and postage has become cost prohibitive for us.

If you wish to have the PDF version emailed to you (free of charge), please email me and request you be placed on the newsletter list. Jan@reality-undefined.com



I am currently in transition and am no longer working out of the Heart of the Dove Center.

Volunteer articles are welcome! We will provide your web (and/or contact) info with your article. We are looking for spiritual/metaphysical, real life, uplifting, guidance, etc. type articles. Can be in the natural health fields, mental health fields, personal experiences, etc. Send article to Jan Toomer at: Jan@reality-undefined.com



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