



## Energy Attacks Occurring

Reports started coming in about energy attacks occurring from various people across the U.S.:

- major lethargy
- depression
- out of balance
- feeling out of sorts
- ungrounded
- unpleasant visions (not personal)
- unsettled
- uneasy
- irritable/cranky/grumpy
- feel like moving through molasses
- exaggerated feelings
- blocked
- lost in limbo feeling
- borderline sense of no hope
- two weeks of hell

What's so special about this list? It has occurred in the last two weeks and are not customary to those individuals – and no one seems to be able to pin point a trigger or reason for these not-common-to-them experiences.

I wrote (late) last week that I had a seemingly impenetrable Writer's Block (on page 6) .

By Monday morning, I had had enough of feeling blocked and out of sorts!

I closed my eyes, called on That Which is Highest and Holiest, pulled Source (White) Light into me until I felt I could not hold anymore and pulsed the Light outward from me.

The last two weeks, I felt I was using a small penlight to navigate/see in the dark; when I pulsed on Monday, I suddenly saw around me as clear as daylight – and I didn't like what I saw.

When someone is under a psychic attack, I "see" this as dark tendrils or dark tentacles on the person that is under attack...and this is what I saw on me.

This momma doesn't play that game.

Each tendril/tentacle was removed from me with the command to send each one back to who, or what, ever sent it to me – and that it be healed on it's way back to the owner.

I then shielded both myself and my space.

I was instantly removed from the "trying to think through molasses and feeling out of sorts" and brought back to clear-headed, focused and energized again.

I, and countless others, were caught unawares – it may be worse if we each allow it to happen again...I certainly do *not* intend to go through this again.

Keep the Light strong within and go back to shielding regularly. (See Psychic Attack, page 2, for a few ideas).

Oh, and my writer's block is gone!



Jan Toomer

## Psychic Attack

by Jan Toomer

A psychic attack can range from subtle to strong; can come from a physical being (they usually aren't aware they are doing this) to a non-physical being – and either can create chaos in your life.

This does *not* mean that any little (or big) thing that happens in your life is a psychic attack.

Psychic attacks (for those who can “see” this type of energy) “looks” like dark tendrils (or tentacles) around and/or into the one being attacked. It can also be seen as energy knives (*not* physical knives, etc.) or other sharp energy implements in the energy field(s) of the one attacked.

Psychic attacks can be triggered by jealousy, fear, greed (and not necessarily monetary), hatred, etc. which are directed towards the one attacked.

No matter the reason, I do *not* recommend:

- Trying to follow the energy attack back to its owner
- Retaliation

What if you suspected Mrs. So & So, and you retaliated? We each do not have access to the complete “big picture” – your own limited views/biases can lead you to the wrong conclusion or wrong direction and then you create some major “karma” for self. Ouch.

### So, What to Do?

I can recommend the following:

1. You can remove the tendrils, etc. from you; pull down White Light to fill and clean where they entered/touched you and ask that the tendrils, etc. be sent back to their owners, and ask that they be healed on their way back. Shield.
2. Call on Arch Angel Michael to remove and clean you from the negative energies and ask to be protected by Arch Angel Michael so it does not happen again. Shield.
3. Shield periodically throughout the day (for example: Breakfast, Lunch, Dinner) to *keep the Light in and on you*.

## Lost Thoughts, Part one

by Jan Toomer

After last week's article (Energy Attacks Occurring), I have done some exploring; spoke with others and asked others to take a look and offer their theories.

First, a big thank you to all of you who helped with this.

Secondly, I/we do not have all of the answers.

I will do a little backtracking here – so those of you who have not been reading the blog for quite a while will have a bit more information to go on.

We – humans and the earth – are literally treading a new path – one that neither human or earth has experienced **ever**, so we are all learning as we go along. At this point, I can only offer what I, and some others, have observed and experienced to help you.

What was observed/experienced while delving into the “energy attacks” people have been experiencing:

- Saw dark shapes
- No defined edges
- Non-sentient
- “Parasites” just looking for energy
- Not from our dimension
- Not one of us felt these things enter our energy fields
- Could only see them when we “pulsed”

I saw these things come here, riding on a wave – similar to watching someone surfing, but surfing on energy, not water.

### Man's Unfinished Creations

When I was younger, I saw a show on TV about prophecies and the signs for the end of days – I *think* it was on Aztec or Mayan prophecies. One particular sign has stuck with me all these years...

*Man's creations will turn against him.\*\**

The show presented its interpretation of this as blenders, mixers, appliances, etc. acting out on their own. At the time, I *knew* the prophecy was correct, but the TV shows depiction was incorrect.



In some of my classes, we talk about how:

1. energy is everything; everything is energy
2. how our thoughts are energy
3. we create with our thoughts. Each creation began with a thought. For example, building a chair. The creator person mentally visualizes what (s)he wants; then draws it; then figures out what materials to build it with; then builds it. The thought became real; it manifested into this reality.
4. if we put enough energy into our thoughts, we manifest it here
5. if we don't put enough energy into our thought to manifest it here, it was stuck in a kind of limbo – rather slightly out of sync with our dimension (also called “space junk”) – unseen, but remaining none the less.

These things came from the dimension where our unformed thoughts ‘hung out’ and are now on the same dimension as us – in other words...they're back; and in some cases, turning against man (see link above for “Energy Attacks Occurring”).

*\*\*I have spent hours online trying to find this particular prophecy and have been unable to find anything on it. If any of you have information on this one, please share.*

Continued next week...Lost Thoughts, Part Two

## Lost Thoughts, Part Two

### What is Space Junk?

You know when someone has rudely cut you off – in conversation; while driving; in the grocery store, etc.? That created a spontaneous and usually unpleasant thought.

Most of us do not act out that angry/ annoyed/ hostile thought – so that thought was not given enough energy to manifest into our dimension (we didn't punch someone or ram our vehicle, etc) – it just didn't happen. We just kept our angry thought inside of us and/ or perhaps shared our thought with a friend. And we then moved on.

But the energy of those thoughts, good or bad; unformed or half-formed; did not just move on. It became suspended in a type of limbo, slightly out of sync with our dimension. They became our lost thoughts, our “space junk”.

Okay, if I have lost some of you now – I will try some analogies about not physically seeing our junk.

How many of you just vacuumed your house and thought (especially those of you who live in the desert) – “Great, now the dust is gone!” only to pass by a window or light which highlighted little particles of dust floating by? We did get some of the dust, but there is more that we don't physically see all the time.

Or what about the real space junk floating above our earth? We do not physically see it, and we often do even think about the satellites and/or other debris that is out there - but, it is there nonetheless - we just can't physically see it.

Not physically seeing something doesn't mean it went away or that it is gone.

I've mentioned in the past how our energy (humans & Earth) has been raising in frequency/vibration. As our vibrations/frequencies continue to raise, the barriers between dimensions, realities, etc., becomes thinner – therefore, becoming more accessible to us.

The ‘limbo’ dimension where we kept our unformed thoughts has merged with our current dimension. We now are facing our own unfinished/unformed thoughts from the past.

We have to clean up our garbage before we can move on – and we have a lot of “space junk” out and about....

So, it boils down to this – our thoughts that we each left floating out and about – yes, each and every one of us! – has now rejoined us to be dealt with.

Please realize that each and every one of us needs to address this! There are no others capable of removing YOUR space junk. And your space junk is going to keep on you until you acknowledge your responsibility of that creation and heal it. We are talking a lifetime, per person, of accumulated ‘space junk’ that has returned to each one of us.

Peter Perkins and I did some experimenting and have come up with a formula – if you will – on how we can each clean up our “space junk”.

### Formula Outline

developed by Jan and Peter

1. SHIELD
2. PULSE (if you want to ‘see’ them)

(Cont'd Page 4)

3. Acknowledge them (I did this by pulsing and seeing them)
4. Variation of Ho'oponopono
  - Forgive me – for forgetting you
  - I am sorry – for leaving you in limbo
  - Thank you – for this learning opportunity
  - I love you, cleanse and heal you, and release you back to the Source (use your term here – God, Goddess, etc.)

And mean it.

### Questions and Answers

**Q:** When we acknowledge our unfinished thought creations, are we acknowledging those just from this lifetime or this lifetime and past lifetimes?

**A:** We do not have that answer at this time. It is my recommendation that you do this exercise with the intent of clearing up all of your unfinished thought creations, which can include past life times as well.

**Q:** Why is it that no one else can clean/clear our unfinished thought creations on our behalf?

**A:** My understanding is that we are separating from the group consensus for manifestations on Earth - which means one cannot do for many; we each have to take responsibility for our own thoughts/actions/creations/unfinished creations. This means you have to accept responsibility and take care of your own.

**Q:** What if someone is incapacitated and cannot do this on their own now?

**A:** I can offer up that you try on behalf of that person - if it is not meant to be done by proxy, then the unfinished thought creations will not dissipate.

**Q:** If we do this one time, does that take care of all of our unfinished thoughts?

**A:** It has been our experience that doing the first clearing does heal/remove a large bulk – however, we have found that when we check back we find more waiting to be addressed.

**Q:** I don't believe in this - so if I don't believe in it means I don't have to take responsibility for my own thoughts.

**A:** I am sorry you feel this way - and you are free to believe in what you want. I will tell you, though, that

soon denial will no longer be a luxury. We are all heading towards our thoughts manifesting instantly. We are just being given a chance to clear our own backlog - so to speak - so we won't have that piled up while we are suddenly dealing with instant manifestation of our current thoughts.

### Articles of Interest

Manifesting Now

Manifestation

Why Can't I See Tomorrow?

## Pulsing

by Jan Toomer

### “Seeing” Unformed Thoughts

For this particular circumstance, pulsing is used to ‘see’ (or sense) that which normal other-sight / other-knowing may not pick up.

After shielding, concentrate on energy (from the Source) coming in from the top of your head and filling you up; and filling you up, and filling you up.

Keep pulling in the energy until you feel you cannot hold anymore – then release quickly – in a sudden burst (in martial arts, a loud, from the gut “ki-yap” releases the energy in a burst) - 360 degrees around – and let it radiate out like a sonic boom.

It is right after the release that many have been able to “see” their representation of their un-formed, unfinished thoughts.

### Sending Love, Healing, etc.

Same as above, but adding the intent/thought, “Healing (love, etc) for those who wish to partake of it.”

White light – a good catch all color – for healing, peace, balance, etc.

Pink light – unconditional love.



## BOOK REVIEW

**"THE MATTHEW BOOKS"** – (Series of 4 books) written by Suzanne Ward.

by Linda Aragon

As an avid reader with a passion for Spiritual Studies, I have quite an extensive library. I conduct Spiritual Meetings and Study Groups, Classes, Talks, etc. on an ongoing basis. One of the "Perks" I offer is to lend out any book, free of charge on a sign out basis, two week check out period. And yes, I will lend you these books!

I am often asked – with all the reading and studying I do, what books would I highly recommend. There are so many good books out there which have absolutely fast forwarded my spiritual journey. Still, I have my favorites and ones that really hit home for me...today I am going to tell you about a set of books that really moved me and somehow struck a core within me that said "Yes, I remember this to be the truth" – When something inside of us sings out this way, I take it as a message for us to incorporate the learnings into our life.

Among the top of my recommended reading list are the "Matthew Books" by Suzanne Ward. Yes, four of them. Sounds like a lot of reading but I assure you – absolutely delightful, don't want this book to end type of reading.

The series starts with:

**Matthew, Tell Me About Heaven: A Matthew Book – ISBN 978-0738840925.**

In 1980 17-yr old Matthew was driving home after a full day's work. He veered and crashed and there seemed no apparent reason for the accident. Matthew died in the arms of his rescuers.

Fourteen years later: A series of telepathic conversations begin between Matthew and his Mother, Suzanne. Suzanne's never-ending questions are patiently responded to by Matthew and he clears up common misconceptions about the world where he lives (he says it's proper name is Nirvana). He speaks about the truth of our beginnings and our relationship with all of creation, for the purpose of understanding the 'purpose of our lives'. Among the topics he discusses are Reception of Souls, Relationships, Animals, Children, Angels and Spirit Guides, Near Death Experiences, Education, Music, Etheric Bodies, Lifepoint Review, Emotions, The Effects of Prayer and much more. The dialog between Matthew and his Mother, done in question and answer format, can be seen as an instruction manual that can

rescue the human race – just in time. Written in simple English, very easy to understand and follow, and certainly fascinating reading!

The follow up books continue the story and communication:

**Revelations for a New Era: Keys to Restoring Paradise on Earth – ISBN 978-0971787520.**

Learn about Souls and Energy. How thoughts create everything within it! The origin of human life on Earth, Mind Control, what is behind 9/11 and Advanced Civilizations.

**Illuminations for a New Era: Understanding These Turbulent Times – ISBN 978-0971787537.**

Tells who we are and the purpose of our multiple lifetimes. Read about Earth's ascension process; how we create our reality and how prayer works.

**Voices of the Universe: Your Voice Affects the Universe Let It Be With Love – ISBN 978-0971787544.**

Earth souls in Nirvana, our ET family. Synchronicity in life experiences and the influence of the Illuminati. Prepare for Earth's restoration and our roles in this transition.

Yes, there is a lot of information here. During my study of these works, there were many instances where a sense of "remembering" came forth, not to mention a few hair raising episodes. Times where I could not sit still, the resonance was so strong. I believe, the time you would invest in these readings will fast forward your spiritual studies tenfold, as it did mine.

(Cont'd Page 6)

Writers are wanted for volunteer metaphysical and/or spiritual articles. Share your experience - write of your musings/thoughts, messages received or epiphany. My experiences, etc. are not the only kind out there (it is not all about me!), so please share your story. I will help edit your article if needed.

Send your article (and website info. if you have one) to me at:

Jan@MetaMatters.org

The Matthew channelings continue today, I receive these about once a month.

#### Reminders:

**ARE/Spiritual meetings** are going strong, 3 yrs now! You are invited to attend at any time – drop in as a visitor. Warning though, you will get hooked on the warm inviting energy of the group and really enjoy exploring many different spiritual topics. Contact me to get on mailing list for reminders, dates, highlights, special events, classes, etc.

**Radical Forgiveness study group** is now underway. So much positive feedback coming forth! If you missed this session, add your name to waiting list, I will be bringing this out to the community!

**Abraham-Hicks study group** now being formed – sign up early for this opportunity!

As **a certified Holistic Life Coach**, I offer a free initial consultation!

**Personal Growth classes** will be coming in the Spring!

Linda Aragon, Holistic Life Coach

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## Writer's Block

by Jan Toomer

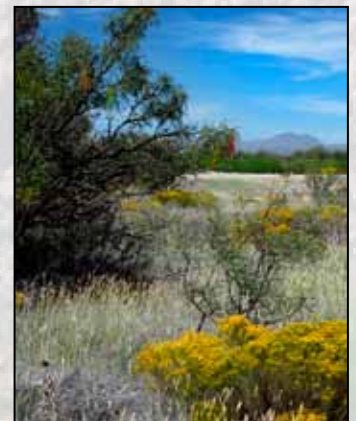
My article is very late this week...I developed a full blown case of writer's block; no epiphanies, no random topic of interest...no clue!

This block baffled me. Sometimes when I got stuck, my cat might toss an idea out (no help this week); my guides may bring up a topic or experience (nada); and sometimes I just sit quietly and my higher self and/or inner-self chime in (suspiciously quiet).

I changed my focus. I tried to exercise the block away (feel healthier, but the block remained); meditated with the intent of removing the block (apparently forgetting the purpose of meditation); I talked with friends, discussing possible topics (nothing called to me).

I turned to nature and observed nature's celebration of life; what a Joy!

So, this week I share with you some of what I saw – and ask you to go out and observe the celebration of life.





## BOOK REVIEW

### Who Was Ann Ockenden?

by D. Arnall Bloxham.

Who Was Ann Ockenden? by D. Arnall Bloxham. © 1958, Neville Spearman Ltd.

Though published in 1958, this is a timeless topic – past life regressions.

Hypno-therapist, Arnall Bloxham, shared some past life regression sessions from one client, Miss Ann Ockenden.

Bloxham presented seven of Ockenden's past life regression transcripts, and then Bloxham followed each transcript with a chapter on his thoughts on the information received from the regression.

Ockenden's recorded past lives ranged from cave-man (B.C.) up to the 19th century.

Interesting reading – and shows that past life regression was occurring in at least the late 1950's.

### October Quote



*It's kind of  
fun to do  
the  
impossible.*

**Walt  
Disney**

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

### 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](http://www.metaphysical-studies.com/blog)

## BOOK STUDY GROUP

### REMARKABLE HEALINGS by Dr. Shakuntala Modi

Dr. Modi's book contains case studies as well as information received through her clients, usually during hypnosis sessions. Dr. Modi covers a variety of topics; she also includes information on how demons interfere with humans.

The topic of demons is very controversial; many state that they do not believe in the existence of demons. I will not argue anyone's belief; I do offer discussion on what Dr. Modi proposes in her book, as well as offering thought-provoking questions. More Information.

*Controversial and Hold Harmless waivers will need to be signed at the first study/discussion session. You will need a copy of the book and will need to have read Chapters 1-3 prior to our first group meeting.*

This group is limited to 10 people, so please pre-register. Jan@MetaMatters.org or at the Metaphysical Life Enrichment Center.

Facilitator: JanToomer

**10/28 - 12/09/10**

Thursdays 6 - 8pm

**\$64.54** (tax incl.)

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# WHICH STYLE DO YOU PREFER?



## So Many Filters

by Jan Toomer

I have been taking a healing class and have been fascinated.

Through this class, I have slowly been removing filters I have placed – over my life-time – on my abilities. I have had so many filters!

### What Are Filters?

They are what we use to dampen 'noise' around us.

*Example 1:* You have moved (or are visiting) a new place (hotel, apartment, condo, house, etc.) and the noises are new to you, so you are very much aware of every sound around you. Gradually, though, those sounds become less and less pronounced, until they are incorporated into the background...then you only hear sounds which are no longer considered normal background noise.

*Example 2:* When you go to the store, you are aware of others in the store, but you only stop and look when something/ someone, out of your 'norm,' catches your attention. Then you focus on that.

The same can be applied to abilities – they

can be dampened.

As a child, I 'saw' and 'heard' energies, entities, etc. all the time. As I grew, I learned to filter them. They were still active, but unless I was doing energy work, they became background noise; the unusual is what would get my attention in day to day life.

As some filters are being removed, it is... well, freeing.

My filters are cumbersome. It's like having layers of clothing and wearing a coat on top of that, during very cold winter months.

Removing the filters is like a warm spring day – no cumbersome clothing (rather shorts and a t-shirt). I can enjoy the warm comfortable spring breeze on my skin.

And I never realized this until now!

I have to admit, filters were in place so I wouldn't be distracted – or a distraction – in daily life. Most people weren't comfortable around me when I stopped and talked to the 'air' (grin).

Except for around my husband and long time friends, I don't usually talk to the 'air'. On that note, I hadn't realized to what ex-

tent I let my filters drop around them until a friend recently told me that she never knew if I was talking to her, the cat, my guides...or what.

I laughed, but duly noted this and make an attempt to address whomever I am speaking to now. Ha!

### Now Seems An Excellent Time To Remove Filters

Earth's energy, as well as those who inhabit Earth, is raising; it is appropriate that we become more connected and not so bundled-up.

Filters are different than shielding. Shielding is used to not absorb the energies of others (you can still sense the energies around you – you just don't absorb them) and is especially recommended for empaths (who feel others' energies as though it was their own).

Having said/wrote that, please note: we are all becoming more empathic.

Do you think it's time for us to drop the filters and become more connected?

I do.

## Intuition and Spiritual Growth, Part I

### What or Whom Are We?

by Anthony Preman

What does it mean to be a Psychic or an intuitive? Or should the question be, "What does it mean to be psychic or intuitive?"

When you read the above two questions, you are reading two very different questions. The first question, "What does it mean to be a Psychic or an intuitive" is implying that you, the reader or the individual who calls themselves a psychic or intuitive has identified yourself as just that; psychic or intuitive. The second question, "What does it mean to be psychic or intuitive," implies that this is a part of you, but

does not define "who" you are.

Being the fact that I do not care for the word, "psychic," as many infer this to such people as, Sister Cleo or Dionne Warwick, etc....etc. I will use the word, "intuitive."

Being intuitive does not mean that you were born with a gift. How many times have you met someone who either is or claims to be intuitive and they soon tell you that they were born with a gift? For many of you that are reading this, you may think that your intuition is a gift. But is it?

We are all born with biceps. Some people are born with biceps that have the ability to look like Arnold Schwarzenegger and

there are some that no matter how hard they try and no matter how many weights they lift, they will never look like more than Olive Oyle from the Popeye cartoons. But just because we are born with biceps, does not mean that we are, "gifted," it just means that some have a more innate ability to build those muscles and some can try and try and never gain much ground. The same concept applies to intuition; we all have intuition and some will work their intuitive muscles so that they can spiritually, "lift" very heavy objects. Some will try and try and gain very little ground.

But the question that I have for you, the reader, is why? If you are an individual that has wanted to be intuitive, ask yourself

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Blog: <http://www.metaphysical-studies.com/blog>



## Intuition and Spiritual Growth, Part II - Surrender

by Anthony Preman

Since the very first time that I realized that I had some sort of intuition, which was probably around the age of 6 or 7, I have wondered why it was that I had this ability. At first, it scared me. I remember being a child and referring to this ability as, "the freaky stuff" and not wanting to disclose this to anyone for fear that I would be looked at as some sort of freak myself.

As I grew older, my intuitive ability grew, "worse," or rather, it grew to a point that I called it getting worse. For many years well into my late teen years and my early adult years, I ran away from this and tried to do everything that I could to define, "what I was not."

I had seen and heard so many others make fun of the people on television, such as, Sister Cleo, Dionne Warwick and the Psychic Friends Network, etc. and there was no way in my mind that I wanted to be associated with anything that would draw more attention to this ability that I clearly did not want. So I ran away from it. I ran away on both a mental and a spiritual level and did things that were contrarian in thought and process from anything remotely spiritual or what I deemed psychic in any way as to avoid being categorized as such. In other words, I did not want to face the fact of what I was born with; it was easier to run away or just avoid it. As time went on, the path of avoidance that I had chosen grew treacherous and my spirit grew weary.

Everything that was happening along my path was pushing back to my true nature.

Years later, after much pain, heartache and the epiphany that avoidance had finally caught up with me, I had a long talk with God. At the end of this conversation, I fell down on the ground and looked up and said, "I surrender!"

Those were two of the most powerful words that I

(Cont'd Page 2)

## Shift and Shift Again

by Jan Toomer

The energy shifts are getting stronger and occurring more frequently.

The pattern recently has been an energy increase/ shift around our full moon cycle.

Sounds like an old wives tale? It's not.

In the past, nurses I have known, especially those working ER, said they always began to expect an increase of patients a few days before – up until a day or so after – a full moon.

Crimes jumped during this time frame as well.

Well friends, it's stronger now – and will continue to grow each month.

I am not doing this to create fear (fear is not knowing) – I am sharing it to hopefully stop it from happening.

This is a dream I have had for almost a year – I have had it over and over again. It's time to share it with others:

(DREAM)

I am walking down a long hospital corridor. Each hospital room door is closed and locked from the outside.

Each room is over capacity with patients – there is no other place to put them – and no one is exactly sure what happened to them.

Each person behind those locked doors has lost their mind.

(END OF DREAM)

I am not a scientist, and can only present what I am seeing energy-wise, and will give the best analogy

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THE OLD STYLE OF NEWSLETTER.

THE NEWER STYLE OF NEWSLETTER.

Share your thought - let me know which you prefer. Thanks! Jan@MetaMatters.org