



## Metaphysical Shorthand

by Jan Toomer

Receiving information from guides, higher selves, or memory-energy can come in the form of:

- A flash of a picture
- A short mental video
- A symbol
- A dream
- A feeling
- A sudden knowing
- Etc.

In other words, metaphysical shorthand; unfortunately, there is no 100% accurate metaphysical manual for interpretation – and oftentimes the symbolism is unique to the receiver.

For most of us – to interpret means that the receiver must taken into account their own life experiences, perceptions and internal symbolism definitions and then work to keep their own history from incorrectly coloring

the information being 'downloaded' into them.

Next, the receiver needs to translate the information into either the written word of the local language, or the spoken word of the local language for the recipient/client to understand the message.

Animals communicate simply and efficiently through emotions/feelings and mental pictures/visualization.

I think they've got it right.

### Getting Stuck

Having done a reading in a location, I then was trying to translate what I saw/felt/knew into words to verbally communicate the information to my husband.

I got stuck.

I could 'see' the information, but couldn't 'find' the word...I got a bit flustered.

*(Here we go!)*

Which brought me to...

If we could all move past this time-consuming, limited form of communication and get back to mental telepathy, then ideas, concerns, concepts, and communication in general would be felt and/or experienced and received quickly and efficiently.

No more searching for the right word or words to try to accurately convey our meaning or intent.

Of course, that would also mean no more lying or deceit of any kind...but it would also mean we'd no longer have to deal with metaphysical shorthand.

## Book Review: Emissary of Love by James Twyman

**Emissary of Love: The Psychic Children Speak to the World by James Twyman.** © 2002, Hampton Roads Publishing Co Inc. ISBN 978-1-57174-323-7.

The author James Twyman, also known as the Peace Troubadour, was eating breakfast and watching birds when he noticed his spoon was bent at a ninety-degree angle. Time and time again, James was able to bend spoons.

At one of James' scheduled talks, he met a ten year old boy named Marco. With one touch from March, James' world turned upside down and led James on an intriguing trip to Bulgaria.

It was there that James sought, and met, some very psychic children, the "Children of Oz".

Upon his return home, the mystery and life lessons continued.

These children carry a message, in the form of a question, to be brought to the human race. It is through this book that James shares that message/question with us all.

I enjoyed this book - and the message/question contained within.

I recommend this book for all levels.

# Seeking Wellness Through Intuitive Touch Therapies

by Melanie Bowen

Though huge progress has been made in the treatment of cancer through advances in western medicine, the fact is that people suffering from this harrowing illness want more. They want more relief from pain, they want comfort and they want hope. Can western medicine, as it is practiced today, offer all of this? The answer is yes—but only by adding alternative therapies to the traditional treatments of radiation, chemotherapy and surgery.

Though today cancer is often treatable and survivable, the journey to healing is a difficult one, to say the least. Many cancers, including [mesothelioma](#), [skin cancer](#) and [stomach cancer](#), spread quickly, leading to a high fatality rate if not caught and diagnosed early on. The [mesothelioma prognosis](#) is a grim one if the illness is not treated aggressively—and soon. All these facts add up to a daunting situation for the person who has learned that they have cancer.

First comes the diagnosis—“you have cancer.” This is followed by the news of a harsh course of treatment, with all the daunting side effects that come along with it. Stressful? You bet it is. The irony is that the person with cancer, instead of being comforted after being told that they have a potentially fatal illness, instead must next hear the grim outline of the treatments they must endure if they are to survive.

What should the person with cancer do? Where can they turn for relief? Alternative therapies, though once scoffed at as something close to voodoo, are now finding grudging respect—at last—from the medical establishment.

“Alternative therapy” of course is a very general umbrella term that covers a host of treatments, from acupuncture to herbal remedies to massage. All of these treatments have their adherents.

Interestingly, one of the treatments found to offer great relief for cancer sufferers is intuitive touch therapy. This type of “laying on of hands” therapy does not replace medical treatments, but intuitive touch, which deals with unblocking the fields of energy in the patient’s endocrine glands, is gaining more and more respect in the medical community as an adjunct to medical treatments. According to [Healing Touch International](#), research suggests that women with breast cancer showed improved their physical and emotional health when they received Healing Touch after radiation. Some treatment programs integrate Healing Touch with Intuitive Bodywork or other energy therapies.

Patients who receive this type of therapy are already highly stressed from their rounds of cancer treatment as well as the burden of fighting an illness. Intuitive touch, as a therapy for these patients,

shows promise as a way to relax and relieve the stress and energy blockages in these patients. All this adds to a greater feeling of well-being, which may well boost the patient’s immune system. Some practitioners integrate Healing Touch with Intuitive Bodywork. Together, these energy therapies work well with standard medical treatment to manage cancer symptoms and side effects. So remember, that any patient can use these complementary treatment methods, whether they are diagnosed with an illness.

The increased openness in the medical community to this kind of healing is indeed gratifying. Patients need to be healed—and healing often comes from more than high technology and medication.

## *About the Author:*

Melanie Bowen is an advocate for natural health and cancer cure initiatives. After graduating with a bachelor’s degree in English with a specialty in Psychology and Medical Research, you will often find her highlighting the great benefits of different nutritional, emotional, and physical treatments on those with illnesses in her efforts to spread awareness.

Check out [Melanie’s blog!](#) <http://miladyk-nows.blogspot.com/>

## Meta-Nights

Jan is metaphysical topic, question or situation triggered. When a question is asked, or topic/situation presented, she will access the far seer ability, guides and Universal Network to provide a possible answer and/or solution, usually utilizing short story telling to present the information.

Normally utilizing this technique during Q&A sessions in classes, Jan will be offering it outside of the classroom.

Contact Jan for fees, more information or registration.  
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### **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>

■ *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.*

## Feeling Invisible

by Jan Toomer

During a recent discussion, one person said she was feeling invisible – people were walking into her as though she wasn't there.

This has been happening to me off and on since the 1980's...and you know me, I had to look for the patterns and/or cycle – so I began watching.

I found it!

It always seemed to happen during en-

ergy shifts – either my own growth shift or an Earth-wise energy shift.

In these times now, where we are experiencing numerous Earth energy shifts as well as personal, and others globally, experiencing their energy/spiritual shifts.... that's a lot of shifts!

As those who "step up" (no level is better or worse than another, we are each on our own paths!) energy-wise go through another shift, it puts more distance between self and others.

This can make you "invisible" by those on a lower frequency; you just aren't seen. This is somewhat similar to last week's article "Third Dementia"

This can be an unnerving experience.

If you find yourself experiencing this, please be patient and wait for the energies to settle again – this, for now, usually re-balances and you can be seen once again.

Word of Caution: Please be extra alert while driving during these times – others might not see you or your vehicle. ■

## Keeping an Eye on Your Emotions

by Jan Toomer

Okay, I'll admit it...I can get cranky; I do have my moments.

When these moments occur, it's because I am out of whack; overtired; stressed; etc. And yes...it's my responsibility to take care of myself and stay well rested, schedule things to keep from getting overwhelmed and over tired.

Doesn't always happen.

Remember the saying, "Like attracts like"? This is very true, especially nowadays. Our extreme and/or negative emotions become fodder for other entities that are drawn to the emotional "scent".

Because we are also changing from mass consciousness reality to individual created reality, our state of mind, attitudes and

emotions are not only "calling" or attracting entities that match the frequencies we each put out, but there are other consequences as well:

- We weigh ourselves down - and affect those around us - with denser, heavier energy. This is not compatible with those who are working to keep energy frequencies up.
- Affects our own physical body – as well as those physical bodies around us.
- Our individual energies of today are literally creating our individual tomorrow.

And for those who have more than just cranky days – those whose anger, fear, guilt, hatred, rage, etc. are:

- low-grade or higher constant anger, fear, etc.

- explosive episodes
- attacking others (berating, constantly 'jabbing' or finding at least one 'fault' with others and/or their work) etc.

Please just take a deep breath or three, calm yourself and then ask yourself, "What are you afraid of?" and then truly listen to your answer.

Take responsibility for your own reality, listen to the true answers within as to why this is happening, and take a positive stance on changing your fears, anger, etc.

"Like attracts like" is also true with positive energy; what we put out literally calls the same to us.

By keeping an eye on your emotions, you could release fear and begin a journey to healing. ■

## State of Temporary Confusion

by Jan Toomer

This past week has been...*interesting*.

Oddities, weird behaviors, etc. seemed to be the theme – which has carried on into this week so far.

Police sirens sang throughout the week; disharmony wove its way through the streets.

Some people drove the wrong way on a one way street; wrong way on an exit ramp; and (for me, one instance) driving down the wrong side, head on towards

me at a stop light.

It appears that the people are in a state of temporary confusion – they know something is wrong, but can't quite put their finger on it...and their actions – if we don't keep alert – can be downright dangerous to us; hazardous to our health and well being.

I also experienced a teen driver in a little Toyota who – for whatever reason – decided he didn't like me. With a truly evil grin, he drove down the road, fluctuating between two and five miles an hour in front of me. It was during the 4:45pm rush traf-

fic; I had no way to get around him, and he took delight in this.

I remember his eyes were black as he watched me in his rearview mirror – evil radiating from him and directed at me.

I had discussed how some people will begin to lose themselves; and this past week we have begun to see a small glimpse of the beginning of this.

I ask you to *please* shield, be observant as well as alert and cautious. ■

Volunteer articles are welcome! I 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](mailto:Jan@reality-undefined.com)

# The Plant Fairy Speaks

by Keith Varnum

"Why is direct connection to beings in other dimensions a natural ability for a few people and yet seemingly impossible for so many others?"

A piece of this puzzle revealed itself to me during a casual conversation with a dear friend. Lois is a delightful, adventurous, spunky woman well into her eighties. She shared how she'd been opening up spiritually for sixty years, but was still unable to see or talk with her spirit guides-St. Germain, Jesus and Sai Baba-or with angels and nature spirits.

"So many times I'll feel a warmth akin to a presence in the room with me. The connection gives me a vivid sense of serenity and comfort. But that's as far as it goes."

Questioning her, I learned she sometimes feel an energy emanating from her plants, but is never able to see the plant's aura or subtle body, or to have a dialogue with the spirit of the plant.

"Keith," she implored, "How do I do it? How can I connect with my guides and my plants in a more conscious and meaningful way?"

Her expression and words were so poignant. Then a faint glow began to radiate from the little houseplant she had on the breakfast table. As Lois continued to express her longing to interact more directly with nonphysical friends, the light at the center of the plant shown brighter and brighter.

I knew the light was the deva, the nature spirit, of this plant. Upon my recognition of its presence, the fairy deva shone so brilliantly it almost hurt my eyes. I breathed a sigh of relief. Obviously, this dramatic light demonstration was a direct response to Lois' prayers and desires. I speculated to myself, This is great. Here's her answer. Thank you, Spirit! Pointing to the brilliant glow radiating from the heart of the plant, I exclaimed, "Well, there you go! There's your answer."

Lois said nothing. She simply sat there with a puzzled look on her face, staring in the direction of my outstretched finger. "What answer? I don't see anything unusual. I don't understand what you're pointing at!"

She didn't see the light. She saw nothing! "What about that light there, Lois," I coached. "That deva, that fairy, that glow?"

She strained and squinted. She still didn't see anything unusual.

I urged, "Do you sense anything? Do you feel a presence, a warmth, any unusual sensation at all?"

Discouraged, she sighed and responded, "No, nothing."

By now I was perplexed and becoming extremely frustrated. I asked my inner knowing, "How can I help her?" The plant spirit spoke right up:

"Ask her: 'If you saw me, would you tell anyone?'"

I took the deva's cue. I softly inquired, "Lois, if you saw the glow of this deva right now . . . if you communicated with it in some way . . . would you tell anyone?"

"No, absolutely not!" she replied immediately, abruptly sitting up straight in her chair. "I've gotten in such trouble talking about things like that. You can lose friends that way."

Lois' reply was so terse and fearful, I realized instantly why she never experienced spiritual visions, multisensory awareness or communications with other dimensions. The barrier was her own unconsciously held, internal, emotional belief system. She believed if she communicated with the nonphysical world and people found out, they would think she was a foolish old woman. Lois was afraid people would say she was crazy. This, in turn, would cause her an enormous degree of shame. Lois was in denial. Unconsciously, of course, as with all denial. She was actually refusing contact, blocking herself

from opening to the connection she so desperately longed for in her life.

Now I understood. I thought to myself, Each of us is in charge of what kind of spiritual experiences we can and do have. By the receptivity level of our own unconscious, emotional beliefs, we determine how much we can open to the full array of all the possible dimensions and aspects of life. We are the keepers and creators of our own magic and miracles.

I shared my insight with Lois. She definitely saw how she psychologically hindered her own ability to have the spiritual experiences for which she so longed. I assisted Lois to feel, release and integrate her strong emotions about publicly expressing her natural spiritual abilities. After a short while, Lois was much lighter and a lot freer of the vibration generally called "fear. She felt very open to the possibility of developing her innate spiritual skills no matter who found out about them!"

The last time I connected with Lois, she reported she's seeing a distinct glow around certain flowers in her garden. She's also feeling a definite, strong presence and a long-desired tranquility when speaking to her roses. Last week, a daffodil actually talked back!

And, she no longer keeps her magic to herself. She's told two friends so far. And they don't think she's a crackpot. In fact, they'd like to learn themselves how to converse with plant spirits.

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## ABOUT THE AUTHOR

Drawing from the wisdom of native and ancient spiritual traditions, Keith Varnum shares his 30 years of practical success as an author, personal coach, acupuncturist, filmmaker, radio host, restaurateur, vision quest guide and international seminar leader (The Dream Workshops). Keith helps people get the love, money and health they want with his FREE "Prosperity Ezine" at [www.TheDream.com](http://www.TheDream.com).

*Life is a succession of lessons which must be lived to be understood.*

**Helen Keller**



## In Compassion

by Jan Toomer

The last week or so has presented an on-going theme for me: compassion and compassion in the midst of turmoil and chaos.

The word "compassion", and the lessons involved with it, had popped up again and again.

I realized that it is a bit difficult to live and breath compassion when I am exhausted; dealing with deadlines; annoyed at feeling like I am not being heard by those around me; and trying to help others through their turmoil all while working to maintain my boundaries for self's mental and physical health. Whew!

So, how much of what I just wrote is what you are going through also?

To me, compassion means I need to remember that we all have our ups and downs, moments of fear (which is the basis/root of all "negative" actions/emotions/attitudes) and pain.

For me, it also means I should accept and allow others to walk their path (as I must mine) without judging.

Please let me clarify though – being compassionate does not mean allowing others to abuse you (mentally, verbally, or physically), walk all over you, misuse you (remember...boundaries), disrespect you, etc.

It also means you can allow others to be where they are on their journey, but you do not have to accept their negative or abusive-to-you energy into your life.

As the shifts continue, our (human race) stress levels will more than likely increase more than they are currently. I ask you to remember to work on walking and talking in compassion.

I know, it's not always easy to remember in the midst of turmoil – but, when we do walk and talk compassion, everything moves a whole lot more smoothly.

Please try to remember, we are all in this together.

## Yesterday's Child – Today's Adult

by Jan Toomer

*The following was written many years ago, and never shared...the pain was still too fresh for all of us. Today, I share it with you.*

America was built on pride, honor, compassion, hope and strength.

On 9/11/01, American's of all ages watched in horror as the Twin Towers, and the people within and around, were destroyed by terrorists.

On that day, as one military child whispered "That could've been my Daddy", I saw the lights dim in thousands of people.

The terrorists said that they did this so that Americans could live in terror as they do.

Yesterday's children, today's adults carried the hopelessness and fear of 9/11/01 forward with them.

These new adults have carried that open wound; picking at it, letting it fester, and not allowing anyone to help with it healing.

They cower in fear; afraid to succeed; afraid of relationships; afraid to trust; afraid to feel anything but hopelessness; any pain felt, a thousand-fold.

Anytime happiness or success nears, self

sabotage assures it does not come to fruition.

They say no one knows how they feel – their pain, sorrow, anger, hate. They are wrong – we do know...which is why we keep trying to help. We cannot take it from them; we cannot force them to want out of that...we can offer, hope and pray that they will take the step, with help, to freeing themselves from this hopelessness; to see the future; to cope well with life's ups and downs; to experience all of life.

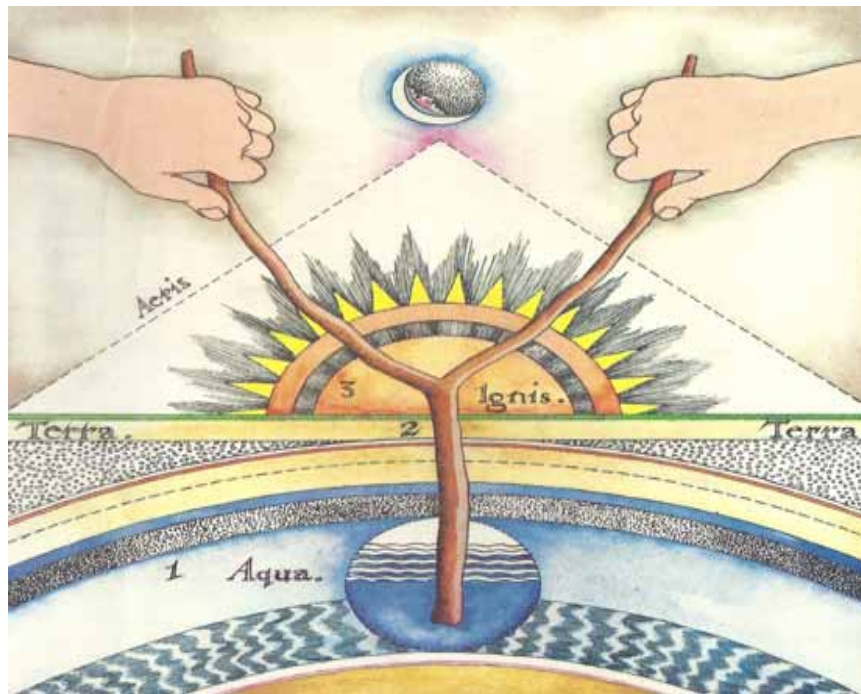
As an American and as an adult parent - I would hate to think the terrorists succeeded.

# BASIC DOWSING CLASS

Saturday, September 10, 2011

1:00 p.m. to 3:30 p.m.

**New Mexico Farm & Ranch Heritage Museum**



Learn the basics of Dowsing (Questing, Divining, Water Witching), how to use the four basic dowsing tools, and the benefits associated with dowsing.

Cost: \$15.00 - Dowsing tools will be available.

Museum "Friends" Members - \$12.00

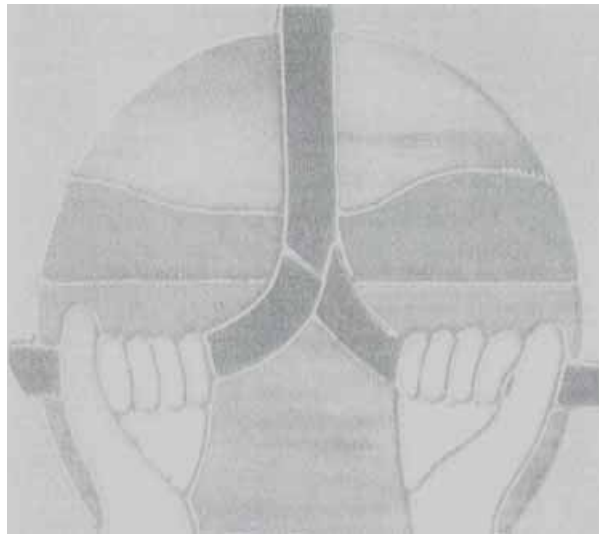
Register Early - (575) 522-4100

# MAP DOWSING & DOWSING FOR ENERGIES

Saturday, October 1, 2010

1 :00 p.m. to 3:30 p.m.

**New Mexico Farm & Ranch Heritage Museum**



Learn to use maps to remotely dowse for water, treasures, buried items, etc. - dowse for noxious (Geopathic) energies and learn to resolve problems associated with those energies.

Prerequisite: Must have completed Basic Dowsing Course, or equivalent.

Cost: \$15.00

Museum "Friends" Members - \$12.00

*Bring your dowsing tools with you.* Loaners will be available if needed.

**Register Early - (575) 522-4100**

# What Are Reality Shifts?

by Cynthia Sue Larson

**reality shift** (ree al' i tee shift), n. 1. the manifestation of objects appearing, disappearing, transforming and transporting. 2. changes in the way we experience time. 3. any sudden, abrupt alteration of physical reality with no apparent physical cause. 4. the source of synchronicity.

Reality shift is a relatively new term to describe an ancient phenomenon. Shifts in reality have long been relied upon by those who practice magic, work as shamanic or energy healers, or believe in the transformative powers of prayer... and are now becoming known to the general public as a very real phenomenon that affects us all.

*"There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."*

- Albert Einstein

Reality shifts are happening around us all the time, even though we usually don't notice them occurring. By intending to witness reality shifts and paying even more attention to your physical surroundings than usual, you will increase your chances of seeing reality shifts occur right in front of you.

When I first began experiencing numerous reality shifts in 1994, I thought that my mind was playing tricks on me, and that if I simply paid a bit more attention to things around me then I'd stop thinking that things were appearing, disappearing, transforming and transporting around me.

I was amazed to discover that the opposite was true... the more closely I paid attention to my environment, the more likely I was to see that things were very often not at all the way I know they had been. For example, a half-eaten loaf of bread became a whole loaf again as it sat on my kitchen counter and I slept one night. I have searched the entire house for my daughter's favorite shoes, only to give up... and a few days later find her shoes in a place she would never normally put

them... on top of her bed!

I've seen truly spectacular reality shifts when I was feeling the most doubt about them existing. I saw a very old-looking sign appear in the middle of my daily walking path the day after I'd started writing my first article about reality shifts and was feeling doubt that this phenomenon could be real. The sign looked to be at least months and possibly years old, and the connected garbage can showed signs of the weed-whacking that had happened there just the day before. I had seen the gardeners working there in the park... and I had also seen they were working in a clear field that had no sign and garbage can.

Have you witnessed reality shifts in your life... perhaps not knowing how to store the memory or how to discuss it with other people? If you answer "yes" to any of the following questions, you may have witnessed reality shifts:

\* Do you end up with single socks when you know you put pairs of socks into your load of laundry?

\* Have you found your keys or wallet some place other than where you know you put them just a few minutes earlier?

\* Have you thought of someone or something and moments later been startled when they appeared unexpectedly?

\* Have you noticed time behave in other than a regular, linear forward motion?

\* Do traffic lights turn green and traffic jams clear up just when you most need them to?

There are a variety of ways that people observe and describe reality shifts, and while the "vanishing/reappearing item" type of reality shift is perhaps the most commonly discussed, some other commonly reported types of reality shifts include: people being noticed to be alive again who had been dead, injuries and illnesses vanishing (such as broken bones, cuts, blisters, tumors), loops in time (in which the exact same sequence of events repeats), time overlaps (in which a person interacts with someone from the past or future), great

distances being covered in very short amounts of time, traffic lights and weather changing instantaneously in tandem with one's thoughts, spoon bending with one's thoughts, broken things being whole and fully functional without being repaired, empty containers (including gas tanks) being full without being refilled, money appearing in a wallet, food appearing on the counter, shelves and in the refrigerator (sometimes audibly), lights being flipped on or off without switches being touched, changing something from the past (such as the text in an old book), and objects teleporting from one location to another.

I currently know of no way to prove reality shifts, since physical evidence and witnesses so often change right along with whatever else has changed, resulting in my experiencing a reality in which people tell me "it's always been like this," when I inquire about why a new structure has arisen overnight, looking like it's been there for months or years. Regarding the matter of an item which has disappeared, sometimes the reappearance occurs at a very different time and place, making its reappearance dramatic and noteworthy. My daughter's tooth was lost one day at school after it had fallen out, and I was amazed when it reappeared a few inches above my hand many hours later that evening as I was writing a note to myself about how my daughter had lost her tooth at school that day. Such obvious reality shifts clearly indicate to me that there has been a shift in reality, and that something which had gone missing in one place has now been teleported to another time and place where it was desired. You may be interested to peruse the results from the first survey on reality shifts that was conducted in 2000 which describe some of the most commonly reported types of reality shifts. Those survey results are posted online at: <http://realityshifters.com/pages/research/apr2000.html>

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*Only when we are no longer afraid do we begin to live.*

**Dorothy Thompson**