



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

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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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have ever said; I surrender. I surrendered my resistance, my attempt to define what I was and most of all, my ego.

So with this new outlook, I started my spiritual quest. Granted, I conducted this quest incognito at first for fear of being labeled, but it did start.

As the years past, my acceptance of my ability grew as did my ability. There were some of my friends that I entrusted this information to, but this was few and far between.

By this time, my profession was in the Investment Advisory and Retirement Planning Industry. This industry is very conservative and very, "right wing." So by day, I wore my suits and worked my way around Wall Street. By night, I studied metaphysics.

Some of the other issues that I dealt with was the, "Why?" Why was it that I had this? Did this ability imply that I had a gift bequeathed from God or did it mean that I was something special? I didn't know the answer, but what I did know was that I did not feel special nor did I feel as if this were a gift. It felt as if it were just a natural part of me.

My studies within Metaphysics led me to the many sources of information. I was still searching for the answer I so desperately needed; why?

I asked my mentor why it was that I had this. At the time I asked this question, I had no desire to work in the intuitive or psychic field as she did and that I wasn't quite sure as to the logic of why it would be wasted upon me.

I was not a John Edward nor was I any of the other well known psychics that we see on television or read about. My mentor then smiled at me and said one of the simplest things, she said, "No, you're not those people, you're just Anthony."

For some reason, this very simple, yet brilliant answer spoke to me. I was just Me. I didn't have to be like others nor did anyone expect me to be. I just had to be myself.

Since, I have helped others grow in their metaphysical abilities so that they are able to find their own answers.

One of the very common issues that many have is that they feel they need to be proficient in all metaphysical aspects such as Tarot, Astrology, Numerology, Palmistry, so on and so on.

Why do many students of Metaphysics feel that they must know all of these tools and have the ability to use these tools

in an expert capacity? Is this not setting ourselves up for failure in the end or at least a very rocky path?

For myself, I am a Numerologist. I was introduced to Numerology years ago by my mentor and for some reason, it clicked within me. The numbers and the manner in which they react when introduced to each other....speak to me. The more I studied, the more I became enthralled in the world of numbers and how absolutely everything in our existence is based in Numerology.

Now, I know that Astrology and Tarot are related to Numerology in many ways, but I could not give a client an Astrology or Tarot reading and know within my heart that I have done well by this client.

There are also mediumistic abilities that some individuals have grown and nurtured within themselves. John Edward is an individual who has mediumistic abilities and does it quite well.

This is an area that I did not want to develop within my studies. It scared the hell out of me initially! My thought was that if you were dead, then you stay on your side of the fence and I'll stay on mine!

My first personal encounter with this sort of communication happened a few years ago one night as my wife and I were laying in bed. My wife's grandmother came through to me and validated things to me that I could pass on to my wife. These were things that I could not know and were only known to my wife and her grandmother. To spare you the details of this encounter, I will summarize it in the fact that I was not as scared as I thought I would be. I also VERY quickly learned how to block myself from this and use it when communication was needed.

After this first encounter, it was similar to that scene in the movie, "Ghost" when Whoopi Goldberg is overwhelmed with spirits that have found out that she is able to act as a conduit between them and us. I was overwhelmed with communication and it was scrambling my brains as well as my nerves!

I asked a very good friend of mine why it was that this happened? It was something that I never intended to develop nor did I desire for it to continue. My friend then asked me a question. He asked, "Why did you start to explore your intuition?" My answer to him was that I wanted to find some peace with it and then to become more enlightened as to the reality of what is.

He then smiled and said, "Well imagine that your desire for enlightenment is similar to you wanting to move to California for the warmer weather. As you get closer to California, it becomes warmer and warmer.

You arrive and the weather is everything that you expected and then some.” At this point, I was not seeing where he was going with his analogy.

“But...” he said, “...while you are enjoying the warm weather that you so desired, you are also having to deal with the earthquakes, inflated prices of goods and the crime. You didn’t ask for that did you?” I looked at him and the proverbial, “dots” in my head started to connect. “You didn’t ask for those things either, but they come with moving to California....it’s part of the package.”

So upon your own spiritual quest and development, ask yourself what tool you feel the most comfortable with and then study that tool extensively! Learn that tool and BE the subject matter expert. The other abilities, as needed, will come to you when the time is right for you to learn that skill.

What Was That?

by Dragon Spirit

Holy crap! What was that?

Black & white streaking past my sight

Laughing and giggling in pure delight.

Flash, zip whir and blur. Here we go again!

All I see is stripes and such,

Hear laughter and giggling, It’s just too much.

Where have I seen you once before?

Could you please come out of the bushes once more?

I think you’re friend and not foe

But if you don’t come out here, I’ll never know.

I can’t chase you, I’m much too slow and my belly is just too low.

Picking on a pregnant woman, wouldn’t you know?

When I really prefer not to be pestered

Just my luck, they throw me a jester.

Shift and Shift Again

Cont’d

that I can.

So what would be the cause of people losing their minds (in the dream)?

Many of us know to not have a magnet near our computer hard drive. When a magnet has contact with a hard drive, it scrambles, or erases, the information contained in the area that the magnet was near.

Imagine the moon as the magnet and our brains as the hard drive.

Each month the moon (magnet) touches a part of our brains (hard drive). Touch it enough times and the hard drive becomes scrambled or the bits of information contained within are erased.

Our hard drive needs protection from the magnet.

When I say we each need to know who we are, I don’t mean the different hats we wear or the roles we play; I don’t mean the mother, father, sister, brother, aunt, uncle, niece, nephew, banker, student, housewife, teacher, etc.

I mean, *who are you?*

Do your clothes tell you who you are? You change them regularly – does that create an identity crisis? No, it doesn’t change who you are *inside*– your soul, your essence.

This is the part of you that you need to know – the part of you that is energy; a spark from the Divine/Source; the part of you that lives on, even after you have vacated your physical body.

By knowing who you are – energy-wise – and your connection to the Source, you are protecting your hard drive.

The energies here shift and shift again. In the past, the shifts were more subtle – not so much anymore. The shifts continue to grow in strength each month.

Know who you are and adapt to the energy shifts.

Do you know who you are?

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.

A Past Life Regression

by Linda Aragon

Recently I took the plunge – for a long time I've wanted the experience of a past life regression. A couple of things held me back- "Fear" of what might come out while under hypnosis, apprehension of its reality – and I needed to trust and feel comfortable with whom I chose to take this plunge with. Finally I chose Joan Burnett, PhD – owner of the Metaphysical Center right here in Las Cruces. I'd like to share with you just how this works:

Joan spent time with me, just chatting, establishing that trust, and explaining the process. She asked if I had any burning questions- my only criteria was hopefully, to find anything that could help me in my current life. Joan explained I would be in light hypnosis only, and would be fully aware of my surroundings and of whatever came up. She made it clear that I would maintain complete control. She guided me through two past lives, taking me to the highlights of each of these lives, special events that would be pertinent for me to see and be able to use information in current life. Joan guided me right through death in each of these incarnations – I know this part sounds a little scary but when viewed, it is done as an observer, therefore without any pain or emotion. This was indeed my experience.

My two incarnations both started as a young female child – one in colonial times. This incarnation I was a black child during slavery times and I was treated as such...a love came forth and I ran away with this man and though most of that incarnation I was unhappy and sad, I did have love for a time with this man, til he was taken from me and killed.

The second incarnation took place in a farm like atmosphere which involved animals, dogs in particular for which I have a great passion and love for in this current life. I trained dogs in this lifetime and discovered one dog I own now is the reincarnation of one that I viewed in the regression. The information simply came to me...in the regression, this dog came to me in very bad shape, disabled and barely alive. I nursed him and brought him back to health and I "knew" this dog and "Mickey", one of my current dogs, was one in the same...Wow, what a realization! Parts of this regression did bring forth emotion, and yes, even tears. I learned of my ability to communicate with animals and with a great affinity I have with animals is not just in this current life.

I found this experience of past life regression to be extremely valuable. It brought the concept of reincarnation from theory to experience, quite a leap. I learned of common themes and ways I could use this information to help me in my current life.

It was an incredible experience. If you are at all considering having such an experience I urge you to give it a try and I believe chances are real good you will find it a positive experience with value.

Linda Aragon

Scheduled opportunities and events:

Spiritual Meetings – ongoing for 3 yrs., we always welcome new members and visitors. An incredible opportunity to meet like minded people and you will love the warm friendly greeting you will receive. We meet the 2nd and 4th Thursday of each month – 10:00am-12:00pm. Send me your email address to receive reminders, dates, highlights, special events etc.

Spiritual DVD showings – approx. 1x mo., usually a Sunday 1:00 – 3:00pm

Radical Forgiveness Study Group – convenes September 6th – 10:00am-12:00pm –ongoing 6 weeks. Though we are getting full, either two groups can be formed or a later class will take place-Sign up!

Life Coaching – As a Certified Holistic Life Coach, I can work with you in person, by email, or telephone. Package rates, flexible hours to adapt to your personal schedule – Free Initial Consultation!

For further information on any of the above, contact me through website at: RadiantLifeTransformations.com - or email: Aragon77@comcast.net

Not My Sadness

by Jan Toomer

I am constantly working on self – and every so often, receive a wonderful breakthrough.

In a past article (Broken-hearted) , I wrote about working on a heavy and deep-seated sadness within me, and how I found I was sad for humanity; but, there was still more, and I needed to find what it was.

I asked my guides to help me find out what this remaining heaviness and sadness was. What really intrigued me was that I wasn't depressed – I could sense the sadness within, but it seemed very far away.

Long Story Short

I had received an email which contained the writer's emotions – the past grief, current relief and hope for the future. I cried when I read it...and then it really hit.

I ended up sobbing; it wasn't because of the email, but I wasn't sure what caused it.

I suddenly 'saw' little bubbles - with people I had known, contained within those bubbles, and the bubbles were floating out of me.

Then came the epiphany – this had not been my sadness.

Apparently, since I was a small child (and perhaps carried forward from other lifetimes as well), anytime I (subconsciously or consciously) worked with someone who was grieving or in emotional distress, I took part of their sorrow away from them.

Where did it go after I took it from them? Into me.

I learned as a teen that a healer should never take another's illness or injury into themselves. "Observe, not absorb" is what I teach in my classes when we work on healings or readings.

It never occurred to me that I was taking others sorrow, grief or anguish.

As I watched bubble after bubble leaving me, I became lighter and lighter feeling within.

Each bubble I released had been a soul fragment of another person.

Each bubble was cleansed and shielded. I asked the Source to bless, return and re-integrate the soul fragments to their rightful souls.

Soul fragmentation – also called soul loss – occurs throughout our lifetimes. We can lose pieces through fear, trauma, horror, accidents, worry, sorry, etc. – lifetime after lifetime.

Our fragments may be with others, or may be trapped in a particular time.

Remember the articles where I wrote that we have to heal our past?

ARTICLES

Pardon Me...Your Past Is Showing

Time To Draw The Line - Setting Personal Boundaries

The Next Phase - Part I - Responsibility

The Next Phase - Part II - Accountability

The Next Phase - Part III - Being Pro-Active

Attachments, Part I

Attachments, Part II

Our past includes soul fragments we have lost – and soul fragments we have taken.

I am now practicing asking the Source to heal others – and being very specific that their pain, sorrow, grief, etc. does not come into me.

And, I continue on working on self to heal my past in preparation for new discoveries in my future.

(There are many books out about soul fragmentation, soul loss, and soul retrieval).

My Reading from Ron Wills

by Jan Toomer

The Metaphysical Life Enrichment Center (MLEC) in Las Cruces announced guests coming in from Colorado who would be offering – amongst other things – readings.

I 'pinged' on Ron Wills' name. As I often do, I allowed myself to get sidetracked and didn't call to make an appointment.

MLEC later put out a reminder email flier – I stopped reading and picked up the phone.

Thursday morning I walked in to have a reading from Ron.

I did a non-invasive energy scan, asking my guides if his energy was okay for me to open up to – and to what degree should I open.

Only two other people (readers), in my lifetime, have been allowed complete access to my energy. What does that mean? Only two other people had access to *all* of me (energy-wise), which meant all levels/dimensions, as well as my past, present and future.

Other readers have either only been allowed to read past or past with a touch of present – no more.

Ron was granted full access. Brownie points in my book – and we've not even moved into the reading room at this point.

We moved into the room and sat across from each other at a small table. I saw Ron's energy become brighter – radiating approximately 2 ½ feet from his body; his energy was smooth and filled with unconditional love.

I felt myself take a deep breath, and began the process of relaxing and giving myself permission to "al

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My Reading from Ron Wills

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low”.

Ron provided a non-tooled reading – which I love – and proceeded to blow my socks off!

His reading was actual, detailed and presented in an open, frank and down-to-earth manner – which I appreciated very much – and filled with love and was non-judgmental.

He was very accurate – no fluff or froo-froo – with very good details and included information that only a few select in my life know about; and some information which I had never shared.

I was very impressed with Ron Wills energy, insights, guidance and how he presented the information – and I HIGHLY recommend him.

Reverend Ron Wills - “Spiritual Counselor – Tarot – Numerologist – Medium”

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BOOK REVIEW

Lily Dale by Christine Wicker

Lily Dale: the true story of the town that talks to the dead by Christine Wicker. © 2003, HarperSanFrancisco. ISBN 0-06-008666-1.

Lily Dale has been touted to be the largest spiritualist community in the world.

Wicker provided some history of Lily Dale, as well as some early photographs.

When Wicker first went to Lily Dale (New York), she was “religion reporter” for a Dallas newspaper. As such, she brought a healthy dose of skepticism with her.

While Wicker stayed in Lily Dale and interviewed those willing to talk with her, she also had some readings done and participated in some classes offered there. She worked to know the people in the community and what really happens there.

Eventually Wicker did some practice (student) readings for others.

Those who had shared with Wicker provided some very interesting personal experiences; Wicker also shared her own personal experiences.

As I read the book, I was a bit frustrated with Wicker’s own experiences; she vacillated between acceptance and denial/disbelief. I never knew which Wicker I would encounter in the next paragraph.

I still remain confused as to Wicker’s final personal conclusion...but perhaps she was still working on that herself.

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

September Quote



Kindness is more than deeds.

It is an attitude, an expression, a look, a touch.

It is anything that lifts another person.

C. Neil Strait