



First Steps

by Anthony Preman

For many months now, if not a year plus, I have been avoiding writing. I have not just avoided writing, I have been avoiding many of the foundational components of what comprises, "Me."

When I have the conversations with myself that I seem to have on a daily basis, (not literal conversations, just introspectiveness) I ask myself why is it that I ignore these things? I can of course, always come up with a valid reason that will suffice the question for that particular day, but the answer is shallow and will only hold up for a short amount of time until I am asking the same question once again. In other words, excuses can only hold a certain amount of substance before they are no longer applicable. It wasn't until recently, in the last month or so that I started to admit to myself the reason(s) that I have been ignoring these basic foundational components of my life. It wasn't that I was

too busy or that I was too tired, (I tried both of these excuses) it was due to the fact that despite my being a Numerologist, Metaphysical Teacher and Counsel to people, I too am human. And what I mean by that statement is that despite my ability to help others through some of the most difficult times that they may encounter, there have been times that I have been unable or rather, unwilling to help myself.

People who do not work in the field of Metaphysics often have a misunderstanding of the people that do work in the field of Metaphysics. Many misconceptions include such things as, we are always, "tuned in," or that our personal lives are somehow spent in constant centeredness and free from any forms of anxiety or any other form of basic human trial and tribulation. Let me be the first to tell you if you have not heard this before, but this is not the case. We are human beings with the same ability as everyone else to fall into the clutches of fear, despair

and feelings of inadequacy. The problem for many of us that do work in the field of Metaphysics is that we don't always know where to turn or whom to turn to. It is also at this point that the Ego may become involved and our feelings of inadequacy and self-consciousness take over in order to, "hide" these self-anointed short-comings from others. And thus, begins the spiral.

Those of us who work in this field sit with others who have come to us for guidance and a bit of insight. We feel a sense of love, compassion and understanding for these people. We do our best to be the conduit between their questions and the answers that they need. We do our best to guide them in a way that allows them to come to the self-realization of what they must do in order to achieve a better sense of balance in their lives. We do our best to help them clear the, "clutter" that has disconnected them from the Divine and the true sense of what IS.

(Cont'd Page 3)

Energy Abuse on the Rise

by Jan Toomer

- Clearing up the past
- Listening to self
- Knowing your self, knowing your energy

Why is it so important?

Clearing Up the Past

Our unfinished past (individually) weighs us down – we can move forward more quickly once past is healed and the weight is removed.

Listening to Self

By involving your higher self in your life and learning to trust what you are feeling/knowing/sensing, you can avoid a lot of life path/energy detours.

Knowing Your Self, Knowing Your Energy

1. Energy workers abound worldwide, as does the many different healing modalities/techniques.
2. We each need to know our own energy; this aids us as we each become more empathic ("Is this my energy/emotion/feeling or did I pick up someone else's?") – it also aids us if someone tries to alter or mess with our energy.

Energy Abuse is on the Rise

Energy worker label ? SAFE

Just because someone is an energy worker doesn't mean they are safe.

We are on the planet of duality; this means light and absence of light; this also means there are some energy workers who portray themselves as "lightworkers", but are doing some things that are not of the Light.

Unfortunately, I have had clients on my table that had negative stuff "planted" into their energy by unscrupulous energy workers; fortunately, I was able to see and correct it.

(Cont'd Page 3)

COMBO-NIGHT

Tues., 4/10/12

6-8 pm

The Office

Introductory Rate \$20.00

Meta-Night

Jan is topic, question or situation triggered. When a question is asked, or topic/situation presented, she shares her experiences, reads the energies involved and/or accesses her far seer ability, listens to guides and Universal Network to provide a possible answer and/or solution, usually utilizing short story telling to present the information.

AND

Spiritual Messages

Tracy Gohrick channels spiritual messages for each person who would like one - these messages come from one or more of the following: the Ascended Masters, Angelic Realms, Guides, etc.

Limited Seating - Must RSVP no later than April 6th.
Can RSVP - email - Tracy Gohrick: jagclgmom@gmail.com
Or Jan Toomer: Jan@reality-undefined.com

First Steps

Cont'd

We realize that this "mind clutter" is what plagues all Human Beings and separates them from any form of clarity which in turn leaves nothing but darkness and fear which in turn, feeds on itself. We do not have the ability to open the door for them and make them walk through it; we can only show them the door and hope that they chose to walk through it. Some do and some do not.

We see person after person and because of our very nature, we feel a need within us to "save" everyone who comes before us. We feel a need to give of ourselves to the point of depletion. This need is not conceived out of a desire to have others infer our actions as important or to fill any other Egoic based need; it's a desire, or even at times, a fear that we will somehow not be able to help them and thus, their spiral will continue. But what we at times forget is that when fear takes over

within us, the actions that we take DO become Egoic and thus, our own spiral starts. What we forget is that we are all born with a characteristic that allows us free will. We want them to reach out and turn the door handle and walk through it. We want to see them have this sense of peace that can only be found in the Kingdom of Heaven within. The same sense of peace that we have found. But what we forget at that very moment is that we have also lost that sense of peace from time to time in our own lives. We also seem to forget that when we do lose that sense of peace or we walk back out that door into a non-centered state that we have the ability to turn around and walk back through it. We forget that even though the person who is sitting before us or somehow involved in our lives is hurting, they are never abandoned; they are never alone. And if they chose to not walk through that door, it is not us, the Metaphysicians who have

failed them in some way; it is the blessing of free will.

Today, I have chosen to walk through that door. I have chosen to not just realize from an intellectual level of what has been occurring in my life and make additional excuses as to why I have been choosing to not walk through that door, but to actually reach out, grab the door handle and take that first step through the doorway. And for as much as I was afraid to do this and as I write this, my fingers shake, I am proceeding. This is the first step of implementing balance into my life once again and remembering that I must not only take care of those that sit before me, but taking care of myself as well.

*Thank you Anthony.
Magellan Numerology
Email: anthony.preman@yahoo.com*

Energy Abuse on the Rise

Cont'd

Most commonly, these "plants" (not flora, but non-physical programming inserted into another's energy field) are:

- *To drain energy*
Psychic vampirism main-lining
- *To control the client*
Manipulating clients energy -

usually through creating a fear-mode - so clients keep *needing* to return to that "healer" or is made to feel they can only rely/ utilize that practitioner only - no one else.

Program a client's energy to have a severe (often physical) negative re-

action to anyone else's energy/energy treatment.

Again, this is why it is important to *know your energy*; if you know it, you can get a sense if something is right or not.

Know your energy, and trust yourself.

In Las Cruces

Linda Aragon - Aragon77@comcast.net - **Holistic Life Coach**,
RadiantLifeTransformations.com
A.R.E. Spiritual Meetings - Meetup.com (search *Las Cruces Spiritual Meetings - 88012*)

Pi*Pilates Studio & Health Shop

Located in the Caballero Plaza of Old Mesilla, 2521 Avenida De Mesilla, Suite D. 575-526-0977. Click to see what's happening at Pi*Pilates Studio
<http://piyoga.webs.com/>

Raquel Ontiveros-Carr - **Reiki Master, Certified Pranic Healer - Spinal Touch Therapy Practitioner.**

Health and Joy through Energetic Balance

To make an appointment or for more information: (575) 647-1475 - email: rsontiveros@yahoo.com

Ike Trevino - **Reiki Master, Crystal Energy Healer, Animal Healing, Group Cricles and more!**

To make an appointment or for more information: call 512-921-1941 or email: all4heal@aol.com

Dorothy Ance Webb - **Mystery Author and Feather Fans**

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 festishes. Each is unique.

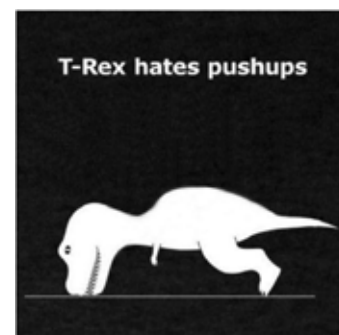
<http://dorothyancewebb.com/contactus.html>

METAPHYSICAL LIFE ENRICHMENT CENTER

**2600 El Paseo Rd, Las Cruces
575-647-0300**

Check out their website - they have neat stuff happening throughout the month!

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



Alternative Healing Session

by Jan Toomer

The following is my interpretation of my own experience and my own frustrations, (alternative healings are not to be substituted for medical professional care – please check with your reliable medical health practitioner).

I think the universe is testing my sense of humor (or lack thereof) concerning a large portion of western medicine practitioners/providers that I have had contact with.

And before you go there, yes, I am an energy healer – but even energy healers need assistance at times – not a cop-out; a reality.

The realization recently hit that my husband and I had been through 7 “providers” since we moved here – they had either died or left.

It has been through this process that I have re-learned that the majority of western medicine providers that we have had contact with only “herd the cattle through” – and we are left to figure out our own imbalances and seek advice and healing elsewhere.

Such has been the case – especially recently – here. Another provider, who actually knew my case history, is gone. A doctor came in, spent the majority of his time staring at a computer screen, looked at me twice (maybe three times), and at one point told me that perhaps I needed to see a nutritionist! Seriously!? Argh! With my file on his computer and with his face in his computer, he still had no clue as to why I was there.

My lab tests (annual blood work) came back – showing that I was a male and did not fast for this test! The technician had asked me point blank if I fasted, and I said “Yes!” Seriously? I was right there! I partici-

pated in this conversation – we were face to face!

So, based on the erroneous information plugged in as the results were being correlated, I haven’t a clue as to the accuracy of it. According to Dr Provider, my blood results came back a whole lot healthier and cleaner than his (which was followed by the comment of perhaps me needing to see a nutritionist!).

I do appreciate the training, etc. that western medicine practitioners must go through to help the public – I do not appreciate being ignored (it is *my* body after all), being herded or dismissed by the very same person whom I hired/contracted to assist me.

The good news is that a week later, I went to see a visiting healer for whom my guides arranged permission to have her work on my body.

When I arrived for my appointment with Claudia Ragonesi, I looked about 4-6 months pregnant and was having attacks every other day – with pain also under my right rib cage – and was thinking I had to relent and have surgery to have my gall bladder removed. I was gaining weight; I knew that I was not absorbing nutrients in any way, shape or form and was starting to become severely starved. My hair was falling out; my skin dried and weathered looking, my energy totally deflated, my body smelled funny, insomnia, etc.

I also had been suffering with my right leg being shorter than the left; then it would change and my left leg was shorter than my right; then back again. This created a lot of pain, inflammation and stress on my whole body.

I literally walked away – 2 hours later – without anymore liver and gallbladder pressure – my abdomen had flattened,

and was loose...and then my stomach growled! I hadn’t felt or heard from my stomach in almost a year. The pressure and pain was gone from under my rib cage.

I actually taste food again and my stomach continues to growl if hungry, and I can feel my body accepting nutrients again! I (hopefully!) no longer smell funny and actually have color back in my face and energy increasing daily.

The day after my first visit, I apparently did a liver purge – anger, frustration, and grief that had been stuffed into the liver to be dealt with later, came pouring out. Good news is that I recognized it for what was happening – also, that I only had to go back as far as shortly before our daughter’s death up to current days to purge. I knew exactly which emotion belonged to what memory as each one came up.

My legs were even in length when I left Tuesday. I saw the Claudia again Sunday; my legs had remained equal in length. Back, hip, knee, ankle and foot pain are gone.

Oh, and ten pounds fell off between Tuesday’s session and the following Friday (in three days).

So, no, I have no sense of humor when it comes to the twisted western medical abuse and neglect performed of late with me; and am in daily thankfulness for alternative healing.

Thank you Claudia Ragonesi!

Spinal Touch Therapy
Holisticuniversalhealing.com
1-800-576-8446

Your Meta-Question

Q. Which of the Hierarchy is the Demi-God?

(Channeled by Tracy Gohrick)

A. The past number no longer proposed mean the same. It is with hesitation to allow the numbers to mean something.

It is a hierarchy of sorts with members aligning themselves with quotients and information.

If you have a meta-question, email it to Tracy (jagclgmom@gmail.com) or Jan (Jan@reality-undefined.com).

Raquel Ontiveros-Carr

Introduces

Spinal Touch Therapy

To make an appointment

or for more information:

(575) 647-1475

rsontiveros@yahoo.com

■ 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.

Your Wake Up Call

(Channeled by) Jan Toomer

The following was a message brought in for a newly awakened Lightworker; the information is being shared here for others who are working to remember who they are and what they are supposed to be doing.

"When you started "seeing" 11:11, it was your trigger – your wake up call; your reminder it was time to start remembering who you are and what you are here for.

Earth – and humans – have never been where they are now – this is new – there is nothing humans can draw on to teach them the new energies – no one on earth has ever been here before; Earth, herself, has never been in this frequency before.

Lightworkers (and darkworkers) are more numerous on Mother Earth than ever! And Lightworkers are really coming into remembrance as to who they are and what their purpose is.

Lightworkers are awakening to hold the

energy vibrations higher, and give humans a chance to rise higher and higher to prepare for the 5th dimension (where thought becomes instant manifestation) – many are in training right now, to learn to control their energies and their thoughts so that they may show/teach others.

Once a Lightworker has learned to control their energy and thoughts, they are welcome to step up to the next level – that of creating with the new energies that are now showing up on Earth and within the Lightworkers.... This is the new that has never been experienced. Lightworkers are developing new ways of healing, assisting, teaching, manipulating energy.

Lightworkers are assisting in moving earth and humans (whose vibrations have come up) to the 5th dimension – Mother Earth has already begun her preparations of self cleansing and bringing her energy up.

Darkworkers work hard to stop this transition from happening. This is why Lightworkers who are awakening must learn

to control their energies and thoughts – if they do not, they become vulnerable to dark energies – those who have not controlled their energies and thoughts put out a very bright neon light (so to speak) announcing that fact to the entire energy realm.

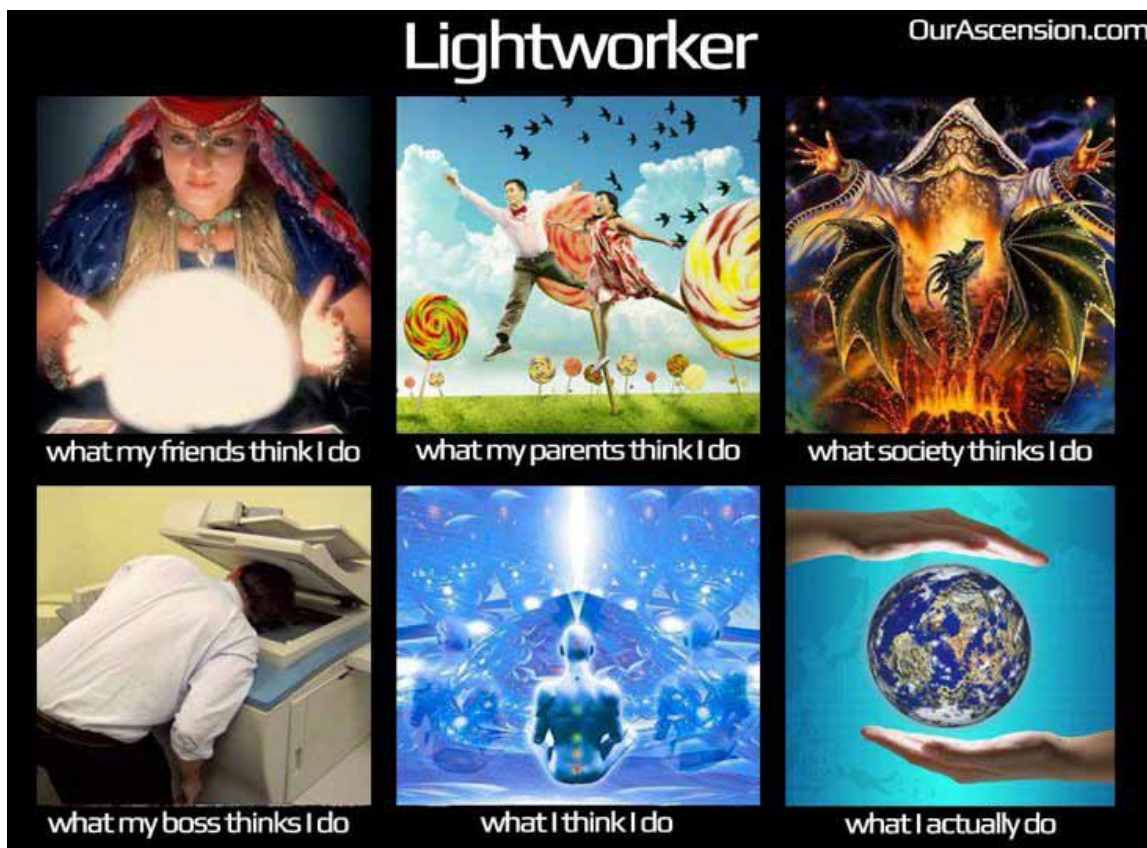
Not everyone's triggers have been 11:11 – each being has set their own triggers up... (2:22, etc. or something not even connected to numbers).

A Lightworker cannot help others until the Lightworker has a handle on self – what your own energy feels like; setting up boundaries of what will and will not allow into your life/energy; remember and claim your personal energy/power/authority (not egotistically; rather spiritually) – and when this has happened, you can expand your Light outward....

'And where there is Light, there cannot be any shadows.'

End." ■

Laughter Lightens



Thank you [OurAscension.com](http://www.OurAscension.com)

Tracy and Jan's Upcoming Events

Limited Seating! Must reserve your seat – please reserve with the event presenter. Sorry, no walk-ins.

Unless otherwise listed, these events will take place at our office in LC. Address and directions provided when you RSVP. We reserve the right to refuse rsvp/attendee requests.

We need at least 4 people signed up 4 days prior to event for event to happen. If there are not at least 4 people, the event may be cancelled.

EVENTS

**Healing Night with Tracy - \$10.00
Thursday, 3/08/12, 6-8pm - RSVP**

Come in as a group and get small individual healing energy for headaches, body aches, and emotional distress.

I will start out with a meditation then go around to each person and work on the part of the body, mind, or spirit that is having difficulty.

Then we can discuss afterwards anything you feel like sharing.

**Soul Fragmentation & Soul Retrieval Intensive with Jan - \$30.00
Tuesday, 4/03/12, 6-8pm - RSVP**

What is soul fragmentation and how/when does it occur? How can we get back our soul fragments? Is there any work we can do on our own to reclaim our fragments? Discussion and – if time – Q & A time.

**Metaphysical Book Study with Tracy - \$20.00 - RSVP
Wednesdays, 4/04 - 4/18/12
10a-12noon**

The Four Agreements by Don Miguel Ruiz - ISBN 1-878424-31-9.

Don Miguel Ruiz brings to the reader the four agreements which are based on Toltec Wisdom.

We will get together and discuss the assigned readings for the week.

You will need to borrow or buy the metaphysical/spiritual-related book.

When you RSVP, Tracy will provide the pages you need to read prior to Wednesday, 4/04/12. The rest of the reading schedule will be provided the first discussion day/night.

**Combo Night - Meta-Night with Jan and Spiritual Messages with Tracy - RSVP
Intro. rate \$20.00
Tuesday, 4/10/12, 6-8pm**

Tracy and Jan are excited to bring to you this Combo-Night...you get all this in one night!

While Jan does the Meta-Night, Tracy will bring aside, one at a time, those who wish to have a channeled spiritual message - written down by Tracy so it can be brought home by each participant.

**Reiki I Certification class with Tracy - \$65.00- RSVP
Saturday, 4/14/12, 9a-4p**

During the Reiki I certification class you get an overview of the history of Reiki, learn to sense energy fields, about the chakras and subtle bodies, how to do Reiki on yourself and others, get the attunement for the Reiki I, and a certificate of completion.

You must register to be able to attend. If you have any questions or would like to register for the class contact Tracy.

**Healing Night by Tracy - \$10.00 - RSVP
Thur., 4/16/12, 6-8pm**

Come in as a group and get small individual healing energy for headaches, body aches, and emotional distress.

Tracy will start out with a meditation then go around to each person and work on the part of the body, mind, or spirit that is having difficulty.

Discussion follows afterwards anything attendees feel or would like to share about their experience.

**Spiritual Messages with Tracy - \$10.00 - RSVP
Thur., 4/26/12, 6-8pm**

Message channeled to offer guidance for your life's journey.

Come in as a group and receive a spiritual

message for yourself channeled by Tracy - from the Ascended Masters, Angelic Realms, Guides...etc.

You will come in as a group, Tracy will lead a short meditation and then will go around the room giving individual spiritual messages.

**Metaphysical Book Study with Jan - \$20.00 - RSVP
Tues, 5/1 - 5/22/12
10a-12noon**

"A Child of Eternity" by Adriana Rocha and Kristi Jorde; ISBN 0-345-38945-X.

Kristi's daughter – Adriana- was diagnosed with autism.

Through – a perhaps controversial program – Facilitated Communication, Adriana communicates about past lives, guides, spiritual masters and more.

You will need to borrow or buy the metaphysical/spiritual-related book of the month and read up to Page 76 so we may begin our discussion on Tuesday, 5/01/12. The rest of the reading schedule will be provided the first discussion day/night.

**Meta-Night with Jan
\$12.00 - RSVP
Wed., 5/09/12, 6-8pm at THE HEALING LOFT. Limited seating - Please contact Raquel Ontiveros-Carr to RSVP: rsontiveros@yahoo.com**

Jan is topic, question or situation triggered. When a question is asked, or topic/situation presented, she shares her experiences, reads the energies involved and/or accesses her far seer ability, listens to guides and Universal Network to provide a possible answer an/or solution, usually utilizing short story telling to present the information.

Please note: this is the last currently scheduled Meta-Night; more may possibly be scheduled in August and September.

**To RSVP with:
Tracy - jagclgmom@gmail.com
Jan - Jan@reality-undefined.com**

Check out the link for more classes and more information:
<http://www.metaphysical-studies.com/blog/2009/05/15/las-cruces-classes-offered/>

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

Tracy Gohrick

Hands of Love

Reiki Master / Teacher

Is excited and pleased to announce she is at her new location in town and has begun scheduling clients. She is also accepting new clients for:

*Spiritual Messages / Guidance
Reiki Energy Healer Practitioner
And more!*



See Website for Classes, Sessions Offered and More!

575-636-5252

jagclgmom@gmail.com

www.energyhealingbytracy.com

Life isn't what you want it to be, it's what you make it become.

Anthony Ryan

May 2010

by Jan Toomer

Question: Soul contracts are set on course at the time of birth. How can Power of Attraction work if your life is already set in stone? Is this free will?

Your life is not set in stone – only certain experiences are.

We each created a soul contract/plan prior to entering our current life. See it as a check list of specific tasks you wanted to accomplish in this lifetime - lessons and/or experiences to help you grow spiritually.

We did not each bring a play-by-play manual! Every second, everyday is not detailed in our soul contract.

We decided not only which lessons/experiences to accomplish – we also decided who we would have as players in our life-game; what abilities we would bring to the current lifetime.

Then comes the tricky part: most of us forgot our plans when we started living our physical life.

Our soul contract is still in effect – we don't necessarily remember them – but our pre-scheduled plans will try to occur. These targets/events/experiences are usually spread out throughout our lifetime and will work hard to manifest for us.

Everything else is free will! Free will comes into our lives daily; each thought, action

(or re-action) is free will.

Listening or not listening to our guides/higher self is free will.

How we deal with the upcoming events/experiences, etc. is free will.

How does manifesting (power of attraction) play into this?

We are only limited by what we each created for our soul plan.

What does that mean?

It means that if you chose to not have telekinetic abilities in this lifetime, you can practice it until the cows come home, and still not get it. (Yes, I am talking about myself! Ha!)

If you pre-chose to not have a specific ability until you reached the age of 36, you won't be able to access that ability until you are 36.

You are only limited by your own soul plan/contract – all else is game on!

If you have doubt about manifesting (creating mental blocks like: "I can't really do this"; "I am not worthy of this"), then your own free will (including doubt) will manifest that – which means you cannot manifest/attract creations if you un-create them with your own doubt.

Remember the part where I said, "...most of us forget"? Well, that's the kicker. If you can't remember, then how do you know if

you able to manifest this and that or not?

Work on removing your mental block and then work on manifesting!

I never thought of myself as 'manifesting'. I just thought, "I would like to find/have such and such"; thought about it (what it would look like; details, such as dimensions, etc.); and then I let it go.

I didn't dwell on it; I didn't worry over it; I let it go.

When I let it go – I knew that it would be taken care of if it was meant to be for me.

If it didn't manifest, it usually meant (for me):

- I didn't really want it
-
- I didn't really need it
-
- It wasn't accessible with my current soul contract
-
- It wasn't clear enough in my mind what it was I wanted

If I felt I still would liked to have "it" (whatever it was), I would reframe my desire, with more clear intent and details.

If it came, wonderful!

If it didn't, I moved on.



icanhascheezburger.com

<http://icanhascheezburger.com/>



JDT

Remember - New Location!

Please remember that we are **no** longer at the Heart of the Dove location - so please don't go there looking for either of us. We are at our new location - which is provided when you RSVP for classes or sessions.

Thanks!

Quick Look:

Happenings with Tracy Gohrick and Jan Toomer

What	Where	When	Cost	Need to Know
Soul Fragmentation & Soul Retrieval Intensive with Jan	The Office	Tues 4/03/12 6-8pm	\$30.00	Limited Seating - Must RSVP
Metaphysical Book Study with Tracy - <i>THE FOUR AGREEMENTS</i> by Don Miguel Ruiz	The Office	Wed 4/04 - 4/25 10a-12noon	\$20.00	Limited Seating - Must RSVP
Clearing Up the Crap: Finding Joy in Everyday Life with Jan	The Office	Wed 4/04-4/18 6-8pm	\$60.00	Limited Seating - Must RSVP
Combo Night (Meta-Night & Spiritual Messages night)	The Office	Tues 4/10/12 6-8pm	Intro. Rt \$20.00	W/ Tracy & Jan - Must RSVP
Reiki I Certification with Tracy	The Office	Sat 4/14/12 9a-4p	\$65.00	Limited Seating - Must RSVP
Healing Night by Tracy	The Office	Thur 4/16/12 6-8pm	\$10.00	Limited Seating - Must RSVP
Spiritual Messages with Tracy	The Office	Thur 4/26/12 6-8pm	\$10.00	Limited Seating - Must RSVP
Metaphysical Book Study - with Jan - <i>A CHILD OF ETERNITY</i> by A. Roche & K. Jorde	The Office	Tues 5/1 - 5/22 6-8pm	\$20.00	Limited Seating - Must RSVP
Meta-Night with Jan	The LOFT	Wed 5/09/12	\$12.00	Limited Seating - Must RSVP
Healing Night by Tracy	The Office	Thurs 5/10/12 6-8pm	\$10.00	Limited Seating - Must RSVP
Reiki Certification with Tracy	The Office	Sat 5/12/12 9a-4p	TBA	Limited Seating - Must RSVP
Psychometry Class with Jan	The Office	Wed 5/16 - 5/30 6-8pm	\$60.00	Limited Seating - Must RSVP
Spiritual Messages with Tracy	The Office	Thur 5/24/12 6-8pm	\$10.00	Limited Seating - Must RSVP
Reiki Certification with Tracy	The Office	Sat 5/26/12 9a-4p	TBA	Limited Seating - Must RSVP

Check out the link for more classes and more information:

<http://www.metaphysical-studies.com/blog/2009/05/15/las-cruces-classes-offered/>

To RSVP with Tracy - email: jagclgmom@gmail.com

To RSVP with Jan - email: jan@reality-undefined.com

Location/Directions provided when you RSVP. Sorry, no walk-ins.

We reserve the right to refuse rsvp's/attendees.

*Joy is not found outside of you -
it is created within and then brought out.
(JDT's team - 3/20/12)*

Hands of Love

Channeled by Tracy Gohrick

Monday, March 5, 2012

Be precise in your thoughts

Be precise in your thoughts for they may get you in to trouble. Focus on the positive things that bring you joy. Neglect the others that do not bring harmony into your life. For reasons unknown to you things will change for the better. Trust yourself always trust yourself in your guidance..

Practice your gifts strengthen them help others as much as possible. Raise your energy an vibrations of everyone. Get the planet moving in the right direction.

Energy Alert

March 29, 2012

The newest wave coming through - okay, pushing through -is working with us to help us to recognize our own energies and how our energy reacts to the energy of places and people; some harmoniously,

Elissa Heyman

Midnight Messages from My
Magic Circle
March 26, 2012



I am always learning new things about channeling and divination in my own practice circle, and the latest experiment produced little fortune-cookie type messages of inspiration, suitable for right now. The spirits introduced the theme of what there was to smile about and appreciate for each sign. The messages are kind of simplistic, let me know if they're fairly meaningless. Because I don't use astrology, but am acting as a medium for the twelve archetypes, or doing some kind of psychic reading, feedback is helpful. Read your moon and rising signs if you know them.

Aries: Especially you, of all the signs, can have a new beginning now. Leave the past behind, and 2012 will truly be the fresh, first day of the rest of your life.

Taurus: Lay something to rest. It would be some aspect of life you're done with, you're letting go of with a smile...all is well.

Forgive, you can no longer hold onto this negativity so forgive those around you and yourself.

Have patience for those around you. There will be difficult times. Shield an protect yourself, finish those jobs that need to be finished. Time moves quickly. Trust and respect are a high priority at this time. Remove the negativity and push forward.

Always beginning with kindness.

Tuesday, March 13, 2012

Premonitions begin to unfold

Premonitions begin to unfold. Place your-

some not. By listening to our bodies, we are learning to listen to our energy-self.

Some things need to be worked out - some situations are done.

This wave is cresting around April 1st;

Gemini: Try new dances, even if your steps are uncertain. Give your efforts and new directions an encouraging smile.

Cancer: Indulge yourself with healing energy, weekend breaks, and much more fun...revitalize!

Leo: Be sunny, think "self-renewal", and you'll stay magnetic!

Virgo: People want to help you...you want to get more of whatever you need, so smile and let them in!

Libra: Back slowly away from the past, it's got no hold on you now, and turn around to face the the light of now...the sun is out!

Scorpio: You may feel like keeping to yourself, but reach out and help somebody. They need your smile!

Sagittarius: Feel all that's happening inside you...what a ride..enjoy your personal journey!

Capricorn: Power is shooting out of your center in all directions--use personal power wisely, you are full of it!

Aquarius: Smile at your inner self, so full of new ideas. Make room for creativity in

self in positions to move along quicker than you may have thought. Trust your intuition. Foresee the future for yourself and remember to give thanks for the information.

The thought process is new now, learn it, watch it, guide it. Remove yourself from the negativity. Reassemble the patterns that surround you for most are different at this time.

Remorse is not the answer forgiveness brings the release that is needed.

Tracy Gohrick's website:
<http://handsoflove1.blogspot.com>

have the sense that a new energy is going to be introduced - so more important than ever to take responsibility for your own actions/reactions, thoughts, deeds and energy.

your life.

Pisces: It's a latent period, to observe and be more laid back. Enjoy absorbing the Spring sun!

Psychic impressions of the week ahead
April 1, 2012



April 2012 begins with Mercury and Mars still retrograde, signalling it's time to get your ducks in a row. Take a tally of what needs to be done, as this is the perfect moment to set up a good working order for managing the details of your life, and preparing for its next phase. Forcefully moving through your to-do list could go a long ways towards making everything work more smoothly in the future.

The pictograph suggests that in the next couple of weeks, people feel a rush of Spring energy fueling their plans; life in all phases (where seeds have been planted in fertile soil) has a strong spurt of growth. Companies grow, things gets busy.

(Cont'd Page 11)

In juxtaposition to this ordering of one's life that can produce great gains, and out of nowhere, I saw some kind of black-out this Spring, where communication was down, life was interrupted--it was an anomaly, some unexpected event like a volcano or power outage--I got the feeling it was widespread. That's the deal with psychic insights: they can be unsettling and surreal. Or it wasn't a psychic insight, just my imagination! I'm always curious whether they'll come to pass, these visions that float for a minute in the atmosphere, so different from what's expected.

I was reminded recently of another strik-

ing vision from a few years back: it was a woman rising to power in Mexico or Latin America, while in the background a huge volcano was going off. There's talk of Mexico electing a woman president this July. (When Brazil elected a woman president October 31, 2010, and Mount Merapi exploded the day before on October 30, 2010, I thought that's what produced the vision, but Mt. Merapi is in Indonesia, and in this vision I assumed there was a locational link between the woman and the volcano.)

Whatever happens, there's no knowing and no controlling, except for that to-do

list of yours!

Elissa Heyman, Psychic Counseling and Spiritual Healing, in person/by phone, Santa Fe, NM 87501, 505-982-3294 or elissa@elissaheyman.com.

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Questions, Directions?

Email Jan: Jan@reality-undefined.com