



Becoming One Reality, Parts One and Two

by Jan Toomer

Part One

This article does not in any way, shape or form replace medical advice – I am not a medical doctor and always recommend seeking professional medical attention for any health concerns, physical or mental.

We talked about "Third Dementia" where we're losing track of which dimension we left what in; which dimension we were doing what in.

As the energies start converging to make one reality – we are practicing what we are doing before we actually get fully and completely into the 4/5th dimension.

Signs of "Third Dementia" are increasing which is causing frustration and/or fears because of losing track of where what is; and having more trouble functioning on the 3rd dimension.

We have seen signs not only in our physical selves, and our physical realities, but also with our surroundings, for example:

Six months, year ago, two years (not sure) – I told my husband, "Something's wrong with the moon – it's not doing its normal thing" then I tried telling others this and was met with "okaayyy..." (with eye-

brows raised).

Yet now it has come to light with the public where many are seeing the moon is not right and that the earth has shifted on its axis; which also means the sun sets in a different spot than it did a year ago.

We also have time being sped up tremendously – where you feel like you can't catch your breath. The energy shifts are becoming more intense, and we are our having to work harder to keep up mentally, physically and spiritually.

Some of the 'symptoms' of these shifts can be (barring any medical issues): exhaustion; sleeping like a log, yet feel like you hadn't slept; you aren't sleeping through the night; sleep patterns changed.

All of this was coming home to me – hit me this morning that we need to start paying attention to what we are creating in our own reality – which I know you have heard before, and I have "talked" about here as well, and know that this is nothing new to you...however, I am seeing physical manifestation of this.

This is going to sound mundane – and perhaps like a senior-moment - but it is a perfect example of what you may begin seeing/experiencing:

I went into my cabinet to get my big pump bottle of detangler which I pump into a smaller bottle that stays in the shower.

I saw "Detangler", in large letters, on the pump bottle; I took it out of the cabinet, placed it on the counter and went to pump the detangler into my shower bottle.

I noticed the pump nozzle was bluish – my detangler is yellow...what the heck?

I picked up the pump bottle again – and it read "conditioner".

I was confused...I clearly saw "detangler".

My team chimed in and said that I was expecting to find "detangler" so I made the bottle read "detangler", even though it was conditioner.

What?

So they explained to me that this was a small example of creating reality – I was experiencing what I *expected/created*.

They also explained that we all need to be careful with what we create and/or expect; stay in the now, be aware, and create safely.

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Our Guides have a Sense of Humor!

by Linda Aragon

My Spiritual Meetings here in Las Cruces are on hold as I'm getting prepared to undergo multiple major surgeries. Keeping fear and anxiety at bay is proving to be challenging. When I ask myself what am I afraid of, it's not dying (though I feel strongly my work is not done) the reality is I don't like "Pain" – Among the surgeries is a Hysterectomy...been doing my homework online and reading the stories, maybe not such a good idea...oh the horror stories...ok, so I stopped doing that...

A dear friend of mine, Judy Bott – a "Certified Healing Touch Practitioner" offered to

come over and help me prepare by giving me a pre-op Healing Touch Energy session. I wasn't sure what this involved but as I totally trust her and know her to be a fellow Old Soul, I wasn't worried. She said just follow my lead.....well, OK, I can do that....

We had tea and chatted for a while before heading upstairs to the Massage Table where this energy session was to take place. She noticed a Dragonfly sculpture on my wall and commented how much she liked Dragonflies." They're a common spiritual symbol and live a very short life, not much more than several weeks" I informed her. Judy responded "Yes, and do

you know how they glide so easily across water?" – I didn't have a clue..."Well, it's kind of like the equivalent of "farting" as they propel themselves across the water... Well, now there's a visual!! We laughed and so that was that, or so I thought.

We went upstairs and Judy had me relax on the table and close my eyes and she proceeded to guide me in a Visualization, a step by step walk through this upcoming surgery, from the parking lot, through registration, into the prep room, the wonderful helpful smiling nurses and so forth... My dear friend Alma is by my side the whole time, she is an excellent caretaker and knows just how to keep me calm. As

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Though no harm came to me with the conditioner / detangler scenario, I realized that it could have been medicine, cleaners, etc. which could have had negative consequences.

So this little simple experience carried such a great big message.

Part Two

And Now...

This is a compilation of conversations with several people over a period of about two weeks – where several seemingly different topics are all connected at a point.

In past articles, I wrote about that we would each be held accountable for our actions, thoughts and deeds.

And that has changed; it is no longer in the future tense...it is *now*. You *are* held accountable for every thought, action and deed.

All of this is part of cleaning up your past - all past - including the past that is very recent.

Also, any anger, fear, etc. that you still have not dealt with is surfacing (has surfaced) *now* and must be dealt with *now*.

You will not move forward anymore until that cleansing/release/forgiveness, etc. is finished.

The energies of the earth, etc. will continue to rise vibrationally...it really is in your best interest to deal with, and release that past now. What happens is the energies continue to rise, but you're stuck, not rising, until those weights are dealt with and released. The gap widens.

I am not saying there is no chance to catch up – but, to me, playing catch up is a bit more daunting that working through the shifts as they occur.

If you don't know where to begin, how to

forgive, how to release, what to do next, etc., *then ask for help!*

Which brings us to....

Energy is Very Literal

My team recommended that I no longer gently bring information to the public. It used to be that I would write so that where ever you are on your spiritual journey, there would be some information in each article for you to glean something from it.

Now, they say I need to be more precise – more direct – with the information I put out. This is to get better in line with understanding that energy is very literal.

So, when you need help, whether from your team or someone else....

You have to ask blatantly, clearly, and without assumption or intimating that someone else will take the initiative and offer without you directly asking for the help.

It may take me a while of working through it myself, but if I cannot work through something, I do ask for help – and keep asking until I find someone who can help me.

We Are Not Masters of All

I have yet to meet a human who can do everything...there has to be a desire or passion, perhaps training, etc. for someone to become proficient in a field.

I am not a medical doctor... I pay my doctor for her expertise, knowledge, training and guidance on which supplements I should take; or go to another doctor to have a bone re-set; or dentist to have my teeth worked on.

I go to my car mechanic to have my vehicle worked on.

I bring my cat to the vet.

I do not have the passion to learn about

engines, changing oil, etc. – so I seek someone else and pay for their expertise....this is a form of asking for help.

A therapist can help with emotional issues; medical doctor with physical issues; energy worker for re-balancing energy/relaxation.

Shifting Communication

Another "symptom" is suddenly forgetting a word – you have the "feel" or "energy signature" but cannot remember the physical word.

Another step towards mental communication (aka telepathy) – which is the same form that animals, world-wide, land, air and water, use to communicate.

They communicate with thoughts/mental pictures and feelings/emotions.

Holding Our Feet to the Fire

Okay, that is not literal...but that saying, in the past, presented an idea or concept that most people understood.

Our higher selves are holding us each accountable *now* for our lives – from taking responsibility to our actions, decisions, how we react to the challenges in our life, etc. to taking responsibility for setting up a lot of those challenges, and the people who were involved, before even entering our current physical bodies.


Yes, total responsibility. No more blaming, no more lying, no more finger pointing, no more deceptions, no more energy manipulations for self-gain, etc.

We are becoming one reality instead of working three; 3rd, 4th and 5th dimensions.

The point being – practice time is over – we are creating *now*.

IKE TREVIÑO

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METAPHYSICAL LIFE ENRICHMENT CENTER

2600 El Paseo Rd, Las Cruces
757-647-0300

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

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

Metaphysical Classes by Jan Toomer

(Directions/Address provided when you RSVP - in Las Cruces, NM)



Clearing Up the Crap: Finding Joy in Everyday Life - Consists of three classes, 2 hours each.

Our thoughts - whether freshly formed thoughts, memories or beliefs, etc.- are all energy. We are each energy, so we carry our thoughts (regardless of what kind) with us - which can create energy baggage. When we carry energy baggage, we often are too bogged down to see the joy that is around us daily.

In "Clearing Up the Crap: Finding Joy in Everyday Life" we will each take a look at our depreciating self-talk; being a victim; healing the past, and more!

~ CLOSED ~



Basic Undefined Reality - Consists of four classes, 2 hours each. *This course must be completed to take 'Undefined Reality' Course.*

This course will help you build a foundation for understanding the metaphysical. Some of what we will touch on: basic terminology, shielding, energy, colors and aura, chakras, psychometry and a touch of healing. These classes do include at-home exercises (not mandatory), in-class hands-on exercises and time for Q&A. Certificate.

2/22 - 3/14/12 **Wed** 6 - 8pm
\$80 **Max. 10 people**



Undefined Reality - Consists of eight classes, 2 hours each. *Prerequisite: Basic Undefined Reality.*

Undefined Reality is more in-depth, with a wider range of topics. Some topics which may be discussed in class are: fear, dreams, symbology, animal communication, and past lives. Classes do include at-home exercises (not mandatory), in-class hands-on exercises and time for Q&A. Certificate.

You must have completed "Basic Undefined Reality" to take this course.

3/21 - 5/09/12 **Wed** 6 - 8pm
\$120 **Max. 10 people**

Soul Fragmentation & Soul Retrieval - Two hour intensive. *Recommended: experience with energy work.*

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, exercises and, if time, Q&A's.

4/03/12 **Tues** 6-8pm \$30



Ghost Crossings: Soul Release and Property Cleansing. Consists of 6 classes, 2 hours each.

With the dimension barriers thinning/collapsing, more people are beginning to experience "haunting" symptoms - so it is more important now than ever in the past, to know how to help both the physical beings and the non-physical beings.

This class is for those who already sense, see (or "see"), hear, know and/or feel (also known as "sensitives") those who are not on this dimension (including ghosts).

We will discuss property/house reading and cleansing; will touch on how to do a ghost investigation with emphasis on being a sensitive and assisting those who are stuck - and are ready - to cross over.

This course has absorbed the "Spirit Sensitivity" short course.

8/21 - 9/25/12 **Tues** 6 - 8pm
\$100 **Max. 10 people**



Life Before, During and After Being a Human - Consists of three classes, 2 hours each. *Recommended: completion of Basic Undefined Reality and Undefined Reality courses.*

In this course, we will have metaphysical discussions on what happens pre-birth; life, death and when we cross over again. Certificate.

11/6 - 11/20/12 **Tues.** 10a - 12noon
\$60 **Max. 10 people**



Reality Undefined Series class



Exploring Beyond Series class

There is a minimum of 4 paid registrants for the class to run; if there are not at least 4 people scheduled 7 days prior to class date, the class will be cancelled.

Limited seating; no walk-ins.

Contact Jan Toomer to reserve your spot

Email: Jan@reality-undefined.com

Phone: 575-382-4576

Cell: 520-234-4440

Oh My God! There are
humans on this planet!

Peter Perkins

The Green Thing

Author Unknown

Checking out at the grocery store recently, the young cashier suggested I should bring my own grocery bags because plastic bags weren't good for the environment. I apologized and explained, "We didn't have this green thing back in my earlier days."

The clerk responded, "That's our problem today. Your generation did not care enough to save our environment for future generations."

She was right about one thing -- our generation didn't have the green thing in "Our" day. So what did we have back then...?

After some reflection and soul-searching on "Our" day here's what I remembered we did have....

Back then, we returned milk bottles, soda bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles repeatedly. So they really were recycled. But we didn't have the green thing back in our day.

We walked up stairs, because we didn't

have an escalator in every store and office building. We walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go two blocks. But she was right. We didn't have the green thing in our day.

Back then, we washed the baby's diapers because we didn't have the throw-away kind. We dried clothes on a line, not in an energy gobbling machine burning up 220 volts -- wind and solar power really did dry our clothes back in our early days. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing. But that young lady is right. We didn't have the green thing back in our day.

Back then, we had one TV, or radio, in the house -- not a TV in every room. And the TV had a small screen the size of a handkerchief (remember them?), not a screen the size of the state of Montana. In the kitchen, we blended and stirred by hand because we didn't have electric machines to do everything for us. When we packaged a fragile item to send in the mail, we used wadded up old newspapers to cushion it, not Styrofoam or plastic bubble wrap. Back then, we didn't fire up an engine and burn gasoline just to cut the lawn. We used a push mower that ran on

human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity. But she's right. We didn't have the green thing back then.

We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull. But we didn't have the green thing back then.

Back then, people took the streetcar or a bus, and kids rode their bikes to school or walked instead of turning their moms into a 24-hour taxi service. We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerized gadget to receive a signal beamed from satellites 2,000 miles out in space in order to find the nearest pizza joint.

But isn't it sad the current generation laments how wasteful we old folks were just because we didn't have the green thing back then?

Our Guides have a Sense of Humor!

Cont'd

Judy walked me through this visualization, I was totally there! I'm one of those that can be hypnotized with two swings of the pendulum...LOL. I seem to recall Past Lives easily, do well with Visualizations, and so forth. I easily went into this Visualization -- I was there!..

All was going well, feeling pretty confident and then Judy got to the part where they gave me the "Happy Juice" -- and then she said: "You are now having this incredible vision". She stopped talking at this point and off I went, totally into this Visualization.

I saw a room full of beings: Angels, Guides -- many many of them filled the room and I felt the incredible Love...I saw them guid-

ing the surgeon's hands as they made their cuts. (Wow, they really do this?!) On the negative side, I felt incredibly "cold"!...I think perhaps old memories from previous experiences with surgery.....I started to go into "Fear" -- They were encouraging and soothing, these Angels and Guides... I would come out of this Fear State, but inevitably I would fall back into this Fear state.....OK, they said "Perhaps it's time to bring in the Dragonfly" -- And with this I would visually see this Dragonfly scooting across the water -- and we know how he accomplished that! I would giggle and relax and be OK for a time and then Fear would once again return...Again, they brought in the Dragonfly visual -- I would giggle again and the Fear would leave.... who would not laugh at this vi-

sual! -- Before I knew it, I was awake with Alma by my side, smiling warmly upon me.

This was a remarkable experience, one I hope to recreate on day of surgery, with or without the Dragonfly...LOL. Thank you Judy for this experience and thanks to you, I will never see Dragonflies the same again!

Linda Aragon -- Holistic Life Coach
RadiantLifeTransformations.com

Judy Bott --
Certified Healing Touch Practitioner
Fairyfly15@comcast.net

Tremendous Growth

by Jan Toomer

The new year has arrived
a clean slate
new beginnings
new possibilities.

When I made my first venture, of the New Year, into town, I noticed a few things:

1. People's energies are different -
 - Many people are showing brighter and clearer energies -- their energy fields are also brighter.
 - Boundaries are beginning to be honored, both by self and those around self.
2. A lot of people are sloughing off / purg-

ing -

- As I watched people walking or passing by, I could see the heavier (no longer needed) energies on some people were in the process of sloughing off.
- Many people are noticing they have closed some doors on their past -- or are currently working on that.

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- Reiki Master/ Teacher
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Reiki Session - Distant or In-Office	\$50
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Spiritual Advisor	\$65/hr
Horse Healing	Your Location \$75; Distant work \$65 (Reduced if more than one horse)
Workshops	\$175 / half day; \$250 / full day (plus mileage if outside of Las Cruces)
Spiritual Talks	\$150 / 4 hours (plus mileage if outside Las Cruces)

** For spiritual, emotional and/or mental healing/cleansing. Group circles can include businesses, friends, etc.*

If you don't see what you are looking for, please contact Ike

IKE TREVIÑO

Email: all4heal@aol.com

Cell: 512-921-1941

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Jan@reality-undefined.com.

Prices and sizes subject to change.

Lunch With God...

Author Unknown - Submitted by Linda Aragon

A little boy wanted to meet God. He knew it was a long trip to where God lived, so he packed his suitcase with a bag of potato chips and a six-pack of root beer and started his journey.

When he had gone about three blocks, he met an old woman. She was sitting in the park, just staring at some pigeons. The boy sat down next to her and opened his suitcase. He was about to take a drink from his root beer when he noticed that the old lady looked hungry, so he offered her some chips. She gratefully accepted it and smiled at him.

Her smile was so pretty that the boy wanted to see it again, so he offered her a root beer. Again, she smiled at him. The boy was delighted! They sat there all afternoon eating and smiling, but they never

said a word.

As twilight approached, the boy realized how tired he was and he got up to leave; but before he had gone more than a few steps, he turned around, ran back to the old woman, and gave her a hug. She gave him her biggest smile ever.

When the boy opened the door to his own house a short time later, his mother was surprised by the look of joy on his face. She asked him, "What did you do today that made you so happy?"

He replied, "I had lunch with God." But before his mother could respond, he added, "You know what? She's got the most beautiful smile I've ever seen!"

Meanwhile, the old woman, also radiant with joy, returned to her home. Her son was stunned by the look of peace on her face and he asked, "Mother, what did you

do today that made you so happy?"

She replied! "I ate potato chips in the park with God." However, before her son responded, she added, "You know, he's much younger than I expected."

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. People come into our lives for a reason, a season, or a lifetime! Embrace all equally!

Have lunch with God.....bring chips.

P.S.: Wisdom and Kindness make a person Attractive

Linda Aragon – Holistic Life Coach
RadiantLifeTransformations.com

VINTAGE

Exposed

March 18, 2009

by Jan Toomer

Many years ago, I had come down with a muscle condition, and the doctor recommended weekly appointments with a massage therapist. I had had massages before, so there was no problem there.

I made my first appointment and arrived on time. It was not what I expected.

There were candles lit, and under the massage table was a large quartz cluster. I was a bit excited, thinking "Great! Someone into the metaphysical!"

The massages worked miracles on my body. I always lay on the table with my eyes closed, and would often watch the energy in the room (not all massage therapists are aware of the energy, or the entities, present during this healing practice). I watched the guides as they worked with the therapist and with my body. I was entertained and relaxed. Though, I never spoke of it.

One day, I was relaxed, and had a sudden thought – and that thought made me very nervous. I was being instructed to remove

the protective shell I had around me; the very same shell I placed around me at a young age – one that hid me.

I hesitated – this shell protected me so that others would not see the 'real' me – the me that people often saw as a 'freak' or were afraid of; now I was being instructed to remove it.

I did it.

And as the shell fell away, I heard my therapist gasp.

"Oh crap!" I yelled in my mind, and threw up the shell again. I did not want to open my eyes and face the therapist – and see reflected in her eyes either fear or disgust.

I said to her, "I will go get dressed", opened my eyes and began to rise. She firmly placed her hand on my shoulder and told me something that literally brought me to tears.

She told me to stay put; to look at her, and listen. I did.

She said that the gasp was that she just wasn't expecting it – it did not scare her, it did not disgust her (now, I never voiced

my concerns!). She said she just didn't realize the magnitude of what I was hiding.

Then she told me that I was to release the shell and never put it back on; that I needed to quit hiding who I really was. I began to cry. Very few knew my 'secret', and most of those who did (mainly my family), saw me as a freak and stayed far away. Here, my massage therapist, accepted me in my entirety – and she was practically a stranger!

It took about a month of consciously practicing to keep the shell off (I kept finding my self putting it back on, mainly out of a very long standing habit) – but eventually I trained myself to get rid of completely.

Today, the shell is but a memory of the past.

If you've been hiding the 'real' you – hiding your light – then it's time to shine!

If you know the real you, let it be shown. If you don't, perhaps it's time to find out.

Please don't settle for anything less than who you really are.

We see "aliens" everytime we look in the mirror!

Peter Perkins

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
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See Website for Classes, Sessions Offered and More!

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Tracy Gohrick is Proud to Announce
SPIRITUAL MESSAGES NIGHT

Thursday, February 23 from 6-8pm

Introductory Rate - \$5.00

Limited Seating - Must RSVP with Tracy

Tracy will channel messages for the group

REIKI II Class

Saturday, Feb. 25 - 9a-4p

\$85.00

Must Have Completed Reiki I - RSVP with Tracy

Tremendous Growth

3. I was seeing the real person, not what each person thought they projected –
 • Watching some people, I have been able to see their *real* selves. I saw their physical selves as well as their non-physical/dimensional selves.

All of these points really excite me; they all are signs of the tremendous growth our human race has experienced.....*just since OCT. 28, 2011!*

Granted, we have all been working on this for quite a while, but (to me) it wasn't as

noticeable until this first full week of the new year.

Congratulations to us all! And keep up the wonderful growth!

What Does NOT Make Someone a Spiritual 'Master'?

by Shift Doctors - Marion Ross Ph.D. & Tracy Latz M.D.

We have come across many people who claim to be a Master of their spiritual teaching or healing modality.

- What makes someone a 'Master'?

A true master operates outside of ego and has become a master of him or her own self.

- We have been asked so many times by different people: "How does someone become a Master or get labeled a Master? Do they just declare that they are one or is it bestowed upon them?"

While we had our own inner sense or knowings of what this meant (we will discuss our understandings of what the qualities are that makes someone a Spiritual Master Teacher in a future post), we

thought we would do an internet search on the topic – and were *quite shocked* at some of what we saw or read.

- Did you know that there are websites that tell people how to be perceived as a "Spiritual Master" so that they may earn people's trust and their money?!

They actually give people tips on how to present to the public as 'spiritual' so that their teachings will not be doubted.

Modern Man's Media Version of How to Create a Spiritual Guru:

- BE WARY and CAUTIOUS of any out there who claim to be a "Spiritual Teacher" or a "Spiritual Master"!!

There may be a few people out there who are following the suggestions of some of the websites we saw - *we are NOT saying that ALL people who claim to be 'Masters'*

are intentionally misleading you or trying to gain access to your wallet. Those who desire to become known as "Spiritual Masters" or to create a "Celebrity Spiritual Master" facade presence are encouraged by various websites to adhere to the following formula:

- Get followers to create *psychological transference of 'divine' qualities/goals* to them;
- Wear the 'proper' *spiritual clothes* (which may be robes, white cloth, crystals, beads, or dark black/white suit depending on the audience they wish to 'hook');
- *Change their name* to an exotic sounding spiritual one like Swami, Diva, Guru, etc.;
- Try to *teach in a country or culture different from the one* they are from so they seem 'exotic' and appear to have more credibility;
- Try to *behave (at least in public) as if*

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Quick Look:

February's Happenings with Tracy Gohrick and Jan Toomer

What	Where	When	Cost	Need to Know
Basic Undefined Reality Class with Jan	The Office	Wed. 2/22 - 3/14/12 6-8pm	\$80.00	Max. 10 people - Must RSVP
Spiritual Messages by Tracy	The Office	Thurs., 2/23/12 6-8pm	\$5.00	Limited Seating - Must RSVP
Reiki II with Tracy	The Office	Sat., 2/25/12	\$85.00	Must have Reiki 1 Must RSVP
Meta-Night with Jan	The Office	Tues., 2/28/12	\$12.00	Limited Seating - Must RSVP

To RSVP with Tracy - 575-636-5252 or email: jagclgmom@gmail.com

To RSVP with Jan - 575-382-4576 or email: jan@reality-undefined.com

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

We reserve the right to refuse attendees.

- they are peaceful and loving;
- To keep the audience in awe and impressed, include words in presentations such as "oneness", "infinite love", "loving ourselves", "we deserve", "loving what is", "meditation", "touching the void", "quantum ****", "opening the heart", "non-duality", "letting go", "finding what is true", "opening the heart", "letting go", "being yourself", "authenticity", "finding what is true", "opening the chakras", "reaching within", "connecting", "everything is inside", and "it is simple";
- Use foreign words or phrases NOT to have profound meaning but to 'pep up' spiritual talks and sound more 'exotic';
- Develop an abundance of self-confidence and charisma to be more attractive to others who are unsure or 'seeking';
- Never admit to not knowing something – just become silent to seem mysterious or turn the question back on the follower to answer it them self;
- Up-sell products and teachings with constant increase in opportunities for followers to purchase time or information;
- Create genuine or contrived spiritual lineages so followers will await to have enlightenment somehow bestowed on them;
- Promote the rareness of spiritual awakening to create lack of disappointment if it doesn't occur rapidly;
- Create rumors of magical or extraordinary powers;

- Develop third party endorsements;
- Create hierarchical access to the teacher by creating a tier or hierarchy in followers with a definite 'inner sanctum' of special relationship to the teacher (possibly with use of security guards or private jets);
- Create an educational or charitable foundation to get more income in the form of donations;
- Open an ashram or spiritual center;
- Create a website with a spiritual name;
- Create supplementary sales by selling part of their energetic vibration (i.e., photos of the 'guru', items blessed or energized such as crystals, energized pendants, etc.);
- Reward the most faithful followers by feeding their spiritual egos and encouraging them on their spiritual path.

sence."

We wish you all well on your own spiritual path - wherever it may take you. No one can walk your spiritual path for you as we each have our own journey. *There are gifts for us on many paths we can choose to take.*

Our intention in writing this post is **not** to create discord but rather to create inner discussion. To perhaps get people to listen a bit more to their own 'inner spiritual teacher' or their own "inner still small voice". We will follow soon with another post on the topic of "What ARE the qualities of a **True Spiritual Teacher or Master?**" according to ancient tradition.

Wishing you all Inner Peace,

"The Shift Doctors" (a.k.a. Tracy Latz, M.D., Mh.D. & Marion Ross, Ph.D., Mh.D.)

***The Shift Doctors (Tracy Latz, M.D. & Marion Ross, Ph.D.) are available for keynote talks, classes, events or for seminars (1/2 day or up to 2 day) on Energy Medicine personal transformation, team-building, motivation, anger management, intuitive development, or collaboration for private groups, conferences, corporations or corporate events. Contact them at info@shiftyourlife.com or find out more about their books, DVD's, CD's and tools for personal transformation at www.shiftyourlife.com.*

In Contrast - Here is the Definition of A Spiritual Master according to Osho:

"When you are not there, when you have completely disappeared, the other becomes an open book to you. The more other-oriented you are, the less you can know what is happening to the other. The more you become self-oriented, the more possibility there is of knowing what is happening within someone else. A moment comes when you are completely dissolved. Then you know the other totally. Then the other is not the other; he is not something separate from you. You do not react to him; there is no need. There is a response, not a reaction. Only deep ab-

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.**
Health and Joy through Energetic Balance
To make an appointment or for more information: (575) 647-1475 - email: rsontiveros@yahoo.com

Tesoro Health Center
Patti McClure
575-652-0076 - 207 Avenida de Mesilla Las Cruces, NM, United States, 88005
Saturday, February 11. Healers and Heroes Free Clinic. 12noon-4pm - (Healers, contact Patti for more info.)
Check out Tesoro Health Center Calendar
<http://tesorohealthcenter.com/>

Meta-Nights with Jan Toomer are Back!

When a question is asked, or topic/situation is presented, Jan 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.

Tues. Feb 28, 6-8pm \$12.00 at The Office*
MUST RSVP (limited seating)

*Location/directions provided when you RSVP

(First Part Posted Jan, 7, 2012)

2012 predictions Intuitive Impressions of 2012

2012 brings the end of a lot of things...

People don't cooperate to keep things afloat that should sink on their own lack of sustainability.

New and brighter paradigms come into the atmosphere and seed peoples' thoughts, while tradition is on the wane. (This emanates from the end of the year, inspired by the December 2012 winter solstice sun that pollinates us afresh as it passes through the center of our galaxy.)

2012 has a challenging, shortsighted feel to it, in which people and the factions they belong to are more likely to defend their point of view than cooperate. Nobody gives up nothing. A healthy reaction is take better care of ourselves and create some pleasant space inner space to retire to.

It's a blunt year that shows everyone what's what, and that we must learn to flow with change. Tremendous determination can flood us with the energy we need. Lotsa winners out there!

Changes in taken-for-granted support systems can cause big upsets. Natural catastrophes can also explode our worlds.

Religious fervor and self-righteousness is burning bright in 2012, but soon enough the spell of fear-generating organized religions will weaken. Dying out is the long-held religious/political tradition of controlling the masses through fear, and weakening people by instilling guilt, shame, and division. We're outgrowing an allegiance to concepts like Original Sin.

An example of this trend towards a more loving collective consciousness is the

"Healing Requests" on Facebook

After the session with Sandy, and having been receiving requests via email for healing requests, a "Healing Requests" page has been set up on Facebook.

Healers

Healers/energy workers, etc. can check in on this page when their schedule allows to see who needs assistance and offer prayers / energy work.

growing awareness and intolerance for bullying in the U.S.. It used to go on unchecked but now there are educational programs and other steps in place to prevent bullying in schools. In these unstable times when the weird are getting really weird , all kinds of abuse is happening, but peoples' collective response to bullying points out our positive direction.

Innovative upgrades to society can proceed once the dust of 2012 settles. Innovation is alive and well now (entrepreneurs are turning poop into plastic, or landfills into energy producers), but it's more 2013 for their turn onstage. An important pact between countries is in the works. Women's issues don't make much progress.

The Speaking Stones: Unexpected developments hasten the change that leaves the old guard out on a limb and makes a way for more nurturing, inclusive and sustainable values. Unexpected events can change the course of history, especially changes to what has been a foundation.

And finally, here's a poem that talks about the year, and how the growth of love within each of us leads to our greater external success. 2012 teaches us to surf the waves of change.

Wild and Wonderful 2012 (published Dec. 9, 2011)

The times are coming on,
Exhilarating the air with streaks of luck,
Looming potholes,
And open portals;
Descents so dizzying they make us laugh-
-what else can you do?
--and a chance to start over.
The year is beneficent, it is generous, it
makes things perfectly clear.
Two rights won't make a wrong: let your
inner love
make the outer love come on strong.

Healers do not prescribe or diagnose. Thank you very much for donating your time and energy for these people.

Those Requesting Healings

You assume all responsibility.

This does not in anyway replace professional medical treatment; it is advised that you seek professional medical treatment.

Personal Guidance for Success in 2012

Simple: That's the word to live by in 2012. Get the idea across as simply as possible. Whatever it is, do it the simple way. The best workable solution to anything simplifies things.

Is it sustainable?: We evaluate our agreements, routines and lifestyle choices. Individuals and countries alike will see what can continue in their lives, and what can't.

Peace pays: Numerologically, 2012 is ruled by Mars, god of war. People are a little quicker to anger and get into fights. The pragmatic approach is to not take things personally or get huffy about anything. At home and in the office, "Let it slide, let it slide, let it slide!"

Be willing to cut your losses in the name of peace, if hanging on to something creates too much heaviness. Keep on going and flowing through the fast-changing scenarios of life in 2012. Whether it's a good or a bad cycle, "this too shall pass."

SCAM ALERT: Clever, ruthless people get very savvy about how to scam the public this year, beware! This is no time to trust people without good reason.

CITIZEN ALERT: What's in our food and water? Lax oversight will allow chemicals and pollutants that harm mental functioning.

Relationships: Everyone has growing pains this year as we adjust to a changing world. Success comes to those flexible people who form support systems that accommodate their unique needs.

2012 Success Story Sound Bites: Be nice. Work hard. Don't sit too long at the computer (or the sofa).

(Cont'd Page 11)

Do not use last names or post email or phone numbers.

You must have permission of the person you are requesting energy work for.

There is never a fee for this through this Facebook page.

www.facebook.com/HealingRequests

February 2012 Psychic Newsletter

The Tricky Winds of February...fend them off by flashing a smile!

There is an eruptive action at work in February, at least in people. (We must pray it's not at work between the U.S. and Iran.) If you're going through a lot of change expect to have bouts of expelling the old, or releasing a lot of emotion. A lot of healing goes on in February.

However, it is not a time of backsliding even if it feels like that temporarily, but moving forward, when taking bold action and being strong is mightily rewarded.

Does something up ahead look like trouble? Don't get into it-- get out of the way of conflict. Trouble started now is particularly derailing.

Mars retrograde is in effect and when you're in a calm and self-accepting place, its energy helps you reach deep truths and healing understandings.

Heart Magic: February truly is a heart month, where many individuals can have a "heart opening", meaning they become more self-accepting, more open and willing to be loving, and magical things happen that make them feel more connected to life.

People Grow Best in the Dark: Keep projects and developments fairly secret--the light of scrutiny is not good for creative projects this month.

Dream Doctors: Healing also goes on in the dream state. It's an excellent month for healing deep emotional wounds.

Spiritual Guidance for Personal Change in February 2012



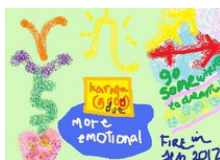
Change is inescapable in 2012...here's some spiritual guidance for personal change in February from my monthly client newsletter:

There is an eruptive action at work in February, at least in people, and so people who are making change in their lives will have bouts of expelling and releasing

emotion, for instance. A lot of healing goes on in February. However, it is not a time of weak vulnerability even if it feels like that temporarily. It's more accurately a time of moving forward in your own unique way, when taking bold action and being strong is mightily rewarded.

Heads up about heading into any conflict in February: Don't do it, get out of the way of conflict; trouble started now is particularly derailing. Keep your sights on your own goals.

Fire signs' spiritual journey through February 2012



This month, the pictogram took on each fire sign individually, with their own column of symbols. For *Aries* it speaks about having new energy that comes from their heart being engaged, and finding something new they enjoy that makes money-making new support systems. *Leo* is in a spiritually inspired place a lot, and also put in a good position because for some long-time-coming (or karmic) reason, perhaps it is their time to rise. *Sagittarians* are energized, working hard, yet it's a good time if they can, to get away and dream.

Fire signs (Aries, Leo, Sagittarius): Keep on going: you see a bright light ahead, coming from the future success of new ideas. Have faith and confidence, and work towards that sunny outcome. Ignore short-term moods and results. How to make things happen better: don't talk about them very much, and realize you have really a lot of work ahead of you, there's no way around it. Stay committed to your inner plans.

Water signs prepare for the future in February, by relaxing



Water signs (Cancer, Scorpio, Pisces): Reaching out to new environments and experiencing the unfamiliar adds a spot of brilliance to this month...get away if you can. It could even be by hibernating a little or "not doing". In general, you set up plans for the future, making concrete moves to

do business or benefit yourself in some way off in the distance.

Lightning strikes the air signs in February 2012



Air signs (Gemini, Libra, Aquarius): You're changing a lot, letting go of a lot...go with different ideas and different directions as they can work out very well. A lot of innovation gets integrated into what you're doing now. "What about the money?" you may ask...it's better if you can hold off from passing judgment on your money-making abilities (or when you're going to be getting money for something) until mid-year, when conditions change. Meanwhile, life's a work in progress and there are groovy new friends to make!

Earth signs catch more with honey than vinegar in February 2012



Earth signs (Taurus, Virgo, Capricorn): You can go through uncomfortable eruptions within yourself that don't fit the pattern of "getting things done"...be patient with yourself, they have to do with getting ready for a different future, and you experience in that process, unsettling feelings that are easy to mis-judge and mis-label. Ignore not only all the little bumps in your road, but other peoples' problems, too. Don't stick around problem-oriented people or environments. You will be given opportunity this month. You're grateful for it, and it's galvanizing. Smile through this month and you'll feel like a winner.

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www.elissaheyman.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.