



## What Coming Together Can Do

This past week an amazing event took place...a request for a healing, and its awesome outcome.

Sandy sent an email request to go out for a healing session at a specific time for a specific person. Sandy's email was informative and she had provided detailed visualization instructions.

This request went out over email and Facebook. The result? Well, you read the emails:

*Personal Identifiers (other than first names)/Locations Have Been Removed*

Hi Jan,

I wonder if you would be gracious enough to forward the following to those who receive your Newsletters. Although everyone has metaphysical abilities, those in your group are special, as they have developed their abilities significantly; and hopefully will be willing to assist here. If you think that more time is needed for recipients to read the message, kindly change the date to Saturday. If you don't feel you can do this, please let me know. If you do send this on, please copy me so I know if I will have assistance Friday (or Saturday). Garry is a marvelous soul and truly wants to stay in his body for a while longer. And Jan, thank you for your part.....

"Garry" is on the third floor of (name removed) Hospital, desperately clinging to life. He is very, very ill.

Please allow me to put forth a line of thought here: The human body is comprised of cells – each with a specific function to ensure wholeness. When, for some reason, a cell loses, or is unable to perform its function, it is no longer able to participate in the body's complete health. The cell is then at dis-ease. It can affect adjoining cells and the result is pain and sickness to the body. These dis-eased cells are (quite naturally) as unhappy with the situation as is the person. These cells are confused, disoriented and fighting for their lives against efforts to destroy them.

**I would like to ask your Readers if they would set aside 3 minutes (4 if they can) on Friday, December 16 at 11:00 a.m. Sit quietly, (first shielding themselves) with hands cupped in the lap. Visualize a small ball of white light in the hands. Grow the light large enough to encompass Garry's body. Move the light to surround him. Tinge the light with pink – which is healing light. Then visualize the outer part of the white light with gold speckles. At this point, all of us coax the dis-eased cells to exit the body, en masse, into the light and climb the speckles upward to return to their Creator (who will heal them). Visualize these cells pouring**

**out of the body into the light. A suggestion should also be made that the light will remain with Garry and cells can continue to exit into the light.**

As a group, the energy and vibrations will be extremely powerful and intense. If enough cells can be coaxed out, Garry's body should be able to regain enough balance to start healing itself.

I have done a meditation with Garry's higher self, asking the 3 questions: 1) Do you want help? 2) Do you want to live? 3) Do you want to heal? The answers were Yes; Very Much; and Absolutely. He is definitely not ready to transition yet. He has dogs and cats at home who are terribly upset.

Ladies and Gentlemen, this method DOES WORK. Coming from a group, at the same moments, the waves are so strong and loving, that the unhappy cells just respond. They have never had a chance before to be healed themselves.

Thank you and thank your own higher selves for the wonderful effort on behalf of an entity who is trying to stay on the earth plane.

My name is Sandy

*(Cont'd Page 2)*



Christmas Eve  
Sunset

*JDJ*

**Happy  
New Year!**

(Partial email)

Hi Sandy

I have no idea how many actually did participate. I have 5 email responses and 7 FB responses, 2 in-person responses - but never asked for a response from anyone or never asked anyone to let me know. These go viral online and email-wise, so I never know how many are actually in on it.

A few of these people had never done healing work, ever - they contacted me and were thrilled you had provided detailed instructions (like I had told you last email) - then, including those who had never done this before, said they "saw" little black flecks rising out from his body and floating up through the ceiling and out. Pretty cool.

Also, I want to thank you; this whole thing prompted a FB page for healing requests and now people have a place to post it and healers check it periodically to see who needs some energy work. Thank you.

Jan

Dear Jan,

Thank you for putting forward my e-message. We will never know how many participated.....

Here is the result -- if you would like to forward it.....

Ladies and Gentlemen,

**To all of you who participated this morning (Friday, December 11, 2011) at 11:00 a.m., my overwhelming heartfelt thanks !! Garry was discharged from the hospital this afternoon !!!!**

He had no idea of what we did. He is a bit weak and tired, but he is going home. I don't want to say this is amazing, because I knew it would work -- but the time frame is (well, I did not think it would be as instantaneous as it was). I was part of a group at one time, in the early 90s. We sat together in a room - there were 7 of us - and we used certain music and our crystals. And many times, it took several sittings. In those days, e-mail was not mainstream and we had to coordinate our schedules in order to meet.

Today, I believe the sheer intensity of all of us, dropping our activities and dedicating 3 to 4 minutes, (I have to believe we were more than 7 people involved), concentrating as one entity, succeeded in bringing Garry back from the brink.

He is someone who loves animals and communicates with them, as well. He is a special soul.....

Thank you all, once again,

Sandy

This was one awesome exercise in mass consciousness creating reality; what coming together can do.

For those who do not "see", I will tell you it was a beautiful sight to behold, and I feel blessed to have been a part of this healing. Thank you Sandy and thank you all who participated.

Jan Toomer

## "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.

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.

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](http://www.facebook.com/HealingRequests)

*Hands of Love*



**Tracy Gohrick**  
Reiki Master/Teacher  
Spiritual Messages / Guidance

Phone: 575-636-5252  
Email: [jagclgmom@gmail.com](mailto:jagclgmom@gmail.com)  
[www.energyhealingbytracy.com](http://www.energyhealingbytracy.com)

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*J.D.*

Inspiration

# 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:

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**jagclgmom@gmail.com**

**<http://www.energyhealingbytracy.com>**

***Tracy is Offering a New Year Special***

**\$20 Off A New Client Session  
For the First 20 New Clients**

*Call or Email Tracy Today to Schedule an Appointment*

## Why Bother?

by Jan Toomer

I am hearing from a few people about the turmoil felt within some families right now.

In 2001, families dealt with kids who felt that they could no longer see a future for themselves. The destruction of the Twin Towers blew away the feelings of hope and stability for many, including children.

Many felt "Why should I try? My world could end, be blown up, at any time. Why bother?"

And now a new challenge has arisen: 2012. It's on TV, YouTube, Facebook, etc. It seems to be everywhere.

Today's youth is met with the end of the world coming in 2012. Why should they move forward? Why worry about school, goals, future plans, etc. when everything ends in 2012?

### Why bother?

Unfortunately, it's not just our youth... they are believing what they are hearing, watching, reading what is all around them – and they are taking their cues from US.

We are inundating our youth with this... so, why should they bother?

I do not have any one pat answer to address this issue – but I do feel that this is just the tip of the iceberg so to speak.

I also feel that we, the people, have the ability to "feed" our kids with hope; an understanding that we *do* have a future and that we should not give up and quit.

That is unless you've given up too...

## Sandpaper Sheet on Rocky Ground

by Jan Toomer

Okay, Mercury went retrograde the 24th of Nov. (goes direct Dec 13 or 14th) and holidays have begun and are both stressful.

However, something more is going on and it's making people *cranky*, with possibly being accompanied by the feeling that nothing is going right that day.

I have been hearing from people all over, asking me what the heck is going on.

Starting on the 24th, it seems to hit different people at different times. It hit me Saturday.

Good news is – it doesn't seem to hit ev-

eryone at once. There seems to be some people here, some there...and when they are finished, then someone else here, and someone else there – and on different days.

One person described it as feeling like they were under attack.

When I "looked", I saw a swirling, seemingly chaotic mess...and had the feeling that this mess was coming from within each individual and moving outward.

I think perhaps this is the effects of the energy lift which occurred 11/11/11 – we are taking turns purging the heavier dimensional energies.

I liken it to going from a bed with satin sheets (or really good thread count Egyptian cottons) to sandpaper sheets on rocky ground.

Uck.

### So What Can I Do?

Please, if you are able, allow these energies to work their way out and leave you – maybe shielding exercises will help you through it.

If you normally jog, hike, do martial arts/bag work, or gardening, etc. then I recommend your normal physical activity to relieve stress.

## Two Metaphysical Messages from My Experiences

by Peter Perkins

I did want to share a few things though since they touch on the Metaphysical and I seriously believe they were meant for more than just myself.

We really are manifesting things faster.

I went with my stepfather to Carlsbad to share the driving duties. He wanted to look at a few properties out that way.

Well one of the things that came to pass is we passed by a Chinese buffet in Carlsbad that I thought would be nice to go to. My stepfather never goes to Chinese buffets unless my mom drags him. Well sure enough on the way home without any hint or indication from me he asked if I wanted to eat there.

This was one of the good manifestations

but a bad one happened too.

I took over driving duties on the way home and it was pitch black and I was thinking, "Wow! Sure would be nice to see all the stars out here between cities where no light pollution ruins it all."

I also was thinking about how coyotes always get hit out on the roads and you never see them alive. Sure enough as this thought turned over and over in my head as we drove. I saw a coyote for about two seconds before I hit the poor thing at 75 mph. It died instantly.

Now I got upset, I don't like any creatures dying especially being the one responsible and this really got to me. I was upset because it died and, was upset because my thoughts might have brought this about. As I felt myself sink lower into a funk, my guardian angel showed up and had the

coyote with him; whole and was glowing a beautiful white.

It just looked at me with no accusing look just a simply almost happy expression. My guardian angel reminded me that not only do we - people - go on after death but animals do too. He assured me that the coyote knew that it had passed into the nonphysical and after a few minutes of giving me that goofy look a canine can give it ran off.

Of course stopping the minivan to inspect did give me a chance to see those stars between cities as well.

So the messages I received are: manifestations are happening faster; and for all those who may have lost a pet, for them to know animals also continue on.



# THE ILLUSION OF SELF

by Jan Toomer

Illusion discovered  
the cracks had begun  
What lays beneath them?  
Afraid to know.

The illusion of self –  
had held for so long –  
Shattered into a  
million pieces.

Anger and tears arise –  
vying for the spot.  
Validation please  
of self long past.

Fractured beyond; no two  
pieces the same size.  
Small and large alike  
reflecting...who?

It's time to begin now...  
the journey anew.  
Leaving shards behind –  
and look within.

For the answer we seek  
comes from within us –  
Not from someone else.  
Get to *know* self.



Fence Posts



<http://icanhascheezburger.com/>

## Deceiver Revealed

by Jan Toomer

The words that were spoken  
were farthest from truth –  
masked behind a mantle  
well worn and bedraggled.

The deceiver began in a  
frame of light – but soon was  
to twist and darken, and then  
hide it behind a smile.

The dark over ran –  
the illusions broken –  
the truth oozed into the room...  
all took a step back.

Deceiver is alone – awaiting  
new innocents, hoping  
they won't take a look behind  
the scenes of the twisted smile.

The dark could no longer hide –  
the deceiver panicked –  
“No one must know...no one  
Must suspect...”

Too late  
Too late

Deceiver revealed.

# Elissa Heyman

## New Years Resolutions and Predictions for 2012

This year, some of the first messages were from the East, South, West and North, as if everything talks and this is what each had to say. Two are about outer circumstances that are developing in 2012, and two relate to individuals' personal journeys and some good things to resolve for the New Year.

**East:** The United States is losing its power significantly, and another country, or somewhere in the East, now has the ability to grow and connect with other countries. (I didn't get a picture of it being China).

**South:** Between powers that be in the world, connections and networks are being set up and infrastructure is being laid through communication that is not made public. New permutations of "how things are" in the world are being activated, to create a network before that network is announced.

**West:** For individuals: The vibration and energy of joy is vivid in 2012, looking for bodies to inhabit. Resolve to get free of the past, feel the pleasure of your own aliveness, and connect with the present. Then you will be fed the ready and willing energy of joy that can fuel your deepest desires. If that seems impossible, try being very determined about something you really want, something you're all for, and when a tipping point of focus and energy are in play, see how fast things happen. People who go for a dream and believe in themselves, find things happening before their eyes they used to just imagine. Tuned to the right channel and keeping the faith, it's a magical year.

**North:** Whether you plod along in a determined fashion, or skip with extreme excitement, keep on going in the direction you know your creative self or inspired self needs you to go. Whatever education you need, whatever practices, whatever must be done in the direction that lights you up, just do it for about as long as it takes for a baby to gestate. In August of 2012 you'll be standing in a place of glory if you stay determined and keep up your efforts. "Be strong, the rewards are great", says the North.

## First New Year's resolution: Relax!

Every winter solstice, I go omen-hunting for the year to come...this is when the new year peeks through the planetary alignments and gives signs and portents. Except this year, the psychic message I got on my omen walk was to wait until "December 25th".

Back home I ran to my planetary guide to see what might have triggered this irregularity, and noticed retrograde Jupiter goes direct on Christmas, and much more will be set in motion then...so I'll wait! Christmas Eve (tonight) there's a new moon in Capricorn, a very good sign for 2012 projects no matter how complicated they are...we still feel ready to take them on. A lot of power and purpose comes pouring down from the heavens right around Christmas.

Before I came home, though, I did get one personal guidance message for everyone, and it was about "time". "There's time for everything" meaning that if you act under pressure, anything will become toxic, even what you find enjoyable. There's a matrix out there of peaceful productivity and balance, and how you connect to that is by having the philosophy that you don't have to rush, that what's important is to stay in balance, not execute things at the price of peace.

Then something quite exciting happened at home: The spirits of the astrological signs let me know I should divinate that night for their yearly messages, and unlike any other time, wanted a new protocol and a new method of divination. The feeling was that all the signs really took to heart the idea of a new beginning, of this year not having to be like any before, that one could change and do things differently. I obliged with a new kind of clairvoyant reading ...each sign also wanted its own "2012 card" in color...very demanding!! I'll post them here over the next week.

To repeat from today's earlier 2012 prediction article: this year's psychic horoscopes for the astrological signs seemed to require a completely new order and process, as if everyone felt like it was a brand new year and they did not have to do things the same way. Divination began with Aquarius, but I will post the messages in the usual order beginning with Aries.

First, here is a cryptic yet hopeful little poem about 2012 for all the astrological

signs:

"The end of time", Allah said,  
"began when we forgave."

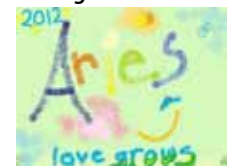
We are artful, to dodge the bullet so long  
that Love has shot.

But now it's here, radiant like a happy  
child in your midst. who makes you smile  
in spite of yourself.

Be with whom you are  
and all will be well.

(Recently I had a new thought and interpretation of the Mayan's "end of time" prophecy--that now, we might discover we could heal our personally and culturally wounding memories. Then we could move beyond the past, we could move into the present and cooperate to sustain life. If we forgave...)

### Psychic Insights for Aries in 2012



*Aries 2012 messages:* The words on their 2012 divination card were (different than their color birthday-type card pictured at left) are: "Exultant"..."change"..."Yes!" Aries get happier...have breakthroughs galore, get fancier in some way. All is coming to you who have waited so long...you will find reason to break into song!..in 2012."

*Picture card:* "love grows", and is the foundation and catalyst for so much change. It is a looser, lighter, more flowing and creative year. Self-esteem grows. New opportunities appear.

### Psychic Insights for Taurus in 2012



*Main message on your cryptic divination card for 2012:* "Taurus breaks free".

It seems more important now to communicate and get the word out about whatever moves you. It's also valuable to keep a journal.

Things can change, you discover with great relief.

2012 is better the second half...you really  
(Cont'd Page 11)

■ The articles and advertisements 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.



## Feather Fans by Dorothy Ance Webb and Valdora Phillippe Ward



*Double Feather \$150  
Single Feather \$100  
Shipping may be additional*

*Photos are for examples only -  
Check with Dorothy on  
availability*



Feathers are commonly given as a gift to heal the heart. The feathers send prayers to the heavens and draw healing power from the sky. These fans may also be used for smudging or to compliment a dance costume. In a rustic decor the fans can be beautifully displayed in frames or as wall hangings.

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 fetishes. Each is unique.

These fans are a collaborative effort between two cousins -- Dorothy Ance Webb and Valdora Phillippe Ward. Dorothy is of Laguna Pueblo, Winnebago and Chippewa-Ottawa heritage. She beaded and decorated the handles. Valdora painted the feathers. She is an artist, well known for her murals, paintings on fabric and detailed wood burning or fire painting.

*Contact Dorothy Ance Webb through her website for more information  
or to place an order.*

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

## Lifetimes Within Lifetimes

by Jan Toomer

We are each experiencing death and growth, and in varying degrees from new skin cells to losing eyelashes to the death of old beliefs and/or ideals – to new growth of the same; lifetimes within lifetimes.

The infant you gave way to the toddler you – and you no longer look, think, or act/ behave as you did then.

The toddler, in turn, gave way to the pre-teen, teen, young adult, etc. you.

I am not only talking about physical growth stages; I am also talking about (sometimes major) life events that helped shape the you that you are today.

You are not the same person you were,

say, ten years ago.

Sometimes we can look back and see (isn't hindsight great?) some of those pivotal points in this lifetime where you, in essence, let a part of your persona die and you grew from the experience.

### One Step Further

Let's go one step further.

Time is not linear so we are living our past lives and future lives (for those who believe in reincarnation) simultaneously with our now current life.

So to recap: we've had several lifetimes within this current life...and we have our past and future lives all happening now.

No wonder we sometimes feel like we are

juggling a lot or maybe feel a bit overwhelmed.

### Getting Back on Track

The past articles - posted on this site (2008 through 2011) - on clearing self so that we can each continue to raise our individual vibrations – had talked about what steps you could take to heal and clear your past...and those steps offered were to help aid you in clearing *all* of your lives.

Current past, past and future.

And we are absolutely capable of doing this! Aren't we amazing beings!

So if you've not begun the clearing, forgiving, releasing, etc. perhaps you need to seriously consider starting.

## Greeting 2012

by Jan Toomer

As we approach the ending of 2011, I look back through my personal past year and see the growth accomplished not only for myself, but those close to me as well.

Granted, the journey wasn't always easy through 2011, but it was definitely interesting! \*grin\*

I was blessed to:

- Reconnect with some friends
- Have some acquaintances become friends
- And have new friends arrive in my life as well

I have been asked a lot lately of what (A)

"What are we supposed to do in 2012?" and (B) "What do you see for 2012"?

My thoughts are we should:

- Live each day with appreciation and love
- Continue to heal self – healing and letting go of the past & setting boundaries
- Work on creating what you want for your life

As our vibrations, and that of Mother Earth's, raise more and more, it is important to have the weight of unresolved past hurts/traumas, anger, fear, denial, etc. forgiven, resolved, healed and released. (Various posts on this siteblog {link at bottom of this page} have addressed ways to

work on this – those posts are also - for sale - compiled in "The Other Side of the Illusions" booklet.)

Not only are we resolving, finishing, and closing the doors on our past, we are also creating our own individual realities. ([Keeping An Eye On Your Emotions](#))

I am excited about the new coming in 2012 – and the more we clean up and release from our past, the more "new" can head our way!

So I say farewell to 2011 and am greeting 2012.

I wish you all a fantastic 2012!

*D'Rae*

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rsontiveros@yahoo.com

I am currently not accepting new clients (with the exception of private instruction) - and am gearing up to begin classes again at our new place (Tracy Gohrick and I).

I am continuing to work with clients that I had been working with (and contacted) prior to January 1st.

(I will resume accepting new clients later - will notify.) Thank you!

*Jan Toomer*





## LOVE

I begin these words of inspiration and reality with people who are already established in a relationship. Love is spoken as a form of passion. Sensationalistic and exotic words are expressed about love. Those are rich and unforgettable concepts. My respect goes to those that look at love in that manner and live it so.

The first point about love or any human situation is the exchange of words. The person that does not speak, he/she will not be heard! We have to let others know whom we are, where we are going, what we plan to do with ourselves, etc. This exchange of words establishes where the relationship is going to. It is the first step of love.

Love is responsible. Responsibility requires work. Obligation builds reproach. Responsibility is under standing and knowing your partner. It takes place because one loves the other person and loves all that is part of that other person. One does not tire out, nor gets bored, become obligated, nor falls into rage with who one loves.

Love is consistent. One cannot love this day, stop loving tomorrow and then return to love day after tomorrow. The love that begins today is consistent by those in love until forever! That agreement is active in all responsibilities because you feel the love for the other person.

Love is accountable. If I love my partner, then she and I must know EVERYTHING about each other. The phrase "Two in One" justifies it all! Where were you? What are you eating? What is hurting you? How much do you earn? All these questions and much more has to be accounted for. I am talking about confidence. Well, confidence is love.

Love is setting limits. I am not talking about control, domination, or hurting the other person. What I am implying here is that couples should indicate to each other how deep is their patience, requests, duties, and compliances within the status of the other person. For example, the man who wants to spend some time with his friends, needs to know when, how, and even until what time he can stay out without hurting the sacredness of his home. It should be likewise with the woman in other terms and events.

Love is health. Good health is the basis for all of our daily activities in life. We have to take care of ourselves, but in loving another person, we need to provide good health care for her/him. I need to mention physical, emotional and mental health. We must consider that sex in a loving relation is most divine. The person that does not feel healthy will not feel any exuberant happiness in the intimate love.

Love is future. Lovers should form a plan indicating what they wish to do with their love the rest of their life. They must comply with that plan because of the love they have for each other. They can buy a home, have children, but above change together. It is within love that there is true independence. It is here where couples can finish a career, open a business, and feel the support, help and energy to live happily in love. By JULIO ALEMÁN VILLALOBOS

## Thin and Reorganize

by Jan Toomer

Like there isn't enough going on – we, the human race – have entered another phase...thin and reorganize phase.

### What is that?

Thinning out / removing from your life people that no longer are harmonious,

in balance and/or supportive in your life; thinning or removing items which no longer serve a purpose (de-cluttering); thinning activities by focusing on the select ones, and releasing the rest.

Reorganizing what is in your life – whether it be closets, workspace, garage, whole living space, or the like.

Prioritizing - which falls under reorganizing. What is important in your life? What is no longer useful?

Right now, we are newly entering this phase, but I feel it is another move towards lightening our loads on our path of spiritual growth...in other words, more clearing.

## Paranormal Realm Awakening

by Jan Toomer

This article is addressing some of the questions currently coming my way – mainly because we have had a rather large spike in paranormal activity. I hope you find it helpful.

### Paranormal Realm Awakening

Ever see a science fiction show where someone was dabbling with something and – according to the people around the dabblers – the dabblers disappeared? When in reality (within the show), the dabblers actually changed their frequency/vibration so that they are out of sync with most everyone else on earth (out of visual and auditory frequency with everyone else), hence the illusion of disappearing to everyone else.

As we, humans, raise not only our vibratory rates, but also that of Earth's, we bring all of us closer to other dimensions.

As the vibrations rise, the barriers (veils, membranes, etc) between different dimensions thin and can completely disappear.

This means that you may experience/witness more paranormal activity...as though we are finding the paranormal realm awakening. It is not, but we are becoming more aware with it more noticeably "in our faces" now.

Does this mean absolutely everyone will begin to experience increased paranormal activity? I cannot not say for sure.

### So, what does this mean?

Hauntings, poltergeist activity, sightings, manifestations (of various kinds) are on the increase.

Some are delighted by this...some, not so much.

### Are dimensions colliding?

Not really, just overlapping; sometimes occasionally with a quick "now you see me, now you don't" (such as what happens with Sasquatch, Bigfoot, Yeti, Nessie, UFO, etc sightings) or a more permanent overlapping, such as an ongoing intelligent haunting.

I have been asked how I perceive/see ghosts, etc.:

- Do I physically see them?
- So I see them in my minds eye?
- Do I sense/feel them?
- Do I just know?

Yes to them all – and I am never sure which way it will be each time I "work" with them.

### Can you describe what you perceive?

I would describe how I 'see' the earthbounds (those who have died but did not cross over...aka ghosts) "dwelling place" (frequency, dimension) as approximately 3 feet up and to the right of us.

Guides (who had to learn to lower their frequency at will to be your guide in this lifetime) as approx. six feet off the ground, approx 2 behind feet and at the left side of

a person's head.

Loved ones who have died, crossed over, and are visiting: Right side, approx. 1 foot off the ground, slightly beside/behind the person's right shoulder.

Animal guides and totems (in spirit form): their placements vary, but always on the same ground level as us; I can see them flying over a person, standing beside, sitting on their foot or a shoulder, or resting on someone's head and they are running a faster frequency where some people can't see them.

Yeah, it doesn't seem to make a whole lot of sense to many people, yet that is how I perceive.

### What are some things we can do when confronted with paranormal activity?

I recommend the following articles:

<http://www.metaphysical-studies.com/blog/2009/02/19/earthbounds/>

<http://www.metaphysical-studies.com/blog/2010/01/18/earthbounds-and-addictions/>

<http://www.metaphysical-studies.com/blog/category/podcasts/shielding/>

For anything not covered here, I recommend you contact someone who has experience behind them on how to handle what you are going through.

**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>

*Challenging situations  
are opportunities in  
disguise.*

**Earth Cafe**

begin cruising along.

*Taurus 2012 picture card:* Taurians are enlivened by solar energy and will have the natural inclination to share their fire and enthusiasm. Their name starts out kind of uncertain, like the year might, but they end up centered and powerful by the end. Like all earth signs, a lot can pass away or change for them. For Taurus, the flames of change transform them into more well-rounded and healthy people.

### Psychic Insights for Gemini in 2012



Gemini, this year you want all the opportunities, all the possibilities, and there's enough so that you get to pick and choose...there is a lot more for you to be part of in 2012. You are lucky! Go with what shows up this blessed year.

*Gemini 2012 picture card:* At some point, you are keeping a secret about something you have or can do, and it's very promising. The message there's opportunity all over and throughout the year is repeated, and also, that you let go of pain, or a sense of disappointment, broken-heartedness or alienation. You're able to leave it in the past. Most significant is that you're measurably more joyful in 2012.

### Psychic Insights for Cancer in 2012



Cancerians are very busy! They're communicating, writing, doing projects, and getting to play with their skills. Creativity is BIG this year. You don't want to make time for much else. Alternatively, if you have children, you could be very involved with

them this year. This year you are more hang-loose and willing to move on, and any relationship tensions ease. Be on the lookout for opportunities that elevate you and your talents.

*Cancer 2012 picture card:* Your energy is more flowing and you are energized and positive...this comes from the growing sense of victory about your life and where you're ending up. Experiences with friends and colleagues are fun this year! There's a good chance something you're doing attracts money, or you discover something you own in valuable. Relief, elation, expansion, and a growing into your healthier (and more successful) self are what you experience in 2012.

### Psychic Insights for Leo in 2012



*Your 2012 Leo divination card:* What's important in this fluid, moving, on fire year, is to be with your creative spirit as much as possible...all is well when you trust and believe in your own self, and your Leo destiny to shine bright in 2012. Make use of this year's tremendous determination! Your instincts are right on target, too! Being graceful will be this year's "saving grace" in any situation. What to watch out for: your ego! You will have to be very careful about this in particular--you will sacrifice progress if you go on any kind of ego trip.

*Leo 2012 color picture card:* This is a very changing year for Leo, in that new goals emerge and their journey through life becomes something different in their own eyes. They are winners in 2012 but do not rest on their laurels.

### Psychic Insights for Virgo in 2012



*Virgo's portents for 2012:* This is a very different year for you, one of real change, and if you've been developing your talents, it's when deep gifts can come out. You might look back on 2012 as a fateful turning-point of a year. A great deal of healing can take place in your family and relationships. You let people be who they are, and you more completely allow for who you are.

*Virgo's 2012 picture card:* Significantly, you are out of the norm and in a wider world. It may have been an emotionally taxing trip to get there. You cover a long distance this year in some way. There's a new-moon like, new-beginning quality to this time, and you should be hopeful. The landscape can seem empty but it is just unknown.

### Psychic Insights for Libra in 2012



*Libra:* Your 2012 divination card is quite chatty, revealing you have questions about your location or the foundation of your life, and tend to alternate between worrying some, and being optimistic and seeing lots of signs of hope. Personal development is noticeable and your character is stronger this year, nonetheless. In 2012 you will have new kinds of opportunity. Some things are begun now that have potential to grow into a strong generator of energy and substance, like a good company around a good product generates profit.

*Libra 2012 picture card:* There is something (Cont'd Page 12)

## Book Review: Ride on the Wing of the Eagle... by Sheila Griffin

**Ride on the Wing of the Eagle....Viewing life from a higher perspective by Sheila Griffin. © 1998. Mystic Moon Publishing. ISBN 0-9659346-8-3.**

Like a lot of us, Sheila Griffin grew up with fears.

When Griffin moved to Boulder, CO, she met a Native American woman who would work with Griffin – and – following an

Opape Ceremony, Griffin began her journey on the Red Road and working out her fears.

She shares some of her experiences on her journey, while providing the reader some information about some Native American ceremonies and beliefs.

The author shares a bit about Sundancers, pipe ceremonies, a vision quest, meeting

some animal guides, and spirit guides. She also shared one of her sweat lodge experiences as well as making a Shield of Power.

Griffin provides some exercises/visualizations throughout the book.

Wonderful book and I highly recommend it.



mysteriously phoenix-like about Librans this year, and their ability to manifest beauty and renewal for themselves. People are noticing them because they glow more than before! Happier with themselves on the inside, and able to create new realities to inhabit on the outside, you can surprise yourself in 2012. Remember, things don't have to be perfect to be beautiful and right.

### Psychic Insights for Scorpio in 2012



**Scorpio 2012:** This year brings a deep sense of renewal. In some cases renewal can be expensive, but you have some control over this as you will get little signs if you are overextending, or not in a sustainable order. You have a desire to be wild, to bust out in some way...it must be done responsibly.

**Scorpio 2012 picture card:** You are presented with a wonderful possibility... something in your midst makes you very happy. Even if you have a history of trying things that don't make you happy, more and more, closer and closer, you are aligning yourself with opportunity and good fortune...however, you can get caught up in how high the stakes are, are you going to be able to do the right thing? It gets intense. Will you choose a path and a way to be that is like a balm to your soul?

### Psychic Insights for Sagittarius in 2012



**Sagittarius 2012 divination card:** You have escaped something...all's well that ends well.

New alignments lead to new opportunities and game-changing new players. You are in the vicinity of more successful interactions and positioning. Things are going your way--you feel safer and better and brighter, Yay!

Your 2012 picture card cum surprise

awards package includes love, health, personal success and stability. In 2012 love is good, your health is good, you personally are energized and straightened out on a path that's working, and stability has the opportunity to return.

### Psychic Insights for Capricorn in 2012



**Capricorn 2012 divination card:** It's really hard to stick to your art or creative focus because there is both attention on you and a lot of distracting responsibilities to attend to. Just take more breaks and treat yourself great!--you will love the attention and where you get if you CAN stick to your creative focus.

Alot is set up now so you are freer and doing more what you want to pursue a year from now, in 2013. Meanwhile, you can have religious and spiritual breakthroughs .."I see the light" you'll say.

**Capricorn 2012 picture card:** When all is said and done, you're satisfied with your performance this year, and you are hard to please. You can move into a higher, more respectful relationship with yourself. At the same time, you are more hang loose, less of a perfectionist, and when you find yourself alone, happier.

### Psychic Insights for Aquarius in 2012



**Aquarius 2012 divination card:** "Establishing a center" to your life, and understanding your right place and your greatest gifts, keep you busy with this year. So do fateful happenings and karmic events, all designed to create the opening that is 2012. You can be in many places...the spirits want to show you some things! You dissolve some orders that set you free-- nothing is permanent, you learn.

**Aquarius 2012 picture card:** A lot happens in your life this year and a lot of the action is your own changing self and thoughts. There is greater peace in your life. Though you may have ups and downs with changes on many levels, everything is basically in a safer place, and fine. Aquarians tend to after time "find their people" this year, or change in ways that are personally pleasing to themselves.

### Psychic Insights for Pisces in 2012



**Pisces 2012 divination card:** You are calmer and more peaceful. You listen alot this year. You're listening to what is happening inside you and changing around you. You are becoming your better self.

Something in the recent past or introduced in the recent past is connected to a big change. You could change mediums now. You could have new voices in your head. Inside, a lot can change. For some, this leads to a different location.

**Pisces 2012 picture card:** You are watching your personal garden grow, you can make yourself happier than before, yet the sense of the unknown ahead, and many changes around you, gives a mystical flavor to life. You inhabit and cultivate some peaceful haunts, and creativity is high. Although adventure is in the offing, don't push out into the world unless it calls you, much can be done right around you.

Elissa Heyman, Psychic Counseling and Spiritual Healing, in person/by phone, Santa Fe, NM 87501, 505-982-3294 or [elissa@elissaheyman.com](mailto:elissa@elissaheyman.com). New website! [www.elissaheyman.com](http://www.elissaheyman.com)

Love cannot remain by itself... it has no meaning. Love has to be put into action, and that act is service.

Mother Teresa

# Lightworker's Syndrome

September 17, 2008

by Jan JD Toomer

We are all feeling the effects of time speeding up. We are tired, irritable, worried, stressed and sometimes don't know if we are coming or going.

And we are tired of watching others around us be greedy, angry, selfish, harming others and themselves, and in general, all the negativity humans are creating.

I think of this as "light-workers syndrome". (Not a medical condition – just my term).

There was a time when I was angry at the world – how can people *not* see what they are doing to each other, the animals and the earth. I was angry at the ignorance, blindness and lack of caring and compassion. Why can't they see? Why can't everyone be more like me!!!? Yep, "light-workers syndrome"; somewhere, sometime, I had lost compassion.

After a very difficult period in my family's life, I felt completely wrung out. Caring was beginning to hurt too much.

My doctor told me that if I didn't do something drastic immediately, my heart was going to become a painful and major problem for me – it was in bad trouble. I was in trouble.

I hit the bottom of the emotional barrel, and wanted to turn my back on the world and walk away. No more.

I withdrew, went within and became quiet. I needed to change. I needed to heal. I was becoming what so irritated me with others.

Then it hit me. Who was I to tell someone else how to live their life? Who was I to judge someone else? What right did I have to want others to feel and experience like me? Who did I think I was?!

I was judging others and I had no right.

Everyone is exactly where they need to be at that exact moment. I had to work through my life lessons, and everyone else has to work through theirs.

With that realization, came an inner peace. I fought against it at first; it wasn't my most recent "norm". I kept reminding myself that everyone has the right to 'be', without my interference.

As hard as it was in the beginning, I let others 'be'. I didn't butt in; didn't offer a "better way of doing"; I sat, watched, prayed, and waited.

And you know what? The world didn't fall apart!

My healing had begun.

For those experiencing "light-workers syndrome", I can share with you what I did to start re-balancing myself. Maybe it will help you too.

I began with doing something physical; something that required physical activity and concentration, preferably something outside (to have closer contact with Mother Earth). Some ideas may be: gardening; hiking; walking; or playing ball with the dog.

After that, I shielded. (Removed negativity attached to me and/or my energy field; bubble in bright white light and affirm it).

Then I visualized a column of bright white light coming down into the top of my head, and continuing down my body; down through both legs; out of the bottom of my feet and drove the white light deep into the earth. I was then connected to the higher aspects *and* grounded; balanced.

And I allowed, and continue to allow, others to 'be' and work through their life lessons; to experience and to grow.

And I wish every human happiness, balance and peace.



Sunburst

Volunteer articles are welcome! We will provide your web (and/or contact) info with your article. We are looking for spiritual/metaphysical, real life, uplifting, guidance, etc. type articles. Can be in the natural health fields, mental health fields, personal experiences, etc. Send article to Jan Toomer at: [Jan@reality-undefined.com](mailto:Jan@reality-undefined.com)

Copies of this, and older newsletters, can now be found on the blog:

<http://www.metaphysical-studies.com/blog/category/reality-undefined-newsletters-archived/>