



Being Haunted

by Jan Toomer

This earthbound (aka "ghost") had helped me with something (innocuous) and asked that I tell his story in return; he refused to cross over until I honored my part and told his story.

This is that story:

It was late 1960's or early 70's.

His name was Stephen and his wife was Eleanor (nicknamed 'Ella' or 'Elen').

Stephen had gone to work like he had done countless times before – only this day would prove to change...and eventually end, his life.

Stephen was sitting at his desk, looking at the data in front of him when that little niggle that had been bothering him in the back of his mind suddenly snapped into the forefront. The information that he had been looking at over the last few weeks had begun

to create a pattern...and he suddenly understood what his brain had been trying to tell him.

Hidden in the data – a piece tucked here, another hidden there – formed an ugly picture of someone trying to hide what one or more individuals in his company had been doing.

He brought the information to his boss' attention; his boss told him it was nothing and to not worry about it.

Stephen was frustrated – what he had discovered would damage the project and the people/citizens would be angered for the deception.

This deception was also dangerous to the health of the citizens.

He again voiced his opinion about what he found.

Within that week, Stephen was dead; his death was listed as either acciden-

tal or suicide*.

But in truth, he had been murdered.

To cover all their tracks, his wife was questioned (to see if Stephen had told her anything) then killed; again this death was listed as either accidental or suicide*.

His property was searched in case Stephen had hidden anything.

And this is where the story ends....?

**(I cannot tell which – I am provided information through emotions and mental pictures; the feeling that went with this was that the death was actually murder, but the official listing was something other than the truth.)*

I cannot verify any of this, but have done what I promised.

Rest In Peace Stephen.

Get Lost in the Dance

by Dragon Spirit

As I sat on the porch enjoying the beautiful evening, I settled into a short meditation. Whether it was the assistance of the Venus transit or just time, I don't know. What I do know, is what happened next.

As I began to visualize all those whom I may have offended in any fashion and ask forgiveness, my vision abruptly shifted and filled with a large grey object covered in yellow dots. As the image rose, I was surprised to find myself face to face with Ganesh in his yellow and red polka dotted glory. Absolutely amazing! He handed me a heart shaped box on a ribbon of orange. As I began to thank him, I was visited by Kwan Yin and she handed

me a yellow flower, touched my chin and vanished. She was quickly replaced by a female African diety whom I do not know, decked out in her glorious body paint. I believe her offer was to dance with her but the image began to fade as I started crying out of joy and release. I think this is what humans refer to as an opening of the heart. (Painful, welcome and exciting all at once.)

I have discovered that Kwan Yin bestows upon me a flower in the color corresponding to whatever hurdle I've crossed so that I know it is time to move on to the next one. Her gift is the tool kit needed for the next battle. (Yes, some of us have to be spoon fed from time to time.)

I believe that Ganesh will play a similar role, only handing me boxes to which I will have the pleasure of discovering what contents await now that I have "found the keys."

The African Queen, I have yet to discover. Perhaps that is the whole point of the invitation. To discover how to totally free oneself and get lost in the dance, if only for a moment. I can say that I felt the desire to fly and felt my wings open in response (I am a dragon after all, and we love music in all its forms.)

I suppose only time will tell.

(The warriors' greatest struggle is showing their softness.)

Quick Look:
Happenings with Tracy Gohrick and Jan Toomer

What	Where	When	Cost	Need to Know
Healing Night by Tracy	The Office	7/26/12 6-8pm	\$12.00	Limited Seating - Must RSVP
Meta-Day with Jan / <i>Las Cruces Spiritual Meeting</i>	Linda Aragon's	Thur 8/9/12 10a-12noon	Min. \$4.00	Limited Seating - Must RSVP **
Psychometry Class with Jan	The Office	Tues 8/21 - 9/4/12; 10a-12n	\$60.00	Limited Seating - Must RSVP
Reiki II Certification Class with Tracy	The Office	Sat 8/11/12 9a-4p	\$85.00	Limited Seating - Must RSVP
Meta-Night with Jan	The Healing Loft	Tues 8/14/12 6-8pm	\$12.00	Limited Seating - Must RSVP **
Ghost Crossings:Soul Release and Property Cleansing class with Jan	The Office	Tues 8/21-9/25 6-8pm	\$100.00	Limited Seating - Must RSVP
Animal Reiki Class with Jan	The Office	Wed 8/22- 8/29/12; 6-8pm	\$42.50	Limited Seating - Must RSVP
Spiritual Messages by Tracy	The Office	Thur 8/23/12 6-8pm	\$12.00	Limited Seating - Must RSVP
Metaphysical Book Study - with Jan - <i>THE AUTISM PROPHECIES</i> by W. Stillman	The Office	Tues 9/11-9/25 10am - 12noon	\$15.00	Limited Seating - Must RSVP
Meta-Night with Jan	Linda Aragon's	Wed 9/12 6-8pm	\$12.00	Limited Seating - Must RSVP **
Reiki II Certification Class with Tracy	The Office	Sat 9/15/12 9a-4p	\$85.00	Limited Seating - Must RSVP
Soul Fragmentation &Soul Retrieval Intensive with Jan	The Office	Wed 9/19/12 6-8pm	\$30.00	Limited Seating - Must RSVP
Healing Night by Tracy	The Office	Thu 9/20/12 6-8pm	\$12.00	Limited Seating - Must RSVP
Life Before, During & After Being a Human with Jan	The Office	Tues 11/6-11/20 10am - 12noon	\$60.00	Limited Seating - Must RSVP
Combo Night with Tracy and Jan	The Office	Tues 11/06/12 6-8pm	\$30.00	Limited Seating - Must RSVP
Clearing Up the Crap: Finding Joy in Everyday Life with Jan	The Office	Wed 11/7 - 11/21; 6-8pm	\$60.00	Limited Seating - Must RSVP

No walk-ins

**** To RSVP:** with Healing Loft, contact Raquel at email: rsontiveros@yahoo.com with Las Cruces Spiritual Meeting/Linda Aragon at email: Aragon77@comcast.net

*To RSVP with Tracy - email: jagclgmom@gmail.com;
 To RSVP with Jan - email: jan@reality-undefined.com
 Location/Directions provided when you RSVP. **Sorry, no walk-ins.**
*We reserve the right to refuse rsvp's/attendees.**

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

Hands of Love

The Peace Pertaining

Universal Message

The peace pertaining to the persistent pressure may increase as time moves on and slowly integrates into the microcosms of the spiritual energy we are all a part of this movement to allow it to generate in us will move the process along in a more swift way.

The portal may be slow to open as the crossover will be quick. Be in your I am presence to see, sense feel when this may be nearing. Foresee that thoughts or actions may become more discontent as the time passes.

Quit putting off the issues that need to be dealt with. Allow them to come out as necessary release them and move on.

Be respectful of the place that others are in as it will be more difficult to do as time moves on and becomes more difficult. Faze out what is no longer needed in you. Release it again and move on. Only ask for help and we are always there.

The Ascended Masters and your guides.

Channeled by Tracy Gohrick 6-9-12

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



Venus Transit
& Reflections

Introducing the Concept of Twin Flames

by Voluptuous Witchywoman

About a year ago strolling through the mall, I walked several steps past this man. Not necessarily seeing him visually. I felt his energy, I knew him. I turn and approached him, it's you. He responded "yes, it's me".

Sometime after, I had this intense dream where this man whose energy I knew, proposed; what he had so many times before. The outcome was different, I agreed. Our bodies became one experiencing human

pleasure.

Our souls elevated and vibrated with profound intensity, experiencing the most euphoric, ecstatic and blissful pleasure, inconceivable to a simple mortal or human. This frequency was no longer taking place upon earth's atmosphere. Souls entwined spinning to a superior octave, blue flames protectively surrounding us, spiraling in accordance to a clock's hand movements, extending distant and broad. I observe our souls projecting their self's higher and higher; white... hot... fire connected completely, united sacredly in communion with Source, just as we were in the beginning of our existence. The purest sentiment was felt between Source and our entwined souls, we are truly ONE...LOVE.

"Oh and by the way you are my twin flame", which would have been an egotistical disaster. I found it crucial to reframe my ego, before venturing out to this human man, whose energy I know and spilling my guts on "introducing the concept of twin flames" when I had in no way fathomed the notion previously. Let me add, I did not have knowledge twin flames existed...seriously. Soul mates, but that's an entire other venue.

In dream land my guides cleansed me physically; I can relate this to Dorothy in the Wizard of Oz, before she is allowed to meet the wizard.

In this lifetime we are third cousins, each with our own karmic relationships. On occasion we have lunch to catch up on life or simply to share a cup of coffee. Today was different, I had been wondering about his spiritual side, his belief system and his meditation practice. A woman needs to inquire about certain things, it's my nature... inquisitive..

~~~~~

He shared that meditation and yoga was a way of life, for him.

I asked him that when he meditates is he connected with source or it simply cleared his mind?

This is what he shared:

*When he was 15 or 17 he meditated daily and it evolved to the point that he would have the knowledge of what has going to happen in the upcoming days. Premonitions: This frightened him so he stopped it and simply cleared his mind, and continued this practice to present day. He said that we are all energy and we came from one part. (Huge smiles on my part.)*

Interesting, I saw that we are on the same page!

I had a few key questions before I introduced the concept of twin flames.

(Cont'd Page 4)

*And Some Dance With Delight*

*As time progresses, I see the patterns  
that people are weaving for  
their lives.*

*We each dance, move, mold and  
create with the energy to make our own  
tomorrows.*

*Some are not so pleasantly surprised  
when their self-created tomorrows  
come...*

*And some dance with delight.*

~

*J. Zoomer*

*The important thing is not to stop questioning. Curiosity has its own reason for existing.*

**Albert Einstein**

I asked if he believed in reincarnation, past lives and things of that nature.

He shared his view on Virgin Mary / Virgen de Guadalupe image; he interpreted it as a portal and that she came from a different dimension. Totally eye opening perspective.

Because of his job training and being a certified hypnotist, I asked if in his experience, had he encounter anything strange while hypnotizing someone, referring to an alternate dimension, past life regression.

He shared that other co-workers had shared events of describing other events not pertaining to a current investigation. In other word past life regression and/or events that were bizarre and unexplainable. They were brought out of hypnosis and treated.

I shared my past life regression with him, he said he believed we also live in different dimensions, so cool! He said, "I think God

is a prankster; we learn just this much and this life is over."

I added that if we live in multiple dimensions, then all we need to do is reconnect our soul parts and we will be one again! He smiled and nodded his head in agreement.

I told him I had wondered about his meditation and beliefs, and had something I wanted to share with him, since it concerned and involved him. I had to ask him to stop wiggling his fingers and hands; his movements were of anticipation and I found this to be distracting - he placed his hands on his lap.

I shared a dream and showed him a picture of an image on his ipad of a vortex with blue color and white extending light.

I contained the tears building and focused on the topic at hand: Twin Flames. I shared "We are all energy. At the time God made us of His Light, we (referring to all, not wanting to frighten him) were one

- God split us in two - alpha and omega, male and female - to go off and learn and evolve."

His first response was, "This is a portal to a different dimension!"

I asked if he would think and meditate about what I had just shared with him.

We discussed many things over our 3 hour lunch, energy and dimensions, being the main topics; part dreamy, part euphoric, part separateness and yet so whole and nurturing.

~

LOVE, spiritually is uncontaminated like that white fire of 'Source'. I confirmed this, during our sacred union with my twin flame, as we connected with "Source". If this could be honed to transform humanity, earth would be heaven or at least 5-D. My longing is that all humans may perhaps, re-remember LOVE, and evolve from 3-d tainted love.

## Energy Alerts

The following are energy alerts that went out (in Facebook) last month. You can keep up with these on FB at: [Reality Undefined LLC](#)

### Energy Alerts Intro

by Jan Toomer

Please remember:

Not everyone experiences this. There is

**June 7 2012**

by Jan Toomer

*Reminder: Please read "Energy Alerts Intro".*

This shift, now into day three for me, has been a bit different.

#### Symptoms:

- Crankiness/less tolerant of negative energies or behaviors
- A buzz or hum in head area (not physical); for me, signifying downloading and receiving massive information into my energy field.
- Pulling in and not wanting to be around many people; feels like I am a bit "raw" or "chapped".
- Tired and sleeping deeply.

nothing "wrong" with you if you do - or do not- experience these shifts/shift symptoms. Also, some people sail through without feeling/noticing anything.

Those who do experience it may not experience it all the same time as others. It may be a group experience and when that group is done, another group experiences it. This offsetting prevents a lot of issues.

This is *not* an excuse. Sorry folks, you

- Wanting to expand more.

When I checked in with my team/guides, I asked them to give me a visual of what was transpiring; the following is what I saw.

Ever see the movies/shows of a human morphing into a werewolf (using as an example - no, I am not a werewolf) - where the body becomes misshapen; stretching, trying to break free of the human shape?

That's what I saw - I saw me trying to break out of the 3-D form and get into my more expanded energy form.

My body/energy is adjusting to the newer energies.

My recommendation is to patiently hold the Light within and allow your body and energy to work through this "upgrade".

*(As always - if there are physical or mental*

signed up for this - so, with love and respect, I say "deal with it" (and remember, you are not alone with this).

These shifts *rarely* last beyond 7 days (I have never seen one go beyond that - they are usually 2-4 days). "Milking it" is not cool.

If any doubt or concerns arise, please see your physician - it may not be the shift.

*health issues, please contact your health care physician.)*

**June 19, 2012**

by Jan Toomer

A new energy shift is beginning sometime between June 20 and June 27th.

#### **What Can You Expect?**

- Anger
- Sorrow
- Grief
- Frustration
- Fear
- Annoyance
- Agitation
- Etc.

Yes, more of this. This "push" is a bit stronger than the last - but (my thoughts) it is because many are pulling up and releasing.  
*(Cont'd Page 5)*

ing much older versions of what we each have been sloughing off...so I guess you could say this energy went deeper to make sure those emotions that have been shoved way down are now working on being released.

And no, it is not fun.

Please practice deep breathing; remind yourself "Patience"; Shield regularly to aid in keeping your energy centered and focused and ride it out.

This is also a time we may see more people exhibit unusual or questionable behavior due to not handling this new shift very well; some may become completely unstable.

## The Way of the Deceivers

by Jan Toomer

We are now entering the time where truths are being revealed – more and more everyday.

The following article talks about those who deceive – those who use others to "pay their way": milking them for money; stroking their egos, to assure they will stay with Deceiver; feeding off of others energy; and/or taking control of others.

When the Deceiver thinks s(he) has a "follower" under their control, they will expose their (Deceiver's) ugly side (mean behavior, berating "follower" or other "followers"; temper tantrum, etc.); if the "follower" stays after that show, the Deceiver knows that s(he) has hooked them.

Please use this article to take a look at those in your life. Deceivers are master manipulators, who often move slowly so you don't see what is happening; they will easily discard someone once they no longer provide for, or fulfill the need of, the Deceiver.

If anything "speaks" to you here, please work to regain control and take responsibility for your own energy and life.

~ ~ ~

### Deceiver

I promise you this ~  
I dangle these promises in front of you, and you blindly follow.

Waiting for the promised "secrets" all while tangling your energy into mine.

As you follow without question, I gain more and more control over your energy, your life.

It's feeding me and my insatiable appetite for more; more followers, more energy

More *mine*; all while dangling, promising and offering you mere tidbits....  
if that.

Making you more dependent on me, for I

control the secrets that you want so badly.

~ ~ ~

This is the energy of the Deceivers.

Deceivers weave together their deceit, malice, control and fear - forgetting that they no longer need any of that - and then they "gift" this mix to those around them...but this "gift" comes with a very high price.

Subtle manipulation, all while the original/deceiver wraps energetic bindings on the ones who accept the "gift".

This is the way of the Deceiver.

### Deceivers

Their empty promises; their angry and shocked behavior when one or more of the "followers" breaks loose, sees the truth of what has been happening and then leaves.

The Deceiver quietly revels in the anguish of the freed one – the betrayal the freed one feels – of the hopes crushed; the years wasted; the energy lost.

Deceiver usually makes a veiled announcement – portraying itself as the victim to keep others from leaving; the act will be very convincing.

But the Deceiver isn't done; (s)he tries different tactics to bring the former-follower – aka energy meal - back (it really doesn't look good when one leaves).

**FEAR:** to scare them back, using anger/ temper tantrums, bullying, demoralizing/ demeaning, etc.

**GUILT:** to make them feel bad; they left and "caused" much physical and/or emotional pain to the Deceiver...but, to show how generous the Deceiver is, all will be "forgiven" if they come back.

**"FORGIVENESS":** Deceiver tells them that (s)he understands their weaknesses – that "you have gotten lost/ have lost your way, and when you see the errors of your way, I will welcome you back with open arms."

**BANISHMENT/BAD MOUTHING:** if nothing else seems to be working, the Deceiver works hard to discredit the former follower – otherwise other followers may doubt and leave too.

### Control of Others

Control is a powerful, heady feeling for the Deceiver. Keeping those around them wrapped tightly, re-energizing off their energy and dictating their moves.

It is also a very negative thing to do; and harms the "followers".

If this article resonated with you – and you feel trapped because you so badly want to learn/gain information you think only the Deceiver may have, please continue reading.

### Now the Good News - Empower Yourself!

- No one is better than another; no one belongs on a pedestal
- Trust *yourself*
- If something feels wrong or "off", it probably is....leave.
- You do *not* have to follow *any* human, or their words, *ever!* (Including me)
- Question everything and listen to yourself for guidance on what is right or wrong for you to allow into your life; whether it is something you have read, heard, seen, etc.
- There are *no* "secrets" - Information is available to everyone – and you don't need to sacrifice yourself/sell your soul or energy to get it. This website offers free articles, and there is plenty other information in books (library) and online.
- Again, question everything and accept only what you feel is right for you.

And get your life and energy back!

# So, Your Spiritual Awakening Cost You Some Friends

by Gregg Prescott, M.S.

Have you noticed a change in your relationships with other people lately? Is it sometimes difficult or awkward to talk to others about spiritual topics? Do you, at times, feel alone in your beliefs? Have you lost contact with any long time friends recently? You are not alone!

I'm fortunate to have a lot of Facebook friends who post similar types of links. Too many times, I see a lot of people who talk the talk but are afraid to walk the walk, due to being ridiculed for their thoughts and posts (GROUPTHINK). I've lost some longtime friends because of this but have made many, many new ones. Once the ego is released, you no longer worry about conformity and peer pressure.

Groupthink is a psychological phenomenon that structures various belief systems within a group of people while discouraging individual creativity and independent thinking. Even within a group of individuals who are spiritually awakened, you will find groupthink.

If you look at the recorded history of mankind, you'll find that this history is merely someone's interpretation of a landmark event or evolutionary process, backed by eyewitness testimonial, scientific data, video or faith. The actual truth may be hidden or distorted for many reasons, but mostly for control and power. Look no further than the origins of mankind and

you'll find a plethora of creation myths from all cultures with varying dates of our existence. Who's right?

Can you talk to your friends about the universe? Do they know what a stargate or chakra is? Are they willing to talk about ascension or spiritual enlightenment?

When you talk to people about the creation myth, they tend to remain inside the box with a belief system that supports religion's story of creation, which dates mankind back to 4000 B.C. If you raise questions about our true origins, it tends to separate people and relationships between those who think outside the box versus those who think inside the box. When these topics arise within relationships, they often create dissension. It's hard for anyone to admit they've been deceived for so long and even more difficult to admit they were possibly wrong in their assumptions.

This is a prime example of how our educational systems keep us locked inside the box without questioning anything about what we've been taught. Those who remain inside the box are afraid of what others might think if they venture outside the box, so they remain complacent and subservient while conforming to what society dictates rather than relying on their own discernment and judgment. People could live their entire lives pretending to be what society expects them to be and not even know it!

From an ego perspective, our thoughts are basically cultivated by what we've learned from our family, friends, educational systems and religious beliefs, but what have we truly been taught? What can we say about anything that wasn't regurgitated to us by someone else?

As evidenced by past life regressions, our previous lives and soul history remain dormant in our cellular DNA and can be recalled through our subconscious minds through hypnotherapy. Within your cellular DNA, you actually remember being back with the Source along with all of the things you wanted to accomplish during this incarnation, as well as all of the challenges you wanted to overcome and all of the people who would lead you to where you are. This includes the people that have come and gone from our lives.

Sometimes, we project to be someone that we expect others to see in us. In psychology, this is referred to as the shadow self, where we project an identity that conforms to how other people may perceive us versus being true to who we really are. Some people may find out that they never knew who they were because they lived their lives through the expectations of how others will perceive them.

Those who have begun their spiritual journeys may also be confronting these issues, which initially creates cognitive dissonance. Cognitive dissonance occurs when you get an uncomfortable feeling (*Cont'd Page7*)

## In Las Cruces

**Jan Toomer** - Reiki Master, New Dimension Energy Sessions™; Metaphysical and Paranormal Consultant, Metaphysical and Paranormal Instructor, Animal Communicator/Healer, and more.  
*Reality Undefined LLC*

To make an appointment (in office or distant) or for more information: (575) 382-4576 or cell (520) 234-4440 - email: Jan@reality-undefined.com  
[www.metaphysical-studies.com/blog](http://www.metaphysical-studies.com/blog)

**Tracy Gohrick** - Reiki Master, Reiki Master, SCR Practitioner, Energy Healer, Spiritual Messages, Reiki Instructor and other classes and sessions!  
*Hands of Love*  
To make an appointment (in office or distant) or for more information: (575) 636-5252 - email: jagclgmom@gmail.com  
[www.energyhealingbytracy.com](http://www.energyhealingbytracy.com)

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

**Metaphysical Life Enrichment Center**  
Check out their website - they have neat stuff happening throughout the month! 2600 El Paseo Rd, Las Cruces. (575) 647-0300.  
[www.mlecnm.com/home.htm](http://www.mlecnm.com/home.htm)

**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  
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**Raquel Ontiveros-Carr** - Reiki Master, Certified Pranic Healer - Spinal Touch Therapy Practitioner.  
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To make an appointment or for more information: (575) 647-1475 - email: rsontiveros@yahoo.com

**Ike Trevino** - Reiki Master, Crystal Energy Healer, Animal Healing, Group Cricles and more!  
To make an appointment or for more information: call 512-921-1941 or email: all4heal@aol.com

**Dorothy Ance Webb** - Mystery Author and Feather Fans  
Author of *Chindii Woman: A Darcy Red-bird Mystery*.

**Feather Fans:** The barred turkey feathers are painted with animals and birds sacred to the Native Americans. The handle is beaded in the Peyote design and decorated with leather fringe, fur and/or animal fetishes. Each is unique.

caused by holding conflicting ideas simultaneously. This is the transition period that many of us have gone through, where our beliefs have changed, yet we're unsure about relating these new ideas to our friends and family, due to fear or rejection. As our spiritual journeys continue, we become more comfortable within our own beliefs and less concerned about how our friends and family view this awakening. This is when the ego becomes separated from the self and fear is dissolved by love. At this juncture, we begin to talk to acquaintances, as well as friends and family, about spiritual and metaphysical topics, with less regard about what they might think of us or how we may be perceived by others.

In time, spirituality will be the predominant frame of mind and it's likely that those who have strayed from us will be the first in line to ask for help in adjusting to the new paradigm.

Remember this: You are not alone! Those who truly love you will stand by you, no matter what. Those people who are no longer part of our lives have already played their role in helping us find out who we truly are. Sometimes, it takes polarity to be able to differentiate who we are and where we're going. This is where the unawakened help immensely, by providing that contrast which allows us to see the differences.

Envision each awakened person across the planet holding a candle. While your individual candle may not seem like a lot of light, it greatly contributes to making the world FULL of light and keeps us connected, no matter how far apart we may be. While it may be painful to lose some dear friends, think about what they have brought to your life and why.

Chances are, you'll end a few old relationships with people who were, at one time, very close to you, only to create new relationships with like-minded people. Forgive yourself, as well as your friends, if you feel badly about this. They came into your life for a reason a season or a lifetime:

### **Reason, Season, or Lifetime**

*"People come into your life for a reason, a season or a lifetime. When you figure out which one it is, you will know what to do for each person."*

*When someone is in your life for a REASON, it is usually to meet a need you have expressed. They have come to assist you through a difficulty; to provide you with guidance and support; to aid you physically, emotionally or spiritually. They may seem like a godsend, and they are. They are there for the reason you need them to be.*

*Then, without any wrongdoing on your part or at an inconvenient time, this person will say or do something to bring the relation-*

*ship to an end. Sometimes they die. Sometimes they walk away. Sometimes they act up and force you to take a stand. What we must realize is that our need has been met, our desire fulfilled; their work is done. The prayer you sent up has been answered and now it is time to move on.*

*Some people come into your life for a SEASON, because your turn has come to share, grow or learn. They bring you an experience of peace or make you laugh. They may teach you something you have never done. They usually give you an unbelievable amount of joy. Believe it. It is real. But only for a season.*

*LIFETIME relationships teach you lifetime lessons; things you must build upon in order to have a solid emotional foundation. Your job is to accept the lesson, love the person, and put what you have learned to use in all other relationships and areas of your life. It is said that love is blind but friendship is clairvoyant."*

Author Unknown

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[www.HolisticCancerResearch.com](http://www.HolisticCancerResearch.com)  
<http://www.in5d.com/so-your-spiritual-awakening-cost-you-some-friends.html>

## Ascended Masters Newsletter #151

June 2012

### **Finite and Infinite - What is the True Nature of Reality?**

By the Ascended Master St. Germain

So, dear friends, Leia [Linda] has shared with you the substance of our most recent message. The "channeling" sessions that Leia refers to are the opportunities for conscious communication that we share with Leia and Manalus [Martin] together. We have had thousands of opportunities to offer information in this manner. We have also contributed the transcribed information that many have received in their publications.

But what we have emphasized continuously is that although the "channeled" material is useful to all who choose to avail themselves, what we wish to offer each and every one is the opportunity for

### **direct communication with the Light of your Totalities.**

Now, what do we mean by such a statement? What is the Light of your Totality of which we speak?

It is that portion of your being that has projected the form that you currently call your human self onto the third dimension that you call the Earth plane. The Light of your Totality has also been called by many other names, such as *Higher Self* or *Atman*. It is the Light that propels your physical form and gives you life on Earth.

The Light of your Totality consists of all you have ever been or ever will be and is directly linked to what we call *Infinite Source*, that which you may also call the God of your choice.

Because of this direct link, this Light possesses all wisdom and all truth. The work that Leia and Manalus have agreed to do

is to offer information and help for all who seek it in developing an understanding of how to become consciously aware of this link to The Light of one's Totality. We have also agreed to help with this process as well.

For when one becomes aware of the link to the Light of one's Totality, then that of which we speak today, the Infinite and the finite, can be more clearly comprehended.

Leia has given an excellent example at the beginning of this discourse regarding her and Manalus' experience of their children. What you see and interact with on the Earth plane does seem very real indeed. And why not? These are "thought constructs" that you've created with the Light of your Totality to aid you in awakening and discerning the true nature of reality.

So, when one has children to care for, it is important to allow yourselves to use all the wisdom and knowledge at your command (Cont'd Page 8)

mand to aid you in this process. You want the children to thrive and live useful lives while they are in their human forms. This is a very natural process for you to undertake.

What becomes difficult in many cases for the humans to realize as they care for their young, is that all the "thought constructs" that they think are important in order to do this task well, may not be the crucial constructs to consider in this matter.

Living on Earth has led many to worry about having enough in order to care for their young and to feel safe and secure. The question becomes, **what are you worried about having enough of?**

If it is the printed paper that you call money that buys you things that allow you to feel secure, and if this is your primary focus, then you may find yourself very disappointed **when your supplies are secure, and you still do not feel secure within self.**

Indeed, Manalus and Leia have worked with many humans who have focused on fulfilling their finite needs on the Earth and then find themselves ailing in every other way. Their personal relationships with others and with themselves are still very uncomfortable, even though all their physical comforts have been supplied. Frequently, their health becomes an issue that the paper cannot repair. In fact, they learn there is not enough of the paper to give them good health and a sense of comfort and peace. They also worry about if they still have enough paper, and what

might happen if they lose their paper. They have been very focused on the finite and do not realize that all they have focused on will ultimately disappear. It is not meant to last. You are born and then you will disembody and no longer be in a finite form. And everything that you have accumulated will disappear as well.

Have you, however, allowed yourself to learn about the portion of your being that is Infinite?

Do you know that all that you've worried about and suffered through might have been unnecessary to endure if you'd allowed yourself time to meet, understand, and embrace that which is Infinite?

For you see, once you do allow yourself to do this, all the worries, fears, discomfort, and sense of lack will disappear. You will know in every moment that your needs will be met by the Light of your Totality in alignment with the Light of Infinite Source.

**The Source of all that you need as human is Infinite.** Do you know that **you** are the limitless creator of all that you perceive as limited?

Now that your Earth is moving into the higher frequencies of Creation, you can allow yourself more easily than ever before to focus on that which is Infinite, and allow it to show you the true meaning of life. You are living because you are infused with this Light of Infinite Source. The Infinite fills your form and will supply you with all you need to live in a form and to continue

to exist when you've released your form.

**Focus your consciousness on the Infinite, beloved friends, and know that you are free of the bondage of fear and lack.** That is a finite concept that you can transform with the Light of Infinite Source.

In your meditations, allow yourselves to focus on directly communicating with the Light of your Totality and then request to embrace the Infinite in all that you experience while residing on the Earth. Your eyes will open to a glorious realization that will bring you to a wonderful awakening.

Allow it, beloved friends. Allow it. Ask for help from the Light and Beings of Light in aiding you to open to this awareness.

You will realize that rather than fear of lack, your human experience is an opportunity to feel gratitude for all you've been given by the Light of Infinite Source.

You are living on Earth in a wondrous time.

Many Blessings of Love and Light,

St. Germain

*Thank you Linda Stein-Luthke & Martin F. Luthke, Ph.D., DCEP*

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## New Dimension Energy Session™

From age three years to today, I have learned - and continue to learn - techniques from my "team" (aka guides).

This "label" introduces to the client the concept of no boundaries - I will bring to the client whatever techniques (except SCR) learned from childhood to today (including the "new energies" coming in) - which I may be guided to utilize to assist the client's energy into cleansing, de-stressing and re-balancing.

*This may also include, but is not limited to:*

- PLEC™ - Past Life Energy Cleansing - offering any past lives a chance to step forward and receive the energy cleansing with the client (and since time is not linear, all lives are being lived now).
- Reiki - a great and flexible healing modality in itself.
- Energy Interpretation - (optional) of any insights, messages, visualizations, etc. received during a session.
- Energy work on Meridians / Acupoints.

**In-Office or Distant Sessions \$60**

**Contact Jan Toomer for more information or to schedule an appointment:**

**[Jan@reality-undefined.com](mailto:Jan@reality-undefined.com)**

**Jan is also now accepting new clients - thank you!**



Painted Lily



# Ascended Masters Newsletter # 152

June 2012

## Request Our Help Whenever the Need Arises

By the Ascended Master El Morya Khan

Dear Friends,

As Leia [Linda] has mentioned, it is indeed becoming a very daunting time for many who dwell upon your Earth plane. The news that you are all receiving daily is not fostering optimistic thoughts in the minds of many. We are well aware of all that you are thinking with your ego minds. It is not difficult for us to access this information, for we are with you in every moment. Where we reside there is no time and space. It is not that we are resting on some fluffy clouds in the firmament, although that is often how we are depicted. No, it is simply a matter of you opening your minds to realize that you reside in a multidimensional universe. And we reside there with you. None of the dimensions are separated from one another, all are connected.

We shall give an analogy: Let us say that you observe upon your television screens events that are unfolding on another portion of your planet. Even though you are not on that other portion of the planet, you know that you are still participating in the event simply because you are observing it. You may not feel at all separated from the experience. Perhaps it is a sporting event, and you become emotionally involved in the performance of the participants that you are observing. If the results are favorable, you will most likely say that "We won!"

And yet, you did not actually participate in the event. But you may indeed be quite emotionally drained and need to rest after observing the event. Or you may wish to celebrate the outcome of the event.

This is an analogy that can be helpful in describing what we experience in our connection to all of you upon the Earth plane. Only **we are constantly connected to you**. In every moment we are with you to support you and help you open, embrace, and accept the Light of Infinite Source. And please understand that we never judge or evaluate what we are observing. (Unlike what often happens as you watch a sports event.)

We never become emotionally involved or have any opinion whatsoever about the choices you may make, or the events you may choose to experience. No, beloved friends, **we are simply here to uncondi-**

**tionally love and support you** in every moment of your lives on Earth.

And we are not alone in this effort. The numbers who have drawn close to Earth at this time to aid in this awakening and healing process are beyond counting.

The multitude of beneficent beings seeking to aid you include not only the Ascended Beings, but also the Angelic realms and beings from other portions of Creation who are here to aid you. In addition, you are surrounded by all your loved ones who have gone before you to the higher planes. [For more information, please refer to Angels and Other Beings of Light.]

So you see, dear friends, **you are not alone**.

But even as we share this message, we know that you still have a great deal of difficulty trusting and believing that what we speak is the truth. Perhaps there are some of you who do believe we are here to aid all who dwell on Earth at this time, but have summarily decided that you do not personally deserve this aid and help. Perhaps you do not believe that your need is as great as that of others you observe. Perhaps you believe that some choices you have made are reason enough for you to be unworthy of receiving help now. Even if you did deserve the help, how could you accept our service when so many may need our help even more, or would be more deserving in your eyes?

Please understand that these are your thoughts, *not* ours. We can only unconditionally love one and all and are here to help everyone under all circumstances. **We are here to serve everyone all the time**. And because we are multidimensional beings of Light **we can be everywhere, all the time, with everyone**. So please call to us so we can be with you.

And because we do not, and cannot, judge and evaluate if one soul is more worthy than another, we can only love and aid all who turn to us. All we see are beings of Light in human form. Every one of you carries the same Light as we do. We are all one. There is no separation. The ideas of supremacy/inferiority or separation also are Earth-bound concepts and simply not applicable once you leave the Earth plane.

We are one with you and are here simply to help all who seek our aid.

You see, that is the important message that we hope to help you understand. As we have said many, many times, **we can-**

**not aid you unless you ask for our help**. If you do not ask, we cannot help.

We encourage you then to not only **request our help** in your time of meditation, **but whenever the need arises**. Leia often simply says, "I need a miracle here. Please help me now." And we are there. This most often happens when she feels tired, stressed, or about to become angry. Then a calm comes to her and she is able to see another path that could be more useful.

In addition, because of the increased frequencies that are now prevalent on your Earth plane, you may begin to notice during your moments of emotional or physical discomfort that your response to any given situation may be unusually strong. This is often caused by memories of similar experiences -- in this or other lifetimes -- that are coming to your awareness from your Totality. The current event that you are experiencing is causing these memories to resonate. This can be considered a call to go within and heal the history that is being triggered by the "offending" event.

Rather than to seek to remedy on the Earth plane any given situation that is causing your emotional response we would encourage you to **call to the Light and Beings of Light to help you heal your history**. It is another powerful way we can be of service to you.

You will also then become aware that the situation that has created the response within you was offered to you by the Light of your Totality in order to aid you in this healing process. As the healing occurs, you will feel a sense of gratitude that you are having this opportunity to heal self.

These events are occurring more frequently for one and all. At the same time, the pace of healing self can increase as well. As you continue to allow the Light and Beings of Light to aid you in healing self, you will find that you are more open to being filled with Light. Then a sense of grace and serenity can arise within.

Please know that there are absolutely no criteria or prerequisites to asking for our help. You need not pay homage to us in any form of worship or ritual. But if this is helpful for you, then do what is most comfortable. We would suggest that you simply visualize a luminous Light of whatever color resonates with you [e.g., violet, blue, golden-white]. Envelope yourself in this Light. We most often see Golden-White Light with those who call to us. And then know the beneficent beings of Light are with you.

(Cont'd Page 10)

If you feel more comfortable calling to a particular Being of Light, then do so. It could even be a dearly departed family member who can then whisper comfort and aid in your ear.

**Simply know that we are here.** We love you all unconditionally and our only desire is to be of support to you at this time.

Many Blessings of Love and Light,  
El Morya Khan

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## Here Comes the 2012 Summer Solstice!

by Denise Le Fay

The first couple days of June 2012 I suddenly had the NEED to only play, rest, do nothing, self-care and self-nurture to a degree I've never before felt. During one of those do-nothing afternoons last week I had an important insight and reminder. It was that I'm at, you're at, we're all at the halfway point—June Summer Solstice 2012—and I need to be really PRESENT in this monumental time plus make some adjustments so I can better do that. Many of us need to do this now.

In that moment I remembered reading something in 1995 that talked about 2012 and thinking how very far away 2012 was and how badly I wanted it to be 2012 back in 1995. Evidently some aspect of me knew that the energetic inner work required between 1995 and 2012 wasn't going to be easy, safe, fun or pleasant so I wanted to jump forward in time to THIS current point within the Ascension Process. Remembering this last week helped me look at now in a slightly different way, which I needed evidently.

For me it's been grueling, unrelenting Ascension-related work and pain for the past thirteen years, plus, during that time I also HAD to write (one of my Soul Missions) as much and as fast as I could which I've done. Since 2011 however this unrelenting Soul Mission to write has been easing up and giving me some time to shift some needed focus on to myself and my body. With the start of June 2012, this issue suddenly became an absolute NEED for me to be much more in the "Now" and "do" less physically, "do" less thinking, and "be" in the quantum Now more often, so that's exactly what I've been doing because I have to at this point. Things like my spine and head feel as if they might shatter if I don't do this now!

A few days ago I read Inelia Benz's article "Call to Action – IT'S TIME!" I thought it funny when she said she's been sensing, hearing the words "IT'S TIME" in June 2012. (This next bit will show you the degree of warped humor that many of the higher messages I receive often have.) For the past two years I've been sensing, hearing certain lyrics from an old Elton John song

"...the bitch is back...!" Now to me this is hysterically funny and appropriate because that message is referring to the return of the Goddess/Goddess Consciousness in humanity and earth at the *physical level*. So, the bitch is back and you'd better believe that "it's time", plus let's not forget the fact that we're in the halfway point (June) of 2012! Many of us have to stop acting, thinking and believing that we're not as knowledgeable and powerful as we actually are...because "it's time!"

Many of us have been so deeply and intensely involved for so long with the difficult and painful prep work of the Ascension Process that some of us have recently needed to make some more inner and outer changes because the results of our efforts are finally arriving in this physical dimension. For me the past thirteen years have been intensely and hurriedly pushing, working, and plowing (masculine "Doing") my way through the internal/external lower frequencies to transmute and shift them etc. But at this potent halfway transition point in 2012, many of us who are embodying the new energies, blueprints and consciousness first are NEEDING to shift into much more "Being" in the "Now Moment" (which is very right-brain or more accurately now *whole brained*, Goddess, Empowered Feminine etc.) and stop pushing so hard in the ways we've been doing for years or decades past. This phase is very receptive and creative but in another way; a way of embodying and BEING in the Now from another level of ourselves to Consciously Create, which I find is primarily coming from my entire chest or High Heart area. This area feels to me, so far, like a portal where more of Source is and it's very quiet and very vast in there. The blissful but powerful calm after the great, difficult and lengthy storm.

### Some Current Symptoms

Some of the symptoms I've been having for the past three years have increased dramatically the past two months to where I'm now HAVING to rest, recuperate, nap/sleep/pass-out for much of the afternoon for days on end. If I go out to do grocery shopping or other must-do errands out in the world, when I return home I'm utterly wiped-out exhausted and in tremendous

physical pain and literally HAVE to take a nap and get out-of-body for however long I need. Falling asleep and getting out-of-body during the day like this is the equivalent of *rebooting* my body/bodies which adjusts the energies within me. After I've gotten out-of-body and slept for a while like this I feel *much* better physically when I wake up. Taking naps isn't something I necessarily want to do but it's something I'm HAVING to do now to cope with and adjust to these massive and potent 2012 energies and changes so I'm in less physical pain.

On top of this increased physical pain from going out in the world to run errands and passing out when I get home, those Ascension headaches or head pains and pressures have returned again. They cause the tops of my eyes to feel sore and bruised and I sense some major positive changes are happening inside our heads (pineal, pituitary glands) and the chakras (Crown and Brow) in our heads. These headaches or head pains typically are at the top of my head and Crown chakra and radiate downward and affect, pressure my forehead and Brow chakra, eyes, jaw and sinuses. It will also jump around to one side of my head and then the other and feel like some invisible energy ball just slammed into my head...which is probably closer to the truth than we'd like to admit! I usually get diarrhea when I'm transmuting and purging energies so that lovely symptom has returned this month as well. And the body aches and pains, sudden muscle weakness, joint pains, stiff spine, hot feet and hands, Hot Flashes with their sudden sweating and feeling like you're having a Near Death Experience, digestion difficulties, upper belly bloat, and the old exhaustion have all returned...again. Happy June 2012 huh?!

Having shared all those unpleasant Ascension-related symptoms, I want to include some new and very pleasant symptoms I've been experiencing recently. Many of us have worked long and hard to finally begin experiencing some positive symptoms of the changes we're going through and obviously "it's time" because some of them are starting in June 2012. In the past I've written about how I'd often feel and hear that inner body vibration and literal

(Cont'd Page 11)

roaring of Light Energies inside me when I was asleep during my afternoon pass-out naps. It felt and sounded like I was standing beside Niagara Falls because the flowing, moving energies were that powerful inside my body from that perspective. Now in June 2012 however, this seems to have changed or I've adapted to the great increase of Light Energies constantly flowing through my body because I'm not feeling and hearing anything. What I now feel and perceive inside my body is a deep peace, quiet, calm, vastness and connection and it is *really* wonderful. The great inner body vibrating, shaking and roaring of spinning Light Energies has become the new "normal" and it's finally a quiet haven with a direct line to Home. Said another way, the times I've recently felt this new "symptom" its felt like a bliss state of inner unity and it feels perfect and perfectly

normal. I also sense that this is just one of many truly wonderful new Ascension-related "symptoms" that more of us are going to be having in 2012 and beyond. Bliss moments sprinkled about sound like exactly what's needed after years or decades of brutal battles and negative attacks while endless transmuting and transforming!

I just checked Spaceweather.com and there's another supposedly minor M-1 class solar flare/CME that's spewing and spewing towards Earth. The reason I checked Spaceweather.com was because I feel those old familiar "ascension flu" symptoms today—body aches, chills, super exhaustion etc. I suspect multiple energies will be increasing throughout the rest of June 2012, building towards the summer Solstice on June 20th. Rest and/

or sleep or nap as much and as often as you need to now and do NOT feel guilty over *doing no-thing*. Turn your mind off for a couple of hours each day and enter the Now moment so you can sit quietly in your Rising High Heart center and start getting used to feeling and hearing the perfect silence of bliss and any messages coming from Home.

Denise  
June 13, 2012

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Every Warrior of the Light has felt afraid of going into battle.

Every Warrior of the Light has, at some time in the past, lied or betrayed someone.

Every Warrior of the Light has trodden a path that was not his.

Every Warrior of the Light has suffered for the most trivial of reasons.

Every Warrior of the Light has, at least once, believed he was not a Warrior of the Light.

Every Warrior of the Light has failed in his spiritual duties.

Every Warrior of the Light has said 'yes' when he wanted to say 'no.'

Every Warrior of the Light has hurt someone he loved.

That is why he is a Warrior of the Light, because he has been through all this and yet has never lost hope of being better than he is.

~Paulo Coelho~  
Warrior of Light

<http://paulocoelhoblog.com>

(Thank you Raquel Ontiveros-Carr for sharing this)

## Once More

Every morning I awaken to music -  
sweet etheric, not from here  
music.

Music that calls to my core -  
the very essence of my  
being.

A feeling of familiarity -  
slightly out of reach - aches within  
me.

The day breaks - I cover my head  
hoping to stay and keep  
listening...

But the day intrudes and pushes the  
calming heavenly tunes  
away.

So each night I hope that I will  
awaken  
in the morning to those beautiful  
sounds...

Once more.

~

J Toomer

*Life's challenges are not supposed to paralyze you, they're supposed to help you discover who you are.*

**Bernice Johnson Reagon**

# Balancing Feminine-Masculine

Author Unknown

This information is of value to all of us... we have opportunity to take advantage of this energy in consciousness...especially in our emotional unfoldment and rules sets.

## The Venus Transit

The suppressed feminine will rain on and through all of us throughout June, and the results will be electrifying and destructive in equal measure, depending on your relationship to masculine and feminine energies in your life.

### Experiences will be:

- Speaking your truth (regardless of reactions or disagreement with your words)
- Clearing out anger (ingested from others or suppressed in yourself)
- Recognising the magic, beauty and power of being incarnate, alive, and in the moment
- Grieving for life moments, relationships or loved ones lost (emotional purging for renewal)
- Celebrating the loss of a need for 'structure' around your experience of being human

The irony of the gender imbalance and suppression of women that our world has created this past few thousand years is that every single man is born of a woman. The gender war seems almost laughable then, where many men throughout history have chosen to reject the equality of women – their point of birth. It is an act of disconnection and fear of inequality, both of which are rooted in unconsciousness and shadow. Yet the ways that women and feminine energy have been suppressed and subjugated in our society is anything but laughable.

## Honoring Self

by Jan Toomer

I work hard to honor others life paths – but lately, I haven't been honoring mine – I haven't been honoring self.

The summer months are usually, for me, catch up time and time to do what I have been wanting to do (weeding, studying something new, sleeping in), but I noticed I had been restless and easily agitated lately.

It wasn't until I was writing an email to a friend that I finally sat myself down to figure out what was going on with me.

The tide has turned now, and this month sees the rise of the feminine in all it's glory and fury. This will deeply affect the experiences around male and female energy in all of us, to subtle or great degrees, depending on your own personal balance and place on the scale. Reading the following paragraphs, you may apply the 'energy' analogies to yourself or those around you, but don't see this as 'gender' I am referring to, for that would be misleading. Remember, there are many men who are deeply rooted in the feminine and many women who exist dominantly in their male energy. But at a societal level, we have been male-energy led for a very, very long time.

The 'old' male energy is currently lost in its leadership on Earth, which is why many men (and women who lead with their male side) are bewildered, burnt-out and direction-less within a male energy engineered society which is currently reaching an inevitable point of collapse.

So if you are trying to make the 'old structure' work in your life using male energy (seeking external 'success', achievement, society position, accumulation of wealth or materialism) you will likely be in great suffering or frustration right now. For these ways are exactly that – old. The male shadow energy can also be found in competition with others, or comparison with others. Comparison is of course an illusion, as we cannot be anything than ourselves, and we are all connected. But the inner wound which can drive this illusion comes from fear of survival, thus the need to fight or take from another in order to survive.

So be aware of others unconsciously burning off these fragments around you, as some will be fighting their way through this 'power struggle' in themselves throughout June.

So I began looking at my energy patterns as an observer; what interpretation would I tell someone else if I saw these patterns on them?

What I figured out was that I was not paying attention to my energy...somewhere a couple of months ago I had quit listening to me.

We have "talked" about straying from your life path – and when you do this, things get more difficult in your life until you get back onto your path. Things hadn't gotten difficult in my life, but I had left my center – stepped away from my core.

Or if any of these thoughts or feelings arise in you, ask yourself if you too are burning off the male shadow in yourself, as part of your opening process. If this reveals itself to you, do not be afraid if you see it, but consciously bring in some feminine energy, and you will balance.

The way to do this is nurture yourself, stop achieving, stop trying to control, and don't attempt to remove emotional discomfort through displacement action or organisation. STOP. Just sit with the discomfort for a moment and allow it to be present and invite it to move through you.

There is a great grace and heart energy coming into our world in June, which will allow the emotional movements to be fast and deep if you are willing to let them go. Conversely, if you resist or insist on sticking to 'the story' of your pain or suffering, things will feel chronic to you until you start to feel rather than 'think' your way through.

So invite the growth of the feminine to become your new way. Start taking moments to slow down, stop, and take in what is going on around you more. Even now, as you read this, stop, look out of your window at a tree, or a person nearby, a picture on the wall. Just take a moment to practise stopping and come back to your senses of the world around you, outside where you are placing your focus right now. This is the feminine in action – sensory, feeling, and perceptive.

*I could not find the author's name for this, but do appreciate their work. If you are the author, or know the author, please let me know so I can fully credit them their work.*

*(Thanks for sharing Raquel Ontiveros-Carr)*

For me, my core is the teachings I received growing up as well as those that continue on through today – and these teachings are from my guides/team and higher self.

So to myself, I apologize - and to those whom I didn't honor your paths, I also apologize.

And since I had these realizations, I have found that the agitation is gone, and I am once again able to step back and honor others life paths, and honor mine, without agitation or restlessness.

# The Power of "I Am" Statements

by Linda Aragon

Most of us accept the concept of "We create our own reality", even if we don't fully understand what this statement means. There is much depth to the power of your thoughts and words.

"I AM" statements have a lot to do with our manifestations. Notice the thoughts and the words you speak to yourself and to others. The power of the I AM statements are talked about in many religions.

Perhaps best explained with an example, let's take a scenario: – You and your co-workers arrive early to work on the request of your boss. Sitting around a table here's a sampling of statements being made.

- "I am so tired".
- "I am sick, I have a headache".
- "I am useless without my coffee".
- "I am not happy about being here".
- "I am always being picked on".
- "I am in for a long difficult day".

And so on and so on...these are powerful

## Scorpion Messenger

by Jan Toomer

This new energy shift has brought some very interesting experiences for me.

With a couple of these experiences, I had an aggressive reaction. This reaction surprised me, and I spent quite a few hours working out why I reacted the way I did.

When I finished, questions were answered and I felt a bit lighter and clearer.

1. The feeling of the emotions that I had stuffed a very long time ago (not necessarily consciously aware of their origins/causes) were "worked loose" from this new wave...kind of like the scraping of the bottom of the barrel.
2. Another look at how my energy is reacting to interactions with others/people; setting up new/additional boundaries where needed.
3. Spending time alone – with self – and more conscious of time with my team. This has allowed me the time to explore, experiment, etc with new

statements, often made throughout the day. You are talking to the Universe. Universal Laws are always operating. In essence the Universe hears these statements and says "Your wish is my command" – it does not try to decipher sarcasm, or what you really meant, it simply obeys.

The I AM power is the healing power of the Universe, and the ability exists to transform very aspect of your life. Using the words "I AM" is a calling to the Universe, the healing power.

When we put negatives after I AM, as in "I AM sick" or "I AM a failure", it creates great limitation. Instead with the I AM power, you can be filled with enormous capacities for transformation.

Upon awakening each day, call on the power of the I AM in statements such as"

- I AM Grateful.
- I AM Happy.
- I AM Healthy.
- I AM Love.

Manifesting positive I AM Statements will produce positive outcome in your life.

Imagine the situation you wish to create, whether it involve abundance, relationship, health, etc...see it as you wish it to be. This is particularly powerful in the five minutes just before you fall asleep!

Give Gratitude for the things in your life – the more Gratitude you give, the more Gratitude will come into your life. That's the Law of Attraction.

Here's a fun exercise for you to do in the car, at home, or anytime, either by yourself or with others.

Taking each letter of the Alphabet, create an "I AM" statement:

- ie. A- I AM Awesome, Accepting, Able  
B- I AM Beautiful, Balanced, Blissful  
C- I AM Creative, Calm, Cooperative, Caring  
D- I AM Delightful, Determined, Dedicated

Try it! Finish the Alphabet - It's fun and powerful!

Linda Aragon  
Holistic Life Coach  
[RadiantLifeTransformations.com](http://RadiantLifeTransformations.com)  
Aragon77@comcast.net

energies – work on finding out what harmonizes with my body and what is not harmonious.

The self-exploration continued...

On Thursday, I had received a channeled Spiritual Message from Tracy – which addressed some of the current changes occurring in my life right now – and guidance for my future.

By Friday I felt tired and purged...cleared out /emptied and ready to be filled anew.

I got up early Saturday morning to go out and do some trimming. As I opened the patio door to head outside, I discovered a scorpion.

I have lived in the southwest for over 15 years, and I had never seen a scorpion until Saturday (except for the zoo).

So, of course, I had to look up what message the scorpion messenger was bringing my way.

"This is a period of transformation for you, one where you'll be releasing a lot of toxic habits and a few toxic relationships." (*Animal Spirit Guides* by Steven Farmer, PhD)

How appropriate!

Please don't ignore what you are experiencing – but don't let it drive you nuts either. By paying attention to you, your body and your reactions to what is happening to you and around you, you can work to balance and settle your own energies and go through your transitions a bit better.

(To schedule an appointment with Tracy Gohrick for a Spiritual Message, please contact her at her website <http://www.energyhealingbytracy.com/index.html> or email her at: [jagclgmom@gmail.com](mailto:jagclgmom@gmail.com))