



Hanging on to Old Energy

by Jan Toomer

Some people seem to have gotten stuck – they are hanging on to old energy/ energy patterns and aren't able to adjust through the energy shifts.

If you are stuck, this is a message to you that you still have some personal business to attend to before moving on energetically – it is not an excuse to hide away/ withdrawal from life; also, if you are waiting for someone to rescue you...chances become slimmer everyday of that happening.

Part of the process of each shift is to move beyond the energy shift while allowing your body the privilege of accepting the new energy...but this cannot happen until you do your own work.

During these shifts, you may feel off, tilted, out-of-sync, etc. – these symptoms should only last – at the longest – about seven days per shift (barring any medical issues which need to be addressed with your provider; shift adjustments can vary from a few hours to up to about a week) and they normally don't last that long; if this is lasting longer, then you are holding onto the old energy....and this really isn't a good idea.

If you are stuck, it could mean one of the following:

- Living in fear/panic
- Stuck in victim role (re-living, or haven't gotten over, past events/ traumas)
- Enjoying being the victim
- Haven't finished one or more of the previous steps/phases (knowing your

energy; clearing up your pasts; accepting responsibility; accountability; pro-active in/with self-creations; etc.)

For those of you who are stuck, rescuers are becoming more scarce – this is because we are *each* being held accountable for our own actions, thoughts, behaviors, energy creations...which means you are stuck living in your own "muck" until you change it.

Honestly, your own thoughts are creating your tomorrow – free will has become so much more than a concept...we each are living our free will choices/our creations daily.

If you are stuck, what are you going to do to move on now?

Raise Your Vibration

by Linda Aragon

I hope by this time, you are all familiar with the Spiritual Meetings taking place here in Las Cruces...If you have any questions or would like to join us, please contact me – information below.

I gave a presentation at a recent Spiritual Meeting on ways to "Raise Your Vibration", followed by a Tele-conference at the next meeting with Speaker and Author – Dawn James; patterned after her book "Raise Your Vibration, Transform Your Life" – Dawn's story of her "Awakening" is heart-warming and fascinating, prompting her to reach out and share with all those who are ready – ways to raise your vibration during this time of Earth's Ascension.

The Ascension process is about moving the consciousness from one reality to another and raise the awareness of possible multiple realities existing simultaneously. In essence, that we are undertaking is a complete dimensional shift. To go through this shift, one must prepare and adjust one's way of thinking and being to that which is in alignment with the soul's purpose, and true divine essence. "Surrender"

and "Acceptance" are two main characteristics we will need to help us facilitate through this process. This process can bring out our deepest fears, beliefs, and old pain patterns to the surface so that we can consciously acknowledge, resolve and heal them. There is a well-known saying; one should graciously accept everything that comes our way, and see it as a new beginning. Each day can be a new beginning. Think about the changes you want to make and begin today.

I'd like to share with you a basic outline of ways to "Raise Your Vibration":

THOUGHTS – To be healthy, you must recognize the connection between body, mind, and spirit. When you choose a thought, your brain cells are affected, setting off a vibration; positive thoughts raise vibrations, negative thoughts lower vibration.

WORDS – Decide what areas you want to improve and create a list of positive affirmations. Believe what you are saying. Recognize the power of "I AM" statements. Universal Law will obey the statements you make after this opening.

MAKE CONSCIOUS CHOICES – 3 Aspects influence our attitudes, beliefs, and thoughts, & ultimately our actions.

- Free Will – You always have choice.
- Ego – gives us concept of separateness and can create fear, pain, jealousy, judgment, etc.
- Divine Inner Wisdom - Allow this inner wisdom to guide you, aligns ourselves with our souls.

VIBRATION OF FOOD AND DRINK – Many ingredients and processing of food are not in line with what our cells were designed to digest – we are polluting our body and suppressing our vibrational frequency. Vital vitamins and minerals are lost due to the poor quality soil in which mass food production occurs. Raw foods, organic produce are definite ways to raise your vibration.

ESSENTIAL OILS – their vibrational frequency is definitely beneficial to our frequency. They contain virtually all the plants nutrients. They boost the immune system, push toxins out of our cells, and
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Quick Look:

Happenings with Tracy Gohrick and Jan Toomer

What	Where	When	Cost	Need to Know
Reiki III Certification Class with Tracy	The Office	Sat 6/9/12 9a-4p	\$125.00	Limited Seating - Must RSVP
Spiritual Messages by Tracy	The Office	Thu 6/21/12 6-8pm	\$12.00	Limited Seating - Must RSVP
Reiki I Certification Class with Tracy	The Office	Sat 7/14/12 9a-4p	\$65.00	Limited Seating - Must RSVP
Healing Night by Tracy	The Office	7/26/12 6-8pm	\$12.00	Limited Seating - Must RSVP
Meta-Day with Jan / Las Cruces Spiritual Meeting	Linda Aragon's	Thur 8/9/12 10a-12noon	Min. \$4.00	Limited Seating - Must RSVP **
Psychometry Class with Jan	The Office	Tues 8/9 - 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

**** 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/>

Raise Your Vibration

Cont'd

strengthen our defenses.

GEMS AND CRYSTALS - Crystals amplify thought vibrations and create healing. Can be worn around neck, placed over body and chakras. Need to be cleansed- Methods include bury in earth, sunlight, salt water, intention, saging, etc.

COLOR - Energy frequencies correspond to sound, light, and color. This form of healing has been used for thousands of years. The idea of color healing is to match the color it its associated chakra.

SOUND - Believed to be the oldest form of healing; can be used to energize or sedate our physical body, and transform mental and emotional stress. Edgar Cayce said "Sound will be the medicine of the future".

SPEND TIME IN NATURE - In our techno based society, most are suffering from nature deprivation. We need sunshine, trees, connection to the earth. When was the last time you walked barefoot outside?

SILENCE AND MEDITATION - For healing to occur the mind has to reach a state of relaxation, peacefulness, or contentment. That inner voice will begin to emerge to separate illusion from truth.

ASSOCIATE WITH POSITIVE PEOPLE - The company you keep affects your personal vibration, take a look around you.

VIBRATION OF FORGIVENESS - Forgiving does not mean what they did was ok, it does take away the power you have al-

lowed them to have over you. You are free, it frees you to live and love.

ATTITUDE OF GRATITUDE - Can be cultivated! -Raises your vibration in seconds!

YOU ARE CAPABLE OF MANIFESTING THE BEST OF YOURSELF WHEN YOU ARE COMMITTED TO TAKING POSITIVE ACTION TO RAISE YOUR VIBRATION!!

Linda Aragon – Holistic Life Coach -
RadiantLifeTransformations.com

Aragon77@comcast.net

Meetup.com – Search *Las Cruces Spiritual Meetings - 88012*

Hands of Love

Beginning the Process Now to Allow More Light and Energy

Beginning the process now to allow more light and energy into you is most important. Help yourself in order to help those around you. To do this you will be able to wade through all of the negativity more eloquently than you have been able to in the past. Persistence with this will help you achieve your goal. Allowing others to choose or tell you what to do is not the answer. Only you can think for yourself and only you and your higher self and God truly know what is best for you at this time. Others may come close but only you will know the truth.

Making the changes now in your life will allow you some time to assimilate before the larger energies start to come in.

With lifelong lessons out of the way you can better improve your thoughts to allow the higher energy to enter into you at this time.

Peace will connect you to the others as this marvelous change begins unfolding more rapidly.

Forging though is what needs to be done at this time. Keep moving forward as best you can. These things are all possible with the help of healing and allowing what is to happen.

Bring the joy into your life and others it is what is most needed for the earth and people on her at this time.

Channeled By Tracy Gohrick 5-9-12

The Process of Peace

The process of peace is allowing others to believe in what they want to believe in. Forgetting everything you have learned and allow others to be what they are. This is what is needed most from you at this time.

Do not judge others for their choices. They are here to help you learn tolerance .

They came as a gift for you to help you learn and grow. Please remember the joy in your heart and think of all others as a part of you.

Everyone was sent here for a different purpose none the same so don't be in judgment of others that you do not understand.

Through time you have always been challenged with imperfections in life allow them to be who they are. The gift is so magical if you just let them be and live your life without judgment of others.

The peace of the world will open up dramatically if everyone can remember this.

I am Sananda.

Channeled by Tracy 5-9-12

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

Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.

Albert Einstein



Impossible Rose



Golden Dusk

Fear to Focus

by Jan Toomer

For well over 25 years I have taught/encouraged people to shield. I continue to recommend the shielding exercise (or a protection technique) daily.

Shielding helps keep us from absorbing others energies; aids in deflecting negative energy sent our way and helps to clear our energy.

A few years ago, I noticed that my shielding shifted from fear to focus; it was no longer protection (fear) issue...rather, it aided me in centering and focusing my thoughts and energy.

How Do You Know When You Shifted From Fear to Focus?

For myself, I realized it when I no longer was concerned or affected by the heavier

energies – I recognized them from a distance, but was no longer bogged down by them.

This happens when your own energy vibrations change to a higher (faster oscillating) frequency; simply put - the heavy stuff no longer “sticks”.

When this happens, it does not make you any better or more special than anyone else – it just means your frequency changed.

Does This Mean You Never Experience Fear?

I can't say that – my primal instinct is still self preservation. I still react to my peripheral vision picking up the shape of a snake when I am out and about. I do not consciously fear snakes, but primal instinct (ancestral self-preservation encoding) is

still active...I believe it's called being human (grin).

It does mean that I do not live each day in fear, and if I feel myself slipping back into that, a deep breath and gentle reminder will release me from that.

I still have things I am working through (as we all are) – but the constant in-fear mode is no longer my lifestyle.

I still do my shielding exercise daily – it is a comforting ritual – also when I do energy work; and find my focus and intent much clearer following the exercise.

So for those who have begun to leave (or have left) fear behind, I still recommend these exercises daily – or meditation – to aid in keeping self centered / energy balanced.

Parts of One

by Jan Toomer

(When I was a very young adult):

I had taken a deep breath, closed my eyes and began my meditation.

I saw before me beautiful marble steps leading up to a large white marble building...one of my favorite places to “visit”. I would walk up the smooth marble steps, walk through the rotating door and head to the elevators.

I would push the “up” button and wait for the elevator to open. The doors would gently and quietly glide open and I would step into the elevator car.

The deep wine colored carpet, lemon polished wood walls, the softly buffed brass hand rail that went all the way around the car; I felt safe and somehow loved in this car.

I would select a floor, the doors would softly glide shut and the car would begin to ascend.

Weird.

The next time I went to meditate, I once again headed for my marble building... and once again found the little man sitting on the steps waiting for me.

“What do you want?” he asked me.

“I want world peace” I replied.

He looked at me with sad eyes, slowly shook his head, stood up and walked away.

I AM

I am the wind in your face
The color of space
I make your heart race

I am the raging storm
The lover torn

Power, fear, love and hate
I hold in my hands many fates
I sit quietly in wait

Hoping soon you'll open your heart
To receive the wisdom I may impart

I am dragon.....(hear me roar)

by Dragon Spirit

Only this one time, as I approached the marble steps, I was stopped by a little man sitting on the steps – looking as though he had been waiting for me.

I sat next to him – I realized I didn't know who he was, but I felt comfortable with him; I sat quietly and waited.

“What do you want?” he asked me.

“What?”

“What do you want?” he asked again.

I was confused; he was sitting here waiting for me...so I said, “You were waiting for me, what do you want?”

He sadly shook his head, stood up and walked away.

What I didn't know then was that he was asking me what I wanted; I was given the opportunity to ask for *anything* I wanted.

What I asked for was quite literally impossible; I was asking him to change *everyone else*.

Cop out...and wrong.

I naively (and without really understanding/hearing him) wanted everyone else to change to fit my own desire...selfish.

So, of course this got me to thinking this week, during my week of studying and self-reflection...how can we all be part of a whole, yet cannot heal someone without their permission...wouldn't that be healing part of me, yet in another body? So those thoughts went off to:

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■ The articles posted here and on the blog reflect the thoughts, opinions and experiences of the individual authors. The reader accepts full responsibility to explore what they feel is appropriate for them and at their own risk - and no one else's.

If it Were Me

by Dragon Spirit

First I'd like to say that this is in no way a slam, stab or rub against any group, person or entity of any kind. It is simply my opinion and something I'd like everyone to think about seriously.

I do not claim to be of any particular faith, church or standard belief system. In fact many who know me would be rather surprised to find that I have never been baptised, don't attend church and have a strong dislike for the hypocrisy I see in so many religious organizations these days.

So what am I? I am a good person who enjoys the company of other good people.

That is why it saddens me to see posts like the one below. For if we are all made in God's image, why do you continue to put barriers between good people and "good Christians?" I thought they were supposed to be one in the same. Apparently, I was wrong.

I am still amazed that today we see posts like these from people who claim to be "good Christians." We say that God loves everybody but I truly question if the folks saying it actually believe it.

Please understand that I know the person who made the post and I am not only saddened by the narrow-mindedness but, painfully reminded of past incidents which lead me to realize this person was not one I wanted in my life on a regular basis because they continued to draw this imaginary line between their "Christian" self and anyone who was not. It is hypocrisy no matter which way you slice it. (and yet I still sent my prayers to those who would accept them.)

You be the judge:

"I know I lots of Christian friends..., so I'm asking of prayers for my xxxxxxx and their xxxxx."

Are my prayers not welcome? Are they not good enough because I'm not a "Christian"

in your eyes?

"Oh, no. That's not what I meant." You'd say.

Then why would you make the distinction in the first place?

If someone wants to pray for me, send me healing energy, or dance naked on the lawn for me in an effort to send their good wishes during my time of crisis, *more power to them!* It is the love behind the action that counts, not what their belief system is or is not. They are offering a gift of love and healing and I accept that gift and hope it can be returned to them in their time of need. That's what *good people* do.

So if it were me, I'd want all the help I could get. What about you? Are you going to make a distinction between people and labels?

(Better take a good hard look before you answer.)

Parts of One

Cont'd

1. We *all* came from the Source (aka "One"), so we are all literally connected – are all part of One.
2. Everyone else is an extension of self.
3. We each have our own individualized soul plan and free will.
4. Many of us are still thinking "I", "Me", "Them", "They", "You", etc. so we are still thinking separation.
5. Instead of changing everyone (like I seemed to have requested on those marble steps many years ago) – and we are all connected...then can I set

up and offer *healings* for every being on this planet...because...

6. We are *not* separate.

I propose (and sincerely hope you will take me up on this) that we change our thinking from "I" and "me" to "Us"...aka "One".

Now I know that many of us offer healing energy - world-wide – for any being who requests or those who wish to partake... but...I am talking specific healings for every single being; all the parts of the whole, the parts of One.

I know that I talk about not subverting free

will of anyone, and I stick by that. But what if we all pray, send Reiki, send prayers, ask for healing (nothing else other than "healing" - we can not specify what we each think that the healing should be for), etc. for "One"?

I really think that we could have world peace by healing all aspects of One...of which we *all* belong.

So...what do you think? Isn't it time to change the world by healing all parts of us?

All About 11:11

by Gregg Prescott, M.S.

What is the meaning of 11 11?

There is a global 11 11 phenomenon that is perplexing many individuals in regard to numerical synchronicities and in particular, the number and the meaning behind 11:11. From teenagers to senior citizens, these synchronistic numbers seem to appear on a daily basis. What does 1111 mean?

For example, you might be putting gas in your car and when you're done, you'll notice that you put exactly 11.11 gallons in

your car. Or you might be at the checkout line in a store and the cashier gives you \$11.11 in change. As you're going home, you might notice a license plate with the numbers 1111 on it.

This happens most often when looking at the clock. We've all seemingly had this experience: You just happen to look at the clock and it's 11:11 am or pm. It's not like you are constantly waiting for this magical number to appear, it just does.

From an esoteric standpoint, 11:11 appears to be something that is genetically coded within our "junk" DNA as a cue to

spiritually awaken.

What does 11:11 mean?

11:11 is subjective to the interpreter and to the interpretation. In other words, YOUR interpretation is the only interpretation that matters! Here are the many interpretations of 11:11.

11:11 Awareness: The first thing you should pay attention to when you see a synchronistic number is what you're either doing or thinking at that particular moment. You should also be cognizant of your surroundings, such as the song that
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All About 11:11

Cont'd

you're currently listening to or even something as simple as the rays of sunshine coming in through your window.

11:11 Gateway or Portal: 11:11 is the doorway between two worlds – between the 3rd dimensional and the 5th dimensional worlds.

Angelic Humans: According to George Barnard, 11:11 is “the calling card for beings that are half angels and half humans”.

Angels and Spirit Guides: Your guardian angel or spirit guide is trying to connect with you.

Balance: Your life is either gaining or becoming more in balance when you see 11:11. This might also be an affirmation that your life is in complete balance as well.

Binary DNA Code: The brain is like a computer, which relies on binary codes (1's and 0's). In this premise, 11:11 is the binary code that awakens your dormant (junk) DNA.

Digital Time Code: This theory encapsulates several theories within the same premise. 11:11 unlocks your DNA and opens the subconscious mind through physically seeing these digital numbers and re-remembering why your brain was coded to remember the importance of 11:11.

DNA Activation: The number 11 represents twin strands of DNA, so for some people, this is a sign of a DNA activation or upgrade.

Edgar Cayce: As I mentioned in a previous article, Edgar Cayce was quoted as saying, “The first lesson for six months should be One-One-One- One; Oneness of God, oneness of man's relation, oneness of force, oneness of time, oneness of purpose, Oneness in every effort-Oneness- Oneness!” Edgar may have meant, “The first lesson for six months should be 11:11.”

Fibonacci Sequence: The first two numbers of the Fibonacci Sequence are 1,1. The Fibonacci Sequence is basically tied into Sacred Geometry and the Golden Ratio of Creation, so this number would represent an end to physical reality as we know it.

Global Consciousness: When you see 11:11, you feel connected with the Universe and everyone else who is currently experiencing this phenomenon. You completely understand what “we are all one” means.

Make a Wish: Many teens are playing the 11:11pm game without really even knowing the significance behind 11:11. If they notice that it's 11:11pm, they make a wish. Is it possible that these children are indigos and 11:11 represents an awakening code for them?

Numerology: The number 11 is a Master Number and represents impractical idealism, visionary, refinement of ideals, intuition, revelation, artistic and inventive genius, avant-garde, androgynous, film, fame, refinement fulfilled when working with a practical partner.

Spiritual Purpose: 11:11 presents you an opportunity to reflect on your spiritual purpose for being here.

Synchronicity: Your life has become total balance and the lesson you need to learn will appear before you. “When the pupil is ready, the master appears”.

Wake Up Call: 11:11 signifies your spiritual awakening, as this number seems to be predominantly noticed by those who have begun their spiritual journeys. It may also be seen as a code to unlock your subconscious mind.

Most likely, you are reading this article because you have also experienced the 11:11 phenomena. If you haven't experienced 11:11, then chances are, you will in the near future. What is it really about? “Time” will tell.

www.in5d.com
www.maya12-21-2012.com
www.HolisticCancerResearch.com
<http://www.in5d.com/all-about-1111.html>

In Las Cruces

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Hands of Love

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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

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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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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.

Ascended Masters Newsletter# 149

May 2012

Dear Friends,

Recently, we had a very interesting channeling session with the Ascended Master St. Germain. His message resonated so well with us that we are eager to share with you what we learned.

We are always grateful for your kind and heartfelt response to these newsletters. It is very helpful to know that what we are experiencing during this time of great change is in sync with what you are experiencing as well.

Many Blessings of Light and Love,

Linda and Martin

Surprising Turns of Events: A Matter of Extenuating Circumstances

By the Ascended Master St. Germain

Beloved Friends,

Thank you once again for this opportunity for conscious communication. As the title that Leia has given this message implies, you are currently living in a time when, as we have stated, extenuating circumstances may arise that may alter your course of action rather abruptly.

We have stated previously that this is a time to "expect the unexpected." But how this may occur in your lives at this time may seem unusually odd or puzzling to you.

You may notice that unforeseen events continue to surprise you with their abrupt appearance in your lives. These events may seem totally unrelated to what you had anticipated in the flow of events in your life, and yet they may challenge you and create stress and difficulties as you endeavor to do what you believe may need to be done at any particular moment. The increase in number of these events may make you feel even further destabilized as you move through your days. You may find that you are becoming less resourceful in dealing with these challenges and altogether less cheerful and optimistic about what might occur next.

We wish to offer you a clearer explanation as to why this is your experience at this time.

You see, beloved friends, as even your scientists are aware, **the earth has entered an erratic energy field** that defies explanation. And because it defies explanation,

you are receiving no explanation from those who might wish to appear wise and all-knowing in your scientific community. In this particular case, none who are observing the fluctuation in what could be called the "electromagnetic" energy know quite what to make of the reason or source of such. It is because as your constellation is orbiting this particular portion of the cosmos, it is once again entering an area where these energies are more common. But since humans have never experienced this region before, they do not quite know how to address it.

The scientists are attributing the energy fluctuations to the increased energy flaring from your Sun. They are saying that this is part of a cycle typical for your Sun. And this is partially, but not completely true. It is part of a cycle, but not of the Sun. It is a part of a cycle for your solar system, including the Earth, as it moves through it. The cycle spans millions of years, not hundreds of years, and that is why scientists do not understand it as they might wish.

You see, humans are concerned that your planet may not survive all the assaults to its ecosystem that humans have inflicted upon it. They do not remember that the earth has existed for millions of years and will continue to exist for millions of years more. Humans may not function as they do now on the Earth and that is the process you see unfolding upon your planet. What you are witnessing is the process **of the Earth rearranging its molecular structures in order to re-stabilize and maintain its ecosystems** in a productive manner.

This process is occurring in you and in your lives as well. For you are living on the Earth and are a part of the Earth. These new energies that are available to the planet are aiding in this process of restructuring. But **this is challenging all the structures that you have known to this time and this is where the dissembling of your lives is occurring.**

Now, you may decide that it is hence time to give up and forget about trying to accomplish much of anything since all appears to be challenged by "extenuating circumstances." And that, indeed, could be one method of approaching the situation that may appear useful to some.

But what may be even more useful is to **remember that all of you are still Sovereign Beings of Light in human form** and therefore still have direct and complete access to the Light of your Totality to aid you in moving through this time. That Light is impervious to the reassembling of molecular structures. That is because the Light

of your Totality is not third-dimensional in nature. The Light of your Totality is omnidimensional and quite capable of moving through all frequencies of manifestation. We would encourage you to move with it.

The distractions you are currently experiencing are not the result of you being less open to your Light. These "extenuating circumstances" are the result of your Earth experiencing a greater movement into its own Light just as you are moving into your Light. It is a sign of the awakening process for everyone and everything.

Most certainly this **time of change will only become more pronounced** as your planet moves through the cosmos to a greater expansion into its Light. You are on the planet, so you will move too.

See each moment of challenge as a moment that is bringing you to greater awakening. See each moment as an opportunity to open even more fully to your Light and allow it to aid you in moving through these challenges. Remember to keep listening within and you will know how to move through this time.

None of this need be stressful for you. But if you do experience stress have **compassion** for that experience. Keep seeing yourself as perfectly aligned with your Light and allow it to love you through every moment. Unconditionally love self and all that you observe in others.

Remember this energy is affecting everyone and everything. Compassion and an open, loving, and forgiving heart are the only true assets you need to move through this time.

The powerful Light that fills your heart as you choose compassion and unconditional love of self and others is all you truly need to traverse this time as your planet traverses these fluctuating energies.

Many Blessings of Love and Light to one and all,

St. Germain

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

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Ascended Masters Newsletter# 150

May 2012

Trust Our Help in This Moment - and the Next

By the Ascended Master El Morya Khan

Beloved Friends,

Once again we thank you for allowing us this opportunity to be of service to you. We understand only too well the challenges that so many of you continue to experience while living on the Earth plane. When one looks at the overwhelming amounts of information regarding events that are unfolding on Earth, it might give one cause to wonder how you and your planet will survive all of these challenges.

And that is why we have come to you now. To offer you yet again another possible way to aid you in staying centered in balance and harmony as the powerful Light of Infinite Source flows through your forms.

You have heard quite frequently that it is crucial and useful to stay centered and "in the moment." We have also offered you guidance to penetrate each moment as fully as possible while this Light of Infinite Source flows through you. And yet we know how easy it is to give way to thoughts about the past or the future and lose the focus on the present moment that we've encouraged you to take.

We continue to send you a great deal of compassion and loving support for this predicament. We understand only too well how difficult this must be for you, and we are here now to aid you even further in aligning with your Light and trusting that this guidance can be useful for you now.

Trust, of course, is the first issue that must be discussed before we can be of further service to you. As your discomfort with life on Earth appears to be increasing, it seems more difficult, not less, to trust that the Light is aiding you. But trust is crucial, dear friends. Absolutely crucial.

What are we asking you to trust?

First and foremost, you may trust that you are not now, nor ever have you been, "alone" at any time since you have been on Earth. Yes, you've had your Earthly companions, but we, on the higher planes have also been your companions to aid you in every way possible. This has always been true, in every lifetime that you have been on Earth. We have helped Leia and Manalus [Linda & Martin] to develop a publication, entitled "Angels and Other Beings of Light" that describes who we are and how we may help you. Now more than ever before, our help is more easily available. Because of the shift to higher frequencies of the Earth plane, when you call to us and ask for aid, you will most certainly have the opportunity to experience the help we have to offer.

Simply ask for help. Infinite Source and the Beings of Light will know how to aid you. But the most crucial point is that you must ask. We cannot come to you and aid you until you do ask. This is for two reasons. First, if you do not ask, then you will not be open to receiving what we can offer. Second, you do live on a plane of free will and therefore can choose what you wish to experience there in every moment. Even if some of your choices have led to uncomfortable consequences for you, they were still your choices and we honor them without judgment. The help we offer is always beneficent, but if you do not ask, we cannot help.

How do we help? We provide the additional support for you to open your hearts and allow the healing, omniscient Light of Infinite Source to fill your heart and your Being.

Once you've allowed this Light to fill you, you will receive the guidance from the Light that can aid you in knowing how to move through this time of profound transformation.

Therefore, the second most important function that you can perform to aid this process is to sit in a meditative state as you open your heart to your Light and then to allow your open heart to heal your soul and spirit.

Simply affirming that you allow this healing to occur is most powerful indeed. As the healing occurs, you will notice that you have stopped thinking about the past and the future, but are simply focusing on the moment. As this focus continues to strengthen within you, the moment can expand and you can allow yourself to begin to understand that you are not only cared for by the Light in this moment, but in every moment.

As you allow this to occur, you will feel a sense of gratitude that in this expanded moment, you do feel comfortable -- even if you are not currently on what you consider to be your home base, and even if you have never felt comfortable with life on Earth.

You see, beloved friends, the same Light that you are allowing into your heart in this expanded moment, is the Light that you experienced in other lifetimes in other portions of the cosmos! The same Light is everywhere in everything on Earth and throughout all of Creation. It is the same Light.

And what you are now doing here on Earth is welcoming this ever more powerful radiance into this portion of Creation as well.

But first, we ask you to be still, penetrate the moment, and allow this awareness to expand within you.

We are here to help. Please allow us to do this.

Many Blessings of Love and Light,

El Morya Khan

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

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There are only two ways to live your life. One is as though nothing is a miracle. The other is as if everything is.

Albert Einstein

Book Review: A Dog's Journey by W.B. Cameron

Review by Linda Aragon

A DOG'S JOURNEY: Another Novel for Humans by W. Bruce Cameron. Forge Books; First Edition (May 8, 2012). ISBN 978-0765330536.

Some of you may remember my previous book review by this author, called "A DOG'S PURPOSE". Absolutely one of the best reads ever – will charm all animal fans everywhere, and sure to open the hearts of all that read it. "A DOG'S PURPOSE" spent more than eleven months on the New York Times bestseller list and is soon to be a major motion picture! What made that book so special to me is the Metaphysical aspect to it...The author takes you through several reincarnations of one dog's soul and how it evolves, finds its purpose, etc. I was thrilled when this sequel "A DOG'S JOURNEY" came out – indeed I put my pre-order in, highly anticipating its arrival.

I wasn't disappointed. In this sequel, "A DOG'S JOURNEY" the author takes you into further reincarnations of this dog's soul, different breeds, different genders and furthers the depth of this dog's understanding of his purpose. As with the first novel, I loved this book and could not put it down. It's funny, heartwarming, touching, exquisitely moving, without need for over sentimentality. More than just another enduring dog tale, a story of unwavering love and loyalty, making us think deeply of the wisdom a dog carries. Take a glimpse into the heart and mind of a dog – and this book just might change your view of our furry friends forever.

As "Buddy" is reborn through several incarnations, he realizes a new destiny, a new purpose. As Buddy finds "his person" he is there to protect, cheer, rescue, and love them unconditionally. A charming story of hope, love, and unending devotion, "A DOG'S JOURNEY" asks the question: "Do

we really take care of our pets, or do they take care of us?"

I hope you will consider this read. Though a fiction book, this author did his research as to how a dog's mind works, making the story having definite validity as to a dog's mind, his thoughts, and the way they perhaps see things. There are several books on this subject he recommends including "How Dogs Think: What the World Looks Like to Them and Why They Act the Way They Do" by Stanley Core and "Inside of a Dog: What Dogs See, Smell, and Know" by Alexandra Horowitz, already on their way to me. For more about this Author, visit www.BruceCameron.com.

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"Healing Requests" on Facebook

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.

Bit of a Breather

by Jan Toomer

Many people have noticed a change since the last shift (the eclipse) – for some it was a gradual, subtle shift; others, more immediately noticeable following the eclipse.

It seems we've been given a bit of a breather...but it is really so much more.

Some of the possible changes and/or "symptoms" of this last shift:

- insomnia decreased / stopped
- the heaviness or pressure has been released
- a feeling of now having lighter energy – buoyant – bouncy – more energetic
- seem to be able to think more clearly – sharper focus
- an excited feeling to move forward

What Does This Mean?

For me personally, I see it as many of us have worked so hard for so long on healing and clearing up our past, knowing our

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.

own energy, taking responsibility, etc. and we are just now physically feeling the affects of that hard work.

Our journey is not over, but for some, it is a little lighter energy-wise now that we are out of the old, dense, heavier energy.

Not Out of the Woods Yet

We still have changes to go through. For those who have not yet worked on healing and clearing up the past, etc., you will find those around you backing off/leaving – or other changes - to afford you the opportunity to look within and deal with your own energy...it is time to heal yourself.

We, the human race as a whole, still have other changes and healings to go through:

- Continue our own spiritual growth
- Major changes with governments – financial instabilities - etc.
- Mother Earth
- Each other – winged/feathered, furred, finned, two-legged, four-

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

legged, etc.

But now we do it with a bit cleaner and lighter energy.

In January 2011, I wrote how the whales had warned that the mass exodus would soon be seen in the oceans, and this has been gradually increasing...the nuclear fallout (which we can no longer pretend it really wasn't that bad) as well as the oil spills have poisoned the oceans – we have poisoned the oceans; it spread slowly outward (and is not done spreading), and will continue to destroy the ocean life.

Why is All of This Happening?

Changes can seem scary and can be painful – emotionally and physically – but these changes are forcing us to take responsibility for our actions (and yes, even non-action is an action), to grow and help those willing to work on the next stage of our soul's evolution.

Elissa Heyman

Venus retrograde manifestations in May 2012



A reader wondered about the the impact of Venus retrograde which began May 16th and ends June 28th. Here are some thoughts:

Venus retrograde signals a time to be flexible, adaptable, accepting and giving, in order for relationships and life to work out well. The retrograde also contributes to the feeling that much confusion has been cleared up by the end of the month. There's more in the upcoming June/Summer client newsletter--I got very interesting info for June 2012 yesterday, I'll preview some of it here. Also, previous articles mention how this Venus retrograde isn't good for the stock market, which is plunging now.

Venus Retrograde Impressions

How a solo entrepreneur learns valuable business survival lessons, is that life is often presenting them with quickly changing circumstances that must be adapted to, addressed, or that demand personal change. It's common to lose alot as a solo entrepreneur, and from that, learn to do things differently.

These times ahead are going to demand the entrepreneurial skill of being able to accept changing circumstances, where

one isn't doing the same old thing at the same rate for whatever reason, and also trust that change is good because it is how one grows, or manifests their dream. Eventually one can embrace the different time, the twist life took, that requires adapting to.

Love in Venus retrograde: Old relationships can reconnect in a better place, and it's good to try again to reconnect with someone you want to be with, applying whatever you learned from being separated.

More to come!

June 2012 Psychic Messages for the Fire, Water, Air, and Earth Signs



Things are moving very fast in June. Political situations, personal events, behavioral changes—the action just keeps on coming!

Fire (Aries, Leo, Sagittarius): Watch your ego! Clashes with others are possible--so is miscommunication. Also, you might have a hard time seeing that you are coming from your ego. You will have many tests this month. If you pass them, there's a big pay-off. Practice "not reacting".

Water (Cancer, Scorpio, Pisces): Where things are going is not obvious at first, but there's a sense of "re-routing". Something is definitely a work in progress, and you might question what direction you choose in June. That's what this time is for, to try new things, and see what does and doesn't work.

Air signs (Gemini, Libra, Aquarius): You can be very uptight about reaching a goal that you actually do reach, or you wonder if you're strong enough to do something, and it looks like you are. It's a very big thing you're betting on and hoping for, but the signs are favorable for air signs for June.

Earth signs (Taurus, Virgo, Capricorn), June and Summer 2012: Two very different pictures emerge from the Earth signs. One was a vision where they were wailing, "Oh, how do I get out of this? I just don't see a way"...feeling very trapped in some area. The other picture came from a tarot reading, which depicted earth signs feeling very free, especially to move forward and expand, leave the past behind, change their identity, and make new friends. (P.S: In answer to the first scenario: You just don't see a way now, you will later.)

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