



Windshield Wipers

by Jan Toomer

I am sharing two of my examples of what kind of incidents/practice sessions some people are now experiencing on their exciting new journey (RE: Void to Be Filled):

Instant Manifestation

I was running late – hubby was out of town and the rain had moved in. I climbed into the truck, cranked it up, and turned on the windshield wipers.

A loud screech entered my reality; it took a moment to realize the wiper arms were scraping across the windshield – there weren't any wiper blades.

I switched them off, got out and found the blades sitting at the base of the windshield; they had fallen off.

I grabbed them and worked to clip them back on – they would not go back on.

I was in a hurry and a bit distracted... the rain had stopped; I figured I'd try again when I got into town.

Class, meeting, lunch....

It started sprinkling, I tried again.... the blades would not go on.

I had to run to the office supply store

to make copies; I'd try again at the store.

Still no getting the blades to stay on.

A large black wall of rain and storm was moving in; I really needed working blades.

I decided to go in and make my copies. While I headed towards the store door, I wondered if our friend was in town and if he could help me. I would call him while making copies.

I begin making copies and decided, since I didn't know how long I would be, I would call my friend after I made copies.

My thoughts were disrupted by someone (who was standing on the other side of the copy machine) who began talking to me.

It was the very friend I was literally just thinking about calling to ask for help!

He hadn't planned on coming into this store, but had suddenly decided to come in.

(Turned out the wipers were the wrong size – new ones purchased and installed.)

Losing Some of Our Words

Friends sitting and talking and suddenly a common known name or word escapes our grasp.

The "feeling" of that word or name is present or strong, but the word temporarily is out of reach.

Just as suddenly as the lost word-wall was struck, it disappeared and the word/name popped in effortlessly.

As the vibrations rise, some words are escaping us...why?

As we be-bop from 3rd dimension to 4th & 5th, we can lose contact with 3rd dimension words.

Because we are practicing for the 5th dimension; verbalization – which is a very limiting way to communicate – will not be the way of communication.

Communication is done through mental communication, aka telepathy. Telepathy is communicating with mental visualization/pictures and feelings/emotions. Thoughts are instantaneous and distance is no barrier.

Practice and Learn

These are just examples of the kinds of work/experiences some of us are doing now to practice and learn; a way of filling that need, and moving forward.

METAPHYSICAL LIFE ENRICHMENT CENTER

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

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

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

What Do You Want?

What do you, Las Cruces, want in Metaphysical or Spiritual related classes? Do you want a single, 2 hour intensive - or a two night class - or a three night class?

EXAMPLE

I am considering doing small, specific classes - for example: a 2 or 3

night class on psychometry.

Please email me at

Jan@reality-undefined.com

and let me know what you are interested in.

BASIC DOWSING CLASS

Saturday, March 24, 2012
1:00 p.m. to 3:30 p.m.

New Mexico Farm & Ranch Heritage Museum



Learn the basics of Dowsing (Questing, Divining, Water Witching), how to use the four basic dowsing tools, and the benefits associated with dowsing.

Cost: \$15.00 - Dowsing tools will be available.
Museum "Friends" Members - \$12.00

Register Early - (575) 522-4100

Accepting New Clients Now

Thank you all for your patience and support.

I am now accepting new clients for **private instruction**
and **consultations.**

Thanks!

Jan Joomez

The Helicopter Ride

by Linda Aragon

Finally the day arrived and my surgeries did indeed take place – a Hysterectomy along with several other procedures. All considered major surgeries, though nowadays seems commonplace among women. All went smoothly and in spite of multiple surgeries. I went home next day, rather than the 4 days which had been predicted! They sure want you out of there, don't they?

I wondered if I would have any significant spiritual experiences to share as I had heard when under anesthesia, much can happen! Well I can only remember a small amount but it has stayed with me...When I woke up from surgery it was in my expectation that Alma would be there...I did not know they wouldn't let her in til I was fully awake. As I was waking up, I remember being quite upset. The nurse told me I was in quite a panic state and I was saying "Please don't leave me!, Please don't leave me!", over and over.

I can't honestly say to whom I was speaking but you've probably heard that when someone truly gets a glimpse of the other side, whether through a near death experience or any other means – this often means this was one of your "Exit Points" – Sylvia Browne claims we have 6 of these in our lifetime. A time where we can say "enough" and leave Planet Earth. It had been predicted to me by a close friend that this was one of my exit points. Knowing myself, even if this was indeed the

case, I would not have taken it...I'm stubborn (yes, I know shocking!) I have worked far too hard to get to where I'm at to where I perceive my work is only in the beginning stages, more to be revealed. As this point in Earth's history is monumental, we chose to be here at this particular time to witness and be a part of spectacular changes. Yes, I'm talking about Earth's Ascension process into 4th and 5th dimensions. We are indeed the Chosen Ones. Each of us has an effect on how this takes place.

My feeling is though I did choose to return and finish my work, having been engulfed; perhaps only for a short time in the warmth and pure love that exists on the Other Side, it would be hard to return. To come back to a body that has just been through major surgeries vs remaining in the loving arms of our Guides, Angels, and our Supreme Being – Yes, one would have to be stubborn and with unrelenting commitment to want to come back and finish our part in helping the Planet move smoothly through Ascension.

Whatever the case, truth or fiction, back I am...recovering nicely and much quicker than expected. Now if only the energy levels would come up just as quickly. I was told recovery was an up and down process, good days mixed with low energy, perhaps some more painful days than others.....Yep, it's true!

Now to get to a really neat part of this story. I have to preface this by telling you that in my Spiritual Meetings I conduct in

my home on a bi-monthly basis, I often remind people that all in life is with purpose, everything is with reason, and to try taking a "Helicopter Ride" when in the midst of any dramas or situations that seem to throw us off kilter. The Helicopter represents looking at life through a higher standpoint and seeing the opportunity for growth, getting the lesson, etc. I even have a model of a Helicopter on my coffee table during the meetings. I had been one day post surgery and Alma, who was at my side much of the time throughout my journey had just popped in for a morning visit. We were sitting and chatting when low and behold outside the window comes a real live Helicopter. It came very close to the window, stopping and hovering momentarily and then flew on it's way. I was speechless, I looked at Alma – "Did you just see that"? She could hardly speak either, yep – she saw it. We laughed at the irony as the Helicopter ride is something we both embrace often as a metaphor of how to get life's lessons! Was this a coincidence – you can decide but as I don't believe in coincidence's or accidents, for me, and maybe for you too, a gentle reminder to see all from a Higher Perspective and with Higher Purpose!!

Linda Aragon – Holistic Life Coach

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Void to Be Filled

by Jan Toomer

A void has shown up in some people, and it's time for that void to be filled.

It is a yearning; a craving for...*something*.

A want with a nagging feeling of:

- "I almost have it"
- "I'm missing (or looking for) something, but am not sure what it is"
- "There is more to life...I know it – but what is it?"

There are also some who have come to the point of realization of the void and are already working on this.

What Is The Void?

The void is from the soul's desire to experience and grow – so it prompts us with this urge to find what belongs there. This propels us forward so we keep moving and growing.

The Next Phase

If you've pretty much completed the offered steps over the years (mostly compiled in the booklet "The Other Side of Illusions" as well as being found in articles throughout the archived Reality Undefined Newsletters on the blog) – then you are probably ready to begin the next phase, and it really is something!

Instant Manifestation

No, I am not kidding.

When you have worked through your own steps/phases to move towards the 4th/5th dimensions (which includes accepting responsibility for your own thoughts, actions and deeds) – you then begin live practices of your thoughts becoming real, and it is *not* taking months or years for your thoughts to become real. Some people are manifesting in a few days or few minutes.

Seriously.

I suggest you really begin paying attention to your thoughts and see how and when they show up physically in your life.

What an exciting new journey!

■ 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.

Stepping Out

by Jan Toomer

As I work on my own personal growth (yes, I too am a "work in progress") I have begun stepping out of my safe zones.

Since we, as a human race, are to be "creating the new" (new ways to use Universal energy / Source energy) – then, to me, it means I need to step out of my safety zone box, experiment (responsibly) and try to create new ways.

I realized that – while I was growing up and being taught by my team/guides – I had *never* been taught that there were limits to what I could (or could not) do with energy...but, as an adult, I had created my

What is SCR?

Tracy and I have been asked "What is SCR?"

SCR = Spontaneous Cellular Release and is an energy healing modality. I like to describe it as an energy deep cleaning scrubbing bubbles.

In today's energy our bodies are showing signs of dimensional stress. We are also working on releasing past traumas from this lifetime and others which can now be

own comfy-zone for me.

My comfy-zone consisted of not stepping out of my adult created "norm" – and this was based in fear.

Yep, I said fear.

Fear of being ridiculed, ostracized, tormented, etc. for who and what I am.

I refused to leave my comfy-zone.

I was recently talking with a friend who asked what had happened to me when I explained to him some of what I have been up to.

I told him, "I got tired of living in fear."

How can I create the new if I don't step out? I haven't tried anything new on the physical level in a very long time.

The energies for humans and Earth alike have changed – the vibration/frequency is higher and faster.

What can I do now? What can I create? What can I learn and then share?

I don't know, but am excited to try it out!

What can you do now?



accessed through this physical body.

Spontaneous Cellular Release (SCR) is a deep cellular release energy healing modality that is both universal and spiritual. SCR energy concentrates on the deepest cellular levels activating release, renewal and healing within 7 levels of consciousness.

SCR is a subtle energy which promotes the clearing, cleansing and blockages of the

past, and present as it creates a safe and sacred alignment for the body, mind and spirit allowing the CHI to follow with balance and a knowing of well-being.

An SCR Session can take anywhere from 50 minute to up to 1 hour and 15 minutes please make those time allowances. Clients lay down for this session.

Your Meta-Questions?

One of our readers suggested we offer a section where people submit metaphysical/spiritual-related questions and then we answer them in the newsletter - so here we go:

Please submit your metaphysical or spiritual-related questions and we will try to answer within our perceptions/experiences and "teams".

Please email your question(s) to:

Jan@reality-undefined.com

March Special

\$20 off healing session with Coupon.

Offer good, with coupon, for sessions scheduled during March 1st - March 30th 2012.

To schedule, call or email:

Tracy: 575-636-5252 - jagclgmom@gmail.com

Ike: 512-921-1941 - all4heal@aol.com

Jan: 575-382-4576 (Cell) 520-234-4440 - jan@reality-undefined.com

Must bring coupon to session for discount.

Tracy and Jan's Upcoming Events

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

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

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

EVENTS

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

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

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

Then we can discuss afterwards anything you feel like sharing.

**Metaphysical Book Study with Jan - \$20.00 - RSVP
Fridays, 3/09 - 3/30/12, 10a-12noon**

***Invisible Roots* by Barbara Stone - ISBN 978-1-60415-017-9**

Dr. Stone brings a unique perspective to past life traumas which includes attachments, evil entities, and more.

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

You will need to borrow or buy the metaphysical-related book of the month and read up to page 84 so we may begin our discussion on Friday, 3/09.

The rest of the reading schedule will be provided the first discussion day.

**Shielding and Protecting You and Your Family Workshop with Tracy - \$20.00
Thursday, 3/15/12, 6-8pm - RSVP**

With the changing energies and people getting more and more confused, scared and/or angry, it's very important to cleanse, clear and protect your homes, physical bodies and subtle bodies from energies coming at you and energies that are brought to you.

You will learn different techniques on protecting yourself and family!

You will also learn techniques on how to cleanse your house's energy and also how to keep the energy at a higher vibration.

Metaphysical Teen Night with Jan - Please Inquire

A private metaphysical discussion night for teens. Please inquire with Jan Toomer for more information.

**Meta-Night with Jan - \$12.00 - RSVP
Wednesday, 3/21/12**

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

**Spiritual Messages by Tracy - \$10.00
Thursday, 3/22/12, 6-8pm - RSVP**

Spiritual Messages and Guidance to help you on your life's journey and healing!

- Channeled by Tracy
- From the Ascended Master Realms, Angelic Realms, Guides etc.

Come in as a group and receive a spiritual message written for you to take home with you!

You will come in as a group I will lead you in a short meditation then I will go around the room giving you individual spiritual message.

**Reiki II Certification Class with Tracy - \$85.00
Saturday, 3/24/12, 9a-4p - RSVP**

During the Reiki II certification class, you'll learn:

- three of the Reiki symbols,
- learn how to do distance healing
- get more practice on doing healings
- learn distance healings
- get the Reiki II attunements
- receive the handouts of materials discussed and a certificate for Reiki II completion

You must register to be able to attend.

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

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

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

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

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

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

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

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

**Clearing Up The Crap: Finding Joy in Everyday Life with Jan - \$60.00
Wednesdays, 4/04 - 4/18/12, 6-8pm - RSVP**

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

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

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

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

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

Check out the link for more classes and more information:

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

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

Tracy Gohrick

Hands of Love

Reiki Master / Teacher

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

Spiritual Messages / Guidance
Reiki Energy Healer Practitioner
And more!



See Website for Classes, Sessions Offered and More!

575-636-5252

jagclgmom@gmail.com

www.energyhealingbytracy.com

There are more things in heaven and earth that are dreamed of in your philosophy, and not so surprisingly, mine as well.

Peter Perkins

Mental Intrusion

by Jan Toomer

With our growth, we move closer to mental telepathy. This means that, if mental communication is new to you, you might start receiving flashes of information on someone else when you are focused or concentrating on that someone else.

This is mental intrusion – aka invasion of privacy – and *not cool!*

Reading someone *without their permission* is rude and goes against free will; if you don't want someone poking in your brain/energy/memories, then *don't do it to others!*

Some people have (whether with conscious intent or not) a security mode in place for intruders who read without permission; one type of security mode can result in pain or harm to the intruder... whether they meant to intrude or not.

Also, if you are that opened and without boundaries, chances are you are broadcasting yourself loudly and widespread; forcing your thoughts, emotions and flashes on whoever passes by.

There are some instances where (those who know you can "receive") someone's thoughts are directed to you and they are preparing to ask a question or bring up a topic to you and before they can verbal-

ize, you are answering their thought. This is not an intrusion; it is sharing (or practicing) telepathic moments.

Another acceptable example is if someone seeks you out, with intent, for a reading.

Learning to *shield* and energetically pull back from others private thoughts/memories is highly recommended.

I also recommend – if possible – getting training to aid going through this transition...preferably before getting energy slammed or worse.

Please, do not violate others.

Pets Visiting After Their Death

March 11, 2009

by Jan Toomer

When I sat down to write this week's article, my flame-point cat, Jasmine, joined me. I asked her, "What should we write about this week?" And, without missing a beat, she replied, "Purring!" and began to purr.

I laughed and assured her that yes, purring is important and makes those around her feel good – but that I needed a little something more for the article.

She flashed me a mind picture of Ming and Alexis – then curled up and went to sleep.

My first conscious memory of a pet visiting after death was the dog of my then-roommate. My roommate said she kept feeling her dog around her. I didn't doubt her since I kept catching glimpses of the dog myself.

When my cat, Ming, died in 2004, I was tickled pink when I felt her jump on the bed and settle in for the night.

Her non-physical visits continued on for awhile, and then she moved on.

Now for a little background on dogs in our house: the dogs weren't allowed to sleep on the bed, nor were they allowed to lie on our laps or sit on us (the dog on the lap means the dog is the dominant one in pack 'lingo').

This past January, we put down an elderly canine friend, Alexis, whose dementia progressed so far that her quality of life was gone.

When Alexis' senility worsened, and she refused her medications, I would tease her that she wasn't going to die on my watch.

One night – about a month or two before we had her put to sleep – I settled down in bed when I felt that familiar non-physical Ming cat jump on the bed. I greeted my old friend and asked what brought her here now.

I suddenly saw "the Light" come into the room and directly onto Alexis' bed and onto Alexis. She was being given the chance to cross into the Light.

Alexis abruptly stood up, did a doggie "harrumph!" got out of her bed (and out of the Light), and plopped down on the hard

floor. The Light disappeared; Ming purred 'goodbye' and left.

When the time came to put Alexis down, I was heartbroken; but she was miserable... it was time.

She was given a tranquilizer and relaxed in my lap. As she relaxed, I could see her separation begin. The non-physical self was separating from the old, tired, and worn out body.

I 'heard' a much younger, alert and happier Alexis tell me, light-heartedly, "See?! I *didn't* die on your watch! I kept my promise – and that meant that *you* had to make the decision!"

I chuckled, but she wasn't done yet; she continued on, "And I got the last say! I'm on your lap!" And with that, she turned and headed towards the Light.

Alexis' presence has been felt by me and others around the house. She used to do a gentle leg bump with her nose when she was physically alive...and greets her friends even now the same way. And, every so often, I hear the "clack clack clack" of her nails on the hardwood floors.

In Las Cruces

Linda Aragon - Aragon77@comcast.net - **Holistic Life Coach**,

RadiantLifeTransformations.com

A.R.E. Spiritual Meetings - Meetup.com (search *Las Cruces Spiritual Meetings* - 88012)

Pi*Pilates Studio & Health Shop

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

Raquel Ontiveros-Carr - **Reiki Master, Certified Pranic Healer.**

Health and Joy through Energetic Balance

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

VINTAGE

Remember - New Location!

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

Thanks!

Quick Look:

March & Early April Happenings with Tracy Gohrick and Jan Toomer

What	Where	When	Cost	Need to Know
Healing Night by Tracy	The Office	Thurs 3/08/12 6-8pm	\$10.00	Limited Seating - Must RSVP
Metaphysical Book Study - with Jan <i>INVISIBLE ROOTS</i> by B. Stone	The Office	Fri 3/09 - 3/30 10a-12noon	\$20.00	Limited Seating - Must RSVP - bring your own book.
Shielding and Protecting You and Your Family Workshop with Tracy	The Office	Thurs 3/15/12 6-8pm	\$20.00	Limited Seating - Must RSVP
Metaphysical Teen Night - with Jan		Please Inquire		By Invitation - please inquire
Meta-Night with Jan	The Office	Wed 3/21/12	\$12.00	Limited Seating - Must RSVP
Spiritual Messages by Tracy	The Office	Thurs 3/22/12 6-8pm	\$10.00	Limited Seating - Must RSVP
Reiki II with Tracy (must have Reiki I Cert)	The Office	Sat 3/24/12 9a-4p	\$85.00	Limited Seating - Must RSVP
Soul Fragmentation & Soul Retrieval Intensive with Jan	The Office	Tues 4/03/12 6-8pm	\$30.00	Limited Seating - Must RSVP
Metaphysical Book Study with Tracy - <i>THE FOUR AGREEMENTS</i> by Don Miguel Ruiz	The Office	Wed 4/04 - 4/25 10a-12noon	\$20.00	Limited Seating - Must RSVP
Clearing Up the Crap: Finding Joy in Everyday Life with Jan	The Office	Wed 4/04-4/18 6-8pm	\$60.00	Limited Seating - Must RSVP
Combo Night (Meta-Night & Spiritual Messages night)	The Office	Tues 4/10/12 6-8pm	Intro. Rt \$20.00	W/ Tracy & Jan - Must RSVP
Reiki I Certification with Tracy	The Office	Sat 4/14/12 9a-4p	\$65.00	Limited Seating - Must RSVP
Healing Night by Tracy	The Office	Thur 4/16/12 6-8pm	\$10.00	Limited Seating - Must RSVP

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

All our dreams can come true - if we have the courage to pursue them.
Walt Disney



IKE TREVIÑO



Spiritual Energy Healer

- Reiki Master/ Teacher
- Crystal/Energy Healer
- Animal Healing
- Spiritual Advisor

A conduit for Universal Love and Energy of Creator's Light for Healing, Ike uses whatever Spirit guides him to use for the greater good.

Reiki Session - Distant or In-Office	\$50
Crystal Healing Session In-Office	\$60
Spiritual Counseling	\$65/hr or \$300 for five 1 hour sessions
Feather Circle *	\$150 (up to 4 people)
Group Circle *	Contact Ike for Pricing
Chakra and Aura Balancing	\$55
Spiritual Advisor	\$65/hr
Horse Healing	Your Location \$75; Distant work \$65 (Reduced if more than one horse)
Workshops	\$175 / half day; \$250 / full day (plus mileage if outside of Las Cruces)
Spiritual Talks	\$150 / 4 hours (plus mileage if outside Las Cruces)

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

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

IKE TREVIÑO

Email: all4heal@aol.com

Cell: 512-921-1941

Book Review: Zor by J.B.

Zor: Philosophy, Spirituality & Science by J.B. © 2010, J.B. ISBN 13: 9781452895406; ISBN 1452895406.

This is a story of one man's life – his accomplishments, struggles, trials, errors, and awakening. It could easily be my story

or yours – except ours probably wouldn't include Zor.

A Haitian dwarf – Zor – crosses life paths with middle aged John Brewster; and with Zor's prompting, John begins reviewing his life and what is important to him...this

begins his journey to spiritual awakening. I enjoyed the many thought-provoking layers presented in this writing as well as the insightfulness and humor.

I recommend it for all levels.

New is Showing

by Jan Toomer

I have been slowly and lightly sharing a bit about the new...now, I believe, it's time to step it up a notch.

Here We Go

I recently did a healing/energy session for a friend and experienced – what I believe is but a small sampling of - working with/ utilizing the new energy...and am so excited by it!

I will do my best to describe what I did and how...but, I need to give a little background information for those who currently do not have it.

Wormholes

Also known as portals or gateways. In energy work, wormholes are bow-tie shaped and are used for various things, which all boil down to connecting the 3rd dimension to other dimensions and/or times.

Chakras

Chakras (and for this example, I am concentrating on the primary seven physical/ 3rd dimension related chakras) are little wormholes. (See pix)

These are what connects our subtle bodies and the dimensional aspects of self with our physical bodies.

Time and Past Lives

Time is not really linear – we use a linear

Trust Issues

by Dragon Spirit

So, I'm a dragon. What does that mean?

Well, it depends on who you ask. Yes, it's subjective to each person's knowledge or lack of; fear, hatred or love of; and whether they believe in us or not.

Then there is me. Wacky, honery and slightly psychotic (from the human's view). As a dragon I can tell you that we are loyal, fierce, strong, generally street smart, protective and loving with a wicked sense of humor. But God help you if you mess with anyone we love. I think that's where humans got the idea that we are ugly, evil monsters. We have a nasty tendency to fight to the death for the things we believe in or love (sometimes to our detriment). Between our protective nature and some less than honorable human intentions, we seem to have gained a bad rap in this

time view in 3rd dimension for simplicity (which now can start complicating things).

Time is like a spiral or coil – and all lives are lived *now*. This means your past lives and future lives all happen *at the same time*.

We can access, and sometimes see, our other lives when either the coil rungs touch or we hop to another coil rung.

Our past lives, current lives and future lives can all be healed while accessing ONE of those lives.

Present Meets Past and Future

Okay, I think we are a bit more caught up now, so back to this session which utilized the new energies.

A chakra was imbalanced; I worked on it repeatedly, but couldn't get it to clear.

Quan Yin stepped in, asked me to allow her to show me something; she proceeded to put her hand into the chakra and told me to watch (this was not done physically – rather saw it in my minds eye).

I "saw" the imbalance went back to other lifetimes and that the affected lifetimes could be accessed via the energy on the chakra wormhole of the chakra currently being worked on.

Quan Yin left.

I accessed the wormhole and found the lifetimes affected and began working on them. As I did, each "person" (from the

various lifetimes) stood beside the table with my friend.

When all of the affected lifetimes were cleansed and balanced, they left.

New Imbalances

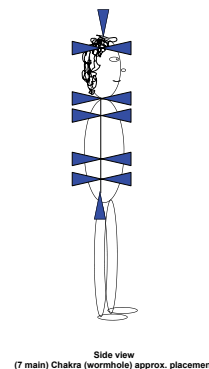
I also found little specks of imbalances. These were little signs of dimensional stress; 3rd dimensional imbalances which were created from hopping back and forth between 3rd, 4th and 5th dimensions.

These could be rebalanced by accessing the stress trail from 3rd dimension and up; using energy work to heal the stress.

Just the Beginning

I realize this is just the beginning of what wondrous things we, the human race, will be capable of....

Our new is showing!



world.

But did a human ever stop to think that we might be afraid of them? We were tortured, starved, and driven from this plane out of fear, hatred and anger by a human population we had no intention of harming. Why?

That which is least known about tends to be most misunderstood. Especially, if viewed as a threat. You only have to look at history to see examples of that human behavior. Let's try the Salem Witch Trials, the persecution of the Jewish people under Hitler, segregation, and the destruction of various animal populations just to name a few. (And sadly things of this nature are still happening even now.)

And you wonder why we have trust issues?

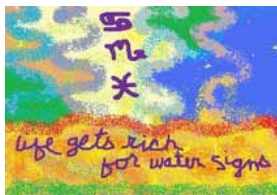
So the next time you meet something or someone who is different or a little "out there," step back and ask yourself why you don't like them. What am I seeing that reminds me of me, what have I been conditioned to think and do those thoughts match what I really feel? Or is it just a load of bunk I've been fed to serve someone else's purpose? Don't get me wrong there are some truly nasty things in the world, but make sure you aren't pre-prejudiced because of someone else's views.

You may be amazed at what you find. And please remember that we dragons are just as diverse as humans. We come in all shapes, sizes and colors. And if you're lucky enough to actually make friends with us, we might even take you for flight. Just bring your nerves and a raincoat because we love speed and playing in waterfalls.

Elissa Heyman

Spring 2012 Psychic Insights

MARCH 2012



Water signs (Cancer, Scorpio, Pisces): This Spring you pass through difficulty as conflicts or obstacles tend to resolve themselves; there's success after strife. For those water signs who have been working on something that's gained momentum and they're almost to the finish line, opportunities can suddenly open up! You're on a roll! Something you launch this season can take you far.

March magic: A psychic vision shows you climbing to the top of a very tall mountain. There, you look out over the horizon, wondering how you're going to get where you want to go. What appears is a wiser, stronger version of yourself. New-found strength and your own able self is Spring's game-changer.



Fire signs (Aries, Leo, Sagittarius): You get intimations and insights about change and moving forward with new things. It can make you quite anxious—you can wonder whether you're ready. Yet it feels like "it's time to begin, it's time to begin!" Until you begin and start doing whatever compels you, doubts bubble up about what you can do. However, you still move towards change and implementing ideas that you're more emotionally fulfilled by, even though it's scary. Your mind is hard to satisfy now...know it's your heart you're fulfilling!

March Magic for the Fire signs: Reframe the month to be an exercise in faith-in-oneself building. Your all-important heart calls for change, it's that simple.



Air signs (Gemini, Libra, Aquarius): Somehow, your load is lightened. Fateful events occur that sweep away things or make a way for them...in some way they are moving on or can find a way out of a situation. However, air signs should be careful to read the fine print of any escape route. Risks should be quite calculated.

How to make magic happen in March: The spirits say "Hurry up! Don't delay! It's better to try to do it today!" Once engaged

with whatever is important to do, take your time, don't push yourself! For further hints about what transpires for you this Spring, look at the pictogram and your sign's key word describing likely accomplishments.



Earth signs (Taurus, Virgo, Capricorn): You could have money concerns in the Spring of 2012. Things don't necessarily work or they prove expensive, leaving you feeling a little over your head. These seem to be symptoms before a very big change. Transformation is around the corner, or modification so the show can go on.

March magic: A better order and a better adjustment to your real needs is coming. Magically, you will see how to get into a good position. You will see what you need to do and how you must organize yourself. Your earthy tendency to make it work and keep yourself together, finds solutions that ultimately provide stability.

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What Would a Personal Ad for a Dragon Look Like?

Dragon seeking playmate who likes exotic pets, is not afraid of accidentally being set on fire, dowsed in water or spiraling out of control from time to time. One who enjoys a good thunderstorm and an occasional power nap preferred. A sense of humor is a must. Size, shape, color and species not an issue however, honesty and integrity must be present. Looking for fun, laughter, love and acceptance. If interested please send reply to: The Lair, 1 Labyrinth, Top of the Mountain, Dimension 4.
(by Dragon Spirit)



Never, never, never,
never give up.

Winston Churchill

Growing Your Life Purpose

by Melody Larson

November 4, 2011

“What’s my purpose in life?”

It’s a common enough question, one that is burning in our hearts with greater and greater intensity as humanity evolves collectively. Yet this question is nearly impossible to answer unless we allow for a broader definition of what life purpose really means. Our life purpose is evolving, just as we are. This evolution flows through 3 clear stages:

- Outer Purpose = Doing.
- Inner Purpose = Becoming.
- Ultimate Purpose = Being.

Which stage of purpose are you in currently?

Outer Purpose

Humanity as a whole has long been in the first stage of outer purpose—doing. When you think of life purpose, is “career” what usually comes to mind? This stage is about activities that relate to surviving and thriving. You work to discover what you’re good at and what will bring you happiness and security.

The belief associated with stage one of doing is that the purpose of life is about achievement. You worry that if you don’t achieve success in some way, you won’t be fulfilled. Whatever you achieve, it’s never enough. To move to the next stage, you

must search for your joy from within rather than trying to find it from without through work, roles, possessions, or relationships.

Inner Purpose

The birth of the Human Potential Movement started our collective move towards stage two—becoming. This stage is about discovering who you are beyond the surface level of your personality, and why you’re really here. When you think of life purpose, do words like “significance” and “service” come to mind? In stage two, you’re very concerned with overcoming limiting beliefs and habits in your life. You also want to find your unique gifts and give back to the world in a meaningful way.

The belief associated with stage two of becoming is that the purpose of life is about discovering who you are and what you can offer others. You sense that despite all the success you’ve achieved so far, something is still missing. Now is the time to master your inner lessons and claim your inner gifts in order to contribute to humanity.

Ultimate Purpose

Though the new millennium is just getting started, we have already begun to see signs of stage three—being. Many are turning to Mindfulness-based approaches to living. Seeing a book like Eckhart Tolle’s *A New Earth* reach the New York Times bestseller list is a sure sign that stage three of being is emerging. When you think of life purpose, does the word “spiritual”

come to mind? This stage is about experiencing yourself spiritually. In other words: awakening. You’re probably very concerned with learning about the spiritual journey, meditation and/or prayer, and enlightenment. You sense that the whole world is ready to awaken, and you know you can help it do so by shifting your own consciousness.

The belief in stage three of being is that the purpose of life is about awakening. You begin this stage by understanding that you are not separate from God/Source/Love/The Universe (however you define Spirit). To master this stage, however, you must experience this truth beyond the conceptual level. Learn to live in the present moment and to practice acceptance, detachment, and compassion. There is nothing to become. You are already enough. So, by the way, is everyone else.

Why is it important to shift and expand our concept of what life purpose is all about? The healing of our planet depends on each of us to do so. We’re on a journey together to evolve from a state of isolation, competition, separation and destruction to a state of unity, collaboration, acceptance, and compassion. I invite you to allow the meaning of your life purpose to grow. As your life purpose evolves, so does the collective purpose of humanity.

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To avoid criticism, do nothing, say nothing, be nothing.

Elbert Hubbard