



## April 1st Brought New Energy

by Jan Toomer

April 1st brought new energy in to us, which many of us really began feeling – physically - on Monday.

I awoke feeling tired and off-kilt on Monday; I noticed a disturbance in Earth's energy and in my energy.

I realized that fighting the new energy – instead of allowing and adjusting – was going to make the whole process more difficult.

I reminded myself "Patience" – to wait it out...I wasn't feeling patient though.

My energy felt at odds – like I wanted to rip any remaining tethers to that kept me connected to the 3rd dimension – I wanted to get on with 4th and 5th dimension energies only.

I drove into town and noticed: accidents;

police, with sirens running, heading this way and that; fire trucks with sirens running; and I felt an undercurrent of tenseness settling in town.

I could hear a slight hum or buzz off in the distance.

By early evening, the external buzz became an internal buzz and I developed an "I'm tired of trying to filter/block or hear/think through that buzz" headache.

Exhausted, I slept ten hours lastnight.

Today, I sense the buzz, but very slight and not in my head.

However, I do feel others emotions entangled and working out this energy.

I can hear the 3rd dimensional energies playing discordant chords, clashing with the higher, more pleasant energies.

I feel/hear the heavier emotions/energy trying to keep a hold on some people:

- Despair – hopelessness
- So tired
- Why bother?
- Fear – of letting go; loss; or of the unknown
- Agitation – not wanting to leave the known; comfortable; don't want change

The energy shifts are becoming more pronounced – please allow your being to adjust to the newer vibrations instead of staying tangled in the heavier ones.

How about...slow deep breaths; breathe in the Light; exhale the heavy.

Shielding may help, and remind you to hold the Light as well.

## Twin Flames

Channeled by Tracy Gohrick  
4/11/12

There is quite a bit of information on the internet about twin flames and how people are looking for their twin flame. In my research I have found that Twin flames are not always meant to be together in fact a lot of the time when we are in embodiment on the earth they are usually in the spiritual realm possibly even one of our guides. It is a very special time when they are together and not always easy.

I had been doing a lot of thinking about Twin Flames and had some questions so I decided to channel about them to see what I came up with.

Two souls joined together with a connection like none other. They have been separate from the beginning of time. To

only come back together in extreme cases. Their paths sometimes cross the ramifications of this are difficult. Predisposed ideas of this makes the term difficult for people to understand.

Many people are awake enough to get the concept. They just need to be shown what it is. The forgiveness that is needed for them to be together is immeasurable. Thoughts bring them back to a time when the clearing of society will allow for this to happen.

Forget the past hurts to allow for this union to take place on this realm or others depending on your souls journey at this time. Sometimes it is most difficult and painful for this union to take place. It brings you back home where you long to be.

Courage may be what it takes for you to come together in this way. Strength to en-

dure the past and know you are not their yet.

Release the fear and allow it to come together.

### What is a Twin Flame?

Two souls separated at the beginning of time to go off in different directions to come back together with purpose to learn from each other.

The love that they have for each other is immeasurable and sustaining and not understood in this dimension.

Hands of Love Blog: <http://handsoflove1.blogspot.com/>

Web: <http://www.energyhealingbytracy.com/index.html>

Quick Look:

**Happenings with Tracy Gohrick and Jan Toomer**

What	Where	When	Cost	Need to Know
Meta-Night with Jan	<b>Healing Loft</b>	Wed 5/09/12	\$12.00	Limited Seating - <b>Must RSVP **</b>
Healing Night by Tracy	The Office	Thurs 5/10/12 6-8pm	\$10.00	Limited Seating - Must RSVP
Reiki II Certification with Tracy	The Office	Sat 5/12/12 9a-4p	\$85.00	Limited Seating - Must RSVP
Psychometry Class with Jan	The Office	Wed 5/16 - 5/30 6-8pm	\$60.00	Limited Seating - Must RSVP
Spiritual Messages with Tracy	The Office	Thur 5/24/12 6-8pm	\$10.00	Limited Seating - Must RSVP
Reiki III (Masters Class) Certification with Tracy	The Office	Sat 5/26/12 9a-4p	\$125.00	Limited Seating - Must RSVP
Meta-Day with Jan / <i>Las Cruces Spiritual Meeting</i>	<b>Linda Aragon's</b>	Thur 8/9/12 10a-12noon	Min. \$4.00	Limited Seating - <b>Must RSVP **</b>
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
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	<b>Linda Aragon's</b>	Wed 9/12	\$12.00	Limited Seating - Must RSVP **
Metaphysical Book Study - with Jan - <i>A CHILD OF ETERNITY</i> by A. Roche & K. Jorde	The Office	Tues 10/9 - 10/30 10a-12noon	\$20.00	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

**\*\* To RSVP:**

with Healing Loft, contact Raquel at [rsontiveros@yahoo.com](mailto:rsontiveros@yahoo.com) or call (575) 647-1475

with Las Cruces Spiritual Meeting/Linda Aragon at [Aragon77@comcast.net](mailto:Aragon77@comcast.net)

**No walk-ins**

Check out the link for more classes and more information:

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

**To RSVP with Tracy - email: [jagclgmom@gmail.com](mailto:jagclgmom@gmail.com)**

**To RSVP with Jan - email: [jan@reality-undefined.com](mailto:jan@reality-undefined.com)**

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

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

# Stretching and Creating

by Jan Toomer

A recent Spiritual Message I received from Tracy Gohrick (Hands of Love) challenged me...which was exciting to me (thank you Tracy!).

One part "spoke" about pushing past the limits of what I know. I began looking at my energy patterns, my beliefs and my self-imposed limitations.

Next, I closed my eyes and asked, then allowed, my brain to create a visualization to help me with the concept of pushing beyond my limits.

I saw me standing in a non-descript room with four walls.

I went to the wall on my left and "knew" I had to push on it. I placed my hands, palms flat, into the wall and shoved.

The wall pushed outward – but it didn't feel or act like the physical dwelling walls we have – it felt like I was pushing on an inflated balloon.

I pushed harder, and the vinyl-feeling wall began to split; it split enough for me to walk through.

On the other side, I stepped into beautiful cobalt blue; I returned to the room and, moving clockwise, headed for the next wall.

I pushed through and found red. I returned and approached the next wall – but "felt/heard" that I should save this wall for last.

I went to the final wall, pushed and walked through; this was beautiful emerald green.

I returned and went to the last wall,

pushed and entered into beautiful deep lavender.

I am not yet sure of the meaning of the colors – I feel the colors were secondary to the visualization that showed that I could, thus giving myself permission to, break through any and all barriers.

In the past, my mind was limitless, but knew I was supposed to play (mostly) within societal created "norms"; now, we are each being asked to create new; create new healing, energy work, etc. – a way never done before.

Can we all release the mass agreed upon restrictions for what humans can do – and begin stretching and creating?

I'm game!

## The Answers are Within You

by Jan Toomer

Yeah, I know...you've heard this before...very "new age-y", right? But the saying doesn't tell you diddley-squat – or does it?

### Did You Know?

- We are magnificent beings! We can do much more than we give ourselves credit for.
- We are so much more than a skin-sack of bones, muscle, tissue, etc.
- Some researchers have reported that our thinking is actually taking place outside of our brains/bodies\* - (\*Simplified) – and it's all about energy!
- As we begin to understand that we *are energy* that is temporarily housed in a physical body/container – we can stretch our thinking beyond our pre-conceived notions of our limitations; in other words, there are no limits!

### What Does This Have to Do with Answers Within?

Guides, angels, etc. can offer suggestions, but how you interpret that information and what you decided to with it falls solely on you. This is free-will; this life is *your* experience.

You can "plug into" your Higher Self, and/or to the Universal Network (which is available to anyone) to gain information and

knowledge or understanding.

When this is accomplished, it may come with an "Aha!" moment; clarity, or an expansive feeling, with sudden knowing or understanding.

We are all capable of this.

### Can We Get Incorrect Information?

Yes if you are not shielded/protected, and/or if you are in a place of fear (including not trusting the connection between physical self and your higher self). Ego interference is also an issue.

You may also interpret incorrectly. As information comes down, it comes through the subtle bodies, in through internal filters, interpreted through (and possibly jaded by) personal experiences up to that moment.

### The Answers Are Within You

As we each work on our connection to our higher self to make it more clear, we can have access to *all answers* (as allowed per your soul plan) – you only need to shield and listen to the answers that come from within you.

However, by constantly seeking answers, confirmation or validation from others outside of you, you are training your phys-

ical self to doubt, question and disqualify the communication between self and higher self. In nutshell, you do not trust yourself.

(Having said that, I do question everything I get, but only because I feel the need to get to know the information and see if it "fits" me - without ego; if it does not fit me, I do not accept/absorb that information into me. I trust me to feel/know if that information I hear/see/receive is correct for me. In other words, I trust me to inform me of the validity of information received.)

Constant confirmation/validation from other people is not recommended on a regular basis – again, this action repeated nullifies the act of building communication between physical self and higher self.

I do recommend to *occasionally*, while learning your own symbology/communication skills with higher self, to touch base with (one that you are comfortable with – one who does not want to do all the thinking *for* you) an energy-reader and/or dream interpreter when you get stuck or to compare/check yourself on your progress of developing the communication skills between physical self and higher self.

Your own answers can be found within you – practice and learn to trust your inner guidance.

## Meta-Question Intro

### Meta-Questions Intro:

I am often asked generalized metaphysical and spiritual related questions that I share with readers (personal identifiers removed).

Please remember that these answers/responses are based on my/their perceptions, beliefs and/or experiences – they

may or may not fit you. Feel free to take in what is helpful to you and leave that which is not.

We are open to your generalized metaphysical questions (please keep personal information out of it) and will try to answer a few throughout the month.

You may post your generalized ques-

tions here, or email them to me at [jan@reality-undefined.com](mailto:jan@reality-undefined.com).

If your question is chosen, it will be posted under this header ("Your Meta Questions") with our responses.

Thank you all!

## Your Meta-Question

**Q: What does duality to One-ness and All That Is mean?**

### Answers:

**Channeled by Tracy Gohrick**  
(Hands of Love Blog)

#### Duality to Oneness:

It is the separation and the essence coming together to make one whole.

#### All That Is:

Is the giving of oneself to help humanity for the prosperity of the uniqueness of mankind.

Bringing the whole into one concept for others to understand.

#### by Jan Toomer

#### Duality to Oneness

Earth is the planet of duality:

- Light & dark
- Yin and yang
- Male & Female
- Fear & Love
- Sorrow & Joy
- Rich & poor
- Anger & Compassion
- Etc.

Duality was created so we could experience (albeit in extremes) and grow.

How would you know joy if you never experience sorrow?

How would you know the Light if you hadn't witnessed/seen the dark?

As we experience duality, we are given opportunities to learn about the Light; to decide whether or not to work toward the Light... to eventually – as each "individual" decides to do so – rejoin the Source.

We are but a drop from the Source – having experiences to allow us to grow; and to understand that even through our "sep-

arateness", we are One – and will one day leave individuality and rejoin Source.

#### All That Is

Every *thing*, every *being*, originated from the Source.

Every being, every object, every thought...*everything* is energy.

That energy originated from the Source – and when done, it will return to the Source.

Light/love is all that there is.

*Anything else is an illusion.*

#### In Closing

We experience duality; it is to teach us that anything that is not of the Love energy frequency – aka Light – is not real...it is merely an illusion.

*(These questions were similar, so were brought together here.)*

**Qa: We are into instant manifestation, so why aren't my humble personal requests being manifested?**

**Qb: Why can't I manifest?**

### Answers:

**Channeled by Tracy Gohrick:**

The time is right for you to make requests. The time might not be right for them to be answered. Patience and to look inside to see why exactly you want what it is you are asking for.

#### by Jan Toomer:

Below are three "possibles".

1. Yes, we have entered the phase of near (if not outright) instant manifestation – however, if you have not yet finished the steps, or worked on them enough that you lightened your load – and/or – if you are working to block yourself ...then there will be no manifestation\*.

Think of it this way: Remember the *old* diving equipment – the weighted boots, brass helmets, etc.? They were heavy and made to remove buoyancy.

You can liken that to the crap we each car-

ry today and are supposed to be working on healing and releasing so we can once again regain our buoyancy.

2. You wouldn't allow someone who has no driving experience to switch seats with you while driving on the interstate – the results would be devastating and/or downright deadly.

So too is allowing someone to instantly manifest if they hadn't yet learned how to work it *and* acknowledge/accept the responsibility that comes with instant manifestation.

3. When past is cleared (including the "victim role"); responsibility for one's own thoughts, actions and deeds has become  
(Cont'd Page 5)

■ 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.



one's normal practice; and *knowing* (and again, accepting responsibility for) one's own energy...then one can begin practicing instant manifestation with the understanding that:

a) You are not a victim! You are responsible for, and living in, the energy you have used to create; it wasn't G-d or anyone else who has "done this" to you or "allowed this" to happen to you.

Wallowing in one's own "I am a victim" attitude does not allow progress.

b) You will have to learn what your own thoughts are, conscious and subtle, to

## Birthing Past Lives

Narrated by ego

by Voluptuous Witchywoman

Daily movement in progress; my motto has been in my mind two steps forward one step back (could be the dyslexia kicking in) never-the-less, movement.

Things had become stagnant in my life once again; the need to push myself out of a comfort zone thumping. The pattern again, two steps forward one step back. This resonated in my heart and mind loud and clear, I needed to go to the root cause and heal it in order to move forward in my life and put a stop to the unhealthy circle.

My mindset the day of my past life regression was that it was going to be like a woman about to give birth (Primigravida) to her first child - totally naïve of the labor pains and trauma; as they say, ignorance is bliss.

*Going into my Past Life Regression with Joan Burnett, PhD*

I felt completely safe and comfortable at all times, ready for my impending root cause child birth, as Joan put me under with a hypnotic sedation.

Everything was dark; I could not move or see...anything! Ego was screaming this was a crock a shit!

I attempted to move my body, I felt like cement!

I could not budge.

Joan suggested I turn on the light switch. Duh...I cannot move - I make the intent;

be able to manipulate/program energy - aka....manifest.

If you have not worked to recognize *all* of your thoughts, then you will not recognize that your thoughts may be conflicting - this conflict can negate manifestation.

*\*(You can find the various steps/phases: in previous articles - over the last 3-4 years; in past newsletters over the last 3-4 years; or you can purchase pdf booklet "The Other Side of Illusions"; where those articles from the blog have been compiled.)*

by Hyperion:

(b) You are manifesting and this is why

constriction - hands, feet, and body - no cooperation. Tied up... bound, wrapped in something. I pause a moment to observe my limited surroundings; I release my soul; the smell is musty, dark, visible roots, the cellar! My soul goes flying through a dark tunnel, birth canal? No ego, merely a dark tunnel. I see a lid... open ...light...sunlight .Happier times; there I was in life of a six year old, blonde hair, blue eyes... Kathy! She was playing in the meadow, picking flowers. Hey that's Peter Wyley.

**Next Life**

Huh. And here ego thought it was only here once before.

People watching a young lady, at the most she was twenty years of age, long black hair; staring, mesmerized was more like it. Her movements were luring, provocative, seductive, intoxicating just watching; her skirt flowed, her body swayed with graceful rhythm and her hands carried you away! Wow she was me, nice. (-\_-)\*.

Needless to say the local women were not content that the gypsy was in town, captivating and seducing their church going men. The gypsy was dragged through the town by her long black luscious hair and hung from tree on the out skirts of town.

**Third Life Closest to the Present Me**

The skyline was intriguing; dark blue clouds served as curtains to an antipated eclipse by the jagged cliffs; a night without a day and a day without a night.

A circle gathering - people in black cloaks hovered amidst a fire blazing. Pentagram

there is conflict in your life.

(a) Once again they are being manifested in your abilities and your confidence in what you are hearing from your guides and through your higher self. It is up to you to accept those messages which you receive to go forward and understand your messages and your ability. They have granted you that ability to see this opportunity, now it is your responsibility to go forward to learn from them to obtain the human aspect of going forward and teach and inspire those around you to be better in their understanding of that message.

incrusted ground, awaiting the new initiation. An innocent doe appeared...she was no more than seventeen years of age - with her heart held high, the dream of being the next High priestess.

Bloodshed; a sacrifice was made. The beast took her, as man and woman becoming one. In his own way it was love, lust. As seductive as the coupling was, she did not want him.

There is a struggle afterwards, at the edge of the cliffs; she does not want him in "his way"; he does not desire or suggest hurting her. She goes over the edge of the cliff. She feels the freedom of his gasp as the life leaves her body.

**Soul lessons:**

- To forgive, myself and others.
- The intentions need to be crystal clear.
- Truly coming to terms with the light and dark of myself. The ying and yang of our selves are two that make up a whole part in need of balance.

I close with deep gratitude and reverence for my mentor, teachers, spiritual guides, masters and totem Mufasa.

**Moral of the story:**

"Fear had been preventing her from stepping up to current challenges of making a living and creating a dynamic, healthy partnership with a man. With the release of all these traumatic feelings, she stepped into the fullness of who she really is, complete with her many gifts and strengths." *Excerpts from Invisible Roots by Barbara Stone, PhD.*

## Grief Wave

by Jan Toomer

*Boundaries gone  
Time not linear*

*Pasts & present  
Entwining  
Rejoicing and re-uniting*

*All griefs also joined  
Sorrows multiplied*

*Breathe  
Bless  
Release*

### US

Friday brought a very interesting wave...a grief wave (or sorrow).

Because – energy-wise - of our progression, we are able to tap into our past, present and future lives...right now.

This provides us the opportunity to heal all aspects of our soul incarnates.

This grief/sorrow wave has us releasing anything perceived (whether logical or not) as a loss or death:

- Loved ones
- Relationships (or varying kinds)
- Jobs
- Opportunities
- Lost items
- Etc.

### YOU

And not just this lifetime...all lifetimes your soul has had / will have.

There may be sorrow that you don't even have a conscious recall or idea of what it is...and that's okay.\*

\* Does not include depression – please see health professionals for help with depression.

Breathe it through, allow it to surface and let it leave. It is still part of the heavier energy which is now what we are purging/cleansing. You do not have to consciously know each incident; again, just allow it to surface and release.

### I

Note: I usually write about these waves as they pass through my life.

When a wave hits me, I work through it and “look out and about” to see if that wave energy frequency shows up in quantity elsewhere; if it does, I write about it.

### WE

We are fortunate that not everyone goes through these energy phases (waves/shifts) at the same time; some experience before I do and/or before I write about it and some experience it afterward.

This is done on purpose – what would happen if we all – world-wide – went through these phases at the same time?

Ouch.

*Breathe  
Bless  
Release*

Video: [Grief Relief with Acupressure with Michael Reed Gach](http://www.metaphysical-studies.com/blog/gach-griefrelief)  
<http://www.metaphysical-studies.com/blog/gach-griefrelief>

## In Las Cruces

**Jan Toomer** - Reiki Master, SCR Practitioner, Energy Healer, 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  
<http://piyoga.webs.com/>

**Raquel Ontiveros-Carr** - Reiki Master, Certified Pranic Healer - Spinal Touch Therapy Practitioner.  
*Health and Joy through*

### Energetic Balance

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.

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

Life is “trying things to see if they work.”

Ray Bradbury

# Ascended Masters Newsletter# 148

April 2012

## **St. Germain: Things just aren't Working as they Once Did**

### **Beloved Friends,**

We are most grateful once again to be able to offer you this opportunity to learn more about this time of profound transformation that all are currently experiencing on your plane.

We understand that many of you have recently had times of great difficulty and confusion as situations unfold that are not easily addressed by third-dimensional means. You often can't seem to understand what is actually occurring. Roadblocks may be appearing that stop you from greater comprehension of the solutions to your current situation. When you endeavor to use means that have been effective in resolving an issue in the past, you are finding these methods to be ineffectual. You often don't know what to do that would improve your situation. You may look at other people who are in your life and decide that if you can get these people to change, then you will be better. Or perhaps, you've just thought of removing these people altogether as a solution to your difficulty. And yet, when you endeavor to make these changes in your life, you are finding that this does not create a solution either.

Often you have thought that if you had more money, more time, or better health, then all would be fine for you. But these solutions seem elusive and unsatisfactory as well.

These situations are leading you to frustration and fear as you realize that things just aren't working as they once did. What is the way out of this predicament?

As Leia and Manalus [Linda & Martin] are

fond of saying, "The only way out is up."

We would not exactly use these terms, for from our perspective, you don't have to go anywhere, including "up," to achieve the resolution that you seek in your universe.

Rather, as we have stated many times, all one need do is go within. But for Leia this was proving a rather unsatisfactory solution as she kept wondering why her "normal" meditations were not proving effective. You see, dear friends, she was endeavoring to use her meditations to bring her back to who she was prior to her broken arm.

And this can never be. For the issue that brought her to that experience still had not been completely resolved. Leia was still seeking to use her physical form to handle and address all challenges and projects in her life. But what she and Manalus are learning is that more can be accomplished with the power of the Light of their Totality than by mere physical effort.

This seems a bit confusing. We know and understand fully how you would all wish to continue to believe that the Light is for meditating, and the body is for effort.

Now we are here to tell you that *through meditation, you can employ the Light to resolve all situations* that previously involved the level of physical third-dimensional effort you thought necessary for resolution.

Allow yourself for a moment to focus on a difficulty that you are currently experiencing in your universe. Then begin to breathe the Golden-White Light from your Totality into your being.

As you breathe slowly and evenly, simply affirm: "**I fully accept that the Light of my Totality provides All.**"

Then you may let the issue go. Trust and allow that healing and resolution will occur. And with it a new level of wisdom and understanding will come to your conscious awareness. You will begin to understand, to a degree never possible before, that your universe is filled with more than the third-dimensional reality that you have experienced to this time. The distractions of the third dimension need no longer hold sway over your experience of being in physical form.

You are living in a new world now, beloved friends. It is filled with powerful frequencies of Light that can and will carry you through every experience you choose while you are in human form. This new world of Light can and will resolve all challenges to your existence. All can be experienced with greater ease and effectiveness than ever before. But **first you must invoke the Light of your Totality and allow this Light to carry you through each and every experience.**

Every experience, no matter how mundane, can be altered by this affirmation: "**I fully accept that the Light of my Totality provides All.**" You can trust this to be true -- because it is true. Allow your healing to begin.

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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Artist Unknown

Writers are wanted for volunteer metaphysical and/or spiritual articles. Share your experience - write of your musings/thoughts, messages received or epiphany. Send your article (and website info) to me at email: [Jan@reality-undefined.com](mailto:Jan@reality-undefined.com)

## Hands of Love

### **Be Aware of Your Surroundings**

Be aware of your surroundings as they may begin to change remember yourself and others around you. You will start to see things differently than you have in the past. Guidance is what you need to seek from your higher self at this time. Remember your own feeling and your energy and how it feels to you. Trust in yourself is all you need.

Be very careful of what it is you are trying to accomplish at this time. Work on things for the better of humanity or yourself. Things are manifesting so quickly you want it to be for the very best and highest that it can be. Keep your fellow man in mind with your thoughts. Keep them

## 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](#)

**7APR12**

Patience - patience - patience

Those are the words for what's needed right now.

The most recent energy wave (which started April 1st) has brought a leap to those what were ready to step up energy-wise. This does mean, however, that it puts more distance between those who are riding the energy-wave and those who decided to totally stay in the 3rd dimension energy.

What does this mean? We are going to have a bigger gap (energy-wise) and that means those who are more 4th/5th dimensional and those who are strictly 3rd dimensional are going to clash even more.



positive. Always strive for the highest and best of all that is at this great time of change.

Watch closely the energy in the situations you are putting yourself. Things will get more difficult as we move more deeply into this movement.

Mother earth is guiding us through the changes listen to her. Let her speak to you.

Be at peace with yourself and things will run much more smoothly for you.

Time will pass much to quickly try to enjoy all that there is to offer here leave no regrets move forward with they joy that is felt by all. ~ Channeled 4-11-12

This also means that there will be another increase in bizarre crimes - usually with the perp not remembering they did the crime. This is - energy-wise - due to an energy short circuit within some people.

Stay centered, know your energy, and have patience.

**9APR12**

Today's energy seems to be carrying the anxiety energy; heart racing a bit, muscles may be tensed (ready for fight or flight), difficulty concentrating/focusing.

(If it is not medical-related) I ask that you ride this out; shield;I also highly recommend a grounding exercise - here is one example:

After shielding, bring the Light down into the top of your head, through your torso, split down both legs, out of the bottom of both feet, and all the way down into Mother Earth's core.

Next, bring energy from Mother Earth's

### **Faith is What Will Lead You**

Faith is what will lead you. Your persistence will begin this process to evaluate what it is for you. Trust in yourself know yourself and believe in yourself. Most times are trying right now. Believe that all things will work out as they are supposed to. Be happy, be positive, help to raise the vibrations to help the others that do not understand. Forgive, heal, and move on. Remember always you have help, all you have to do is ask. ~ Channeled 4-6-12

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

core, back up through the bottom of your feet, up both legs, up the torso, back up out the top of your head and back to the Source.

This may help balance you - you can do it as often as you feel needed.

**21APR12**

There was a major shift in energy yesterday - and with this one comes a feeling a bit off, like something isn't quite right.

Yesterday (which has continued into today) - I have a sense of sadness or loss - saying farewell to known and familiar energies to prepare for new energies.

Please shield, ground and ride the wave.

**24APR12**

Energy Update:

For those who rode the Grief Wave Friday should feel it easing or gone today - however, it may mean that those who haven't ridden it yet may start feeling it today.

*You cannot always control your situation, but you can control how you react to it.*

**Earth Cafe**



December 2010

by Jan Toomer

While cleaning out (yet more) files, I came across some pages torn out of an old journal – this one is on the Grim Reaper. Was it fever-induced hallucination or dream, or was it real?

Either way, it made me see the legendary "Grim Reaper" in a new light...

Jan. 2003

I had come down with a sinus infection and bronchitis. Tea and vitamins only

slightly eased the discomfort.

At bedtime I feel asleep easily – but awoke a few hours, drenched in sweat. From there I progressed to chills, then fever, then back and forth between the two.

After about three hours of this, I was frustrated and worn out. I rolled over on my side and saw the Grim Reaper, shrouded in black. He moved towards my back, fingers going into my back and pulling something out of me.

I thought I should be upset or concerned about the Grim Reaper approaching me – but I felt relaxed and calm. I rolled over to

face the Reaper and told him what I had been thinking, and asked why he was here and what he was doing.

He explained that he not only guides the deceased to move on, he also removes the dead from organs or any dead within a body. He said he was removing the "dead" from parts inside my body to help my body.

I told him I had never thought of Death doing anything other than 'collecting souls'.

I eased into a light sleep. By morning, my congestion was gone. I felt clear eyed and ready to face the day.

## Elissa Heyman



Dear Friends,

I spent a few days in Arizona at the end of April, attending the yearly conference of the Seven Ray Institute and their esoteric teachings. It was great to hear about so many forward-thinking, peace-loving projects going on all over the planet. Although a Wisdom School teaches arcane knowledge, many of the conference speakers were in the mainstream of science and society, working through organizations to people adapt to ongoing personal and collective change.

The next couple of months bring so much of it! Here's what to expect, and how to stay in harmony with your own self:

### MAY 2012 PSYCHIC GUIDANCE & PREDICTIONS

What does it take to bring change? Whatever it takes, people will try it! May's astrological aspects promise that in the private lives of individuals as well as through our collective actions, we try our hardest to bring about the change we seek. Two eclipses, Venus retrograde, and another power-packed month looming of celestial drama (June) means there's no going back to the old anything. It's chaotic, it's explosive, it's what needs to happen for

new life to burst forth from the will of the people-- and within each of us, the personal will our dreams and hopes rally now with special force.

Which brings us to eclipse season! Eclipses bring resounding change and breakthroughs. First up is the lunar full moon eclipse in Scorpio on May 5th, opposite the Taurus Sun. What's gotta come out is gonna come out, for creative regeneration and better life arrangements. Here's a poem about it:

#### Purifying Emergence in May

*Oh my God, what can come out of one,  
what can come pouring out:  
It's only because you're growing, you're  
knowing  
now what you want...  
and the Unknown conspires with you by  
bringing up  
what you didn't know  
you had.*

*Hurray, hurray! Emptier now,  
alive with new spirits and dreams,  
let your heart open into the full moon light,  
clearing and clarifying,  
...then love streams.*

Then on May 20th there's a magical new moon solar eclipse in Gemini. It comes in with a tremendous amount of positive energy as Jupiter and the moon conjunct, giving people an energizing glimpse of what could be. Better plans are hatched! Time to plan new trips and boldly pursue new ideas! Yet surprisingly, the psychic poem it inspired advocates a measured approach to personal and professional success:

#### To Wait

*"Be friendly.*

*Be polite.*

*WAIT.*

*Waiting in May has profound benefits.*

*Waiting your turn...*

*Being patient and Waiting for results...*

*Waiting to see if what*

*you really want to do*

*is possible. Try that first!*

*Wait at night for dreams to come,*

*telling you where, telling*

*you when.*

*If you're hurrying, if you're scurrying,*

*May's gust of opportunity--(Jupiter's gift)--*

*Won't see you there,*

*ready,*

*and waiting. "*

Another big celestial event this month is that Venus goes retrograde on May 15th. It doesn't bode well for the stock market, but prods individuals to be more discerning in creating beauty and order in their own lives.

(Cont'd Page 10)

## Personal Guidance for the Astrological Signs in May 2012

Read your Sun, Moon, and Rising signs

Below are psychic flashes on each astrological glyph, followed by more comprehensive messages according to your ruling element.

**Aries:** GO AND TRY THAT NEW DIRECTION!

**Taurus:** "Re-arranged" is how your life feels.

**Gemini:** Shrug off any behavioral relapses..., keep in mind what you want to stabilize within yourself, and circle back to it.

**Cancer:** Nail things down. Get something important done. Be persistent and bold.

**Leo:** For creative purposes, keep your own counsel and save your energy.

**Virgo:** You're in a hurry, getting somewhere important, and doing things in a larger way.

**Libra:** Your heart is speaking louder and more clearly. It's safe to follow it!

**Scorpio:** May's fortune cookie: In the near future, you'll have a smile of satisfaction due to a personal accomplishment.

**Sagittarius:** Is there something from the past that's worth looking at again? Re-explore what's pleasurable and interesting.

**Capricorn:** There's too much on your plate. Ugh...move it off.

**Aquarius:** Oh, what a wondrous month of revelations and inspiration! Where life takes you is where you're wanted.

**Pisces:** Surprises! It's an unpredictable month between you and the outside world. Pleasantly, in your own inner world, leaps in consciousness are likely.

### And finally, below is May's personal guidance for the fire, water, air, and earth signs:

**Fire (Aries, Leo, Sagittarius):** Keep the balls in the air: there's lots to do. You don't need any more revelations, just the time to act on your plans. Be happy, be natural, do what you really like doing, and stay in the present...the past is going away, fast!

**Water (Cancer, Scorpio, Pisces):** Real balance and partnership is a changing proposition but you'll learn as you go. The road now might be emotionally bumpy with signs to "move on" in some way. Keep a positive attitude and see what unfolds... change is to be expected.

**Air (Gemini, Libra, Aquarius):** This month you may need cooperative acts yet to come for your dreams to be fulfilled... be patient. If possible, however, plunge ahead towards desired destinations, follow leads, don't look back or analyze things too much. You will be led to better understandings, solutions, and circumstances, sooner or later.

**Earth (Taurus, Virgo, Capricorn):** Things are happening very fast. The keyword to keep up is: Acceptance. May brings some discomfort along with the growth possible for Earth signs. They are connecting to their dreams, which will take a lot of work to manifest.

Have a wonderful beauty-filled month, I hope lots is blooming wherever you are.

I'll be in Santa Fe for the next few months, available for psychic counseling and spiritual healing, in person or by phone.

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<http://www.livelifehappy.com/>

Wherever there is a human being, there is an opportunity for a kindness.  
Seneca