



## Boot Camp!

by Jan Toomer

We have entered another phase of our self growth – this one may be a little disconcerting. I have been approached by a few people this week...and can include myself in this as well.

- If some friends haven't pulled away already, some may find them pulling away now – or find themselves pulling away from their friends.
- They, like me, feel like they are gradually being isolated – not necessarily leaving a friend angrily, just have a knowing it is time to part ways – either temporarily or permanently – and it's all good.

Other possible experiences which may be going on simultaneously as the isolation feeling – (barring any medical conditions):

- Feeling as though you are being picked apart, piece by piece
- That everyone wants (and takes) pieces of you
- That there's not enough of you to go around
- (Energetically, not physically) – stuck in the middle of a wasp attack – they dart in, sting, retreat, and start again

- That pressure is building within you – like a volcano's pressure building before it erupts

But, there's a part (small or big) of "ego-self" that is yelling "What the heck is going on?" – afraid of the strange change and confused by the feeling that it "really is okay".

I asked for a team meeting – to ask my guides what was happening.

### Boot Camp!

They said to think of it as boot camp.

In boot camp, the soldier's lives are shaken up to get them to let go of the conditioning and training they had received in their lives up to the time they joined boot camp. Then they are ready for the new trainings, the new information to be instilled (or installed) into them; they become reformatted.

Some of us are still shaking loose some of the old...we are crumbling the walls of our old trainings, old beliefs, old perceptions, old energies, and/or old selves so we can accept more fully the new energies and can build with the new.

### So Why the Distancing of Friends?

When you get together with a friend, both have a perception of their friend's energy; their habits, beliefs, and old energy patterns.

Example: I would continue to view you, thus hold you, in the old familiar energy patterns – as you would hold me to my old energy patterns.

With distance, each can begin the process of reformatting our energy with the new information, new energy.

The sense I had was that when each individual has reformatted, we will each finally become the "real" self.

I am not saying we are all fakes, but we have been living in an illusion and have worked and functioned accordingly; I feel that this reformatting process will help us to break free from the illusions.

This is just part of this process, and it will not happen overnight; there will be more steps or phases we will go through.

Please keep your physical and mental health in good condition as well as holding the Light within you to support you through these energy changes.

## Symptoms of Inner Peace

by Linda Aragon

In my recent article on Happiness, I ended on a note stating Happiness is yours when you have found Inner Peace. Well, what exactly is Inner Peace?

Inner peace (or peace of mind) refers to a state of being mentally and spiritually at peace, with enough knowledge and understanding to keep oneself strong in the face of discord or stress. Being "at peace" is considered by many to be healthy, and the opposite of being stressed or anxious. Peace of mind is generally associated with bliss, happiness and contentment. Many spiritual practices refer to this peace as an experience of knowing oneself. This is just the reason I forever emphasize the

importance of going on your own spiritual journey, answering the key questions: Who am I? Why am I here? What is my Life Purpose?

Let's explore exactly what Inner Peace may look like in your life. Ask yourself if you have each of these signs and symptoms:

- ACCEPTANCE\*\*
- Positive ATTITUDE\*\*\*\*
- Living Life "in the moment".
- Giving up judgment.
- Giving up the need to be right.
- Living with Connectedness and Appreciation.
- Feelings of connectedness with others, nature and Source.
- A feeling of contentment.

- A tendency to let things happen, rather than make them happen.
- Ability to receive Love as well as a strong desire to extend it.
- A knowing that everything is in Divine Order.
- Gratitude engulfs you throughout the day.
- Waking with anticipation of a New Day.

\*\*ACCEPTANCE (adapted from the 12-step programs)

Acceptance is the answer to all of my problems today. When I am disturbed, it is because I find some person, place, or situation – some fact of my life – unacceptable to me, and I can find no serenity until I accept it. (Cont'd Page 3)

Quick Look:  
**Upcoming with Jan Toomer**

**Why do I have to RSVP?**

(1) I have limited seating available – and I do not over book. I wouldn't want to show up somewhere and find out it is either really cramped/uncomfortable or I have no seat at all.

(2) I need to know how many are coming so I can have the necessary amount of hand-outs, etc. – If I attended a class, and it included a book(let) or handouts and there weren't enough when I got there, I would be annoyed. I work to make sure I have enough for everyone...and this can only be accomplished if I know you are coming.

*So please, RSVP.*

**NEW!**



**The "New" Has Begun**

Working with her team of guides, Jan Toomer has put together and will present "The 'New' Has Begun" – a two hour intensive. This intensive was created for the Lightworkers, Energy Workers, Energy Healers, Light Bearers, etc. to address some of what has happened, who we are and why we are here, and what is happening. Some information may be new to you; some may confirm what you already know.

- LET'S BEGIN  
Some Simplified Accepted Norm – Albeit Unspoken – Roles of Lightworkers
- WHO ARE WE?
- LEAVING GROUP CONSCIOUSNESS REALITY
- FEAR
- RESPONSIBILITY (with visualization)
- TIME IS NOT LINEAR
- BRINGING IN THE NEW
- WHAT ARE SOME OTHER "NEW" THAT IS HAPPENING
  - Energy Shifts
  - When Someone Has Major Difficulties
  - Adjusting to Energy Shifts
  - Accepting "Sides" – Whether Consciously
  - Aware of it or Not
  - Spirit, Ghost, ET and more Sightings
  - New Abilities
  - (If time, questions)

*This may go up to 2 1/2 hours so please make that time allowance.*

10/04/12 Thurs. 10a-12noon  
\$20.00 (Introductory Price)  
Limited Seating, RSVP

jan@reality-undefined.com  
or  
aragon77@comcast.net

**Psychometry Class**

Many struggle with trusting and listening to self and connection to self. We will have discussions as well as hands on exercises providing participants an opportunity to work on re-establishing conscious connection to self and internal dialoging while beginning the process of "listening" and/or "seeing" the information from an item or picture you touch or focus on.

Hands on exercises.  
Limited Seating, must reserve your space.

11/5 – 11/19/12 Mon 6 – 8pm  
\$60.00 Limited Seating, RSVP

RSVP or questions, email:  
jan@reality-undefined.com

**Life Before, During and After  
Being a Human**

This course contains my perceptions, my understanding of human's pre-life, life, death and crossing over as I have seen and learned from communicating with those on the other side.

I challenge you to explore and discuss your beliefs and expand your perceptions.

11/06 – 11/20/12 Tues. 10a – 12noon  
\$60.00 Limited seating, Must RSVP

RSVP or questions, email:  
jan@reality-undefined.com

**Clearing Up the Crap:  
Finding Joy in Everyday Life**

This is one of the most popular classes!

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!

11/7 – 11/21/12 Wed 6-8pm  
\$60.00 Limited Seating, Must RSVP

RSVP or questions, email:  
jan@reality-undefined.com



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 Jan - email: [jan@reality-undefined.com](mailto:jan@reality-undefined.com)**  
**To RSVP with Linda Aragon - email: [aragon77@comcast.net](mailto:aragon77@comcast.net)**  
Location/Directions provided when you RSVP. **Sorry, no walk-ins.**

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

**Sorry, no walk-ins. There is limited seating, so RSVP with email provided for each event please.  
If there are less than 4 registrants, the event may be cancelled. Las Cruces, NM**

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>

## Symptoms of Inner Peace

Cont'd

cept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Unless I accept life on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world, as on what need to be changed in me and attitudes.

\*\*\*\*ATTITUDE - (Charles Swindoll)

"The longer I live, the more I realize the impact of attitude on my life. Attitude, to me, is more important than facts. It is

more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think, say or do. It is more important than appearance, giftedness or skill. It will make or break a company, a church, a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our Attitude...I am convinced

that life is 10% what happens to me and 90% how I react to it."

Each time you feel out of alignment, breathe in, breathe out...for several minutes, and allow your Inner Peace to arise. It is always available.

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

## Your Meta-Question: Violence

**Q: My stress levels have been thru the roof for the last week. Also the general violence occurring has hit too close to home. I have spent the last week dealing with the police on a homicide that occurred nearby.**

**I haven't been able to accurately sense stuff since and seem to have blocked off my little sensors. Is it typical to block that hard when in such close proximity to such a violent act?**

**A:** I am sorry to hear of your experience and distress – and yes, absolutely, one can shut down following the aftermath of a tragedy or act of violence when it comes too close. Until you begin to relax and trust again (this experience happened to close to you – when this happens, one's energy can feel vulnerable or feel betrayed because your "norm" has been violently disrupted) your receptors may remain numb.

And yes, violence is on the increase. This

can be due to our economy (fear-driven actions) or energy scrambling or crashing. We are seeing, more and more, the ramifications of some people's "hard-drives" crashing — and unfortunately for the human race, that means those whose brains are scrambling – whether temporarily or permanently – will include severe aggression and violence and some memory loss.

## The Awakening of the Indigos and Blue Rays

by Stephanie Miller

Notes to Myself

As 2012 unfolds there is a mass awakening occurring for the highly sensitive, creative, and empathic beings known as the Indigo and Blue Ray beings. I am addressing both as they are both experiencing many of the same issues at this time.

The Indigos and Blue Rays come from different lineages but one of the main differences between the Indigos and Blue Rays that I will mention here is that the Indigos are mainly either still children or young adults at this time, they can be very outspoken and tend to go against the grain of main society and have always felt like outcasts. They are unwilling to conform to societies standards if it isn't congruent with the way they believe things should be done. While they may attempt to go with the flow, they cannot suppress how against the "system" they really are, and simply cannot and will not accept things that do not make sense to them. Indigo's are very perceptive, intuitive, and outspoken. They have a keen awareness and don't understand why others don't see what is so obvious to them. It's actually insulting and beyond frustrating to the Indigo's to have those in a position of au-

thority try to manipulate or control them!

The Blue Ray's on the other hand are older than the Indigo's. They too have felt like outcasts all of their lives. They grew up in a world that was not highly evolved spiritually. They had to conform to societies standards and suppress their true nature. They grew up experiencing a sense of isolation and feeling different than others while those of like mind were few and far between to relate to. Blue Rays have felt powerless, timid, and vulnerable most of their lives. Only in recent years have they begun to own their power and realize their self worth. They have a tendency to suffer from low self-esteem and lack self-confidence. The Blue Rays believed they weren't good enough and quietly lived their lives without speaking up or making waves because they didn't believe they had much to offer or think it would make much of a difference due to being oppressed for so long they just believed what they were told.

The first wave of Blue Rays are now around middle aged, they have embraced their divinity and have reclaimed their true spirit. The past few years have been a struggle to truly release themselves from old patterns and belief systems that have been limiting and harmful. The awakening has promot-

ed Blue Rays to sever the cords with co-dependent behaviors and truly stand up for them selves once and for all, which has been both liberating and scary all at the same time. In fact, many Blue Rays have Indigo or Crystal children or grandchildren who are teaching them how to have confidence and be more assertive!

As the higher energies and frequencies are coming into the planet and the veils are thinning we are all being pushed on one level or another to awaken. The Indigos are discovering who they really are. They are being prompted to search for answers to their true identity and are awestruck to find that they fit almost every attribute and characteristic of an Indigo Child. Knowing their origin finally grants them permission to truly love and accept themselves for who and what they are and embrace their uniqueness rather than feeling shameful or resentful for being different. It's empowering for them to know who they really are and honoring their sacred life purpose.

Many of the Blue Rays and Indigos are feeling misplaced and lonely. Regardless of the fact that there are so many more of like mind and heart for them to relate to, they are still experiencing a feeling that something is missing. Planet Earth is not

(Cont'd Page 4)

their original home. They came here to participate in the grand awakening, either as an energy holder, to make a difference, or take a stand. There is still a feeling of discontent and discomfort that this planet is way too harsh for them by the cruel realities of the way we treat each other, animals, and the earth, and the corruption in our political, religious, and economic systems. They desperately want to connect with others and be settled in a place that feels peaceful, loving and kind.

The Blue Rays and Indigos are so deeply sensitive and empathic that they become overwhelmed, frustrated, and fatigued very easily. It is a constant balancing act to maintain their equilibrium and not take on the energies around them. Indigos are a hardier breed, a tough nut on the outside and deeply sensitive on the inside. The Blue Rays on the other hand are the opposite, having had to endure so many chal-

lenges in their lives which strengthened their outer resolve, they are stronger than they give themselves credit for, however, their ultra sensitivity makes them appear weak to those who misjudge or underestimate who they are.

Many have a deep desire to make big changes in their lives and are feeling frustrated and dissatisfied with their present lifestyle conditions. Yet no matter how hard they try, at this time, things will not budge. The conditions are not ready for major changes. It is a time to collect resources, figure out our options, and take time to reflect. Lots of rest is required as there seems to always be something to deal with, so in between bouts of lots of activity, is time to go inward and connect with nature and honor our true spirit.

In 2013, there will be many more opportunities to attract and connect with our Soul

Families, Soulmates, Twin Flames, find a place we feel at home in, and embark on our new life purpose and be drawn together to begin implementing all of the ideas and inspirations that are within us. Now is a time to fully awaken and blossom in our divinity and allow things to just be. It is a time to dream big and set our intentions. The more we truly know who we are, what we want, and how to get there, the easier it will be to manifest it in the years to come.

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## Are Your Dreams Becoming More Intense and Vivid?

by Gregg Prescott, M.S.

May 2012

Have you noticed lately how your dreams have become more intense and vivid? If so, you are definitely not alone!

On Facebook, I made this observation and numerous people concurred. Not only have people been experiencing strange sleeping habits lately, but their dreams have become more intense and vivid.

I keep a dream journal and for the most part, the entries are relatively small but lately, they have been quite lengthy and detailed.

In one dream, I was a scientist who was working on the genetic modification of plants and insects in the last days of Atlantis. I was there, underwater (not sure if I was dead or alive but it was after the

flood that wiped out Atlantis), looking at the things I had created and kept thinking to myself, "We can't let this happen again!"

Part of the awakening process is remembering who you were. Many people believe that we are not able to remember who we were because it would be too traumatic, especially for those who were around during times of cataclysms. As the veil is lifting, more and more people are beginning to remember who they were and what their purpose is in this incarnation.

For me, it wasn't traumatic at all, even though I wasn't sure if I was dead or alive in this dream. The most important part was remembering the lesson from that dream of not making the same mistake twice.

Here are what my Facebook friends are saying:

(To see the Facebook comments made, click link [here](#) -)

It's certainly not a coincidence that many people are also experiencing a change in their sleeping patterns as well. It's quite possible that both of these occurrences are associated with the new energies that are arriving each day. Not only are we entering into the Age of Aquarius but we are also experiencing Pluto in Capricorn. Additionally, we have an upcoming Venus Retrograde.

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*We are what we imagine ourselves to be.*

**Kurt Vonnegut Jr.**

## A Special Offer from Raquel Ontiveros-Carr

Hi Everyone!

It's coming up on half a year that I've had my practice of Spinal Touch Treatment for back and body pain, and before that most of you know I have been a Healing Practitioner for at least ten years. I just wanted to put the word out and remind everyone that Spinal Touch Treatment is here in Las Cruces at The Loft, I am also offering gift certificates for those who would like to gift a loved one for healing. The standard cost of a 1 1/2 to 2 hr treatment for Spinal Touch or Energetic/Spiritual Healing is \$65, **Gift Certificates are available at this time for either modality for \$50 until November 1st, 2012.**

I would like to ask you to please pass the word to any one you know who is in need of pain relief and would be interested in receiving treatment for back, shoulders, neck, feet, and sciatica pain, or simply balancing their body.

*Energetic and Spiritual healing is available as Reiki, Pranic Healing, Korean Intestinal Healing and traditional healing.*

Thank you so much!

Sincerely,

Raquel Ontiveros-Carr  
Email Raquel at:  
rsontiveros@yahoo.com

### What is Spinal Touch?

Spinal Touch is a way of simply assessing a person's posture in order to ascertain if there is any distortion occurring

within the balance of the body and then attempting to correct this using a very gentle treatment. Stressors from falls or accidents, pregnancy, strong emotion, infection, immunizations, poor diet, to name just a few, may cause loss of proper balance and when the body is placed in a state of strain, gravity postural distortions occur. These distortions usually indicate internal body changes long before any body functions appear disturbed.

Eight major muscles attach to the sacrum connecting it with all other parts of the body. Therefore any strain, gradual or sudden is transmitted to all or in part to the sacrum which is the center of balance distorting the normal posture. This posture shift changes the position of all the internal organs, placing them under strain and a distortion pattern is fostered that is considered a critical factor in developing diseases. Usually when the body becomes strained and distorted, the muscles need help to relax and rest. Spinal Touch treatment aims at assisting the spine into mechanical balance through this muscle relaxation.

Lightly touching key points along the spine and back areas in a gentle yet specific manner allows redirection of the inner energies of the body. This redirecting process causes the muscles to relax allowing the spine to self-align into its more natural position and so relieves the strain on the internal organs, thus supporting health and key pain relief.

### Testimonies:

*Moving through the Spinal Touch sessions with Raquel is a transformative experience with a skillful healer who is always respect-*

*ful and beautifully caring. When in pain, we lose our freedom of peace of mind. Spinal Touch Therapy teaches the body to ease pain and move towards physical comfort with each enjoyable session. There is also an emotional release process of old hurts and a leap in spiritual growth as you heal with this therapy. - K. Dickson*

*My body has felt so aligned. I feel more energetic and able to sleep better at night. I had pain in my neck and shoulder for many years. After three sessions I was able to sleep once again comfortably. Thank you Raquel, I am telling all of my friends about your treatments!"-C.W. Hansen*

*"I have had a series of three spinal touch sessions with Raquel. I experienced a shift, both physical and energetic, after the first session. My spinal alignment is the best it's ever been and I have an increased sense of ease and well-being in my body and spirit. Raquel's natural abilities as an intuitive coupled with the spinal touch technique is a powerful recipe for healing!" - L. Michaels, Sound Healing*

*"My experience with Raquel was both professional and peaceful for me. I found I was relaxed and even in a meditative state which is difficult for me to achieve. After my treatment, I found it easier to maintain proper posture throughout the day and found some of my yoga poses easier to achieve. I would recommend Raquel to anyone I know. The treatment is pleasant, not at all painful, and I saw results."- C. Trevino*

Raquel Ontiveros-Carr  
Email Raquel at:  
rsontiveros@yahoo.com



Caramel

### Advertising

Price is per month - Newsletter Only

- (A) approx. 3 1/2" w x 2" h = \$2.00
- (B) approx. 2 3/4" w x 3 1/4" = \$2.50
- (C) approx. 5" w x 3 1/4" h = \$5.00
- (D) approx. 5 1/2" w x 3 1/2 h = \$5.50
- (E) 6" w x 4" h = \$8.00
- (F) 1/2 page = \$10.00
- (G) whole page = \$20.00

Space is limited - we reserve the right to refuse requests to advertise in this newsletter.

Email requests to:

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Prices and sizes subject to change.

# Ascended Masters Newsletter #156

September 2012

Dear Friends,

Summer vacations have come and gone and the children are back to school. This has been a busy time for us! Martin and the kids visited the son of our twin flame, the late Karampal Singh, and his expectant wife in Italy. One week after their return, our friends became the proud parents of a healthy baby girl. We had received many channeled messages from Karampal indicating his choice to return as his son's daughter. The birth has brought us great joy and feelings of love for the return of our twin flame to human form, this time as adorable "Anita."

While Martin and our teenagers were in Italy, I had a wonderful visit with our older sons, daughter-in-law, and two wonderful grandchildren in the U.S. Leaving the American family and coming back to our home in Germany was a very emotional experience for me. I love everyone so dearly, and find that generous applications of Light are the only release from the illusion of separation that being an ocean apart can bring. Karampal's return to human form emphatically showed us once again just how illusory separation is.

We've all noticed that the news reports continue to spread terrible stories of great upheaval and global change. The question that continually comes to us is how do we plan for a future in these times? What will happen next? We have asked these questions many times ourselves. We are continually guided to go within and continue the inner work in preparing ourselves for the new frequencies that are filling the Earth plane.

The information we received for this newsletter offers us further guidance as to how to accomplish the preparation within. The main focus here is upon the seven major chakra regions as a path to awakening. It has been suggested to focus on one region at a time so that you may have time to open and heal in a gradual manner that allows a greater ease in the awakening process. In this newsletter we are beginning with the root chakra.

The outer world may continue to change rapidly, but it is within us where we will find all the answers to help us remain balanced and centered in our Light in every moment, and from moment to moment. This is the information that we gratefully receive from the Beings of Light -- and that we will continue to share with you.

One of our readers has asked about a way to donate to the newsletter because she has found the information personally valuable. She felt that giving and receiving were aspects of the same "energy exchange." If you feel similarly and would like to make a contribution, we now offer a simple and secure way to donate through PayPal, of course totally at your discretion. *(I couldn't get the link to tie in here, please contact them using the link at the end of this article.)*

Once again, thank you for your thoughtful and insightful responses to our newsletters. We wish you all many blessings of Love and Light in every moment.

Linda and Martin

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## The Seven Major Stages of Awakening

*By the Ascended Master El Morya Khan*

We thank you once again for the opportunity to communicate directly with all who wish to receive our message. We are offering a deeper understanding of the process of opening to one's Totality and the Light of Infinite Source. We understand that for many who read this information, what we offer may already be known and understood. But for some who are just beginning to become aware of the power of the Light of Infinite Source, such information may be most welcome at this time of great awakening.

Our function as Beings of Light on the higher frequencies is to aid all who seek our support in every moment. Since we have received many requests for help by those in human form who wish to awaken further to their Light, we now offer this simple and concise understanding of how this may be possible.

The Seven Stages we speak of correspond to the seven major chakras in one's human form. These chakras are wheels of Light placed throughout one's form to connect one directly with the powerful Light of Infinite Source. There are many more chakras within the human form, but focusing on the seven major chakras is most useful during the awakening process. When the energy in any chakra is impeded by a less harmonic frequency, then the chakra may not be able to allow the free flow of Light from Infinite Source into that particular region of the human form. As we have stated, every portion of one's form contains these chakras. The term

"chakra" is Sanskrit for wheel. And, indeed, each chakra does spin. The more rapidly the chakra spins, the higher the frequency of Light will be absorbed by the human form. When the chakras cease spinning, then the Light will have left the form and the form will become inert. This is what you may term "death."

We describe the function of the chakras here to help you understand that **you currently possess the Light of Infinite Source in each chakra within your form.**

This loving, beneficent Light is in all life upon the Earth. Every creature, every life form including the trees, flowers, and plants that you behold carry such within. Without this beneficent Light there would be no creation. This Light is non-judgmental and loving of all in Creation. It cannot be otherwise. When you choose to believe that you are not worthy of this loving Light, you then try to override what already exists within your form.

And in so doing, you create the disharmony and imbalance that you may call a choice to suffer. However, you do have the ability to transform the disharmony and imbalance within any chakra region to allow once again the free flow of this Light within your physical form.

As you understand the seven stages of awakening, you have the opportunity to allow for a more abundant flow of Light through each major chakra region.

### *The First Stage: The Root Chakra*

The first stage of awakening begins with the first chakra at the tip of your spine. This has often been called the root chakra. It connects you directly to the energy of Mother Earth. Your form is made of the substance of Mother Earth, and so establishing a harmonic relation to your beautiful planet begins your journey to awakening. Appreciating all the beauty and nurturance available to you as it exists naturally can free you from a great deal of confusion.

Sexuality is also part of what has contributed to the life you see around you and is a most important component of the root chakra energy as well. As with all things that exist in the world of duality, sexuality can bring with it painful or joyful experiences. The beauty of procreation, of reproducing life can become a source of joy when kept in balance with all the other aspects of life on Earth. Or it can become a cause of great suffering when it becomes a more powerful force in this chakra re-

*(Cont'd Page 8)*

gion.

Humanity has created many distractions to take one away from the wonders and beauty of life on Earth. Rediscovering these wonders can bring you closer to your Light. When any aspect of life on Earth is no longer part of a balanced existence, then you can know that you have become distracted from the path of awakening.

Realizing that all your needs can be met when you embrace and cherish Mother Earth can release many of the fears associated with the root chakra. What are these fears that can be found in the chakra that directly connects one to Mother Earth? The first and most primal fear is loss of your form. How might you lose your form and your life? We need not describe all the ways this might be possible. All who read this will know how death has haunted them. Often one has attributed what you have called the "fight or flight" response to these fears. This response would emanate from the root chakra.

But once one opens to the powerful Light of Infinite Source that can naturally flow through this chakra, one can see that there is another choice available. This choice frees one from a need to either flee or fight. One can sit, be still, breathe deeply, and ask to awaken this chakra to the powerful Light that is available there. As one addresses the fears one may find

in the root chakra and offers them to this Light, a new freedom and joy can emerge to replace the disharmony and imbalance.

Another freedom one can achieve is the freedom to release one's confusion regarding the sexuality that has created life. This freedom may release an energy that has been called "Kundalini." This is a Sanskrit word as well. It describes a powerful force that then will rise through the remaining six chakras, bringing one to a complete awakening to the powerful Light within. We have often encouraged those who seek to awaken the Kundalini to ask for the aid of another who has completed this process and can help with the clearing and healing of all chakras that will occur. Invoking the help of the Beings of Light as you undertake awakening is also most useful. Awakening the Kundalini is not necessary for complete awakening to one's Light. Each chakra holds the potential of bringing one to this path. Those who are guided to this chakra region as the primary path to awakening have done so before in past lives, and so this is where the journey will begin.

As with all stages of the awakening process, we would encourage you to sit, be still, and open to the powerful Light of Infinite Source. Allow it to fill your being beginning with the vibrant chakra at the tip of your spine. **As this Light fills your root chakra ask for healing of any and all fears and suffering that you have carried**

**within this region of your body. Ask for help from the Beings of Light to come to your aid. Invoke the powerful healing radiance of the Violet Light and Golden-White Light.** If an issue arises from this or a past life, consider asking for help from someone upon your plane who has been through a similar journey. You are not alone. We are with you to help you always. The Light is with you, and if the need arises you will know who can also help you upon your Earth plane.

Come together now with the power of your Light to heal within. It is a glorious time to awaken.

*This is a free newsletter with channeled information from the Ascended Masters and other beings of Light. The Ascended Masters are benevolent beings of Light who are not currently embodied (but once were and may choose to embody again at some point). They have committed themselves to aiding humanity in reaching its fullest potential. They offer their perspective freely and without any expectation of a return, veneration, or acceptance of a belief system.*

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

## In Las Cruces

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

*Reality Undefined LLC*

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

**Tracy Gohrick** - Reiki Master, Reiki Master, SCR Practitioner, Energy Healer, Spiritual Messages, Reiki Instructor and other classes and sessions!

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[www.energyhealingbytracy.com](http://www.energyhealingbytracy.com)

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

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

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**Thank you!**

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