



Happiness

by Linda Aragon

We all just want to be "Happy" – isn't that the truth? Seems so simple, but what does that mean...how do you define "Happiness"? Have you ever heard the expression – "I worked my entire life to climb the wall of success, only to find I was on the wrong wall" – definitely food for thought. So right now, I ask you – "Are you Happy?" Try this exercise:

Sit quietly and focus on relaxing your body and mind.

- **1st Question** -Ask yourself - "Am I Happy? Watch where your thoughts go Watch your thoughts for just five minutes. What arises that gives you satisfaction, what brings you frustration?"
- **2nd Question** -"Do I believe I deserve to be Happy?" Sit with this and see what arises.

So what defines Happiness...First let me tell you what it is not. It is not an emotional high. Nor does it result from material things, money, relationships, sex, and all the rest. The Happiness I am talking about is more profound. It is an inner balance and awareness of your own center of gravity. It is "Not" something that comes and goes. It is a state of being in touch with yourself and whatever is going on around you. It is about knowing your own mind, your own heart in spite of the clamor going on around you. If you try to make yourself Happy by the methods that culture suggests, you will doom yourself to dependence on circumstances you can never control.

Explained further – Real Happiness is independent of circumstances, does that surprise you? It relies in your relationship to them. Everyone gets plenty of pain - if you nurture it and hold on to it, it turns into suffering. Are you ready to live without suffering? Few are, most people hold their suffering close. It is familiar, it is drama, and it is what everyone talks about. It is what they use all their lives to distract themselves from facing who they really are. If you let go of suffering, be prepared to find out things about yourself from which your suffering distracted you. You will lose the intense, turbulent dramas you adore. You will need to be ready to find another way to live.

So how does one find this true Happiness? It begins when you begin to inquire into who you really are. Everything you meet in life opens you to aspects of your answer. Though inherently perfect, human beings also have details to work out; that is why I believe it is important to take up spiritual practice. I firmly believe with all that we have on our plate and choices we always have in life, by far your wisest choice is to journey through spiritual questions such as "Who Am I?" – "Why am I here? What is my purpose?"- (When you are clear about why you're here, you will have true passion, satisfaction and fulfillment). "What happens after I die (transition), what will matter?" Begin to inquire to what a soul path is. People often never awaken till they tire of their drama. If it excites you to hold on to it, if you feel it benefits you to tell all that will listen "your story", that is your choice.

Here's the real clincher. Happiness is your

birthright. It is a state of being, not doing. It is also a decision you have to make! Abraham Lincoln once said – "You are as Happy as you make up your mind to be"- Wise man! So how do I make such a decision...Are you willing to let go of your familiar dramas? An immediate shift can occur with an attitude of gratitude and appreciation...for all your blessings but also for your challenges, for it is through these that you are growing and evolving – so yes, a thank you for your challenges should be in order as well. Living with the belief "Everything happens for a reason" will help you to step back out of the drama and see what lesson is being presented to you. The sooner you can do this, the sooner the lesson will end. How many times do you want to repeat it? View all experiences as teachings, and trust.

You are alive, You are here now, You have another day, That is a blessing. Consider changing your expectations, better yet eliminate them. Release blame, let go of judgments.

The only place to find peace is in the "Now"- How? ***Acceptance - make peace with the present moment. All pain that you feel is some form of non-acceptance. On the level of thought, it's judgment, on the emotional level, its negativity.

How do you know when you're there..... Inner Peace

Linda Aragon, Holistic Life Coach
RadiantLifeTransformations.com
Aragon77@comcast.net

Your Meta-Question: Do Animals See Their Humans...

Q. Do animals see their humans or do they see their owner's other "facets?"

"Other facets" = Humans have an earth body and an energetic body, but we also carry our preferred origins energetic body. If your preferred planet for soul/spiritual growth is not Earth, but are here now to assist in raising the Earth's and its inhabitants

energy, you also carry the preferred energy body here which can be seen by some animals and humans.

A: They can see both/all. Hubby used to get a bit put out when my other cat would "watch" the beings flitting around the house - kinda gave him the creeps.

Animals are not restricted - they can see the energetic self and the physical self... and they can see earthbounds and others around us.

This does not mean all animals will physically show a reaction to what they see and "see".

Happenings with Tracy Gohrick and Jan Toomer

Book Study with Jan Toomer
"The Autism Prophecies" by William Stillman; ISBN 978-1-60163-116-9.

The author, William Stillman, is on the autism spectrum and writes about spiritual insights, why are there autistic people/ what is their role, as well as some possible contradictions of what we thought we knew about autism.

You will need to borrow or buy the metaphysical/spiritual-related book of the month and read up to Page 50 so we may begin our discussion on Tuesday, 9/11/12. The rest of the reading schedule will be provided the first discussion day.

9/11 – 9/25/12 Tues 10a – 12noon
\$15.00 Limited Seating, Must RSVP

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

META-NIGHT at Linda Aragon's with Jan Toomer

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.

We will go around the room, each person provided a chance to ask one question; we will continue like this until allotted time is finished.

Jan does not do questions along the lines of finding lost items, fortune telling (ever) or readings during Meta-Night.

9/12/12 Wed 6 – 8pm
\$12.00 Limited Seating RSVP

RSVP with Linda Aragon at email
Aragon77@comcast.net

Soul Fragmentation and Soul Retrieval Intensive with Jan Toomer

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. Limited Seating! Must reserve your

seat – Sorry, no walk-ins.

9/19/12 Wed 6-8pm \$30.00
Limited Seating, RSVP

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

Reiki II Certification Class with Tracy Gohrick

You must register for this 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

9/15/12 Sat. 9 am – 4 pm \$85.00
Limited Seating, RSVP



10/13/12 Sat. 9 am – 4 pm \$85.00
Limited Seating, RSVP

RSVP or questions, email:
jagclgmom@gmail.com
<http://www.energyhealingbytracy.com>

Healing Night by Tracy Gohrick

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

Tracy 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.

Discussion follows afterwards anything attendees feel or would like to share about their experience.

9/20/12 Thurs. 6 – 8pm \$15.00
Limited Seating, RSVP

RSVP or questions, email:
jagclgmom@gmail.com
<http://www.energyhealingbytracy.com>

Psychometry Class with Jan Toomer

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 with Jan Toomer

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 with Jan Toomer

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

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/>

Live in Compassion

by Jan Toomer

Animals are working hard to get their message across to humans. Since the human race – as a whole – has worked to raise the species vibrations, the animals are hopeful and physically showing and teaching us compassion; they had been doing this all along, but have recently “amped” it up.

How Are We Seeing This?

Camera’s are plentiful and photos and experiences can “go viral” on the internet. You probably have seen photos or videos of animals in acts of compassion towards other species; even “predator” and “prey” – helping, supporting and/or comforting one another.

Seriously.

The animal kingdom – some of which hunt and eat live prey to sustain, are working even harder on teaching us compassion.

Why?

As all of life vibrations rise to higher frequencies – the violence and separation which are the older, heavier and denser energies – are no longer needed to live in!

And every species on Earth are (*should be* for humans) working on letting go of the hatred, violence, bigotry, racism...including the hatred passed down from generation to generation.

Again, all of those lower frequencies are *fear*.

Let go of the fear.

(*Could this be leading us to the times written about in Isaiah 11:6-8 and Isaiah 65:25?*)

Humans fear is what drives greed, lies, misdirection, misinformation, the need to control and/or dominate and the need to have the “upper hand”....

All of this is destroying *our* planet – and we are destroying other species.

Radiation poisoning is causing mutations in plant and animal life (seeing the radiation contamination in humans can’t be too far behind); sonic weaponry in our oceans is killing massive amounts of marine life (some species you haven’t been allowed to be informed of their existence yet – they are being hidden from the people); oil spills, pollution, wars, etc.

All fueled by fear in one of its various forms.

No More

Compassion for self and *all* life can turn all of this around. The animals and children are showing and telling us...

...it is time to leave the fear behind.

It is time to live in compassion.

Patience is the Word

by Jan Toomer

As many of you know, Mercury finally went direct on the 9th...but we still didn’t move forward – many still felt stuck in place, yet driven to work to move on, all the while being so weirdly danged busy (I know, contradictions, right?).

As of the 13th, many began to spring forward in an usually fast pace – kind of like being catapulted forward. This could make one feel overwhelmed and make their head swim.

For those of you who have been a bit an-

noyed with people not returning your calls, letters, emails, texts, etc. – please have patience; you are not being ignored, nor forgotten.

Right now people are working on adjusting to this faster pace and faster energy which we suddenly find ourselves in – and for those who do energy work, you may find you are being requested almost to the point of exhaustion...and it is not all physical beings doing the requesting.

This also puts us in a position of having to listen to our “teams” as to prioritizing what does come across our desks/phones, the

most pressing needs to be dealt with first.

Oh, and to add to all of this...we are each needing to focus on what we want to do, while working to clearing up our pasts. Unfortunately some people, without harmony and balance, are trying to help others only and refusing to work on themselves (not good for self or the other person). We are busy beings indeed.

Please don’t be so hard on yourself – and have patience with others as well.

Patience is the word for this month.

Birthing Pains

by Jan Toomer

I had trouble with this week’s article; what uplifting message could I produce when right now I am soul deep tired?

I know, it’s not all about me – and a lot of the Lightworkers are feeling this way right now.

If you have ever given birth in this lifetime, then you know what I am talking about when I say we are experiencing the part of birthing when we are tired – so tired – and don’t want to push anymore.

All of us (regardless of male or female) are either currently - or soon to be – going

through this birthing process.

We are working on leaving behind the “safety” and comfort of the third dimension; this is a process that may include exhaustion and/or sleeping deeper and longer at night; hunger issues (not wanting to eat; really hungry or vacillating between the two); developing a hefty dislike for pettiness, self-centeredness, anger, hostility, manipulation, etc.

These “birthing pains” may also include feeling the need to stretch and break out of confining energy; similar to a snake working to shed it’s old skin. Also feeling a need to have more alone time to regenerate or re-energize.

Some are having difficulty with third dimension business – whether working for someone else or self-employed...it can feel so heavy and feel like a struggle to maintain; can also find some dealing with frustration, agitation, and/or depression with the “9-5” rut.

You may like what you are doing, but may not like the atmosphere, office politics, bureaucracy, pettiness, competitiveness, etc... in other words the dense, no-so-positive 3rd dimensional energy and behaviors.

Many are so ready to break away from that – but right now, don’t really have another

Birthing Pains

Cont'd

avenue until we have finished breaking away from the 3rd.

Please be patient with this process...it didn't happen overnight – it won't be resolved overnight. We are shedding how many thousands of years of physical and

energetic programming?

It will pass – we just each need to continue to work on healing and releasing our past, moving forward in our soul and spiritual growth.



Your Meta-Question: Multiple Questions

Q. I have had these feelings since I was younger and it scares me to know that I might be connected to the dead somehow. I sense things suddenly don't feel alone when I think that I am. Dark black spots what I think is a fly flying around! Closed eyes then feel something coming closer to me. Please let me know what you think this is.

A: Some possibilities follow for your multiple questions:

A medium is one who can hear and/or communicate with the deceased.

<http://www.metaphysical-studies.com/faq/types-of-abilities/>

<http://www.metaphysical-studies.com/blog/2009/02/19/earthbounds/>

Many are feeling the other dimensions coming in closer – including the realm where the earthbounds are hanging around.

<http://www.metaphysical-studies.com/blog/2011/12/06/paranormal-realm-awakening/>

The peripheral vision has not been trained to ignore the nonphysical, so it can see movement of the nonphysical – and when we turn our heads to look “head on”, there is nothing there.

Shielding is one technique that can assist in protecting you from absorbing others energy. I recommend shielding before any energy work is being done (and when you have finished); it aids in keeping your energy centered and balanced too.

<http://www.metaphysical-studies.com/blog/category/podcasts/shielding/>

I also recommend:

<http://www.metaphysical-studies.com/blog/2012/05/06/fear-to-focus/>

The multi-authored [Reality Undefined Blog](#) was created for others to read and learn – to let the readers know that they are not alone in their experiences.

When Spiritual Awakening Begins

by Gregg Prescott, M.S.

What was your spiritual awakening like? Do you remember the differences in your life before your spiritual awakening began? How has your spiritual path since becoming spiritually awakened?

Children often ask spiritual awakening questions that often begin with who, what, where, how and why. We questioned everything! My questions centered on religion because innately, it never made sense to me. Specifically, I questioned the creation myth, the timelines and the need to kill someone in the name of god. I never received an adequate answer from the clergy that fulfilled my quest for knowledge, so I put my questions on hold and let my spiritual path lead me to a time later on in life when the answers would appear.

In essence, my spiritual awakening began as a child and was continued in full force as an adult. There is a defining moment in your spiritual journey when everything seems to come together and it all makes complete sense. You feel complete, whole and do not fear anything in life.

Your spiritual awakening also means that you will continue to make mistakes in life, but you'll reflect differently on these mistakes. You will realize that every obstacle

that appears in your life is an opportunity to overcome that obstacle and it will benefit your spiritual evolution. So, instead of being frustrated when an obstacle surfaces, you reflect on why this obstacle appeared in your life and you realize that you chose this incident knowing that it will help you to become spiritually evolved. through meditation or dream analysis, you may also find closure to certain issues.

When spiritual awakening begins, you no longer fear death, but view it as a temporary reprieve and an integral part of your spiritual evolution. Death provides an opportunity to reconnect with Source and deceased loved ones, as well as our soul groups and those people who we made soul contracts with, and allows us to reflect on our accomplishments during our previous incarnation as well as our faults. We realize that we are spiritual beings on a human journey and that the most important things we can do in this incarnation is to experience as much of life as possible while fulfilling our soul contracts.

When spiritual awakening begins, you may lose some long-time friends who have not begun their spiritual journey and do not understand your spiritual evolution. While initially, this may be hurtful, you eventually realize that these people have already played an important role in

your spiritual evolution, so you become grateful for the time they were in your life, knowing that some people come to us for a reason, a season or a lifetime.

When spiritual awakening begins, your perspective on life drastically changes. You don't really 'hate' anyone, including your ex-spouse, former enemies or even politicians who work against the greater good for humanity. Once again, you're grateful for how they've helped you to become the person you are today.

When spiritual awakening begins, you view things differently. If a world leader incites a war against another country, you realize that this leader's actions will only help to awaken even more people to the atrocities and corruption of world governments and banking systems. You become inoculated against all forms of propaganda and no longer buy into the fear factor.

When spiritual awakening begins, you realize that this is only the beginning of a long journey that encompasses many lifetimes and dimensions. You are grateful that you incarnated to this planet at this particular time, despite knowing how much tyranny and oppression is going on.

When spiritual awakening begins, you know that your presence is helping to
(Cont'd Page 5)

counteract the negativity and you realize the importance of how your thoughts contribute to global consciousness, and how global consciousness creates reality. This is why timelines have changed. There has been talk about the creation of the North American Union under the Bush administration, along with the creation of the 'Amero' monetary unit. There has been talk of the 'New World Order,' 'Codex Alimentarius' and Project Bluebeam but none of these have ever come to fruition. Despite the Fukushima nuclear meltdown in Japan, and the massive dumping of Corexit in the Gulf of Mexico, we are still healthy. The timeline has changed and part of that is due to our collective conscious but we must also acknowledge our galactic friends for helping us, too.

When spiritual awakening begins, you lose your connection with ego and materialism. You realize that you would be

Bill of Rights

*Just thought I would share - enjoy our **Bill of Rights**.*

Amendment I

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.

Amendment II

A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed.

Amendment III

No Soldier shall, in time of peace be quartered in any house, without the consent of the Owner, nor in time of war, but in a manner to be prescribed by law.

Amendment IV

The right of the people to be secure in their persons, houses, papers, and effects, against unreasonable searches and seizures, shall not be violated, and no Warrants shall issue, but upon probable cause, supported by Oath or affirmation,

much happier living in a tent than to be rich, living in a mansion and stressed out 7 days a week. You appreciate all of the simple things in life, such as when an animal crosses your path and you ponder on the animal symbolism and its significance. You marvel at the majesty of trees and think of their relation to alchemy with their limbs reaching toward the sky while their roots are firmly planted in the ground. You begin to see sacred geometry in everything. Fear in your dreams subsides or becomes non-existent. Your dreams will also become more futuristic when ego, fear and materialism are no longer part of your life.

When spiritual awakening begins, you feel a deeper connection to all of life, including every living and non-living thing on our planet and in our universe. In the past, you may have stepped on an ant, but now, you don't because you realize that his life is just as important as yours. You

and particularly describing the place to be searched, and the persons or things to be seized.

Amendment V

No person shall be held to answer for a capital, or otherwise infamous crime, unless on a presentment or indictment of a Grand Jury, except in cases arising in the land or naval forces, or in the Militia, when in actual service in time of War or public danger; nor shall any person be subject for the same offense to be twice put in jeopardy of life or limb; nor shall be compelled in any criminal case to be a witness against himself, nor be deprived of life, liberty, or property, without due process of law; nor shall private property be taken for public use, without just compensation.

Amendment VI

In all criminal prosecutions, the accused shall enjoy the right to a speedy and public trial, by an impartial jury of the State and district wherein the crime shall have been committed, which district shall have been previously ascertained by law, and to be informed of the nature and cause of the accusation; to be confronted with the witnesses against him; to have compulsory process for obtaining witnesses in his

learn many things from the ant, such as architecture, how they work together as a team, perseverance, work ethic, patience and delegation of work responsibilities. You feel a greater connection with the cosmos and might find yourself looking at a certain star for no particular reason, but wondering if your star family is from that star or area of the sky.

Once your spiritual awakening has begun, there's no turning back. Your life is forever changed in a positive way. Enjoy the ride!

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www.in5d.com
www.HolisticCancerResearch.com
www.maya12-21-2012.com

favor, and to have the Assistance of Counsel for his defense.

Amendment VII

In Suits at common law, where the value in controversy shall exceed twenty dollars, the right of trial by jury shall be preserved, and no fact tried by a jury, shall be otherwise re-examined in any Court of the United States, than according to the rules of the common law.

Amendment VIII

Excessive bail shall not be required, nor excessive fines imposed, nor cruel and unusual punishments inflicted.

Amendment IX

The enumeration in the Constitution, of certain rights, shall not be construed to deny or disparage others retained by the people.

Amendment X

The powers not delegated to the United States by the Constitution, nor prohibited by it to the States, are reserved to the States respectively, or to the people.

■ *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.*

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

The Tornado

by Jan Toomer

The following is a vision of a vision – just thought I'd share the story.

She had been feeling a distant upset or turmoil in the air all morning and decided it was time to explore...to find out what she was sensing.

She sat on the couch and closed her eyes; after shielding, she expanded her energy and awareness outward.

She felt the devastation in Iran from the recent earthquakes, and then she "heard" someone yell her name. She looked in that direction and saw an unknown (to her conscious mind) being looking at her; he pointed off to the distance and yelled, "Look!"

She had grown up with tornadoes, and thought she had seen them all...yet she now looked – energetically – at a tornado like none other.

It was a non-physical energy monstrosity and it was headed her way.

And, as weird as it sounded, the tornado was coming for her.

"What the heck?" she thought.

The vision stopped, but she stayed seated...mulling over the vision. What did it mean? She wrote the vision details down.

As she sat there, she heard the sound of a vehicle's tires crunching on the rock driveway as it approached.

A door slammed.

Footsteps to the front door.

The doorbell rang.

She got up, went to the front door and opened it.

Over the years she has had friends and acquaintances in various military branches as well as in rescue and also law enforcement – and there, at the front door, stood one from law enforcement.

"Hi Fred. Seeing as how it is the weekend, and you came unannounced, could only mean unpleasant news.

My husband left for town this morning; this means I really don't want to see or talk to you because you bear bad news."

Leaving the door opened, she walked to the couch, grabbed her notes on the vision, walked back to the doorway, handed them to Fred and then headed for the kitchen.

She stood at the kitchen sink, looking out of the large window facing the road... surely hubby would drive up any moment?

Hoping...

She heard Fred enter the house, closing the door behind him, and then sit at the dining room table. She knew he was reading about her vision.

The quiet didn't last long enough.

Fred began to speak, "There's been an accident..."

That was all she heard before the massive energetic tornado hit her.

Again, this was just a story of a vision within a vision. My hubby is fine.

Some Things to Think About!

by Tracy Gohrick

What if God asked some people to come to earth and be gay to teach us tolerance?

What if we asked someone to be gay in our life to teach us tolerance?

What if we asked the people who have hurt us one way or another to be in our life to teach us whatever lesson we learned from that situation?

What if everything we thought we knew to be true was not?

What if we had to relearn everything we

thought we already knew about life, love and God?

What if us being on earth was just lessons for us to learn to move forward in our souls plan and as long as you love one another and treat one another with respect you were not doing any wrong?

Imagine a world where everyone would look inside themselves to see, feel and know what is true and what God really wants from us!

Hands Of Love Blog
www.energyhealingbytracy.com
Email: jagclgmom@gmail.com

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

*A question that sometimes drives me hazy:
am I or are the others crazy?*
Albert Einstein

Ascended Masters Newsletter #155

August 2012

Dear Friends,

This one is a rather long newsletter because it is an excerpt of the last chapter of a channeled book "About Karma" that we'll publish soon. This is the second, and it appears last book in which we've collaborated with Karampal Singh and Paul Newman. As some of you may remember, Karampal Singh is our teacher, friend, and Twin Flame who transitioned in 2009. Paul Newman also transitioned in 2009.

Although we expected that Karampal would remain actively connected with us after his transition, as he did, it was a complete surprise when Paul chose to open a dialogue with us as well. The initial contact was made as I was driving through my childhood neighborhood in Shaker Heights, OH. As I drove past the street where Paul grew up, he came to me. After we transition, we often revisit our childhood. This is not at all unusual. Paul claimed that I was surrounded by so much Light as I drove by, that he was attracted to me and learned from the Beings of Light that he could speak with me and I would hear him. After what he termed the "Lions at the Gate" (those beings who make sure that all who contact me do so for the highest good) agreed to let Paul come through, our relationship began. It's been a wonderful experience to write these books and learn more about the other dimensions in the "colorful" language that is uniquely his. We hope you will enjoy what we've learned here.

Many Blessings,

Linda and Martin

Exodus and Exit

By Paul Newman

At Paul's suggestion, Martin and I have been watching the movie "Exodus" in which Paul Newman played the leading role. In my meditation sessions with Paul, he asserted that this movie played a pivotal role in his life. Being the son of a Christian mother and Jewish father, Paul had the choice to claim he was born Christian. In the Jewish religion, one must have a Jewish mother in order to claim that one is Jewish.

After reading the book "Exodus" by Leon Uris as an impressionable Jewish girl, when I learned who was going to get cast in the leading role I was very much against

Paul Newman as Ari Ben Canaan. I thought that this Aryan-looking fellow was a poor choice for that role. At that time I did not know of his Jewish heritage.

The novel, and later the movie, treats very honestly the difficulty of carving a country out of land that can also be claimed by the Arab population. The book had resonated deeply with me because I also believed the Jews must have a homeland; a refuge where they could be free from persecution. Where else could the Jews have gone after the Holocaust? No country was welcoming the survivors with open arms. Out of this predicament, a new nation was born.

But as everyone well knows, the terrible difficulties rooted in that time still remain and have created so many of the problems we are experiencing in the world today. The Arab-Jewish drama is part of the incredible Karma that the people of the Earth have experienced, and it seems fitting to deal with it in a book "About Karma."

Watching the movie "Exodus" has been illuminating in many ways for Martin and for our 14-year old son, Evan. They have been transfixed as they've watched it. Growing up in Germany, Martin had little idea of the struggle that the Jews endured after the war. And Evan's teenage friends still joke about Hitler and the Nazis. This is helping Evan understand another side of the story as well.

The movie dramatically illustrates the human predicament. How does one clearly take sides on any issue? The Arabs and the Jews both have valid claims to the land of Israel. And yet neither side will let the other rule. Too much Karma, too much history has already flowed that keep the fears and anger ever present on both sides.

I hope Paul will explain how portraying Ari Ben Canaan impacted his life, and indeed more about the Karma we are all experiencing because of this history.

Here is Paul:

Thank you, Linda. Thank you very much for this time with you. Yes, it has been very interesting to see your family's reaction to this movie. I was very grateful to have the opportunity to play this role. At the time, I felt that was one of the main reasons I had chosen to be an actor. I had to help tell this story to the world. Having my name on the marquee guaranteed the funding and the numbers that the industry wanted to

see. It had to be made right. And it was. I was quite satisfied with the results at the time. I knew it wouldn't win me an Academy award. But I didn't care about that. I just wanted the story told in the most effective way possible.

So, another important goal was reached during my last life. I think I pretty much did everything I set out to do in that round on the third dimension. No real regrets in that regard. I hit all the marks I meant to hit. It was time to go. So, I left. Just regretted leaving Joanne and the family behind.

But now it's time to move on once again. You've seen that Karampal is already itching to get back into the game and he probably will make it [Paul is referring to Karampal's plans to reincarnate soon]. I'm waiting a bit longer. Still have more catching up to do here.

You know, the biggest issue for us all got addressed again last night when you were contacted by that [deceased] fellow in Germany whose house you'd visited recently. He had a big old mansion, didn't he? And even though he'd been dead for almost half a year, the place looked like he'd just walked out recently. There was room after room filled with the most amazing stuff. Memorabilia from cultures all over the world. Books, charts, paintings, you name it. It was all there. This fellow, who is now with us, dedicated years and lots and lots of money trying to crack the code of how to connect and really know God. He studied every method and system possible and left the planet pretty disappointed that all that time and money had gotten him nowhere. At the end he wondered if all these religions and beliefs were actually just a bunch of hogwash, or if he was just never going to figure it out. So, he gave up.

But he got through the Light -- those "Lions at the Gate" that surround you -- to let you know that he'd totally blown it when he'd been looking for a way to find God. Totally blown it. And that the actual program was far more difficult than he'd imagined. Can you believe it?

The whole thing has to start with loving oneself first. Then one could feel God's love. You see, the part about loving oneself is what eluded him.

We've been talking a lot about Karma in this book. Sharing our stories of how we got from one life to another. And yet there is one big question you all want to find an answer for there, right?

(Cont'd Page 8)

Why? Why did I choose that Karma? Why did I have that lifetime? Why am I having this lifetime? Why, why, why?

Why did I have to make that movie? Why did I have to tell that story? Why did I have to claim I was Jewish, even though technically I wasn't a Jew? Why did I want to win in everything I did? Why did I want to build all those camps for kids? Why did I want to be honored as an actor? Why did I marry Joanne and have a bunch of kids?

So I could love myself, that's why. Yet every bit of acclaim I received, every award I won, always left me wondering if people would ever find out the real truth about me.

And the truth was that I never really loved or approved of me. There was something elusive that was missing. I was continuously looking for a way to accept myself. I can't begin to tell you how many folks I met when I was alive who were so very insecure on the inside while they were having great acclaim and great titles in the world.

Well, actually pretty much everyone I met was insecure. And the bigger the money belt and the bigger the title and acclaim, the more that seemed to be true.

"Everybody's looking for something". Great line from Annie Lenox.

Everybody is looking for something out there.

The big secret is that they will never, ever find it out there. And that's how you create your Karma. That's how you decide before you land on the planet who you'll marry, who'll be your Mom and Dad, who'll be your siblings. You'll pick your children and your path in life. You do that all before you get there.

Then once you get there you have a choice in every moment to clean up the mess you'll be making as you try to get the world to love you since you don't already love yourself.

See, you remember not only how you've messed up in this life, repeatedly, but how you've messed up in other lives too.

Oh, I don't mean you necessarily consciously keep all that in your head. That's impossible. But you all have this idea in your head, all of you, that you need to prove that you are lovable in some way. Even if you had a great Mom and Dad who hit all the marks with you, you probably

picked siblings that treated you badly, or were beaten up at school, or something.

You picked Karma paybacks that would remind you that in another life you were treating someone badly yourself.

It looks like a lousy system, doesn't it? That's why I couldn't buy into it when I was alive. It seemed crazy to think that I picked all that shit to walk through on my own. Had to be someone else's mistake, not mine.

But no, you pick it all yourself. All of it. Self-made assholes seeking redemption. Each one of us.

We want the world to forgive us and love us anyway and we work really, really hard to make that happen. But at the end of the day, we are still not comfortable. Why? Because we never stopped long enough to figure out the game.

Why would we create all that crummy Karma? Why...? So we could learn to forgive and love ourselves. It's called compassion. A noble word that no one understands. Or few people do, anyway.

COMPASSION.

Big word. Very powerful. Few people really do get it. Takes awhile to figure it out.

But it does involve being quiet. That is so hard for people to do. Just about everyone is so busy looking at everyone else to make them feel good. Or people are trying to engineer their lives so everything is just right and they can stop worrying about the future. But they never do stop worrying. And life doesn't seem to be getting any easier even with all the effort that folks are making to try to fix everything up so it's all working the way they think it should.

Only it never seems possible for everyone to agree on how that should be. And then people get all afraid if other people don't see it all the same way. And it goes on and on... Never ending problems with no real solutions that everyone can agree on in sight.

Why? Because very few folks know where to look first. You can't fix anything out there until you realize that the only real way to change your world is inside you already.

And when you get that part figured out this whole idea of Karma actually evaporates.

The game is over. You are finished with the rough stuff and you can then learn about a whole new world that is actually the same place you are living now, only better.

What's changed? You've changed. You've given up fixing up everyone else and decided to learn to have a look at yourself.

Only when you do look at yourself, please give up on the idea of fixing up yourself. You aren't broken. You don't need fixing. Now, these two folks [Linda & Martin] who have written this book with us have written many others that tell you how to get there.

It all involves this idea of compassion for self. Once you've got that licked, you're in the game. This marvelous energy can fill you in a way you've never allowed it to fill you before.

You can have "Heaven on Earth." You can. A flower will glow with Light as you look at it. The world does change. But it's because you will see it all differently.

Instead of complaining, you'll want to say "thank you" to everyone for everything.

Interesting thought there, isn't that? Your health will improve and your life will improve. Your relationships will improve. In fact, everything will improve. But you will have done nothing to change anyone or anything else. You will only have changed yourself.

And the Karma will be finished.

Seems impossible, doesn't it? But since humans have existed, people have known how to do this. Just very few have actually given it a try. Too many other things to think about. But this is the most important thing to think about. It really is.

It just involves getting quiet as often as you can. Don't try to stop the chatter in your mind. Just put another thought there. Something pleasant, like lovely music. Chatter, chatter, chatter, then think of the music again. Sweet sounds in your head. Let these sweet sounds love you. Let you love you. C'mon! You can do it!

Okay, Linda, I'm done. Close it up. Thanks for the time. Enjoyed it.

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

Expansion Publishing - Newsletters

Accepted the Crystalline

by Jan Toomer

I looked around and saw so many different beings – many I recognized on some level, but it hadn't made it to my conscious mind.

A bald cobalt-blue man stood before me. He wore a cream-colored ceremonial robe and held a crystalline staff which was about 5 feet tall.

I knelt before him – I was pleasantly surprised, and a bit shocked, that he was here.

He told me to stand; someone brought me a robe which I put on.

The blue man told me to put out my left hand; when I did, he handed me the crystalline staff.

As I grasped it, I had the sense I was being

introduced to the staff's energy.

As I stood, the blue man explained that it was time to once again go in and re-adjust the DNA; to remove that which no longer was necessary.

He then took the staff from me, lifted it and dropped it into the top of my head; it slid into my body, down along my spine and my body instantly merged with the staff.

I had accepted the crystalline.

This was a part of a vision I had while I was receiving an energy healing from Gray Wolf*.

I usually do not share such a poignant and personal vision, but was prompted (by my

"team") to share this particular one.

The sense I had was that I was accepting responsibility of the next phase of my soul's growth and preparing for the next energetic phase of human and Earth's evolution.

I do not have all of the answers and as you have read previously, I too go through stuff that I try to share so others know that they are not alone on their soul growth journey.

And if I did have all the answers, what fun would this life adventure be?

* *Gray Wolf – Raul Tarango, healer. You can contact Raul via email at L.Tarango@sbcglobal.net*

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