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## Depths and Layers

I try to share what I and others are experiencing so perhaps one person won't feel so alone on their fantastic life journey.

The following is some of what is happening now.

- 
- Old emotions purging
- Health issues (again) having to be dealt with
- Even more vivid dreams
- Ghosts are more talkative
- Peripheral catching body shapes
- Balls (round and/or oblong) of Light (orbs)
- Seeing more physically (as opposed to just inner sight)

I know a lot of this was addressed last year, but we are cycling through it again. We are not two dimensional beings – we do have depths and layers.

As we purged (quite a bit) before, we then moved on to working on other areas...but that didn't mean we were done purging. It just gave us some time to catch our breath while deeper stuff worked its way up so it can be purged as well.

This can apply to the health issues as well...our health issues usually stem from our actions (drug abuse, eating poorly, stress, etc), thoughts (negative thoughts about self – accepted either from criticism from others and/or self generated), and deeds (do unto others...).

Both health issues and purging are also working to get each of us to pay attention to our own bodies and environment; again, going back to taking responsibility to what you put into your body physically, emotionally and spiritually.

### Dreams

The dream arena seems to have kicked up another notch for some people.

More vivid and frequent dreams – some people now finding it quite easy to remember most, if not all, of the dream.

This certainly makes it easier for higher self and/or your team (guides) to assist at sleep time and us actually consciously remembering the dream lesson.

### Ghosts

Again, since we are becoming less dense, this means more ghosts (including earth-bounds and memories), and other beings are more readily physically seen, or more clearly energetically felt.

Each time I sit on the couch (where I meditate, read, write, etc), I can feel them moving in closer – wanting to be heard. Since I won't listen 24-7, I sometimes turn on the ghost talker app and let them have at it. (I use Ghost Legacy™). The app allows the ghosties to give me words (sentences – though I continually request them – seem to be too difficult for them to do) – and those words often don't make a whole lot of sense – particularly if there is more than one being making words on it.

Here is an example of a recent word session (I turned on the app and went about my own business) – the words are grouped together as they came in (this ranged over several hours):

Touch  
Again Private  
Neighbor Won't  
Queen  
Bottle Native  
Basic  
School  
Germany  
Song Move  
Apple  
Car  
Cotton

It does work better if you, after shielding, ask questions and allow them to answer. When done, reshield self and area.

### Light and/or Body Shapes

For some, their physical vision is beginning to catch up with their inner sight. \*

The peripheral vision may be becoming more active, like seeing: a human shaped figure; wings, like a bird flying by; or perhaps just a sense of movement in the peripheral.

As new for me is seeing light balls bouncing or darting around.

Since this appears to involve peripheral (which has never been trained to see only the physical, like our front viewing sight had) – when you turn to look straight on, you do not see it.

(\*Baring any health imbalances.)

### Seeing Physically

More people are reporting physically seeing other beings such as ghosties and other dimensional beings; and more people are able to catch recordings and/or pictures of these beings.

Again, this is because we are becoming less dense; the other beings aren't as dense as the third dimension – and since we are moving about in third, fourth (and occasionally fifth) we are closer energetically to other beings.

### Closing Words

We all agreed to be here at this time – to experience, grow, bring in love and light, and help others.

I am honored to be here with you all.

by Jan Toomer

It's not what you look at that matters, it's what you see.

Henry David Thoreau

# Are The New Energies DRAINING You?

by Gregg Prescott, M.S.

Are the new energies affecting your sleep patterns? Have you felt especially tired lately? Are you taking longer naps? Have your sleep pattern changed? If so, you are not alone?

Here is an example: I laid down for a "nap" around 4pm and woke up at 1am... a 9 hour "nap". I don't remember the last time I slept for 9 hours, let alone "napping" for longer than 4 hours. Strange energies are going on right now, indeed.

Perhaps this happens more during a Mercury Retrograde but it seems like more and more people are needing to "recharge their batteries" at the strangest times.

Right now, we are exiting the Age of Pisces and are entering the Age of Aquarius. Each of the ages carry their own energy signatures. So, while these energies are in transi-

tion, many people will feel the physiological results, especially empaths.

An empath is more likely to sense minute changes in energies that will go unnoticed by others. While other people will go about their day as if nothing is different, an empath will pick up on these energies and it may be reflected within their sleep patterns.

The late Jose Arguelles studied Mayan ruler Lord Pacal Voltan's tomb and discovered a message stating that we all need to "live without time" as much as possible. Lord Pacal believed that if we were able to connect with natural time (versus the artificial Gregorian calendar along with the 24 hour day) we would be able to connect to the universal frequency of synchronization, which has "no time".

Perhaps we are adjusting to this synchronization when our sleep patterns change?

Ideally, we should listen to our bodies when it tells us to take a nap, but our minds have been programmed to "sleep" at night, usually around a specific time that allows us to get enough sleep in order to be efficient at our jobs the next day. This only reinforces "manmade time" schedules.

What we can do is to stop wearing a watch and hide our calendars. We can also try listening to our bodies on our days off and in essence, live "without time" even if it's just for a day or two.

Also see: [Have Your Sleep Patterns Changed Lately?](#)

Are the new energies draining YOU?

<http://www.in5d.com>  
[www.HolisticCancerResearch.com](http://www.HolisticCancerResearch.com)

## Free Falling Failure? - Parts One and Two

- "I feel like I am invisible to others."
- "I feel no one is hearing me."
- "I can't seem to shield"... (or feel, sense, access energy)... like hitting a brick wall."
- "No sense of direction"; "Can't find a job"; "Don't know my purpose and am frustrated"; "...feel like a failure".
- What appears/feels like sudden high blood pressure (which is not normal; person has normal or low blood pressure; not food or stress triggered).

These are some of what the emails and phone calls have been about this week – and I too had what felt like a blood pressure spike.

(There is no "one size fits all" answers; this article is in no way a substitute for professional health assistance; please be responsible with your health and seek professional aid when needed.)

As we work to break free from the heavy – and known – energies, we may experience the floating adrift feeling since we are removing the anchor that kept us so attached to the third dimension.

This process is not an overnight release. We are not only removing the belief systems regarding being a human on Earth right now, but we carry the third dimensional beliefs from our "past" lives and our cellular memo-

ries as well. This de-programming, releasing and learning to function in 4th dimension for preparation for 5th dimensional living is not a "snap your fingers and you're done" type thing.

One of the hitches we all can experience is a sense of hopelessness (if this feeling persists, please seek professional assistance) – and this occurs when we accept to step back *into* the third dimension and buy back into the old energies (such as: I/we are at the mercy of \_\_\_\_; I/we have no control over/with \_\_\_\_; etc.).

When you feel yourself getting drawn back into that, please (A) cut yourself some slack; it is okay to err, and to forgive yourself (B) take a slow deep breath, shield and reconnect – in trust – with your higher self and Source connection.

**What Will You Accept (Take Responsibility – and Therefore Control – of YOUR Reality)?**

Shaking off the old means accepting responsibility; leaving the victim role behind; quitting giving your powers over to others and to then create the healthy, loving, balanced energy/life you so deeply desire.

This is one of the reasons I, and others, have been saying to accept responsibility for self (all aspects of self); this is why there are so many posts and articles online about really paying attention to what is happening with your government; your food; your reality... your power.

**I Am Still Being Asked - How? How does one take responsibility for their life? What does that mean?**

By not accepting responsibility for your life (all of it), you are giving "them" (whomever "them" or "they" represent to you and your life) your power – you are giving them control of your life; to dictate your life; to do with your life as they please; you are their puppet.

For me, this is unacceptable.

I will use myself as an example on choosing between giving away power and accepting responsibility (these are *my* experiences – this does not mean your experiences will be the same):

With the recent jaw damage, bone infection, taking antibiotics (which had been created for animals and now being scripted to humans and, come to find out, come with some nasty long lasting unpleasant side effects – again my experience) these experiences gave me options:

(1) Not take responsibility and take the victim role/path and blame these experiences on having them "done to me", therefore keeping me stuck in that energy... which, by the way, calls more of the same to me and that also gives my power away (where I feel at the mercy of doctors, etc.).

OR

(2) Take responsibility for my life as well

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## Free Falling Failure? - Parts One and Two

Cont'd

as finding the good from the experiences. The doctor did not force those antibiotics down my throat, and they did heal the bone enough to have the surgery to correct and clean up the damage; which meant I could go back to talking/eating/drinking again. I learned from my experience and became a pro-active participant in healing my body from the side effects; no victim role, no giving my power away.

### Feeling Invisible – Not Being Heard

This one is, to me, a bit frustrating when looking at it energetically; it appears to be a catch 22.

As your energy (vibration/frequency) rises, it may no longer be harmonious with some people; for some others, it may be so far out of range that you are kind of invisible – your words don't penetrate lower frequencies; your vibration can't be seen by lower vibrations. (This does not make one person better than another! Each being is where they are in their development.)

My recommendation is: Shield, and practice compassion and patience. You were there once.

### Can't Shield (Feel, Sense Energy)

Perhaps what is happening here is you are trying too hard.

When our energy (frequency, vibration) was lower, we felt the shift when we shielded or channeled energy (such as healing energy); but as our energy rises, we are less dense... closer to the energy vibration we called for shielding and healing...we no longer feel the whoosh or shift; we have ourselves become more subtle energy, more in line with the subtle energies we call to us.

Another possibility is that when we become more dense (from stress, illness, anger, fear, frustration), we can actually block ourselves. Other possible indicators of imbalances can be: electrical interference (cause disturbances in: phones, phone connections; electric items or connections – toasters, tv's computers); re-occurring illness (stress related); accident prone; water related accidents or incidents (knocking over a glass of water; leaks; flooding\*).

\* Water incidents for me are indicators that I am out of balance. For me, the longer I am out of balance, the water incidents become progressively larger. I try hard to pay attention at the "knocking over the water glass" stage.

### No Sense of Direction – Wandering – Failure – No Job

Okay, at first glance, they really don't seem to be the same; but energetically, they all "look" like working on breaking the third dimensional cyclical thinking.

Again, working on letting go of the third dimension anchor/weight can have us feeling lost; unanchored; untethered; free floating; aimless; no purpose/direction; or feeling a failure for suddenly feeling lost and adrift... like a free falling failure.

I know this is difficult and unnerving and I can offer to you:

You no longer need to hold yourself to the third dimension "norms" – the old ways are apparently no longer part of you or working for you (in whatever avenue/arena of your life you feel you are wandering in). The good thing is – you are the creator of your reality; look deep inside – what do you and your soul *want* to do? Think outside of that third dimensional box.

Then, create!

### On Hold

This seems to be related to letting go as well as taking responsibility for self. You are not responsible for their lives or anyone else's happiness (parents of minors – and similar circumstances – are the exception). You are perhaps ALLOWING them to "put you on hold" (maybe part of the victim role?). I recommend you move forward with YOUR life; don't sit and wait for others.

### Blood Pressure

(Baring any medical/health issues.)

These seemed to be a major energy shift/spurt this past week – and for me (and a few others who had the same experience the same day) – left me with a headache (which are not common for me) and the feeling of a major blood pressure spike. My diet was not the cause, nor were there any irritations or stressors to trigger this.

For me, it only lasted the one day and was gone.

### Unsettling

I know some of the "new" experiences can be unnerving or unsettling, but your higher self does know what it is doing; as long as your health checks out okay, please work towards relaxing through your process and move forward – with and in trust of – your soul and your connection to Source.

by Jan Toomer

*People like us, who believe in physics, know that the distinction between past, present, and future is only a stubbornly persistent illusion.*

~ Albert Einstein ~

## So Familiar

by Claudette Cleveland

Often in our lives we meet people who seem familiar. We search our memory for a key to where we have met them before.

Sometimes we even "accidentally" refer to them by a different name excusing the mistake with some comment like, "I'm not very good with remembering names",

I have had many of these experiences with various people. While talking to a friend one day, I suddenly saw him in a different body in another time. The mental movie lasted for several minutes. Prior to my mental movie starting, I had been irritated with something he had said. Until that lapse into what many call a past life regression where he and I had experienced a similar scenario to the present one, I did not fully understand why I felt so irritated with him. Once I saw I was repeating the same reaction as I had in that other life, I was able to change it. Doing so turned out to be for the betterment of all. By the way, that particular past life scenario ended tragically for everyone especially me.

I had read the Eastern philosophy of karmic return, but had never really understood the full impact of it on our daily lives until that and other very graphic personal experienc-

es. I thank the universe for lifting my veil of amnesia. Without the revealing of that past life, my intense irritation with that man may have resulted in the termination of what today is a close and loving relationship. By forgiving what happened in the past (myself as well as him), I am able to proceed with my life without the heavy burdens of that past emotional trauma.

The following poetic message came after one of these past life experience.

### Together Again

You are so familiar; I know I knew you  
before,  
Your body is different, but I recognize your  
core.

Tell me, why are we together again once  
more?

Is it merely to love or to settle a score?

Do try to remember, it will help me to see  
Why I often feel you are so much a part of  
me,

I feel your pain and I feel your joy.  
Were you back then, a girl or boy?

Your eyes are the same; I feel their glow,

And to my heart they strike a blow,

Why are the details so hard to remember?  
If on the same team, we were often a  
member?

Your touch is familiar, I do remember it.  
Wait! I think I'm remembering bit by bit,

Your were always there when I needed you  
most,  
Of the sacrifices for me, you would never  
boast.

Thank you for being again by my side,  
Thank you for showing me , eternal Love  
does abide.

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*Thank you all!*

# Why We Feel So Tired So Often

by Celia Fenn

Many people who are going through the Indigo to Crystal shift find that intense fatigue and tiredness are two of the predominant symptoms of their shift. They feel exhausted all the time, and just want to sleep. And when they do sleep, they sleep deeply and do not want to get up.

So, what is happening, and why do we feel this way.

Archangel Michael explains that there are three different processes that cause the fatigue. These are:

- Emotional Body Clearing
- De-toxification of the Physical and Subtle Bodies
- Full Multi-Dimensional Consciousness

Each of these aspects can be handled in a different way.

## Emotional Body Clearing

At the beginning of the process, we undergo intense emotional body clearing. This involves clearing the psyche and the subconscious of all old patterns of trauma and self-sabotage. The intensity of this process will depend on how much clearing you have already done in your preparation for ascension. I am a healer, and I helped many people to prepare, but never really found the time to fully complete my own process, so when I hit the transition I experienced intense emotional body processing for several months. The stuff just poured out of my subconscious, and I had weird dreams and anxiety attacks as I battled to process the trauma of my inner child.

This kind of trauma release is exhausting! Some people don't fully realise what is happening, as they do most of their releasing through dream work at night. But those who suffer anxiety attacks are often doing this processing during the day.

At this point you may need help to work with letting go of old patterns being held

by the Inner Child. This is where you need to really do your Inner Child work. Find a good therapist, do a workshop, or find a good book, but let go of the patterns of your wounded child!

And then understand that while you are doing this clearing you will be exhausted. You have spent most of your life repressing these energies. Processing them is hard work. But worth it! when you are finished you will have cleared your psyche of subconscious patterns of self-sabotage, and will be able to function from a space of complete clarity and purity of intention.

## De-Toxification of the Physical and Subtle Bodies

This process of deep cleansing is associated with the processes mentioned above. As the emotions are released, so are all the old mental and physical blocks and patterns that are associated with them.

These old "toxic" energies are passed through the subtle bodies and cleared through the physical. In addition, any old toxins that the physical body is holding will be cleared at this time.

This process of cleansing and de-toxification puts considerable strain on the organs of elimination, being the kidneys and the liver. Hence many of you may experience having bags under your eyes, evidence of kidney stress, and digestive disturbances such as heartburn and flatulence, evidence of liver stress. In addition you may experience pains in the joints, which is also a characteristic of detoxification, as excess acids are released from their storage in the body.

In addition, these processes of elimination will also make you feel tired, and you may be prone to headaches - all symptoms of detoxification. That is why you will need to drink lots of clear, clean water and try to eat a healthy diet as far as is possible.

## Full Multi-Dimensional Consciousness

This is the most exciting part, and happens

throughout the process. It is responsible for the "spaciness" that so many of you are feeling.

Archangel Michael asked me to explain this to you in terms of the frequencies of the brain waves. As you enter multi-dimensional awareness, you expand the range of consciousness that your body can handle and the ways in which it is handled.

The brainwave frequencies are as follows:

- \* Beta- "normal" waking consciousness
- \* Alpha - light meditation
- \* Theta - deep meditation
- \* Delta - the sleep state or deep hypnosis
- \* Gamma - rapid eye movement or the deepest state of sleep/hypnosis where operations can be performed without pain

A third-dimensional being functions in the Beta range, and moves into Alpha in states of creativity and prayer.

A fifth-dimensional being functions between Beta/Alpha/Theta in the normal waking state.

Your multi-dimensional awareness allows your consciousness to shift in this range, while you are awake!!! But this is what causes "fatigue". Your body has always recognised Theta as a state of deep relaxation prior to sleep, and so when your brain waves shift to Theta it sends you a message to say that you are tired and about to go to sleep! And so because we are conditioned to respond to that cue with tiredness and sleep, we feel that we need to go and sleep.

A sixth-dimensional being in training for full 9D Christ Consciousness will be learning to move through Delta to Gamma in the normal waking state!! Now your body definitely thinks it's asleep!! The trick is to learn to move with these states, without panicking or getting "lost" in a dream-like state. Those of us who are doing this work often feel like we are living in a slow-mo dream world, and this is in fact true. We are living in the dream state in our waking consciousness.

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When I let go of what I am, I become what I might be.

Lao Tzu

# Why We Feel So Tired So Often

Cont'd

This will take a while to master, but once mastered it is the key to immense creativity and the manifestation of "miracles". In this deep state of consciousness we can literally bend and shape time and matter with pure intention. So, understand that your body is learning to adapt to a different range of brain-wave frequencies.

## A Note of Caution

Please be careful when in any of the above states that you are aware of the following:

\* Stay Grounded. Work at keeping in your body. Do not take recreational drugs or smoke dope at this time, it will interfere with the natural expansion of consciousness.

\* Distinguish between real tiredness and expanded consciousness. Be kind to yourself. If you feel tired - rest. In fact, you will need significant amounts of rest as you pass through this process. If you try to overdo things you will become hyper and will probably crash into exhaustion anyway.

\* Be careful. If you are driving a car, concentrate and focus. So many people are having accidents because they are unaware of what happens when their brain shifts frequencies. It is just a matter of being grounded and concentrating. Tell your body and your guidance that for the duration of the journey you need to be able to concentrate fully on what you are doing.

\* Relax - it will pass. Soon you will become

used to working with these different frequencies. I have begun to have a lot of fun with the dreamy, spacy state, and I am learning to use the creativity that it engenders. I am also learning how to shift frequencies at will. Yes, we are truly becoming Crystal or Christed.

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# Body, Mind and Spirit

I have recently been doing some research and discovered that I do know a lot *and* there is a lot I *don't* know.

The history of the United States – and the world – is not what we were taught for the last forty to fifty years. It was, however, the accepted edited history at the time. It's a shame that the altered "truths" are shoved down our children's and grandchildren's throats...but perhaps that particular complaint of mine should be left for another time and article.

Forty to fifty years ago, we had a more limited view of our (individual) world; what we knew, right or wrong, was passed on to us through our family, our school, and limited information from newspapers and news on the radio or television.

There was a better connection to Earth; but individually, we were (as a majority) a bit uninformed on what really was happening in the rest of the world.

And then we expanded, through technological advancements, until we one day had the internet – then the whole world opened up to us.

We got to see videos, pictures, articles, etc. from – and about – nearly everywhere on our planet and beyond.

And we began exploring more of our spiritual nature – expanding our awareness and perceptions.

Then many began losing touch with their physical existence.

Our foods are coming from...well, many don't know beyond the grocery store.

How many of you know what any of the following are and where they are found? (This is just a minute list – chemicals abound in our food, water and skin care products):

1. Monosodium Glutamate (MSG)
2. Sodium Nitrates and Sodium Nitrites
3. Polyethylene glycol (PEG)
4. Aspartame

I challenge each one of you to research and get to know exactly what they are and what they do; then go to your pantries, closets, drawers, cabinets and read your labels.

Did you know that your skin is your largest organ, and that what you put on your skin enters your bloodstream?

My doctor once told me that if I couldn't pronounce an ingredient, or didn't know what it was, then I shouldn't be using, wearing or eating it.

We have expanded outward – and have learned a lot!

But, we seem to have forgotten our physical selves. Oh, we are exercising, and trying to watch our caloric intake, but we have basically and blindly allowed ourselves to eat whatever is on the grocery shelves or restaurants. If it is on the grocery shelf, or in

the restaurant, it's safe, right? Otherwise it couldn't be there, right?

Wrong.

The processed stuff is there because it was cheap and easy to make (toxins included) and we keep buying it.

We have learned a lot! And, we've a lot to learn.

Our progression involves **Body, Mind and Spirit** – not just one of them, all of them.

As we work to take responsibility for our spiritual growth and our mental capacities, we must not forget to take responsibility for our physical bodies.

Before you use the insecticide, GMO/GE products/seeds, weed killers, etc., please read and research the ingredients (outside the company's product page); you will be breathing, eating and drinking those same chemicals a bit down the road.

Read labels, inform yourself and help protect you and your children's bodies.

Don't believe that just because it is on a store shelf, in a restaurant, or your doctor's office, that it is okay for you.

In this day and age of information, take control of what you will and will not allow for your healthier **Body, Mind and Spirit**.

by Jan Toomer

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