

Reality Undefined Newsletter

DECEMBER 2013

Volume 5 Issue 12

This Plain Text (P-T) newsletter was created for easier loading on smaller viewing screens (such as phones). This newsletter is mostly text-only (photographs and most personalization design elements have been removed).

Unseen Pictures 4 You

(FaceBook Page)

A kindergarten teacher decided to let her class play a game.

The teacher told each child in the class to bring along a plastic bag containing a few potatoes.

Each potato will be given a name of a person that the child hates.

So the number of potatoes that a child will put in his/her plastic bag will depend on the number of people he/she hates.

So when the day came, each child brought some potatoes with the name of the people he/she hated. Some had 2 potatoes; some 3 while some up to 5 potatoes. The teacher then told the children to carry with them the potatoes in the

plastic bag wherever they go (even to the toilet) for 1 week.

Days after days passed by, and the children started to complain due to the unpleasant smell let out by the rotten potatoes. Besides, those having 5 potatoes also had to carry heavier bags. After 1 week, the children were relieved because the game had finally ended...

The teacher asked: "How did you feel while carrying the potatoes with you for 1 week?". The children let out their frustrations and started complaining of the trouble that they had to go through having to carry the heavy and smelly potatoes wherever they go.

Then the teacher told them the hidden meaning behind the game. The teacher said: "This is exactly the situation when you carry your hatred

for somebody inside your heart. The stench of hatred will contaminate your heart and you will carry it with you wherever you go. If you cannot tolerate the smell of rotten potatoes for just 1 week, can you imagine what is it like to have the stench of hatred in your heart for your lifetime???"

Moral of the story:

Throw away any hatred for anyone from your heart so that you will not carry sins for a lifetime.

Forgiving others is the best attitude to take!

Love Everyone & Be Loved

SHARE THIS TO ALL ...

VIEW OUR BLOG---<http://goo.gl/LeNrKQ>

Know Yourself

by Linda Aragon, Holistic Life Coach

Before you came to Earth, be aware that you participated in the creation of many of the challenges that you would be facing. Why? The concept of growth is often a great focus for those seeking evolution. That measurement of growth and being aware of it is essential to the maturity of one's soul. The linear offers this at a very dense level. In Earth's complicated density, it is easy to get caught up in drama, confused about why you are in this reality at this time. You are always a contributor to the drama in your life. Being a victim is a choice. By owning your involvement, it empowers you to have a say in how it all unfolds.

All who participate in the linear experience will have moments where it feels overwhelming. The younger soul complains, "This is just too hard". The older soul contemplates, "Why did I come here"? As one does evolve, one is more easily able to rise above the dramas of life. Be the one who responds immediately to the whispers of the soul. Turn down the volume of the chaos so that you may hear it. Simply step back and seek the lesson. Your challenges do pass and they will pass much more quickly if you are able to do this.

Feel your growth spiritually. It may be just enough encouragement you need to continue forward towards the next plateau of evolution. Chaotic energy can distract you and enmesh you in the dramas. It takes diligence to decide that a garden of calm would serve you better.

All your experiences are created by the self, to become more aware. Awareness is the precursor to change. Stay in harmony with the joy of life. Like attracts like; if you feel defeated, you will be. If you keep your thoughts positive and joy in your heart, the negative will recede. Decide to be in control of your reality. There are no victims, only those who have given up their power.

Stop each day to appreciate being here. Find a simple moment and focus on gratitude and appreciation. Though your journey may be challenging at times, this opportunity for soul growth is a gift.

Watch yourself this day. Observe moment to moment. Where is your focus? What are your thoughts? Is this what I've come to Earth to experience? How can I participate in a positive outcome? Each day, determine your path to your own evolution.

Physical experience is a multi-dimensional experience encompassing many levels of creation. It is a learning experience which does have importance and stays with the soul along its path of evolution. You're not going to do it perfectly so be easy on yourself. It is a journey. By starting to contemplate this nature of reality, one can begin to resolve issues in your current life. As there is much more occurring than just this life, consider this to readjust your perspective.

Today, ask yourself: How am I doing? Honestly answer. Then seek remedy for anything that is unbalanced. Make the journey with your eyes and heart open. It is important to be clear about who you are and what you are doing in this particular time fragment. There is a reason you are who you are in this life. Take the time to recover what that is, your intentions and your identity.

At the end of this life, as the days grow dim, what will remain is the vibration of your heart, as it remembers the love.

Linda Aragon – Holistic Life Coach
RadiantLifeTransformations.com

Aragon77@Comcast.net



Great Service
Great Price
Great Opportunity

NO CONTRACT
UNLIMITED
MONTH TO MONTH PLANS
ON A NATIONWIDE 4G NETWORK



or **FREE** when you share!

Ask me how you can get rid of your cell
phone bill!

Aaron Horvath

Independent Social Member

Call or Text: 575-621-3490

Email: SocialCommerce4you@gmail.com

Web: www.solavei.com/xlr8

I Fired My Pharmacy Today

(The following is my experience with one pharmacy – it does not mean it is a typical experience.)

Last year my pharmacy kept harassing me with monthly phone calls about having a prescription ready for me to pick up. I'd go in and tell them to take me off the automatic refill. Each time I was assured that I would no longer be on auto-fill.

I no longer needed a monthly supply of inhalers – but the pharmacy kept calling.

When I quit showing up to pick up their prescription, the harassing phone calls not only increased, but I started receiving additional phone calls about how I needed to stay on the medications that my doctor prescribed for me.

Eventually I ended up with probably a lifetime of inhalers (which I had to throw away because they expired without ever being used) and finally the calls ended.

This month I requested an asthma re-evaluation with my doctor and had told her what I had experienced last year.

She went out of her way to work with me. To evaluate my asthma, I was provided and non-refillable prescription for two emergency inhal-

ers (one for my purse and one for the home). The doctor and I figured this way the pharmacy would be cut off and I wouldn't be stressed or harassed by them and we could see how much usage I had for the emergency inhaler.

Thirty days later the pharmacy phone calls began again.

I stormed down to the pharmacy, chewed out the pharmacist about their automated system. The pharmacist told me that the doctor had sent the request to him. I told him that was a load of crap; that this pharmacy initiated this refill. I also informed him of how the doctor made sure – for me – that the prescription had been labeled “no refills”.

I also told him that this un-requested, un-asked for prescription was rejected and refused.

The pharmacist took me “off automated refill” and handed me a print out showing he had just disabled it.

I next went to the doctor's office. What they say really ticked me off: the pharmacy had called my doctor's office “on behalf of Jan Toomer who requested a refill”. Bull hockey and shame on the pharmacy.

I let the doctor's office know that I had not requested anything from the pharmacy.

So, this pharmacy had disregarded the doctor's instructions of “no refills” on the prescription and lied to my doctor's office and harassed me just to keep the money flowing...in other words, for their own greed.

When someone requests no auto refills, that needs to be honored...period.

Again, I do not pay anyone to harass me, mistreat me or abuse me; and I do not like being lied to or deceived in any way. That kind of treatment and energy is NOT welcome in my life or energy.

So, I fired my pharmacy today.

Please take responsibility and monitor your situation; don't let the pharmacies dictate to you whether or not you need a prescription. Work with your doctor and your doctor's office to make sure that you do require refills.*

**Automatic refills are wonderful for those who may be forgetful and/or really do need monthly refills.*

by Jan Toomer

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 (distant, hospital or hospice) or for more information: (575) 382-4576 or cell (520) 234-4440 -

email: Jan@reality-undefined.com

www.metaphysical-studies.com/blog

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

Hands of Love

To make an appointment (in office or distant) or for more information: (575) 636-5252 - email: jagclgmom@gmail.com

www.energyhealingbytracy.com

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

RadiantLifeTransformations.com

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

Metaphysical Life Enrichment Center

Check out their website - they have neat stuff happening throughout the month! 2600 El Paseo Rd, Las Cruces. (575) 647-0300.

www.mlecnm.com/home.htm

Pi*Pilates Studio & Health Shop

Located in the Caballero Plaza of Old Mesilla, 2521 Avenida De Mesilla, Suite D. 575-526-0977. Click to see what's happening at

Pi*Pilates Studio

http://piyoga.webs.com/

Raquel Ontiveros-Carr - Reiki Master, Certified Pranic Healer - Spinal Touch Therapy Practitioner.

Health and Joy through

Energetic Balance

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

Ike Trevino - Reiki Master, Crystal Energy Healer, Animal Healing, Group Circles and more!

To make an appointment or for more information: call 512-921-1941 or email: all4heal@aol.com

Dorothy Ance Webb - Mystery Author and Feather Fans

Author of *Chindii Woman: A Darcy Redbird Mystery*.

Also - **Feather Fans**: The barred turkey feathers are painted with animals and birds sacred to the Native Americans. The handle is beaded in the Peyote design and decorated with leather fringe, fur and/or animal fetishes. Each is unique.

http://dorothyancewebb.com/index.html

Cathy Wilkerson - T or C - Licensed Massage Therapist (LMT #7289), Reiki Master.

To make an appointment or for more information: (575) 538-1222 or email: cathywilkerson@hotmail.com

Top Six Tips for Finding Lost Things

by Cynthia Sue Larson

Have you lost something recently that you want to find again? Perhaps you've misplaced your keys, a book, an important photograph, a favorite piece of jewelry, or a pet. You've checked all the obvious places, and still can't find it. At this point, you might wonder if there is anything else you can do besides give up. Fortunately, there is!

Most all of us lose things. We lose socks in the laundry as well as keys, coats, wallets, and pens a lot more often than we'd like to. Have you ever noticed how you tend to lose more things when you're feeling anxious and upset? For some of us, being in a foul mood is all that's required to find ourselves crashing computers, blowing out light fixtures and appliances, and all sorts of other exciting things. While most people don't notice such dramatic psychokinetic effects, all of us are energetic beings, and we all exert a powerful effect on our physical environment with just our thoughts and feelings.

If you follow these tips, you'll greatly increase your chances of bringing what you've lost back to you. I've found all sorts of things (pens, keys, glasses, wallet) that reappeared in places I'd already checked after I followed these simple steps.

(1) Ground Yourself

It might seem that the hardest thing to do when you've just lost something is to relax... but it's also the most important. Your anxiety can and does create conflict in the physical world. By calming your mind and your heart, you will allow for harmony to manifest in the outside world. We ground our electrical appliances to prevent them from sparking and starting fires... and we need to do the same thing for our energetic bodies. You can ground yourself by visualizing a long cord running down from you, down below your feet, far into the core of the Earth. Imagine that all the worries and troubles that beleague you

are falling down, down, down that cord, never to return.

(2) Hope for a Reality Shift

When my young daughter used to lose things, she would say, "Hope for reality shift! Hope for reality shift!" over and over again as she walked around the house. Her intention of allowing for her lost item to return (even to a place we'd already looked) helped make such a reunion possible. I now make sure that I say my intention out loud any time I've lost something that I dearly love and wish to find again. I know that it is possible for lost things to reappear in places I have thoroughly searched -- and even sometimes in very strange or unusual places. This intention is extremely important, because it gives the universe permission to return your lost item to you when you allow for a miraculous shift in reality to occur.

(3) Meditate

An easy meditation for finding lost things is based on breathing. As you exhale, imagine that you are breathing out all your worries and fears. As you inhale, imagine that you are breathing in love. You are letting go of any sense of panic or loss, and feeling more and more loving and loved. If you have another favorite meditation, this is a very good time to do it. The main idea now is to remain grounded as you relax further, while opening your mind and heart fully into experiencing whatever this moment brings. If you would like to meditate with music, try listening to something like this song written just for this occasion, called Lost Socks and Missing Keys, to get you in a good mood:

Hear the song,
Lost Socks & Missing Keys

<http://realityshifters.com/media/lostsocksmissingkeys.mp3>

which Laszlo wrote after being inspired
by RealityShifters.
email Laszlo (laszlostudio79@hotmail.com)

(4) Feel Your Love for What is Lost

While all the previous steps are very important, feeling your love for what you have lost is undoubtedly the most important. While you continue staying grounded and breathing in love, remember all your favorite memories about what you've just lost. Allow yourself the luxury of feeling as much of that love as possible. Feel your heart growing warmer and warmer with those feelings of love. This love you are feeling is the bond between you and what has been lost, and by feeling your love as strongly as you can, you are calling what you love to return to you.

(5) Let Go

You've now done all you can do. It's time to trust that the universe will consider your request for a reunion with what you've lost. It's time to let go of any worries, fears, doubts, or concerns that might still be lingering. Just trust that everything is exactly right somehow, and continue with your everyday activities as usual. If you find your mind obsessing about what you've lost, go back to the first step and go through all these steps again. You'll find that the more you practice grounding and meditating, the easier these things become, and the easier it will be for you to stop worrying.

(6) Appreciate the Surprise Reunion

One moment, when you least expect it, you'll find what you lost. It may appear in a place you know you thoroughly checked... it may appear in a completely ridiculous place (like the time my daughter's favorite shoes once appeared on the pillow of her bed). Savor this moment, and fully absorb the improbability of your reunion and your delight and joy at finding what you lost. The appreciation and gratitude you feel will help bring more lost things home to you.

Cynthia Sue Larson
RealityShifters.com

Advertising

Price is per month - E-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; (Set up for new ad: \$48/hr)

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

Jan@reality-undefined.com.

Prices and sizes subject to change.

Stay Out of Fear Mode

Mercury Retrograde ended, which means we can begin to move forward again – though some messes may need to be cleaned up from the Mercury Retrograde energies.

Some people may feel:

- Like they woke up
- Left the fog or molasses
- They are being propelled forward, possibly so quickly that everything around them is but a blur.

Again (and I feel like I sound like a broken record, but they really want us to understand this) we've been through a lot, especially the last few weeks...but it doesn't mean it is over.

We will continue to get energy shifts/downloads to help humans and earth purge all the built up heavy negative energies.

Each time we go through an energy shift or download (around the full moon, during solar flares and planetary alignments that encourage self growth, reflection, and/or changes will bring these) – we get a small reprieve...which is actually our adjustment time before another wave comes through.

Also, please remember that some are having difficulties of why they aren't adjusting or adapting to the new energies (there are numerous reasons – as individualized as the individual). This is, unfortunately, when we see spikes of unusual, bizarre, or deadly/horrifying behavior from an individual; it is like their brain short circuited.

No Fear

We are once again being asked to stay out of fear mode (panic, depression, hopelessness, scared, etc.); these emotions are heavy and bring us back down to the heavier energies.

Do you remember the Mary Poppins movie? The scene where happy thoughts and laughter (higher energy frequency) made the people float up to the ceiling while the sad thoughts made them sink back down toward the floor (heavier emotions/energies).

Movie Clip Link:

I Love to Laugh - Mary Poppins

<http://www.youtube.com/watch?v=pOMqqI-kzHY>

If we could use that scene/memory to remind us to monitor where our thoughts and emotions are bringing us, we could consciously move into the lighter thoughts/emotions/energies.

Are your thoughts making your lighter or sinking you down?

by Jan Toomer

Energy Update - Nov. 5, 2013

We have seen, since Mercury went retrograde, even more energy downloads hitching rides in on yet another eclipse and more solar flares.

This has created some wonky energy - which has produced more bizarre and weird incidents with people who are having a more difficult time adjusting to the frequency of downloads and energy shifts in such a short time.

The wonky energy has also been affecting those of us who are working hard to adjust and adapt to the new energies. We are seeing and/or experiencing:

- Feeling a little off (or tilted or wonky)
- Words - verbal communication (which is

affected by Mercury Retrograde) has been difficult in addition to Mercury's current influences. Because verbal communication is a third dimensional "thing", and we are working with higher frequencies during these downloads, we sometimes get frustrated with one another because we are hearing jabbering out of someone's mouth and it is not sinking into our brains. If you find yourself ready to pull your hair out, try looking into one another's eyes, without verbalizing, and allow the energy aspects of self to communicate mentally.

- Feeling spacey or not all "in body" - again, because we are downloading higher frequencies, we seem to have difficulties stay-

ing in our physical bodies. Please remember, we still need to hang on a little longer to the third dimension aspect of self...and try to stay in body.

- Having trouble staying focused.

I know these can be unsettling, but I ask your patience while your body and energy works to adapt and adjust.

Oh, and Mercury Retrograde only has five more days! Yay!

by Jan Toomer

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.

Higher Frequency Beings

*"Today is the day of absorbing.
Today is the day you've worked so
hard to move forward.
Today is the day of re-birth;
stepping forward and claiming your
soul's true purpose."*

Team

Although we will continue to purge and clean (remember, we are purging heavier energies and cleaning not just this lifetime, but past and future lifetimes as well) – we have entered receiving the new energies.

These new energies are what will support us in a crystalline structured-based system.

We are close (energy frequency-wise) to those on the other side (higher frequency beings and our teams/support system).

Many energy workers, Lightworkers, etc. are now

in direct contact with those higher frequency beings.

These beings are working closely with some to increase and/or refine their skills; aiding to adjust their physical and energy bodies to be able to work in the higher frequencies, and guiding these humans in their spiritual and energy work.

Who Are These Beings?

A very generic term would be "Ascended Masters" (though they don't particularly like the label). However, earth writings of, and about, Ascended Masters have barely scratched the surface as to who they are – by name – and who they are in the greater scheme of things. There are thousands (and I feel I am way off number-wise...tens of thousands may be more accurate) of higher frequency beings working with and assisting humans.

Those humans who are being taught by these

beings are no more special than anyone else. When each individual reaches a point in their spiritual development, these beings step forward to work with them

If it is not your time yet, that is okay! You are right on schedule and right where you need to be as per your soul plan. When your energy frequency reaches a certain frequency, it will trigger the call and the higher beings will approach.

Not everyone can see/sense/feel these beings working with them and that is also okay! It won't stop your higher self and physical energy from getting what it needs.

Names of these beings are not necessary, but they would like us to know that they are very proud of us and excited that they are being able to have more direct contact to aid us.

by Jan Toomer

Energy Update - Nov. 12, 2013

We are still working on the most recent energy shifts/downloads. Some people are reporting (continuing and some new):

- memorable, vivid and/or intense dreams
- teary, cry easily – but not depressed
- cranky or short tempered off and on (and not necessarily knowing why...may be tied to the desire to want to function in 4th and 5th instead of the 3rd dimensional energies)
- either needing more sleep or less sleep (outside of norm sleeping patterns)
- energy fluctuations throughout the day

- becoming more sensitive/feeling others emotions (empathic/empathy)
- seeking or feeling the "itch" to look for new experiences, education, careers, etc.
- whining, acting out, rebelling (due to fear of change or the upcoming unknown)
- prickly moments in verbal communication (still wanting to move beyond the stunted and limited third dimension verbalization communication methods)

Know that these are not necessarily negative experiences – *unless* you treat them as such/act as such. These are signs of purging and/or shaking

off the old energy to make room for the new. If you hold or have a negative outlook on or about these changes in your life, you are then hanging on to the heavier, no so pleasant energies and prolonging the cleansing. Keep in mind that these energy shifts/downloads are to help us clear our energies and raise our frequencies.

Please have patience with self and others; deep breaths, meditating, gardening or walks are some ways to release the edgy or irritating energies.

by Jan Toomer

Your Meta Question - Nov. 12, 2013

Q. How many abilities can one person have?

A. About 20 years ago, most people had a primary and one or two secondary abilities.

Since everything is energy related – and we are energy – I see all abilities overlapping; the delineations between some of them are blurring.

Most everything (I hope I didn't overlook one) is

either:

- energy manipulation (healing, manipulators, charismatics, telekinesis, etc.) or,
- energy interpretation (psychometry, signatures, "memories", channeling, auras, spirit and spiritual mediums, aura readers, etc.)
- Now, we (the human race on the whole) have risen in energy frequency and more able to access our innate abilities. We are only limited by:

- our soul contract for this lifetime (we decided before coming into this body what abilities we could access), and/or
- limited by one's own doubts, blocks and fears.

by Jan Toomer

Acceptance and Allowing

Once again I am being asked to write about Acceptance and Allowing. I touched on these briefly, but now offer a closer look.

Some people entered/went through a period of time where heavier energies chaffed them – such as not having patience with some negative attitudes; not wanting to be in crowds (grocery stores, Wally World, etc.) because being around other who had icky attitudes often gave one headaches and/or created a cranky feeling.

Tolerance and patience were in short order; isolation was preferred.

Matching Energies

Having been an asthmatic, I often found myself matching the breathing of those I was around. If they were short breathed or had labored breathing, I developed it too...breath for breath was matched.

This was uncomfortable for me – and I've no clue when or why I began doing this.

After a while, I decided I didn't need to do that. I could allow them to breathe their way and allow me to breathe the way my body wanted or needed to breathe.

I accepted their right to their experience and breathing and my right to not accept their way as my own.

Changing Perspective

In order to move out of the being chaffed energy-mode, one needs to broaden and/or change their perspective.

Acceptance and Allowing is that act of recognizing that each individual is where they are in the soul development and that they are allowed to be there.

However, this does not mean we are to allow others to mentally, physically, emotionally or verbally abuse or mistreat us; we are not doormats.

We can accept - and respect - their right to be where they are on their life path; but that doesn't mean we have to allow their energy/attitude in our life.

If where they are is disharmonious to you, then you can step away from their energy and allow yourself to be where you need to be. You do not need to accept their disharmonious-to-you energies in your space.

By doing this, you are no longer trying to match your breathing (or energy) to their breathing (energy). You are both on your path of spiritual growth and experiences.

Different paths...same journey.

So when you are able to change your perspective, you may find other things – daily scenes and daily experiences – seem to take on a new depth.

by Jan Toomer

CREATING ABUNDANCE: An important 24 hours ahead: JUPITER TURNS RETROGRADE:

It's a very high energy period right now. In approx 8hrs (from the time of this post) Jupiter will begin it's annual retrograde motion relative to Earth. This is very special news for us all. Why? Because from now until early March 2014 we get to do a thorough clean up and clean out of our inner worth, value, respect, power and recognition. We will be focusing on giving ALL that we are so we receive this abundance in return...

WHAT TO EXPECT

Over the next four months it is slow and steady work we are doing on a daily basis. We are pushed to use our natural talents and skills in our careers, families, relationships and personal life, so that we know our worth. Once you know how good you are because you are using ALL of you and not suppressing what comes naturally, you will recognise this inner worth when it flows back to you from the outside world.

Over this period:

- overhaul career and occupation. Great period to investigate your ideal vocation and take solid steps to live it.
- start that hobby or business you have always dreamed about running.
- look at your finances and be diligent in how you attract money and how you give it away too. What are you receiving in return for your efforts. Is it in equal value to what you are giving out? Now is the period to see and act clearly and make changes as you feel fit.
- make sure you ENJOY yourself each day. Our greatest sense is our 'sense of humour' for it lightens us up and brings us back to love, which is the true essence of who you are. Create fun and release during this period.
- build up something of worth in your life - whatever your most deepest desire is, make it happen through your actions and daily applied work.
- use your natural creative flow each day.

Come up with ingenious solutions to any obstacle and prove your worth to you. This is fun when you do it!

If you dedicate yourself to living your truth and being honest to you over this period, come March 2014 whatever you have been quietly working on and building up will soar like a rocket ship!

So now you know, use this universal push to help you be all that you are xxx love to you xxx

#ElizabethPeru #JupiterRetrograde

When sharing my information "anywhere" online can you please link back to my Facebook page & my website information as the author & originator of the post. Many thanks xx

<https://www.facebook.com/ElizabethSPeru>

<http://www.deltawaves.com.au/>

Linda Stein-Luthke and Dr. Martin Luthke - November 13, 2013

This morning we received a channeling from El Morya Khan. During our sleep time, Martin and I have been traveling to the Phillipines to help those who've transitioned suddenly and then to blanket the area with healing Light.

This has left us very thoughtful as to how we co-create what we are experiencing at this time on Mother Earth.

El Morya Khan began the session by stating that there are no longer "natural disasters" occurring on Earth. All are caused now by the energetic

disharmony that has come from humanity.

The good news is that as each of us embraces the new frequencies of Light flooding the Earth plane and comes to peace, harmony and balance within, we can once again establish a planet where disasters of any sort will no longer occur.

We hold the power of the Light within and as we let go of judging, evaluating, coming to conclusions and choosing to live in stress, we can create the change we seek.

Begin by appreciating all the beauty and abundance in your life. Find the Light in your heart and feel the all encompassing, compassionate embrace that is there within each one of us. It seems simple to do. But involves quieting the mind and realizing that the Light we carry within is now more powerful than ever to create the healing we seek for ourselves and our planet.

11-13-13

Expansion Publishing

Vintage: Empaths and Holidays

December 22nd, 2009

Holidays can be difficult for empaths*; emotions vacillate anywhere between highs and lows worldwide and opened empaths can feel this.

Emotions can range from excitement building to depression, and it rolls in waves around the world.

What does this mean for an opened and/or untrained empath? It means an unpleasant roller-coaster ride of emotions that do not belong to them.

Couple that with December being the end of the calendar year – which can bring another roller-coaster ride as worldwide reflections of the year coming to a close.

Ouch!

What can an empath do to help alleviate this? What can parents do for an underage empath to help them? Shield, shield, shield ** (see below).

Shielding helps create a barrier to keep other people's emotions/energy from entering the empath's energy. Does this mean an empath won't feel any emotions anymore? No.

It does mean that shielding aids in assisting the

empath from absorbing others emotions. The empath can still sense others' emotions, but won't carry or absorb them; and they still feel their own emotions.

As the energy – worldwide – continues to rise in vibration – so too increases the number of empaths on our planet; we are all becoming more empathic.

What and how does an empath feel?

Imagine going to a crowded mall (grocery store, concert, festival, etc.). An open empath will absorb the emotions of the people around them (or at holidays they can experience in their own home...since emotions are heightened worldwide around the holidays). This means they can absorb, and feel: depression, anger, disappointment, regret, sadness, jealousy, fear, joy, expectations, happiness, excitement, etc.

They can absorb so much and don't understand why they have so many conflicting emotions.

Over twenty years ago, I approached a psychiatrist who worked in a mental health facility and asked him "How many patients were empaths?" and "How many mental health 'illnesses' could be aided by teaching them to shield?" As you can imagine, my questions were not well received, and unfortunately this question remains unan-

swered even today.

I am not saying that there are not real mental health issues – there are. I am asking "How many are opened/untrained empaths who are overwhelmed by others emotions – and could be helped by shielding?"

In my classes today, I ask the students that – if they take nothing else with them from my classes – to please keep shielding. It really does help.

I am not writing this article to create fear – quite the contrary. I do want empaths to feel at ease with their ability – and not be so overwhelmed.

I was there before, and didn't like it – so I offer the information to others.

I wish you all a wonderful, and shielded, Holiday Season and New Year. :)

**Empaths – (also known as Highly Sensitive Person or HSP) are sensitive to, and can absorb, others emotions.*

*** Shielding podcast*

by Jan Toomer

Ascended Masters Newsletter #170

Dear Friends,

Martin and I are celebrating twenty years together in this embodiment. A dear friend asked how we had chosen to come together. The story is complex and quite educational, which is why I tell it in the book "Agreements."

The short version is that we had agreed on the higher planes before embodiment to be together in this lifetime to do the work we do.

When we actually met "in the flesh" Martin did not waver regarding our union; I wasn't so sure. In fact, I had made a written commitment to never, ever marry again. But after we had many powerful moments with the Light I, too, came to understand that this was our path.

The love we share isn't the traditional romantic love. Our bond goes far beyond that kind of love. It was wonderful to have experienced romantic love. And often romantic love can develop into a deeper bond. But we were both ready to know something more when we met and were blessed to find that opportunity with each other.

Martin and I are very, very grateful for all the help we've received from the Light. Without it, we doubt that we would be celebrating twenty years as a couple. We are consistently asked to help others to know that this Light and the Beings of Light are here for everyone, that this Light fills the whole Earth plane and every living being.

However, our ego minds can create a thick fog of confusion that keeps us from realizing this truth.

We see opposing thought forms all around us in our world today. Everyone believes their perception is the truth. But is it? Perhaps the truth isn't to be found in our minds at all. Martin is fond of saying: "The mind has all the questions, the heart has all the answers."

Today, *St. Germain* explained once again in a channeling session how we are of more than one mind - and what to do about it. We are always grateful when we actually achieve some clarity in this regard.

We are also very grateful for the continuing support from all of you.

Many Blessings of Love and Light,

Linda and Martin

One Heart and One Truth - But Two Minds

By the Ascended Master St. Germain

Dear Beloved Friends,

Have you noticed that life has appeared even more confusing for you in recent days? Perhaps this may seem surprising to you given all you have learned about the Light and how you can achieve more clarity in your life by focusing solely upon the Light.

And focusing on the Light can, indeed, bring more clarity. But it can also bring with it a desire to believe that your life should now be as you expect it to be given what you have learned regarding the Light.

We do see that many of you continue to be disappointed that your lives are not moving along as anticipated. Indeed, you are seeing even more confusion in your world, not less. And the confusion you are seeing in the world is reflected in your personal lives as well.

From our perspective, we offer our unconditional love and compassion for what you are experiencing. Whenever you have opened your hearts to receive our message, we have offered this love and compassion to you.

In those moments you have found momentary peace and respite from the suffering caused by the mental activity that still leaves you in confusion.

What we have noticed is that many of you have experienced the need to ponder events that did not unfold as you might have wished, or worry about events that have not yet unfolded, and come to conclusions regarding such. In each and every case, the conclusions you have derived have **most definitely affected** what would unfold, and this has not often been an experience you have relished.

You see, the ego mind can help mandate what you will choose to experience and this may not always be a useful activity.

Then there will be a part of your mind that will tell you that **you do know better**. You have had access to great wisdom. You have studied the great sages and masters, but yet you still have an opposing force within you that wishes to focus on what is not quite right in your world and worry and fret about this situation.

As you allow these opposing forces to chatter away, you miss what is happening in the moment and the opportunity of receiving the blessings of the Light that is flowing through you in **every moment**.

You have been so conditioned to believe that until all is perfect as you believe it should be, you cannot accept the **perfection that already ex-**

ists in your world now and allow that to be what you experience in your life.

Leia [Linda] shared with you how ambivalent she felt when she met Manalus [Martin]. At that time her life was most difficult and she did not believe that beginning a new relationship would give her what she needed for her next level of growth and development.

She did not have the whole picture with which she could assess the situation with her ego mind. The fact is, **none of you have the whole picture when you allow your ego minds to be the sole judge of any area of activity in your lives.**

Twenty years ago, the Beings of Light and the Light were finally able to gain access to Leia through her heart chakra when she ultimately allowed her mind to rest and wisdom to come to her conscious awareness. Then she could see that the opposing forces battling for control of her mind were not aiding her in knowing the truth.

The Light was caring for her in **every moment**. When she could sit and be still, and open her heart, the wisdom was there for her in the moment - as it is in every moment.

The past is the past. **Let it go.** And you cannot comprehend the future with your ego minds. **Allow the Light in your heart to guide you there.**

Rest in the moment in your Light. As you sit in meditation, allow yourself to focus on the healing, loving radiance that is always available to you within your heart. This is your wisdom center. It will not be found in your mind. Your mind may have the knowledge that leads you to believe that the truth can always be found there. But the real truth and wisdom will be found in your heart.

When you can still the mind and listen to your heart, you will know how to end the suffering that confusion can cause. You will become aware that this loving Light that has always filled your heart has only **one thought**. That thought is to lovingly guide you to your Light. Then the confusion ceases and you can be at peace.

Many Blessings of Love and Light,

St. Germain

Expansion Publishing