

Reality Undefined ©

World Wide Phenomenon

My writings are usually based on what I have seen or experienced; or what I have seen or heard others experience. But what you may not know is that my team prompts me to write and/or share those with you.

My team may also show me a scenario to aid me in trying to draw a verbal picture for the readers on whatever topic or message is forthcoming.

I use my own writing style or technique, but the main message that goes out is often received through spiritual guidance/direction.

Clusters

Many energy workers (readers, healers, teachers, etc.) may find clusters of similar

questions, information received to pass along, or similar topics that crop up.

This usually means that the particular topic (question or info) is what is needed to circulate at that time for the masses that are ready to hear that answer, description, or information. (This topic, etc. will most likely cycle out, and return again later for the newest folks ready to receive it.)

Same Same

But what happens when the *same* information is given over and over?

It means that the information (topic, etc.) has not yet reached all who either (a) *need* to hear it (may be in denial/ignoring); (b) are just now ready to hear it.

This has been the case for "accepting responsibility"; this has also been a reoccurring topic/message from other receivers/writers as well.

United States media blackout or not, I can tell you that "accepting responsibility for *your* thoughts, *your* life, *your* state, *your* country, *your* planet" is a *world wide phenomenon* right now.

And this is why this message keeps showing up, time and time again; and will continue to show up for a while...probably until WE start getting the hang of accepting responsibility world-wide.

by Jan Toomer

People are Not Trusting in Themselves

With some of the energies that I have been feeling I asked for guidance. I thought I would share it with you all.

People are not trusting in themselves and the process. Things will be ok. You need to begin with the aspect again of forgiveness then pursue it further and forgive yourself for the feelings and actions you have and take. The process is quite simple if you allow yourself the mistakes that are to be made. Leave the negativity behind and move forward with the process to help you raise your vibrations to get out of the muck of every-day stuff.

Begin to heal from the negativity that continues to come up for you. Keep allowing it to come and release it however you feel is best.

Trust yourself you know what to do. You came with that information.

Take time for yourself to center, quiet the mind and learn from yourself what it is you need to do to get past all that is going on around you.

Try to keep the respect for all living things this will help your vibrations and thought process during this time.

Eat well and drink enough water.

Channeled by Tracy Gohrick 1-9-2013

Tracy Gohrick
Hands Of Love
Reiki Master/Teacher

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

*You are today where your thoughts have brought you;
you will be tomorrow where your thoughts take you.*

James Allen

The Gardener

Dreams, as many of you know, are becoming more intense, detailed and graphic; usually incorporating some lesson to be learned or view to be understood.

Below is one such dream story.

~

Marissa was an unassuming type of person...if you saw her on the sidewalk, bus or metro, you wouldn't even notice her. Marissa led a quiet, and somewhat predictable, life.

On the weekends, she enjoyed going to the park. She loved people-watching and animal watching.

One day at the park, an older woman, with regal stature, approached Marissa. She told Marissa she has been watching Marissa for a while now, and thought she might be a good day nanny for her grandchildren. She asked if Marissa was interested.

Marissa agreed to give it a try, and the older woman – Lady Sarah – provided Marissa with the address; they agreed on a time to meet and went their separate ways.

The next morning Marissa was greeted by James, the butler, at the front door of the manor; he escorted Marissa to Lady Sarah's study.

After the paperwork was completed, Lady Sarah summoned Mary. Mary was introduced to Marissa as the maid of the children's wing. Mary was to show Marissa around and introduce her to the children.

The four children have a massive wing to themselves; Elizabeth, 13; Marcus, 8; Susan, 6 and Harmony, 3 years old.

Marissa loved spending time with the children; and in addition to keeping the schedule Lady Sarah had for them, Marissa also worked in fun time and some hands on experiences.

One day Elizabeth, in a panic, pulled Marissa aside and asked that Marissa not tell Elizabeth's great-aunt (Lady Sarah's sister) the truth. Marissa asked Elizabeth to explain.

Elizabeth, worried that the snobbish great-aunt will find some excuse to get Marissa fired, told the great-aunt that Marissa was a descendant of royal blood.

Marissa took a long, slow breath, and told Elizabeth that she would not lie to anyone; then she asked Elizabeth if she was ready to accept responsibility for the consequences of her actions. Elizabeth nodded in agreement.

Later, Marissa was asked to join Lady Sarah and the great-aunt (her sister) in the study. Marissa arrived to find Lady Sarah sitting at her desk and the great-aunt standing in front of the desk.

The great-aunt pounced on Marissa – saying how excited she was to find out Marissa was a descendent of royal blood and couldn't wait to see her lineage.

Marissa said she didn't have the lineage; the great-aunt excitedly told her that she would love to do Marissa's lineage.

Between a rock and a hard spot, Marissa yelled at the great-aunt that she should stop this foolishness and keep her nose of out other people's business. Marissa turned and stormed out of the study and headed back to the children's wing.

When nap time came, Marissa slipped out of the nursery and headed up the hallway.

Lady Sarah, baffled by the outburst, had come to the children's wing to find Marissa. As Lady Sarah turned into the hallway, she saw Marissa sneak out of one of the bedrooms, close the door and quickly walk away. Marissa never saw Lady Sarah.

When Marissa was at home that night, she just knew it was a matter of time - because of her outburst - before she was fired; the notice came the next morning.

Several Weeks Later

An invitation arrived in the mail – an invitation from Lady Sarah for Marissa to attend a semi-formal dinner at the manor. Curious, Marissa accepted the invite.

Having arrived at the manor, Marissa was warmly greeted by James as he took her coat. Mary came up and greeted Marissa as well, and said that Lady Sarah asked that Marissa join her in the study. Mary escorted Marissa to the study, opened the study doors and stood back to allow Marissa to enter.

Marissa walked in and saw the study was packed! Lady Sarah and her sister, all the children and grandchildren and the whole staff were all there. Disconcerted, Marissa turned to Lady Sarah.

Lady Sarah told her that after she fired Marissa for the outburst and for suspicious behavior, she was inundated by grandchildren and Mary. After Lady Sarah announced that she had fired Marissa, Elizabeth had asked to speak to Lady Sarah privately.

Elizabeth confessed to Lady Sarah about lying and begging Marissa to not expose her

lie. She also said that she didn't understand at the time what Marissa was talking about when she asked Elizabeth about accepting responsibility for the consequences...but she understood now.

Elizabeth sadly apologized and said it was because of her that Marissa was fired.

Lady Sarah had then called the staff together and asked each one about Marissa; each staff member had something kind to say about Marissa.

Lady Sarah had informed the staff that she had seen Marissa sneaking out of one of the bedrooms and asked if anyone knew anything about that.

Mary spoke out, saying that Marissa was helping Mary. Mary had found out that she was pregnant, but it was a difficult pregnancy; the doctor had told Mary to not lift or do heavy work...but afraid to lose her job, she told no one.

But, Marissa somehow knew, and when the kids were down for nap, Marissa would sneak into the children's rooms and make the beds and clean up – leaving less work for Mary.

Lady Sarah continued on to explain to Marissa that she made a grave error in judgment, wanted to apologize and to ask Marissa to come back...hence the dinner invitation and the group of them meeting her in the study.

Lady Sarah said she did have some questions though – during her talks with the staff and grandchildren, she discovered that Marissa did a lot of things with the children that weren't on the approved schedule; she asked Marissa why she did this.

Marissa answered, "Hospital corners."

Confused, Lady Sarah asked her what that meant. Marissa said, "Exactly."

Marissa went on to explain that, heaven forbid, if anything happened to the family fortune, the children would know how to make a bed with hospital corners; she also had mini-cooking lessons and other hands on experiences so that the children had some knowledge of every day life.

Lady Sarah asked, "Who are you Marissa?"

Marissa answered, "I am the gardener; I weed, enrich and expand. I come in and weed out the bad stuff, enrich the soil to promote healthy growth and widen the garden to promote expansion."

by Jan Toomer

We Are the Zombies

I had a dream.
A restless dark dream.
A telling dream.

For years I begged
people to pay attention...

To take responsibility.

The words mainly unheard.

I had a dream...
a telling dream.

People ignored the horrors
building around them...

People waited for others
to fix the problems.

The others laugh
at all of us.

They say **We** are
oblivious and weak...

And they will do whatever
they want

to **US**.

I had a dream.

Oh God!

I wasn't a dream...

We are the zombies.



12JAN13

This really was a dream, explaining to me the "zombie" promotions from CDC (Center for Disease Control), and commercialization of "zombies" (games, movies, shows, cartoons, etc).

We are the zombies – made numb through various "carriers"; not thinking for ourselves. We can be herded and the body be destroyed from the inside out by chemical poisonings (GM foods, "vaccines", etc).

by Jan Toomer

2013

Each new year I usually write something about how the new year represents a clean slate – a new beginning – new opportunities and possibilities; and how excited I am about the prospects of the new year.

So I thought about writing something different this year – for 2013 – but discovered I still hold the same type of excitement for a new year.

2013

But there is a difference this new year from previous ones - the human race is much more aware entering this new year.

- Aware of self and self's connection to all others.
- Aware of the stress Mother Earth is in.
- Aware of changes needing to be made in the ways of each country's government.
- Aware of the instability of – due to its creation in 3rd dimension – the monetary systems worldwide.
- Aware that each being is a creator of their own reality and that one's own thoughts become one's reality.
- Aware that no one – alien, human or otherwise – is going to swoop in and rescue the human race or clean and fix all of our messes. It is up to us.
- Aware that we each need to accept responsibility for our actions as well as our own thoughts.

With so much awareness happening, what glorious changes will we – as a race and as individual creators – create?

State of Flux

In years past, I could have a pretty clear picture of where we were going – as a whole race as well as my own country.

Though, through far seeing, I can see where we are headed as of *this moment*, not much else can be seen.

Why? Because the journey continues with us working to finish cleaning up the 3rd dimension mass consciousness reality crap and also working on our individual created realities.

This means, in a nutshell that the future is in a state of flux – because it is no longer maintained by mass consciousness creations...rather, each reality is dictated by each individual.

How cool is that?

So we do each have clean slates and we can put our own creations on this slate...

...what creation will you be drawing on your slate?

by Jan Toomer



The Corridor

Blinders

I have been in hermit-mode; cocooning self to heal and re-balance after coming out of the other side*.

I couldn't "see" for self much while going through this journey, so am now able to start looking to see some of the how's and why's (isn't hindsight wonderful?).

I am a workaholic, and had really spread myself too thin; and from November 1st to now, I have been afforded the opportunity to slow down, catch my breath, re-evaluate, re-balance and begin creating anew... able to look at a bigger portion of the experience and take responsibility for how I did it before; move forward now without stepping back into the workaholic role.

As I rebuild my physical body I am also checking with myself as to what to create next.

I have ventured back into photography (a hobby of mine).

I love photography; a snapshot; a single

view; a momentary glimpse into the photographer's world.

When viewing another's photographic work, I often wish I could see more – the photographer has piqued my interest. When I was younger, I used to turn the photograph over, hoping to expand the photograph and see beyond the frozen scene. I had questions about the scene; I explored.

A photograph has blinders on – it only allows you to see that one precise moment and limited scene, nothing else; the viewer does not physically see anything else.

Blinders On

I have been observing interactions and posts (both before and after the imposed censorship) – and am alarmed by some of what I am reading/seeing.

I am seeing an increase of intolerance – and some even tinged with hate – with political views (which I thought would stop after the elections, but have just become more fer-

vent), ethnicity, belief systems, etc. – these can be some mighty powerful, and dangerous, blinders.

Wearing blinders does not protect anyone from being held responsible for their actions or non-actions. As long as there are voluntary blinders on, the negative behavior goes unchecked and is provided the opportunity to grow and thrive.

It's time to stop wearing blinders, accept responsibility for all aspects of one's own life (and everything that entails); don't believe everything you read/see/hear; ask questions, and look at the full scene. Your life isn't a two dimensional photograph – there is much more to see and know.

**(Damaged jawbone; surgery; complications resulting from reactions from antibiotics and the crossing over of our cat family member of almost 17 years.)*

by Jan Toomer

Something Happened Lastnight

Something happened lastnight;
I feel changed somehow.

The weather kept waking me
after I went to bed

So it wasn't a solid sleep...
I tossed and turned too.

Something happened lastnight
and I feel changed somehow.

I tried to meditate today
to find an answer...

but the howling winds
distracted me again and again.

Yet something happened lastnight
and I feel changed somehow.

So I guess I'll just have to wait and see...



29JAN13

Ever wake up and feel that you changed overnight?
Like something - positive - altered in you, but you can't quite put your finger on it? Hmmm....

by Jan Toomer

Message Today of Great Hope and Faith from Sananda

My beloved I bring you a message today of great hope and faith. The time is near to trust now in your inner strength. Use your guidance to move you forward through the difficult time ahead. To move past this will give you great joy and abundance more than you could have ever imagined. Pass along the messages that come to you to bring courage to those around you. Begin to lift up those around you. Guide them with your love and compassion. Bring fourth the joy that is in your heart. Transfer it into a reality for those around you at this time. The guidance is specific love everyone even those you do not trust. To set fourth goals at this time would be the ideal situation. Move closer towards the light beings that you are. Use this information to help you move in a more positive way encourage others to do the same. Allow yourself the respect that you deserve with the confidence you know what is right for you and only you.

Begin to set the goals with time at hand to help you move forward with the brightness in the sky that no longer will hold you down. The aspect of yourself that is allowing you this will help you through it. The peace is very close for you if you just reach for it and attain it.

Blessings be with you
I am Sananda

Channeled by Tracy Gohrick
1-28-03

Tracy Gohrick
Hands Of Love
Reiki Master/Teacher

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

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Ascended Masters Newsletter #162

Dear Friends,

I keep telling myself that there is nothing more to send in a newsletter, and perhaps that this chapter in Martin's and my life is complete. Then something else happens!

Because the veils are thinning between the planes, the beings who are now residing on the higher planes can access us more easily than ever before. I know I have a supportive group on the higher planes who help to keep the traffic at a minimum for me, so I rarely am concerned that someone will come through without an invitation.

Last evening, when Martin and I began to watch *"Somewhere in Time"* starring *Christopher Reeve* and *Jane Seymour*, I simply enjoyed revisiting one of my happier movie memories. As a young adult, I lived in Michigan for five years and loved staying at the *Grand Hotel* on Mackinac Island. The movie depicts this gorgeous part of the world in beautiful detail. And, of course, the subject of time travel is one that fascinates all of us.

Martin and I grew tired, so we didn't finish the movie. After saying our blessings, we dropped off to sleep thinking of when we needed to wake up in the morning and what needed to be done the next day.

Within an hour, I was awakened by someone's lips on mine and a breath being blown into me. Startled, I felt that I'd grabbed Martin's hand, but it was his etheric hand, that I held as I tried to think of who it was that was there with me. I searched the "usual suspects" on the higher planes, but could not place the being. I fell into a fitful sleep but awoke at midnight and made the journey to my meditation chair in the living room. Whoever it was wanted to connect and had much to say. No more sleep for Linda!

I finally placed the entity. *Christopher Reeve* had gotten through. He was before me, in a sunny yellow shirt, eager to show me that he had all his physical capabilities once again. As you may remember, he had a tragic fall from a horse during a competition that left him a quadriplegic. He became an inspiration to many as he continued to live a productive life in spite of his injury. A few years ago he died from complications related to a treatment he had received.

I asked my uninvited visitor how he had managed to get through the beings of Light who keep only high-vibrational beings in contact with me. He said *Paul Newman* let him through. Good ol' Paul! They had been friends and Paul had given generously to Christopher's foundation when they were both alive. Once they had both crossed

over, the association continued. Couldn't argue about that! I knew then that I could welcome his presence.

I asked why he had breathed energy into me. He said it was a dose of Light that he thought might be helpful. And he knew it would get my attention. It did. Then quite a lengthy discourse began which I will recount here.

Many Blessings of Love and Light,

Linda and Martin



You Are Never Alone!

By Christopher Reeve

Thank you Linda, thank you very much for letting me come through like this. It isn't often we can speak directly and clearly to folks who are still on Earth. In fact, it is very rare that when we do get through, we are actually understood. When people who are somewhat open come across my energy they usually think they are just daydreaming and that it couldn't possibly be me trying to connect to share what I've learned. When Paul said that you were "the real deal," I decided to give it a try.

You see, whenever anyone watches a movie or reads a book or listens to music or looks at art that has been done by someone who is disembodied, that energy comes to the place where this experience is happening. Frequently we do try to connect to see if we can add greater insight to the experience. That is why some people feel transported or "get chills" when watching, reading, looking or listening to a piece of work of a disembodied entity.

Because we can be with everyone everywhere at the same time now, we do get plenty of opportunity to participate in these experiences, and sometimes we get through just a bit.

I've frequently been aware that people think it is interesting that I played a man who could fly as Superman, and then became completely immobile after those movies. Often people wonder if there was a deeper meaning to my life choices. I do try to contribute to those insights, but it isn't often that I can get through.

But yes, with you now I can. You see, just as with Paul, I initially came from other parts of Creation, where time travel and flying were an essential part of existence. I chose to come to Earth then, to be part of this

time of great change for the whole planet. I didn't understand all of this when I was a young man. I just kind of "fell into" wanting to be an actor, then studied hard to learn my craft. I always thought I was pretty lucky to get roles that interested me at a deeper level. Of course it wasn't luck. I was being guided by my Light as everyone is guided by their Light. I didn't know that when I was having all those amazing experiences. I thought perhaps there was some guardian angel looking over my shoulder. But I didn't really give it much thought.

But then the accident, which, as you are aware, was not an accident but a set of circumstances agreed upon by my beautiful friend, my horse and I to help me grow into a more powerful role. I needed to then become immobile so that I could completely understand reality was far more than the third-dimensional physical world that had been my comfortable existence to that time.

I had to be alone. I had to be lonely. And I had to be still so that I could learn to time-travel and to fly. And I did learn to do that, inwardly.

And you have had to learn the same thing. Many of you have had to learn this. But first you had to feel lonely and separate from everyone else. You see, after the fall, I thought no one else could understand what I was experiencing. No one else could appreciate how I was suffering. No one else was facing the bleak future that was now my fate. For awhile, I was unable to communicate much of anything. I was very, very lonely and alone. I was used to hearing happy voices and seeing smiling faces. Everyone wanted to be my friend. Now, there were only sad faces when someone wanted to see me. And not so many people did want to see me. No one wants to look at suffering. It's not a popular way of attracting friends. Fortunately, I had Dana and my children by my side, and this helped me know I wasn't completely alone, but it wasn't enough to stop me from feeling very lonely. Life as I had known it had ended. But a new life was about to begin that showed me that I absolutely was not alone, and need never feel lonely. The lesson began in the quiet moments when I was alone. Just as with you.

You've taken that lesson a few times in this lifetime too, haven't you? That's why I wanted to talk with you. You had to lie on your back in pain for quite some time after your spine operation. And you learned to do what I had to learn to do. You had to go into despair, and then you had to ask for help. Not from someone on Earth, but from whoever was listening on the higher planes. I called to God. This had never actually been

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a close association for me up to that time. I was just a "lucky guy" who pretty much always got to do whatever I wanted to do. Everyone liked me and I got along. But now that party was over. I really had to figure things out and I pretty much did.

But it was that time alone, when I was first feeling lonely, that I **realized I wasn't alone at all. I was getting help.** A lot of help. And I was still going to have to play an active role in life and share what I had learned.

I really only talked about the deeper issues with folks who would understand. I wasn't going to get on a stage and say I'd found God and now had all the answers. People don't listen when you do that. I had to become an example of someone who could still make a good life for myself even in the most unfortunate circumstances. I had to show what the human spirit could do. And I did. I did that. But even in those moments where I was once again surrounded by people who wanted to applaud me and be "Chris' friend," I remembered that the real friend was inside me. And the beings of Light who had always surrounded me were now a reality to me.

I still had plenty of time to connect with that Light. Being immobile gives you that time. But now I looked forward to being alone, just as you do. I treasured that time when I could go within and feel the comfort of that Light filling me and giving me a miraculous sense of my existence that I would never have known otherwise. Good fortune wasn't what it was about at all. Every cell of my body hummed with an amazing energy that filled me with the desire to be alive and filled with a love I would have never

known otherwise. **That Light loved me, as I was.** That Light helped me love everyone else and give as much of myself as I possibly could to the world. I was a super man. And everyone who opens up to feel this Light within them can be super, too. It's available for everyone. Knowing this is the greatest blessing of all.

Dying was easy. I just got to see everyone who'd been there all along and say "thank you" for carrying me through that journey on Earth.

But **you can say thank you now.** And you do. That always makes it easier for all of us here to help. And thank you for letting me share a little bit of my story with you and the folks who'll read this. There are lots of us here to help all of you. **You are truly never alone.**

Thank you for letting us help you.

Chris Reeve

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

Expansion Publishing - Newsletters



DISTANT TEARS

I hear the sound of
distant tears

falling so far away.

The doubt, the fears
and loneliness

of being so far away.

I ask that you do
not despair...

you are only a thought away.

No regrets, or second
guessing -

they only get in the way.

Stand tall and then
step forward -

only your thoughts stand in your way.

Nothing lost - much
to gain...

For this is the way

to growth, love and
inner peace...

they are not that far away.



23JAN13

Sometimes I can hear someone softly crying in the distance - or feel tears of anguish slide down someone's face as they cry.

by Jan Toomer

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

Dark Sea of Grass

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

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Earths Rising Frequency & How to Respond to It

by Bruce Dickson

Earth's rapidly rising frequency is a natural and good thing. Earth is raising its frequency, all at once now (1985-2016), in a concerted push, exactly analogous to how flowers blossom, exactly how baby animals are born and exactly how mothers give birth to new persons.

Like global warming, Earth's rising temperature and rising frequency is not a fantasy. It is happening now. The crucial issue is your response, how YOU will respond. The only wrong way to respond is to ignore it's happening.

Growth cycle



The process is easiest to see in how annual plants produce a flower blossom.

A flower blossoms in a matter of hours. Flowers do not take months to blossom. If they did, insects would eat them in their vul-

nerable stages.

Earth is blossoming like a flower in this sense: after a long period of slow incremental growth, in a plant analogous to leaf-leaf-leaf-leaf-leaf, the bud has already formed and the flower must bloom; it cannot hold back and it cannot wait. The blossom stage of an annual flowering plant is a dramatic break in rhythm, a punctuation point to the long, repetitive, possibly monotonous rhythm of leaf-leaf-leaf.

In the break in the rhythm, the music of the plant's creativity "changes key" to a higher octave entirely. The flower blossom is a radically more intelligent formation than the previous stages of roots and stems and leaves. The sacred geometry of roots and leaves is nothing compared to the sacred geometry of a blossom. The blossom at the top of the plant is the plant's masterpiece, it's highest creation after a long period of preparation.

Find more on this natural rhythm that all living things have, in any Waldorf-methods school, in grade five plant biology. Rudolf Steiner has several topics in the area of "etheric formative forces" relevant to understanding earth's rising frequency. Seen in this context, the Earth is doing nothing more, nor less, than following the rhythms of etheric life forces seen most easily in annual plants:

rest sprouting slow patient growth

concentrate all forces

BAM! a Flower! Form seeds for new growth

relax and decline back into rest

This cycle for "annuals," plants who go to seed, die and come again new next year is what the Earth is in now. NOT incremental change but game changing, music raised to a new octave.

This is why there is so much ink and pixels being spilled, about new birth, re-birth, planetary rebirth, and so on, for the last 40 years.

When the ancient Chinese threw the curse, "May you live in interesting times!" they pointed to the stress of living in a time of rapid change. Your luck, good or bad, you decide, is to live when Earth is undergoing the most rapid change it will undergo within a 52,000 year period.

Lucky you!

One blessing of these "blossom times" is more self-healing modalities are now being practiced on Earth than at any time on this planet. That's what HealingToolbox.org is about, sharing this wealth.

Further below find a paragraph on the astronomical reasons for Earth's rapid rise in frequency. But explanations can only persuade you to accept what is happening.

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How Earth's rising frequency affects Western culture

The short version is, the strict dichotomy of "sacred" and the "profane" is no longer sustainable.

We are both. Time to learn compassion for the rejected parts. Time to redeem the feminine and our left-sided needs.

In earlier centuries, it was possible to denounce, separate and divorce the sacred from the profane. Like Thomas Aquinas, I think, we could afford to focus on our "good" parts and try to deny, suppress and get rid of our bad parts. Victoria Nelson, see below, also reminds us the Protestant Reformation moved God OUT of the mundane world, further away from ordinary life and told us, "if it's not of this [material] world, it's of the Devil." The non-intellectual spirituality had no where to go; until, it resurfaces in ghost stories of the Romantic era and later horror genres.

As frequency rises, this separation of the human psyche into good and bad, sacred and profane, becomes harder and harder to maintain. We know we have both, express both, are both. The higher the frequency, the more obvious BOTH become and the urge to reunite our fractured psyche becomes overwhelming for teens and young adults especially.

As the sacred in us comes closer and closer to the profane in us, our unresolved judgments and inner conflicts arise as inner drama. Two short reference points for this are Devil May Cry video games, where the hero is half demon; and, Twilight young adult book series, where the female heroine merges with vampire culture, becomes a vampire, and thereby gains spiritual insight, powers and expansion we can only call "spiritual."

The current batch of superhero movies are, in a useful phrase coined by an interviewer of Victoria Nelson, "avatars of self-realization." This is the way to understand video-game and super hero protagonists. If your traditional religion can no longer supply you with engaging imagery of self-realization; then, you will find these reference points in pop culture: video-games and comic books and fantasy movies.

Find longer discussion of these topics in Victoria Nelsons two books, *The Secret Life of Puppets* and *Gothika*. Just put "her name" and "podcast" into Google.

The main thing to know is the frequency of energy on Earth is rising, has been rising since the end of WW II, with big increases in speed at roughly 1970 and 1985.

Q: How does Earth's rising frequency affect me?

A: The parts of you, you consider "profane" are surfacing, whether you like it or not. Additionally the transcendent sacred parts of you are increasingly energized and longing for expression, reconciliation and resolution in your psyche.

It means the same thing as an increase of light means in a dark cave. You can and will see more things than before; some of them, new, unfamiliar, startling or even uncomfortable to view in the "light of day."

In terms of the iceberg metaphor of our psyche, it means there is more light to see deeper down to the parts of the iceberg below the water's surface, even to the dark bottom underside of the iceberg.

Earth's rising frequency means the same thing as a college education means to a ninth grader, a jump in mental-emotional capacity, awareness and competence.

Healthy personal response

The educator John-Roger puts it this way, "We're in our 'laters' now," the unresolved issues we wished to put off until tomorrow, manana, are with us here and now knocking on our door.

The NEW Energy Anatomy probably is the easiest way to understand this in technical terms. The unresolved splits we have top and bottom, right and left and front and back in our psyche are now all EXAGGERATED and HIGHLIGHTED and MORE ACTIVE in our life now.

Our unresolved issues are literally harder to avoid now.

This is a function of greater light, higher frequency, turning up the volume—which ever metaphor you prefer.

Q: What's the point? Why is all these bad things happening to me now?

A: Our mainstream culture and K-college education system has not prepared us well.

Q: WHERE can I acquire Tools That Heal to deal with more rapid change?

A: Generally, from healers and coaches, on the fringes of the mainstream. Go with individuals you trust and who are doing their own personal work themselves.

Q: What's the goal, the endgame?

A: As it says in *New Energy Anatomy*, the goal and endgame is always going to be "more CIA," you more coherent, integrated and aligned, the new CIA. This is an idea from John Maguire of KinesiologyInstitute.com, another trustworthy coach.

Q: But my hair is on fire!!! Aren't I supposed to be DOING something? Please PANIC with me!

A: That's your choice. My response is the stress and panic people may go thru is primarily coming from their imbalance between their Inner and Outer Life, to much imbalance top-bottom, right-left-, front-back or some combination of these. Find lots of new language for this in the NEW Energy Anatomy. The human experience is opportunity to become more coherent. No one I've met is anywhere near 100% coherent on all of these. We just assume we are—so we can function.

Corporate consumer culture does this to a person, lulls us to sleep and into dependency on outre fixes. Prayer, meditation, muscle testing and inner child work all bring people more into balance, expand awareness of our inner life. Everyone I know, including me, still has a ways to go to get to 50-50. Our inner life has been woefully neglected.

People who pay more equal attention to their inner and outer life, in more equal measure, are healthier both physically and psychologically, more resilient and able to navigate change.

Q: How do I balance my inner and outer?

A: This is a healthy question now. This is why yoga is so big now, an obvious and familiar way to pay some explicit attention to your inner life. Muscle testing, "manual biofeedback" as one person calls it and Gestalt two chair work, are even faster ways to connect and communicate with your inner half.

<http://healingtoolbox.org>

SPECTATOR SPORT

They gather around
excited to bear witness
to this game.

Whispering, speculating
perhaps betting on
what happens next....

In this Spectator Sport.

More and more arrive
even some re-uniting
going on...

All while the "star" sits;
watching, thinking and
waiting.

Some spectators try
to get messages to
the star...

Hoping to be seen,
recognized, heard and
perhaps helped.

The spectators are: specters;
wise one's of old; loved ones
and visitors...

All coming to see
as the events unfold
on Earth.

This particular game is
ongoing...daily...
It is my life.

I am the "star"

Of this Spectators Sport.



23JAN13

We each walk daily, with our support team and visitors
with us – sometimes making us feel like the "star attraction"
in this...your game of life.

by Jan Toomer



Frost Series 1

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