

Reality Undefined ©

What is Ascension?

by Linda Aragon

This is a question many are bringing to the table over and over for a clear understanding. I am going to attempt to explain Ascension in simple straightforward fashion. As you well know, there is a ton of information on this remarkable occurrence Planet Earth is now fully engaged in. Much of our energy is spent learning that we have many misconceptions of what the Ascension process is and isn't. In a perfect world we would have a blueprint or model to show us the way. It is important to note that each of us must journey our own way through Ascension and cannot be accomplished by simply reading a book or following a teacher's words. That being said, this article is to help you define Ascension and decide what choices you personally want to make through this Ascension process.

So Let's Define Ascension

On an individual level, Ascension is the process of changing one's consciousness from one reality, based on one set of beliefs, to another. Consciousness is a set of beliefs on which we base our lives and through which we make the choices and decisions that make up our present reality. A dimension is a state of consciousness. For example, 3rd dimension is about the belief that, this is the only life that we have and if you can't touch it, taste it, see it, feel it or hear it, it doesn't exist. We learn that we are spiritual beings having a human experience; this is a 4th dimensional concept. 5th dimensional consciousness is when we realize that we are all connected, and realizing this can indeed bring pronounced change and thinking on this life journey. On a group or planetary level, Ascension is the collective expansion of a state of consciousness (beliefs) to the point where that consciousness creates a new reality – a new state of being or dimension. (**The Hundredth Monkey Syndrome). Only once in every 26,000 years in the Physical Plane does a mass Ascension occur. As Lightworkers, Starseeds, etc. you have most likely ascended previously; it isn't new to an advanced soul. Regardless of the other as-

pects of your life, the achievement of Ascension (you may think of this as Expansion) is the main object of your many lives on Earth. You have a role to play in assisting the collective to make the jump, i.e.: quelling the fears of others.

A state of consciousness/dimension vibrates at a certain frequency just as all physical matter has a distinguishing vibration or frequency. The further we move into the Light, raising our consciousness, the faster we vibrate. At a group level, the group vibration creates a new consciousness, a new reality, and a new dimension.

So How Do We Ascend?

Stated simply, we ascend by clearing our emotional blocks and fears that are the basis of those blocks, and transmuting anger, hatred, guilt, blame, and shame into compassion. I have heard many say – "I just feel so much more compassionate lately". I have to wonder if they have any idea that this is a result of their emotional clearing, which by the way, we are all going through.

As we evolve, we learn to value and appreciate those who express dark emotions in their roles as our teachers. This is very important and again brings us back to the concept of Soul Contracts. Could those that are playing a dark role be doing so because they have spiritual contracts with us, with the purpose of helping us receive a lesson, and allowing us to evolve and grow? This is an important concept I sincerely invite you to consider and it will allow you to stop judgment, allow, accept others, and find total peace along your journey.

As we clear our blocks, we shift our consciousness. We become less judgmental, more compassionate. Each time we clear a block and experience gratitude and appreciation, we are ascending. As we ascend, we leave our 3D lives behind and move into the Light. We are to live in the world and be a part of it but live in it with a multidimensional consciousness. This is what I am referring to often in our spiritual meetings, the

visualization of taking a "Helicopter Ride" – stepping back from the drama and looking for the lesson from a higher place. At the same time, we are to stay grounded in the world because it is in the world that our lessons will come.

It should be noted that Ascension is a personal choice. There will be those that choose not to ascend. It is my understanding that they will live on a 3D plain until the opportunity of Ascension comes once again....drum roll....in 26,000 years! You should mentally make the decision to go through the Ascension process. This is different than being on the spiritual path. It's important to realize that your physical body can react to the Ascension process through various means such as new aches and pains, headaches, etc.

I can say that for myself, my attention is gradually leaving everything that does not relate to Ascension, this is my central focus. To me what that really means is truly stepping out of 3rd dimension and into 4th and 5th dimensions...and truly enjoying the journey. What this brings is a sense of calmness, peacefulness, centeredness, and yes - joy!

**The Hundredth Monkey refers to "collective consciousness". On an island, scientists observed monkeys eating sweet potatoes covered in sand. One of the females began washing her potato in water before eating it. Slowly the others followed her example. Suddenly other monkeys on other island started doing the same thing! When a certain critical number achieves awareness, this new awareness may be communicated from mind to mind.

Linda Aragon, Holistic Life Coach
RadiantLifeTransformations.com
 Aragon77@comcast.net
 Meetup.com – Search Las Cruces Spiritual Meetings, Courageous Souls

3DEC12

The Golden Rule never tarnishes.
Unknown

My Beloved Ones a Message from Sananda

My beloved ones. The times are difficult. Please stay in a place of peace. No anger or frustration will help the situations. The time is now to act upon yourself for guidance to get the whole picture as to what has been displayed at this time. Uncover your truths and leap ahead with the comfort of knowing we are here to help and guide you. The time is now to start your new journey to seek the truth that you have for yourself. To reach to new heights with an outstanding leap of faith gaining momentum that will last and keep you going into the new era. Bring fourth the list of answers you have and seek the guidance that you deserve. Be at the up most conscious with all that is around you. To be in the faith that all happens as it is suppose to will do you well. Be forgiving. Be faithful and know that everything has a purpose. Do not allow the negativity to bring you down to the level that sparks you into a tailspin out of control. The time is now to reach out to family and friends comfort them bring them peace and

help them along their path. Be advised that the truth is not what it appears to be. Listen to yourself go deep within to find the truth in all things. Be concerned with the feelings you have that make you feel off. Be fruitful with the apprehensions you may have. Be courageous with your actions they will bring you the strength you need to go on. The time is now to act with kindness and love. Bring it fourth to those who really need it. The time has come to bring fourth the messengers feel the messages depict them to find out what is right for you. Allow only what feels right to you to enter into your consciousness.

Be prepared for the coming of the ages that has been prophesied. Engage yourself in love. Surround yourself with love of family and friends. Allow yourself time to be sad. Rejoice in the beauty of things that are to come. It is a beautiful time here on earth. Dream big and allow yourself the time for thought. Bring into action the dreams that

you have.

It is a beautiful time allow yourself the beauty to feel it.

Be patient with yourself and others around you during this time of transition.

Avoid the judgments as in the transition it will only do more harm than good.

May the peace of the lord be with you always.

I am Sananda

Channeled by Tracy 12-15-12

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

Where Art Thou Sleep?

After a busy day, you look forward to unwinding and then crawling into bed and getting a good nights sleep; you drift off...

...and wake up way too early...

...night after night...

and you wonder...

Where Art Thou Sleep?

Many are reporting major changes in their sleep patterns and dreams.

Dreams

Some are experiencing:

- more profound dreams
- more vivid dreams
- increased frequency of dreams
- lucid dreaming
- awake in bed dreams

Lucid Dreams

Lucid dreaming is when you are asleep, having a dream and you realize/know you are asleep and dreaming and you can steer/or

chestrate/direct where this dream goes.

Awake Dreaming

This is where you were sleeping and you realize that you are now awake and dreaming. Very similar to lucid dreaming, except you are awake.

Occupied!

A while back I received a message to not leave my body – to stay in my body; keep it occupied.

It was explained to me that, because energy vibrations are higher and faster, we are now very close to other dimensions...and when we leave our body, it can become vulnerable to non-physical others.

What Does All of This Mean?

It is my belief that since we are vibrating at higher frequencies we are able to now stay in our bodies at sleep time – this allows us more direct conscious access to working with higher self and our teams (learning, problem solving, messages, dream work, etc.)

No More Total Blackout

For me, I was so very tired when this began.

At first I was really concerned because I was no longer regularly experiencing the “blackout” sleep with occasional dream memories.

Now I am adjusting a bit better to new sleep patterns (with nightly short term deep sleep “blackout”) and no longer dragging or exhausted...but I am wanting to start unwinding and slowing down after dinner.

(Baring any medical imbalances – please seek medical attention when needed – or if your body does not adjust.)

I recommend breathe deep, relax and go with the flow and allow your body to adjust. It may mean meditating in bed if you feel yourself becoming anxious about not being “out” and in deep sleep.

by Jan Toomer

During This Time of Healing

During this time of healing from the tragedy in Connecticut, first of all send prayers for healing and peace for the families involved, including all of the first responders and all the people involved in helping at the school. Secondly we need to remember that these children and the shooter sacrificed themselves so that we as a human race

would learn something from it. What we are to learn is going to be different for each person. A good way to try and understand what it is for you to learn would be to, pull in the Christ light, surround yourself with it, quiet your mind, and ask what is it that I am suppose to learn from this. My prayer is that we all find peace, healing and love for

one another.

Written by Tracy Gohrick 12-16-12

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

Surprise Me!

by Dragon Spirit

Please be careful what you ask for. The Universe has a wicked sense of humor and while I like a good joke, this one could have gone wrong in so many ways.

This year has been a year of firsts and boy did this week's energy bring a doosey!

One morning in going thru my normal routine, I had been asked the simple question of what I would like. Granted the person asking was referring to coffee. However I failed to complete my thought and re-

sponded with "Surprise me." Then came the after-thought ... that could be a dangerous request.

Well, the coffee was just fine but the Universe had some other entertainment in mind to go along with it. Shortly after my co-worker brought coffee, another person came into my office and quite literally dropped their drawers...I won't give details here as to why but it was not for devious reasons.

No, I did not make this up! While I remained as composed as I possibly could and re-

quested the individual put their pants back on, I had to strain myself from laughing hysterically at what had happened. I laugh only because there was no ill intent in the action and it was a spontaneous event committed with innocent intent.

I was having one of those days when you just want to go home and start over.

After this one Universe, you win.

UNCLE!

SOON

Stretching, twisting, rubbing...
anything to get the old, heavy third dimensional energy off.

Glimpses of crystalline shining through empty spots that
used to be carbon-based.

The etheric voices and music touching me more and more -
teasing with promises of more when the old has gone.

Bright flashes of white Light;
Winged creatures unknown on 3rd
The "calling" pulling at my heart,
driving me towards higher and higher frequencies.

My 3rd dimensional body is so tired ~
aching to release itself to the crystalline ~
the struggle to be finished ~
3rd gone & fully into the 5th.

Soon...
Soon.

--

24NOV12

Trying to put into words the feeling of releasing the heavier more dense energies to allow the lighter ~ and my impatience with how long it seems to be taking.

by Jan Toomer

"Healing Requests" on Facebook

A "Healing Requests" page has been set up on Facebook.

Healers

Healers/energy workers, etc. can check in on this page when their schedule allows to see who needs assistance and offer prayers / energy work.

Healers do not prescribe or diagnose.

Thank you very much for donating your time and energy for these people.

Those Requesting Healings

You assume all responsibility.

This does not in anyway replace professional medical treatment; it is advised that you seek professional medical treatment.

Do not use last names or post email or phone numbers.

You must have permission of the person you are requesting energy work for.

There is never a fee for this through this Facebook page.

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

Do I Love You?

As I get through my day, I work hard to remember to say "Thank You" and "You're Welcome" and mean it...not saying it superficially.

A few years back, when having finished some energy work, and still in that energy-mode, I was saying farewell to a group of people when one hugged me and said "I love you" (not romantic love).

I was momentarily stunned. I briefly looked within me and then said "I love you too" – and meant it.

Later, I asked myself "If I hadn't been in my energy-mode, would I have said that back?"

I don't think so. It wasn't because of the person – it was simply because I am usually guarded – more closed off – when I am not doing energy work.

The next time this happened, I was more aware so was able to observe myself and this type of interaction.

I realized that when I am in energy-work mode, my being recognizes so much more.

I recognized that I AM that other person – and any other person and I do love them.

Okay, that sounded cheesy.

For those of you who do energy work, I think you understand that when you are working (healing, channeling, consulting, etc) you are more expanded and it is a really cool feeling – and so much more makes a

whole lot more sense in that mode.

I also noticed that when in energy-mode, I am much more compassionate and a lot less sarcastic, critical and closed off.

We are all One; we came from the same place (the Source) and are working on returning to the same place (the Source); we are just wearing different suits and having different experiences to reach the same goal.

We are better able to honor that other person's journey, and also accept that the other person is just another aspect of self.

Now just because we are all one does not mean I (or you) should be a doormat (taken advantage of) – or that I must allow others with energy or attitudes that are discordant or harmful to me into my life...I must respect – and yes, love - myself to keep those boundaries.

Did I Miss the End?

Okay, switching gears (but it will tie in) – how many of you felt like something important happened on Dec. 21, 2012? You know, deep inside, it was important, but kind of feel like you missed the boat?

It wasn't about the end of the world; it wasn't about destruction. It was many layered and multi-purposed (only some of which is addressed here) – and about shifts.

One layer was about deciding whether or not to live in fear and reinforce those fears

(sudden massive earth changes creating major devastation world wide – or similar fears) or to hold your head up high, and walk into Dec. 22nd. Congrats to all of us on this one!

Another layer was a shift within you. Some felt like everything suddenly lightened up; the energy didn't feel so heavy. On Dec. 21st on FB, I wrote "Happy Shift today! The energy feels lighter in the "air" today".

And yet another layer for some is relaxing the grip of materialism; letting go of some (or some more) of the "me, me, me" and/or deciding to not play into commercialism so much anymore.

Love versus Fear

Again, there are only two emotions – Love and Fear. By facing your possible fears, but not necessarily giving them power over you, you stepped more into Love.

Love allows, accepts, acknowledges, cares, etc. self and beyond self.

So perhaps another layer is for us to recognize self in others and honor that (remember, doing this without being a doormat!).

So, Do I Love You?

Yes – not in a romantic, or human limited kind of way; however, I love you and recognize your soul, your spirit and your connection to the Source.

by Jan Toomer

LAS CRUCES PARANORMAL INVESTIGATORS

With the increase of paranormal activity, people are looking for assistance with their experiences. Las Cruces Paranormal Investigators are here to help while keeping your experience confidential. Not only may an investigation be done, but Las Cruces Paranormal Investigators may assist in: educating you; clearing your home or property. Done case by case basis.

575-513-7417

Donations are very much appreciated!

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

Happy New Year!



A lot of my photos (primarily focused on the southwest/desert) are now available at Redbubble.

<http://www.redbubble.com/people/jdtoomer/portfolio>

The world is a dangerous place, not because of those who do evil, but because of those who look on and do nothing.

Albert Einstein

Ascended Masters Newsletter #160

Dear Friends,

It's taken awhile once again to come to the computer to begin another newsletter. This is not because there is less information to share. On the contrary, we have made it to December 2012! This is, of course, the month of the notable planetary alignments that have been the subject of many metaphysical discussions, events, and channelings for a great many years now.

This is the much anticipated time that has had scholars, laymen, and students of metaphysics conjecturing and debating about the future. We have received a great deal of written material, questions, and requests for discussion regarding this time. We have also received many hours of personal channelings regarding the auspicious dates of the alignments. On Monday, the 3rd of December, the first alignment of Saturn, Mercury, and Venus over the pyramids of Giza occurred. Now I realized that I must also "enter the fray" and share what has happened in our world.

What we will address has been the focal point of **all** the information we have received from the Beings of Light. The emphasis is not, nor has it ever been, about what will be happening to the planet and our world in the future. **It is about what is happening to each of us** as the new frequencies have continued to intensify their radiance. That is the reason I had been guided to begin a discourse on the seven stages of awakening -- because we and the planet are awakening. And as humanity awakens, we aid the whole planet in awakening as well.

The awakening process has been a strenuous and challenging experience. Even with the amazing amount of help that we are continually receiving from the Beings of Light and the very useful information that is coming to us from many sources, we still must resist the natural impulse to repel these powerful energies. I personally want to keep my wonderful life as it is. I don't want change. But change is happening. And change, for me, often brings fear of what the future might be. So I must constantly be disciplined enough to go back to the moment, breathe the Light into my being and my heart, and ask for help to return to my center.

The Being of Light who most frequently comes to me is *Archangel Michael*. Any time I feel myself closing up with fear regarding any issue, this great being is there for me and often a miraculous resolution occurs.

This week I have had three graphic examples of how Michael's magnificent Blue

Light has helped us. We have had a series of snowy days which can be dangerous to drive through on the winding back-roads of Bavaria. But those are the roads Martin takes to the clinic four days a week and that we often need to take for many reasons. When the weather became particularly threatening on three of these days, I began to breathe Michael's Blue Light through my being. As soon as I centered and became calm, the snow ceased, and in two cases the Sun began to shine. The roads became safe once again.

I am not claiming that I can bring this Light to all other situations of danger, I simply know that one momentous fact is now true in my journey. **The frequencies of Light have increased so strongly that whatever and wherever we focus our energy, we will -- often instantly -- see a manifestation of that focus.** When I let go and simply focus on the Light, life becomes simpler and easier.

"Live life with an open hand" is most certainly the mantra for this time. I first heard these words from *Sensei Ogui* at the Buddhist Temple in Cleveland many years ago. And they are words that echo in me still. *"Let the river of life slip through your fingers. Do not cling. Allow."* And what is next is always more wonderful than what I have known. Continuing to trust this truth is the only useful path that Martin and I can take. Stay in the moment and allow the Light to shape our own personal destiny. The more open to the Light we can be, the easier this will be for each of us.

Our friend *Shaun Sedice* has offered once again to share a few lines from a channeling he received recently from the Beings of Light. It seems relevant to include it here:

Understanding the purpose of life follows when you live in a state of constant connection with the Creator. When you feel the energy of Infinite Source flowing through your Totality and blending with your own unique frequency of Light within your physical form allow it in. Affirm you are releasing doubts and fears up to this Light or a particular Being of Light for transformation. Affirm your willingness to be guided by the Light in every thought, word, and deed. [Shaun's blog can be found at: <http://scrollofisis.wordpress.com/>]

We wish you all many blessings during the Holiday Season. Allow this to be a time for rejoicing in, and renewing your connection with the Light of Infinite Source as it is celebrated in many traditions during this time of year.

And may we all have a very joy-filled New Year.

Now let us finish the discourse on the **Seven Stages of Awakening** with El Morya Khan, for we are all awakening now.

Many Blessings of Love and Light,

Linda and Martin

Awakening in these Extraordinary Times: The Third Eye and the Crown Chakra

By the Ascended Master El Morya Khan

Dear Beloved Friends,

We once again thank you for this opportunity for conscious communication. As Leia [Linda] has written, the help we offer is in aiding each of you to engage in the awakening process during this time when all of the life that exists on your planet is awakening as well. Why have we called the time preceding this moment *a time of slumbering*? Because most of humanity and all life forms were very absorbed in existing in a three-dimensional, materialistic universe. But in the process of awakening, you and all life will engage in the process of realizing that you live in a multidimensional universe of infinite proportions. You will also become aware of how you co-create all that you experience with the powerful Light of Infinite Source that flows through everything on your exquisite planet!

It is a wondrous and glorious time to exist on Mother Earth. We are delighted to be part of the process that can enable each and every one of you to realize this momentous truth.

The two chakra regions we will discuss with you today are directly and inextricably connected to this process of realization and awakening.

Do not be concerned if you don't believe that you have adequately healed and cleared the lower chakra regions that we have discussed previously. All will come together in perfect harmony in the perfect moment for each of you. Simply trust that this is so. **The very fact that you are reading this information allows for a connection with the Beings of Light and the help you will need to facilitate the healing and clearing you are seeking.**

The Third Eye Chakra

(Cont'd Page 7)

The primary third eye region is located in the middle of one's forehead, between the brows, approximately one inch above the brows. It is actually a series of chakras in a band across the forehead, but has a primary center in this spot. It is easy to see this band as depicted in the crowns that rulers have worn throughout the centuries. The precious metal and stones have always been set in a band over the place of very powerful energy for all living creatures. Indeed, all creatures who have vision have a chakra region in a similar place on their forms. Leia has noticed this particularly with her cat who wants to connect her third eye with Leia's as frequently as possible. They communicate their love for one another in this manner.

So, from the cursory description we have given thus far, you can see that this is a very, very powerful portion of the energetic bodies of all beings.

What are the powers inherent in this region? Many attribute various psychic abilities to the clearing and opening of the third eye. It is a place on the form where humans harbor many fears of seeing too clearly what can be perceived when one lets go of third-dimensional thinking and vision.

When you allow yourself to let go of embracing your universe solely as a finite form and embrace the Infinite in all its magnificence, then you can perceive that **the third dimension is the world of illusion**, and the flow of Light that fills all of Creation is the reality.

This is now easier than ever to recognize and allow.

When one experiences any physical discomforts in the physical body in this region, it is because of a blockage that you have placed here in this or another lifetime to keep yourself from perceiving the true nature of reality. You have thought for one reason or another that it is too dangerous to know too much, or to see too clearly.

We are here to tell you that this danger is an illusion. It only resides within you. **Seeing the true nature of reality with your third eye will allow you to function with wis-**

dom and efficiency on this rapidly evolving plane that you call the Earth plane. This plane is increasing in frequency and opening your third eye fully will allow you to witness with wisdom and grace this transformation.

Allow the Light to fill this region completely. The golden-white Light of Infinite Source can then come pouring in to create healing and wellbeing throughout your form. This is because the third eye is directly linked to what you have termed the pituitary gland, the master gland for your endocrine system. When the third eye is opened, this master gland can function as a "fountain of youth and wellbeing" for you. You will have discovered that the "philosopher's stone" that has been sought throughout the centuries has always been within you.

If this powerful energy initially creates a dizzy sensation when you have allowed the golden-white Light to open your vision more fully, then we suggest that you gaze upon a full spectrum of colors, such as you have seen in a rainbow, and your balance will return again.

We understand that such rapid transformation may leave you wondering what you must do next as a human who is experiencing extraordinary powers. We ask you to let go of this question. *Simply allow.* Your Light will guide you. The ego mind might wish to develop "big plans." Since so many will be opening with you, we suggest that you affirm that you will be with like-minded souls on this and on the higher planes who will aid you in adjusting to the formidable loving Light that will be filling your form now. You will naturally begin to radiate this Light in a helpful manner to your universe as you allow it to love you ever more fully.

The Crown Chakra

You will also gain further wisdom from your Crown Chakra as it begins to open as well.

Opening the Third Eye will be the catalyst to allow the Crown Chakra to begin expanding and filling your being with this wondrous radiance of Light. This Light will be most predominantly a **luminous violet radiance**.

Each chakra directly connects you to the Loving Light of Infinite Source as it is expressed through your Totality. When the Crown Chakra is opened, it emits a radiance similar to that depicted in your great works of art as a halo of Light. Indeed, each of you has this halo filling and surrounding you. **As the strength of this Light continues to grow, you will find that your ego mind is quieted and instead you find that the omniscience of your Totality is guiding your every step.**

You may wonder where these wise thoughts that now fill your mind are emanating. The answer is that these are derived from the wisdom that has always been available to you. Now, with the release of the blockages in the third eye region, you can finally hear and know for certain what is always in your highest good and the highest good of all concerned. Doubts will vanish. Trust will fill your being that will allow you to live your life with the constant awareness that you are unconditionally loved and cared for in every moment by your Light.

A new freedom will arise within you as all fear dissipates. You will have the energy and strength necessary to allow yourself to be fully of service to your Light in every moment.

It will be a glorious time for you. You have waited for centuries for this time to arrive.

Now it is here.

Many Blessings of Love and Light,

El Morya Khan

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

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

In Las Cruces

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

Reality Undefined LLC

To make an appointment (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 Pranik 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.

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

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

Trapped Souls

by Dragon Spirit

Sleep continues to be a rare commodity these nights however, the most recent observation is that of HOW the images and dreams come and more importantly the WAY I am reacting to them.

While my dreams are usually vivid if not somewhat bizarre by some standards, they generally have a consistent feel to them. This morning that changed. Not only were the images different, they also were not of the same feel or nature of my norm.

While I like good fantasy and science fiction movies and books, I am not one to watch to watch horror flicks. Just not the kind of im-

ages I want replayed in my mind. Which is why this morning's dream threw me a little, until I put it into perspective.

I never dream about vampires. This morning I did and not just one or two. I was surrounded by a large crowd of them. Under normal circumstance I think I would have been terrified. But, I was not. While I could see them swirling around me, I was very calm. It was almost as though I saw them as trapped souls looking for a way out. They were not malicious or aggressive in appearance. I recall telling them I was not interested and they just vanished.

The best translation I can give you all is that while we all have a lot of vampires in our

lives be they emotionally draining friends or relatives to angry co-workers or addicted individuals who come to us for money or sympathy, it is up to us to choose to let them in and drain us.

While it is not always easy to "not give in," the best advice I can give is honor thy self first and if there are other options available to these folks in your life to help them that do not involve them becoming attached to you, offer them those with a firm understanding that while you may feel for them, you are not in a position to help them or become their crutch.

The Whole Story 12-16-12

Please bare with me as this message might be long but it has been quite a process these past few days for me and I wanted to share it with all of you.

In the middle of the night Thursday night to Friday morning on 12-14-12. I awoke to a panic feeling and I was trying to push out white light and it was not working. I then called in the Christ light and was immediately relieved.

The next morning I awoke and went about my day. Later in the morning my husband came home and told me about the shooting in the Connecticut school. I watched only

briefly as being a sensitive it was very difficult for me to watch. I again went on with my day.

That night I had someone come to me who was having trouble with the Connecticut shooting. They were very upset and they had the feeling that they were being shone what happened. This person was talking to some of the children that were in the tragedy. They were trying to show this person what had happened and give them a message. It was difficult for this person to see and hear. There was a message there and we were trying to figure it out. One of the messages was not to condemn or be hate-

ful and angry with the shooter. The person that got this information said that his guides and the children were happy now that he had given me this information.

I went to bed with this all of this information wondering why they were happy now that I had the information. One possible reason is this person does not have the capability to put the information out and I do.

The next morning when I got up I had an email from a friend of mine Deborah Wyche. I will copy and paste it below:

(Cont'd Page 9)

The Whole Story 12-16-12

Cont'd

Dear Tracy:

*Good Morning and happy Saturday.
I hope you and your family are well
and enjoying the HOLIDAY season.*

*This morning in meditation I got this message.
As I continued with my healings and prayers,
"they" said to share this with you and ask you
what you think. So here is my message from
my guides.*

*I asked the "gang" about all this shooting and
here's what they said.*

*They said that fear is negative and we collec-
tively have fear of going to the mall, going to
the movies and going to school. Fear feeds the
dark side.*

*We are mad and hate the man who did this.
Hate feeds the dark side.*

*We are judging him and being judgmental
feeds the dark side.*

*So we need to pray really hard and send all
the people in Connecticut light and hold them
in the light. We also need to hold ourselves
in the light and keep our minds neutral
in all of this.*

*We will be sad, as that is a natural response.
We will mourn along with the people effected
BUT we must hold them in love and prayer
and ourselves along with them. It is hard,
but the more we have negative thoughts, the
more it poisons the collective consciousness.
Remember the law of attraction. What you
think about, you bring about. Bring about
love and peace, not hate and judgment and
fear. Fear is the worst emotion of all.*

*SO...pray and send light and keep a neutral
outlook. Every thoughts has power. Let your
thoughts be of love and healing, not fear and
condemnation. Share only positivity and
share it with all.*

*I am interested in what your feelings about
this are. And if your guides have anything to
add.*

Love and light to you...XOXOXOX deb

At this point its like a brick over the head. Ok I need to do something. I had to help my son all day get ready for finals. Every so often during the day I could feel my guides trying to get through to me. I kept telling them I will do it this evening and they would rest on it for a bit. As the evening was winding down and the work with my son was coming to a close I could feel them coming around again. I again found another reason to procrastinate and went

looking for phones on the internet. They again backed off but as I was nearing the end of looking for the phones they came back. I finally gave in and channeled a message from Sananda. If you don't know who Sananda is Jesus here on earth.

I will copy and paste that message below:

My beloved ones. The times are difficult. Please stay in a place of peace. No anger or frustration will help the situations. The time is now to act upon yourself for guidance to get the whole picture as to what has been displayed at this time. Uncover your truths and leap ahead with the comfort of knowing we are here to help and guide you. The time is now to start your new journey to seek the truth that you have for yourself. To reach to new heights with an outstanding leap of faith gaining momentum that will last and keep you going into the new era. Bring fourth the list of answers you have and seek the guidance that you deserve. Be at the up most conscious with all that is around you. To be in the faith that all happens as it is suppose to will do you well. Be forgiving. Be faithful and know that everything has a purpose. Do not allow the negativity to bring you down to the level that sparks you into a tailspin out of control. The time is now to reach out to family and friends comfort them bring them peace and help them along their path. Be advised that the truth is not what it appears to be. Listen to yourself go deep within to find the truth in all things. Be concerned with the feelings you have that make you feel off. Be fruitful with the apprehensions you may have. Be courageous with your actions they will bring you the strength you need to go on. The time is now to act with kindness and love. Bring it fourth to those who really need it. The time has come to bring fourth the messengers feel the messages depict them to find out what is right for you. Allow only what feels right to you to enter into your consciousness.

Be prepared for the coming of the ages that has been prophesied. Engage yourself in love. Surround yourself with love of family and friends. Allow yourself time to be sad. Rejoice in the beauty of things that are to come. It is a beautiful time here on earth. Dream big and allow yourself the time for thought. Bring into action the dreams that you have.

It is a beautiful time allow yourself the beauty to feel it.

Be patient with yourself and others around you during this time of transition.

Avoid the judgments as in the transition it

will only do more harm than good.

May the peace of the lord be with you always.

I am Sananda

Channeled by Tracy 12-15-12

So feeling good I went to bed feeling and hoping I was done. Well no I was not. The information up until this point is not information I would put out to the general public. It will go on my blog and on my facebook work page but not my personal page.

That being said I was then guided to come up with something to put out to the general public.

Below is what I will put out for the general public as soon as I am done with this message:

During this time of healing from the tragedy in Connecticut, first of all send prayers for healing and peace for the families involved, including all of the first responders and all the people involved in helping at the school. Secondly we need to remember that these children and the shooter sacrificed themselves so that we as a human race would learn something from it. What we are to learn is going to be different for each person. A good way to try and understand what it is for you to learn would be to, pull in the Christ light, surround yourself with it, quiet your mind, and ask what is it that I am suppose to learn from this. My prayer is that we all find peace, healing and love for one another.

Written by Tracy Gohrick 12-16-12

I was also guided to put the story out of everything that happened here so people will see the whole story. My hope is to take what you feel is right for you and leave the rest.

Love and Light

Tracy

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