

Being Confronted by Someone Else's Rage or Anger - What's an Empath to Do?

The following energy signatures, or energy descriptions (not all inclusive), are from MY observations and interpretations on the energy levels.

I highly recommend anyone with anger or rage issues to seek counseling.

As we spiritually evolve, we become more sensitive and we become more empathic.

An empath has the ability to sense and/or feel another's emotions; some inexperienced or unprotected empaths may feel someone else's emotions so strongly they may confuse these as being their own emotions (they cannot delineate between their emotions and someone else's emotions which can result in an emotional roller-coaster ride).

Some are Adjusting; Some are Not

Each month we are introduced to another wave of new energies, so many of us are working on adapting and adjusting to the new energy.

Unfortunately, there are some who are not adjusting, or not adjusting well; these are not pleasant people to be around if you are an empath.

What is the Difference Between Rage and Anger?

I recently was verbally attacked by someone in rage; as most energy workers know, it is more than mere words that hits someone faced with negative emotions or behaviors.

Both rage and anger are fear based emotions. Energetically they both show they are in fear, and may feel like they are in the victim energy.

Anger

Energetically, an angry person is hurt or scared; perhaps feeling frustrated, misunderstood, or see themselves as a victim and usually wants resolution or understanding of the incident/situation that triggered the anger. Angry energy can hear the other person, but the angered person may retreat for a bit until feeling safe again.

- The energy attack initially pokes or pushes the target (depending on the strength of anger energy). The attacks can be subtle or "in-your-face".
- The unprotected empath is hit with anger and this may trigger their energy to absorb anger; they suddenly feel angry and may not know why.
- Anger, if set aside long enough to communicate and seek resolution, can often dissipate. However, if both parties are feeling attacked/violated/hurt (remember, empaths feel the attackers energy as if it were their own) – then the anger between the two remains; when held in pride, stubbornness, or victim role, it will perpetuate the angry energy. This is not healthy for either body or their energy fields.

Rage

Rage feeds itself or feeds off the targets confusion/fear. Rage energy usually doesn't want resolution, it wants revenge, vengeance or to feel more powerful. Rage energy also feels like it has been victimized, but uses that feeling to bully or threaten its target. Rage feels justified in its behavior; rage energy usually refuses to hear anyone but self.

- The energy slashes, as if with razor claws, at the target. Rage energy is not easily sated; attacks can be once per incident (not often) or numerous per incident (more often the case) and is not always isolated to the initial target.
- When someone in rage confronts their target (the person being attacked), and if that person is an unprotected or inexperienced empath, it feels similar to getting hit with electricity.

Ever get a mild electrical shock from a household current? (Do not attempt this!) It hurts.

An unprotected person who gets energetically attacked is hit with something stronger than that.

Also, electricity finds an exit point and leaves the body; rage energy does not find an exit point; it stays inside of the unprotected person who was attacked.

If left in the body, the energy can keep recirculating, usually following the body's meridians.
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Rediscover the Child Within

I recently did an energy read for someone, and one thing that came through was the song title "Return to Innocence".

While working with my team on this week's article, they brought that song title back to me and requested it be used for the article.

I next looked at what that song title meant to me, and then asked the team what it meant to them as far as this article went.

"Look at life as you once did as a child."

The amazing innocence of a child brings such a beautiful reminder of the awesome-

ness of our world and its inhabitants.

- In innocence, they still maintain their connection to the other side.
- They are unguarded and speak the simple truth.
- Compassion and love is great and open to all.

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Being Confronted by Someone Else's Rage or Anger - What's an Empath to Do?

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ian paths/lines.

Just like exposure to electricity, the muscles can get sore and shaky; muscles can cramp or seize.

And if left longer, the extremities can feel like a heated wire was inserted down along each limb.

- Once the attack begins, there are usually harsh words accompanying the attack.
- It doesn't matter if the target had anything to do with the incident or not; once decided on a target, the person in rage attacks – no questions asked.
- The attacker may hold on to this feeling of revenge or hatred towards the intended target – though the incident

may be over, the need for revenge or retribution usually stays.

So What's an Empath To Do?

Empaths really need to remain shielded at all times. I had let my shield down. I had been road tired (traveling) and was stopping by a place on my way home; it had been at a place I had always felt safe in and felt safe with all the people involved. I was wrong, at least one person was not someone I could be safe around and will not let my shields down again.

Emotions, whether ours or someone else's, can affect each person; the more unbalanced the energies coming at you, the more you have to work to stay balanced yourself.

I am not saying to live in paranoia; I am saying for you to be responsible for your own

energy. Please stay shielded; if an unexpected energy attack occurs, your chances for bouncing back/healing from the energy attack greatly increase in strength and duration when shielded – your energy body, therefore your physical body, won't absorb as much negativity.

Shielding is not a cure-all, but can be an effective tool to help aid you.

Everyone can begin working on what they will and will not allow in their lives. Since I have had a reminder of rage energy, my energy field will be reprogrammed to not allow this type of energy in my life again (please note that soul contracts can override any boundaries you place on your life).

by Jan Toomer

Rediscover the Child Within

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- They see the wonder in their environment/world.
- All is fresh and deserves exploration.
- Skin color, financial status, lineage, etc. is not seen or noticed.
- Nothing is impossible.

It is when someone teaches them status, racism, worthlessness, hopelessness, abuse, hate, and that money matters above all else that we see the age of innocence is lost.

We are being asked to rediscover the child within; rediscover our innocence so that we can remember- and re-experience – the beauty and wonder of our lives and environment.

The time when we knew what the animals were saying; the time we saw angelic beings and the time when we had love and compassion for all.

of hate, racism, elitism, separation, our feeling of our lack of worthiness, anger, abuse, etc.

To remember nothing is impossible.

We are being asked to believe again.

by Jan Toomer

Our Child Within

We are being asked to let go of our baggage

Energy Update – Week of June 10, 2013

Some of you have begun to experience a heavy depression, sadness, sense of hopelessness, etc.

Baring any mental health issues – we are experiencing an increase in empathetic abilities, which means we are feeling these heavy, sad emotions emanating from others worldwide.

We, as a human race, are in a state of flux and/or experiencing major changes; some are grieving the loss of what one once knew; some feel hopeless; some ask "why bother?"

Please hold the Light! If you are feeling others emotions, please shield, and hold the Light within you.

You can also visualize pushing away "that which is not mine". If you have pushed away others emotions, but are still overwhelmed, then what is left may be yours. Are you grieving? Are you feeling hopelessness? If you are, and it continues, please seek help.

by Jan Toomer

Peace cannot be achieved through violence, it can only be attained through understanding.

Albert Einstein

Body Changes - Part Two

28 Feb, 2013

From The House of David Teaching Center

This file is a montage speaking on the changes that will occur within our bodies during the upcoming tribulation Earth Changes. These are organized into 22 different areas within the body. The sources of prophetic information for this montage are listed at the end of the file. This montage is broken down into the following:

Note: You can find Part One in last month's Newsletter:

July's Reality Undefined Newsletter

III. CHANGES in BODY COLOR

During cellular transformation, re-pigmentation of the body will occur. Many different kinds of unusual marks (round, red, white, etc.) will appear on the skin of young people as well as on the skin of older bodies. This is a temporary re-pigmentation process that will allow the skin to come into it's true purposes. The skin is an organ that functions as a bridge between heavy, dense matter of the body and less dense matter of the auric field of the body. Within 25 years, a slight darkening of even the lightest people will occur. This relates to the blood cell membranes being enriched by oxygen, allowing them to move in greater numbers and greater velocity through the capillary system closer to the surface of the skin.

IV. CHANGES in BODY SHAPE

You are completing a time loop in your spiritual growth which has allowed you to explore some matters in depth. This time loop is now coming to an end and your body is beginning to change shape as you close that time loop. As you come back to your original time sequence, you will go back through what you have been in the past. Some people might notice that their head seems to be trying to expand and many people will have headaches during these times usually associated with pressures from these changes. It will feel almost like someone is trying to force your head into a larger shape. Changes in body shape will happen slowly over time. Currently the changes that are taking place are happening on the inside of the body in the infrastructure in the following places:

A. in the cellular system in the blood B. in the central nervous system C. in the bone marrow D. in the brain's patterning, how it is firing and receiving information from God Source.

These are the changes that are occurring

now and for many this creates confusion because they feel that something is going on but they cannot see it in the mirror. They look in the mirror and they see that they are very much the person they were five or ten years ago. They don't seem to be having any less wrinkles, they don't seem to be looking any more healthy. This creates a bit of confusion because they know they are working so consciously and so hard on their inner path. Yet the changes are slow in coming, bleeding through into the outer body. This will certainly occur over time but it is taking place on the inside now. This is where the base must first be built, deeply on the inside of the body and will come from the inside out.

In your future, you will see a greater lightness, an expression of the body, expressing its lightness of being. You may see beings that are experiencing a greater thinning or a lightening of your being. Many persons will be feeling taller. There may not be an actual shift in the physical body of growing taller, but there will be that sense of upliftment. The body is expressing upliftment with a feeling of walking tall and of being lighter with the body. Some people will experience weight change, either losing weight or gaining weight as a result of inner transformation.

The body knows how to readjust and reorganize itself because this process is quite natural. This process of transformation has been coded within the cells of the body and is taking place naturally. What people are now learning to do is how to assist what is occurring naturally by being outside, being aware of the foods they are eating, being aware of their connection to the earth and by being aware of the direction their body is leading them. The greater you are aware of this, the greater you can assist what is already going on and you will be continuing at its own natural pace according to the cellular coding for each individual.

V. CHANGES in the ENDOCRINE SYSTEM and CENTRAL NERVOUS SYSTEM

You are already seeing an increase of a weakening in the immune system with the acceleration of the nervous system. There are many new strands of disease (an imbalance) that are coming out in people. More people are experiencing a deeper level of frustration and aggressive agitation that is creating many symptoms in the body, many nervous disorders and feelings of heating up. This comes out with explosions of anger and violence. There is an imbalance in the nervous system which can create many disorders, many types of fevers or any type of imbalance in the brain wave system as there begins to be a readjustment of the way

thoughts are set up. You will see many new disorders or diseases cropping up having to do with the central nervous system as there is this sense that a re-wiring is going on to accommodate the increase in intensity of light.

It is as though someone is putting in a 120 watt light bulb into a socket that previously held a 40 or 60 watt bulb. There is a greater level of amplitude, of power in the energy going, that you are all of the sudden being plugged into. It is creating not only an acceleration but a greater magnification of energy going through your body. This energy is put in or connected through the nervous system. Unless there is a change in the way many people are going through their daily lives, the nervous system will not be able to handle the increase of energy.

Some things we would suggest would be a greater contact with the natural world physically by literally putting the feet into the earth and the hands onto the earth. It would also be helpful to be in greater contact with water such as having water in the home (i.e. an aquarium, bowls of water or some type of water). This helps create greater balance in the electromagnetic field. This is recommended to help balance the increase of energy that is coming in now and does affect the physical body and its state of wellness.

The etheric body acts as a transmitter and receiver for surrounding energies. This takes place via specific energy centers for the body or chakras. Each chakra is directly associated with an endocrine gland and nerve plexus. Because of their close relationship with the chakras, which transmit and receive this energy, the endocrine and nervous systems especially, are now undergoing radical transmutation. The increase in electrical energies is requiring a complete re-wiring of the nervous system, while all the organs and glands in the body are being totally restructured. As you take on the body of light, most of these organs and glands will no longer be needed, and will gradually atrophy and disappear. In the meantime, it is important to acknowledge the changes taking place in the body and to support the physical body as much as possible.

As more and more light becomes available, the intensity of electromagnetic energy around you also increases. This means that there will be more rapid neurological activity in the body resulting in higher intensity impulses firing the central nervous system. The nervous system will immediately attempt to dissipate that energy by sending it back out of the spinal cord. If these impulses then fire along facilitated pathways into the muscular system, they could cause muscle tightness and soreness. If they fire into the

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blood vessels, restricted circulation often results. When these impulses fire into the skin, you may experience abnormal thermal sensations (i.e. feeling hot or cold, prickling, itching etc).

If they should fire into the organs and glands, they may inhibit their previously normal functioning. Therefore, we can see the importance of supporting the nervous system at this time as it tries to maintain a state of homeostasis (relatively stable state of equilibrium) in the physical body. The body is trying to catch up with the increased frequencies of the subtle body. One way to do this is to interrupt some of these pathways that the high intensity impulses are travelling along. Just as someone who touches a live wire is held there by the current until it is switched off, so too will the structures and tissues of the body remain in a stimulated state until these pathways are interrupted, turning off the current.

The mutation process is implemented by the central nervous system initiated within the molecular brain structure. The progressive cycles of change are introduced primarily through the cerebral-spinal fluid and from there throughout the nervous system generally. During the mutation process you will constantly be sloughing off whole strings or sequences of proteins. Full systems are being discarded by the body and are being rebuilt with differently structured compounds which you receive through water, air and foods that are also undergoing electromagnetic reformatting.

You will find fairly high levels of excreted proteins in body fluids such as urine. The body is literally washing away your old body formatting and rebuilding it as you live and breathe and move within it. The restructuring of the DNA means that you will no longer have four bodies. You will no longer have many chakras. You will no longer be a layered consciousness. You will contain no spaces, no gaps within your consciousness or in your corresponding DNA. You will have a spherical model with no gaps or separations. Everything within your system, within your being will have wholeness, roundness. It is an indescribable thing that you will build.

As we go through cellular transformation (the period of transitioning from the old dying world to the emerging new world), there will be times when you may feel disjoined as if your body is out-of-phase with

everything. This will be frustrating for you within your mental and emotional bodies. You may feel less functional which will occur as you release the old ways and before the new ways have been fully formed. This change over period will cause you to have a tendency to have lower self-esteem.

It will also bring up a variety of survival issues. One may need to use capable body workers to help one in releasing energies. These energies are held in the crystalline matrix within the structures and tissues of your body. When bodywork is done in conjunction with sound, it is especially effective. Connective tissue work will also be useful as will neuromuscular therapy. Bodywork such as this will help to re-pattern and open your nervous system and it will also break down crystallized energy.

Cranial sacral therapy, done by a capable body worker, may also be helpful in integrating the energies in your body. As the increased energies are being integrated into the body, some may benefit from chiropractic adjustments as there may be periods when you are prone to distortions and subluxations of the spine from changes taking place in the body. There are many homeopathic remedies that you may try as well as gem and Bach remedies that you may find supportive to you emotional and physical bodies. These can be obtained in your local vitamin store.

VI. EATING and DRINKING HABITS

A. EATING HABITS

People are already finding a desire to eat in a different way. They are seeing a great shift away from the denser foods (i.e. meats and heavy proteins), and from foods that are heavy and will stay in the body longer and will create greater density in the body. During cellular transformation, your sustenance will be coming more and more from the light or energy vibration and less and less from physical sources. This light pervades the universe and also affects changes in body cells during transformation. This can result in changes in eating habits and changes in your appetite. There can also be a completely new arrangement of your intake of nourishment. Heavy or greasy foods cannot be digested because the body is functioning with heavy foods that don't vibrate with your changing body vibration. You will be drawn to the foods that best harmonize with you as a being of

Light. This means for some people, sustaining yourselves with very sparse diets which will make them feel terrific. For others, the intake of food may be different.

You will probably notice physical changes in your body that ultimately will lead to physical healing. Eat as many raw and pure, unprocessed and uncooked foods as you can. This means mostly fresh fruits and vegetables which results in a basic detoxification diet. You must listen to your own body and eat what is right for you. Your body's needs will probably change rapidly during these times. You may have weird cravings for foods you don't normally eat. You may have a huge appetite one day and hardly be hungry the next. You may experience intense cravings for certain foods, some of which you may not normally eat. What's more important is to stay in touch, moment to moment with your body as it guides you to the foods and support that it needs. All you have to do is to listen to your body.

In addition, you may occasionally experience disruption to the digestive system, resulting in stomach ache, gas, or bloating partly due to the increased intensity of energy in the third or solar plexus chakra. The fifth, or throat chakra is also a very powerful energy center, and it's physical counterpart, the thyroid gland, is particularly vulnerable to changes in electromagnetic energy. This gland regulates the metabolic processes of the body, and in many cases is trying it's hardest to keep up with the increasing vibratory rates. Some of the transmutative symptoms that commonly result are unexplained weight gain or loss, sluggishness, altered sleep patterns, and, again, feeling more tired and fatigued than usual for no apparent reason.

More fruits and vegetables will be extremely important to your diets. You will find that many fatty foods will not work in your bodies during these changing times of cellular transformation. Many people have been eating meat which will still be of some importance to them. However, many people will be start to let go of these denser foods during cellular transformation. Some heavier grains may be too dense for your bodies as the inner body changes occur.

There are some very good nutritional substances that are from nature, that create a balance in the amino acid tract. For instance, your food called spirulina is one of them, foods that are now coming out

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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

that are termed cell foods. These are foods with a high degree of life force and they are very good on an overall general level. We suggest that using these new foods or any types of supplements be done directly through accessing one's own body wisdom.

By eating differently, you are also helping to detoxify the Earth, it's surface and it's atmosphere. As you do this, visualize a white light pouring through your body and the Earth, lightening the dark spots, and loving all your parts. Cleansing your body will result in a cleansing of the earth. Honoring your body with pure and natural foods (as nature intended) is honoring the Earth and the Earth's offerings in a way that is without equal. After you cleanse your body, you will begin to strengthen and to heal any of the body parts that were weak or tired. During cellular transformation, the body may require certain nutrients that it didn't need before (i.e. fats, proteins, carbohydrates, vitamins, minerals and hormones).

We would recommend that each one learn to go back inward and to reconnect to the body wisdom and learn to ask and receive from moment to moment as it changes constantly. Then one day you might have needed to have a great deal of carbohydrates, in one form or another, on another day you would need to take quite another kind of food supplement, when your body has, for instance, balanced itself with one type of food, chlorophyll or green food. We would then move your focus to another to create another overall balance. Generally it is important to listen then to the body and to keep current with that information so that you are working on a moment- to-moment and daily level.

We encourage each person, and would suggest that you encourage each person, to come into a greater connectiveness and awareness of their own individual body by learning to ask the body and then learning to open to the body wisdom. You should

ask your body directly, What on this day to I need to operate at a high level of balance. What on this day can I do to create a sense of flow in my life? If we would give out formulas, people would tend to hold onto that formula and would create a series of boxes as to what they should do. We tend to avoid this type of advice because each person is so unique and what may work very well for one would not create the openness or the flow for another.

B. DRINKING HABITS

The quantity of water that you drink will also be extremely important to you during transformation. The water we drink allows the electrum to flow through your body, which is light lowered to a density as it enters the body mass. The more water you drink, the easier it is for the light energy (prana) to enter your body and to move through the physical body, rejuvenating the organs of the body. It would be wise during cellular transformation to drink plenty of water (at least a gallon a day). The additional water allows the light to move through the body faster. Light is an electrical force in our density and the additional water assists the movement of the light. From your perspective, you cleanse your body with additional fluids. The additional water permits the light (prana) to move through your body as the prana brings new life into and through the body. In order for the mutation process to be as comfortable as possible, you will need to keep your intake of water up. If you do not, your body will attempt to retain fluid in order to ensure that the element flow within your system is maintained. Why is this important? It is because, during the mutation process, you are constantly sloughing off whole string or sequences of proteins. Full systems are being discarded and rebuilt with differently structured compounds which you are receiving through water, air and foods that are also undergoing electromagnetic reformatting. In other words, you would find fairly high

levels of excreted proteins in such body fluids as urine. You are literally washing away your old body formatting and rebuilding it as you live and breathe and move within.

It is quite helpful for people to go into a diet that contains more water, not only water in its pure form, but through the fruits and vegetables as well. This creates a greater lightness in the body and helps the body to reorganize its electrical structure. It is really quite simple, if you think of it, it is more of a movement away from the density and complexities of what you have termed your modern world and moving into a greater state of purity through which you may receive the grace of this transformation. See also SINUS and EAR DISTURBANCES.

To Be Continued Next Month

Compiled by House of David Teaching Centre

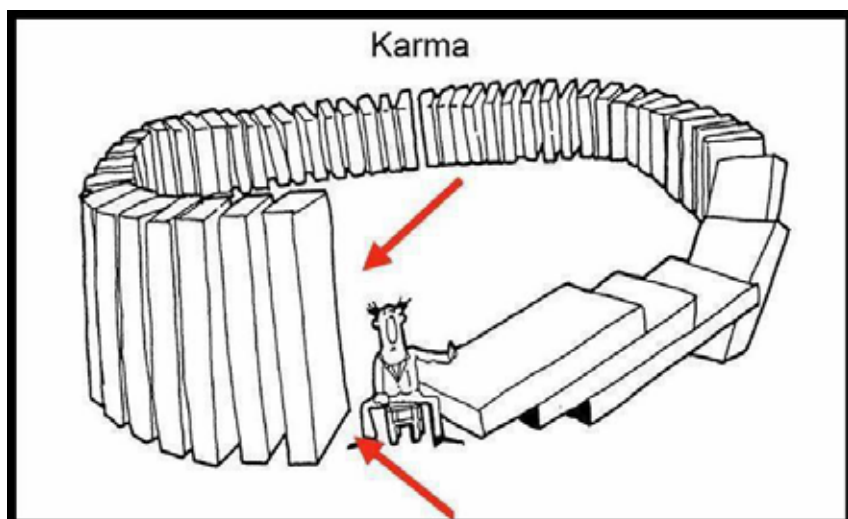
Note: I have included this content on our website as it may be helpful and supportive for many people undergoing physical changes as ascension symptoms. I have found very little well written information available on this subject. Thank you to those who wrote this material, many years ago, of which many of these items are still very current in the ascension process. I did not write this material, and do not know where the compilation was sourced, however, my appreciation towards the House of David Teaching Centre.

Written by Karen AnTara . Posted in Light-body/Ascension symptoms

<http://www.becomingconscious.com.au/2013/02/body-changes/>



Unknown



Detoxifying Moon

This last full moon brought in energy for detoxifying; physically and emotionally *. We are being prompted to address and clean out and/or correct toxin buildup.

Dietary:

We are being asked to pay attention and be responsible for what we eat and what we are putting onto our skin.

I believe the stuff on the internet has already proven that just because something is on the store shelf or available to buy, does not make it safe for us.

Emotionally:

- To remove self from any volatile or unhealthy environments and/or relationships. (Teens: please seek assistance from a trusted source to help in this area, perhaps begin with a school counselor or trusted adult.)
- To release self-loathing, self-doubt, fear, anger, disappointment, etc. that has been stuffed inside over the years. We can energetically stuff these negative energies in various places in our bodies.

This full moon's detoxing energy may manifest with/by:

- Little bouts of anger – not necessarily at anything particular. Please let it gently surface and dissipate. If you work to

try to connect the anger to any particular person or incident, you may end up feeding it – thus holding on to it – instead of releasing it.

- Get frustrated easily. Take a few slow, deep cleansing breaths; count slowly to ten; walk away.
- Very thirsty. Please stay hydrated.
- Tired. If you need to, go to bed earlier; give yourself and extra ½ - 1 hour of sleep.

This full moon is followed up by Mercury going Retrograde (~ June 26th – July 20th).

Mercury going retrograde, especially for this Virgo, can be trying.

Retro Mercury can bring: delays; imbalances in electrical and electronic items/devices; major miscommunication (phone, mail, email, text, face to face); frustration; things seem to slow down or stop during this three week time.

Plus!

Retro Mercury on the heels of this detoxifying moon means we have three weeks to really look at what we are putting into and onto our bodies/energy.

The question for this three weeks: "What is it that I need to remove from my life?"

Just because we may not wholly see the effects of the toxins right now doesn't mean

harm isn't in the works. Unfortunately, for some, by the time one sees the effects the damage has been done – and, in some cases, may be irreversible.

Retro Mercury affords us the opportunity to slow down and take the time to research for self.

Look up the chemical ingredients and possible and/or known effects.

Look at personal and professional interactions.

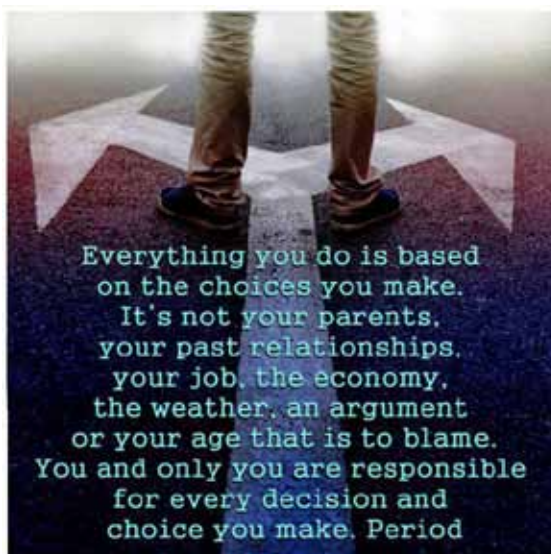
Any changes needed?

It is, as I understand it, not good to begin new projects/undertakings during Mercury going retrograde, so these three weeks are for observing, researching, and working on plan ideas. It is recommended (except in emergencies/safety reasons) to wait to implement changes until Mercury goes direct again.

When Mercury goes direct (you may feel as though some unseen restraint has been removed) it is then time to being the process of releasing the toxins from your being.

**(I am not a doctor, counselor, dietician or nutritionist. I am merely sharing my interpretation of the energies. Please seek appropriate medical/mental health professionals as needed.)*

by Jan Toomer



Unknown

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Ascended Masters Newsletter #165

Dear Friends,

May was certainly an interesting month for us! Martin took a two-week vacation to be home with the children while I traveled to the U.S. to visit our older children and grandchildren. While I was away, it rained every day. When I returned home, it continued raining. It was a torrential rain that swelled the nearby Danube and its tributaries. By the beginning of June the flooding began here in Bavaria, the Czech Republic, and Austria. Flood waters are still threatening other neighboring areas and regions to the north of us. It is estimated that the damage will be in the billions of dollars.

Our beloved city of Passau, which was near our previous home, has had the waters rise to levels not seen in over 500 years. Parts of the old town have been devastated. Forty five minutes from us, on the route Martin used to travel twice a day before we moved, another town has been completely inundated. The roads are still impassable.

We are fine here on our mountaintop. We are fortunate. Our dear friend's sons are part of a volunteer fire brigade, some of the many helpers that are trying to combat the enormous damage. They have been working day and night. When our friend went to Passau for her work, she was deeply moved not only by the damage but by the sight of people, young and old, working in concert to clean up the devastation left by the waters. There were no complaints, just an enormous effort to save whatever could be saved and retrieved. News reports show hundreds of volunteers donating supplies to those who've lost everything. Thousands more are working to stop the floods from spreading and to clean up the devastated areas.

Many, many people are homeless now. Some did not survive. We know these destructive weather patterns are also seen in the U.S. as well as many other parts of the world. Some have asked, Is this "Earth changes"? Is it officially happening now? Given the combination of energies being unleashed by the succession of solar flares, and the consequences of our actions that contribute to global warming, we can assume that we are now experiencing what had been predicted. But what are the lessons we are learning from this massive change in our lives?

That is the question *St. Germain* is going to address below.

Peace and Blessings,

Linda & Martin

Healing the Fears Caused by Earth Changes

By the Ascended Master St. Germain

Dear Beloved Friends,

We have been in frequent conscious communication with Leia and Manalus [Linda & Martin] as events have unfolded in an alarming manner for them upon the Earth plane. We understand how such devastation can impact all who dwell in an affected area, for we have received many heartfelt pleas for aid and help from all parts of your Earth plane. It is a frightening time for many. And the challenges do not appear to be ending.

Such times have been foretold. And now they are unfolding as predicted. You are all aware that the Light of Infinite Source has not created these events. What is occurring has been co-created by those who dwell on the Earth plane. The Light that flows through everything on Earth has only acted in concert to manifest what has been necessary in order to release and transmute stored energies that have blocked the flow of Light to all portions of the Earth.

These healing and transmutational energies will restore balance and harmony to the Earth so that it can flower and prosper equally in all portions, nurturing all life forms without the disruption of disharmonious energy patterns that have caused so much suffering.

We know that this period of cleansing and healing is difficult to endure for all who have become used to life as it has existed to this time. But yet, one must understand that the only way the Earth can heal itself is by cleansing itself of these disharmonious patterns so life in all its forms can continue to thrive. And your participation in this cleansing process is crucial, beloved friends.

This is because the **Earth is awakening and you are awakening as well**. Now it is time to learn how you can allow awakening to continue for yourself and for the Earth.

The first step to comprehend is how to acknowledge the fears you are carrying within self as you observe what is occurring on the Earth. It is not always easy to be vigilant enough to know what you are experiencing within your heart, soul, and spirit. Learning how to **notice the signs of discomfort that fear can create** in you is most important.

For an example, we will continue to share what is happening with Leia and Manalus as the rains keep falling and they see the suffering around them. They are fine, but

many are not. And yet, they know that observing the power of the weather patterns can create a sense of powerlessness within them, and this sense of powerlessness is fear-producing.

All who are reading this newsletter can attest to moments in their lives when this sense of powerlessness in the face of challenges has been experienced.

Now, it is useful to note how this fear is manifesting within you. You will experience discomfort. But what is the nature of the discomfort? How you are experiencing this discomfort is most crucial in understanding what you wish to learn about self in order to heal self and return to balance and harmony within.

For you see, beloved friends, once you do return to balance and harmony, then you will no longer feel powerless and fearful.

So, let us begin. You are acknowledging that the difficulties that you are observing and/or experiencing are creating fear within. This is crucial to accept as a truth about self. We have observed that many who have opened to the Light *assume* that when they have a challenge, they should not experience fear and therefore will try to avoid this realization.

But, beloved friends, if you are in human form during this time, then you are experiencing karma that will remind you of similar experiences that you may have had in this life or in other lives. Now it is time to learn how to heal those traumatic echoes from this or other lives and to open to further awakening.

Again, returning to Leia and Manalus, we can say that they were in human form at the time of the destruction of *Atlantis*. Their world ended and they, along with many others, did not survive. They are aware of this history, and as they reside on their mountaintop now, and watch the waters rise nearby, this is reminding them of their history. Now they can learn that it is, indeed, time to heal the powerlessness they felt in that lifetime that is affecting their perceptions in this lifetime.

For Leia, the situation has an added challenge because her children in the United States are now traveling across that great nation to a new location in which they wish to reside. The Earth changes in the United States are just as daunting for many who are dwelling there, and this is engendering a sense of additional powerlessness in Leia.

How is this powerlessness affecting Leia?

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She is experiencing sleeplessness and is dealing with congestion and fatigue. All those manifestations are the result of her fears. She knows she "should" know better. Many times she has opened to us, we have filled her with Light and aided her in channeling powerful healing radiances through her system. She has allowed words of wisdom to flow through her which she has shared with Manaluis.

What have we asked our beloved friends to learn in these channeling sessions?

This is the question you may wish to ask as well. **What is it that you still need to learn as you watch the challenges unfold on the Earth plane?**

Leia wishes to learn how to make the rain stop and the weather be pleasant here and in the United States. Indeed, she wishes this for all of Mother Earth!

Do we have the answer as to how she can help that to occur?

We can say without hesitation that we do have the answer. As always, when we have the opportunity to convey a message, we begin with the most important and crucial point: "Go within." For all the answers to any situation you experience while in human

form on the Earth plane will be found within you. You are at the center of the universe. You have chosen all you experience so that you may grow and awaken to the true nature of reality.

Indeed, the Earth is in the process of awakening as well. And this is taking the form of deep transformational change. But so are you.

When you become aware that you are fearful, for any reason, then it is time to go within and find the source of your fear. Allow yourself to go as deeply within as possible to find this source of fear. This may require more than one sitting with the Light before you are truly willing to face this deep-seated fear within. Then it is time to **ask for help** from your Light and the beings of Light to guide you so that you may heal this fear.

That is the first step. As you allow the healing, allow yourself to be patient and have compassion for what you are experiencing. You have carried these fears for many lifetimes. Now it is time to let them go, but this may take time. It is a process. Be patient with the process.

As you allow the Light to heal you, then you will see that the powerlessness you have

experienced is slowly dissipating. It is being replaced by a new sense of power within. It is the infinite power of your own Light that is now filling you. It will **strengthen the core of Light within you.**

This process will allow you to learn that you have all the resources within you to face any challenge that may occur in your universe.

You have the strength. You have the power within you. You may not make the Earth changes end, but you will change. You will grow and you will see that you live on a plane of illusion. The biggest illusion is fear. When you release this illusion and allow the Light to radiate within you more fully, it will radiate into your universe. That is when the transformation begins.

You will bring peace, harmony, and balance into your universe. And by radiating your Light, you will bring peace, harmony, and balance into the Earth plane as well. You begin the process of transformation. You **are** the transformation.

That is what you will have learned.

St. Germain

Expansion Publishing - Newsletters

Ascended Masters Newsletter #166

Dear Friends,

Once again, thank you for your support and encouragement in response to our last newsletter. We are grateful that we can share our experiences with you. Life is unfolding so rapidly for so many and it is comforting to see how sharing about our personal experiences and the messages from the Masters may aid you in your journey as well.

The following is not a channeling *per se* but a post at the request of the beings of Light on the higher planes.

About the Journey of Life and Death

These past few weeks have seen two dear friends transition to the higher planes. Carol Dombrose, who had taken over the helm at Angel House in Strongsville, OH some years ago, transitioned suddenly in the prime of her life. Her rapid journey to the higher planes took us all by surprise and left many with questions as to why she had left so soon.

Then, this past week Laurie Parham, a lov-

ing caring mother and friend who tirelessly worked to aid young folks in difficulty, transitioned in her prime as well. Once again those she left behind wondered how this could have happened so soon.

Both women were deeply spiritual and open to exploring and learning about the Light and the Beings of Light. Both worked side by side with us on occasion to help others learn what we could offer.

Along with so many, we will miss their Earthly presence.

But just as they offered so much insight while they were here, they are continuing to offer insights to us since they've transitioned.

What we would like to share today is some of what Martin and I have learned about the illusion called death from Carol, Laurie and others who have been dear to us. These lessons have been their greatest gift. We have been allowed the privilege of sharing very intimately with them their experience of this great mystery and for this we will always be grateful.

Although I had lost my parents and step-mother a long time ago, it was not until we experienced the transition of our teacher and mentor George Sommer, that I truly became aware of the powerful and healing experience that death can be.

Martin and I were able to contribute to caring for George prior to his departure and in that time a deeper love grew in our hearts for him as we participated in the tasks that were needed at each stage of his illness.

His wonderful wife, Pat asked me to speak at his memorial service but I refused. I was still grieving too deeply and felt that other students would be far more qualified. But Pat insisted. My heart was heavy at the thought of what I could say. The next day, as I wrestled with the issue in my mind, I went into the laundry room. As I bent over to empty the dryer the ironing board flew off the wall and hit me in the behind. And I heard, "Don't be silly Linda! You can talk about me! You'll know what to say. You always do!"

It was George. He hadn't gone anywhere. Shaken, I collapsed into a chair and desper-

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ately called on Archangel Michael. George thought that was funny. "I'm okay! So are you! I just lost my old worn-out body! You'll be fine!" Thus began a hands-on introduction to life after life.

After many years of collaborative work with George from the higher planes, he came through one day to tell us that there was a child in Ukraine, waiting to be adopted. I didn't even know where Ukraine actually was, or if, at the age of 59 I'd be too old to adopt anyone. We quickly learned that Ukraine was the only country that, at that time, did not have a ceiling on the age of adoptive parents.

After a year of exhausting paperwork, we went to Ukraine and found 6 year-old Evan and his 5 year-old sister Anya. Evan took my breath away. As I looked at this tiny blond-haired, blue-eyed boy, I knew instantly that George was back. And was he ever! He was ready to return to us once again. The bonus was Anya, but that is another story.

So, we've learned a rather "hands-on lesson" of how reincarnation can operate.

Since then, we've been an intimate part of the process with so many beautiful Lights, including another dear friend, our mentor and twin flame, Karampal Singh.

Karampal had been sick for some time. He was living in India, and we were in Newbury, Ohio. His children telephoned us shortly before his transition. As he left his form, we sat in meditation, and our home filled with his Light as he joyously joined us, now free of his ailing body and ready to move rapidly into the Light. We have since collaborated with him (and Paul Newman) on two books about the process of transition and Karma. You can read more about that in [Telling it Like it Is](#) and [About Karma](#).

Now, almost five years later, Karampal is back in human form as the beautiful infant daughter of his son. We've had another joyous reunion with him since his re-embodiment in a female body. Life does go on.

When both George and Karampal re-embodied, we realized that we would still stay connected to their higher selves, or what we've learned to call their Totalities. We've been taught that our Totality contains all we've ever been or ever will be. And, as such, it remains our direct connection to the Light of Infinite Source. Just as we can connect with our Totality when meditating, so we can connect to the Totality of anyone who is still in human form. When someone transitions, however, it appears even easier to make this connection because there is no human form stopping the flow of Light. All these connections come through our heart chakras. That is the center for all Light-filled experience.

We've also endured the heartbreak of losing our pets and then the joy of reuniting with them when they've returned in new healthy bodies. These experiences may not alleviate completely the suffering at times of loss, but knowing that the illusion of death is not to be feared has been comforting.

Another wonderful friend and healer, Nita Christ, also left us very early in her life. We were able to be with her on the higher planes as her family notified us that her transition was imminent. Nita was a very caring, loving soul while in human form. And she has continued to give unstintingly the same care and love now that she has disembodied. Our work as healers has grown enormously with her guidance from the higher planes. When we moved to Germany, she was frequently by my side to help with the enormous challenge this change brought to our family. Nita taught us that healing can take many forms. One of the ways we can heal is by letting go of our physical bodies when we are ill, if guided by our light to do so. This was most certainly true in Nita's case. Her illness was limiting her ability to move ever more rapidly into her Light. This was truly her most fervent desire. We cannot ordain our time of departure and should never be an agent to create our death, but if the timing is karmically correct, then we will know it is time to let go.

Now that Carol and Laurie have departed,

I sense that this same fervent desire to be completely in their Light filled them as well. They contributed an extraordinary amount of Light to the Earth while they were here. Now, they can offer even more from the higher planes. Carol, for instance, offered us a profound message soon after her departure. This has helped Martin and me realize another way in which we can be more fully in our Light. It was a very personal message, so we will not share it here.

But everyone who thinks of Carol can draw her near and then she can speak from her clear perspective to you as well.

I was notified by friends that Laurie had been placed in hospice a few days before her transition. On the day of her movement to the higher planes, I felt myself drawn to her. Time and distance were no barrier. Even though I was in Bavaria and she was in Cleveland, we were together. I found myself by her side, telling her it was okay to let go. She would be in the Light. She was happy I was there, and we communicated our joy at our profound connection. The next day I was notified that she did, indeed, leave her physical form on the day I was with her. Since her passing, although her Light has touched many, she has remained close to her children as she seeks to comfort them and help them realize that she is still with them. That is a most important role for her to continue to fulfill. As they open their hearts to her loving presence, they will realize that she has not left them behind.

So, we have realized that death is not an end. It is a beginning. It is another exciting chapter in our journey. We must wait until our Totality lets us know it is time to go on that journey. But while we are here, we can accept the enormous help of those who have gone before. They can assist us to embrace the Light ever more fully with their loving support.

Many Blessings of Love and Light,

Linda and Martin

Expansion Publishing - Newsletters

His Father's Pain: A Personal Narrative

by Peter Clothier

All his life Peter had carried the pain about with him. Sometimes intense. Sometimes no more than a dull ache. Sometimes for months at a time he was hardly aware of it, but it was always there. He knew that. It had a precise location, always the same, a spot below the ribs, an inch inside, four fingers

from the point where his lower ribs met. He could put his fingers in there, feel it.

All his life he had been aware of it. He had taken the pain to doctors. They had poked and probed at various intervals. Once they had diagnosed ulcers. They had prescribed milky medications, which had relieved it only for the moment. Then it came back.

Sometimes it was so intense he feared it could be cancer, a burning growth expanding inside him. Sometimes he was afraid of dying. It was like a death inside him, so intense, so obdurate. And sometimes the pain would lie low, more of a shadow than a pain, a dis-ease lurking quietly in the rib cage.

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The pain was with him thirty years, the length of his adult life. Until he found its healer. At first he did not know this would be the healer of the pain. For many weeks, they talked. They talked about the fears, the insecurities, the longings, and the needs. They talked about the rage he had carried with him all his life. They talked about his weakness and his strength. Some of these things he knew, some he didn't.

Some of these things they enacted. Always there was the empty chair, his partner, his antagonist. Whoever came to mind was invited there, to sit in it: his wife, his father, his anger, his fear. Whoever came to mind, whoever was necessary to the occasion, whoever needed to be addressed, whoever needed to be heard from - there was always someone. They came unbidden from wherever it was they lived, from dark, hidden parts of him, from unexamined corners of his body: the awkward tilt of the head, the crick in the back, the back, the avoided gaze. There was always someone.

It was weeks, months even, before the healer touched him. When the trust was there. Once the defenses had begun to fall. When the body was ready with its invitation. The first time, the healer went only where he was invited, his fingers probing the depth to which the pain was tolerable. He would say, "At any moment I can stop, but you must tell me where."

It seemed there was pain everywhere that first time. Everywhere in the joints. The hips. The neck. The shoulders. The healer would say, "I want you to ask yourself what the pain is, that you're holding there." He said, "The answer is not important. It will come. Perhaps not now, perhaps later, perhaps not for a while, but sometime you will come to realize what it is. It is enough now simply to be aware. For now, it is enough to ask yourself, 'What is this pain? Why am I holding it in here?'"

That first time, at the end, Peter found himself weeping uncontrollably. He didn't know why. He lay there on the table, his body convulsing deeply with the sobs. There was so much pain, so much retained there, in his body. He knew now how much pain he carried with him, everywhere he went. He knew how much he needed to be rid of. The task seemed immense, immeasurable.

There were more sessions. There were first some particular, immediate problems to address: a muscle spasm in the lower back, a shoulder pulled and twisted by a mistimed action at the beach when the surf was high. There was a summer cold, a congestion in

the chest. All these they worked through, slowly. Then the healer started working deeper. One afternoon he started working deeper and the pain seemed often near unbearable. While the healer worked, Peter lay there on his side, eyes closed, experiencing the pain in all its depth. The healer said, "Ask yourself now. Ask yourself, what is this pain I'm holding in this part of my body?" In his hips Peter felt the pain of self-protection, of weight transferred to protect the groin, to hide the genitals away in shame. He felt the pain of protecting his vulnerable male parts, of holding them back, the fear of inadequacy. He felt the pain of the fear of his own weakness. In the shoulders he felt the pain of responsibility, of bearing burdens for himself and others. He felt the anger of doing always for others, as he had done, the gentle man, the concerned father, the considerate husband. In the neck he felt the pain of control, the terrible work of the head in keeping all his pains coordinated, as though it were thanks to head's control that the body stayed together. As though without its constant effort the limbs would fly apart.

He felt these pains as the healer worked. First one side, then the other. It seemed like hours. He was lost in the darkness of himself, the darkness inside his body. He was absorbed utterly in the inner darkness of his pain, it seemed like hours he was gone.

Then the healer helped him turn to lie on his back, eyes closed, still drunk with darkness. And the fingers found, it seemed at once, unerringly, the single spot where Peter had carried that one familiar pain for all these years. Found it out. Dug into it, under the rib cage.

Well, he must have screamed. The pain seared through him like a bolt of lightning, the culmination of all those years gathered into a single moment. And he heard the healer say, "Now you can ask yourself, 'What is this pain?'" He said, "You have a very clear image, a very clear understanding, why you continue to hold this pain at this place in your body." And this time Peter heard the answer, coming out of the depths of the darkness where he found himself. He heard the words, clearly as though they were not his: "It's not my pain!" He knew he was weeping now, felt great sobs rising through his chest as he heard the question, "Whose pain is it, then?" And again Peter heard the answering words, heard them in what he knew was his own voice, coming out of that darkness: "This is my father's pain." And wept.

There was a silence, then, before the healer spoke again. This time he said, "Now you can feel your father's presence in this room. You

can feel him here beside you." And in the silence Peter could feel his father there, now some time dead. He felt him there, his living presence, a kind of shining. And when his father was there, the healer asked, "What is it you would like to tell him? What words do you need to say to him?" And once again Peter heard himself say the words, as though it were some other person speaking through him in his voice. He heard himself say, "It's not my fault." He heard it clearly, out of the darkness, not understanding why he would have said it. The tears kept coming, the sobs. He could do nothing to control them.

For some time then the silence grew still deeper, darker, the pain flowing out of it like lava. Then the healer spoke again, softly, so he could hardly hear the words: "What is it you would like to hear your father tell you? What are the words you need to hear from him?" And the first words that came were a spontaneous "I love you." And then came more tears, more silence, before he said - the father said, through him, "I understand now that it's not your fault." And for a good while longer he lay there in tears, until the healer laid a hand there on his belly, where he carried the pain, saying, "I want you to hear your father's voice. He says, 'Peter, I now release you from all responsibility for my pain. It was never yours in the first place. From this moment, you have no need to carry it with you. You can return it to me now.'"

The voice came out of the darkness that surrounded him, and the pain rushed out of him like an evil wind. The pain was sucked up into the darkness, and the image of his father faded. And the silence that surrounded him was a sudden peace.

He opened his eyes. Waking, he remembered for the first time in years, and told the story to the healer: How it was that his father's pain was the central fact of his life, of all their lives, the whole family, in his early childhood. How they had left the city where he was born when he was only eighteen months and moved south, to a country parish (his father was a minister) because the doctor warned that the stress of city life was aggravating the pain. How it had ruled his father's life, how he had taken it to doctors as far away as Switzerland to be healed. How it had been diagnosed as an ulcer, the milk diet, the eventual operations to remove a good part of his stomach. How his father had then turned to psychiatry, how the psychiatrist had come to stay in their house and then refused to leave. How they had finally had to drive him off, in the car, to leave him somewhere far away. And how the pain had been so terrible on their return that his father thought he was about to die. How

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His Father's Pain: A Personal Narrative

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strange it was that he, the father, himself a healer, who had healed so many others of their troubles through his understanding, through the laying-on of hands, had never been able to shed the burden of his own pain - the pain which he, the son, now saw with certainty, on waking, was the symptom of his, the father's loss of his own beloved mother when he was in his early teens.

And he saw how he, the boy, had accepted the pain as his own. To relieve his father. To spare him suffering. Out of his own sense of guilt, as though he had caused the pain. He assumed it. The others dealt with it as they could - this central fact of all their lives. His mother nursed it, worried over it, cooked for it, covered for it. His sister, that dark one, the spiteful one, must have been struggling to reject it in her anger. She must have known all along it was not hers. He knew now why she was always mean to him. And he, the good little boy, the little round boy whom everybody loved, had accepted it as his own. If he had always been good, it was in order not to make his father angry, not to arouse the pain. For he saw how the pain re-

turned to his father's face when he was bad. So Peter had taken the pain inside him and had hidden it there. He had carried it with him all his life. His father's pain.

He woke, and returned it to his father. He said, "It was never my pain. It was not my fault." He realized this now, for the first time in his life. And he wept for the pain he had carried with him ever since he could remember. His father's pain. And the time had come to return it to his father.

Peter Clothier is a novelist, art critic, and new adventurer into personal growth. Copyright © Peter Clothier. Printed here with the kind permission of the author.

The healer in this narrative is Dr. Edmund A. Cohen, Los Angeles.

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JD's Reiki Rocks Are Back!



I have brought back the Reiki Rocks.

<http://jdsreikirocks.blogspot.com/>

I smoothed each rock with my rotary tool, and tried to retain the shape that the mineral was when it came to me.

Each rock has a coating of mineral oil on it. It was simply coated with mineral oil, rinsed,



and towel buffed.

I placed the Reiki symbols in each rock and asked each rock to self-maintain its Reiki energy.

I make no claim as to what the mineral/rock is; nor any claims as to what the mineral/rock may or may not do. This does not replace, nor is a substitute for, any medical assistance.



Rocks and/or minerals are fragile and can break or shatter. This does not diminish the Reiki.

External use only - keep away from children and pets.

Click the link and see the pictures!

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HAPPY INDEPENDENCE DAY!