

## Downloads, Upgrades and Updates

I would like to re-address the energy shifts.

Many people are still getting confused, scared, worried, panicked, etc. right around the full moon phase and then about up to two weeks following the full moon (yes, in time to start gearing up for the next full moon – a tight schedule indeed).

Please keep in mind that with each full moon we get another energy shift. The easiest way to describe it is using computer downloads, upgrades and updates.

Updates usually aren't as big as downloads, so are usually lighter; downloads usually take up more memory and slow your computer down for a bit while it integrates the information; upgrades can fall anywhere between updates and downloads.

The downloads, upgrades and updates piggyback on the energy shifts of each full moon (since we already had to adapt to increased gravitational pulls and heavier energies with each full moon).

Fortunately we've not had downloads *every* full moon; we have them every now and again. We do, however, have upgrades or updates in between the downloads so that we are receiving something each month.

Some are still working on adapting to the new energies that rode in on the last full moon we had – and this download was intense. Here are some of the experiences:

- Some have experienced highs and lows; periods of feeling everything moving smoothly to periods of panic or sadness.

- Health is pushing itself to honored more and more. Longstanding and suppressed imbalances are clamoring to be addressed.
- The new energies are digging deeper within us – to bring the emotional and physical imbalances to the surface – with periods of balance.
- Still feeling tired or tiring very easily.
- Feeling the urge to clean, organize and/or lighten the load – both physically and emotionally.

If you are struggling, please have patience with self. Go to bed earlier if you need to; cry if you need to release those long suppressed emotions (however, if you cannot overcome the sadness, or the imbalances continue, please seek help).

Unfortunately some people are not able to keep up with these new energy downloads, upgrades and updates, and those who stay in the lower frequencies are having difficulty seeing those who continue to adapt to the newer energies.

### What Does That Mean?

It means those who are working on adapting to the new energies appear to be invisible to those who maintain lower frequencies (this is a generalized statement).

It is similar to radio frequencies in that when you are tuned into – for example – a Classic Rock station, you cannot hear the Country Music station; the Country Music station is "invisible" to you.

It means that those who stay in the lower frequencies may not see you – they can

physically walk into you; they can drive "on top" of you.

Please, please, *please* - protect yourself and stay alert.

### What is the Purpose of Experiencing This?

Let's say you're going on a long trip and you'll be flying in a plane.

You need to make sure: your body is in shape (healthy enough – physically and emotionally - to make the flight); your body is properly immunized and protected and you do not exceed the weight limit for the plane. If you carry too much baggage, the plane won't be able to achieve lift; you'll remain grounded.

Our downloads, upgrades and updates are preparing us while we work on our health; strengthen our system (not literal immunization shots) and clearing our some of our baggage.

Remember, all of our health imbalances – both emotional and physical – were developed/created in the third dimension...we cannot bring that with us to the fifth dimension.

That means these downloads, upgrades and updates are being provided to aid us in healing and releasing our third dimensional past and belief systems.

Then, when everything is in order, are we able to achieve lift off.

by Jan Toomer



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# Urgh!!

by Dragon Spirit

"Okay, okay, OKAY, I get it!" I kept saying aloud but, apparently I didn't get the message. Standard answers were not going to be acceptable, I was supposed to REALLY listen and then fess up.

You see, I've just flat out burned out. No flicker or sputter, just out like flipping a switch. I'd absorbed as much stuff as I could and thought I was some kind of glutton for punishment. Well, yes and no. I had taken on more than I needed to and I didn't know how to put it where it belonged. (Thanks,

Jan!)

It was time for a serious vacation and a regrouping. So in true me fashion (because why wait when you can plow through in short order and clean up the carnage later) I put it where it belonged. Well, at least the majority of it. After some VERY direct talks with individuals and a little discussion with the ego, I think I've finally hit the right track.

As you can imagine, some folks weren't too happy with me but I figure they'll get over it. I know I did. I am not here to play mom, or hold hands so you can be irresponsible and

lazy. I'm here to move forward and if that means I leave you kicking and screaming in the dust well, so be it. You can clean up your own mess. I've got enough to worry about for myself and it's about time I came first.

I still love you, but I that doesn't mean I have to like the way you play.

So no thank you, emotional vampires, energy suckers, miserable minnies, and doubting dans. Hasta la vista no way joses, and many mananas. This momma is moving on.

## I'm Stuck!

- I'm stuck! How do I get out of my rut?
- How do I figure out what I am supposed to be doing?
- How do I know my souls purpose/ my purpose in this lifetime?

These and similar questions are being asked more and more. I usually cannot give a person a pat answer such as "You are supposed to do \_\_\_\_" and fill in the blank for them. I can give some suggestions on how you can go about answering some of these questions yourself. Discovering and accepting the answer is part of your journey.

If you have gone severely off your soul plan "track", your life may have probably become difficult...like everything seems to go wrong. If everything is going wrong, it is perhaps time to see what you can do to get back on track.

### Have You Left Your Morals Behind?

If you've left your morals in the past, perhaps its time to bring them back; you had morals for a reason – it is like a checks and balancing system. It is not a weakness to do what is right – it takes more courage, and a strong person, to do what is right.

### Have You Become Hardened or Bitter in Your Life?

If you have become hardened or bitter (which is often caused by jealousy, anger, sense of entitlement, etc.), please check to see if you put yourself into the energy of the victim role.

What hardened you? Perhaps the hardcore shell helped you over a hurtful period in your life – but now it is time to shed that and allow the gentleness and love we were created for to shine through.

Bitterness may be combined with entitlement; entitlement should not be part of our

life.

Each being, you included, set up some goals to accomplish for your own soul growth – as well as having decided before you entered this body as to some life specifics (rich, moderate, poor; slim, fat, pretty, ugly, tall, short, etc.) as well as what you needed to experience for this lifetime.

There is no entitlement; no one "owes" you; there is no "if I only had \_\_\_\_ & \_\_\_\_, I know then that I have 'made it'". Just because your neighbor, friend, coworker seems to have an idyllic life from your perspective doesn't mean they do, and it doesn't mean it is what you are supposed to do or have.

Please focus on you, your life and your soul growth – not worrying about what others have accomplished or are doing.

### Are You Constantly Feeling Like Everything's Being Done TO You? Feeling like a Victim?

As long as you believe/feel that everything happens to you, the universe will comply to make your creation happen and assist you in perpetuating this belief.

Perhaps its time to take responsibility for your life and let go of the victim role; take your power back by seeing what good has come out of your experiences.

Your soul growth relies on your experiences – or rather *how you react to your experiences*.

If you react negatively (stuck as a victim – it was done to you, etc.) then chances are you will be provided another opportunity to experience a similar (similar in the energy reaction) event/incident to see if you can find the silver lining or the good that came out of the experience.

### A Rut?

So, if you are stuck in a rut, and you honestly addressed anything written above that may have fit you – then I would recommend a change in perception. A "rut" could be an opportunity – a "diamond in the rough"; or perhaps you are to leave the well traveled rut and take a new path; maybe pride is interfering with acknowledging the truths you are being given; pride (which is ego my friends) really has no place in spiritual growth. Pride can stop your progress cold.

### Soul Purpose – Supposed to Be Doing

We are each supposed to experience different aspects of being human – to learn from our growth opportunities – to assist others (without being a doormat) and to love self.

As far as job (or lack thereof) – what is your passion? What makes your soul sing when you do it? What creates positive energy for you? Don't dream it...create it, live it – even if it is part time - experience what makes your soul sing.

### In A Nutshell

If you are stuck, it is time to take an honest look at self and makes some changes.

Please do not compare your have and have nots with others lives – their soul plan is not yours; your responsibility is your life and your soul growth.

If working on the above mentioned stuff (honestly and objectively) and everything (not a FEW things, scattered here and there...that's called life) is still going wrong – or if you aren't able to cope with life - perhaps it is time to meet with a therapist who can help you resolve those imbalances.

by Jan Toomer

# Body Changes - Part One

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:*

### END TIMES

During the Earth Changes in these End Times or Tribulation as it is called, the earth and the physical bodies on the earth are supposed to undergo a change as we move from the third dimension to the fourth and fifth dimensions. On the planetary scale, a massive shift is taking place. Huge infusions of Light are coming to the Earth plane as the veil of separation and denial are lifting. Earth Changes are creating physical changes in your bodies right now. The planet is mutating, and so are the beings on it. There is a transmutation taking place in the very cells of your body.

A transmutation is the act of being transmuted or changed or altered in form, appearance, nature to a higher form. transmutation is the internal change going on inside the body that puts together the combination of parts or chemical elements, groups or simpler compounds or by the degradation of a complex compound so as to form a whole new combination. During mutation, this new combination may be constructed by the body from diverse conceptions into a coherent whole body that may be different from previous bodies.

The physical transmutation change within your bodies is a significant and basic alteration in the body. It may be a relatively permanent change in hereditary material involving either a physical change in chromosome relations or a biochemical change in the codons that made up genes. A codon is a triplet of nucleotides that is part of the genetic code for the body. The genetic code specifies a particular amino acid in a protein or starts or stops protein synthesis which means putting things together. This is the way the body grows or is destroyed by disease during its particular lifetime.

There are many teachings coming down today that speak of mutation and also speak of cellular transformation. Some have asked what is the difference and is there a difference? Some entities feel that the word mutation is a word that sometimes alienates a lot of people, it sounds scary to some people. So they use the word transformation

or cellular transformation because it seems like a little more gentle word to use. They feel that more people are open to the word transformation. It's more like a gradual shifting whereas mutation feels to some people like there are going to be some changes that are so radical that this creates more of a fear. And these entities try and stay away from wording and language that is going to create more of a fear because this then creates a restriction of energy when people are met with words that create that type of experience or reaction?

Whatever you call the changes that are taking place now in our bodies, the information that was coded into the DNA of your structure is now being activated. The most concise repository of information in your personal blueprint of your species is found in the cellular DNA of your bodies. Your DNA will evolve from two helixes to twelve helixes or even fourteen strands which correspond to energy centers, or chakras, inside and outside your body. The new type twelve strand DNA was originally in bodies 300,000+ years ago.

Within human body cells are light-encoded filaments, fine gossamer threads of energy that carry information. When these gossamer threads are working together like a fiber optic type of cable, they form the helix of your DNA. Imagine that your frequencies are starting to detach from each other and that where they are still connected, they are just threaded together. They are not so congealed that they create that much matter anymore. What is going to happen then is that the energy that is coming into you is going to start to come in more easily. It is as if the cells have to break apart a bit.

This is why so many people are now waking up and remembering. It was predetermined that you would do so at this time! Beings whom have been living in dense physical bodies, now have the option of living in wondrous bodies of Light. The effects are very jarring in some ways. On the one hand, you'll get physical vibrations that are strange and sometime feel uncomfortable. Your endocrine system may speed up or slow down, causing various effects on your hormones. You may have a sudden strong feeling and then it'll be gone. You may have an overwhelming memory and you will not be certain whether it is a dream or a reality. You are high-energy transformers, like sponges in the energy sea around you. As more and more Light becomes available to you, the intensity of electromagnetic energy around you also increases. Any changes in the surrounding energetic field are picked up by your subtle (etheric) body. This body acts as a receiver and as a transmitter of these energies. These changes directly

affect your physical body, which is the outward manifestation of the etheric level.

These changes be gradual and will go on over the seven year tribulation period. They have definitely started. The changes depend on, for many, the level of openness, the level of flow in an individual's life. The orientation for many has been from a linear or mental perspective. This is shifting for many and a lot of people are experiencing confusion as they begin to reorient themselves into a physical and more holistic perspective. For many people this has been going on for quite some time. As far as a time period of when it begins and when it ends, it really depends on the individual, their level of openness and willingness and the clarification that has already taken place in their energy field. By this we mean, are they coming into alignment in their physical energy system? Are they coming into alignment with their emotions and the emotional body? And are they creating more of an openness and a flow in the mental body so that they can consciously receive the energies and the frequencies that create the shifts, the transformation.

Bear in mind also that all who are on the planet at this time, all forms of life, not just human life but all forms of life, are and will continue to be effected by what we call an increase in intensity of Light that comes directly into and around the field of this planet. So even, though those who we may look upon or you may look upon as less conscious or perhaps even totally unconscious of the changes are definitely effected and will continue to be effected. They don't have the understanding that many have who are searching on the path of what is going on for them. Why they are experiencing greater agitation, why they are experiencing that parts of their life are no longer working? Why are they experiencing less control in the mental body than they are used to?

There is a great deal of confusion among the masses because until now there has not been a large enough body of clear information to explain in a way that can be understood by the masses what exactly is exactly taking place in this time in history. For there is nothing in your past that can compare to what is currently going on and what will continue to accelerate.

What is happening to many of you right now is that due to the increased energies present, the etheric body is vibrating at a higher frequency. The physical body is then trying to catch up but it hasn't quite yet done so. This results in a speeding up of your molecular structure. Many people are now experiencing this as a quickening taking place within your own bodies. This stepping up of

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energies is affecting every system in your body—nerves, muscles, vessels, skin, organs and glans as they try to adapt to the new frequencies.

The nervous system, which carries those energies throughout the body in the form of nerve impulses, and the endocrine system, which regulates much of your physiological functioning through the secretion of various chemical substances (hormones), may be experiencing tremendous energy overloads as they constantly attempt to maintain a state of homeostasis and balance in the body.

This kind of expansion in consciousness during cellular transformation is literally pulling you into worlds that are beyond potential and are becoming real. Things about your world are changing in front of your very eyes. Perhaps the most profound noticeable change is the need that many people have noticed lately for more rest. Is anybody feeling tired lately? If so, you need to continue reading this material.

Your body systems are overloaded and Mother Earth's systems are also overloaded. Her body, the mass of herself, functions very much like your own body. Most people do not realize that your Mother Earth actually breathes in and out? People that have been in caves or have been near openings inside the Earth can actually hear air whistling in and out of the Mother Earth. In surrendering to the change process going on in the Earth and in your bodies, you are releasing your own limited existence, your own limited desires, all that you have held close to you for security and a feeling of nurturing and safety.

So much is happening on very deep levels of yourselves and it is usually occurring in the subconscious. You may feel overcome with sorrow, feeling you have lost something, or that you are leaving something without even having an idea of what it is you are sorry or crying about. As you approach closer and closer to the final experience (called Ascension), you will feel yourselves more and more of letting go of more things.

During the process of cellular transformation, you may see or feel specific physical changes and sensations in your body and in the bodies of those around you, such as the following:

## I. ACHES, PAINS and HEADACHES

New aches and pains will appear in various places in the body and then these will disappear. Headaches and sudden shooting pains in the head or eyes may occur and these may be signs that adjustments are being made in your energies. These adjustments will be attuning you to different frequencies during cellular transformation. The parts of your brain that have been dormant in the past are now being used. This may require some rewiring of brain circuitry while brain patterns that are no longer functional will be rerouted. As you develop a higher way of thinking and being, you will experience more creative energies and will create deeper levels of meditation. See also CHANGES IN BODY SHAPE as well as ENERGY FLOW in the BODY.

As transformation occurs, there may be periods when you feel more anxious and irritable than usual. You may also feel restless, headachy, less able to concentrate. You may have an increased sensitivity to people, sounds, smells and environments. You may experience muscle soreness particularly in the low back, joint pains or poor digestion. When these glands are excessively stimulated, your body is constantly in a hyper state of fight-or-flight and the body expends resources at tremendous rates of speed.

The mutation process that you are presently undergoing has been initiated within the molecular structure of the brain. The progressive cycles of change are introduced to the rest of the body systems primarily through the cerebral-spinal fluid and from there throughout the nervous system generally. This accounts for the pervasive sensations of disturbances within the head, eyes, spine and nerves. It has resulted in dizziness, headaches, and pressure in the head, usually experienced from back to front, at other times, from side to side. It also accounts for considerable nervous disruption, sleeplessness and irregular energy surges and drops. Digestion may become erratic and peculiar pains may come and go without warning in different parts of the body.

## II. BODY CELLS

The tissue of our bodies is made up of cells. The cells are made up of molecules and this goes on and on until the subatomic level is reached. At the subatomic level, the templates or blueprints are formed for our bodies. The probabilities of what we can do

are created at the subatomic level. There are changes being made at this level as the Earth Changes occur and as the axis shift occurs on the planet. These changes are due to occur very soon. During this period of an axis shift, past types of behavior and past ways of arranging matter will not be available.

At our material level, these changes will appear to be a rearrangement of matter. From a spiritual level however, these changes relate to the growth of planetary awareness. When these changes happen, the forms of life on the planet will change. The very structure of every cell in our bodies is changing. The changes in your body will occur in the body cells as these cells undergo a gentle infusion of new electromagnetic impulses. The structure of energy exchange and energy transfer is being slowly rewired in the cells, during cellular transformation. This could be the cause of periods of exhaustion as your body goes through radical remodeling and rebuilding. When this change is observed, RELAX and move with the changes taking place in your body. After all, you have nothing else to do. You need to spend time in meditation, reading, etc. to relax until the time comes that the changes will eventually stop.

We are building new information into the cells of the body and yet it has been said that these changes are taking place naturally. Some have asked whether this suggests that we can reprogram our own DNA or is this all being done automatically and we don't get involved in it. The answer is it's a little bit of both. The cells have been coded for this time in history, prior to the time of human birth. Many people are finding that they are drawn to a certain place or to a certain person. They are finding that being in that environment, whether with that person or in that physical place, is creating a type of trigger, a trigger in the cellular memory. So in this respect, it is happening automatically. We are following our impulses. We are following our natural motion in life to where the body is leading us and who the body is leading us to. This is creating the firing or triggering of new information. There is a type of overlapping and a blending of many processes taking place as these triggers are activated. Then the new information is activated.

This is taking place on a multitude of levels within the body. The more we are in alignment with our body wisdom, the more

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*The most beautiful thing we can experience is the mysterious.*

Albert Einstein

## Body Changes - Part One

there is a movement consciously towards that which will trigger that cellular memory and activate the transformation within the DNA. So indeed, you are taking part, it is not to sit back and get onto automatic pilot and everything will happen. To some degree that is so, but also it is the more you are in alignment with these changes consciously, the more you will be the captain of your ship, directing and orchestrating a co-creator of these changes within yourself and within the masses. There are many parts to transformation, it is neither that you are on one side of the fence or another.

What this means in biochemical terms is quite mind blowing. A fundamental renovation is occurring in your house (the body) while you are living in it. Using the analogy of remodeling your home, the workmen strip off the old roof, tear up the old floor, disconnect your old plumbing and turn off your electricity to re-wire the home. This all occurs while you are trying to live there. In the same manner, as your body is undergoing the same «remodeling» you are trying to keep ahead of the changes and you will feel extremely disoriented and inconvenienced as they occur. The changes in your body-house are occurring because your DNA is being restructured.

Your DNA contains within it an old understanding about what it is to be here that is deeply focused in individuality. The DNA has the individualized expression of divinity, the individual I Am, and it has the whole-

ness. Now you can conceive of both, but can you yet conceive of what it would be like to be keenly aware of yourself as an individual and at the same time know that you are wholeness? That is what you are working on achieving at this time, whether you realize it or not. The potentiality within the DNA is capable of reformatting to allow for these changes.

Universal law provides that the physical form for Divine life expression of a species may be altered or reformatted only by those who dwell therein. This means that the DNA of a species of Earth can only be altered through the creative choice of the consciousness that dwells within the body form. What this means for you is that the human DNA that is responsible for every aspect of your physical presence cannot be altered by other beings, nor can it be changed by you from outside of the physical plane. How do you change your own DNA? To change your DNA and to change your structure you need to change your emotions. You also need to change your thoughts because to do these two things means to change your biochemistry and your brain chemistry. It means headaches and nausea sometimes.

As these changes occur, you will experience dizziness, feelings of spinning and loss of emotional centering. During cellular transformation, your body is a constant flow of discarded proteins and structures. Your cerebrospinal fluid is being filled with discarded mineral deposits. You are literally slough-

ing off your body and you are rebuilding it. The changes will be very intense and will be very challenging to you during the sloughing off process. You are genetic engineers of the new world species. If you agree with this and you are willing, you must rearrange and rebuild your own DNA. You live in your body and you will change it while you're living in it. Some people have already begun to do this.

### 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/>

## At A Glance: 30 Traits of an Empath

by justpassingthrough

1. **Knowing:** Empaths just know stuff, without being told. It's a knowing that goes way beyond intuition or gut feelings, even though that is how many would describe the knowing. The more attuned they are the stronger this gift becomes.
2. **Being in public places can be overwhelming:** Places like shopping malls, supermarkets or stadiums, where there are lots of people around, can fill the Empath with turbulently vexed emotions that are coming from others.
3. **Feeling others emotions and taking them on as your own:** This is a huge one for Empaths. To some, they will feel emotions off those near by and with others they will feel emotions from those a vast distance away, or both. The more adept Empath will know if someone is having bad thoughts about

them, even from a great distance.

4. **Watching violence, cruelty or tragedy on the TV is unbearable:** The more attuned an Empath becomes the worse it is and may make it so they eventually have to stop watching TV and reading newspapers altogether.
5. **You know when someone is not being honest:** If a friend or a loved one is telling you lies you know it (although many Empaths try not to focus on this because knowing a loved one is lying can be painful). Or if someone is saying one thing but feeling/thinking another, you know.
6. **Picking up physical symptoms off another:** An Empath will almost always develop the ailments off another (colds, eye infections, body aches and pains), especially those who they're closest to, somewhat like sympathy pains.

7. **Digestive disorders and lower back problems:** The solar plexus chakra is based in the centre of the abdomen and it's known as the seat of emotions. This is where Empaths feel the incoming emotion of another, which can weaken the area and eventually lead to anything from stomach ulcers to IBS (too many other conditions to list here). Lower back problems can develop from being ungrounded (amongst other things) and one, who has no knowledge of them being an Empath, will almost always be ungrounded.
8. **Always looking out for the underdog:** Anyone whose suffering, in emotional pain or being bullied draws an Empath's attention and compassion.
9. **Others will want to offload their problems on you, even strangers:** An Empath can become a dumping ground for everyone else's issues and prob-

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# At A Glance: 30 Traits of an Empath

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lems, which, if they're not careful can end up as their own.

10. **Constant fatigue:** Empaths often get drained of energy, either from energy vampires or just taking on too much from others, which even sleep will not cure. Many get diagnosed with ME.
11. **Addictive personality:** Alcohol, drugs, sex, are to name but a few addictions Empaths turn to, to block out the emotions of others. It can be a form of self protection in order to hide from someone or something (external emotions).
12. **Drawn to healing, holistic therapies and all things metaphysical:** Although many Empaths would love to heal others, they can end up turning away from healing (even though they have a natural ability for it), after they've studied and qualified, because they take on too much from the one they are trying to heal. Especially if they are unaware of their empathy. Anything of a supernatural nature is of interest to Empaths and they don't surprise or get shocked easily. Even at the revelation of what many others would consider unthinkable, for example, Empaths would have known the world was round when others believed it was flat.
13. **Creative:** From singing, dancing, acting, drawing or writing an Empath will have a strong creative streak and a vivid imagination.
14. **Love of nature and animals:** Being outdoors in nature is a must for Empaths and pets are an essential part of their life.
15. **Need for solitude:** An Empath will go stir-crazy if they don't get quiet time. This is even obvious in empathic children.
16. **Gets bored or distracted easily if not stimulated:** Work, school and home life has to be kept interesting for an Empath or they switch off from it and end up daydreaming or doodling.
17. **Finds it impossible to do things they don't enjoy:** As above. Feels like they are living a lie by doing so. To force an Empath to do something they dislike through guilt or labelling them as idle will only serve in making them unhappy. It's for this reason many Empaths get labelled as being lazy.
18. **Strives for the truth:** This becomes more prevalent when an Empath discovers his/her gifts and birthright. Anything untruthful feels plain wrong.
19. **Always looking for the answers and knowledge:** To have unanswered questions can be frustrating for an Empath and they will endeavour to find an explanation. If they have a knowing about something they will look for confirmation. The downside to this is an information overload.
20. **Likes adventure, freedom and travel:** Empaths are free spirits.
21. **Abhors clutter:** It makes an Empath feel weighed down and blocks the flow of energy.
22. **Loves to daydream:** An Empath can stare into space for hours, in a world of their own and blissfully happy.
23. **Finds routine, rules or control, imprisoning:** Anything that takes away their freedom is debilitating to an Empath even poisoning.
24. **Prone to carry weight without necessarily overeating:** The excess weight is a form of protection to stop the negative incoming energies having as much impact.
25. **Excellent listener:** An Empath won't talk about themselves much unless it's to someone they really trust. They love to learn and know about others and genuinely care.
26. **Intolerance to narcissism:** Although kind and often very tolerant of others, Empaths do not like to be around overly egotistical people, who put themselves first and refuse to consider another's feelings or points of view other than their own.
27. **The ability to feel the days of the week:** An Empath will get the 'Friday Feeling' if they work Fridays or not. They pick up on how the collective are feeling. The first couple of days of a long, bank holiday weekend (Easter for example) can feel, to them, like the world is smiling, calm and relaxed. Sunday evenings, Mondays and Tuesdays, of a working week, have a very heavy feeling.

28. **Will not choose to buy antiques, vintage or second-hand:** Anything that's been pre-owned carries the energy of the previous owner. An Empath will even prefer to have a brand new car or house (if they are in the financial situation to do so) with no residual energy.

29. **Sense the energy of food:** Many Empaths don't like to eat meat or poultry because they can feel the vibrations of the animal (especially if the animal suffered), even if they like the taste.

30. **Can appear moody, shy, aloof, disconnected:** Depending on how an Empath is feeling will depend on what face they show to the world. They can be prone to mood swings and if they've taken on too much negative will appear quiet and unsociable, even miserable. An empath detests having to pretend to be happy when they're sad, this only adds to their load (makes working in the service industry, when it's service with a smile, very challenging) and can make them feel like scuttling under a stone.

If you can say yes to at least 10 of these traits (especially 1 to 10), you could very well be an Empath.

Empaths may carry many of the same traits but they/we are still individuals. We can override or block certain traits and some traits will come and go over the years (strengthen or weaken) as life circumstances change. Once one has become aware of one's birthright of being an Empath (this will normally happen when any, or all, of the above traits start screaming at you for attention), it is then we can find remedies to ease symptoms and perhaps discover what our true role in life is.

If you are new to discovering you are an Empath check out Grounding Techniques for Empaths and Sensitives or Ayurveda for an Empath. If you have been getting lots of colds lately and or are feeling run down, see Supplements And The Empath

<http://theknowing1.wordpress.com/2011/07/01/at-a-glance-30-traits-of-an-empath/#comment-898>

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# Ascended Masters Newsletter #164

Dear Friends,

Martin and I are aware that we have not sent a newsletter for quite some time. We have been too preoccupied with the process of moving to our new home. Today, we finally planted flowers in our window boxes - one more step in making this house our new home.

Over the past few weeks I have often thought that some of the messages we continued to receive from the Beings of Light would be useful to share in a newsletter. Having no Internet connection for a month and little energy to spare got in the way of such good intentions, however.

Now that we are closer to unpacking the last box, we have a better idea of why we received the guidance to move and how this has significantly changed Martin and me, our children, and our lives already. We have been counseled through the years, however, to not come to conclusions about what we are experiencing. So I shall try to adhere to that guidance and just "stick with the facts."

Finding this new house was the result of a sequence of "coincidences" that has flowed in an amazing way. Shortly after Martin miraculously survived his second car crash in three months, this time on the Autobahn, we realized it was time to move out of our home of the last three years, however comfortable it may have been. Martin had been commuting 90 minutes back and forth to the clinic where he does his healing work but this had proven no longer sustainable, particularly during the winter.

We had been looking into the housing market in the vicinity of Martin's place of work for some time, even made a few appointments with realtors, but nothing seemed quite right. Soon after the second accident reinforced our decision to pull up stakes, we received an email about a rare opportunity to rent rather than buy - which we preferred anyway. The house offered ample space at an affordable price. Located in the midst of fields and forests with gorgeous views all around, it would mean only a ten minutes drive to the clinic. Two days later we agreed to rent it, and the whirlwind began.

Here comes the kicker: For many years I had told Martin of a house I'd visited frequently in my dreams. It had more rooms than I could count, each containing treasured items that were ours to use. I always interpreted those dreams as a metaphor of going within and learning more about the different parts of me. But shortly after we moved in and I looked at all the treasures

the owner of the home had left behind, I realized that we were now living in the home of my dreams. The basement, the attic, and all the rooms in between continue to hold surprises. For me, it's a palace compared to anywhere I've ever lived. Each day I wonder how I finally came to this home. What does it all mean? Why did I dream of it so often through the years, decades before it manifested? No conclusions.

There were other surprising discoveries for us as well: For instance, Martin and I have realized that we've had an amazing amount of energy since we've moved here. For weeks we've had to work 12+ hours a day. Our children helped enormously, but with my arm that was broken last year, my congenitally weakened back and just having a 67-year old body, I was quite surprised to discover an endurance I never expected at this time in my life.

We've also learned that we are now placed in a new energy vortex of an even higher frequency than we'd enjoyed at our previous location and that we were heightening this frequency even further by our presence here. This has been very easy to believe as the days have passed.

Our children, cat, and dog have adapted easily to their new home. Having fields and forests surrounding us has worked particularly well for our 13-year old daughter as well as our pets!

Events continue to unfold with amazing speed. One of the highlights was the delightful visit of our Italian/Indian family with their seven months old Baby *Anita*. She is the re-embodiment of *Karampal Singh* -- co-author of *Telling it Like it Is* and *About Karma* -- and she charmed us all. Anita is filled with joy and Light which she spread throughout our family and our home. Having our beloved twin flame in a new form with us in this time and space strengthened the higher frequencies of Light now filling our hearts, home, and this region.

In one of our channeling sessions I asked *El Morya Khan* if we had "arrived." He responded with a question: "Where did you come from?" We did understand his message: There is no path and no destination - nothing to arrive at. We have always been "there" - we just have to realize this.

Peace and Blessings,

Linda & Martin

## Strengthening the Core of Light at Your Center

By the Ascended Master El Morya Khan

Beloved Friends,

We are grateful once again to have this opportunity to communicate with you in conscious awareness.

We understand your frustration and desire to know more about who you are and why you are here. This is the burning question that fills every human form. Other species are able to avoid this confusing issue because the Light that fills them is free to guide them without the interference and questioning of the ego mind. But alas, humanity chose another path. Humanity chose the path to try to gain sovereignty over creation and forge their experience of life on planet Earth to the dictates of the ego mind. This has led to the ongoing suffering that all humanity continues to experience on a daily basis.

But you are beginning now to truly allow the ego mind to rest in abeyance as you more fully listen to the dictates of your higher consciousness, your personal expression of the Light of Infinite Source. It has been a struggle for you, as it is for all humans, to listen rather than dictate what you believe would be best for you. Leia [Linda], for instance, was more than reluctant to move once again to a new home -- only to find that once she realized that this would be the better choice, her life has improved.

You see, beloved friends, each time you listen to your Light, rather than allowing yourself to be guided by your fears, you find a new freedom manifesting in your life that brings greater peace rather than greater suffering. **The greatest lesson you learn as a human form is that there truly is nothing to fear.** All fear is an illusion and when you release these fears and allow yourself the greater movement that appeared the most difficult, you conquer more fear and experience even greater soul growth into your Light.

Letting go of the fears that have frequently guided you in this and other lifetimes also affords you the opportunity to experience greater physical and mental wellbeing. Fear consumes a great deal of one's energy when it remains unabated. Once the fears are released, the freedom in your life translates into greater health and a vitality you may have never known you could experience.

As you continue to move past your fears into your Light you find a core of Light

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strengthening in the center of your being. This core, which is the true nature of your being, enables you to have greater endurance, greater patience, a new serenity and less of a need in every moment to choose suffering.

This change does not come instantaneously. It is a process. The process begins when you find you have another choice to make in your life. **When a choice appears, it is time to sit and be still.** Review the challenges that the choice presents. What are your fears? Recognize that each fear is an illusion karmically co-created by you to lead you to awakening and offer you an opportunity to shed this fear in favor of finding the powerful core of Light that you've always carried within.

Allow yourself to accept that the fears have a karmic basis. You may wish to revisit the history of the karma during your time of meditation. This is an excellent opportunity to employ the Light and the Beings of Light to aid you in healing that karmic history.

This can then allow you to strengthen the core of Light within, move into a process of healing and completion, and then with the new freedom and strength now available to you, you can follow the new path opened to you into your next stage of growth and awakening.

Ask yourself as each choice presents itself: Is my movement motivated by a fear or am I moving in greater trust that this Light that fills me will carry me through my next stage of growth and awakening? The answer will come to you quickly.

When you are investigating choices and you find that the sentences you employ mentally contain a supposition such as "if- then," then you will know most certainly that you are being guided by fear.

If, however, you see a path filled with Light opening before you as you are choosing, then you can know most certainly that the Light and Beings of Light are with you as you move ever forward into this Light. You may not think it is easy to make this distinc-

tion. But if you've allowed your heart to feel a lightness within and you've let go of the suppositions of imminent suffering, then you surrender to the possibility of strengthening the core of Light within you. And that is why you are here: To allow your Light to grow within you.

It is a wondrous process, beloved friends, and one that can bring you to your true nature as a radiant Being of Light in human form.

Open to your choice of awakening, beloved friends. Allow the growth to unfold within you. Release and heal your fears as the new steps of growth appear. It is a wondrous time to be alive. Shed your fears and awaken.

Many Blessings of Love and Light to one and all,

El Morya Khan

Expansion Publishing - Newsletters

## How Many Times Do We Turn Our Other Cheek?

*I have debated long and hard as to whether or not write this article. I finally decided to do it and to dedicate it to those lone warriors who were killed to keep them from exposing truths; the people who dedicated their lives to protecting us and guiding us, but were killed because they tried, alone, to expose corruption and abuse.*

*May their deaths not be in vain.*

### How Many Times Do We Turn Our Other Cheek?

#### Abuse -

Mental/Psychological: [http://en.wikipedia.org/wiki/Mental\\_abuse](http://en.wikipedia.org/wiki/Mental_abuse)

"Psychological abuse, also referred to as emotional abuse or mental abuse, is a form of abuse characterized by a person subjecting or exposing another to behavior that may result in psychological trauma, including anxiety, chronic depression, or post-traumatic stress disorder.[1][2][3] Such abuse is often associated with situations of power imbalance, such as abusive relationships, bullying, and abuse in the workplace." This source continued:

"The U.S. Department of Justice defines emotionally abusive traits as including causing fear by: intimidation, threatening physical harm to self, partner, children, or partner's family or friends, destruction of pets and property, forcing isolation from family,

friends, or school or work.[5]

"In 1996, Health Canada argued that emotional abuse is motivated by urges including but not limited to: "power and discontrol";[3] and defines emotional abuse as including rejecting, degrading, terrorizing, isolating, corrupting/exploiting and "denying emotional responsiveness" as characteristic of emotional abuse."

#### Abuse -

Physical: [http://en.wikipedia.org/wiki/Physical\\_abuse](http://en.wikipedia.org/wiki/Physical_abuse)

"Physical abuse is an act of another party involving contact intended to cause feelings of physical pain, injury, or other physical suffering or bodily harm."

This source offered a list of what is considered physical abuse which included: "Striking with an object; Strangling; Drowning; Sleep deprivation; Exposure to cold, freezing; Exposure to heat or radiation, burning; Exposure to electric shock; Placing in stress positions (tied or otherwise forced); Cutting or otherwise exposing somebody to something sharp; Exposure to a dangerous animal; Throwing or shooting a projectile ; Withholding food or medication; Blinding a person or causing impairment of sight."

#### Corrupt -

<http://dictionary.reference.com/browse/corrupt>

"cor-rupt

adjective

1. guilty of dishonest practices, as bribery; lacking integrity; crooked: a corrupt judge.
2. debased in character; depraved; perverted; wicked; evil: a corrupt society.
3. made inferior by errors or alterations, as a text.
4. infected; tainted.
5. decayed; putrid."

### Turn the Other Cheek, Again?

We are seeing this more and more - globally - and not just within personal relationships...we are seeing in country-wide; many country's leaders and/or persons in power positions, are utilizing some, or all of the above tactics on their own people...the public.

Iceland had had enough of it and they didn't wait to see what would happen as their country crumbled; they knew they were in trouble and stepped up, took responsibility and are now rebuilding and restructuring.

### We'll Wait and See

Many people in various countries are waiting for someone else to "fix" their country or government for them. They are waiting for the people in positions of power, or in some cases, aliens, to fix everything.

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# How Many Times Do We Turn Our Other Cheek?

Cont'd

Waiting won't work!

Aliens are *not* going to swoop in and rescue humans!

Even the aliens – currently on Earth – aliens both in their natural form or in human form – *are not going to step in and make it better!*

*Humans* made these messes – humans need to step up, take responsibility and *fix it themselves*.

The aliens here have brought higher energy; they provide encouragement and possibilities; they, with others, hold the Light for humans to use to expand, grow and step forward to remove the corruption and repair the damages that human actions – and non-actions – created.

As for the persons in power positions – what makes you think they will fix anything if the corruption benefits them and the public doesn't tell them that they won't stand for it anymore? And some of the honest people working to expose corruption and abuse are finding themselves standing alone, being threatened or worse.

How many times do we turn our other

cheek? How many times do we turn a blind eye? How many times do we say it's not our problem? How many times do we do nothing; or blame our non-action on not knowing what to do?

## The Dead Are Not Keeping Quiet

I, and some others with medium abilities, are being approached by beings who are outraged because they were killed trying to expose corruption and their names and actions have been sullied to aid in the cover up. Their surviving family members are struggling with the doubts, unanswered questions and bizarre circumstances surrounding their loved ones death.

And all the loved one did was to stand up against the corruption – however, they tried doing it alone.

I am not saying that every person in a position of power is corrupt – quite the contrary...there are many wonderful people of Light in positions of power.

What I am saying is that those people of the Light cannot re-balance and repair without *your* help...humans coming together to begin healing their homeland – together to

stand against abuse and corruption.

Together we can change the world for the better.

**UPDATE:** Many of you know that these articles are usually written in advance of the posting date, and this is true with this article. However, never before have I added an update, but am doing so for this article.

I have watched the postings on FB and was surprised by what I was seeing, especially in regard to Monsanto's presence; and spreading the word of its dangers. Knowledge is power.

Thank you, human race, for seeing the potential dangers (Vietnam Veterans can especially testify to the dangers of Monsanto products which helped create Agent Orange) and beginning to stand up and be heard. My heart sings at our new growth planet-wide! I look forward to continued banding together to right the wrongs, and I thank you again.

by Jan Toomer

## Alternative Pet Healing Fair



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**FREE\* - PET HEALING FAIR - DON'T FORGET!**  
June 6 at Andeles Dog House in Mesilla during their Cruces K9s from 5-8 PM. We will be in the back lot of Andeles with access from the street or through the restaurant/patio. Welcome - pets on leashes and with vaccinations please. See you there.

*\*Donations will be accepted.*

Jan Toomer will be there from 5-7pm, providing Reiki to your companion.  
Donations accepted and appreciated. Donations  
JAN TOOMER receives will be gifted to  
**Milagro Animal Rescue Foundation.**

# Leave the Rote Behind

As many have discovered, our thoughts and words do create, whether our thoughts or words are flippant or cursory or detailed or passionate. The more engaged we are in our words and thoughts, the more powerful and meaningful the manifestation.

Prayer is a form of meditation; however, in organized religion, we often recited prayers by rote memory – we spew the words on command without intent or having a connection to the prayer's purpose or meaning.

Although I am no longer religious (I am, however, spiritual), I still sometimes use the memorized prayers to re-center and reconnect with Source; the difference of reciting the prayer before and now is that I am connected to the prayer's meaning – I am connected to the words, therefore I am connected to the energy and intent of the prayer.

For the purpose of demonstration, I will use The Lord's Prayer, which I often sing (yes, it had been recorded in song version); but whether I sing or say it, *it is not rote*.

I am offering my view and interpretation of The Lord's Prayer with hopes that if/when you utilize any prayers, it will be with a new perspective and appreciation for the words you recite. And, believe it or not, The Lord's Prayer is new-agey.

**Our Father, who art in Heaven**

## Hallowed be thy Name

- Keeping the Source in reverence and honoring Source (by doing so, we honor ourselves as well)

## Thy kingdom come

### Thy will be done

- Asking Source to guide you and surrendering to Source's guidance/direction.

## In (on) Earth as it is in Heaven.

- As Above, So Below. Our thoughts create our physical reality/life; our thoughts/prayers can manifest here.

## Give us this day

### Our daily bread

- Asking the Source to keep us nourished, both physically and spiritually.

## Forgive us our debts (trespasses)

### As we forgive our debtors (trespassers)

- How very "Karma". We are asking to clear the slate through forgiveness.

## And lead us not into temptation

### but deliver us from evil

- Asking for guidance on staying away, or being protected, from negative influences, both spiritual and physical.

## For Thine is the kingdom, the power and the glory

- Through the grace and guidance of the Source, we are always able to create this life to be spiritually connected and balanced.

## For ever and ever

- The Source, and our connection to Source, extends beyond our physical lives; it is eternal.

## Amen

- So Be It. Make is So. And so it shall be.

Again, this is *my* interpretation; you may have another interpretation, and that is fine – as long as you have an understanding of your intent of the words and have a connection to what you feel the prayer or meditation is meaning to you.

Regardless of your religious/spiritual preferences – prayers, meditation, communing with Source, etc. all have the capability of creating and manifesting when the act is done with conscious intent, connection and/or passion.

Please leave the rote behind, and become consciously aware what it is you are saying/thinking, asking for and putting into motion for manifestation.

by Jan Toomer

# In Las Cruces

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

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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](http://www.metaphysical-studies.com/blog)

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**Linda Aragon** - Aragon77@comcast.net - Holistic Life Coach,  
[RadiantLifeTransformations.com](http://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](http://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  
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## Energy Alert

Energy Alert - The following is typical of what some people have been experiencing since late last week:

**Q:** Hi Jan!! I need a little help understanding something, since yesterday I've been really emotional, not hungry, and this morning I

started crying! Any idea why??

**A:** Yes, the energies that rode in on the full moon - made some people feel very sad, depressed and others very very angry/hostile. Be gentle with self, shield, watch a funny movie, go do something physical to balance

self. And know that you are not alone.

...and go ahead and cry and let it out. That is what I did - was tired, but felt cleaner and lighter afterwards.

## Mermaid Documentary's Irrefutable Evidence of Aquatic Humanoids and Big Brother

by Elissa Haymen

May 26, 2013

Tonight's *Animal Planet*, which aired a second mermaid documentary with now absolutely irrefutable footage of a new underwater human-like species, just blew minds worldwide. Mine practically exploded. Underneath the sea, another human-type creature swims with whales, hunts with spears carved of stingray, has a head like an alien with big eyes, arms with webbed fingers, and a tail. Mermaids are real!

The other amazing revelation of these two *Animal Planet* documentaries, is that the U.S. Navy in cooperation with governments, and other big agencies like the Icelandic oil industry, come in right away to confiscate all research, bodies, pictures, and any evidence of their existence.

Everyone needs to watch these two documentaries, to learn there's another species more like us than anything on the planet, and to learn that there's a lot going on at the highest levels of government to protect billion-dollar industries that are not only killing these sea creatures like us, but the dolphins and whales.

Another fascinating aspect of these documentaries was the ancient art depicting mermaids from all over the globe—but you have to see the footage of the beings themselves, they were caught right on camera by Norwegian biologists working to map the ocean floor for oil drilling.

Next, aliens! I think the easier-to-digest order of things is that first we get undeniable proof of human-like creatures (with alien-like heads on our own planet), and then we're ready to meet and greet intelligent

life on other planets.

I hope these documentaries spawn global movements, where people unite to protect sea life against the sonar testing and oil drilling that kills marine animals and this new-to-us relative who uses sonar.

*Elissa Heyman is a professional psychic counselor and healer with a practice based in Santa Fe, New Mexico. Her specialties are clairvoyant reading, tarot and divination, spiritual healing and energy release work. Appointments with Elissa are in person or by phone, [www.elissaheyman.com](http://www.elissaheyman.com), 505-982-3294.*

**PLEASE NOTE:** The *Animal Planet* channel has scheduled more viewings of "Mermaids: The New Evidence". They also have its precursor "Mermaids: The Body Found". Check your local listings for date and time.



Tomorrow's Tomorrow



Red Chili Peppers