

## Reality Undefined ©

## We Are Here

The pull to write was very strong...but as I sat to write, nothing popped into my head.

Usually the pull to write is followed by a concept, idea, experience, observation, etc. that my team brings to my attention to write about.

And here I sat...nothing.

I got up and got another load of laundry started, and then folded t-shirts.

When I finished, I sat down and checked. Yep, the pull to write was still there. I could feel them, but nothing else came in.

So I asked, "Okay guys – what is today's topic?"

I heard, "WE ARE HERE".

Okay, good. Maybe I am just a little off today. They acknowledged that they were there, so I waited.

And waited.

Got up and checked FB and email.

Tuned in.

"We Are Here"

Frustrated, I went to the couch and sat down, closed my eyes, shielded and asked what the deal was – what did they want me to write about?

"We Are Here"

Duh. I am a little slow sometimes.

### We Are Here

When my deceased daughter's birthday rolled around this year, it hit me really hard; it had never hit me like this before.

I felt so alone...which is ironic for someone who can "see", "hear" and speak to the dead – my daughter included. I am never alone... ever.

And that, my friends, was the point of my team saying "We Are Here".

As we go through our life with its struggles, fears, hurdles, hopes, dreams, love, etc. – there are many times that we feel alone.

Even in the most crowded spaces – crowded buildings or streets – we feel so alone.

*We are never alone.*

Okay, don't get creeped out; it is not like they are watching us all the time. But your team is energetically tuned into you; they are your support team.

Just because you may not see or feel/sense them, doesn't negate their connection to you.

Amidst the turmoil percolating both world-wide and in your personal life; when you feel vulnerable; when you are hurting, scared, frustrated, feeling hopeless...

..."We Are Here".

They will not interfere with your life lessons and/or soul contracts, but if you ask, and have faith, they will help guide you.

### How Do I Ask?

I am often asked how one should talk to God/Goddess/Source and/or their team (aka guides, guardian angels, etc.).

Some people prefer praying or supplicating. If this is your style, go for it.

Some people thought me irreverent for my approach, but it works for me. I talk to both the Source/etc. and my team as though they were life long friends...which, for me, they are.

They know me – the real core me – better than anyone (including my physical self) and they know the complete story on Jan.

I have cried, yelled, begged, thanked, prayed, and then some. I do not hold back. I talk, air out my stuff, etc. And I trust them without a doubt.

"We Are Here"

Please remember, you are never alone.

Ever.

by Jan Toomer

*I believe in standardizing automobiles,  
not human beings."*

~ Albert Einstein ~

## Step Forward With Love

My past lives (most connected to this lifetime and have very clear memories) - I was Jewish and tormented to death in a German concentration camp.

I was a Native American who watched her child die on the death march.

In this lifetime:

My mitochondrial DNA says my bloodline originated in Africa and traveled extensively.

My parents, born in the USA, have an ethnic heritage of Irish and Dutch.

I was born in the USA. My parents, and theirs, were born in the US.

I am a true blooded American. I do not hold anger to the Germans for the history; I do not hold anger for the "whites" on the death march; I do not pick sides with the religious wars in Ireland - I have never been to Ireland or Holland in this lifetime.

I am an American - born here - this is MY homeland - and am responsible for MY actions, thoughts and deeds. What good comes from anger and hatred for others and what was done to our ancient ancestors? I believe we should never forget - but that doesn't mean we should hate or drag

the suffering forward...we just need to, *in love*, make sure those types of incidents don't happen again.

How can we heal, as a people, as a country, as humans, if we keep seeing differences as being a bad thing - of dragging unhealthy hatreds forward. Our ancestors want us to *learn* from their experiences...not keep perpetuating the hate and anguish.

Let it go, and step forward with *love* in the heart and soul.

by Jan Toomer

## Flipping Our Perceptions on Responsibility

by Connie Reuschlein

One day, while performing a healing session on a client, I was given a divine message I found quite peculiar. I was told that [her divine guides] were helping her take on GREATER RESPONSIBILITIES, and that she would enjoy this... I was stunned! I thought, "Humans don't normally enjoy taking on MORE responsibility. How could this be fun?"

*The answer I was given:*

"When we say we are helping you take on greater responsibilities, this is what we mean: We are helping you move fully into your PASSIONS! Your passions are your JOYS, your unique GIFTS!

"When you move fully into your passions (your unique gifts), you love what you do! It is easy to delve into learning more about it, practicing it, becoming an expert at it! The moving fully into it (the passion) is the responsibility! Do you understand?

"Finding your passion is your responsibility. When it is found, you are lifted in JOY. You over-flow with excitement

and love. The natural result is the desire to share your passion with others! It is this sharing of your ideas and talents ...fruits of your labor... that is your true service to self and humanity! That is GREATER RESPONSIBILITY! Do what you love and the responsibility is easy.

*My take:*

When we think responsibility, we tend to think of the hard drudge that we don't want to do, but have to do. But this is not so. Flip this perception into a knowing that true responsibility is simply moving into joy, and then sharing it with others.

It is our responsibility to discover our PASSIONS... what brings us JOY... what really tickles our fancy! When we discover what this is, we find ourselves so consumed with curiosity and delight in this process of discovery, we begin to research it, learn about it, draw it to us, and practice/ practice / practice it... until we get better and better at what we love DOING, what we love BECOMING, what we love BEING! (For truly when we are consumed in this process, we collapse the time-line and are consumed in the NOW, in our BEING-NESS).

Our JOY at the discovery of our passions creates a process of "over-flow". Our discovery is so delightful; we can't help but over-flow with giving! Giving of our selves / our knowledge / our unique abilities to others! The ah-hah moment in this process is the discovery that this responsibility of moving into our passions is our TRUE SERVICE to others... it is our GIFT to others... our SHARING with others!

Know that the sharing doesn't even have to be on the physical level. The sharing is just being YOU, being your unique self, standing in your authenticity, standing in your power!

The vibrational shift we create thru this BEING-NESS powerfully changes our humanity and our planet. It happens without struggle. It happens by default of the "critical mass" of consciousness. So, grab hold of your responsibility with gusto... and BECOME our world reality transformed... with great ease, grace, and joy!

Connie Reuschlein  
Light/Aura/Energy Healer

<http://lightbodytailor.com/>

## "Healing Requests" on Facebook

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

**Healers**

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

Healers do not prescribe or diagnose.

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

**Those Requesting Healings**

You assume all responsibility.

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

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

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

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

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

## Life Force

Live foods are those which carry light – a life force; most common accepted are animals (red meats, seafood, fish, poultry).

I quit eating animal protein many years ago – but to be honest, it was only because of health problems; I had really loved my seafood (Louisiana...seriously! Best seafood ever!) and chicken.

But my body wasn't made for eating animals – apparently my body couldn't digest animal proteins. I begrudgingly, and oh so slowly, gave it all up.

It has taken many years to learn to cook meals without meat; and then a few years to learn to cook without tofu.

I eventually settled into a routine – foods that my taste buds didn't necessarily like, but my body did.

Since I semi-retired, (when I could eat) I had been eating a green salad everyday at lunch. It consisted usually of lettuce, hearts of palm, tomato, garbanzo beans, cucumber, and either pecans, sunflower seeds or pine nuts (no dressings).

However, for over a week now, I hadn't had my salad.

Today was different – my body called out for a salad.

I actually felt its life force and my body hummed with the salad's life force.

I knew plants had a life force; but my body never so blatantly responded to it before.

After lunch, I felt uplifted, positive and energized...usually lunch leaves me sleepy and droopy.

~ Apparently something happened lastnight and it changed me somehow ~

I am curious to see what else has changed.

by Jan Toomer

## The New Cycle

The Mayan calendar (widely believed) ended December 21, 2012 – the end of the last cycle.

Many feared what the end of the calendar meant...and many leaned towards "the end of the world".

Perhaps it really was just all about the end of the "Twinkie".

But seriously, as I said before about 12-21-12 – it was the end of that cycle...but was the beginning of the new cycle.

### The New Cycle

Just as with our personal lives, the Earth's new cycle is about clearing; removing the old, unhealthy and that which is no longer beneficial; and healing self.

We all have to clean up our past to move forward to our future.

And, as we remove the old stuff, we do make room for the new stuff.

### What Is the New Stuff?

Exactly! We don't know quite yet. We may have glimpses or ideas, but we've not cemented them yet.

How could the future be predicted when it is up to each individual to create his or her own reality? Not much to predict when we each haven't figured out what we want.

### New Beginnings

This new cycle begins as we clear out our old.

The next step is, on an individual scale, exploration, testing, expanding, finding out just what we each can do and what we each want in our life.

We have to create, first on a small scale – if you haven't already started – (be very specific! You will get exactly what you asked for, even if it isn't what you meant!); and work upwards to a larger and larger scale.

### Global Scale

On a global scale, it means upheavals in the monetary, governmental, educational, health care, etc. systems (I know, no surprise there).

These systems are not working anymore and many countries peoples are beginning to see they need to take responsibility for their country (except Iceland – I heartedly congratulate Iceland for already taking responsibility). The next step is for the people to actually take responsibility.

And then, on a global scale, each country's people will expand and experiment with creating a system more in balance and harmonious.

This is what the New Cycle is all about – it is a chapter not yet written by the people on Planet Earth...a work in progress.

by Jan Toomer



Caught by Surprise



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## At Peace

In an already vulnerable state –  
I had read, listened and watched.

It was too much  
I pulled away

The sounds hurt me.

The sounds of anger, greed,  
injustice, deceit, etc.

My being was raw and  
bleeding from the exposure.

It hurt, deep within;  
cells cringing at the onslaught.

The negativity sought a  
way in – beating relentlessly.

It hurt.

This is how I felt today as I left the sanctuary  
(home) to venture into town for my much  
needed massage.

Over-stimulated and over-sensitive...**raw**  
to everything around me.

During my massage, I tried once again to  
get into a meditative state...and this time  
I was successful.

In my raw state, I decided to go back to ba-  
sics, so I headed to The Library (Hall of Re-  
cords).

Once inside, I actually heard someone call  
my name (this is unusual; though many visit

the Hall of Records, one usually has a sense  
and/or sees others, but interaction is rare).

I turned to look to see who had called my  
name; once I saw her, I chuckled to myself.  
She appeared to be a cross between a hu-  
man-size fairy godmother and a tie-dyed  
hippy from the sixties.

Yeah, seriously.

I asked her who she was and she told me  
that she was my guidance counselor. I  
asked, "As in High School guidance coun-  
selor?"

"Well, kinda" she replied. She continued on,  
telling me we hadn't much time – we must  
hurry – as she herded me to a back room.

The only thing in the room was a round  
pedestal, large enough for me to sit on...  
which I did.

I sat cross-legged and looked up at my guid-  
ance counselor; she smiled and nodded.

She was the last thing I saw; I was suddenly  
engulfed in white Light. This was followed  
by blue white Light and finally a beautiful  
golden Light.

I felt centered and balanced once again.

After my massage, I headed over to the local  
co-op market.

As I walked down the chip aisle, I realized  
I never noticed how empty it felt before.  
Oh, there were people in the aisle, but it felt

empty. Curious.

I went up another aisle to look for a particu-  
lar extract; again, the aisle felt empty.

I headed over to the fresh produce aisle; as  
I turned the corner, I experienced a bright-  
ness and fullness – this aisle did not feel  
empty...it actually hummed.

I walked slowly, opened myself and asked  
my body what it wanted. When I reached  
the lettuce, I felt an uplifting sensation.

I turned my eyes towards the turnips, then  
beets, carrots, mushrooms (mushrooms  
were a definite "no" today...my body was  
very clear on this one), etc.

My body hummed at the lettuce and zuc-  
chini.

Okay then – this was new to me.

I was kind of observing myself – taking  
stock of what I was feeling and seeing.

I drove through lunchtime traffic to head  
home...no stress whatsoever.

I realized that not only did my body feel  
better from my massage, but all of me felt  
better.

I was no longer raw. I was at peace once  
again.

by Jan Toomer

## Milagro Animal Rescue

Please help out a friend ~ Milagro Animal Rescue relies on your do-  
nations to keep the dogs fed and for any treatment needed. Please  
donate today.

It is featured here:

<http://meetlascruces.com/Milagro-Animal-Rescue.html>

and **Donations** can be made here:

<http://milagroanimalrescue.com/donations.html>

They do wonderful work and could use your support.

*Thank you all!*



# Ascended Masters Newsletter #163

Dear Friends,

We have been hearing frequently from the Beings of Light that we are going through a "period of adjustment." Events are unfolding so rapidly on the human plane in response to the higher frequencies of Light pouring into the planet, that we are encouraged to consider even more time in meditation to adjust to those energetic changes.

For Martin and for me, this has been easier said than done. Our personal changes involve moving to a new home so that Martin has only a ten minute commute versus the hour and a half each way he's been traveling for a year now. Parallel to this enormous change for our family, we are observing the increasing challenges that many seem to be experiencing from a variety of sources, internal or "external." Confusion seems to reign supreme, wherever one looks. It is an opportunity for us all to feel **compassion** for ourselves and for others who have chosen to live through challenges at this time.

On another note, we are delighted to announce the release of our latest book **Paul Newman and Karampal Singh: About Karma**, now available as an e-book in the format of your choice. We shall list the chapter titles to give you an idea why we are so excited:

- The Concept of Karma
- The Breath of the Cosmos: Beginnings and Endings
- Understanding and Misunderstanding the Concept of Karma
- Four Basic Points
- The Multi-Dimensional Perspective
- Activating the New Frequencies on Earth
- The Movement is Swift and Rapid Now
- A Time of Glorious Transformation
- Arcturean Karma
- Our Appetites Create Karma on Earth
- Karma and Morality -- Jacob, Leah, Laban, and Joseph
- St. Germain: Infinity and Beyond
- Atlantean Karma
- The Buddha's Truth
- Exodus and Exit

The book deals with the subject of karma in a very comprehensive, illuminating and, at times, humorous manner (thanks to Paul). Far from being a treatise about "punishment" or "good and evil," Paul and Karampal share a message of growth, freedom, and transformation, a message that is not only inspiring, profound, and accessible but fun to read.

Because understanding the concept of

karma is so very pertinent to the times we are living in now, today's newsletter is an excerpt from the first chapter of the new book.

We hope you will find this information as useful as it has been to us.

We wish all of you many blessings of Love, Light, Peace, Harmony and Balance,

Linda and Martin

## The Concept of Karma

By Karampal Singh

The concept of *karma* is at the root of the ancient teachings initially written in Sanskrit thousands of years ago. It is a concept that actually predates the existence of humans upon this planet. For all who live here now have come from other portions of creation, and embodiment upon Earth was not the first incarnation for any who reside here. **Yes, we have all come from somewhere else.** All. This includes every living thing on your Earth. This was surprising for me to realize as well once I understood the vastness of this concept. Planet Earth was not the first act of creation by the Creator Source, that which I called *Brahma* in my last lifetime.

You have called this concept *Infinite Source* at the urgings of the Ascended Beings. That is an excellent term also. We can use that term here for the sake of brevity. But do be aware that *any term we use is limited* because that which has created everything is beyond description. That is why in the Hebrew scriptures, it is not even written and is never depicted in any way. This is true, as you remember, in the Hindu tradition as well. There is no depiction of *Brahma*. The Muslims adhere to this principle also. How do you describe the indescribable?

So, please keep this in your awareness as I continue here.

Leia [Linda] remembers how, when we first met and I began to describe the concept of God in various religious traditions, that she was enchanted by the vastness of my knowledge of these matters. But I will tell you, Leia, what I knew then compared to what I know now is completely beyond your comprehension. There simply are no words to describe how I have seen the Creation continue. For it does continue.

The first fundamental rule to learn is that **nothing that exists has never not existed, nor will anything ever cease to exist.** It changes form, most certainly. But all the

atoms, which are the building blocks of creation, are eternal structures that just re-assemble in various ways as they continue existing.

So, now you may be sitting in a chair, at the computer typing away on a machine and think that someday you will die, the machine will fall apart, and maybe this will even happen to the chair. Maybe so. But even if that does happen, you and all that created the chair and the machine will still exist.

So, what guides the process of reassembling these atoms?

Ah! That is what we call *karma*. The wheel of life -- that which cycles through creation and creates the assignments of atoms into different forms. Now, what you may find to be even more interesting is that even your chair and machine have karma! You'd like to think of these things as inanimate objects without any consciousness other than that which you've programmed into the computer. But your scientists now know that this is not true. They are busily looking for the "God particle," or that which you'd call the "first cause." And what have they done to look for this? Created "atom smashers" to look at the particles that create the atom to see how they function outside of the atomic system. And what have they discovered? That these particles appear to take on a consciousness when they are observed.

Why might that be so? Because the atoms agree to participate in our karmic drama and form what we need to dance and play in the third dimension as you live on Earth. They become what we need in order to fulfill our karmic agreements while we are on Earth. That is *their* karmic agreement.

It is very interesting to realize this.

So, how did you arrive at all those karmic agreements with your world there? How did you decide on your body, your parents, your children, your mates, and your life? How did you decide to assemble all these atoms in a certain way?

Well, you had a great deal of help. And Paul [Newman] would like to explain this further to you. He's enjoyed learning about these factors. It has been exciting for him to realize that being a "powerful movie star" wasn't the only way that power was manifesting in his world. Just as the fact that I came from a powerful civilization, and you and Martin did also, was not really the most important factor to consider in our lifetimes.

*There is something far more important to pay*  
(Cont'd Page 6)

attention to, far more important! It is called the **balancing of life** as we traverse the wheel of karma. It is why we continue to be born somewhere in Creation. For Creation must remain in balance in order to continue to exist. It is why the stars do not fall out of the sky. They are in karmic balance also. **All Creation continues to exist as it fulfills the act of karmic balance.**

And you are the one who agrees to participate in this karma. You know it is essential to existence. You know this in the very core of your being. We are just reminding you here.

*This is a free newsletter with channeled information from the Ascended Masters and other beings of Light. The Ascended Masters are benevolent beings of Light who are not currently embodied (but once were and may choose*

*to embody again at some point). They have committed themselves to aiding humanity in reaching its fullest potential. They offer their perspective freely and without any expectation of a return, veneration, or acceptance of a belief system.*

Expansion Publishing - Newsletters

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

## Frost Series 3



Dreaming

Jan's (aka JD's) photos are available for sale at:

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

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

Hands of Love

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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)

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## "Habit Body" Verses "The Shadow"

by Bruce Dickson

The short version is the 'habit body' is identical to 'the shadow.' The connotations of 'habit body' are much more neutral than the connotations of Jung's "shadow."

"Hologram" is another very useful word here; 'habit hologram' may be the most precise phrase possible in English.

Historically the "shadow" in Jungian terms, like Steiner's ideas of "the double" (both ideas evolved at the same time around 1900) point to only the negative and undesirable aspects of our psyche. "Habit body" and "habit hologram" point to ALL and EVERY habit in our psyche.

**Q: Is there a part of our psyche, a part of our habit body, where all our negative aspects live?**

**A:** Emphatically no. The idea that a single repository of all that is bad and wrong with us—known and unknown—is an idea concurrent with the writing of "The Picture of Dorian Gray" decades before anything we would recognize as modern humanistic psychology.

On the other hand, due to our Energy Anatomy, our 'habit librarian' has very clear 3D spatial preferences about where to store habits in our habit hologram.

Our habit librarian (a function of the ethe-

ric body) has the job of making orderly arrangements of all our habits, the habits we like and the habits we dislike. It arranges all our habits around and in relationship to our spine.

Desirable traits, memories, habits and behaviors favored by the conscious self are placed advantageously for quickest access:

- In front of us.
- Closer in towards our spine
- On our right side, inside and outside our skin.
- Higher towards our heart and head, in and outside our skin.
- Traits, memories, habits and behaviors NOT favored by our conscious self are placed in the remaining places in our habit hologram:
- Behind us.
- On our LEFT side, inside and outside our skin.
- Outside our skin.

The further outside our skin, the further away from our physical body, the more disliked and disowned this habit is by the conscious self.

Discarding cards in a card game approximates the process of 'discarding part of our self we dislike' very closely. What we dislike or have no use for, we disown by sending to the outskirts of our aura, 'to Siberia' as it were.

The consequence of sending disowned habits sent to the left and behind us creates a clear pattern. If we stand on a marble floor with a clock face on it with 12 ahead and six behind, the quadrant of our field most populated with negative material is between 6 and 9 o'clock.

This is true both horizontally and vertically. Disowned habits-memories-behaviors will be found in the left lower quadrant of a person's aura, as seen from behind, towards the left left leg and left foot; as well, as outside the skin in this same area.

Closely related to the above locational cues is a related phenomena. Whatever our habit librarian determines is waste and residue is sent down towards our feet and/or to outside our body and under our feet. Checking to see what disturbances are stored below your left foot, yet still inside your energy field, is a Best Practice in Self-Healing.

Given the above locational baseline, we can clarify Jung's idea of the shadow. The shadow is primarily disowned habits, outside conscious awareness, both by intent and design; and, the great majority of them will be found outside our skin, behind us and to the left, approximately in the clock-face-quadrant between 6 to 9.

Driver ed booklets show diagrams of two "blind spots" on our right at between 4 and 5 o'clock and on our left side between 7 and 8 o'clock. Same idea: 'out of sight, out of

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mind' so be careful and CHECK.

**Q: How can we relate positively with our own shadow?**

**A:** Best Practices from inner child work, Gestalt and Voice Dialogue hold true today: acknowledging > addressing > locating the disturbance in 3D space > use your Healing Toolbox > negotiate a new habit-frequency-belief

**Q: Is there any older literature on the shadow worth reading today?**

**A:** Similar to Therapeutic Metaphor and the "etheric body" the topic of the "shadow" in our psyche has prior literature; yet, much of it is either out-of-date, inaccurate or both.

I've looked at everything I can in this literature. What is quickly evident is 'shadow work' is not 'one size fits all.' There is no general approach, no 'recipe' other than the Best Practices a few lines earlier. Shadow work IS inner child work, is highly customized work with single individuals.

Individuals can be worked with on "shadow issues" by any of these modalities:

- Talk therapy minus muscle testing
- Brief Therapy
- Talk therapy with muscle testing
- Voice Dialogue and Gestalt Two Chairs conversations
- Self-counseling in a journal, especially USM-syle with two columns
- Self-healing efforts using dowsing and self-muscle-testing as access and navigational tools
- Anything else that works for you.

**Q: What is the historical trend of shadow literature into the present?**

**A:** The whole of "shadow literature" trends away from both Jung's and Steiner's judgmental frames of reference and towards, more neutral witnessing of undesirable behavior. After uncovering and discovery are accomplished, interventions can be applied to begin redirecting undesirable habits. This is the thrust of Brief Therapy and all quick-release therapies like EFT and is the modern approach, since 1990.

**Q: Any good reads?**

**A:** Yes, Debbie Ford's *Dark Side of the Light Chasers*.

**Q: What is your own personal experience with your own shadow?**

**A:** I began exploring my shadow side at the tender age of eight or nine with the maga-

zine Famous Monsters of Filmland. I was dedicated to seeing all the monster movies I could access. I also had a 20 minute 8 mm version of the Bride of Frankenstein I projected on my wall with my friends over and over. In addition to Saturday afternoon movies, as a tween, I went to bed early Sat nite, setting my alarm to wake up at 11:00 PM to watch the late-night monster movies on TV. I did this every Saturday night for years. To keep track of what I had and had not seen, I kept a written list of all the monster movies I had seen. It was over 200 or 300. This was WAY before Ridley Scott's Alien movie, when monster movies converged permanently with gore and slasher horror genres. My monsters were the "kinder gentler" kinds portrayed by Boris Karloff and animated by Ray Harryhausen.

My mother became somewhat concerned with my interest in all things ugly and monstrous. She asked her hypnotist-counselor friend, Bea Clegg. She said, "Bruce regards these things as beautiful."

Looking back, I don't consider this insight altogether on target yet Bea did capture my willingness to tolerate and have empathy for the classic monsters and dinosaur monsters, prior to later diabolical and truly demonic monsters.

My interest in the hidden aspects of the sub- and unconscious took me to Gestalt Two Chairs, Voice Dialogue, dowsing and finally self-muscle-testing.

**Q: How does REACTIVITY and over-reacting play into the shadow or habit body?**

**A:** Both Bertrand Babinet and Debbie Ford point to reactivity as the first block and obstacle to personal-spiritual growth. This is because reactivity is known to us consciously and can be re-directed consciously. Any effort in this area has the beneficial side-effect of increasing your healthy self-discipline, which you will need later for all deeper exploration of the habit body or shadow.

From an Amazon review of one of Debbie's books: "One way to spot the dark side...is to pay attention to our over-reactions. If you find yourself getting all worked up when someone accuses you of being something you KNOW you are not, Ford tells us this reaction means you're right on top of some important information."

**Q: What's the purpose or endgame of shadow work, working on your bad habits?**

**A:** Debbie Ford is quoted in another Amazon review, "The purpose of doing shadow work, is to become whole. To end our suffering. To stop hiding ourselves from our-

selves. Once we do this we can stop hiding ourselves from the rest of the world."

In Healing Toolbox terms we prefer this language: Why work on your bad habits? There is no better, easier place to work on them than here in the Earth experience. It's more difficult to work on them in every higher realm of existence. You have more focus on what you are doing, what habits are active, on all levels, while you are here on Earth, in a body, than you will have when you leave the physical body. This is why John-Roger calls the physical level "a springboard."

There are no "have-tos," musts or shoulds. It's up to you to acknowledge and identify which habits you wish to moderate, reduce, extinguish and realign with an upward spiral.

**Q: Why is shadow work so threatening to people?**

**A:** We identify mightily with our habit body. It's 90% to 95% of our earthly psyche.

This means our habit body, the way it is, is woven tightly into our self-concept.

What is our 'self-concept'? Nothing more than a bunch of habits: who and what we think we are, who and what we identify with. The majority of these are sub- and unconscious.

Letting go of your habit body altogether is called "dying."

So personal-spiritual growth is 'dying a little every day.' If you do that, you make room for Love, Light & Sound to flow thru you, in service to you and others.

Changing our self-concept requires thinking outside the box of our existing self-concept. Shadow work challenges us to reinvent our self-concept, who we think we are, who we say we are. As threatening as shadow work feels to our small "s" ego, there is no more direct path to transformation.

If we choose to change in alignment with upward spirals, this is a joyful journey.

**Q: Can we reconcile the older idea of "shadow" with the new idea of "habit body" to any profit?**

**A:** Hopefully. The problem here is virtually all shadow literature except for Debbie Ford's *Dark Side of the Light Chasers*, is terribly abstract and/or simplistic.

For example from Wikipedia: "In Jungian psychology, the shadow or "shadow aspect"

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may refer to (1) the entirety of the unconscious, i.e., everything of which a person is not fully conscious, or (2) an unconscious aspect of the personality which the conscious ego does not recognize in itself. Because one tends to reject or remain ignorant of the least desirable aspects of one's personality, the shadow is largely negative."

The above takes us straight into the intellect and NOT into the etheric body or into the inner child, the experiential realities of this topic. That's a problem, creating another layer of 'from the neck up' abstraction we have to peel away. Analysis can only take us so far.

On the other hand this language from Jung holds up well today, from Wikipedia: "Merg-er with the shadow ~ According to Jung, the shadow sometimes overwhelms a person's actions; for example, when the conscious mind is shocked, confused, or paralyzed by indecision. 'A man possessed by his shadow is always standing in [the way of] his own [higher] light and falling into his own traps ... living below his own level'[20]: hence, in "Dr Jekyll and Mr Hyde," it must be Dr. Jekyll, the conscious personality, who integrates the shadow ... and not vice versa. [Dr. Jekyll succumbs and] the conscious self becomes the slave of the autonomous shadow'[21]

The following is about as positive as Jung-ians got on the topic of the shadow, from Wikipedia: "The shadow personifies every-thing the subject refuses to acknowledge

about himself' and represents 'a tight pas-sage, a narrow door, whose painful constrict-ion no one is spared who goes down to the deep well'[17] If and when 'an individual makes an attempt to see his shadow, he be-comes aware of (and often ashamed of) those qualities and impulses he denies in himself but can plainly see in others — such things as egotism, mental laziness, and slop-piness; unreal fantasies, schemes, and plots; carelessness and cowardice; inordinate love of money and possessions — ...[a] painful and lengthy work of self-education'[18]"

If that floats your boat, great. For most of us I think we perceive this as dated language and as a downward spiral into intellectual morass. If your goal is re-establishing an upward spiral in our habit body, you need more neutral and direct language; hence, habit body, habit hologram, three selves.

### From "projection" to "reactivity"

Wikipedia: "According to Jung, the shadow, being instinctive and irrational, is prone to projection, perceiving a personal inferiority as a moral deficiency in someone else."

This all makes sense as dysfunctional liver-child-visualizing activity. Yet it remains simpler and easier to speak about "reacting," over-reactive," and "unnecessary reactive-ness," terms from Bertrand Babinet. We all know and experience reacting directly; and doing so, is an early major and necessary step on your own path of self-mastery.

### Best story about the shadow

The Native American story of an Indian chief one night talking to his son tells them there are two dogs inside his mind. One a white dog who is good and courageous, the other a black dog who is vengeful and spiteful. He tells his son the dogs are fighting to the death. The son asks, "Which one of them will win?" The chief responds "The one I feed."

If you get stuck, give me a call.

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*Bruce co-founded the Holistic Chamber of Commerce in Los Angeles. A trained Waldorf teacher, he's also USM, Peace Theological Seminary, BreakThrough Parenting and NVC-trained. He has eleven years of professional practice and 13 books/eBooks on Kindle, Amazon, Scribd. Find him at HealingToolbox.org.*

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Fort Selden's Quiet Sentries