

Reality Undefined ©

Wonky

We've recently had a rash of electronic mishaps; computer, landline phones, internet connectivity, etc. going wonky.

Mercury Retrograde?

I love reading my astrological forecasts, but just about anything else regarding astrology loses me, except Mercury going retrograde.

When Mercury goes retrograde I personally pay attention. I don't get all weirded out about it, but have developed a healthy respect for the slowing down time and work to have patience during these periods.

When Mercury goes retrograde, it affects communications (phones, contracts, misunderstandings, misspellings, can't "find" the right word, appointments, etc.); electronics (phones, computers, any kind of power/cable lines, printers, vehicles with computers chips, etc.); destination or contractual delays occur or mishaps with vehicles, flights, appointments, scheduling, etc.; and patience. Getting annoyed during this time is as effective as banging ones head against a brick wall to get rid of a headache – not going to work.

However, since the next Mercury Retrograde date is not until June 26, 2013, I know that this does not explain the electronics going wonky.

Stress

When we are stressed we can kind of zap our electric/electronic stuff, causing them to go on the fritz.

(The following is taken from "Undefined Reality")

A Created Reality

"I don't understand! Why is this happening again? And it's always at the worst possible time!" I whined to the car repairman.

The grandfatherly mechanic wiped his hands on a rag while he explained, "It's the computer, ma'am. It's gone out again. I can't tell you why, but we will get right on it and get you on the road again."

I was fuming, but not about the mechanic. It wasn't his fault he knew me so well. It was the car! A brand new car, with computer in it, and it seemed to break down at the most inopportune times! I bought the new car so I would have a reliable vehicle.

Later that evening, I was telling my husband how upset I was about the car acting up. I had had enough of its freaking-out. He had one of those frus-

trating-to-me smirks on his face as he asked, "What was it this time? The blinkers going on and off by themselves?"

"No", I said, "It was the headlights and dash lights; on and off, on and off. I swear, whenever I get angry or stressed, the car seems to become possessed!"

His smirk became a grin. "So, quit getting so worked up and your car will behave."

His last statement threw me back into my past...

I was a teen – I sat on my bed with my brand new wind-up watch. I had wanted this so much – and two days after getting it, it wouldn't work. My watches always stopped, then my mother fussed that I had over-wound them, which I knew I hadn't.

As a young adult – Seated at my computer, close to tears. My insides felt knotted up. I sat, helpless, as I watched my computer system go haywire. As if I didn't have enough going on – having just left my alcoholic first husband and trying to raise a young child on my own... now my computer was useless, which put me behind on my work schedule.

From there, my thoughts jumped
(Cont'd Page 2)

Do You Know Someone Who is Hiding Their Spirituality?

by Gregg Prescott, M.S.

Do you know someone who is hiding their spirituality? As the awakening continues to gain momentum, many people are finding themselves caught between following their hearts and what other people might think of them.

Ego and Cognitive Dissonance

Sometimes our ego prevents us from expressing who we truly are. Since birth, many of us were programmed to follow the flock and to conform to society's expectations. This is where people experience cognitive dissonance.

Cognitive dissonance occurs when you get an uncomfortable feeling caused by holding conflicting ideas simultaneously. In this case, our hearts may be telling us to follow a spiritual path but our egos are afraid of being hurt by our friends or family who don't understand our interests in this genre.

Hiding From Yourself

Some people may hide behind a fake or alternate profile on Facebook because they are afraid of what their friends and family might think about them and their newly found, spiritual Facebook friends. This, too, will cause cognitive dissonance.

cognitive dissonance Here is an example: Your friend posts an article on Facebook that you really like but you won't "Like" it or post it on your FB wall because you are afraid of what your unawakened friends might think.

Chances are, we will lose some long-time friends along the way in this awakening, but we will gain many more who are like-minded. Plus, we are being true to our authentic selves of who we really are, "Spiritual beings having a human experience."

The friends that we lose are simply not ready to be awakened at this point in time. If they unfriend you or drift away, this is

(Cont'd Page 2)

Wonky

around ...

Toasters quit working one day, fine the next; TV's out for no apparent reason; stereos and home computers going haywire one day, and fine the next.

And the memory of telling my holistic doctor I couldn't wear wind up watches. I can't remember how we arrived at that particular topic, but I remember his explanation.

He explained everyone – human, animal and plant – generates an electro-magnetic field. Some are subtle enough that it doesn't interfere with their surroundings.

Then, he continued, there are people like me whose fields are strong. Strong enough to interfere with the crystals and gems inside wind-up watches, which usually stops them permanently. In fact, some people with strong fields, when experiencing strong emotions like anger, stress, etc., can really whack out electrical devices.

He offered some suggestions on how not to radiate so much, and then recommended that I try the new LCD watches that had recently come out.

No wonder my husband was so amused. I had been causing the problems with my own car!

I still can't wear wind-up watches for very long – but I never had another computer-related problem with my car!

But, we've not been stressed.

Energy Shifts

Last week I wrote that energy shifts means changes (see "Changes 101") – well, guess what? Since everything is energy, that means our "stuff" needs to adapt as well.

If you change vibration/frequency, you may no longer be in sync with your electronic surroundings; the electronic surroundings may need to adjust as well, and may go a little wonky until it adapts. (I have never seen soft items "adjusting", just electronics/electrical items).

If the energy can no longer adapt, it needs to be removed from the reality. Our landline phones weren't able to adapt anymore and crashed. Even for those who can sustain

electronics, some just can't rise anymore and will cease to operate.

The printer and computer here made it through this most recent shift after a brief wonky stint; computer chip in the cell phones and vehicles came through without a hitch.

Shielding

This is another reason why I suggest **shielding** not only self, but one's home (and vehicles) as well; since everything is energy, everything can benefit from a good energy cleansing and shielding.

Patience

We have a tendency to be patient with others when they go through an awkward period or are a little off; please have patience with yourself and your environment/reality during energy shifts...that can make the adjustment period go a bit smoother.

by Jan Toomer

Do You Know Someone Who is Hiding Their Spirituality?

Cont'd

because they are uncomfortable with truly looking at themselves, not you.

For some people, living within a multiple personality schema is the only way to find peace between their true feelings and what society may think of them. They may pretend to be someone their not in front of friends and family by holding back their true thoughts and feelings but may also find peace, comfort and solace in furthering their spiritual journey behind closed doors.

Ultimately, the only person we are fooling is the reflection in the mirror.

Conformity

In the 1950's, a study was done on conformity called the Asch conformity experiments or the Asch Paradigm. A subject was placed in room with several other people. The group of people were shown a series of images that had one line being compared to three other lines of various sizes drawn

on a piece of paper and each person was to verbalize which line was most similar to the first line. The control group were instructed to take the same line that was noticeably smaller than the first line. The subject, at first, would choose the longest line while looking at the other participants in disbelief. Eventually, the subject conformed to whatever the group said was the most similar line, knowing in his mind that his choice was not the right selection.

Outside of the fear for what our friends may think about us, the mainstream media is probably the biggest antagonist for conformity by swaying public opinion. For example, if a celebrity is wearing a certain brand name of clothing while drinking a particular brand of beverage, this person will influence the viewer on his or her taste in clothing and what to drink.

The media rarely ever encourages the exploration of spiritual or metaphysical topics and chooses to entertain us with ego-

laden reality shows or fear propaganda through regular programming, the news and feature length movies, all of which take us away from following our spiritual paths.

When we watch and follow sports on TV, it not only provides us with conformity and aggression, but it also promotes the divide and conquer principle, i.e. my tribe versus your tribe.

The corporate commercials are unknowingly, yet specifically tailored to the demographics of the viewing audience. These commercials mainly show good looking extroverts participating in some asinine group event. While we may see through this facade, it still makes an imprint on our subconscious collective minds. In other words, in order to be good looking, sociable and popular, I need to purchase this product.

Who Are You?

Many of us have bought into this reality at some point in our lives, but as we gravitate (Cont'd Page 3)

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

Do You Know Someone Who is Hiding Their Spirituality?

Cont'd

toward listening to our hearts versus what is being "programmed" into us, we realize that the only thing that matters is being true to ourselves. Many people will live their entire lives pretending to be what Many people will live their entire lives pretending to be what society defines or dictates and will never know who they really are.

By opening up to our true selves, we begin to develop a new circle of spiritual friends who accept us for who we are. We're able to talk to these people about ANYTHING without judgment or ridicule.

Many of my spiritual friends will call me be-

Changes 101

We are an adaptive species (I am *not* talking about consuming GMO's, radiation contaminated foods, and the assorted unhealthy creations) – so, let's talk Changes 101.

We have, once again, entered another energy shift (which has me a bit hyper today) and we all know this means changes for each of us physically, emotionally and spiritually.

Dietary

Some people are now experiencing their body rejecting refined sugars. There is also an increase in human bodies beginning to reject: meats (treated humanly animals and/or organic don't seem to be rejected as much); seafood and processed foods with unpronounceable chemicals.

Some are experiencing nagging cravings, but are not sure *what* it is they are craving. Might I suggest starting with a fresh salad and see what your body does? Or perhaps some fresh steamed green beans or steamed collard greens...

Other Chemicals

Some are developing sensitivities to perfumes, colognes, body lotions, soaps, hair products, air fresheners, chemicals used outdoors, etc. The smells and/or chemicals are too strong and, for skin products especially, may create skin reactions.

Socially

Again, some are becoming more sensitive,

cause their current group of friends don't understand what they are feeling or experiencing during this awakening. I've had a lot of people express gratitude for in5d.com because they feel like they're "not alone" in their thoughts and feelings. It's not easy to follow this path when you have little or no support from your friends and family so taking that first step requires a lot of courage.

Conversely, we may be surprised at how some of our close friends think similar to us regarding spirituality, yet we may have been to shy or embarrassed to mention these topics to one another.

What is the Answer?

or prickly, when interacting with negative, or perhaps self-deprecating people, preferring to not be around them.

Also trust is still an issue. Some are realizing they are having trouble trusting others when their words, energy and actions aren't expressing the same thing – which is a form of deceit.

Countries

I am also seeing, and sensing, an increase in attempts to create fear in the human race – especially in the United States; they are amping up their efforts.

Fear is an ancient tried and true way of controlling the masses. By creating confusion and fear in humans, they are less likely to see that they are being directed or herded; however, as we all know, the "old ways" are phasing out.

Once the people step back and away from the fear – releasing the fear-based control and manipulation – they begin to crave what is *right*, and that involves a peaceful, centered and balanced approach to living.

Governments

In the United States, we are teetering on losing the right of "due process of law" (see the [US Constitution; Bill of Rights](#)); we have seen some instances where – *without due process of law* – the enforcers became judge, jury and executioners.

Please learn *your* Constitutional Rights!

Only you know for sure but the answer can be found within a couple questions:

"Can you be your true, authentic self at all times?"

"Are you able to speak to your friends and family about spiritual or metaphysical issues without being judged or ridiculed?"

Copyright Information: Copyright in5d and Gregg Prescott, M.S.. This content may be freely reproduced in full or in part in any form.

<http://www.in5d.com>
www.HolisticCancerResearch.com

People have begun to really *see*; question and listen to self when something is not right.

Stand Up

And many are now standing up to be heard when they see a terrible injustice or imbalance.

This is part of accepting responsibility for your reality.

Spirit Moves Us

The more we listen to our higher selves / inner voice* the more our spirit moves us towards the fifth dimension.

As we move closer and closer to the fifth dimension, we are driven to remove more and more of the heavier and more dense energies in our lives; physically, emotionally and spiritually.

All-In-One

If you look back through this article, you will notice that there are no delineations as far as which topic was emotional, physical or spiritual. This is because each topic involves all three; we are not just physical beings... we are also emotional and spiritual – we are all-in-one.

*(Baring any mental health issues)

by Jan Toomer

The Time Has Come To Reconnect With the Future

The time has come to reconnect with the future. Inside ourselves is a fragment of this to help guide us in to the unknown. Access it and the future is wide open with possibilities. To access go inside yourself and know that it is there unfolding before you. The time has come to release this from you and bring it fourth for the new possibilities that are awaiting you at this time. Do not be mistaken in the event that it slows. Time moves with you not against you. Remember this as you move forward.

Peace and persistence will allow the progress to be more accurate. Allowing what needs to be done and moving fourth with guidance to encourage yourself open up with protection and allow what is to be seen be seen.

Encouragement is all you need to proceed now so do it with pleasure in your heart and bring fourth the good that is needed at this time.

Channeled by Tracy Gohrick 4-9-2013

Tracy Gohrick
Hands Of Love
Reiki Master/Teacher

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

New Boundaries to Set

For the past two weeks I have received phone calls, emails and texts about experiences amping up with ghost sightings as well as seeing "uckies" (demons, man-made golems – aka shadow beings), attachments and other-world beings.

On the surface it may appear that the activity has severely increased, like the "other beings" are interacting with humans more.

Well, Yes and No

Yes it appears to have increased; No, it really hasn't.

What I mean is this:

We (humans) have raised our energy frequency (through soul growth experiences, meditation, conscious awareness, conscious creation, accepting responsibility for all aspects of self, etc.).

Since we have raised our frequency, we are more able to: access; have more conscious interaction with; be more aware of other dimensions and/or frequencies.

It is not that ghosts, etc. have become more numerous; rather, it is the humans have become more sensitive and many are now becoming consciously aware of that which has been around for perhaps eons. This means more people are having more *conscious* interaction with the "paranormal".

We have become more able to see, sense, hear, know, etc. other-beings and/or other dimensions. Whereas in the far past, it took a seer, magician, wizard, medicine person, prophet, etc. to see, hear, know, etc.

Then as time progressed, more people

could see, hear, know, etc.

Those sensitives, gurus, seers, etc. were placed throughout history to aid and guide humans as well as to show us what was possible for humans to do.

Today, so many people are engaging in it – first person. In other words, more humans are aware, which means more sightings and experiences are being reported.

Now, having said that, there has been an increase of conscious human contact with "ascended" beings – those who had previously worked their way through 3rd, 4th, 5th and some higher, dimensions.

This does *not* make those higher dimensional beings omnipotent or infallible! It just makes them more experienced.

But overall you really need to trust you and your own inner guidance.

Fear

Some people have moved into fear with this expanded conscious awareness.

I know it can be scary when you step out of your known "comfort zone" – but I honestly think that your higher self felt it was time and/or you were spiritually ready for this next step.

No Crap!

Most of you won't take crap from another human (with a body) when it comes to you or your: spouse, significant other, child, pet, etc. Good for you!

So don't take crap from a human – or any

other being – who just happens to be without a body.

This is where you may have new boundaries to set. Just because they are not 100% solid doesn't mean you are at their mercy. Don't take crap from them or fear them.

Fear drains you – your life force – and guess where it goes?

It feeds those bullies – human or other being – with or without bodies – who are trying to create fear in you; this means more food for them.

But What If I Don't Want It?

Please talk to, and trust, your higher self, your team (aka – guides, angels, etc.) and your Source (G-d, G-ddess, etc.). Talk to them (like you would a best friend) and explain your fears – ask they work with you to help you through this.

Please remember that there are also other humans who can help you as well.

Don't Get Taken – But Please Compensate

If you seek out another to help you, ask others about them (if you don't know them yourself) before you engage them.

It should *not* cost you an exuberant fee to have someone aid you! I do believe in compensating someone for their time, energy and expertise (just like you get compensated at work for yours) but it should be realistic. Also, you can send donations to those who help you and don't charge you.

by Jan Toomer

A journey of 1000 miles begins with a single step.

Lao Tzu

The Indigo to Crystal Transitional Crisis

by Celia Fenn

I have been asked by Archangel Michael to write this article in order to help the many people who undergo the experience of a rapid shift into **multi-dimensional awareness**, or, the shift from the **Indigo state to the Crystal state of consciousness**.

There are people who make the transition in a relatively gentle way, but there are many who experience a crisis when this happens. These are usually the people who have chosen to open up to the higher dimensions. This choice is not made logically by the rational mind, but is rather a soul choice made in response to the available transitional energies of the Earth herself. So, sometimes a person is thrust into **psychological, emotional and bodily changes for which they can find no logical explanation**. This can cause a crisis. My experience has been that orthodox doctors and psychologists are of very little help as they have no idea of what the person is experiencing. When tests come back negative, the person is often considered to be hysterical or ungrounded or even schizophrenic.

This transition often happens to people who have been on spiritual paths and are better equipped to handle the shifts. But, my experience is also that Indigo Children, no matter what their state of spiritual awareness, are particularly vulnerable to the **spontaneous experience of transition or breakthrough to the awareness of higher dimensions**. I must also add that the use of any kinds of drugs, fairly common among Indigo adolescents, quite often precipitates this transitional crisis before the person is really ready to deal with the effects.

Below are a list of the symptoms experienced in the process of crisis or breakthrough:

- **Sudden extreme sensitivity to people and environments.** A person who has previously been sociable and active suddenly finds they can't bear to be in shopping malls or in crowded environments such as restaurants.
 - **An increase in psychic ability and awareness.** This most often manifests in the ability to almost "hear" the inner thoughts and feelings of others. This can be disconcerting if the person imagines that everyone else can also read their thoughts and feelings. Also an extreme sensitivity to negative energy in certain environments or people, including the inability to tolerate certain people who had previously been close.
 - This increased sensitivity can lead to **panic attacks or anxiety attacks**. These can occur at any time, even when the person wakes up at night. Often there is no valid reason for the attack, although the person will often seek to find a reason.
 - The person might also find themselves **"zoning out" for long periods of time**, just wanting to sit and do nothing. This can be irritating to someone who has previously been very energetic and active. This is just the consciousness adjusting to spending more time in the higher dimensions and less time in the 3rd and 4th dimensions. Related to this is the need to rest and sleep for far longer than previously, and a general **slowing down**.
 - **Obsessive anxieties about humans being destroyed** (by pollution, lack of resources, aliens, technology etc). This is because multi-dimensional consciousness can access all levels of the group mind, including that part which holds the fears and anxieties about the survival of the species. Since the person is often concerned about their own survival, they tend to resonate with this part of the group mind or morphogenetic field.
 - An obsessive need to understand what is happening, leading to **the mind becoming overactive** and the person fearing they are losing it or suffering from "burn-out". Also a fear of going mad and being unable to cope with everyday life in the future. Again, psychologists and doctors seem able to offer very little help.
 - **Depression** for no reason, or related to the crisis state. This is often just the consciousness clearing out old layers of energy that need to be released. It is not necessary to "process" or relive the experience, just allow the body to release the energy. Have patience with the process and know that it will pass.
 - **Disrupted sleep patterns**, often waking up to 3 times a night, or just at about 3am. Again this is just the consciousness adapting to new cycles of activity. Higher consciousness is often more active at night since the lower dimensions are quiet at this time.
 - **Feeling strange electrical energy waves through the body.** The Crystal body is incredibly sensitive, and feels solar and lunar waves, cosmic waves, and energies from the galactic centre.
- Often these energies are assisting in the process of "rewiring" the body to carry higher energies. Speaking from experience, I know how uncomfortable this can be. But the body eventually acclimates to dealing with these energy waves. You will probably find them to be more intense around Full Moon. The best way I have found of dealing with this phenomenon is to go outside and stand barefoot on the ground and imagine the energy running through your body and into the earth.
- A whole range of **physical sensations and experiences, usually related to detoxification**. The **Crystal body holds no toxins**, but allows everything to pass through it. In fact the eventual trick to being Crystal is just to allow everything to pass through and hold onto nothing. The ultimate state of detachment. But at this stage the body needs to **release years of "toxic" waste**, whether physical, emotional or mental. The release is always through the physical body, which presents symptoms such as **intense fatigue, muscle and joint pains especially in the hips and knees, headaches, especially at the base of the skull, and neck and shoulder pains**.
 - **Dizziness and "spaciness"**. This is because you are in "higher" states of consciousness. You need to get used to being at these levels and staying grounded at the same time. These sensations tend to increase with solar flares and full moons as well.
 - **Increased appetite and putting on weight**. This is because the body needs huge amounts of energy to power this process.
 - **The ability to see beyond the veils**. That is, to become aware of **spirits, devas, ETs and angels** as a reality and to communicate with these. This can be very frightening if the person is not accustomed to this kind of other dimensional awareness.

Coping Skills for the Transition

The best advice I can give is to **be accepting of the process and do not resist**. My own transition has been going on for nearly 18 months. I found that the key was acceptance. I kept hoping that I was going to wake up one day and feel "normal" again. It was only when I accepted that I would never again feel "normal" as I knew it, that I was better able to feel more comfortable in my new space and to cope better. Then you can

(Cont'd Page 6)

begin to explore the adventure or the positive side of this new state.

Below are some tips for dealing with the transitional crisis:

- Be at peace with what is happening to your being. **You are becoming a Crystal being.** Another term for this is a **"Christed being"**, which refers to a multi-dimensional being with full access to 9 dimensions, and maybe even 13. My experience at this point is that some people only open to 5D, others go through to 6D. If you make it through to 6D then you will probably achieve full 9D awareness in this lifetime, if not in the very near future. What a privilege and a blessing!!
- Be kind to yourself and **nurture yourself.** Remember, as a Crystal being you carry an equal balance of the "mother" energy and the "father" energy. The mother says, nurture yourself as you would a new-born baby, for in fact that is what you are. You will need time to grow in strength and learn the skills of your new environment. **Trust is very important here.** I made the transition as a single self-supporting person in my own business with very little resources. I was terrified that my physical state would prevent me from earning enough to survive. But I was held though the process, and still have my home and I have always had enough although there have been some close calls.
- Don't take **drugs** of any kind if you can help help it. Obviously if you are on medication for your health then you

will need to continue. But do not take recreational drugs of any kind, these will aggravate the process and you could get lost "out there" in the higher dimensions. Also try to cope without anti-depressants or tranquilizers, although again if you are on these you will need medical advice and should not just stop them. The best path to take is to use homeopathic and naturopathic medicine, and I have found that Flower Essences are very helpful as well.

- **Avoid crowds and crowded places.** I have perfected the art of the weekly one hour shopping "blitz" in order to care for my needs while not spending too long in tiring and toxic environments. Gradually you will be able to tolerate more and more exposure to these environments. The key here, of course, is to **hold your own peace and harmony** so strongly that instead of you being affected by the environment, you in fact affect the environment in positive ways. The Crystal person always holds and carries positive energy, but you will learn to use it in incredibly powerful ways once you have gained your balance and are able to move among people again with ease.
- **Stay grounded and centred.** This can be very challenging for those who are acclimating to higher dimensional awareness. You will often feel dizzy and spaced. But try to pay full attention to the physical and grounded aspects of life. The key here is to spend time on exercise, walking, food and artistic occupations. Don't spend hours in front of the TV or lost in computer games.

These will only serve to increase the ungroundedness.

- **Spend as much time as you can in Nature.** You will find spending time in fresh air and sunlight will assist to strengthen the new bodies. Also the devas are there to support your processes.
- **Eat simply and eat as much fresh vegetables and fruit as possible.** I have been told by guidance that brown rice and vegetables are the best kind of food for this new body. However, indulge your cravings - mine have ranged from calamari to chocolate cake. This is not the time to diet. Your body needs huge amounts of nourishment to fuel the processes you are passing through. You may even put on weight, but you will need to accept that this is part of the transition.
- Finally - **Celebrate your transition.** You are becoming a Galactic human, the next step in human evolution! You are entering into your birthright.

WELCOME HOME, HUMAN ANGEL.

www.starchildglobal.com

You are free to copy, distribute, display, and perform the work under the following conditions: You must give the author credit, you may not use this for commercial purposes, and you may not alter, transform or build upon this work. For any reuse or distribution, you must make clear to others the license terms of this work. Any of these conditions can be waived if you get permission from the copyright holder. Any other purpose of use must be granted permission by author.



Church

Stretching



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

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

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

In Las Cruces

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

Reality Undefined LLC

To make an appointment (distant, hospital or hospice) or for more information: (575) 382-4576 or cell (520) 234-4440 - email: Jan@reality-undefined.com
www.metaphysical-studies.com/blog

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

Hands of Love

To make an appointment (in office or distant) or for more information: (575) 636-5252 - email: jagclgmom@gmail.com
www.energyhealingbytracy.com

Linda Aragon - Aragon77@comcast.net - Holistic Life Coach,

RadiantLifeTransformations.com

A.R.E. Spiritual Meetings - Meetup.com

(search *Las Cruces Spiritual Meetings* - 88012)

Metaphysical Life Enrichment Center

Check out their website - they have neat stuff happening throughout the month! 2600 El Paseo Rd, Las Cruces. (575) 647-0300.

www.mlecnm.com/home.htm

Pi*Pilates Studio & Health Shop

Located in the Caballero Plaza of Old Mesilla, 2521 Avenida De Mesilla, Suite D. 575-526-0977. Click to see what's happening at Pi*Pilates Studio
<http://piyoga.webs.com/>

Raquel Ontiveros-Carr - Reiki Master, Certified Pranic Healer - Spinal Touch Therapy Practitioner.

Health and Joy through Energetic Balance

To make an appointment or for more information: (575) 647-1475 - email: rsontiveros@yahoo.com

Ike Trevino - Reiki Master, Crystal Energy Healer, Animal Healing, Group Circles and more!

To make an appointment or for more information: call 512-921-1941 or email: all4heal@aol.com

Dorothy Ance Webb - Mystery Author and Feather Fans

Author of *Chindii Woman: A Darcy Redbird Mystery*.

Also - *Feather Fans*: The barred turkey feathers are painted with animals and birds sacred to the Native Americans. The handle is beaded in the Peyote design and decorated with leather fringe, fur and/or animal fetishes. Each is unique.

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

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

Milagro Animal Rescue

Please help out a friend ~ Milagro Animal Rescue relies on your donations 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!

"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>

May 2013 Eclipse Messages and Psychic Horoscopes

by Elissa Heyman



On April 25th there was a full moon in Scorpio lunar eclipse, and here in Santa Fe the skies switched back and forth from grey and threatening to bright blue. I was over at a friend's house, sitting around with a couple of people. Everything was eerily quiet and grey at that moment. We were asking the house oracle, a great I Ching book called the "I Ching Workbook" by R.L. Wing, what was up with this eclipse...what did it signify?

The other two people asked the oracle for personal omens, but I had my readers and the May newsletter on my mind. I asked for an eclipse message for all: what helps us be in harmony with nature now, what actions and attitudes did the I Ching recommend?

The hexagram MODERATION came up. It described moderation in unusual ways: "It must be understood that acting in MODERATION means not only limiting the obvious

excesses, but also exposing yourself to new areas of experience. Through MODERATION you can now gain some real control over your destiny." Being tolerant of everything, including peoples' weaknesses and inferior elements—indulging in a little bit of everything—was a successful navigation technique in May 2013.

Then I went outside to walk a few dogs and myself, and under the full moon, spontaneously came up with a new divination system to get messages for the fire, water, air and earth signs. It uses found objects in nature, that happen to be inside circles I drew in the sand of the arroyo where I was walking. Here's what I got, your comments are welcome:

Psychic Horoscopes for May 2013

Fire signs (Aries, Leo, Sagittarius): Don't be hasty. Weed out the rot. Polish up what isn't great. Don't be heavy-- travel light. Don't tell long stories. Feel free to advise others only if you have conquered the subject yourself. A blessing from the spirit guides of the Fire Signs: "We will always be here, helping you, guiding you into the unknown. And it's into the unknown that you should be going."

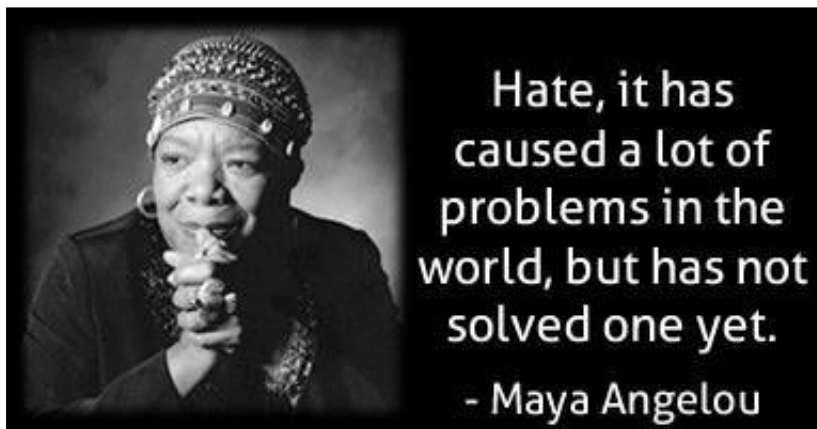
Water signs (Cancer, Scorpio, Pisces): Any weak links in the chain stand out and need to be strengthened. Don't be afraid to concentrate on just one thing and build it up. It's better to be pregnant with something at

which you wish to succeed, rather than be trying to push it out into the world. "Beyond belief! Amazing!" you might think about some of the things that are happening to you now.

Air signs (Gemini, Libra, Aquarius): You are in a protected place, the right place to deal with whatever emerges in your life. "Bring it on!" should be your mantra. Bigger things want to be released from within you. This passage in your life might journey through the dark but it leads to a lighted home.

Earth signs (Taurus, Virgo, Capricorn): Your spirit guide's advice: Go to places where "they know ye not", it's educational and could lead to career opportunities. Wherever you are going, literally or figuratively, start to get ready. Here's how: Step #1: DROP ALL ARGUMENTS. Step #2 DROP ALL SELF-DOUBT. Step #3: EXPECT TO HAVE A GOOD TIME, AND PLAN FOR IT.

Elissa Heyman is a professional psychic counselor and healer with a practice based in Santa Fe, New Mexico. Her specialties are spiritual healing and energy release work, clairvoyant reading and divination. Sessions with Elissa are in person or by phone, www.elissaheyman.com, 505-982-3294. (Manhattan in person: May 9-16th)



<https://www.facebook.com/sungazing1>

Blog: <http://www.metaphysical-studies.com/blog>