

Are All Changes Bad?

You can find stories, videos, pictures, etc. about changes occurring as well as mutations showing up.

We all know that – despite the media turning a blind eye – the Fukushima radiation poisoning has affected the world in varying degrees; the higher concentration of radiation exposure, the more mutations occurring.

Mutations are showing up worldwide; it is country wide here in the United States. Plant life is vividly expressing the imbalances in their mangled, unnatural growth; animal mutations are showing up as well.... all life is affected.

The oceanic realms have been affected by radiation as well as the poisonings from our pollution and oil spills.

These are the consequences to human's carelessness and lethargy.

But are all changes bad?

Other Changes

The gift of world wide communications has afforded the human race a chance to hear/read news, experiences, thoughts, etc. from others around the world; and to share it with others. We can also get a bigger picture of some of the changes occurring.

We see old systems collapsing and newer, more people friendly systems being developed. We also have new insights and abilities

being introduced and shared.

Don't Forget the Animals

- May 2013, the world heard the news of India declaring dolphins to be "non-human persons".
- Pictures abound of animal compassion towards other animals; sometimes even between predator and prey.
- We see unlikely mothers to orphaned critters.
- Some animals rescuing other animals.
- Gratitude from wild animals towards humans who worked to save them*.

A woman on YouTube said that while she was visiting an animal shelter, she saw humans looking back at her; that humans were trapped in the animals bodies.

And the list goes on.

So What's with the Changes with Animals?

Energetically, plants and animals (and probably minerals as well) agreed to be on Earth during the human experience.

They came to be food (giving of themselves so that the human body would live); they came to teach and guide humans; and now their time on 3D Earth is winding down.

They have moved their energy mostly over to the 5th dimension. They are showing us that they are breaking away from the 3rd dimension predator and prey existence. They are showing us how we can be; to co-exist

peacefully, lovingly and with compassion.

Please remember...just because we can read, write and talk, it doesn't exclude us – we are still animals as well.

We are becoming more aware and increasing our energy frequency to see or feel, and acknowledge, what is happening in the plant and animal world.

My interpretation of the woman seeing humans trapped inside of animal bodies is perhaps she is recognizing the soul within the body; one animal bodied soul recognizing another animal bodied soul.

If I were those animals, I would be excited for the humans that are beginning to see, and honor, the non-human persons. They have been patiently persistence in working with the humans.

As foretold by the elders, we are going back to recognizing the brothers and sisters of the Earth; re-learning and re-connecting like the Native Americans had.

When we wake up, we see more and we begin to remember more.

Sometimes changes are really good.

**(Animals, wild or tame, can strike out when they are hurt, scared, feeling cornered or threatened. Always use caution with animals.)*

by Jan Toomer

The most beautiful things in the world cannot be seen or even touched, they must be felt with the heart.

Helen Keller



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New Age Consciousness

by Peter J McCormack

A New Age of human consciousness has been predicted from many sources. It is something that looks possible and probable. It is no accident that the population has exploded at such a phenomenal rate since 1800, reaching an estimated seven billion at this point. It is not traceable to better health alone. Alongside the population explosion Science has made incredible strides in the last four hundred years so that we have a world consciousness that did not exist in earlier times.

However, there is probably not a single great event that will raise us up in a magical lift. Evolution is slow, painstaking work. It is accomplished by great effort and patience. One of the things that would aid our progress would be the realization that the religious and scientific myths that formed our outlook up until now need to be discarded or at least revised in favour of more sensible views, such as:

Death is part of Life: It is only a doorway to a new dimension. It is not our enemy. Yes, it is extremely sad and excruciating to lose

a loved one to death, even when you know the separation is temporary. However, that loved one is not deprived in any way. That loved one is very much alive and a great deal freer than those of us still here on this physical plane. I keep saying this over and over: there are no dead people; there is no place of the dead. We need to wake up to this. Death is only a doorway to a new dimension of Life!

Time is a local illusion: All our lives, past, present and future are actually taking place simultaneously in the great Spacious Present, or Eternal Now. We are on stage, as Shakespeare said, acting out dramas for our own development or evolution. The stage is real enough but it is not part of Basic Reality, and like any stage it gets rearranged for each new scene.

We are not sinners: Even a casual look at statistics would show that the vast majority of people never go to prison or create any trouble. The so-called news programs distort this fact by concentrating on sensational bad events, so that we often feel the world is a Bad Place. It is not. Most people don't even experience war. Most people are

consistently kind and helpful.

We are not sinners as various religions would have it; neither are we screwed up psychologically as Freud and others would have it. We are working out challenges in the continuing evolution of consciousness, and this will never end. If we reached perfection we would wither and die, and this cannot happen.

It is time to look at ourselves in a positive light and raise ourselves to new heights.

Peter McCormack is the author of a fascinating book, "Wings of the Dawn, Finding God Beyond Religion and Darwinism, and Making Sense of Bereavement", details of which can be found at <http://www.edenvallebooks.com>

Article Source:
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In Las Cruces

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If you have a dream, give it a chance to happen.

Richard M. DeVos

5 Mind Blowing Things Science Still Can't Explain

The world is full of mysteries, and not everything can be explained by science.

Here are 5 Mind Blowing Things Science Still Can't Explain.

1. The Placebo Effect



You may have heard of it before, The Placebo Effect is a phenomenon where patients are given a fake sugar pill and are told it will help them in some way or form. This study has been done many different times for various situations from colds to cancers. Doctors take two groups of people to study, one are given real pills for an ailment, while the others are given sugar pills.

Both groups are told that the pills will help with their ailments. In some patients who take the sugar pills, studies have shown that it works at fighting their sickness just as well if not better than the actual pills.

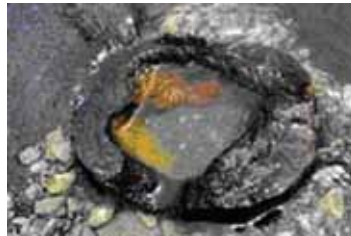
These studies seem to suggest that the power our mind has to heal ourselves is greater than we have ever thought. Scientists are still baffled as to how this happens

2. The Mysterious Moving Stones



In some deserts across the world there are stones that seem to move along the surface. They leave trails behind, sometimes taking right angle turns. One might first write them off as the wind pushing them, but the speeds at which the wind has to blow to move these rocks are highly unlikely of happening. The linear pattern also suggest that it slides across the floor rather than being pushed around by any wind. It is still unknown to why these stones would be able to slide across the desert in such a fashion.

3. The Baigong Pipes



In rural China, in an area considered uninhabitable by humans, there are three triangular openings at the top of a mountain. The strange thing about these opening is that they are filled with an iron pipe system of unknown origins. Some pipes go into a nearby salt water lake, while others go deep into the mountain. More can be found inside of the lake and along the shore lines. Some 40 cm in diameter and seeming to be placed in a purposeful pattern.

What's strange about them is that tests have seem to place the date of these rusted iron pipes to nomadic times, before we discovered farming let alone advance drilling and metal work. Oddly enough the pipes are clean of debris, indicating that it was possibly used for some purpose and not just stuffed in the mountain.

Locals speculate it to be an ancient astronomy lab, or a landing base for alien space ships, but who knows.

4. The Klerksdorp Spheres



These puzzling little spheres were found by miners in South Africa in Pyrophyllite (type

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How to Unlock Your Source Code

by Keith Varnum

Your Source Code is the way you manifest your intentions from Creation Consciousness when you do, in fact, successfully manifest your dreams in life.

Each person's Source Code is unique. There are similarities between different people's Source Codes, but the secret to success is to discover the key characteristics of your own individual Source Code.

These characteristics of your Source Code show up in the energetic patterns behind-

the-scenes of your everyday life. You see, by definition and function, the Source Code is a coded device—hidden within the fabric of your everyday existence. As with any code, it needs to be deciphered to be consciously used. You have to identify the key elements of the Code in order to work creatively with the power of your Code.

It's helpful to realize that your Source Code is a "hidden code" only because of the way most of us are raised in our Western culture. We were taught to only observe the surface appearance of objects, people and the events of life. We weren't guided in the

art of *seeing* the energy patterns within each object, person and event. We weren't shown how to perceive the vibrational nature of all seemingly solid forms of life.

Crack Your Code

There are many ways to uncover your Source Code. You could say that the ultimate purpose of all meditative and spiritual practices is to help you crack your Source Code. The objective of all good spiritual mentors is to help you to identify the unique way that you create.

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Writers are wanted for volunteer metaphysical and/or spiritual articles. Share your experience - write of your musings/ thoughts, messages received or epiphany. Send your article (and website info) to me at email: Jan@reality-undefined.com

5 Mind Blowing Things Science Still Can't Explain

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of crystallized rock) deposits. The origins of these metallic spheres are unknown and around 0.5 to 10 cm in diameter. Some have concentric grooves running along its equator and seem to have been made by intelligent design. The crazy part however, comes when the Pyrophyllite deposits they were found in were dated to be around 2.8 billion years old!

Beating out the current theory of intelligent life by oh, a few billion years!



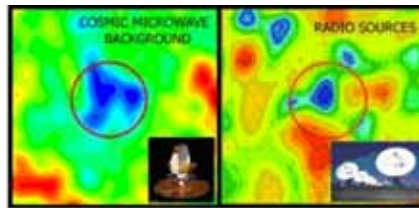
Even weirder than this is that some of the spheres were shown to have nearly perfect balance. Mr. John Hund one of the people who researched these spheres took one to a NASA testing facility. "It turned out that the balance is so fine, it exceeded the limit of their measuring technology and these are the guys who make gyrocompasses for NASA.

The stone is balanced to within one-hun-

dred thousandths of an inch from absolute perfection," explains Hund. Nobody knows what these stones are. One NASA scientist told Hund that they do not have the technology to create anything as finely balanced as this. He said the only way that either nature or human technology could create something so finely balanced would be in zero gravity.

It is said that they rotate on their own axis with no surrounding vibrations twice a year.

5. A Blank Spot in the Universe



Astronomers have found the biggest blank spot in the universe, that has everyone scratching their heads. This mysterious blank space in the cosmos is void of any stars, galaxies. It's just a big space of nothing. Different from a black hole, which can be spotted by the nearby stars being pulled into its gravitational orbit, this hole just seems to be empty. The crazy thing about this big spot of nothing though is that es-

timated to be 1 BILLION light years across, making that nearly 6 billion light years of complete emptiness.

That's a lot of nothing!

It was discovered by accident when astronomers at the University of Minnesota were taking surveys of the night sky. By using radio photography to scan big expanses of the universe, the radio pictures began to indicate 45% less matter than normal in a particular region. Checking the scans again, it was found to be a complete cold spot, void of any matter.

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How to Unlock Your Source Code

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A great benefit of my "Uncover the Source Code" workshop is the discovery of your own personal knack of creation. Once you become aware of your knack, you can use it to successfully make your dreams come true.

Where to Look

If you know *where* to look for your Source Code, you'll find it. If you don't know *where* to look for it, you'll miss it altogether.

The place to look is at the level of the energetic patterns behind-the-scenes of everyday surface events. That's where the real action is. That's where conscious creation actually occurs. When you learn to perceive the background vibrational grid of superficial life events, you unlock the secret of how you can successfully attract your dreams.

Your Source Code is woven within the tapestry of your life story. It's buried beneath the surface events of your everyday life.

What to Look for

Your Source Code will reveal itself to you in forms that you can recognize and understand. Your soul will make every effort to communicate your Code in whatever manner it can. Your Creation Code may show up through an idea, symbol, image, feeling, color, memory, persona, vision, dream or archetypal shape. You might all of a sudden just know how you create!

For example, in a meditative state on a workshop, I opened my eyes after a deep inner journey to see out the window brilliant shafts of sunlight illuminating only the Golden Gate and Bay Bridges in San Francisco Bay. Everything else was shrouded in dark fog. That image—and the energetic feeling that went with it—awoke within me a clear knowing of my life path, purpose, passion and the next steps I needed to take to allow my soul plan to unfold. All this information was encoded in that image. Years later I still draw specific guidance from the knowing state triggered by that image.

How to Look

If you know *how* to look for your Source

Code, you'll find it. If you don't know *how* to look for it, you'll miss it altogether.

The way to look is on the *experiential* level. Your Source Code has to be *felt* by the energy field of the sacred heart. The sacred heart is the essence of your true being, your soul, your real self, your Higher Self.

In order to discern the energetic patterns behind-the-scenes of everyday surface events, you have to be *experiencing yourself* as an energetic pattern or being. The secrets of your vibrational Source Code will only be revealed to you when you are *experientially merged* with your Source Code. The secrets of your vibrational Source Code will only be revealed to you when you are authentically *experiencing yourself as a vibration*!

In order to consciously *know* your Source Code you have to consciously *become* your Source Code—if only for an eternal second of time. When you fully merge with your Source Code, you download the key energetic patterns of the Code. The blueprint of your Code then becomes integrated within your personal vibration. You are then able

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How to Unlock Your Source Code

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to naturally utilize your own unique creative genius to create the life you prefer.

An Experiential Revelation

A good spiritual teacher or practice will guide you to learning where and how to look for your unique Source Code. This is by necessity an experiential process. Because the Source Code is an energetic pattern existing beyond the confines of time and space, it cannot be comprehended fully by the logical mind, which is limited to time and space. As people say, "I can't wrap my mind around it!" The essence of your Source Code is energetic—therefore, experiential.

For example, you can't explain to a child how to stay balanced riding a bike or skiing down a hill. You can give the youngster some pointers. But it's in the *experience* of riding the bike or skiing down the hill that the child *absorbs* how to ride a bike or ski. Likewise, it's in the *experience* of discovering the unique aspects of your Source Code that you *absorb* how to successfully manifest your dreams.

Play Is the Way

A great way to get to know your Source Code is to enter into the world of play. Approach your divine quest with a sense of lighthearted adventure. Then you can *embody* your Unique Creative Style well enough to use it consciously to attract what you want.

This is why native, tribal, indigenous cultures use joyous song and dance to weave a new web of new outcomes in their lives. This is why ancient spiritual traditions use uplifting music and movement to mold a new model of living.

Imagine yourself skiing down a steep slope in serious state of mind! How would it go?

The Game

With a heartfelt smile, a Zen teacher of mine once told our group of new candidates eager to become his students, "You go into the ocean, you study with me. You no go into the ocean, you no study with me." Chuckling with delight, he plunged into the frigid, winter waters of the Pacific Ocean. The in-

itation was so outrageous, I spontaneously laughed with shock and amusement. I threw all caution to the wind and dove in. To my surprise, the water wasn't even cold! It was the best life choice I ever made.

The Invitation

The way to unlock your Source Code is not hard. In fact, it's very easy.

The Universe is simply saying to us:

"You play, you find the way. You no play, you no find the way."

Drawing from the wisdom of native cultures and ancient spiritual traditions, Keith Var-num shares his practical approach to healing and transformation as a Certified Matrix Energetics Practitioner, life strategy coach, author, acupuncturist, filmmaker, radio host, vision quest guide and international seminar leader with his free, fun Prosperity Ezine, free Empowerment CD and free Coaching at www.TheDream.com

Ascended Masters Newsletter #167

Dear Friends,

Once again we have received so much information in our channeling sessions that it has taken awhile for a theme to emerge that would be best suited for a newsletter. This one actually contains two themes, to be precise.

Because so many sessions and events have yielded useful information that we thought we could share, we have begun to use our [Facebook page for Expansion Publishing](#) to post more frequent shorter messages that might be helpful. You can still find most of the recent messages there. If you click the "like" on the page you will receive further postings as they occur. We hope you find this a useful adjunct to the newsletters.

The major theme we are noticing could be stated as follows: As the frequency and power of the Light filling the Earth plane increases, phenomenal experiences and healing are more easily accessible for us personally and in the work that we offer to others. However, as we have heard so frequently, "where there is more Light, there is more

shadow." And that has certainly been true for us.

We must address each discomfort the shadow produces as soon as it appears, recognizing the fear we may still carry, and heal this fear with this ever more powerful Light.

These new frequencies are offering us an opportunity to see the world in a completely different context from what we have known to this time. We thought we understood what the Masters have been teaching us for so many years now. We are beginning to see that there is so much more that we can still learn. And that is where the new message from *El Morya Khan* is coming in.

Many Blessings of Love and Light,

Linda and Martin

Asking for Help in a Time of Change

By the Ascended Master *El Morya Khan*

Dear Beloved Friends,

We thank you once again for this opportunity to offer information to you in the form of conscious communication. We ask you to be aware, however, that we have all been with you and continue to be with you in every moment. "We" here means all the Beings of Light, including those who have known you prior to their departure from the Earth plane.

Asking for Help

We are aware that you often hesitate to ask for help because you believe we are too busy or that someone else may have a more pressing need.

Please be aware that where we reside there is no time and space as you know this concept. Time and space are an Earth-bound finite concept. We reside in Infinity, and as such are available at all times. In every one of your Earth moments we are present for all of you in every way we can be. Each and every Being of Light in a human form is a precious connection to the Light of Infinite (Cont'd Page 7)

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Source. **No one person or need is more special than another.** We have no way of judging or evaluating any situation except with the measurement of **unconditional love and acceptance.**

Our function is to aid you in realizing this unconditional love and acceptance for yourselves.

So we will continue to encourage you to ask for our help whenever the thought comes to your consciousness. Even if you are not aware of our presence, we are with you in every moment, just awaiting your request for help. **We cannot help you unless you make this request.** For you see, if you have not requested help, then you are not open to receiving.

But once the request is made, our help is possible. Simply be open and allow. Leia [Linda] keeps it very simple. She states, "I need a miracle here," without specifying how a situation need be resolved. She trusts that the Light and Beings of Light know what to do. Then she opens her heart to allow awareness of the resolution to be evident to her.

Events seldom unfold as she thinks they should, but she invariably finds that the resolution is far more acceptable than what she imagined. Such things are possible. They are no "miracles" in the conventional sense. Miracles can be considered the natural order of things when one allows such.

The Status Quo is Dissolving

Now, we will share some further illumination regarding how the Light that is filling your plane with ever greater intensity is affecting one and all.

What you are increasingly noticing is that no matter how much effort your institutions are expending in preserving the status quo, solutions remain elusive in each and every situation. This is because the Light that is flooding your plane is making it increasingly difficult for any institution to justify the methods being used at this time to have control over the wellbeing of others.

If any institution has as its goal the subjugation of others for any other reason than the common good, then their efforts will fail.

You see, beloved friends, humanity is awakening from a deep sleep. In this slumber most believed that they were not sovereign beings of Light in their own right, but owed their wellbeing to some other source outside of them.

What is being realized now is that as the Light more fully fills each and every being, fears dissipate and one can feel free now to stand in one's own truth.

It is a massive shift in consciousness for all of humanity. But it is occurring **one person at a time.**

As each one sits in deep meditation and opens to this powerful Light filling each heart, soul, and spirit, each human realizes that all you've observed and accepted as the true nature of reality to this time has been truly an illusion.

The only true reality lies within. This powerful Light that you carry within your form is the only reality you need acknowledge. As the institutions that you thought were your reality continue to evolve and change, you will begin to realize this truth even more

profoundly.

What is your place in this new world that you are co-creating as you open to this powerful Light within? It is first and foremost a place where you stop worrying and being fearful. All that frightens you is dissolving. It is falling away. All that will be left is this powerful Light within that will guide you and carry you into a perfection of existence that is beyond your human comprehension. There truly is nothing to fear but fear itself.

As you release your fears and let go of the illusions that you have called reality, you will be free to be more loving and giving to all in your Universe. Your motivation for movement will no longer be the need to simply survive, but to go forth in illumination and radiance to freely and lovingly share your Light with all that you behold. **You won't see a need for movement so you can "fix" what is "wrong" but rather you will move in order to enhance what is becoming illuminated.**

It is a gradual, subtle shift. It will not come more quickly than your soul and spirit can sustain. But the movement is inexorable. It cannot be stilled. Simply allow and the shift of consciousness will flow in a fashion regulated by your own Totality. Trust that this is possible. Trust that this is so. Trust.

Many Blessings of Light and Love,

El Morya Khan

Expansion Publishing - Newsletters

3rd Dimension Communication Can Lead to Misunderstandings & Miscommunications

Since energy vibrations are rising – becoming less dense or heavy – we are becoming more receptive, especially to the more subtle energies.

Some of the ways this receptivity may be experienced is through empathy and/or telepathy.

Empathy

Empathy is feeling others emotions - sometimes felt so strongly they can be misinterpreted as one's own emotions and not someone else's.

I believe everyone has experienced empathy at least once (barring mental/physical imbalances). A simplified/exaggerated example could be:

Someone (friend, neighbor, co-worker, boss, relative) was angry and chewed you out. You feel the anger and you react in like. You just accepted the other person's anger as your own, and you became angry.

Unfortunately many of the most recognized experiences may be of those of heavy, "louder" energies of anger, fear, jealousy, etc.

Telepathy

Telepathy is communicating mind to mind. This communication can be through mind pictures, emotions/feelings (including "gut feelings"), a knowing, or your own personal memories (indicating that the scenario, or emotions of that memory, are akin to what the message is). Of those who have worked with me, you may recognize that these are the same ways a "reader" may receive information.

Other Forms...

As we become less dense, we are also more

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3rd Dimension Communication Can Lead to Misunderstandings & Miscommunications

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sensitive to some other forms of communication; words and creative arts (painting, drawing, sculpting, etc.).

...Are Carriers

Handwritten, typed, texted, emailed, spoken – words are carriers.

When we are inspired to write, it is usually emotion-driven by grief, anger, love, happiness, etc.

The same goes for doodles, drawings, paintings or artwork in other forms. The emotions the artist or writer had at the time became part of the piece or work.

The words or artwork are imbued with the emotions and become the carriers of those emotions.

When you post your words in a letter, text, blog, etc. or share your artwork, you are putting your energy – for better or worse – out

there for others to open, read/view and get hit with those emotions.

It's all good if those emotions were love-based emotions; sucks crunchy peanut butter if they were emotions born of fear.

Limited: 3rd Dimension Communication Can Lead to Misunderstandings & Miscommunications

Communicating totally in a 3rd dimension method nowadays can lead to frequent misunderstandings and miscommunications.

These physical means of communication are restrictive. They are limited by: the physical symbolism the artist used to represent their emotions; the orator's choice of words, the placement of the words; as well as being limited by the receiver's receptivity, interpretation and knowledge of the actual words used.

Empathy can aid in the interpretation. How-

ever, if the orator is being deceptive (also known as lying) to either the receiver or him/herself then more confusion is experienced because the orator's words and emotional energy are not in sync.

Telepathy can help in reducing misunderstandings, misinterpretations and the ability to deceive (whether the deception was intentional or not).

Check Please!

Please remember to check your emotions before you begin to create or share your creations with others (this includes cooking!). Whether you or not you are experiencing empathy or telepathy, you are able to pass your emotions on to others.

Please pass along the emotions based in love.

by Jan Toomer

Pets Visiting After Their Death

March 18th, 2009

When I sat down to write this week's article, my flame-point cat, Jasmine, joined me. I asked her, "What should we write about this week?" And, without missing a beat, she replied, "Purring!" and began to purr.

I laughed and assured her that yes, purring is important and makes those around her feel good – but that I needed a little something more for the article.

She flashed me a mind picture of Ming and Alexis – then curled up and went to sleep.

My first conscious memory of a pet visiting after death was the dog of my then-roommate. My roommate said she kept feeling her dog around her. I didn't doubt her since I kept catching glimpses of the dog myself.

When my cat, Ming, died in 2004, I was tickled pink when I felt her jump on the bed and settle in for the night.

Her non-physical visits continued on for awhile, and then she moved on.

Now for a little background on dogs in our house: the dogs weren't allowed to sleep on

the bed, nor were they allowed to lie on our laps or sit on us (the dog on the lap means the dog is the dominant one in pack 'lingo').

This past January, we put down an elderly canine friend, Alexis, whose dementia progressed so far that her quality of life was gone.

When Alexis' senility worsened, and she refused her medications, I would tease her that she wasn't going to die on my watch.

One night – about a month or two before we had her put to sleep – I settled down in bed when I felt that familiar non-physical Ming cat jump on the bed. I greeted my old friend and asked what brought her here now.

I suddenly saw "the Light" come into the room and directly onto Alexis' bed and onto Alexis. She was being given the chance to cross into the Light.

Alexis abruptly stood up, did a doggie "harumph!" got out of her bed (and out of the Light), and plopped down on the hard floor. The Light disappeared; Ming purred 'good-bye' and left.

When the time came to put Alexis down, I was heartbroken; but she was miserable... it was time.

She was given a tranquilizer and relaxed in my lap. As she relaxed, I could see her separation begin. The non-physical self was separating from the old, tired, and worn out body.

I 'heard' a much younger, alert and happier Alexis tell me, light-heartedly, "See?! I *didn't* die on your watch! I kept my promise – and that meant that *you* had to make the decision!"

I chuckled, but she wasn't done yet; she continued on, "And I got the last say! I'm on your lap!" And with that, she turned and headed towards the Light.

Alexis' presence has been felt by me and others around the house. She used to do a gentle leg bump with her nose when she was physically alive...and greets her friends even now the same way. And, every so often, I hear the "clack clack clack" of her nails on the hardwood floors.

by Jan Toomer

VINTAGE

Relationship Healing...Peaceful Endings

VINTAGE

July 8th, 2009

After much self-debate over whether or not to write this, I have decided to go ahead. The intent of my blog is to share my life experiences in hope that it will help someone else; so this experience needs to be included.

My mother and I had only shared Christmas cards and occasional letters over the last nineteen years or so.

For approximately five years (plus), she was not doing well health-wise.

About three weeks ago, I had a vivid and lucid dream (shortened version here). In this dream, my grandmother called me and said, "Your mother is lucid and wants to talk to you. Will you go see her?" I said I would speak with her.

The next scene was a hospital-type setting; I entered her room where I found her sitting at a table, with a chair available for me.

She said she wanted to tell me that she was sorry, and verbalized a single incident from our past.

I asked her if she had anything she wanted to say about other incidents. "What do you

remember?" she asked me.

Without anger, frustration, hostility, etc., I shared with her what I had remembered from very early childhood and up; the good and bad. She said she was surprised at all that I had remembered.

I then asked her, "Why did you *really* contact me?" She told me that she needed me to sign her release form so she could leave.

I told her that I would not sign for her; she couldn't come live at our house.

I told her I wished her the best, and meant it.

The dream ended.

Later that week, I was relating the dream to a friend. She recommended that perhaps my mother was asking my permission to leave...to die. She thought that I should 'go back' and find out.

I forgot about that until this past week – on Wednesday night, I couldn't sleep – I re-visited the dream.

I said to my mother that if she were asking my permission to cross over – to die – that she didn't need my permission; however, if

for some reason she thought she needed it, she had it.

She passed away July 4th.

On the evening of July 5th, I saw my mother (glowing, balanced and whole) standing next to my daughter...they finally got to meet one another.

They each smiled at me and faded away.

What's the purpose of me sharing this story?

Sometimes forgiveness and healing cannot be resolved face-to-face; that, however, should not stop anyone from working on their issues and on forgiveness.

I had worked regularly, over many years, in the energy levels, to work things out with my mother – hopefully to bring peace to both of us.

She wasn't asking my permission to die, per se'...she was asking if we were now okay; and we were.

I believe my mother is finally at peace.

by Jan Toomer

Haunted by Your Fears

Over the past few weeks I have heard from others about their anxiety climbing. They are worried and uncertain about all the strife they are reading, hearing about, feeling and/or seeing locally and globally.

Others are also feeling something building...preparing to release. The feeling is akin to a volcano building pressure until it explodes to release that pressure; except with this buildup, one isn't exactly sure what is going to give and when.

All of this can tax the body and mind; sleep can become disrupted and/or filled with night terrors or fears acting out in dreams; panic can set in.

So let me ask you this: Doesn't this imbalance suck crunchy peanut butter? So, why stay in it?

Outcomes, Outcomes Everywhere!

Growing up, one of my abilities was to see several possible outcomes for any given situation or experiences. Sounds pretty cool, right?

Wrong.

How does one prepare for 100 different possible outcomes? I stayed in a state of anxiety.

Let's use driving as an example: each car, coming and going, presented a multitude of possible interactions on the road; very stressful, especially during the heavy traffic hours.

As I aged, I learned to calculate the most likely outcome as of that moment. The good news was that it eliminated most chances for fender benders; bad news, I still had information coming in for every vehicle within my sight...still very stressful. I loved driving, but this was too much.

It took more time for me to be able to drive and allow the calculating to skim past me unless something popped up to set off the inner alarms...then I tuned in. From then on I was able to enjoy the moment; I could enjoy driving again.

What's the Point?

Too many are concentrating on their "what ifs" fears (calculating the multitude of possible outcomes – and how it may affect you and yours) and it has created anxiety and stress*; so much so that you may be haunted by your fears.

What If?...

What if you took a deep breath (or two or three) and then reminded your physical self that your Higher Self, and your Source, knows what they are doing.

Seriously.

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

Haunted by Your Fears

Your soul knows; it has the big picture of why you are here and what you want to accomplish and what you wanted to experience in this lifetime.

And the Source? It has your back, if you'll allow and trust.

Perhaps another word is faith.

Yes, there certainly are a *lot* of possibilities for outcomes for every perceived action, situation or experience you focus on; and I am not saying to ignore everything.

I am asking you to trust – trust yourself and trust your Source. This may lead to release of that anxiety...it may lead you to inner peace – an inner knowing that you'll be guided to be where you need to be, when you need to

Cont'd

be there; an inner peace that comes when you release the fear, stand in the Light, and *know* you're covered.

(**Baring any mental/medical health imbalances.*)

by Jan Toomer

Stripped Down to the Bare Bones

We had constantly struggled to fit somewhere – to belong. We didn't know who we were, so we longed to be around others who would help define us.

Then many found themselves cut off, or more isolated, than ever before; spending quality alone time.

Some enjoyed this new opportunity.

Some people panicked and scrambled to fill this new void; some became depressed or confused; some became lost and floundered; some became angered or scared.

Many asked "Who am I now that I am alone?"

As humans we are part of the animal kingdom; humans, on the whole, are pack (group) animals...we like to belong and be accepted in a group.

The reason for the semi-isolation is for us to discover the truth; the truth of who we are when stripped down to the bare bones (figuratively, not literally). With isolation/semi-isolation, we are provided the opportunity to delve into,

and explore, self; self as *not* defined by others.

Scary, eh?

Using myself as an example:

One description or label of me in the past was "Chameleon" – as one who changed to fit the needs of others. In other words to be (hopefully!) what one needed for their growth at the time (if I was to work with them); I became the energy that the individual or group may have needed at that moment in time.

This is not unlike the wearing of masks of old; one donned a mask to "become" what was needed, or to invoke the spir-its or essences, that were needed for the group or individual.

Since my semi-retirement (semi-isolation) I have wondered who "Jan" really is – the me without the "masks" to aid others.

I know that I AM a being of Light, temporarily housed in a third dimensional body.

I know that my "chameleon" days have been completed...so like many others, I ask "Now what?" and without utilizing chameleon or masks, "Who am I to me?"

One animal totem appeared recently – Dragonfly. The oracle cards said to quit living with the illusion of different masks.

"*Animal Speak*" by Ted Andrews wrote that the dragonfly aids you to see through one's own illusions to let the real you come through.

So, for *my* self-exploration, I have let go of chameleon and work to discover the soul self in a human body without utilizing the views and perceptions (that I may have accepted in the past) that others have or have had of me.

Self-discovery has been brought to a whole new level. Happy soul self discovery!

by Jan Toomer



Sneekin' Over the Mountain



Power Building

You can find more of Jan's (aka JD's) photos at:

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



Duality

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