

The Simplest Prayer

by Cynthia Sue Larson

"You have it easily in your power to increase the sum total of this world's happiness now. How? By giving a few words of sincere appreciation to someone who is lonely or discouraged. Perhaps you will forget tomorrow the kind words you say today, but the recipient may cherish them over a lifetime."

- Dale Carnegie, author

There is an art to appreciation, and a reward that far outweighs any problems. The art is that appreciation is a gift of the heart, of the spirit, of the soul from you to another... there is no fixed formula for success. True appreciation is spontaneous, natural, sincere and freely offered.

The reward for offering such appreciation is that whatever you appreciate shall become a bigger part of your life. Anything you spend your time and attention on will be a part of your life, but there is something extra-special about the gratitude in appreciation that brings these gifts.

Gratitude has long been understood to be at the heart of living a spiritual or meaningful life, as can be seen in the writings of Melody Beattie and Meister Eckhart:

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for to-

morrow."

- Melody Beattie

"If the only prayer you said in your whole life was, 'thank you,' that would suffice."

- Meister Eckhart

Whether you share your love and gratitude with people, animals, rocks, or the wind... your grateful feelings, honestly shared will transform your life.

The simplest prayer is "Thank You". You can say it any time, and see what a difference it makes!

Cynthia Sue Larson
RealityShifters

Happy Trails to You for 2014

by Liz Cook

I read many posts from different people on Face book this morning and though most were wishing good cheer for the New Year, there were many that were glad to be done with 2013. I sat pondering what these people must have been feeling that they would feel so bad about the previous year, not to mention the imbalance it causes, and only attracts more of the same for the next year. These statements were obviously coming from a place of fear. Immediately, I heard a voice almost screaming at me to remember that it is all about the journey, not the destination. I am certain that this is an important message as we begin 2014.

Anyone reading this knows that we are living at a much higher vibration now. It is imperative that we live in love and not fear. It is impossible to be both at the same time. This is the foundation for all the work that's ahead for us as Light Workers. It's a choice that we all have to make and we have to guard that choice. We do so by being aware of every thought and every choice we make every step of every day. We have to con-

stantly be mindful and make the necessary corrections so we don't slip into fear. If we do this, in a very short period of time, we become the being of light that we are and it becomes us. This is when miracles happen. When our journey is one of love, there is no fear. When our journey is one of love, we see everything differently. When our journey is one of love, all things are possible and we realize the powerful spiritual beings that we are.

What an exciting time to be alive! It gives instant gratification a whole new meaning! As light workers, it's our job to be witnesses of light through unconditional love, so that we may assist all of creation to fully prosper. We are beings of love, not fear.

People that have near death experiences say that there are no words to describe how beautiful and amazing life is in the higher dimensions. Most that have experienced this also say that we don't have to have a near death experience to know it right now. I couldn't agree more.

The earth is alive! The sky is alive and the

clouds speak! Every creature that walks or flies does so in God's perfect harmony and guides us along our path. It leaves me feeling in awe of how important we are and how much we are loved. To choose love over fear is to walk in the higher dimensions' of the divine. You really can experience heaven on earth. When we come from love, change is instant.

When I stated that I pondered what the people that made the statement "good riddance 2013" felt, I had to send them light because every hard experience is an opportunity for growth. When we make that switch to love, we understand the bigger picture and know that all is well.

This is our time to shine. Mother Earth needs all the love we can offer. My sincere wish to everyone reading this is that you allow your light to shine in 2014. May you experience the pure joy of your journey and that it is of love.

Love and Light

Comments

■ The articles posted here and on the blog reflects 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.

Las Cruces Spiritual Meetings "Courageous Souls" January 2014

This gathering of 18 filled the room with incredible energy! Jan was "on" once again with a fantastic presentation, educating us on wormholes, time jumping, spontaneous healing, etc. The handouts helped us to easily follow along. We ended with a lively question and answer period, and visits continued long after end of meeting. A good deal of new visitors, I've added all that supplied me with your email, to my mailing list and I hope to see you back in February. My

presentation scheduled for February follows nicely after Jan's and I will be posting details mid-January. Loved seeing you all, meeting new like minds and truly hope you all return.

Love and Light, Linda

PS Thank you Jan for this presentation and all you do to help us grow and evolve!

Linda Aragon
Radiant Life Transformations
Meetup: <http://www.meetup.com/Las-Cruces-Spiritual-Meetings-88012/>
January 2014

Thank you Linda!
Jan

Energy Alert - January 16, 2014

The full moon was last night. Although this one was called a Mini-Moon (the smallest full moon) - it packed quite a punch while bringing the newest energies in.

Many felt the energy shift begin early yesterday - a feeling of being a bit "off"; frustration; trouble getting things completed; irritated and not quite sure why; and many have had trouble sleeping the last few nights.

It seems like a combination of full moon bringing in new energies and Mercury going Retrograde; but Mercury doesn't go retrograde until February 6th (6th-28th).

We are being asked to practice patience. Instead of balking, whining or fighting the influx of new energies, we are being asked to relax and allow it to flow in and around us. Slow deep breathing will be beneficial.

Again - walking, being in/with nature, gardening, meditating, yoga, and/or tai chi are good ways to help your body to adapt and adjust.

by Jan Toomer

Comments

In Las Cruces

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Hands of Love

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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.
<http://dorothyancewebb.com/index.html>

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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

The 7 Traits of Highly Magic People

by Carolyn Elliott

1) You know you're magic.

This is the big one. In their heart of hearts, everyone is magic. But most folks just don't know it. It's very sad, and it's not their fault. They've had the awareness beaten out of them one way or another. Our society is tres anti-magic.

Part of the mission of magic people is to help folks still stuck in the clay (that's my way of saying "folks steeped in naive materialism or fundamentalism and unaware of their innate magic-ness") understand that magic is real and within them, too.

But basically, if you know you're magic, you're ahead of the game. Which means you don't really need this article – but look, it's the internet and we're just having fun.

2) Synchronicities happen for you – a lot.

And they tend to speed up when you spend a lot of time on meditation, art, ritual, intentional movement or prayer. Sometimes they're just cute or silly, but often they're life-changing and dramatic.

The biggest synchronous thing that can happen to a magic person, in my humble opinion, is meeting another magic person. Or a whole enclave of them. It's thrilling. It's overwhelming. It's love.

When lots of synchronicities are going on, I like to say "the jewel net is moving." Because we're all jewels in an infinitely connected web of silken joy. And sometimes the net shifts and folds in on itself and we run smack into a whole bunch of other jewels. And it's great.

3. You're sensitive to seasons and lunar cycles.

The more magic you are (and remember, being magic is mainly a matter of... knowing that you're magic) the more energies of light and the two big cosmic lamps in our region (the sun and moon) affect your business.

You might find that you can't sleep on full moon nights (all that energy, so ramped up!) and that you go through epic mytho-poetic cycles of emotional birth and death as spring turns to summer turns to fall turns to winter.

4. You have very vivid dreams.

Magic people have at least partially-devel-

oped aetheric bodies. This means, at the very least, that one or more of their chakras (Rudolf Steiner liked to call them "lotus flowers") are open and active.

Maybe you're a magic person with a giant, pulsing, highly-empathic heart chakra. Or maybe your third eye is open and you have an easy time seeing the visionary fluid dance of all things.

At the highly-developed end of the spectrum, magic people have fully-formed aetheric bodies that can freely navigate the astral planes.

But having your aetheric sense perceptions open, even a little bit, means that you can see more vividly in the nighttime dream world than others can. So, you got that goin' for you. Which is nice.

5. When you fall in love, it's psychedelic.

Forget a loaf of bread, a jug of wine and thou. When a magic person falls in love (very probably with another magic person), it's more like a sheet of acid, a gallon of mushroom tea and thou. And I'm not saying that actual drugs are involved.

I'm saying that the intensity of dopamine and oxytocin rushes, in magic brains, tends to produce more than just sexy-cozy-attachment.

They tend to also unleash psychic perception (you can read your lover's thoughts – like, for reals – not just "I was thinking of you!" "I knew you were thinking of me, baby. 'Cause I was thinking of you!"), encounters with your lover in the nighttime dream world, ecstatic sex that ruptures the boundaries of your identity, and other fun stuff.

Also, be careful with all that. It can get hairy if your lover happens to be one of those not-really-very-stable-or-sane magic people. Of which there are quite a few.

Magic people fall in love and it's all like, whoah. Magic people fall in love and it's all like, whoah.

6. You have an abundance of prana.

Or creative energy. Or genius, or whatever you want to call it.

Wilhelm Reich called it "orgone." Kant called it "Geist." Emerson called it "Soul." Mezzmer called it "animal magnetism." It's sexual energy which transmutes into different feeling-tones when centered in different chakras and channels in the body.

In other words – even though it's sexual energy, your abundant prana doesn't necessarily feel "sexy" (although it probably does in spring and summer). It might just feel buzz-y or space-y or urgently creative.

You get *seized* with the *need* to write that poem, plan that ritual, record that song, make those spicy ginger fudge brownies. It's implacable.

Also, no matter what you look like, folks tell you that you're "hot." And they mean it. You are. You radiate the light and heat of the cosmos. You're a star, you magic darling.

7. You love to spread the magic around.

Your chief motive for making art, cooking great food, tending your garden, whatever – isn't to be rich or famous. Though that could be cool.

It's to spread the magic around, because you just can't stand not doing it. The magic is so fun, so beautiful, so warm, so *true*.

It drives you a little crazy when you can *totally* see the magic in someone, and they can't see it in themselves.

It drives you maybe even more crazy when you can *totally* see the magic in the world, and the world at large seems not to tenderly care for and appreciate its magic.

So you put a goodly amount of effort everyday into doing stuff that increases the sum-total of magic and wonder and joy and love and delight in the world.

You turn up the volume on everything gorgeous so it can't be ignored.

In conclusion

You're magic and I am too, and I love you. I hope you'll join me and a bunch of other magic folks in the [Dreamer's Tantra Facebook Group](#), where we talk about this kinda stuff.

Also, if you're ever feeling in pain or confused about life and magic, I make myself available to talk on the phone whenever.

Love,

Carolyn

AwesomeYourLife.com

Channeling

Over the past month many have contacted me with questions about channeling or requests to learn channeling.

What is Channeling?

(The following definitions are how I use the terms.)

Channeling is the art of communicating information received from non-physical beings (or universal network), usually with the intent to pass the information along to a person or persons.

Most all forms of channeling include the channeler being the energy conduit. Most forms utilize one or more of these "clairs" (clair = clear and usually denote beyond the physical):

- Clairaudience (clear hearing)
- Clairsentience (clear sensing/feeling/knowing)
- Clairvoyance (clear seeing)

There are different types (and some sub-types) of channeling. Here are a few:

Spiritual channeler– being a conduit to receive communication from non-physical beings (guides, ascended masters, the deceased, angels, other-world beings, etc.) – interpreting the communication received to pass along the information to living persons.

Mediums – being a conduit/communicator between the living and the deceased.

Trance channeler – trance channelers allow a non-physical entity to use the trance channelers body to communicate with living persons; taking possession of the channelers body during a session.

Automatic writing – allowing non-physical entity to use the channeler's hand to write, draw, or type messages. Automatic writing is the channeler has no control over the hand. (Written channeled messages are different, those usually fall under Spiritual channeling and the channeler writes the interpretation of the information received.)

Why Now?

Why are so many seeking to learn more about channeling or wanting to learn channeling? Many are yearning for the connection with their higher self, teams/guides, and perhaps with others beyond the physical.

How Can I Learn It?

I am sure there are books out there, and probably videos; however, I strongly encourage – if possible – for you to find a reputable metaphysical or energy works instructors to get a solid understanding or foundation to build upon. I encourage you to work in-person with them.

1. Ask around before you commit. Word of mouth is usually a good way to find someone to work with; some people are genuine, some are frauds.
2. If you are not comfortable (with the person, techniques, or teachings / beliefs, etc.) – or if something seems off or wrong...leave! Listen to yourself; find someone else.
3. It shouldn't cost mega-bucks to learn! I totally agree with being compensated for teaching/mentoring, but it shouldn't be huge amounts.

The higher realms/dimensions are working hard to help humans and Earth; one way that some do this is to give their message to those who can "hear" them to help pass the messages along.

The reason there are many channelers is because that many more people are "listening". They are hearing the messages and want to pass it along.

Q & A's

Q. But isn't that like flooding the market so to speak? Too many people offering too many messages from too many messengers?

A. No, not really. Let's say you listened/read Fred's (names are made up) message from Holbert and you think/feel "what a load of

hooley!"

But you listened/read Sue's message from Abacorral and it resonated with you; perhaps spoke to something deep within you, or made you feel like "Yeah! Finally somebody I can relate to!" or "Hey, that's what I thought/felt too!"

Each person will respond to the interpreted message that hit the right frequency for them.

Q. Does the names of who is being channeled matter? Does it lend authenticity?

A. No, the name does not lend authenticity. Some names are not even recognizable or well known, but can offer some mighty powerful insights or messages. Names are just labels used for the benefit of humans to help differentiate who is speaking/sending the message.

I have been passing along messages literally my whole life (from the age of being able to speak coherently) and hadn't said "So & so said this..." (unless it was a deceased loved one – names are more important then).

As a matter of fact, it was only a few years ago that I learned the names of some of the messengers I communicated with. I knew their energy signatures, so it never occurred to me to find out if they had names for me to use.

And, it has only been recently that I sometimes receives names.

Q. So what are you?

A. For the purpose of this article, I am a Spiritual channeler. I invite the non-physicals, in the name of what is highest and best for the client, to come forward to pass along a message. This, for me, means deceased, team/guides, angels, ascended masters, and more. I have even had animals – deceased and/or totems – step forward to give messages.

Q. I went to a group channeling, but the channeler was very vague, or basically said

(Cont'd Page 5)

We must become the change we want to see.

Mahatma Gandhi

Channeling

what I had secretly hoped to hear, but it didn't feel/seem right.

A. Unfortunately there are some people who are reading one of the more dense subtle bodies (closer to the physical body) of the client which can include information such as hopes, fears, stuck energy, etc. and not necessarily messages from deceased loved ones or the "higher ups".

Q. How do you know a trance channeler is legit / really channeling?

A. *(The following is for me personally – I cannot say you will experience this.)*

When a person is a legitimate trance channeler, I physically feel a change in the air in the room when the process begins. To me, it becomes slightly charged, announcing to me that the wormhole is preparing to open to bring the entity to be channeled.

When the wormhole opens, I feel a pressure on the right side of my head – like someone is gently, but firmly, pushing on my head. This feeling continues until the entity enters the channeler's personal wormhole/entry point.

As the entity enters the channeler, all sensations (the charged feeling and the pressure) cease.

I briefly see the entity's face super-imposed over the channeler's face, and then they seem to merge together.

When the channeling session is over, I see the entity disengage from the channeler's body and then the entity just disappears.

Q. Have you ever been to a channeling ses-

sion that was fraudulent or fake?

A. Yes.

The channeler prepped, became quiet, and then began speaking as if they were channeling the entity.

There was no entity, no wormhole activity, and no entity entering the channeler...zip.

Guides/Teams

Q. All this makes me uncomfortable. Is there a way to hear my guides without all of that?

A. We each have been hearing our guides our whole life. Each person has their way of perceiving the guidance from their team.

It could be the little voice telling your "you know that is a bad idea", or "you know you shouldn't do that"; or the urge to take a different route to work on morning – saving your from an accident or a long traffic jam.

It could be the epiphany – sudden knowing or insight – to help you through a problem or life hurdle.

It could be a miracle, large or small.

It could be inspiration or hope that suddenly springs forth from you.

I always encourage people to talk (verbally in private – or mentally) to their team like they would talk to their very best friend... the good and the bad. Ask them for guidance – and be open to the way the information comes to you.

It could be song that speaks to you deeply or answers your question; it could be a snippet

Cont'd

of an overheard conversation and that snippet provided you what you were seeking; or a friend could say something to you that rang out as your answer.

Q. I don't want to keep bugging them. I feel like all I am doing is taking and not giving anything in return.

A. Please remember that you hand picked your life guides to "have your back". You expected them to guide you (hence the name 'guide'); to kick you in the rear when needed; to provide comfort when needed.

And they agreed to do it.

But, it is not a one way street. Being a guide (which they have to have had at least on lifetime as a human, and then receive training on how to be a guide) helps them work on their soul growth plan as well.

Our behind the scenes team is just one more aspect of the human experience.

One way you can consciously give back is to sincerely tell them "thank you". Prayers for your team, and any on the other side, are greatly appreciated on the other side as well.

I like to occasionally – and sincerely – offer them a great big pink (unconditional love) energy hug. I know, sounds really corny, but it seems to be appreciated and it is one way I let them know I really appreciate their patience and hard work.

by Jan Toomer

Comments

Linda Stein-Luthke and Dr. Martin Luthke - January 13, 2014

This morning, our channeling with El Morya Khan offered us some very helpful information for a chapter on meditating that we will include in our new book, "But the Buddha didn't Raise Children".

El Morya Khan began by addressing an issue that Martin has seen frequently in his work at the Clinic. Most of the patients are breathing too rapidly. This is an indication of emotional stress that always leads to physical stress.

Since we are taught that the first step in Buddhist meditation is to focus on our solar plexus as we breathe in and out slowly and evenly, Martin teaches this practice to his patients.

And that is where our chapter will begin: Teaching that the first step to meditating is to slow the breath and focus on the solar plexus as we do this.

El Morya Khan gave us a phrase to remember: "The breath of life and the breath of Light are one and the same." He went on to say since the Light is unconditionally loving us in every moment, as we breathe, we allow this Light to love us. The slower we breathe, the more easily the Light will fill us.

We had a friend here for the channeling today who said she wonders how we can feel we deserve this loving Light to fill us.

El Morya Khan reminded us that the solar plexus is our third chakra region, which

holds our emotional body. Every day emotion and feeling come through this region to create the difficulty with our breathing. By remembering that this Light is already filling our body with life force and unconditionally loving us in every moment, we can slow our breath and allow the Light that is already in us to heal our emotional body each day.

There will be more information in this chapter, but this part seemed important to share now.

Expansion Publishing

Linda Stein-Luthke and Dr. Martin Luthke - January 22, 2014

It's not just you. This might sound a little oblique, so let me explain. Since last Friday, around the time of that amazing full Moon, the astrology has been rather intense, to put it mildly. It's been so challenging with all the energetic fluctuations that accompanied that full Moon, that I could not even sit still long enough to write a note here about it.

After weathering the energetic storms of the weekend, by Monday I was a bit depressed. Trying to sit and invoke the Light as I normally do became almost impossible. I felt I was going in too many directions at the same time and had completely lost my center.

I didn't even want to ask for help. My body responded and I released and released all this pent up energy in our bathroom, which made me feel even more fatigued. Just plain exhausted from all the energetic turmoil around me.

I'd stop and inventory and realize I have absolutely no reason to complain. Our life is good here. Then what is the problem?

The answer: simply adjusting to the new frequencies that arrived with the full Moon and other planetary configurations.

Then I began to hear from friends asking the same question: "What's wrong with me?" They all had the same symptoms.

So, I am here to tell you, that it's not just you. It's planetary.. we are all floating around on this beautiful blue ball going through our paces as we open to the new Light flowing into us.

The good news is that it all seems a bit better today. That is why I can write about it now.

Keep sitting. Keep breathing and keep asking for help. It does come. Hang in there.

Expansion Publishing

Using Wormholes – Part One & Part Two

Introduction

The following is a condensed version of a talk I presented at Las Cruces Spiritual Meeting (can find this group at Meetup.com -) <http://www.meetup.com/Las-Cruces-Spiritual-Meetings-88012/>) earlier this month. I also introduced Cynthia Sue Larson's book "*Quantum Jumps*".

What is presented here is but a small sampling of what we are capable of in using wormholes.

These are my interpretations and experiences. Please take what fits you and leave the rest.

Keep In Mind

I think that we can all agree on:

(1) What we think, we create, so PMA (Positive Mental Attitude) is a really big plus to have in your life. Your grumpiness and negativity begets grumpiness and negativity in your life; your positive attitude begets positive in your life. It's in your best interest to leave the grumpiness and negativity behind. How? One way, according to Cynthia Sue Larson, is "faking it until you make it."

(2) The more energy, and details, we put into a thought, the more accurate the manifestation of that thought. The less energy and details put into the thought, the less formed the manifestation.

New Car Example: "Think about the person who really wants a new car. They really, really want a new car. Lo and behold! That person wins a sweepstake, and it's a new

car. However, the person does not have the funds to pay the taxes, title or insurance. He cannot keep the car. Yet, he got exactly what he asked for." Undefined Reality book-let, 2005.

(3) Time is not linear; although during this presentation, some of the examples will be presented in a linear fashion for demonstration purposes.

Wormholes



Thefreedictionary.com

<http://www.thefreedictionary.com/wormhole>

"2. *Physics* – A theoretical distortion of space-time in a region of the universe that would link one location or time with another, through a path that is shorter in distance or duration than would otherwise be expected."

Space.com

<http://www.space.com/20881-wormholes.html>

"In 1935, physicists Albert Einstein and Nathan Rosen used the theory of general relativity to propose the existence of 'bridges' through space-time. These paths, called Einstein-Rosen bridges or wormholes, connect two different points in space-time, theoreti-

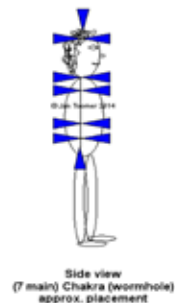
cally creating a shortcut that could reduce travel time and distance."

So, wormholes shorten the distance between two points.

Chakra Wormholes

For this discussion, we will mainly focus on the seven primary physical chakras.

Chakra Pix A



The chakras are wormholes located on our body; each chakra/wormhole goes from the front of the body to the back of the body with the middle of the wormhole located on the spine. See Chakra Pix A. Keeping the chakras balanced helps the physical body stay balanced. If one chakra is unbalanced or blocked, it can affect the part of the physical body that is attuned to that chakra.

(As a side note – keeping your chakras balanced, front to back – is kind of a good thing to aid keeping all of you in balance.)

(Cont'd Page 7)

So why do we have wormholes in our body?

The chakra wormholes also keep the physical body connected to all of the subtle bodies. See Chakra Pix B. It is keeping our subtle bodies connected to our physical body.



But Wait! There is More!

We each also have a wormhole on the side of our head; it could be the left or right side; right over the ear or slightly towards the back. See Chakra Pix C.



This wormhole is used for communication with your team/guides.

What Good are Wormholes, Other Than for Chakras?

We are using wormholes to:

- 1 Create / Manifest
- 2 Time Travel
- 3 Teleport or Bilocate
- 4 Spontaneous Healing

Jumping While Traveling

I had driven a friend and myself from Florida to Virginia to communicate and work with someone's animals. My friend was not able to drive the distance, so I did the driving. For the purpose of this talk, we will say the trip took 16 hours of travel time driving to Virginia. We called our loved ones to let them

know we had arrived safely. (See next page for the A-B demonstration sheet).

After I finished the work, we let our loved ones know that we were leaving at such and such time tomorrow to come back home. After a few hours, I was just too exhausted and stopped at a rest area and took a one hour nap. Still lagging, I got back on the road.

My friend was deep asleep as I drove the dark and deserted interstate.

I decided I couldn't do another 16 hour drive...so decided to try to shorten the time.

I visualized the road moving faster and faster underneath the wheels, and the wheels moving just as quickly to make the trip go faster – but I didn't want to physically speed, so I kept the speed at the posted speed.

I was shortly engulfed in a heavy fog – I could only see a few feet in front of the car.

We arrived back in Florida, and I dropped my friend off and headed to my home for some much needed sleep.

I later found many calls on the answering machine from some irritated people. Our friends had planned a welcome home party, but we had arrived back to Florida well before our estimated time. Apparently we arrived 4 hours earlier than what we were supposed to have.

By utilizing a wormhole, we reduced the travel time. I jumped over – by-passing – 4 hours of travel time without speeding or breaking laws.

Part Two

Time Travel

I came into this lifetime with many in-place memories of having been in a concentration camp in WWII Germany. Needless to say, I was not comfortable with the memories of the atrocities that occurred there, especially with me remembering being a prisoner there.

One day, my team asked me to go back into time and retrieve a box from the concentration camp; this box was taken from a prisoner. I was asked to get the box from the past and bring to the owner in the present.

I was thinking, "Right...I'll get right on that one." Not.

They were persistent, so I got into a medita-

tive state and pictured my self back in the concentration camp. I searched for, and found, the box; I took it and directed myself to find its owner and bring me there.

I "found" myself standing before an apartment door. I knocked and an elderly gentleman opened the door. I held out the box to him; he looked down at it and shocked registered on his face. He eyes sought out mine – so many unspoken questions lingered in the air between us.

I told him I believed the box belonged to him. He gently took it from my hands. I left, and headed back to my body.

One of my fears was the Butterfly Effect; had I altered the present time by changing something in the past?

I cautiously opened my eyes – nope, all seemed to be normal. I checked more – yes, I still had my husband and kids...all seemed normal to me.

I sat back down and asked my team about the Butterfly effect – since I supposedly changed the past, why didn't I see changes in my current life?

They responded that I did alter the past – not on a global scale – but definitely on the time line involving the person that the retrieved item was given back to.

Past or Future Life Regressions

I had had a spontaneous past life regression...and many years later, I actually came across my house from that past life. (You can read the story here: [First Past Life Regression, June 2009](http://www.metaphysical-studies.com/blog/2009/06/30/first-past-life-regression/)). <http://www.metaphysical-studies.com/blog/2009/06/30/first-past-life-regression/>

Memories

I want you to think about a memory of you and water. It could be you at the beach; a pool; a puddle; sitting next to a lake; swimming; a water fight.

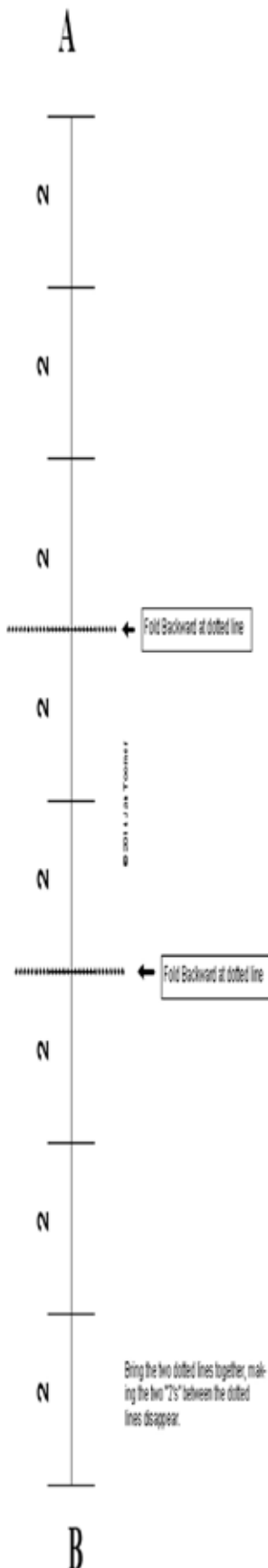
Do you have the memory in place?
What time of the year is it?
What time of the day is it?
What did you smell?
What was your skin feeling?
What were you feeling? What was your mood?

Congratulations! You just utilized a wormhole to access the past! This is a smaller form of using a small wormhole.

You can also access some future memories (Cont'd Page 8)

Using Wormholes – Part One & Part Two

Cont'd



the same way, was well as past life memories.

It is now believed that we do our thinking outside of our physical bodies, and pull those thoughts and emotions down into our physical bodies. We utilize the universal network.

When you pull up memories, it is not actually stored in your brain – but the pathway to access the memories is located in your brain. In other words – using a computer analogy - you have a shortcut icon in your brain that allows you to access the information stored in the “cloud”.

“Anytime you describe a past incident to someone, you are having a past memory – pulling (“seeing”) imagery and relaying it to another. The same principle applies to “doing a reading” or “getting information”. It is past, present or future-possible memories, whether it is actual memories of yours, or gaining the information about someone else or someplace else. Be aware that possible future memories are just that – possible.”
Undefined Reality booklet, 2005.

Because of being able to more readily and consciously use wormholes, we can now access some talents, abilities, knowledge, etc. from our other lifetimes.

Teleportation / Bilocation

My perceptions of:

Teleportation – the act of physically spontaneously leaving one location and showing up at another – a similar representation would be the movie “JUMPER”.

Bilocation – showing up physically at two different locations at the same time – and you were physically seen at both locations.

Teleportation

“It was my turn to drive when we were in the mountains heading for Los Angeles. I was in the left lane with mountains on my left. In the right lane was an eighteen-wheeler truck, and to his right, a cliff.

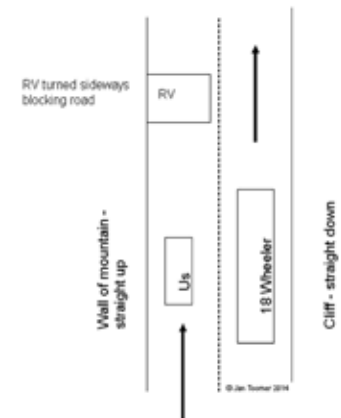
As we descended down the steep

winding mountain road, we came around a curve only to find an RV stopped sideways on the road, completely blocking my lane. Since the eighteen-wheeler and I were side by side, I had no place to go.

I gasped, knowing I wouldn’t be able to stop in time, or get around the RV. My husband, who had been reading a book, looked up and yelled an expletive. We were going to crash into the RV.

The next thing I remember was being beyond the RV, the eighteen-wheeler was still beside me. I looked into the rearview mirror and saw the RV hadn’t moved. Since I couldn’t remember how we got passed the RV, I asked my husband what had happened. My husband had no memory of how we passed the RV either.”
Undefined Reality booklet, 2005.

A wormhole had been created for me to jump over the RV – that space was compressed and temporarily out of my reality.



As we came around the curve in the mountain interstate, I was faced with an RV parked sideways in the road, completely blocking off my lane. The 18-wheeler had no where to go with a cliff to his right, we had no where to go with a mountain to our immediate left. There were no places to pull off of the road.

(This article will be continued next month – Parts Three and Four.)

by Jan Toomer

Comments

Ascended Masters Newsletter #172

Dear Friends,

We wish you a healthy, balanced, harmonic and Light-filled New Year. We have enjoyed our holiday season here and hope that this has been a special time for you as well.

After Christmas, Martin and I left our home and family for four days to be alone with one another and acclimate ourselves to the new frequencies that are filling the Earth plane at this time. In our time away, we had many opportunities for channeling and healing (as well as some sloth and gluttony). Each session provided us the opportunity to more fully embrace the Light and a sense of wellbeing within.

This morning, New Years day, we experienced what appears to be a new level of powerful frequencies unlike anything we have ever experienced before. The Light filled our space so fully, that it left me quite overwhelmed until I could adjust to what we now have available to us.

The message that came through with this Light was emphatic. After the channeling session, I immediately took notes and posted the most essential points on our [Facebook](#) page.

Here, we are offering the full message. We hope you find it useful and helpful.

Many Blessings of Love and Light,

Linda and Martin

The Playing Field is Leveling

By the Ascended Master El Morya Khan

Dear Beloved Friends,

We have spoken many times of the changes in frequencies of your Earth plane and the consequences such changes will create within all life forms and in the planet as a whole entity.

Now the frequencies have shifted very rapidly once again, bringing with them a commensurate change in the power of the Light that each of you can welcome into your forms. We heartily encourage you to welcome this Light within, for to do otherwise may contribute to physical or emotional difficulties for you to endure.

Leia and Manalus [Linda & Martin] were guided to take time out to welcome these new frequencies prior to the full influx that became available on this day in time and space. And even with the additional efforts, they were still a bit overwhelmed by the power that is now available to all.

The effort to sit and be still and allow this Light to fill you can bring many benefits -- not only to your physical form, but to your universe as well.

For you see, each of you resides in the center of your universe, and as a sovereign being of Light in human form, you have a great deal of power, even more than ever before, to influence how your universe will unfold.

The pivotal factor is whether you are open and allowing for all the changes that will unfold, or whether you cling to preconceived patterns and expectations as to how you believe all should manifest. The choice, ultimately, is yours.

Your ego minds will continue to want control as events unfold that you may never, ever have experienced before in this embodiment. (Do be aware, there is nothing new that will occur that has not occurred on your planet before, all will simply appear to be new to you in this lifetime.)

The changes, as we have stated, will be geophysical, metaphysical, and political. All these changes are at the behest of humanity who collectively knows that change must occur in order for your beautiful planet to survive.

That is why you are all here now. You are here to be conduits of Light to aid in this transformation process. **This activity is completely heart-centered.**

As you witness the personal and global events that are unfolding, you will want to have opinions, thoughts, and ideas as to how you believe events should unfold. **This will not be a useful response** because this will necessitate you choosing to close your heart in order to listen to your mind and allow it to evaluate what you are observing and experiencing. **Most frequently this intellectual exercise will be prompted by worry or fear.** So we would encourage you to stop and evaluate why you are choosing this mental exercise and to immediately heal the worry or fear that will become evident. Choosing to fill your being with violet

Light and golden-white Light will lessen and perhaps eliminate the fear so that you may once again become heart-centered.

The fear may also come from a past-life echo that may reverberate within you now. Invoking the healing radiance of Archangel Michael will alleviate this discomfort as well.

The primary factor to be aware of at this time is that all forms of imbalance must cease. All must come into balance and harmony now. This will involve change on a personal as well as a global level.

You will now be entering a time of a globally **level playing field**. Any form of injustice or imbalance will cease.

This will create the Light-infused changes that all have yearned for.

But as events unfold, you will be sorely tempted to decide what is right and what is wrong. Who is right and who is wrong. You will wish to take sides, and want to help engineer how you believe it would be best for these changes to proceed.

In each and every instance, **we encourage you to take another course of action:**

First and foremost, sit and be still as frequently as possible to allow these new frequencies of Light to permeate your being and create healing within. This will facilitate your ability to then let go of the need and desire to have an opinion about how you believe events should unfold, personally or globally. You will know that this powerful Light that is flowing through you will aid you in radiating harmonic, balanced Light from your heart that then can fill your universe.

We encourage you to remain neutral in any and all situations. Be a compassionate invocation of Light for all involved. Be guided solely by the Light flowing through your heart.

And most importantly, **trust that this Light is all you need** to carry you through this time of change.

El Morya Khan

Expansion Publishing

Hilarion's Weekly Message - January 26-February 2, 2014

Beloved Ones,

Many of you will feel heat within your body as your physical bodies begin to activate your DNA/RNA codes. This can be a rather uncomfortable period for you so it is important to stay well hydrated and well rested. Trust that all is well and that you are being cared for by your etheric guides as you go through this process. Listen to your guidance and do whatever is suggested. This process is the beginning of an accelerated transformation that will leave behind all former limitations. The past will fade away and dissolve as you learn to live in the present moment. This will facilitate a greater clarity of mind and an inner knowing that there has been a shift in your perceptions and you will start to regain your divine abilities in whatever way is unique to you. We, your guides and team members assist in many ways to help you on the next step of your journey. You are never alone, Dear Ones, for we walk with you during the intense and irreversible changes that are now beginning.

You have come to this point because of your deep desire to fulfill the destiny that you have chosen as your contribution to the divine plan. This destiny is now beginning to unfold at greater speed and you will marvel at how far you have come in a short space of time. The cells of your being are being regenerated and rejuvenated and you will feel cyclic waves of energy come from within you which can cause periods of dizziness. Remain calm, breathe deeply and stay in a state of peaceful allowance to the new sensations that fill and surround you. There is much recalibration that is taking place within your human operating sys-

tem and your morphogenic field. This will probably scramble your meridian flows of energy temporarily but will rebalance. You will have many episodes of sleepiness and drowsiness as you are attuned to ever higher frequencies as they come in.

Look to the heavenly alignments as they herald the changes that are taking place upon and within your planet and within yourselves. All is moving at a faster rate and linear time is followed only because of the instruments and devices that have been created previously. It is a time to connect to the Source within you on a regular basis in order that you receive the guidance that is needed and that you stay on track with your own divine timing. Everyone has their own inner clock and this is now in the process of being finely tuned so it is important to follow your intuitive promptings as this is where true guidance flows through. All of life is awakening to levels of being that have been dormant for eons.

Those who are attuned to the higher frequencies are in alignment with the many changes that are occurring and as such provide the role of catalyst wherever they may go. As they move about their daily lives they activate the awakening codes for the people around them, known or unknown. As conduits of the cosmic energies, these ones radiate this from their field of energy and it touches everyone and ignites their own individual process. It is most important that these change agents stay balanced in their every thought, word and deed, as this can have impact upon others around them. This is a great responsibility as one comes into awareness that you are in such a role

upon the planet.

Stay uplifted, balanced and in a state of joy as this helps to keep a harmonious balance to those energies that come forth through others as the cleansing process continues. This is your role as light beacons and most of you have learned how to bring yourselves back into alignment quickly. Clear your energies each day before you venture out and again after you come home. Clear and balance each of your chakras so that your vital force is flowing unimpeded at all times. If thoughts appear in your consciousness that tend to bring your focus and energy down, learn to automatically change them to more life enhancing and affirming ones. The days of owning your own power are now upon you.

Until next week...

I AM Hilarion

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575-513-7417 ~ 575-496-7346

Email: lasrucresparanormal@gmail.com

LCPI is expanding and is accepting interests in those wishing to become a team member - contact LCPI for more information!

(Donations are appreciated!)

Secret Ice Garden

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

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

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Milagro Animal Rescue

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