

Reality Undefined Newsletter

DECEMBER 2013

Volume 5 Issue 12

This Plain Text (P-T) newsletter was created for easier loading on smaller viewing screens (such as phones). This newsletter is mostly text-only (photographs and most personalization design elements have been removed).

Something For You - Discussion, Comments, Sharing

A reader (Thank you Sandy!) recommended adding comments, discussion and sharing sections to the articles.

you can click to take you to that particular article where you can comment, have discussions, and share.

I do not scavenge (email addresses) from the comments sections...and ask that you please be respectful when you post (or it will be removed).

This is presented in a pdf format (which does not support that) - but, for the articles that come from the blog, I have comment button links that

I look forward to reading your experiences, thoughts, etc!

Jan Toomer

Book Review - Quantum Jumps by Cynthia Sue Larson

Quantum Jumps: An Extraordinary Science of Happiness and Prosperity by Cynthia Sue Larson. ISBN #9780971934955.

(The author provided a copy of this book for an honest review.)

"...long-held conceptual boundaries between what was considered possible and impossible are blurring..." p. 60, *Quantum Jumps*

The world of science meets the metaphysical, but you don't need to be a scientist to understand this book.

Cynthia Sue Larson takes the reader through an introduction of the "Quantum Age" and contin-

ues on to explain how we all are using quantum jumping in our day to day lives.

Most people have had personal experiences similar to the examples of quantum jumping that Larson provides. Some people may have downplayed their experiences, perhaps having written them off as the occasional isolated odd incident or coincidence.

Larson not only brings these quantum jumping experiences to the readers attention, but also includes easy to understand "how-to" exercises and visualizations to assist the readers to consciously practice quantum jumping.

Additional Favorite Quotes - from Quantum

Jumps

"...we know that each and everyone one of us exists in a superimposed state, with access to many possible alternate histories, presents, and futures..." p. 56.

"...reality most often shifts for people and things at the periphery of our awareness..." p. 192.

I really enjoyed Quantum Jumps, and highly recommend it for all.

Review by [Jan Toomer](#)

Comments

Energy Update – December 30, 2013

Feeling lighter and perhaps more peaceful; a sense of settling; a breather; a cleansing of the palette if, you will. This is the energy that began moving through on Friday and is still with us.

This is in preparation for the new year. A gentle, but not too subtle reminder of hope; of higher energies; a taste of the new, and improved, fu-

ture possible.

By riding this wave, it can carry each of us into the New Year – perhaps setting the tone for the rest of the year; reminding us that we are creators and we can create – and maintain - a positive and more peaceful tomorrow.

Happy New Year.

by [Jan Toomer](#)

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.

The Physical Is A Projection of the Mental or Psychic Reality Underneath

By Peter J McCormack

Once we accept that there are many dimensions of reality not visible to the physical eye, or able to be sensed with the five senses, we can begin to make progress in clearing away the distorted ideas of both religion and science. The Seth Material is perhaps the most significant source of wisdom ever to have been communicated to us. Seth tells us that there is a "dream world" where things are formed whole before being projected into the physical. Thus evolution is far more than the Darwinist idea of physical elements gradually coming together over millions of years and somehow accidentally producing consciousness. Consciousness is the source of the physical universe and it has always been in existence.

Many concepts are almost impossible to describe in words. "Consciousness" is perhaps the best word we can find to define the underlying source of life. It is the source that creates form. It exists without form; it creates many different types of form in order to manifest and know itself, and form is not always physical as we know it. There are psychic structures of enormous complexity and power that are not visible in our terms.

Bodies, buildings, mountains, oceans, rivers and all of the physical earth exists in psychic form, underpinning the objective world we can reach out and touch. Our bodies have psychic "astral" counterparts within us. Those who have out-of-body experiences, and there are millions, de-

scribe being able to go through walls and doors and any physical barriers that would normally block their way. Many truly gifted healers in our world can actually see the inner bodies.

The intellectual world mocks this idea through ignorance, not cleverness. Many religious people prefer to believe a simple version of reality that is just God and Man. People at many and various stages of evolution share the world at any one period in time. Some less evolved people, however clever they may be intellectually, simply cannot grasp the reality. It is part of the evolution of the race that each conscious unit develops its own knowledge by experience. They will perhaps have to wait for their next reincarnation if they stubbornly refuse to learn. Evolution is slow and painstaking work. We all have many lives on earth before we become ready for higher things.

If we simply open our minds to sensing the greater reality in our inner consciousness we can make great progress. What is thought, for instance? It is invisible but who would deny its existence? Try to stop thinking for a while, even for a few seconds. We can't do it. Where does thought come from? This is the first simple way of directing our attention to the existence of a personal inner energy that cannot be seen but is an essential part of who we are.

Once we open the door we find ourselves gradually remembering who we are and from whence we came. We discover a source of endless en-

ergy and creativity that we can tap for anything we desire. This does not necessarily mean great wealth, although it might do, but it is more satisfying to discover our hidden talents and our potential purpose in this life. Discover Love in all its splendour and power. We discover that Love is Consciousness in its purest form. The idea of "God" has been distorted so much that many reject it altogether, but God is Love, Love is God, All-That-IS, the Source. The words are only symbols for the reality and the understanding goes deeper than words.

I recommend readers to look at the Seth books and find out for themselves the wealth of knowledge they provide. Details are immediately available on my site attached to this article or by searching in your own way.

Peter McCormack grew up in an extreme Christian sect called Exclusive Brethren and eventually rejected their ideas and became agnostic. The early death of his wife Rachel then led him to search for where she had gone. He found her, alive and well in another dimension, not asleep and not awaiting a resurrection but getting on with another stage of life. Her life includes music and dancing and social intercourse with old and new friends. His convincing and moving story is told in a book, "Wings of the Dawn", details of which are at <http://www.edenvalebooks.com>

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Top Five Ways Reality Shifts

by Cynthia Sue Larson

August 10, 2000

Our thoughts and feelings change reality around us every minute of every day. Most of us notice that time doesn't always move in steady, sequential fashion... that sometimes it seems much slower or faster than usual, or like it has stopped altogether. Many of us usually get parking spots when and where we need them, find that traffic lights turn green at just the right times, and that friends will phone or write when we think of them.

These wonderful synchronicities happen when we're feeling energized and flowing with the feeling of love, whereas we tend to notice more chaotic shifts in reality (in which our keys or purse or coat seem to move around by themselves) on days when we're feeling emotionally high-strung and discordant. At times like that it's easy to feel that "my possessions are causing me suspicion, but there's no proof", as in the song "Don't Dream It's Over" by Crowded House!

You don't have to have ghosts in the house in order for reality to shift around you! Current research in the field of distant healing (or intercessory prayer) is scientifically validating the theory that our thoughts and feelings have non-local effects in the world around us. Two medical journals recently published articles on their double-blind studies of distant healing, with statistically significant findings that sick people get better when prayed for (December 1998 West-

ern Journal of Medicine, October 1999 Southern Medical Journal), and Scientific American's April 2000 issue sported a cover image of quantum teleportation machine! We've come a long ways from the days when non-classical behavior of quantum particles was dubbed, "spooky action at a distance" by Albert Einstein, and tomorrow's technology (such as quantum computers) will be counting on what was considered to be quantum weirdness just yesterday.

When we consider the entire range of reality shifts from the "Shift Happens" variety (where that missing sock never comes out of the dryer) all the way to conscious reality shifting, we discover a wonderful smorgasbord of changes that we can create in and around ourselves. Don't worry if you read through these examples and don't feel that any of these things have happened to you -- if you want to experience them and start paying attention to the possibility that these things can happen, you'll be more likely to notice them in the future.

Here are the top five types of reality shifts (given in no particular order), with some examples listed for each type:

(1) Appearances

Groceries in the cupboards and refrigerator, letters in the mail (or mail arriving more than once in a given day), a book (or record or clothing or toy) arrives in a store that didn't have it just a moment ago, a friend shows up or writes or phones who you were just thinking of.

(2) Disappearances

A car vanishes in the road ahead of you or in the spot you need to park in, traffic clears up ahead of you (when moments earlier a traffic jam was imminent), household or personal items vanish without a trace for no apparent reason.

(3) Transportations

Things thought to be lost years ago arrive unexpectedly in mysterious ways, something needed from a distant location arrives without explanation or any apparent means of delivery, objects move back and forth between friends' houses without anyone carrying them there, keys and coats and glasses and wallets move around inside our homes with nobody moving them.

(4) Transformations

Cancerous tissues become well again, cuts and bruises and burns vanish, hair that was straight becomes curly, spontaneous remission of cancer, coming out of a coma, facial features change, traffic lights suddenly become green when they were in the process of turning yellow.

(5) Changes in Time

Time slows down, stops altogether, or speeds up... or there is a communication across time. Read my articles [I Felt Time Slow to a Stop](#) and [Time Travel Reality Shift](#) for some real-life examples of this.

Cynthia Sue Larson
[RealityShifters](#)

The Spokesman

As many of you know I work closely with my team (guides) and have a gatekeeper in place to filter beings who want to communicate with me, work with me, send messages through me, etc. (aka channeling).

I was pleasantly surprised when my gatekeeper had previously brought Earth's team forward to give me a message to share.

This morning I had another surprise. A being (energetically) popped in and announced, "I am from the Ardth Colony."

I am pretty sure my energy showed a "blank expression" (was I supposed to know what Ardth was?) followed by caution; his energy clearly read 'predator'.

It appeared that we were both waiting for something from one another...him, a response from me; me, an explanation from him.

We stood and waited.

I called in my gatekeeper and asked if he okayed this guy (yes) and did he realize that he sent me a predator (again yes).

Okay...an explanation was clearly needed. I returned my focus to the spokesman from Ardth. I figured I needed be blunt about this.

Me: You are a predator.

Him: Yes, as you are.

Me: What do you want?

Him: Share a message.

Me: With me; for the book; or an article?

Him: ?

Me: A message relevant only to me.

A story for the book.

Or a message to share in an article for my web/blog.

Him: Article

Me: What do you want to say?

Here we moved back into more sharing emotions/imagery – and this is what he shared:

The species on Earth (human and animal) are not the only predators in existence. All predator species across time and space have worked on or are working on raising their energy vibrations to transcend the need or desire to consume other life forces; to transcend the desire or need to suppress, dominate or control others.

Continued on Page 4

The Spokesman Cont'd

We are your cousins, if you will, and had worked on similar goals.

We have been watching you (humans) and are pleased with what you have accomplished in a very short time.

At this point I stopped the session and called in my gatekeeper.

"I am getting frustrated. This is all been heard before; it is not new information. Are we practicing a connection or what? What is the purpose of this channeling? I don't understand."

As I have mentioned before, my team uses various communication techniques to get a message across to me; mental pictures and feelings/emotions; my own personal memories (to let me know that the message is that it is similar to this experience – or that the emotions I felt in this experience are what so-and-so are feeling) or other memories.

Oh, and they can have a sense of humor when appropriate.

So my gatekeeper's response was to remind me of the candy bar commercial where the main character is told by his or her friends to have a candy bar because they aren't themselves when they are hungry.

In other words, my gatekeeper was humorously reminding me that I had been up for quite a few hours and hadn't had breakfast; I was over hungry and a bit cranky which made the connection between me and the Ardth spokesman unfocused...so go eat.

After Breakfast

After breakfast I worked to re-establish the connection with the being from Ardth.

His message came through more clearly this time.

He wanted to let us know that others before us – predatory, hostile, warring civilizations (not confined to our planet; other worldly, other dimensions) - had risen energetically beyond those states or heavier, denser energies.

For some it took almost total annihilation or spe-

cies, planet or both.

For others it was a more peaceful transition.

What made the difference? The smoother transition included accepting/taking responsibility and moving forward with group intent of what is best for all (planet and all species) – not the singular individual.

He flashed a smaller scale example of what Iceland did to save its country; the people took responsibility and moved forward with what was best for all the people, not self-serving individuals.

The decision is ours.

Message received and now shared. Thank you Ardth spokesman.

by Jan Toomer

Comments

(The following is a simplified answer)

Question:

I was talking about my grandmother who died when my father was 3 months old (so I never knew her). I have always felt close to her, and at times have called on her for help/advice, but she had never responded to me.

My friend (who also does readings) looked at me and said that I was my grandmother. "She can't respond to you because she is you."

1. Did I inhabit my grandmother's body or is she in mine?
2. If she is in my body, then do I not have a soul or is my soul somewhere else?
3. Time is not relevant – therefore, am I living in two bodies (or more) simultaneously?
4. Who is my soul / higher self – me or my grandmother?

Jan's Answer:

When we planned our current life / soul growth experiences, we also decided beforehand other things...like what abilities to bring with as well as how much of our soul to put into the current body.

Who Is My Soul?

Our physical body does not contain 100% of our soul; we decide how much is needed per lifetime, to accomplish our goals for each lifetime.

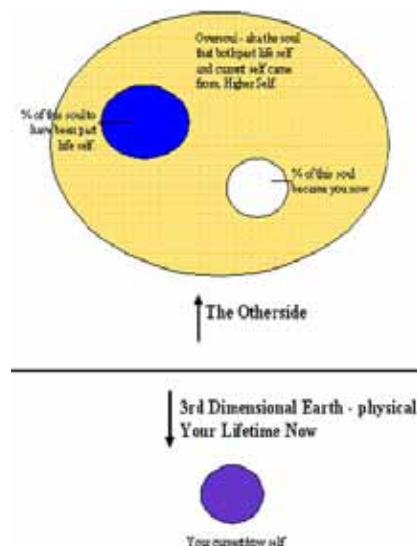
We'll say, for example, you decided to bring 20% of your soul for this lifetime. But you can run concurrent lifetimes (time is not linear) – so you could have 32% in a "past" lifetime; 43% in another lifetime.

However, you leave a portion on the other side to help guide the physical selves...this is your higher self.

Who Is My Soul?

You are the 20%, 32%, 43% and the one on the other side. All one soul, just utilizing different physical vessels (aka, bodies or suits).

Your soul is in your current body – and you also utilized a percentage to have a life as your grandmother. You are not inhabiting her body – nor is she inhabiting your body. You each chose physical bodies to accomplish what you each needed for that lifetime.



Taking it a step further – you technically could receive guidance from your grandmother. Her lifetime and experiences – and therefore her knowledge – are different than yours in your lifetime.

Who Is My Soul? ... Cont'd

(Having said that, we can't always contact our loved ones – or other soul selves; they may be working on something else and cannot respond.)

My grandfather had visited me the night he passed away...then I couldn't feel, hear, or even find him for umpteen years. Then one day he just popped in. He explained that he had been over at _____ (star system) and was involved in some intense learning/training exercises and couldn't respond to me – though he did hear/feel me.)

At Home Experiment

1. I recommend you do this in or by the sink.
2. Get a mixing bowl (or large water pitcher).
3. Put three different drinking cups/vessels on the counter/in the sink (example: coffee cup, juice glass, milk glass).
4. Dip each cup into the mixing bowl, putting water into each cup/glass.
5. In your (for example) coffee cup, place a drop or two of red or orange colored drink (like orange or cherry juice); in the second cup, place a drop or two of milk (or milk substitute); and in the third cup, place a drop or two of another food substance with color.
6. Each cup of liquid started off from the

same place...the mixing bowl water (soul/higher self).

7. Each cup (physical body) has a different shape which holds some of the mixing bowl water.
8. Each cup has had different experiences (colored food substances).
9. When your physical body dies, your soul from that body (the water in that cup) goes back to the mixing bowl (rejoins soul/higher self on the other side) bringing with it the experiences it had and is now incorporated back into the mixing bowl. The experiences are now shared.

Side Note

Some people feel that when we have past life dreams or the sense of déjà vu, we have actually tapped into our soul self in that lifetime. We also seem to be able to have "memory experiences" – and those can be when the two soul lifetimes connect to aid one another – like tapping into and borrowing the other lifetime's knowledge or experience to aid us - perhaps during a difficult soul growth period.

In the past, not very many could consciously access the abilities, knowledge, experiences,

Bound by the Illusions

And it is all a lie.

We are dressing up, playing pretend and somewhere along the way we got so involved in playing dress-up and pretending that we forgot that it wasn't real.

We forgot we were here to grown and learn... but we lost ourselves to the game.

The Good News

The good news is that many have begun to realize and understand the illusion. They have begun to put away the toys and distractions; and to remember who and what they really are.

Some haven't come that far yet. Some are still wrapped up in the pretend game; some are beginning to be uncomfortable and aren't quite sure why yet; and some sense a wrongness and have begun searching for the truth and for what is real.

We are awakening from very long slumber on planet Earth.

So Who Are We?

etc. of their other lifetimes. However, the veils, walls, barriers, etc. between these lifetimes has thinned considerably. We are now beginning to have more access to our concurrent/simultaneous lifetimes knowledge, abilities, etc. as long as it does not interfere with your own soul growth plan and if you want to access some of that information.

Reading More:

A good book on the subject of simultaneous lifetimes and the higher self (oversoul) is *The Oversoul Seven Trilogy* by Jane Roberts.

Share!

Okay, I have shared my understanding/beliefs on this topic...please share yours! Place it in the comment section below; please be respectful (see "Disclaimer" under "Contact Info" above).

by [Jan Toomer](#)

Comments

I looked at the tag she was wearing. It had the store logo on the top, followed by "Hello, my name is..."; and then her name in bold black letters.

She saw me looking at her tag. She pushed her shoulders back ever so slightly and stood a little taller.

That tag identified who and what she was; it gave her a purpose; a place in society; an identity.

And it was all a lie.

* * *

During our physical life we all struggle to find our place and to find out who we are.

We identify ourselves – and our "worth" – by how others see us; by our job; our cars, homes, clothing; or our financial status.

We identify ourselves by society's illusion of whether or not we "made it".

We identify ourselves with materialistic external platitudes, facades and falsehoods.

This lifetime on Earth is but a miniscule drop in the bucket in the reality of our existence.

Our true goals are to grow spiritually; to learn and understand and experience; to aid others in their growth, understandings and experiences (without subverting their free will), and to move beyond self-induced (or societal accepted) physical limitations and understand that we are creators.

We are only bound by the illusions we accept.

We are beautiful beings of Light; and we each came from the Source.

We are pure energy that, in reality, is not bound by the physical dress-up suits that we wear.

Many are casting aside the distractions and are stepping away from the pretend game.

We have come a long way – and there is so much more awaiting us.

by [Jan Toomer](#)

Comments

Linda Stein-Luthke & Dr. Martin Luthke, Dec. 21,2013

Happy Winter Solstice!

We had an amazing channeling from Archangel Michael this morning. It does not directly relate to the solstice, but more to the energy we are all feeling now from what some have termed "the chaotic nodes". Although this term was not used by Archangel Michael, I have seen it used in other channeled material. (Notably Tom Kenyon, whom we heartily endorse.)

What was significant for us is that a general sense of feeling unsettled and inadequate to cope seems to be occurring for most of us at this time.

Michael very specifically addressed this issue and said that this is a global situation. He suggested that we look at all the world leaders and

see that they are struggling with a sense of frustration because all the third dimensional remedies that they've tried are failing.

He said very clearly that any third dimensional efforts that any of us try using or efforts of ego consciousness will also leave us feeling frustrated.

The only remedy for all of humanity is to realize that we must now access these higher frequencies that are available to us now. He suggests that we open our hearts to allow this energy to guide us and move in concert with our Light to address any and all issues that may be troubling us. No other solutions will prove successful. Working in concert with these powerful new frequencies is the only way to go. This will cause us to re center, re focus and realize that if we are

aligned with our Light then the stress will cease and the difficulties will cease as well.

He cautioned us that we cannot "fix" anyone else who may not understand or want to be aligned with the Light. By re centering and re focusing we are dealing with what each of us needs to do for our own self. This is very important to remember.

We each reside in the center of our own universe, and when we come from peace, harmony and balance within, this changes our focus and the nature of our universe.

Time to do a lot of sitting, breathing, invoking and asking for help. The help will come. Just ask.

[Expansion Publishing](#)

Frustrations

Following the last full moon, and its accompanying energy download, some people are feeling besieged by frustrations (relationship/interactions), especially frustrations from the past about not feeling protected or supported; not feeling heard or acknowledged; or perhaps feeling used.

These may be presenting themselves as:

- Dreams with scenario(s) of you being frustrated; can be symbolic and pointing to an actual event you had experienced.
- Memories replayed in dreamtime.
- An actual current even which has you frustrated and an old memory popped in from another incident that you had been frustrated about (a current incident triggered a memory of a similar event or feeling).

Frustration is an energetic indicator of conflict; an imbalance or disturbance in your energy; unfinished business. Unresolved frustrations (energy-wise) need to be cleaned up/healed.

And if you look closely, energy-wise, frustration is actually interwoven into the victim role – feeling powerless about _____.

Realize that you can make a decision to not be in a position of frustration anymore; find a constructive way or manner...NOT destructive.

Current Frustrations

POV – have you tried to see the other person's point of view? Does that give you new perspective or understanding?

Question Self – looking at it objectively – are you

being inflexible or unreasonable?

Greed – are you being greedy?

Talking it out – have you tried expressing your feelings in a constructive way (not attacking the other person – rather using the "I feel" way)? Perhaps the other(s) do not know you feel this way.

If none of this "fixes" it, then what?

Make some decisions and step forward.

Think outside of the current frustration... what can you do – constructively – to regain balance? Get creative in a positive way. Try to look at it from every direction.

Sometimes stepping forward may mean to pull away from this person or persons. This doesn't necessarily mean that you will no longer have any contact with that person or persons; maybe it just means to finish project/event without them.

Heal the Energy

Just because the current situation has been resolved doesn't necessarily mean that the energy imbalance was healed. I recommend healing

1. your energy *tied* to the incident
2. the energy *between* you and the incident, as well as
3. the energy *between* you and the other person(s)

Reiki, Ho'oponopono, prayer, and/or White Light are some examples of how you can begin to work on healing your energy.

(You cannot heal the other person(s) without their permission – free will. You can however, request that the healing energy be available for the person(s) for when they are ready to heal.)

Oftentimes when you've healed the energy connecting you to the #'s 1 through 3 mentioned above, the other person(s) may experience a shift as well.

Past Unresolved Frustrations

The past is gone, so how are you supposed to heal it?

Time is not linear, so time is irrelevant.

You cannot physically bring the person(s) back from the dead – but you can heal the energy using the same methods above.

Bonus! The deceased may possibly benefit from you doing your energy healing.

Be Aware of Your Energy and Your Reactions

Watch your energy and your reactions to see if there is an imbalance with your energy; work to maintain that balance and keep any heavier energies from weighing you down.

We are all working towards harmony and balance, so holding on to frustration does not benefit you in reaching that goal.

by Jan Toomer

Comments

Ascended Masters Newsletter #171

Dear Friends,

The holiday season tends to bring a mixture of emotions for so many of us. We remember years gone by. The good memories are mixed with a sense of loss for loved ones who are no longer with us. The bad memories bring a tinge of worry or fear that maybe this holiday season may not be as we might wish it to be.

Then there is the worry that we may not have enough to give. If we have enough, we may feel guilt for those who are not as blessed as we are. Frequently, the spirit of the holiday season is lost in our own personal story.

This morning, in our channeling session, the Light of the Christos came to us. We experience this Light as a golden-white radiance that far transcends the identification with one religious faith only.

The message of Jesus was to realize that we all possess the Light of the Christos. At this time of the celebration of Jesus' birth, we welcome this Light into our Earth once more in a ritualized manner that can open our hearts anew to realize this grace within.

In the channeling this morning, the Light of the Christos offered us an opportunity to understand how we can bring this Light into our lives during this special time of the year. And, perhaps, this time we can let go of our worries and fears as we do this. If we can remember that this celebration is to renew our awareness of this powerful healing radiance within, would this not be the best gift we could give ourselves?

We send blessings of love and Light to each of you.

May this holiday season be filled with peace, harmony, and balance as you embrace the Light of the Christos.

Linda and Martin

Let Go of the Worry and Trust the Light

The Christos

Dear Beloved Friends,

We come to you to help you understand the

power of the Light you now carry. We are with you always, and as we've watched you grow into the powerful Light that now fills your being, we have seen how you have consciously chosen to alter how you respond to events that are occurring on your Earth plane at this time.

So much has unfolded in this past year, and as this year is ending, you are allowing yourselves an opportunity to review what has occurred, how you have responded, and wonder what the new year may bring.

The year that is closing was considered quite pivotal in the evolution of mankind as you all move closer to complete awakening as sovereign Beings of Light. Some have chosen to leave the Earth plane prior to complete evolution into awakening. Some have chosen to delay the process of awakening. Others have embraced the new frequencies and allowed their lives to be altered as the Light has created changes within. Each in his or her own time will find it necessary to allow this opening to occur. The Light will guide you as to how this opening occurs for you. You may trust that your path is perfect for you.

Our function on the higher planes is to help all evolve to be fully comfortable with the increased frequencies of Light filling your plane.

Those who read these words have opened more fully and are now ready to understand more of the finer nuances associated with the new frequencies that are propelling the awakening process within each of you.

As you've opened to the new frequencies, you've noticed that you are becoming more heart-centered. Where previously you allowed your ego mind to guide your life, now you are opening and listening and allowing your heart to help you know what is in harmony and balance for you in each situation. When you have moved to continue a pattern that has been disharmonious, because of the powerful Light you now carry, you have quickly realized that such a choice will be most unpleasant for you, so you have chosen to change course and reconsider what will be a more harmonious path.

Now, as you enter this time of great celebration, you are finding that you are not as comfortable with the stressful feelings that have often accompanied this season. You wish to create change in your life here as well.

Even the most trivial worry can affect your sense of balance and harmony leading to greater discomfort rather than the sense of joy you'd much prefer in your life at this time of celebration.

We encourage you to be vigilant in your thought process. You have had many years to experience holiday celebrations. Perhaps this can be a new beginning for you this year.

Give yourself permission to more fully embrace the powerful, healing radiance of the Light of the Christos as it fills your life and your being at this time.

Each time the slightest worry comes to your awareness in your mind, ask this Light to fill your heart instead and listen to the message of love and healing you will easily find there. If your worry involves any kind of fear of lack, refocus your state of mind on gratitude instead. And if you still cannot dispel your fears or worries, allow a sense of compassion for your experience and trust that the Light will bring the healing you desire.

When you are open to allowing this Light more fully into your life, you will find that the reason to worry and/or be fearful will disappear.

You will see that in every moment this Light that is filling you is loving you unconditionally. It is a great gift that you can give self. It is the most perfect gift that you can then "re-gift" by radiating it to your family and friends. When you allow peace, harmony, and balance to fill your being, you bring it into your universe as well.

Is this not the true message you choose to share with your world at this time of celebration?

Allow and receive.

Know we are with you and that you are loved always.

The Christos

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