

A Lightworker's Gathering: An Awareness Exploration Group

Linda Aragon and I have created:

A Lightworker's Gathering: An Awareness Exploration Group

This is a small, informal group setting. Each meet can be a new topic - which can be paranormal, metaphysical or spiritual in nature - (or an open discussion day) where Jan will present her understanding and/or beliefs on the topic (and possibly share some experiences).

If there is enough time, the floor goes to others sharing their experiences, understandings and/or beliefs; discussions and asking questions about the topic.

The group is kept small to allow us discussion or sharing time.

March 20, 2014

10a-12noon

(Las Cruces location provided when you pay)

\$10. per person - sorry, no walk-ins.

March's Topic: Energy Signatures.

We will talk about energy signatures - or flavors - what it is; how to begin to recognize signatures and what use they are.

For more information and to sign up:
<http://www.metaphysical-studies.com/blog/2014/02/04/a-lightworkers-gathering-an-awareness-exploration-group/>

Lifetalks - A Deeper View of Flow - A Talk with Earth Guardians

with Dawn Baumann Brunke

One day, while talking with a variety of animals to learn more about the subject of shapeshifting, I was pleasantly surprised to meet a group of beings who began to talk with me about the earth and the way all life undergoes a "shape shifting" of both physical form and consciousness.

These beings identified themselves as guardians of the earth, or, as they put it, "We are guardians - guardians of the earth, but more specifically, of the deeper nature of things. We could give you a title, but it would only be that, a label, a way for you to order things, and that is what we are encouraging you not to do. We offer assistance to beings who work with recovering (or, uncovering) the deeper nature of earth herself, of discovering how evolution, especially of animal forms (including humans) began from a single river of thought, of life-giving form and energy."

Oh, this is going to be interesting! I thought, and settled in to listen to what the earth guardians wanted to share.

"As you continue to deepen, you tap into a vast, deep reservoir of energy. It is like an underground river - old, ancient. It 'flows' beneath the surface of things, which is to say, at a deeper layer than appearances. It moves to a deeper rhythm, pulses closer to the heartbeat of this very earth. To our way

of seeing things, that is where the real core of nature resides - in the deep.

"All molecules of living things connect to the earth herself, to the soil, and even below that - to deeper waters and matter of the earth. We are not apart from the earth; we are a part of the earth. When you tune into this way of seeing things, this deeper perspective, you truly do see that hurting the earth is harming yourself.

"As you look deeply to the core or origin of your human beginnings, to the ways in which your particular form evolved - both individually and as a group, both species wise and as a planet - you see that all of these events are interrelated. There is not one line of evolution without all others. That is essential to understand.

"It is in this sense that you can 'move' into the form of other species. It is this type of evolutionary planning that allows you to share consciousness with another species' being." I was reminded at this point of the experiences I had of 'sharing consciousness' with my dogs and with other animals - birds, cats, fish and a lion. It was this form of shapeshifting that intrigued me, this ability to join in consciousness with another being and experience the world through his or her eyes.

"Yes, we are like the Underground People that spring up to the surface of the earth

when someone is attuned to hear our words, our thoughts, the gifts we have to share," the guardians noted.

"What information would you like to share with others?" I asked.

"First, we wish for individuals who are working with the energy of the earth - and this includes many far-reaching aspects, from gardening and farming to conservation, water treatment and pollution treatment, and even into the more arcane sciences, such as working with animals, shapeshifting, even forms of ritual energy making - to focus first on deepening, and making contact with the earth beings.

"There are many, many varieties of earth beings who work at various levels. For example, there are some devas and fairies who work close to the surface of the land. There are deeper beings as well, energy beings or guardians of the land, each specific to a certain place. Deeper still are energy beings of the soil, the plants and trees, of the mountains, lakes, rivers, marshes, ponds, deserts, rainforests, etc. Deeper too are the energy beings of the earth's surface, or the earth's deeper layers, of molten energy, of a water energy (both surface water and deeper water - the oceans and lakes also have many specialized versions of this unique to the waters). A bit deeper still you find us, the guardians of underground rivers and currents of energies (some even of air), of stone.

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Lifetalks - A Deeper View of Flow - A Talk with Earth Guardians Cont'd

And there are deeper beings yet, some who reside (though I do not mean that in the way humans would think of residing) at the core of the earth. Those beings are very powerful, very compact, very bright; their emanations can be felt right out to the surface of the planet and even beyond. In fact, many of those beings are responsible for bringing in communications from other planets and galaxies, including other dimensions.

"Second, we wish for all beings in this work to begin to attune to a common purpose. This is difficult for some humans who are very focused on agendas and schedules and rules of order. We do not mean it in this way. What we are speaking of is more like the notion of a tuning fork - our wish is for all beings to begin to feel within their inner beings the vibrations that serve to link and unite this planet so that we may all better work together.

"The earth has certain discordances at this point in space/time, in this reality. There are other dimensions on the earth who are working to fine-tune these vibrations. In a sense, they have already established the

tone for the planet and are working to help others to 'hear' this sound of the earth. By this we mean a sound that humans have the ability to tune into. The very tuning into it begins to help change them, to attune them to another mode of being. And so in this sense, you see, everything in this world is about shapeshifting!"

I smiled with this observation and how the earth guardians had so wonderfully guided their conversation out to the depths of the earth and back again, to the very beginning of our discussion.

"I know what you mean," I said. "In essence, we are all shapeshifters, for we are all constantly changing. Our life is a shapeshift; our creations are shapeshifts. I was just thinking this morning how everything is thought, everything we do or make is seeded in thought, which is a kind of shapeshift."

"Yes," agreed the earth guardians. "There you go... and here you are! Here is the deeper sense of shapeshifting, the deeper essence of what we speak. When you think in this way, it is as if you are drinking from

our river, for it is this type of fluid (we are primarily of the waters, so our metaphors tend to be watery in nature) connection that is at the essence of all creation, all evolution.

"We encourage all humans to continue deepening, connecting and experiencing the vibration of 'being' at more essential levels. Remember to listen to the tones; listen for the sound of the earth. That too, is you, all of you - all of us."

Dawn Baumann Brunke is the author of *Animal Voices: Telepathic Communication in the Web of Life* and *Awakening to Animal Voices: A Teen Guide to Telepathic Communication with All Life*. Both books explore the deeper nature of our relationship with animals, nature, each other and ourselves. For more, see [Dawn's website](#).

(This article first appeared on [TimelessSpirit.com](#))

In Las Cruces

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A.R.E. Spiritual Meetings - Meetup.com (search *Las Cruces Spiritual Meetings* - 88012)

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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

Using Wormholes – Part Three and Four

Using Wormholes - Part One
Using Wormholes - Part Two

Bilocation

I Didn't Even Notice I Was Gone

"One Saturday afternoon while I was standing in a long line at a hamburger place, a young woman approached me with a toddler propped on her hip. "Hi!" she greeted me.

I smiled and nodded. I did not recognize either of them, so decided to hear what she had to say, and hoping it would jog a memory. She continued, "I just want to say thank you so much for coming over last night. I don't know what I would've done if you hadn't come," she looked into the smiling face of her child, "he's a completely different child now."

I was totally clueless. I had been home the previous night, curled up on the couch with my husband listening to Narada. My instincts told me to go with the flow, so I reached out and gingerly touched the child's lower jaw line. Ah! He was teething. The stranger was still speaking, "Cassandra," (she even knew my name!) "The frozen washcloth helped so much. I can't believe how I was at my wits end when I saw you walking up my driveway."

A picture popped into my mind; dusk, walking up an unpaved driveway to a house, way out in the middle of nowhere. A house I didn't know.

"I still don't know how you happened to be way out there, but I sure am glad you showed up when you did. I got the teething gel at the store today. We are all feeling so much better now. By the way, did your ride ever come by and get you? I was so worried that they wouldn't find you, I mean, there's like nothing out by where I live."

I smiled and told her I got home just fine, thanks, and was glad everything worked out so well for them.

To this day I've still not got a clue about whom they were. She said good-bye and headed out the door.

I smiled and continued to wait in line for lunch." *Undefined Reality booklet, 2005.*

Answering the Call

"I was a young teenager, and was just drifting off to sleep. I heard a call (a feeling/sensation/knowing) that I was needed somewhere. As I doze off, I remember arriving in an old barn. The smell of old hay and a feeling of an oppressive heat were all around me.

A young boy grabbed my hand and began excitedly talking while dragging me further into the barn – and my ears didn't understand a word he was saying. The language was unfamiliar to me.

I was brought to an older man who apparently lay where he had fallen. He was very ill. The urgency in the boy's voice told me to help him, and quickly.

I remember working on the old man – then...

I woke up, sick as a dog. My mother would come in and out of my room, giving me either Tylenol or aspirin, checking my fever. I would fade in and out of sleep.

I next woke up to a strange man standing with my mother beside my bed. He was telling my mother that the symptoms all fit yellow fever, but my mother was adamant that we hadn't been anywhere that I could have come in contact with that.

I don't remember how long I was bed ridden – most of the time was spent sleeping a very deep sleep, only to be awake to have liquids and pills shoved down my throat.

When I was able to start staying awake, my mother had told me that she convinced a doctor to make an actual house call – but she never discussed anything else about the illness." *Undefined Reality booklet, 2005.*

Be Careful of What You Ask For!

"While I was attending classes to learn about the metaphysical realms, I asked for proof of my work during my sleep – temporarily forgetting "be careful what you ask for!"

I dreamt it was the middle of the night and I was suddenly standing before an older two-story house with a barn off to the side. I noticed smoke coming from the house. I ran in and found an elderly couple in bed on the second floor. I was unable to wake them so I grabbed the woman and dragged her

down the stairs, placing her safe distance from the burning house.

As I raced back to the house to rescue the man, I realized the blaze had intensified. It wouldn't be long before the house would start to collapse.

My lungs hurt and I felt tired and gritty. I ran back upstairs and struggled to get the man out of the house. The house began caving-in as I struggled through areas of collapsed supports. I climbed over and crawled under the supports while dragging the man. Somehow, we both made it to safety. I saw flashing lights heading towards us and knew the couple would be okay. I left.

I awoke in the morning very sore and tired, but I didn't remember the dream. While taking a shower, I found scrapes, some cuts and bruises on my back, hands, arms, and legs. It was only then that I remembered the dream." *Undefined Reality booklet, 2005.*

I went to bed, had the experiences, and awoke in my bed the next morning. Are these last two bilocation, teleporting or something else?

Healing

We've all heard of the stories of a cancer growth spontaneously disappearing – or some other example of an illness, imbalance, dis-ease, etc. just disappearing.

I had had Fibromyalgia. This was back when it first was named, and many didn't believe it existed. I was told the pain and inability to sleep was all in my head. It sure didn't feel like it was all in my head; the pain was all encompassing.

I went to my naturopathy that changed my dietary intake and recommended for me to go to low impact exercising.

The pain and burning lessened slightly, but I still couldn't sleep and any physical movement (like putting dishes in the dishwasher) meant excruciating pain later.

I decided I needed to do something to change this – that things would not get better unless I did something.

I decided that I didn't want Fibromyalgia anymore. Period. No pain; no Fibromyalgia-related insomnia; no increased pain with physical movement.

Fibromyalgia Pix – Fold on the dotted line by the large type "Fibromyalgia" then move
(Cont'd Page 4)

Channeling

that fold down and line up with one of the "decisions". This shows creating a wormhole to move/shift to a new reality (or stay in the current reality).

I shifted my reality to no longer include Fibromyalgia. So, I jumped to a place – made a new reality – where Fibromyalgia was no longer part of my reality.

Healing the Past

In a recent article (*Frustration*, Dec. 30, 2013), I wrote about healing the past.

Remember accessing a past memory is using a wormhole to access that moment. You can heal your ties to that incident, releasing any energetic anchor to that past incident. Once that is done, that energetic tie to the past incident is gone and no longer influencing your reality. You have shifted your energy to no longer allow that to weigh you down.

Part Four

Creating New Reality

We have been quantum jumping – or utilizing wormholes – for most, if not all, of our current life. However, we are just now becoming consciously aware – so now we can begin to consciously participate.

Sometimes we can perceive some changes to our reality by observing subtle differences or changes.

One example may be:

Perhaps you remember the neighbor's house as being painted brown...but you wake up one morning and their house is painted an off white.

When you ask them about painting it the new color, they are confused. Your neighbors, and everyone else in the neighborhood only recalls it ever being off white... never brown.

In Closing

Some of you may have noticed that the individual categories may have overlapped into other categories. This is because it is all energy; everything is energy; so everything is interconnected.

It is the conscious moving of energy to make it go where you want (where your thoughts go) and do what you want – it is shaping your reality by working the energy.

Because we are able to use wormholes, we are capable of so much more than we realize. The examples I provided are literally just the tip of the iceberg.

Each decision we make – or don't make
Each action we take – or don't take
Each thought we give energy to

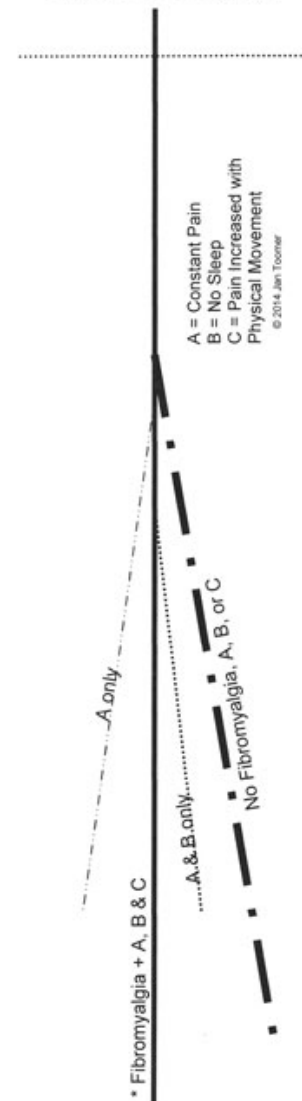
Is shaping and manifesting our life; our individual realities.

As we each actively, consciously participate in our own reality, we can refine our creative ability...we can also begin exploring and working on "What else can I do?"

Note: Cynthia Sue Larson's book "Quantum Jumps: An Extraordinary Science of Happiness and Prosperity" goes into more detail than what was covered here, and with more examples. She also has visualizations and exercises to help the reader refine their jumping.

by Jan Toomer

* Fibromyalgia



The most beautiful thing we can experience is the mysterious. It is the source of all true art and all science.

Albert Einstein

Ascended Masters Newsletter #173

Dear Friends,

We have had a very interesting January on our beautiful blue ball called Earth. The frequencies have shifted dramatically once again which has left many of us feeling very uncomfortable. Adding to that has been the political turmoil in many parts of the world as well as the inclement weather.

Many may be wondering what could possibly be next? Are we to expect more of the same? And if so, how are we supposed to cope with all of the challenges and changes that are happening so rapidly for so many of us?

Even though our life has been relatively calm here and we continue to feel very blessed for all that we have, we have not been immune to the discomfort that these rapid shifts in energy have presented. Not only have we heard and seen great difficulties for so many with whom we are connected, we also were surprised at how these new frequencies of Light were affecting us in our lives.

Personal history from this and other lifetimes reemerged. Issues we thought we had healed once and for all needed to be addressed again. This was very frustrating for both of us. We thought we'd achieved a new level of balance and harmony and we were now quite surprised at the challenges we were facing once again.

This past week has been a journey of healing leading us back to center for both of us.

In one of our channeling sessions, *St. Germain* offered us more insight that was quite helpful. The night before we had been guided to watch a movie that we had always thought was just a clever comedy called "Trading Places." It involves a story of two strangers from very different backgrounds who are brought together to forge a new existence after choosing to trust one another completely. That is not how the movie is described in the promos but that is what *St. Germain* helped us see. We can forge our own futures as we continue to come together and awaken together.

Trust and acceptance of each other as well as the Light that flows within seems to be the key factor once again.

Many Blessings of Love and Light,

Linda and Martin

Why Happiness Remains Elusive

By the Ascended Master St. Germain

Dear Beloved Friends,

We are well aware that the confusion continues for many upon your plane. We are sending healing radiance to one and all as the portals of Light continue to open. As has been said many times, "Where there is more Light, there is more shadow." Thus, many upon your plane continue to experience periods of dark thoughts and feelings as the shadow-self becomes more clearly known.

It is a time for healing. And what is wondrous to know is **that you have all you need within you to allow the healing to occur.** For you see, the Light that has given you life is within you already. It is available in every moment to help you heal and awaken.

As you begin a new level of healing, it is useful to become aware that all who are in human form have many desires. The most noteworthy of these is the **desire for happiness.** Now that life is becoming even more uncomfortable for so many, these desires are becoming even stronger thought forms within your minds.

Many fervently believe that if they can fulfill their desires, then they will have happiness in their lives. If they find this happiness they believe that struggling and suffering will cease.

This idea of always striving for what one believes will create happiness is presenting some of the greatest confusion that is being experienced by so many at this time.

You see, beloved friends, **the idea of happiness is in and of itself an illusion that will always remain elusive in your universe. It is a function of the ego mind to pursue happiness.** It is a guarantee then that if you do not have the happiness you seek, then you can be unhappy and blame this unhappiness on the world around you.

This absolves you from going within and finding where the unhappiness really lies. It is within self. It is where the shadow lies within. For if you had what you think would make you happy, then you could feel good within. All would be well. There would be no need to investigate and search within to know the true source of your discomfort.

Understand that the source of your discomfort will never be found outside self. We observe that your world is changing rapidly and you feel ill-equipped at times to

deal with all this rapid change. You feel that true happiness is becoming an even more elusive quality to grasp. And it is.

Leia and Manalus [Linda & Martin] were guided to watch an entertainment that offered them a chance to see two very wealthy people continue to search for ways to increase what they already had in abundance. They were bored and unhappy and willing to make other people's lives challenging in order to provide what appeared to be an opportunity to feel satisfied within themselves. But instead, the people they were choosing to harm for their amusement came together in trust and succeeded in overcoming their adversaries.

As they overcame their adversaries, they achieved wealth and looked happy. But this is where we will depart from the movie and the myth of "wealth equating to happiness."

Any effort to accumulate the riches of your beautiful planet at the expense of others or the detriment of your planet will never succeed in bringing happiness to anyone. This goal will always ultimately fail.

Humanity has a thought form that many think upon your plane: "I wish to be rich before I die." However, if one succeeds in becoming wealthy, once the person leaves the Earth plane, they will realize that the wealth did not come with them. They will instead have a journey where they will now review their life and realize they will need to make recompense in another lifetime for the difficulties they chose to create for others who did not share in their wealth in the past life.

Pursuing outer success in favor of inner growth will leave one with an opportunity upon departure from the human plane to have such an experience.

What then is a path that will perhaps not necessarily bring happiness but instead a sense of harmony, peace, and balance? What allows one to create a universe where one no longer needs to experience fear or suffering?

The answer has always been within you. Nowhere else can this be found. **All the riches of the universe lie within you,** at this very moment.

How can you discover what you already possess? How can you access what you already have? How can you know the true nature of who you already are?

The good news is that the shadow-self that
(Cont'd Page 6)

has become more obvious to you now is more easily cleared and healed with the powerful Light available to you.

You may sit and breathe the golden-white Light through your system and request the help you need from your own Totality to clear and heal once and for all the blocks of energy that you've carried in so many lifetimes that have stopped you from taking this final step to true knowledge of yourself and awakening.

The time is now, beloved friends, to allow these shadow energies to dissipate so you can be awakened to all the Light you carry within. Then this yearning for more will

stop. Allow this Light to heal you and free you. You will then see that you need only this Light to be free of the needs and desires that have so dominated your life to this time.

You will see that instead of taking, you wish to give of your Light. You wish to radiate this powerful Light that you realize you possess so that others may also benefit from the blessings you can now share with them.

Words will not be necessary in order to share your Light. Simply be. Simply allow. Simply embrace who you truly are. That is how your universe will show you the abundance you already possess.

Simply in the act of being centered and healed in your Light you will find the peace, harmony, and balance you seek. This Light will radiate from you and will benefit all in your universe. It all begins within.

St. Germain

Thank you Linda Stein-Luthke & Martin F. Luthke, Ph.D., DCEP

Expansion Publishing - Newsletters

Energy Update - January 30, 2014

Sleep is once again feast (heavy, deep, long sleep) or famine (insomnia or short "cat naps"). Energy-wise, we continue to work on integrating new energies that come to us monthly.

This newest one, which appeared to begin last weekend, is still with us. This one is hitting a lot of people with having to face their grief/sadness (and/or depression?). It seems like for those who had been hanging on to

those heavy emotions suddenly found them magnified and brought up – so to speak – to their face so they cannot ignore them.

It is time to heal the grief/sadness in a safe and loving way.

Perhaps, for some, joining a grief group may help them to heal.

If this grief is over the loss of a loved one,

perhaps you can reminisce over the good times/good memories. Laughter raises the energy and makes us feel lighter. Lighter energy can help us to heal.

Our loved ones – who have crossed over – can hear us (human and animal); they can feel our love, laughter and joy; and they rejoice in our higher energy.

by Jan Toomer

Energy Update - February 11, 2014

I find it frustrating, and perhaps a bit embarrassing at times. I am dropping things and walking into things (like walls, so it wasn't really a surprise that they were there... they've been at their current location longer than I have).

I feel like I am not "here"; I feel like I am further up "there"; so my body is having problems functioning down "here".

I also am having bouts of smells or odors - whether normally pleasant or not - overwhelming me. When smells overwhelm me, it comes with bouts of nausea as well.

And sometimes feel like I am slipping out of my own body and have to stop and focus to bring myself back into alignment.

Oh, and then there are things like opening a screw-lid jar... not coordinated enough, so not happening. Thank god for my husband.

Okay, I know that sounds like I am having neurological and perhaps mental health issues, but I know this energy going through right now (slowly - remember Mercury is Retrograde so things get stuck or move really slow and we are heading for another full moon, which brings more energy in) that I

am working to assimilate and acclimate to.

What my team shared with me is a message that we've all been hearing a lot of lately - "Please be gentle with yourself and have patience. This will balance out. It is disconcerting now, but it will not last forever." Also maintaining a sense of humor helps as does finding relaxing and calming things to do (like meditation or a soothing bath).

by Jan Toomer



Behind Closed Doors – The Cost of Defending Our Country

Soldier

I am afraid my nightmares will escape.
Afraid to sleep, for they may break the delicate barriers.
Sounds, sights, memories...unwelcome, unbidden.
How can I keep them from touching my family?
How can I remove the stain on my soul where evil had touched?
They are everywhere I run – until I can run no more.
They close in on me – fear, shame and that which remains un-named – shoved in my face.

Gasping for breath & tired...tired of running from the fear and the sounds and images
burned into my brain – I retreat.
Life will never be the same.
Why can't they remain hidden?
Why do they haunt me?
They haunt me because it has become part of me...I am scared.

Spouse

When I look into his eyes – a stranger looks back.
I see a person haunted with painful experiences.
At night, I hear him stalking the corridors of his memories.
What does he seek, and why does it scare him?

I am afraid to touch the crumbling barrier he as erected around him –
knowing it is delicate and soon to collapse.

What will emerge from behind that wall?
Perhaps the man I seem to have lost somewhere?
Since when does the cost of freedom mean not only lives –
but souls too?
I may never be able to understand – but I will love all of him
including the fear, and that which remains un-named – for it is part of him.
I am scared.

Children

I don't understand. I know he has to leave for his job – to make the country safe.
He is always gone. He has always come back.
But this time is different. His body is my dad's.
But he is different now.
He doesn't laugh anymore – and that scares me.
I don't think he knows himself. I don't know how to act around him,
and I don't know how to make it better.
I will hide, and maybe the problem will go away.
I am scared.

This is why, especially on every veteran's day, I thank not only the soldiers and veterans but their families as well. For those who have no connection to the armed services, maybe this will give you a glimpse of what many service families go through.

by Jan Toomer

Past Revisited – Again

I know many of us are tired of hearing this over and over. Please realize - we really have been carrying a lot of stuff, so it is taking time to keep peeling back layers; cleansing and healing, releasing and moving on to yet another layer.

The good news is – for many – that the layers, and what comes up with them, are becoming easier to heal and purge; this is because – for many of us – we have dealt with the heavier, more major unfinished “business” from our pasts.

A Blast from the Past

Over the last few weeks, a friend, who I’ve not seen or heard from for over twenty years, kept popping into my head.

I’ve no idea where she had been or where she is now; but her face kept popping in at weird times. We had parted on wonderful terms, but life took us in different directions and different continents. We had lost touch. As I drove into town today, lost in the classic

rock on my stereo, she suddenly popped in again.

As I entered down, I stopped at a stop light. I looked up in my rearview mirror and saw, in the SUV behind me, what looked like a younger version of my friend.

I chuckled at the similarity.

The light turned green and I turned onto a side street.

As I continued on, I suddenly “saw” myself at my house. This vision continued with the door bell ringing.

I opened the door and she stood in front of me. I felt a wave of sadness coming off of her. I opened my arms, and she fell into them and began to sob.

The vision ended with me still holding her.

Right now I can’t tell you if she’s dead or alive; I suspect the unfinished business was

from her side. Perhaps all that was needed was me “seeing” my self welcome her with open arms to heal what she needed to complete.

Not So Clear

Things may not be so clear to us when the old pops up. Most of us are literally not the same people we were from ten, twenty or more years ago.

So, what’s the reason for clearing up stuff from so long ago?

Because that old stuff anchors a part of us into that past experience; thus anchoring us to the older, heavier past energy.

Growth now-a-days means healing the past and removing those anchors created oh so long ago.

by Jan Toomer

The Dawning of Each New Day

One of Mercury Retrograde’s jobs are to have us slow down and really look or feel; it gets us to sit still and – in essence – soak in the energy of what was brought to our attention. It’s like sitting in the bathtub, repeatedly, with the same water. We are sitting in the now dirty bath water.

This one we are in – until the 26th – has us sitting in our past; a person, situation, and/or emotion from our past that came back around. It offers us a chance to acknowledge where we are and decide if we want to stay here a while longer or are we ready to move forward when Mercury goes direct.

It is asking us if we want to continue to sit in the cold, dirty water – or – are we ready to heal the past and “pour it out”. It is our choice. I, personally, prefer to dump out the old icky water, rinse and move on.

Moving Forward with Gratitude

With Mercury going direct shortly, and if you’ve decided to throw out the old bath water, we may each have the opportunity to put to test our growing ability to see and focus on the positive aspects of our individual realities/life.

This means small challenges may soon be

presented to practice PMA (Positive Mental Attitude).

For me, showing and/or expressing gratitude each day is a great way to “program the positive” into my life.

With gratitude in my heart, I give thanks to the Source for the dawning of each new day, I offer myself to be the conduit for the Source and I give thanks for the blessings I have.

by Jan Toomer

If you fall, I'll be there.

- Floor