

The Inner Voice

A Source of Light For Unfolding Consciousness • June 2020



Living Through Crisis

**The Meaning of Suffering
Awakening to the Light**

&

Making New Choices

"Empress Garden" Painting by Bettina Star Rose Medini



Golden Light Healing

DREAM • EXPLORE • DISCOVER • GROW

Here's a Partial Listing of Our Upcoming Events...

Check our website for more! www.GoldenLightHealing.net



Golden Light Healing Retreat Center is an oasis of peace and healing nestled amid 200-acres of prairie, fields and forest just 15 miles from Green Bay, Wisconsin. We offer workshops and sessions in Shamanism, Reiki, Mediumship and Psychic Development. Our mission is to empower others to connect with their own healing capabilities and psychic intuitive gifts. Our Retreat Center is available for customized personal retreats, company team-building workshops, or for group rental. We also offer Spiritual Journeys around the world to sacred sites. Please join us in Peru, Ireland or Scotland as we sit in ceremony in ancient ruins.

Your Hosts, Amy & David Wilinski

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AWAKEN YOUR INTUITION!
 Sun June 14, 1230-530. \$99

THE ART OF SOAP MAKING
 Mon June 15, 900-1130. \$50

LOTIONS & LIP BALMS
 Tues June 9, 100-330 \$50

REIKI LEVEL I TRAINING
 Sun June 7 or Tues July 16,
 900-430. \$185 Lunch included.

REIKI LEVEL II TRAINING
 Mon. June 8; Sat. June 13; or
 Tues. July 30, 900-430. \$185
 Lunch included.

REIKI MASTER TRAINING
 Sat. June 6 or Wed. June 17,
 900-400. \$500 includes
 apprenticeship. Lunch
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**TAKE A WALK ON THE WILD
 SIDE: A GUIDED HERB
 PLANT IDENTIFICATION
 HIKE WITH GIGI STAFNE**
 Friday, July 17, 530-800pm. Fee
 \$22.

Mediumship Training

July 11-12; 9am-4pm

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Workshop Fee: \$295 Lunch included.
 Lodging available.

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Join us for an intimate, engaging weekend of magic, medicine and mythology! Delve deeper into Plant Spirit Medicine and Herbs as Shamanic Relations. Cultivate relationships with sacred herbs of your bioregion and the plant allies of your ancestors. Workshop Fee \$275.

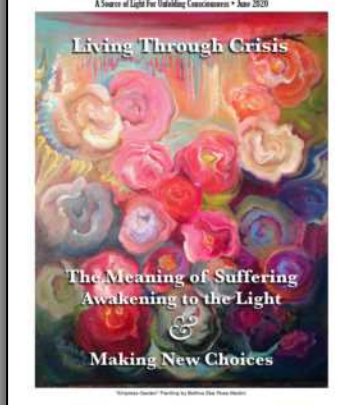
Lodging Options:
 \$30 camping, \$55
 Shared Cabin, \$100
 Single Cabin Room
 + tax. Includes 1-
 night lodging, 1
 dinner, 2 lunches &
 breakfast.

Whispers on the Wind Shamanic Program

**New dates! Group #22: Sept 30-October 4, 2020;
 December 16-20, March 17-21, 2021, June 9-13, 2021**

Are you searching for the meaning in your life? Would you like a deeper connection with nature and the spirit world? Join us for an intensive training program in shamanism, energy medicine and self transformation. We meet four times over 12 months. You will learn core energy healing techniques power animal and soul retrieval, clearing of past life and ancestral imprints, connecting with Nature, ceremony and ritual and much more! See website for details!





About the Cover:

Empress Garden
Acrylic on Canvas: 24" x 20"
Available at:
www.bettinamadini.com/

Bettina Madini is a contemporary artist who combines luscious color and expressive motion in her paintings and fashion accessories. Born in Berlin, Germany she spent time in the corporate world before

laying the groundwork for her artistic breakthrough in Luxembourg in 1992 when she joined the Conservatory of Music. Shortly thereafter, she joined the Ecole d'Art Contemporain.

Bettina studied Fine Art in Luxembourg at the Ecole d'Art Contemporain with Jean-Marc Tosello, and in New York City at the National Academy of Fine Art and Design with Susan Shatter, Sharon Sprung, Henry Finckelstein and Wolf Kahn. Her search for expressive color and light has led her on a journey across different painting media that are universes to her. Her body of work encompasses watercolor, oil, acrylic, pastel and silk painting. In 2018, she launched her own line of Wearable Art labeled 'Magical Bodies.' Bettina's paintings can be found in corporate and private collections around the world.

Color fascinates me. Each painting begins with a range of colors that seduce me into the symphony. Paintings unfold from the space of curiosity and wonder – be it abstract, floral or visionary. I move beyond the image that I see with my physical eyes, allowing the inner world to flow into my creation. Will I ever be complete? Not as long as there is color. The dance moves beyond the edge of confinement and expectation. Beyond that edge is where I live.”



Inside this issue...

*Inspirations for Healing
Body, Mind, Spirit, Heart & Home*

2 Ad, Golden Light Healing

4 Angel Talk: What is the cause of human suffering?

5 Ad, Angel Mediumship Readings

6 ACIM: There IS Another Choice

7 Caroline Myss: Finding Opportunities In A Crisis

8 Book Overview By Steve Freier: "Create A New Reality"

9 The Gift of Spiritual Awakening

10-11 Awakening Is Contagious By Heather Hope

12-13 Astro-Outlook for June by Salina Rain

14 Raising Your Vibration: A Look at Louise Hay's Work

15 Crayola Introduces 40 New Skin Tone Colors

16 Dandelions: A Super Food?

17 Ad, Victoria Huss/Certified Rolfer®

18 Bev Brunelle: Practicing Mindfulness

19 Pat Gullett's Creative Corner

20 Feng Shui: There's A Secret to Choosing the Right Colors

21 Ad, Nancy Freier Essential Feng Shui®

22 Pamela Hughes: Raise Your Vibration Through Sound II

23 Ad, Lynn Schuster Animal Communicator

24 Ad, Free Spirit Crystals - Bumblebee Jasper



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Publisher &
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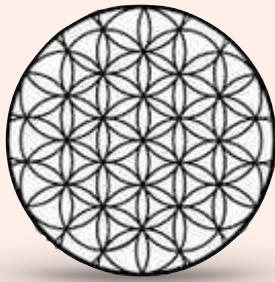


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The Inner Voice e-magazine intends to serve as inspiration only. The information contained in this publication is not meant to replace the advice of healthcare professionals. We strive to bring through the highest vibrational information we can find and the opinions expressed are not necessarily those of the publisher, or editors. We encourage you to listen to your own inner voice for guidance and direction on what path is best for you to follow. We bless you on your journey.



June 2020

*Dear Readers,
What you are about to
read is going to raise your
vibration. After reading it,
you will not be the same
person you were before.
Godspeed.
Deep Peace and Love,
– Nancy, Publisher*



Angel Talk™



What is the cause of human suffering?

By Nancy Freier & Sreper, Angel of the Great White Light

Good Day We say to you! You come from a most sacred place you refer to as “Heaven.” That is your true home as was created by the Creator whom you call God. He created you in his likeness and image, as your Bible explains, and gave you a perfect existence as an extension of Himself. You are each a part or a cell in his Being. And Creation did not remain static. It was created as a moving, living being Itself, and every person, animal, insect, tree, plant, flower and the like grows, changes and evolves with the rest of Creation. Everything is in continual motion and in flux in a process of unfoldment. The energy of Creation evolves and unfolds within its power given by the Creator – who has also given mankind free will to choose what energy and journey he will choose.

The problem (if you will) occurred when your mind wandered and wondered if there was something beyond the perfect existence (you refer to as the Garden of Eden aka. Lemuria) given you by God. Our Nancy likes to refer to this as partying up in Heaven and looking over the balcony, and in wondering if there was something else, fell over the railing and into the Earth planes, often referred to as “the Fall from Grace.”

You fell down into the lower, slower vibrations of Planet Earth. We like to say you fell, bumped your heads and developed an amnesia as to where you had come from. Some of you remember where you came from, which is accessible through meditation and a desire for

developing your awareness of it, and tapping into this divinity that is in you still. (Ask and you receive.) Many souls incarnated in the flesh to help you remember your Oneness: Buddha, Krishna, Jesus, to name a few.

We, the Angels, have also come to you unseen. We were called upon by Nancy when she had her wake-up call that caused her deep grief and agony. Everyone has, or will have, such a call to awaken to who they are. That is another subject we can address in the July 2020 issue of *The Inner Voice*. When people suffer with enough pain – something *you* yourself have created as your wake-up call – is like an alarm clock, it gets your attention. When you’re in any kind of pain – physical, mental, emotional, a call goes out from the mind, through prayer, for help – and help comes. Some recognize the help, and some do not, but everyone will awaken in their own timing – usually toward the end of their suffering when they cannot endure it any longer. So you see, there is a purpose for suffering. It is a call to awaken to your true self and come home.

So, we have simplified what appeared to be a complicated answer. You came to the Earth plane to see what existed outside of your perfect place in Heaven, also known as the Garden of Eden, your perfect place in consciousness. Because of The Fall, the Holy Spirit came to be with you in your dream of having a human experience of your own creating (or, better yet your mis-creating). The Angels

Continued on page 5

of the Great White Light have witnessed but have not “fallen” and our duty of gently bringing you back to Who you are (as God created you) became our mission. We work in alignment with the Holy Spirit whose work is to bring the Light of Heaven back into your awareness, raise your vibration and remind you who you truly are thereby healing all lower thoughts, emotions and conditions. We are collectively known as the Legion of Light.

We say to you that the Earth plane is where humanity went to act out their dreams of another place and create a reality of their own, away from and often quite opposite of Heaven. We saw what happened and we see the predicament of your true spirit vs. ego self (cut off from God. Some have described the ego as “edging God out”). When you ask, we help you remember, but we cannot enter in due to your free will choice, but only when you ask. [The problem is, the majority of the people operate their lives

from the ego’s standpoint. The ego is all about judgement, comparison, discrimination, hate - everything opposite of Love, peace and harmony. This is the cause of all human suffering, illness, pain, retaliation efforts, wars, and so on.]

Here is a piece from A Course In Miracles (Text p. 416-417) that beautifully describes what we are trying to tell you about who you are. We offer it here to help awaken you from the dream:

“Listen, – perhaps you catch a hint of an ancient state not quite forgotten; dim, perhaps, and yet not altogether unfamiliar; like a song whose name is long forgotten, and the circumstances in which you heard completely unremembered. Not the whole song has stayed with you, but a little wisp of melody, attached not to a person or a place or anything particular. But you remember, from just this little part, how lovely was the song, how wonderful the setting where you heard it, and how you

loved those who were there and listened with you.

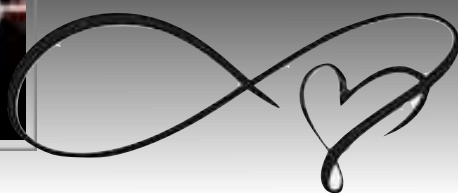
“The notes are nothing. Yet you have kept them with you, not for themselves, but as a soft reminder of what would make you weep if you remembered how dear it was to you. You could remember, yet you are afraid, believing you would lose the world you learned since then. And yet you know that nothing in the world you learned is half-so-dear as this. Listen, and see if you remember an ancient song you knew so long ago and held more dear than any melody you taught yourself to cherish since.

“Beyond the body, beyond the sun and stars, past everything you see and yet somehow familiar, is an arc of golden light that stretches as you look into a great and shining circle. And all the circle fills with light before your eyes. The edges of the circle disappear, and what is in it is no longer contained at all. The light expands and covers everything, extending to infinity forever shining and with no

Continued on page 6



Need Answers? Get A Reading



Ask the Angels for their perspective on any situation. Learn why you’re experiencing something and gain the clarity you need to heal it, forgive it, release it and move on. Hundreds, perhaps thousands have been helped by the Angels of the Great White Light over the past 35 years. Their promise remains to help you understand and learn your life lessons, and live a happy life.

Angel Mediumship Readings Since 1986

NFreier@aol.com • www.NancyFreier.com • www.theinnervoicemagazine.com

Readings are done remotely using an automatic-writing technique I developed over the years, inspired by Ruth Montgomery and Edgar Cayce. Angel Counseling sessions by appointment on Skype or Zoom.

break or limit anywhere. Within it everything is joined in perfect continuity. Nor is it possible to imagine that anything could be outside, for there is nowhere that this light is not."

"...Here is the memory of what you are; a part of this, with all of it within, and joined to all as surely as all is joined in you. Accept this vision that can show you this, and not the body. You know the ancient song, and know it well. Nothing will ever be as dear to you as is this ancient hymn the Son of God sings to his Father still.

"And now the blind can see, for that same song they sing in honor of their Creator gives praise to them as well. The blindness that they made will not withstand the memory of this song. And they will look upon the vision on the Son of God, remembering who he is they sing of. What is a miracle but this remembering? And who is there in whom this memory lies not? The light in one awakens it in all. And when you see it in your brother, you are remembering for everyone."

So, dear friends, we say you are there working out the lessons presented when you separated from the whole – in whatever form those lessons take – by creating experiences to bring you home to this awareness of your Oneness with the Creator. Godspeed, dear ones.

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Editor's Note: Sreper identifies himself as an "Angel of the Great White Light" who communicates the angelic perspective on earthly situations. Personal readings are also available. Please see ad on page 5 for more information.



There IS Another Choice

by Beverly Hutchinson McNeff • <https://www.miraclecenter.org/>

Growing up, I loved to color. I delighted in getting a new box of crayons with



all the pretty colors, perfectly sharpened and all in a row. So when I first gave a brand new box of crayons to our son when he was a toddler, I was interested to see his reaction.

I recall how he opened the box carefully and said, "Ooh!" He looked at the crayons with appropriate respect before he dumped them all out and began to color. I was a little shocked, but

those were his crayons, so I kept my mouth (and judgment) shut.

The next thing I knew, he held one between his hands and broke it in half. Then he said, "Oh, no!" as if he had no idea how that had happened. But the truth was, *he* broke it and now was experiencing the effect of that choice. He could either break all his crayons or choose to have some that were still complete. Over time, I watched him make the choice to sometimes break them and sometimes not, but he finally figured out he was making the choice, and no one else.

We, too, have the choice as to whether we will see life as broken and painful or as an opportunity to remember God's love. I know there is a lot of pain in the world right now, and perhaps you are personally experiencing some difficult situations. They can either leave us in pain, depression, and fear, or they can help us to turn to God and create a new world of love and hope.

We have the choice and therefore are no longer powerless in the face of the world and its events. We can no longer look at the world and say, "Oh, no!" as if we have no idea how all this has happened. We may not grasp how all the particulars occurred, but we do know that we have felt out of control because we have forgotten Who is *in* control. We can make a choice now to experience the power of God by remembering that we *are* His children. This awareness can bring us clarity, understanding and insight as to how we can be helpful to ourselves and others.

It is now time to give as much faith to the power of God's love as we have given to the pain and destruction of the world. We have nothing to lose and everything to gain by remembering God and our true identity as His children.

In *A Course in Miracles'* Workbook lesson 124, we read the powerful phrase: "Let me remember I am one with God." As we claim our true identity, we remember the holiness that created us and that we share. No longer do we choose to block this awareness with blame, attack, or fear because the cost is too great. We accept responsibility for our lives and affirm our healing answer, "Let me remember I am one with God." This awareness brings us abundant help and healing, as we read in this lesson...

"...we will again give thanks for our Identity in God. Our home is safe, protection guaranteed in all we do, power and strength available to us in all our undertakings. We can fail in nothing. Everything we touch takes on a shining light that blesses and that heals. At one with God and with the universe we go our way rejoicing, with the thought that God Himself goes everywhere with us."

What better choice could you make today?

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How to Find Opportunity in A Crisis

by CAROLINE MYSS



As much as we would like to make this virus go away and *return* to normal, we need to face the fact that we will never return to normal. We can only continue to move forward each day – together – into a new future that we are now challenged to create. Most people are of course stunned that the world can come to a stand-still in a matter of months—but I’m not sure that’s the truth. I’ve been teaching in the field of health and spirituality for years now. I’ve listened closely to how people have described the energy they feel building in the atmosphere. By far, the majority of us in these past years have been bracing for something to happen, for some type of catalyst to ignite either a catastrophe or initiate a genuine global transformation.

Messages of a global catastrophe have been filtering into our social mind through movies with themes about pandemics and nuclear wars and other imagined means of destruction for decades now. Through these films, we envision survival scenarios, heroes and villains—but most of all survivors. We are, at the end of the day, built for surviving. So, in a sense, while we are now confronting the real thing, we cannot honestly say we didn’t expect something to happen. But of all the many catastrophes that we have imagined through films and books, only epidemics and pandemics contain the message: Heal. Now. All of you.

Pandemics are not political opponents. They do not cause one nation to want to destroy another. They create bridges. We reach out to other nations, unite with their scientists for information and research on finding a vaccine. Food may soon need to be shared. We may find ourselves organizing ways in our communities to be of service to those among us whose lives have completely collapsed as a result. The

challenges we will face ahead of us will no doubt be many, and they will seem unmanageable – until they are not. We always find a way. And in the creation of that new way, we expose and solve problems that would have continued for who knows how long.

Healing is a demanding journey. It is a rigorous trek of transformation and this pandemic is an epic-sized sojourn with no end in sight. When an illness strikes an individual, that person usually discovers—and consequently uncovers—many areas of his or her life that were dysfunctional and also need healing. The same rule applies to the whole of society. This pandemic is exposing the many ills in our society that need healing, along with the numerous individuals who are now coping with COVID-19. The absence of air travel is clearing the air of toxic fumes. Water systems have already responded to the absence of pollution.

How we do business in the months and years ahead is going to change. People are finding creative ways to do their work from home, which is inspiring another wave of creativity. Families are spending more time together. Instead of so many of us who typically long to be “in our own space,” we are now craving the company of others. The fragility of life has made itself apparent. Any one of us can find ourselves COVID-19 positive and fighting for our lives. That radical truth has inspired a rapid transformation in values. Life is more important than stuff; time is more precious than travel. The well-being of family and friends, and seeing them again, is the reason why we want to stay well.

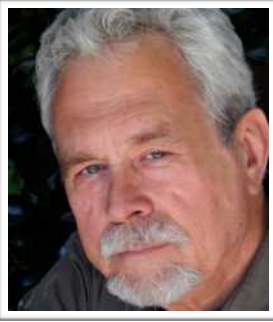
And, yes, abuse, alcoholism, depression, suicide and despair are also on the rise as a result of confinement and job loss. These crises are exploding and tragically we must acknowledge when human resources are at their most exhausted point. Still, people are responding to the many in need and realizing that the capacity to care for these individuals is sorely lacking. Perhaps we will emerge from this virus realizing how much we need to care for the vulnerable among us.

All of our lives are changing—and will continue to change. The way I see it is this: Only the Divine can stop a planet full of people and transmit the command. Heal. Now. Transform how you have been living. Life is more precious than things. This will be a difficult journey. There is nothing easy about transformation. But we were headed—and still are –toward climate change, possible war, and endless other catastrophic problems. With a pandemic that requires us to focus fully on healing, we have been given not only our marching orders, we have been given hope.

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This essay was featured in the May 17th edition of The Sunday Paper. The Sunday Paper inspires hearts and minds to rise above the noise. To get The Sunday Paper delivered to your inbox each Sunday morning for free, click [here to subscribe](#).

Caroline Myss is an American author of numerous books and audio tapes, including five New York Times best-sellers: *Anatomy of the Spirit*, *Why People Don't Heal and How They Can*, *Sacred Contracts*, *Invisible Acts of Power*, *Entering The Castle*, and *Defy Gravity*.



Create A New Reality: Move Beyond 'Law of Attraction' Theory

Steve Freier is a researcher of metaphysical subjects and The Inner Voice website design tech and Mail Chimp publisher. Steve is also a professional video producer specializing in personal and promotional videos in YouTube fashion. Contact Steve here: sgfreier23@gmail.com

I am a big fan of Nanci Danison and so it was only natural that when I discovered that she had published another book that I had to read and review it. It's titled, *Create a New Reality: Move Beyond Law of Attraction Theory*. If you have had any issues manifesting using the Law of Attraction model, you owe it to yourself to do a deep dive into Nanci's latest book.

Do you want to live a life on your own terms, and not one that feels like life just happens to you? Nanci Danison found out how to create a happier life in the most romantic way possible – she died!

Back in the mid-1990s she had one of the most extensive afterlife visits ever reported. She documented her experiences in a series of books called *Backwards!* I read those books and was amazed by the way her vision of Reality works. Basically, what she is saying is that our understanding of God and the universe, especially via most religions, is totally upside down and backwards! Since then she has had time to have additional downloads and remembrances of her Afterlife experiences deep within the Mind of God, and was then able to communicate her higher understandings from Source and contrast that understanding with the way life is currently being lived by the masses on planet Earth.

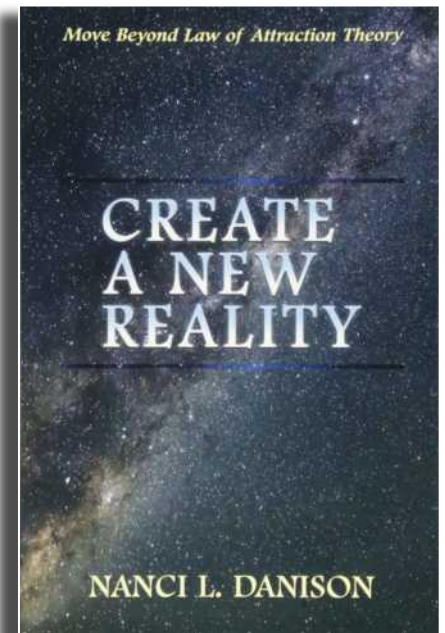
A key point which she constantly stresses is that we are Spiritual Beings, a manifestation of God Living inside human bodies. She states that humans are no different than dogs, horses, or any other animal. I like to envision that we "Spirit-Souls" are like cowboys riding a horse; only in this reality we are riding humans! It's an important distinction to fully realize because if we do not "get it" we

will continue to manifest situations and things we do not want, or are unsatisfying at best. Think *Ground Hog Day*, the movie. Do we really have a need to experience negative situations over and over again, while fumbling around in the dark seeking answers on how to up-level our level of experiences?

Do you want a life you live on your own terms and not one that feels like it happens to you? The way out of this dilemma is to understand that humans have little-to-no power to manifest because, as Nanci says, humans are a creation of God – like other creations – but you and I are aspects of God endowed with the power to manifest. However, if you get stuck thinking that you are a mere human animal you will not be very successful at manifesting.

One of Nanci's key vexations is with the New Age belief in the Law of Attraction (LOA) teaching which has been making the rounds since about 1912 when Charles Haanel published *The Master Key System*. Haanel expounded on the already well-known term, "the law of attraction" to push the idea that thoughts will manifest into form, which he stated was an immutable law of nature. This concept has continued in various forms over the decades by such authors as Napoleon Hill in *Think and Grow Rich*, Rhonda Byrne in *The Secret*, and Abraham via Esther and Jerry Hicks. I won't go into details here except to say that the concept of "like attracts like" via vibration is something Nanci finds erroneous.

In *Create a New Reality* Nanci wants you to move beyond the law of attraction theory. She introduces you to the Power of Manifesting and leads you step-by-step through how to create more opportunities



[Create a New Reality: Move Beyond
Law of Attraction Theory](#)



to better your life, replace old beliefs that hold you back from creating a happier life, and to heal yourself of physical and emotional wounds. The secret is to realize that you can only manifest from the Soul level that you are where you realize that you are one with God/Source. This must be done consciously! Most of us are creating our reality unknowingly on "automatic pilot."

So if you want to learn why and how you have the amazing ability to literally change the physical world you experience as it was explained to Nanci by God/Source, you should do yourself a favor and study this book. It is far more powerful than anything you may have read about Law of Attraction theories.

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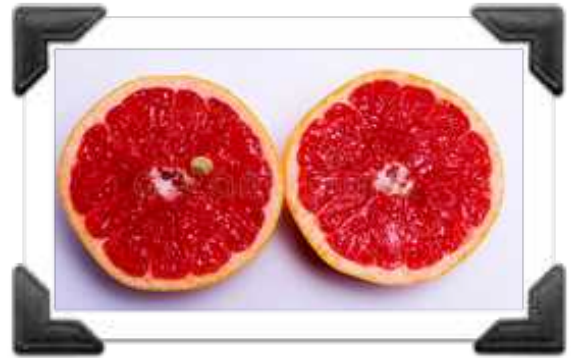
Author Nanci Dawson

Nanci Dawson is sharing what it really means to create a new reality for your life going forward. Nothing she experienced or learned in the afterlife confirmed any of her former religious (Catholic) beliefs. In its place, she was given a much simpler, kinder, more loving explanation of God/Source and its purpose for creating the universe. During her afterlife experience, she accessed Universal Knowledge (Source's knowledge) to answer her questions about who she is, who God is, where heaven and hell are, the purpose of life, why we're here on Earth, and what the one true religion is.

Nanci has written 5 books about her experiences in the afterlife, including *"BACKWARDS: Returning to Our Source for Answers,"* *"BACKWARDS Guidebook,"* *"BACKWARDS Beliefs: Revealing Eternal Truths Hidden in Religions,"* *"Answers From The Afterlife,"* and *"Create a New Reality—Move Beyond Law of Attraction Theory."*

In case you have any doubts about Nanci's credibility, check out her resumé. Nanci died on March 14, 1994, at the age of 43. At the time of her death, she had been an attorney practicing law in a large law firm for 17 years as a litigator in the labor and employment law areas and so she was able to bring her training and skills as a trial lawyer to the evidence she encountered within the afterlife. She was listed from 1998-2018 in the Bar Register of Preeminent Lawyers, a listing of the five percent of U.S. attorneys voted by their peers to have "A" level legal skills and very high ethics. In 1998 she was listed in Who's Who in American Law for recognized leadership and competency.

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The Gift of Spiritual Awakening

While I was peeling a grapefruit and cutting it into sections, I pulled the seeds out and this analogy occurred to me. Somewhere in the Bible it is written that we are more valuable a being to the Creator than the birds, animals and the plants in the fields.

Just like this grapefruit, don't we all hold a seed within us that is waiting for the right time to blossom forth and bear fruit?

The angels have expressed their wisdom on this time and time again that we all have a purpose and reason for being here.

The clue is in the seed.

Where are you on your spiritual path to this truth? We all awaken at different times. Some appear to be further along the path of unfolding to their purpose than others, but that doesn't mean some have a purpose while others do not. We just need to tend to the seed. Water it. Nurture it. Discover what's inside wanting to burst forth into this reality.

And once we learn what this is for us, I believe we know a deeper happiness and sense of being more than ever before the awakening.

—Source: Internet. Author unknown





Awakening the Light Within... It's Contagious

By Heather Hope

I have noticed during this pandemic that people seem to fall into one of two groups. They either fear the virus or they fear the proposed mandated vaccinations, or both. While both camps have valid arguments based on the information they have gathered, ultimately they are both living in fear. Being guided by fear will never get us to the solution of the problem. Fear will never dissolve fear, it will only perpetuate it and create more layers thereby obscuring the actual source of the problem and any potential solution.

When we get down to the source of these fears, we find that they are generally associated with blame. A Course In Miracles states, *"You are not upset for the reason that you think. There is only one problem, choosing fear over love."**

We are not upset about the virus or who is or is not wearing a mask; financial affairs, mandated vaccines, Trump, Fauci or Gates. We are upset because we have chosen fear. We are upset because we have forgotten that *"there is no time, no place, no state where God is absent. There is nothing to be feared."* We could only live in fear when we believe that the dark force is actually stronger than the light, and that the dark will ultimately prevail. We can only choose fear when we believe that what is happening is somehow outside of the wisdom, guidance, protection and love of the Divine. When we make these decisions,

whether consciously or unconsciously, we are donating our precious energy to that cause. When we believe in fear we donate our energy to the source of the fear. When we believe in love, we donate our energy to the source of love.

Depending upon our choice between fear and love, we move ourselves on or off of the 'golden ascension path' accordingly. Matthew 7:14 states, *"But small is the gate and narrow the road that leads to life, and only a few find it."* Very few find it because it can be a great challenge to realign with the inner voice of love, peace and joy in a world where

We were all given free will and with it we can choose to move onto the 'golden ascension path' or be stuck in brambles and thorns. No matter how lost we get in fear and darkness, there is always a way back because the golden path is within us. *"Joy and peace are my inheritance."* [ACIM] These emotions are our true nature. As we were created in the image and likeness of God, and God is Love, so we are love at our true core. As we peel back the layers of fear, guilt, blame and shame we will return to our true nature which is joy and peace.

"There is an ancient peace that you carry in your heart and have not lost." We cannot lose it, because it is us! It is our internal GPS that unfailingly guides us back on the path home. Following the inner voice of love is always the straightest, easiest and most direct route to miracles, abundance, love and bliss.

There is only One Consciousness, one ocean of which we are each a droplet. As we are all connected, what we do absolutely affects the whole. Therefore, it is our duty to make the conscious choice to use our energy to raise the vibration of humanity with love, as opposed to pulling it down with fear.

"You have but two emotions, fear and love." When you choose to live in fear (of anything), you are unable to be in the frequency of love. Fear is the descending emotion that draws your energy into

“No problem can be solved from the same level of consciousness that created it.”—Albert Einstein

the fear mongering is so loud and incessant. It is essential to guard your consciousness, especially if you watch the mainstream media, surround yourself with fearful people and have created a habit of blame and shame. But the process to get back on the high road and out of the thorns and thistles starts with a deep breath and an intention to align with source. Surrendering to the True Power of All Creation and saying, *"Thy will be done,"* and trusting that no matter what unfolds in the physical world, God is part of the plan and it is aligned with the highest and best good of the All That Is.

Continued on page 11

Heather Hope has a Master's degree in Professional Counseling. She specializes in Spirituality Integrated Counseling, Brainspotting and Past-life Regression Therapy. In addition, Heather has had a 3 year apprenticeship as a Shamanic energy healer including training in Peru. She is the Director of a nonprofit organization called "One Love Wellness Center" located in Appleton, Wisconsin. Heather operates her practice on a sliding-fee scale. She can be reached at 920-221-6112 or at onelovecounseling@gmail.com

lower frequencies while love is the ascending emotion, that lifts you up above what we consider to be reasons for fear.

Any situation can be looked at from either perspective at any time we choose. Based on the choice that we make, our brain will send signals to the body accordingly. If we choose fear, our brain tells our body to gear up for battle and it will send out adrenaline and cortisol – the stress hormones that lead to fight, flight or freeze response. If we choose to focus on love and gratitude, our brains send messages to our body that we are safe and the body goes into rest and rejuvenation mode. We can remain in this sense of peace most easily when we stay in the present moment. When our minds dwell on the past, this is associated with depression. When our minds dwell on the future, this is associated with anxiety. But when we remain focussed on the present moment, we are able to witness the peace, presence and power of the Divine that is within us. When we draw into the present moment, the louder voices of despair, fear, judgment and shame give way to the sweet, soft voice of love. Here we can rest, or be guided on how to proceed calmly and consciously, instead of chasing our tails as fear would direct us to do.

The wisest thing that you can do with your free will is to surrender to Divine Will. Pray to be in service of the Light. Before you go to bed each night, ask to be directed and guided on how to serve; then upon waking say, “Spirit, what would you have me do today?” And then listen. When an opportunity arises to be of service, no matter how small, gratefully accept it knowing that you are the hands, feet and voice of God on Earth.

As you complete these tasks, your territory, power and authority to create miracles will expand all around you. The Light of God will shine in and through you, expand around you, and be a source of protection allowing others to recognize you, to trust you, and be inspired by your light.

Buddha was surrounded by such a light (of consciousness) when Mara shot arrows at him from all directions. When the arrows entered Buddha’s aura (sphere of light), they turned into roses that fell around the Buddha’s feet. He had become so saturated with the Love of the Divine that he knew he had nothing to fear. He knew he was the Divine, and the Light of the Divine had power over any darkness.

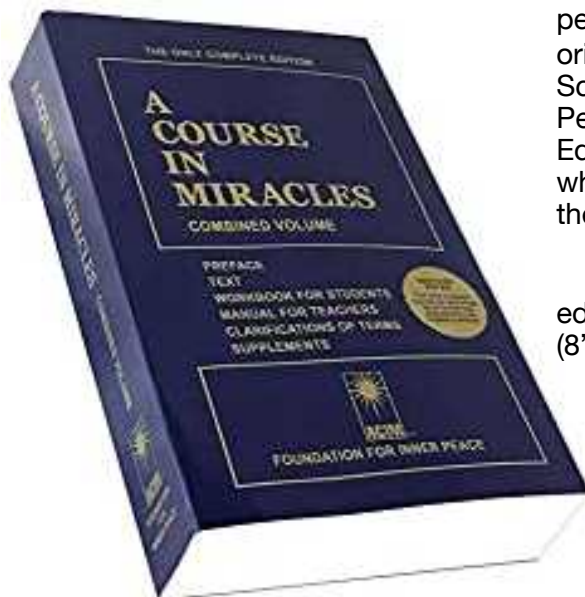
We are each that light. We each have that capability to awaken to the true awareness of our peace, presence and power. As each of us awakens, we raise our consciousness and therefore raise the consciousness of the whole making it easier for our brothers and sisters to find their inner light, as well.

Marianne Williamson stated, “*We were meant to shine, as children do. We are born to make manifest the glory of God, that is within us. It’s not just in some of us; it’s in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.*” May it be so for all beings everywhere.

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*Quotes in this article are from ‘A Course in Miracles’ unless otherwise noted.

A COURSE IN MIRACLES



The Course, as it is published in this edition and used by 3,000,000 students worldwide, is a complete self-study spiritual thought system that teaches forgiveness as the road to inner peace and the remembrance of God. This is the only complete original edition of **A Course in Miracles** that the Scribe, Dr. Helen Schucman, authorized to be published by the Foundation for Inner Peace in 1975. Other books with titles such as ‘The Original Edition’ or the ‘Unedited Edition’ contain unsanctioned material which Dr. Schucman deleted since it was not meant to be part of the published Course.

A Course in Miracles is available in 25 languages, the English edition is available in hardcover, softcover (9”x 6”) and paperback (8”x 5”) and on Kindle.

[**A Course in Miracles: Combined Volume**](#)

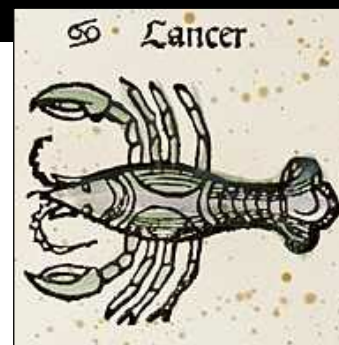




Astro-Outlook / June 2020

Enlightenment and Interconnection

By Salina Rain



In June 2020 three of the further out planets, Jupiter, Saturn and Pluto, are retrograde all month while two inner planets, Venus and Mercury, and one more outer planet, Neptune, are in that condition for part of the month. That's six planets total doing their "backward" dance within a 30 day period! This situation certainly speaks to a major period of review, remember, reform, record, re-construct, re-order for all of us in our personal lives and for our entire species. It's a crucial time in re-discovering who and what we are as human beings, to reconnect with our Mother/Matrix Gaia, the biosphere that births and nurtures us through earthly incarnations, offering everything we could possibly need or desire, and more.

But through patriarchy, except for indigenous cultures scattered around the globe, we became more separated from the Mother and from each other. The colonizing model took over where the ones with the biggest weapons rule resulting in the relentless push to steal, rape, plunder the land where earth-based cultures thrived, and destroy those cultures by genocide, enforced slavery and poverty. We've come to the end of that brutal, destructive period where facing the consequences of such devastation is our main theme.

Where do we go from here, in the midst of a global slowing down of the early 21st century speed, seriously out of balance and distracted from what is most essential?

June's two eclipses (a third in early July) will bring on significant shifts in attitudes, beliefs and what we're lacking so far in how to create healthy communities based on social justice, environmental responsibility, the most effective ways to feed the masses and promote the common good. A potent struggle unfolds between the forces at work to co-create that utopian vision and those determined to retain and solidify control over every living being. Pluto-Jupiter march toward their next exact conjunction on June 29 in a continuing square with Eris. A dwarf planet out beyond Pluto, Eris is mythologically goddess of rage, advocate for the disenfranchised and her energetic dynamics are about the ultimate negotiator for bringing ancient conflicts to the fore to be addressed and resolved. The amount of rage being acted out in the public arena in present time is in direct relation to the centuries of war, brutality, slavery, forced migration and cultural genocide conceived by the soulless and power hungry of the human world. Since this comes as a result of the split between humans and nature, the most direct route, in fact the only route, to sanity and balance in our world, is to use this extraordinary time to re-negotiate our own lives and our place in the larger picture; our personal relationship to the ground beneath us and the world around us, nothing more and nothing less.

On June 5 Lunar Eclipse at the 16th degree of Sagittarius blows in with

retrograde Venus in tight collusion with the Sun in Gemini, while along with the eclipsed Moon form a challenging T-square with Mars and Neptune in Pisces. This sets up a particularly crucial push-pull situation between what we've been led to believe and what is real. The centuries long paradigm based on man's conquest of nature, rather cooperation with nature, has proven devastating to all life forms on the planet. Even our scientific method is based on this premise that it's our mission to tame and utterly control the world we're born into.

Indigenous peoples of the Earth have, of course, lived in a very different relationship with their environment with a powerful element of the sacred in how they've viewed and worked with that relationship. True scientific inquiry must involve an open mind to all phenomena and elements in order to come to truthful and ultimately wise conclusions. That perspective does not align with how the most important inquiries are conducted in so many cases, pointing to the great potential for a renaissance in world-shaking, enlightening ideas, turning upside down popular belief systems and setting loose upon the world the most simple, obvious and brilliant solutions to the most ingrained problems. This of course is met with vicious opposition and the most ignorant and destructive actions from the powers that be which are fully aware they're about to be the powers that were. The T-square in play with Sun-Venus, Moon, Neptune-Mars also brings

Continued on page 13

up the most promoted illusions about our situation and the possibilities for beneficial and lasting change.

Sabian* symbol for the degree of the Moon, according to Dane Rudyhar: "Seagulls fly around a ship in expectation of food." The explanation of this image reads: "It shows us how nature can readily become subservient to man's reckless ambition to dominate the entire biosphere through an all-human planetary socioeconomic organization." As well Mercury the Communicator makes a tense aspect with Chiron the Wounded Healer making sure the most painful realities are out in the open to be considered ideally by way of what we can do to balance and heal, although there will certainly be some hurtful words and images shared that can compel the opposite. Much care must be taken for all of us to stay away from reactions that exacerbate already heightened emotions. Mercury also connects in harmony with innovator Uranus to help us access more grounding and helpful information and perspectives.

By the 18th of June, Mercury, the Traveler Between the Worlds, turns retrograde until July 12 at the 15th degree of Cancer, a particularly emotional and intuitive sign concerned largely with nurturing, security and mutually supportive connections. During this period we'll be re-thinking how we can bring more of that mutual benefit into our relationships and into how we interact in the world at large. Cancer's most unskillful expression comes up as grasping for what we feel is ours fueled by insecurity and a sense of neediness, a warning to be mindful about taking care of our own needs rather than project that onto others.

The USA has Cancer Sun and will be impacted directly and dramatically by the July 5th Lunar Eclipse. Everything leading up to this eclipse then is crucial as to how we respond as responsible and caring citizens of a nation gone seriously off track. We must learn to listen to each other instead of reacting from a perspective of left-right orientation as the power structure in place has been working hard to foment anger, misunderstanding and civil war among us. For all those with Cancer planets and points, this will be a time of more than usual journey through memories and emotions in need of healing.

Along with the Summer Solstice on June 20-21 comes the Solar Eclipse to further intensify that already sacred and potent moment in the yearly round of seasonal shifts when the Sun enters Cancer. With Sol and Luna joining in the monthly marriage at the first degree of Cancer, and the Sun under the shadow of the Moon, much will emerge from the personal and collective unconscious of great relevance to the Turning we're going through at this point in the 21st century. The Mayan Calendar, that

tracked the 26,000 year precession of the equinoxes as well as much larger cycles, and ended in 2011 and 2012 gave us some orientation to the immensity of the new cycle we've just begun in the last few years. The possibilities are wide open as this eclipse makes most apparent. We are ultimately creative beings who have gone astray from that realization and are being given the chance to return to ourselves fully and in our glory. However processing the ancestral history and the subsequent karmic conditions we find ourselves in is a big job and one requiring courage, focus and dedication.

Venus, still retrograde and about to turn direct on the 25th, forms easy, balancing and healing aspects as she prepares to carry on with the new alliances, perceptions and beneficial information gained during this review period. Pluto-Jupiter at this highly energized new beginning connect in harmony and support with Mars-Neptune in spiritually-aligned Pisces. This is a time to call forth all our spirit helpers, ancestors, angels, dakinis* and muses to dance with us in this powerful moment of new possibilities for ourselves individually, and for our species in harmony with all others we share this exquisite planet with.

*Sabian symbols are interpretations of each degree of the zodiac. Dakinis are, in the Tibetan Buddhist tradition, powerful female spirits known as "sky dancers."

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Salina Rain offers in person or phone sessions to help you navigate your life path with greater skill, wisdom and right timing. Email: astro@salinarain.com or call 707-668-5408 (voice mail); 707-672-9164 (text message).



“In the Infinity of life where I am, all is well in my world”

By Marie Georgopulos

<https://evolving-soul.com/healing-prayer-to-raise-your-vibration/>

Many of you know of Louise Hay – author, healer, publisher and Founder of Hay House. Well, I just love her! She always inspired me to look deeper inside myself and her words help me create true transformation and healing in my life.

For those of you not familiar with Louise Hay’s work, she started her practice as a spiritual counselor and worked with people and their struggles in life. Over the years she found the relationship between what was physically presenting in their

lives

(whether in the body or in the situations in their lives) and the subconscious beliefs that went along with them. In her book, *You Can Heal Your Life*, she presents a chart of her findings. She details the physical “dis-ease” along with the possible subconscious beliefs and fears that created them, then gives the inspired affirmations that reset the belief.

You can retrain your brain and vibration through using positive affirmations. I find that the more you use them, the more you embody them, and your cells and mind simply begin to accept them as fact. As a result, you emanate the vibration of the affirmation and begin to attract more of the same into your life. Louise was “the queen of affirmations” and I have found them to be very accurate for me, and my clients. The book is a valuable asset to have in your metaphysical and healing library.

Below is a healing prayer from the book that I have posted above my desk area so I can see it everyday and go to it when I need it the most. I found that my eyes are instinctively drawn to it by my inner guidance when I feel overwhelmed, frustrated, scared, and at my wits end. It’s usually because I am struggling with one of my birth patterns or soul level lessons. Reading the prayer will raise your vibration and if you commit to yourself to read it several times a day for at least 21 days you will begin to reset your brain to the new belief patterns and doors of opportunity for growth and prosperity will open. You may need more than 21 days if you have deeply ingrained beliefs or struggle with keeping a positive outlook. But trust me, it will work!

With much love, I share with you Louise’s very intimate healing prayer that has pulled me out of the abyss several times:

*In the infinity of life where I am,
all is perfect, whole and complete.
I now choose calmly and objectively to see my old
patterns,
and I am willing to make changes.
I am teachable, I can learn, I am willing to change.
I choose to have fun doing this.
I choose to react as though I have found a treasure
when I discover something new to release.
I see and feel myself changing moment by moment.
Thoughts no longer have any power over me.
I am the power in the world. I choose to be free.
All is well in my world.*



Source: <https://www.playbuzz.com/What color is your energy?>



For more information about Louise Hay and her books visit: www.hayhouse.com

Crayola releases 'Colors of the World' crayons representing more than 40 skin tones

It's about time! Maybe it will help heal racial differences beginning at an early age.



Crayola, the iconic art supply company has created a palette of 24 global shades for its new “Colors of the World” box, which is designed to illustrate over 40 skin tones.

“With the world growing more diverse than ever before, Crayola hopes our new Colors of the World crayons will increase representation and foster a greater sense of belonging and acceptance,” Crayola CEO Rich Wuerthele said. (Crayola)

[By Janine Puhak | Fox News](#)

Every body is beautiful — and Crayola has released an inclusive new line of crayons to celebrate just that.

The iconic art supply company has created a palette of 24 global shades for its new “Colors of the World” box, which is designed to illustrate more than 40 [skin tones](#).

Because Crayola believes that every child should be able to “creatively and accurately color themselves into the world they see around them,” the brand hopes the new line can help cultivate a more inclusive world for kids of all ages, races, cultures and ethnicities.

“With the world growing more diverse than ever before, Crayola hopes our new Colors of the World crayons will increase representation and foster a greater sense of belonging and acceptance,” Crayola

CEO Rich Wuerthele said of the news, announced on Thursday. “We want the new Colors of the World crayons to advance inclusion within creativity and impact how kids express themselves.”

The Colors of the World shades were developed in partnership with Victor Casale, former chief chemist of MAC cosmetics and current CEO of MOB Beauty. With over 30 years’ experience in developing diverse foundation shades, Casale worked with the brand to make a palette that would authentically reflect what Crayola describes as “the full spectrum of human complexions”

“I have spent my life trying to create truly global shade palettes because I know what it's like to be with a person who has finally found their exact match. They feel included and recognized, and I am hoping every child who uses these crayons and

finds their shade will have that feeling,” Casale said.

“Growing up, I remember mixing the pink and dark brown crayons to try and make my shade, so I was thrilled when Crayola asked for my help to create the Colors of the World crayons.”

Slated to hit store shelves in July, the exciting new crayons will be sold in 24 and 32-packs, the latter featuring new hair and eye colors as well.

Each of the Colors of the World crayons will be wrapped in “gradient” skin tone labels with the color names listed in English, Spanish and French. Color names like “light golden,” “deep almond” and “medium deep rose” were selected to be realistic and relatable, helping kids easily chose the shade they most identify with.

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Those Dandylions

Although dandelions are vilified by the lawn care industry as weeds, before you spray or pull them out, did you know they could be a SUPER FOOD? They are the first food in the Spring for bees? They are also an important source of food for some birds. Dandelions are a sign of a safe, nontoxic lawn for your family, wildlife and pets. Read on for more benefits!



Dandelion greens belong to one of the largest plant families — the Sunflower — which include more than 22,000 species, including daisies and thistles. The first reference of dandelions being used as a medicine was written by Middle Eastern physicians in the 10th and 11th centuries. Welsh medicinals concocted as early as the 13th century made use of both the roots and leaves.

After gathering this plentiful, easily recognizable herb — preferably the younger, paler leaves — rinse them gently, pat them dry, and store them in plastic bags in a low-moisture refrigerator drawer. Blanching them by immersing them in boiling water for 20 to 30 seconds helps reduce a sometimes-present acrid taste before adding them to salads or sandwiches. Try adding dandelion greens to soups, stews and casseroles, as well as to herbal teas and coffee.

Health Benefits of Dandelion Greens

When your grandmother said dandelion greens were good for you, she wasn't kidding. Folk medicine claims the dandelion plant is a powerful healer, used to purify the blood, settle digestion and prevent piles and gall stones, among other maladies. The fact is the greens of the

humble dandelion provide 535 percent of the recommended daily value of [vitamin K](#) which may be the most important source of any other plant-based food to strengthen bones, but may also play a role in fighting Alzheimer's disease by limiting neuron damage in the brain.

Dandelion greens also give the body 112 percent of the daily minimum requirement of vitamin A as an antioxidant carotenoid, which is particularly good for the skin, mucus membranes and vision. A flavonoid called zeaxanthin protects the retina from UV rays, while others, primarily carotene, lutein, and cryptoxanthin, protect the body from lung and mouth cancers.

Need more benefits? Dandelion greens are high in fiber, which helps your body shed waste. These greens also contain vitamins C and B6, thiamin, riboflavin, calcium, iron (crucial for generating red blood cells), potassium (to help regulate heart rate and blood pressure), and manganese. Other nutrients present in dandelion greens include folate, magnesium, phosphorus, and copper.

Dandelion greens are on Dr. Mercola's [most highly recommended vegetables](#) list with some precautions.

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A Recipe to Try...

Dandelion and Fennel Salad

1 bunch finely chopped dandelion greens
 ½ fennel bulb, thinly sliced
 2 cups thinly sliced Napa cabbage
 ½ cup bean sprouts

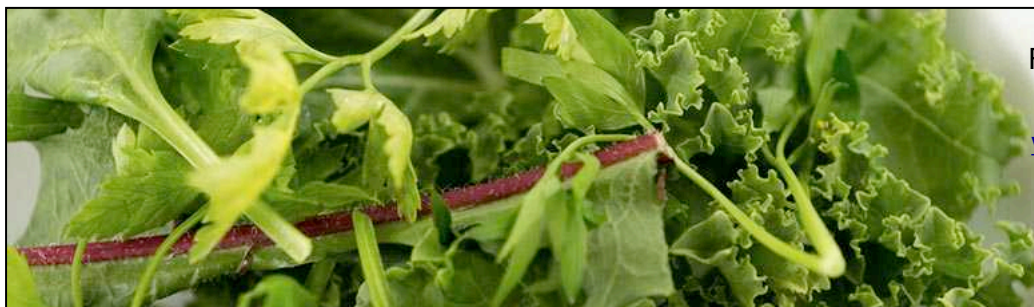
Dressing:

1 lemon juiced
 1 Tbsp. mirin (found in the Asian aisle)
 1/8 tsp. sesame oil
 1 tsp. apple cider vinegar
 1 tsp. tamari soy sauce
 2 Tbsp. olive oil
 ¼ tsp. maple syrup

Procedure:

Place the salad ingredients in a large bowl. Mix all the dressing ingredients together, pour over the top, toss lightly, and enjoy! Makes 4 servings.

(From *Healthy Recipes for Your Nutritional Type* by Dr. Mercola). www.Mercola.com



For more on Dandelions, visit: <https://www.anniesremedy.com/taraxacum-officinale-dandelion-root.php?>

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Practicing Mindfulness By Beverly Brunelle

Beyond Words Into Deep Silence



I have been busy lately on Zoom calls, sitting still and staring straight ahead at my computer screen looking at a variety of heads that remind me of the old Brady Bunch TV show!

At the start of each session I scrutinized myself; the angle of the camera and edited what was in the background that others could see. I checked out their environments, too. Busy in thought, I wondered how I could contribute to the conversation and how I could stay with it and grasp all that is being shared. I started to think about other commitments I had later that day, and by the end of the Zoom session, I felt disoriented. I lingered in memories of the call while I reoriented myself to my physical surroundings wondering, how to move into the rest of my day.

Today's Zoom call was very different. We shared what was important to each of us and then it just happened. Unplanned deep silence! The four of us sat in complete silence. It was organic and easy. Eyes open, we simply looked at each other. It was delicious. I felt nourished, relaxed, calm, deeply touched and connected with each person.

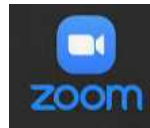
I had no idea what was in each of their heads. In mine I saw images of us together, outside of time and away from the Earth. We met as our true selves in pure space. I saw us unique and equal as royal ancient deities dressed in magnificent colored fabrics. We were connected heart-to-heart in the silence. We observed the Earth and humanity's dynamics. Frequencies activated within us to prepare for our next sojourn as part of the shift of Earth and humanity.

Then the scene changed. Still outside of earth space and time, we were now dressed in unique renditions of Super Woman! Our telepathic communication was subtle and deeply felt. We shared our clear knowing.

In the visions, and here on Earth through Zoom, we shared a powerful Presence. In the spontaneous silence, thoughts arose and melted away. Feelings softened and got more subtle and refined. We were in an energetic field that was gently changing and each one of us could really feel it. We were outside the concept of spiritual perfection.

After about 20 minutes, this group expressed it was effortful to speak. I felt very altered, still integrating the new energies. We each were very grateful for this precious, deep silent time together where there was no worry, no future, no past, no expectations, no potentialities, Just seeing and Being.

Later, on another Zoom call, friends and I were using plenty of words to describe our efforts to appear 'spiritually perfect' and how it was a very stressful pursuit that actually caused us to avoid our deeper experiences. We were all afraid to be judged if we exposed our vulnerable emotions, judgements and inner dialogues. We noticed that trying to be spiritually perfect distanced us from ourselves and from others because we were not being real – not in touch with our current feelings and inner process. There is no real freedom there, no authentic presence. We noticed we were bypassing our deepest feelings and this denial was hurtful to ourselves.



Zoom Video Communications, Inc. is an American communications technology company headquartered in San Jose, California. It provides videotelephony and online chat services through a cloud-based peer-to-peer software platform and is used for teleconferencing, telecommuting, distance education, and social relations. [Wikipedia](https://en.wikipedia.org/wiki/Zoom_(software))

We overflowed with words in our attempt to give more clarity and form to the complexity of our belief systems around being spiritually perfect. More and more awarenesses bubbled up and the realities of how our expectations were controlling and denying ourselves became more evident. Much was awakened within me beyond the words we shared. I left the call energized and inspired!

Two different Zoom calls with such rich contrast and both filled with immense gifts. All organic... all senses open beyond words in deep silence.

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Beverly Brunelle is an Intuitive Energy Shaman and Teacher. Visit: <http://www.beverlybrunelle.com> or email: dreamonbab@yahoo.com to schedule a private session.



Be True to You ~ Practice Tough Love

"I'm an artist and instructor living in the woods of Connecticut. The woods, hills, shores, and wildlife here are my inspiration. My art reflects and transforms my life. I am a painter, mixed media artist, jeweler, and guide on the inner journey." Join us at [Dragonfly Art Club](#), a free group on Facebook. Discover art-to-do videos, resources and a supportive community. Visit Pat's websites: [www.patsartfullife.com](#) • [www.artisticwaytoenlightenment.com](#) • [www.patgullettdesigns.com](#) • [www.awegroup.net](#)

Practicing tough love is stepping away from distractions, relationships, and drama that hold you back. From 20 second fast dancing blips to world catastrophes, they keep coming at us at a furious pace.

Tough love is loving yourself unconditionally and coming home to art. Don't get stuck in the overwhelm of the world. You can't do anything about it but get sad, frustrated, or angry and that is the most powerless place to be.

Practicing tough love begins with moving into creativity and away from the iphone. This takes courage. Social media seduction is hypnotic. Take back your

day, your time, your creative life, and make something that involves all your senses.

Secondly, come into mindfulness of your world and where you are on your path. Many are sharing their way of doing, their style, and you might want to do it all. Practice discernment. Stay true and focused on making what is meaningful to you. Trust yourself and develop a deep knowing of what's right for you.

When I follow someone else's way, I never like what I've made. It's not me. I have to pause and reflect on how I can interpret their inspiration in my way of

doing art, or doing anything else. What does this learning do for me?

Thirdly, tough love, self love, is letting go of toxic relationships, guilt, and blame. Anything that keeps me from being my best self, from loving myself, takes me off my path. The past is for learning, distilling the wisdom, and then letting go. Walking away changes the energy. Possibly a new, better relationship will emerge that honors me, my passion, my art, and my thoughts. Maybe not. But I will have stayed true to myself and kept to my Artist's Journey.

Fourthly, do art you love each day, even in some small way. Take a breath. Set aside creative time and space for your inner life to flourish. Don't push to complete anything until you're ready, but do something. Be in consciousness, not 'busyness.'

Give yourself time to assimilate all the good things that work for you. Always choose what Feels good. Your happiness is the best gift you can give the world. Create something from your heart.

It's time to treat yourself as the most beloved creature in your life. Make a choice to love yourself unconditionally. Without judgement or critique, ask yourself, "Why am I not making time for me and for my art?"

Clear your mind. Declare your clarity of direction and bring in conscious choices in all you do. Intend to be true to your best self with every precious day. Paint, create, make, write, play, and take the Artist's Journey. You'll love your self and your art, which makes for a memorable, happy life.

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Painting: Sensual Flowers by Pat Gullett

There's a secret to choosing the right colors for your home

By Nancy Freier

It amazes me what color can do! This time of year the leaves change and the colors take our breath away. In Feng Shui, colors determine the overall ambiance of a home that affects your mood, your health, and your experience. When used correctly, color can create a restful bedroom, an office that stimulates creativity, or a dining room ready for cheerful conversation and fun gatherings.

Not sure what colors to choose? I advise choosing colors you love because if you love the color, you'll feel good in the space; and if you feel good in the space, it will have a positive effect on you. Choose lighter tones for walls and ceilings, and deeper, vibrant colors in smaller doses with upholstery, rugs, pillows, and other decor. Bedrooms should ideally be in any skin tone, or perhaps a favorite dessert. Stay away from cold colors and bold patterns or you might have trouble sleeping.

Nothing changes a space faster than a fresh coat of color. But before stepping out of your comfort zone to buy that red sofa, lay a piece of red fabric over the old one to try it out. Not sure if that paint color you saw in a magazine photo is the right one? Most paint stores sell sample size paints, so paint just a section of a wall. Place some of your furnishings against it and live with it for a few days to be sure you still love the color.

Accent painting is another idea. A client painted a brown rectangle above her sofa as a backdrop for a cherished piece of art. It was an eye-catching focal point that pulled the room together. Another client had an all red room that was overwhelming. We painted all but the back wall a neutral color to tone it down and the remaining red wall became the perfect enhancement for her fame and reputation.

Another client changed their all-white kitchen by stripping the cabinets to reveal a warm wood tone and painted the walls a golden yellow. For little money, their kitchen went from blah-to-wow and became a room they love to be in.

Colors and their affect on the psyche:

Red is an attention grabber. It increases energy, action, passion and stimulates circulation. It adds warmth and makes rooms feel cozy and intimate. Add red to a room if you are feeling depressed, or tired. Restaurants use red to increase appetite but be sure to remove red from the table if you want to lose weight.

Orange stimulates enthusiasm, joy, humor and laughter. Add orange to help you feel more outgoing, cheerful, enthusiastic, optimistic and creative. Orange is all about vitality. It aids digestion and is an ideal color for a dining room or any space where you entertain. A client used orange in his office and felt more motivated and joyful at work.

Yellow energizes, lifts spirits and encourages joy and happiness. Use yellow in kitchens, hallways, living rooms, play rooms and offices, but can be too intense for bedrooms. A client painted her cold, blue basement office a cheerful yellow and afterward she loved being down there.

Green symbolizes nature, personal growth, renewal, peace and healing. Green is serene, calming and creates balance and harmony. It's a great choice for people who are overly emotional, offering them the optimism of yellow and the calm of blue.

Blue symbolizes intuition, peace, patience, tranquility, faith in oneself and trust in others. Certain shades of blue can relax and calm, but too much strong blue can be cold and depressing. Blue lowers blood pressure and heart rate. In a bright, sunny office where a businesswoman could not sit for very long with the sun



Source: Pinterest

beaming in through a skylight, we painted the walls a pale blue that balanced the space.

Purple is a high vibrational color linked with meditation and healing. It's often preferred by those seeking a deeper spiritual meaning of life. Purple/lavender can be a good choice for meditation rooms or church interiors, but should be used sparingly, or as an accent color.

Brown is a masculine color that offers comfort and security. Men prefer earthy brown for its sense of protection, grounding and practicality. Brown is almost always a good choice for mud rooms and basements.

White represents purity and cleanliness. It is useful for lighting up dark room and hallways. White can relieve overloaded senses, however it can be difficult to live with if no other colors are used with it. Remember the all-white sterile hospital rooms? Now, color is being used due to its healing affect.

Black is mysterious, intriguing and bold and needs to be used with care. It's a great accent color on furniture, picture frames and other decor, but too much black can be oppressive and depressing. If used on walls, black creates a dramatic effect, but balance all that black with a light colored floor, doors and window coverings.

Don't be timid, just be smart choosing colors and remember, the ones that please you will also nurture you. Where to place color to balance the elements is another consideration for the feng shui expert to determine. Δ

Nancy Freier is an intuitive interior designer and Essential Feng Shui® consultant. Her passion is helping people live comfortably and joyously in their home, and creatively and productively in their work environments. See ad on page 21.

Bedroom Color Tip:

For added comfort and rest, choose bedding colors from any of the skin tones in the human race. For added texture and warmth, add faux fur rugs, pillows and throws. Keep the room's color scheme to these colors and you will be able to relax and sleep better. Keep the cool shades of blues and greens out of bedrooms and bold action-figure patterns out of kids' rooms so they can focus and relax.



medium almond	deepest almond
medium deep rose	extra deep golden
light medium almond	extra deep rose
light medium rose	extra deep almond
light almond	very deep almond
light rose	deep golden
light medium golden	medium deep golden
very light almond	deep almond
light golden	very deep rose
very light rose	deep rose
very light golden	medium deep almond
extra light almond	medium golden



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"Our 9-year-old son was diagnosed with Attention Deficit Disorder. The simple suggestions Nancy made in his bedroom allowed him to return to his happy, normal self in a very short time. I am thrilled at what her skills have done for him and our family." -K.B.



Sounds for Ascension & Inner Peace ~ Part II

*Raising Our Vibration for the Coming Times on Planet Earth
A Tonal Alchemical Potpourri for Your Soul*

By Pamela Angelique Hughes

There seems to be a huge need at present for people to be able to “rise above” what’s happening in these times of extreme change. So, I’ve been receiving strong “guidance” to do a series of videos on “*Raising Your Vibration for the Coming Times on Planet Earth*” and thanks to the efforts and gifts of video editor, Steve Freier, I’ve been able to get these videos out.

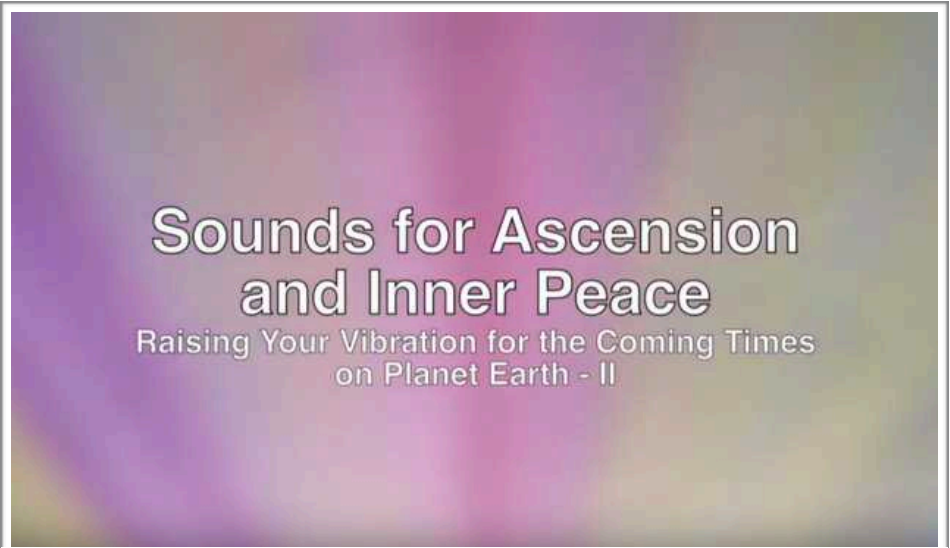
The newest one “*Sounds for Ascension and Inner Peace – Raising Your Vibration for the Coming Times on Planet Earth –Part II*” is working with the Fibonacci frequencies/tuning forks which balance your nervous system, increase creativity and help in healing trauma and addictions. The video gives a lot more in-depth description of how the tuning fork frequencies can help, especially during times such as these, but actually during any time.

My life has changed drastically over the years working with harp and voice, sound therapy, vibration and frequencies. I have found more balance and inner peace by “attuning myself” daily with the continual listening of these frequencies and due to my own life changes, I am excited to share this with others. *The key is in continual listening ...* for sound has an “accumulative” affect, like exercising or working out.

I hope you enjoy and receive great comfort from the new video! If you feel so inclined, you may subscribe to my station:

[Pamela Angelique Hughes/Harpsong International](https://www.youtube.com/channel/UCvCgE-LEJ0BBU)

Δ





https://www.youtube.com/watch?v=CgE_LEJ0BBU&t=344s



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Pamela Angelique Hughes has over 30 years experience as a singing harpist, sound therapist, and speaker/facilitator. She's the founder of HarpSong International – a “sound sanctuary” for your body, mind and spirit which offers: music CDs, long distant sound healing sessions, videos and professional speaking. Her home is in the Salida/Buena Vista area of Colorado near the headwaters of the beautiful Arkansas River. Her primary focus is for healing and raising human consciousness through music and sound therapy. Her music has been used by leading spiritual teachers such as Dr. Wayne Dyer's meditation CD and as background music for John Bradshaw's workshops and videos. Pam's been referred to as a “musical shaman.” Her CDs sell worldwide and samples of her music can be heard and CDs purchased in the Music Store of her website www.harpsonginternational.com



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