

The Inner Voice

A Source of Light For Unfolding Consciousness • April 2021



Let there be
Peace on Earth

and let it
begin with
me

Awakening
Ecological
Consciousness

Inspiring ways to...

**Love Yourself,
Love One Another,
& Love Mother Earth**

**Earth Day
April 22**



Peace Sign Leaf

Source: Internet Photographer unknown.

“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.” – Rumi

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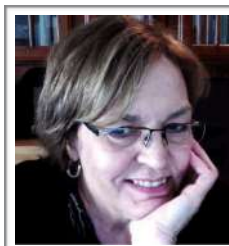
The Inner Voice

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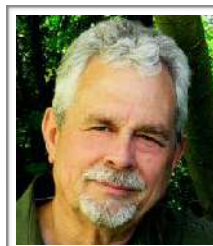
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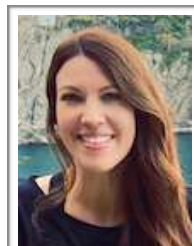
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The Inner Voice Magazine intends to serve as inspiration for healing body, mind, spirit, heart and home. The information in this publication is not meant to replace the advice of healthcare professionals. We aim to bring through the highest vibrational information we can find. 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 your path. May your life be blessed by reading and sharing this magazine.



Golden Light Healing

DREAM • EXPLORE • DISCOVER • GROW

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 private group rental.

Your Hosts

Amy & Dave Wilinski

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www.GoldenLightHealing.net



Here's a Partial Listing of Our Upcoming Events.
Check our website for more events and details!

www.GoldenLightHealing.net

TRUSTING YOUR INTUITION

April 2, 5:30-10:00pm

MEDIUMSHIP TRAINING

April 17-18, 9:00am-4:00pm

This course will teach you a variety of techniques to connect with souls who have passed on. During this highly experiential class you will learn to make those connections with the spirit world and how to give an evidential reading.

LOTIONS & LIP BALMS

June 6, 9:30am - 12:00pm

DEEPENING YOUR MEDIUMSHIP

June 25-27. Friday 6:30-9:30pm

Saturday 9:00am-8pm Sunday 9am-4pm

THE HERBAL APPRENTICE

WITH GIGI STAFNE

July 24-25, 10:00am -4:00pm



DRUM MAKING WORKSHOP

with Dave Wilinski

July 17, 12:30-4:30pm

MEDIUMSHIP WORKSHOPS

WITH MAVIS PITTILLA FROM THE UK

August 14-15, 2021

Let's Talk About Love—open to all levels.

August 16-17, 2021

Confident Communication—Pre-requisite: Workshop with Mavis Pittilla, or working as a professional medium.

ANCIENT IRISH SHAMANISM WITH AMANTHA MURPHY FROM IRELAND

November 1-3 or November

6-8, 9:00am-6:00pm.

SEIDR NORSE SHAMANISM

WITH IMEDLA ALMQVITS FROM THE UK

December 1-5, 2021

JOURNEY TO PERU FOR MESA CARRIERS

January 17-28, 2022

REIKI LEVEL I TRAINING

April 10 or May 8,

9:00am-4:30pm

REIKI LEVEL II TRAINING

April 25, 9:00am-4:30pm

REIKI MASTER TRAINING

April 3 or June 5, 9:00am-4:00pm

WHISPERS ON THE WIND SHAMANIC PROGRAM

Next group begins July 28-Aug 1

Are you searching for the meaning in your life? Would you like a deeper connection with nature and the spirit world? Please 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 including power animal and soul retrieval, clearing of past life and ancestral imprints, connecting with the forces of nature, ceremony & ritual, and much more!

Register now for our Workshops and Sessions online! www.glh.as.me

April 2021

Dear Readers,

First of all let me introduce our new Editor, Grace Olson who comes to us from a regional health and healing magazine. Her skills and expertise is greatly appreciated and we look forward to working with her. Welcome, Grace!

This issue has a strong focus on ways we can love ourselves and each other more, which to me is the answer to what is wrong in the world. If we truly loved one another, we would not commit crimes against each other; and, I hope the articles will inspire you to heal yourself, the Earth – and potentially, our society. We could start with emulating a couple of traditions from a humble tribe in Africa who welcomes souls to Earth with a song, (p. 8); and another story depicting equality and non-competition, (p.11). This tribe brings to mind the Bible verse, “Blessed are the meek, for they will inherit the Earth.” (Matthew 5:5)

Speaking of the Bible, as a child in Sunday School, it was my impression that Jesus did not live very long – born in December and died in April. During those years while I was growing up, the focus always seemed to be placed on his death. However, I later discovered what was more important was his resurrection – pointing to the conclusion that we do not die! Read Steve’s book overview, *Life-After Life* (p. 6). Among several other articles, I am featuring a piece written by our late editor, Kathleen Jacoby titled, *A Radical View of Christ* that helps explain some of the Christian mystique.

I hope this issue enlightens and inspires you to love more and live better. Remember, the planet, like an egg, is fragile, so please handle with care.

Wishing you a happy spring, and if it’s not happy, change it!

Nancy, Publisher



Angel Talk™



Living in Harmony with Mother Earth

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

Q. What is the deeper meaning of living in harmony with the Earth? It seems that mankind has become so far removed from the natural cycle of things that we will never get back in balance. Help!

Good Day we say to you. To answer this, we must first talk about the importance of the four seasons. We say to you, it is of the utmost importance to become as natural as you can, even if it’s only in your heart at first. By that we mean, you are in a physical body and you dwell on a physical plane; therefore, you must align with that environment as best as you can, in order to be in balance with yourself then with the world. If you follow man’s manipulations of nature; and for example, you eat man-made or genetically-altered foods instead of natural ones, your body will be out of balance, resulting in an underlying unhealthy state of discontent and unhappiness.

We suggest you learn to listen to the rhythm of the Earth and get yourself in tune with it. There are natural patterns inherent in nature which you can learn about and follow once again. Find this path home to where you once were. Listen to the lesson of your native forefathers, for they hold the key to this path. They knew how to live in perfect harmony with the elements; and, so must you learn for that is where you will find ultimate balance and regain your happy heart.

Without a connection to nature, your lives are without real meaning.

There can be no logic to your wanderings and that leads you into living an artificial life, which is the source of all unhappiness. Separation (from nature) is the key to loneliness. Your innate sense of loss stems from not being in the natural flow and rhythm of the life that surrounds you. You have forgotten the importance of living life within its natural cycles and seasons.

With this question being asked, we say it is time to call yourself home to your natural state of being. Establish a daily routine where you can quiet your mind and allow your heart to speak to you. In your meditation, ask for your Native Forefathers’ spirits to come and connect with you. Ask for guidance in learning how to live in harmony with the land. Ask “What can I do to be more in tune with the natural, rhythmic cycles and stay in balance, even if I live in the midst of a concrete jungle?”

We say, many people ask, but few listen. We say, become still and listen for the response; and, let yourself be pleased with whom you connect, perhaps even surprised at what is revealed to you. Reacquaint yourself with the knowledge of the natural cycles of the Earth – the moon’s phases and cycles, the sun, the planets and the stars – for they all hold deep meaning in your life. Study [astrology] and learn from it, for there is so much more for you to know about physical reality than you realize. Get back to living in connection with the Earth as much as you can, as quickly as you can; and,

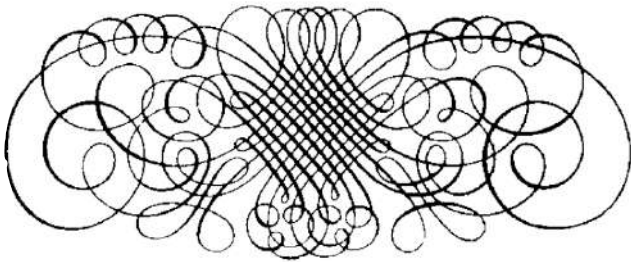
Continued on page 5

let all of the artificial stuff go, for those things only seek to complicate your life.

Make a conscious effort to align with nature, even if your contribution is just a silent prayer in your heart. Your thoughts are real in our greater world! Continually seek ways to reunite with the nature, and live in balance and cooperation with these laws. This is where true happiness is.

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Excerpted from "Heaven Help Me! Answers from the Angels" - Coming soon to a Kindle near you!
Watch this space for updates.



Artwork: Pinterest. Artist unknown

Need A Light?



Get A Reading!

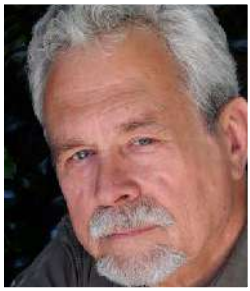
Ask the Angels for their perspective on your situation and they will give you their kind and loving guidance. Learn why you're experiencing something and gain the clarity needed to inspire you to make right choices for healing, forgiving and moving on.

Hundreds of people have been helped in this way over the years of my communicating with the angels who always lead you into the Light.

Readings are available written and/or LIVE
on Skype | Facetime
by appointment

Nancy Freier
The Angel Medium
since 1986

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Life After Life

By Beatrice Brunner

Once again I stumbled upon a vast treasure trove of channeled material brought through by the talented deep trance medium, Beatrice Brunner of Zurich Switzerland. Born in 1910 and passed to the World Beyond in 1983 at the age of 73. She leaves behind over 2000 sessions, many of which have been recorded on audio or video and have been transcribed in German. However, I was able to find a sampler of the material in a book published in English titled, *Life After Life; a Selection of Individual Experiences in the Beyond*.



Beatrice Brunner (1910-1983)

The main thrust of the material: The world we live in is only a shadow of the vast Spiritual World. The twelve chapters in this book represent just a small selection of 91 reports of individual experiences of deceased people who lived on earth some 50 to 200 years ago. Based on the explanations given in these accounts the reader is able to imagine the

possibilities which are opened by a relationship between this world and the beyond, and he or she can gain insight into the world that is awaiting each of us. The accounts are personal, and each report demonstrates the varying spiritual effects an individual's attitude and actions have on the manner in which they are judged and treated after death.

Typically the first few paragraphs of each story provide an overview of the person's life on Earth along with their challenges during that lifetime before death. Then, in contrast, they tell what happened to them after crossing over. Each story is quite different and each provides lessons learned as a result of what they did, right or wrong, while on Earth and how their actions and attitudes affected how they landed in the World beyond. And it must be stated that most of the material is filtered through the lens of a Christian (mostly Catholic) religion. That said, some of the stories were told by people who did not believe in God or the Afterlife. Interesting as it seems that life goes on no matter what you believe while on Earth! To give you a better idea of what awaits you in the book, here are the chapter headings:

- Elisabeth: How She Became a Spiritualist and How This Helped Her in the Hereafter
- Theresia: Joys And Disappointments In The Beyond
- Jakob: Faith In God Is All-Important
- Mathys: In The Service of Souls In Torment
- Peter: Death At An Early Age
- Karin: Inside A Village For Children



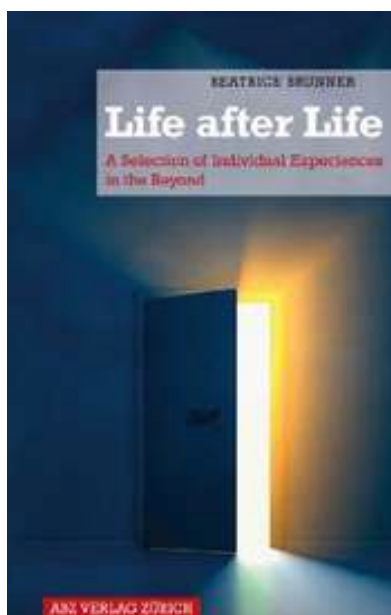
- Hanna: One Must Earn One's Place In Heaven Through One's Own Efforts
- Magdalena: A Stepmother Atones For Her Lack of Love
- Maximilian: A Materialist With Many Failings
- David: Once Lord Of The Manor – Then A Life As a Shepherd To Restore Balance
- Karin: A Magnificent Home – Life And A Gratifying Activity In The Beyond
- Amalia: A Never To Be Forgotten Experience

One concept that I found most curious was that once you are situated comfortably in the Beyond, you are expected to perform some sort of work! You mean it's not just an idle life floating on a cloud? Of course the idea of work in Heaven is quite a bit different than what we typically think of as work here in our Earthly lives. One situation that comes to mind involved that of a group of newly transitioned young teenaged boys. They all had a *motherly* guide who provided them with a limited pallet of suggestions from which they would have to choose; things like shoemaker, basket weaver, rug maker, etc. These were limited options for them because they were as yet so young that they had not yet on Earth had

Continued on page 7

time to develop a suitable profession, so in effect they were still beginners at the concept of work. The young man featured in this scenario selected the profession of stained glass maker. This turned out to be a skill which took him over twenty years, as measured in Earth time, to perfect! A major point of each profession was that it had to somehow contribute to the overall benefit of the heavenly realm. Very cool! I enjoyed the stories very much and I think you will too!

Δ



You may purchase [Life After Life: A Selection of Individual Experiences in the Beyond](#) on Amazon – in Kindle format only.

Steve Freier is a researcher and reviewer of metaphysical books. He is also a professional video producer specializing in personal and promotional videos in YouTube fashion. He resides in Door County, Wisconsin. Contact: sgfreier23@gmail.com

~ Inspiration ~

Awakening Anew

By JA Dioguardi



Over eleven years ago, I got out of bed one morning and began to write—something I had never been inclined to do prior to that day. Other changes in my being accompanied this newfound passion, and it dawned on me that I had experienced a spiritual awakening of sorts. I felt different; I looked different; I *was* different!

In the beginning, poetry and journaling were the forms my writing most often took; after several months, I also began blogging. In an early blog, I found the courage to write about my “awakening”—assuming that it was a once-in-a-lifetime experience. And though no two moments in time are ever truly the same, I was pleasantly surprised when I had another such experience during my solo years in Las Vegas: I awakened anew! I’m writing this piece today in order to give a brief description of what occurred during that second awakening, which might allow my readers to better understand the process that produces a large portion of the written work I share with others.

Just over three years after moving to the desert, my active and fulfilling life slowed down a bit. It's not that I quit doing what I had been doing; however, I was drawn to spend even more time alone than I previously had, mostly due to an inner prompting to try something new. I began to set aside time every day during which I would sit quietly with my hands lightly poised on the keyboard of my laptop, keeping my eyes closed in order to shut out any noise or visual stimuli that could interfere with my tuning inward. As my mind let go of any thoughts that arose, I found myself ... stepping aside and allowing another aspect of my ... consciousness to write. Words entered my mind and found their way onto the “page,” and I simply allowed them to flow.

Continued on page 8



Photo: Courtesy Steve Freier

At some point in every session, it became clear that the material I had channeled was complete. I would then open my eyes and take a few minutes (while still in a light trance state) to quickly read what I had written, correcting obvious typos or errors. Most often, I was surprised by the majority of what I read, having only a partial recollection of some of it. Since my software program of choice records both the date and time that an entry is created, I simply made a note of the time when I finished my (minimal) editing, saved the file, and exited the software. With rare exception (until 2020), I didn't revisit entries from the early years of that experiment, nor did I share anything about it with others.

A year after I began channeling, it was made clear that (in addition to the mostly personal material that came through) I would soon receive material intended for an audience. I was given the phrase *"From The StillPoint Within"* as a title under which I would present that work. I ultimately used the word "messages" in reference to the content of those sessions and assigned a number to each. Further details about that particular project are not the purpose of this piece, so I'll leave it at that.

What I hope to accomplish by sharing a bit of my story is to allow others to understand that I (my conscious, waking self) am not the sole source of (most of) what I write. The words come through me, and I simply transcribe what I receive. For the sake of brevity, I'll close with some lines from my poem, *"The Vibe"* which clearly and succinctly describes my role in the work to which I've devoted myself since awakening anew.

*"...It's only asked of me to receive —
to open wide and trust I'll perceive
what Spirit wants me to transcribe..."*

*...I am simply a receiver,
one of many a believer
in the healing power of a rhythmic verse —
a soul in service to the Universe.*

*I am given seeds to sow;
the rest is not for me to know."*

△

About JA Dioguardi in her own words...

"I am a Cosmic Consultant for Change whose mission is to help others see the possibilities available to them so that they are inspired to create a joyful life that honors the intention of their soul. I inspire, teach, and heal via the vibration of my words." For more of her writings, visit: www.jadioguardi.com

The Role of Birth Songs in Africa



Could this tradition help heal our society?

By David G Maillu

Of all the African tribes still alive today, the Himba of Namibia in southwestern Africa is one of the few that counts the the birth date of children not from the day they are born nor conceived but the day the mothers decide to have them.

When a Himba woman decides to have a child, she goes off and sits under a tree, alone, and she listens until she can hear the song of the child who wants to come.

And after she's heard the song of this child, she comes back to the man who will be the child's father, and teaches him the song. When they make love to physically conceive the child, they sing the song of the child as a way of inviting the child.

When she becomes pregnant, the mother teaches that child's song to the midwives and the old women of the village, so that when the child is born, the old women and the people gather around him/her and sing the child's song to welcome him/her.

As the child grows up, the other villagers are taught the child's song. If the child falls, or gets hurt, someone picks him/her up and sings to him/her his/her song. Or maybe when the child does something wonderful, or goes through the rites of puberty, then as a way of honoring this person, the people of the village sing his or her song.

If a Himba tribesman or tribeswoman commits a crime or something that is against the Himba social norms, the villagers call him or her into the center of the village and the community forms a circle around him/her. Then they sing his/her birth song to him/her.

The Himba views correction not as a punishment, but as love and remembrance of identity. For when you recognize your own song, you have no desire or need to do anything that would hurt another.

In marriage, the songs are sung, together. And finally, when the Himba tribesman/tribeswoman is lying in his/her bed, ready to die, all the villagers that know his or her song come and sing – for the last time that person's song.

△

Source: <https://neterianafricanreligion.net/the-role-of-birth-song-in-african-life/>



INNERVIEW by Cherrie Hanson

Pain is Weakness Leaving the Body

“These pains you feel are messengers. Listen to them.” –Rumi

On my way to his birthday party, waiting at a red light behind a motorcycle, I worried about my friend who was turning 56. Professionally, he was a healer, but now he was the patient, very sick with colitis. Friends and family gathered on his birthday to bring loving energy instead of gifts and libations. This wise group knew that pity and sadness would not contribute to his healing process; rather they acknowledged the celebration of life and the strength of our friend to manage his own journey. Before the light changed, I glanced up to read the back of the biker's tee shirt, “Pain is weakness leaving the body.”

When loved ones are suffering, we want to help, or empathize, but would it be

more beneficial to trust and support the idea that they could resolve their issue by understanding the arrival of pain in their life? The joyful energy we brought to our friend that day made his journey lighter, that's what we can do for each other. Louise L. Hay's book, [You Can Heal Your Life](#) taught me how to view the messages from within.

I have battled chronic illnesses and recollect the frustration. I cried a lot, suppressed it with drugs and beat it down with surgery. It wasn't obvious while I was suffering, but my body was telling me something. Anger is an example of emotional pain coming out of the body. A depressed person has a low vibration, a numbness of spirit. Anger is actually a

higher vibration, less numb and more awake despite that we perceive it as a negative emotion; it's a sign that your energy is moving closer to happiness.

The book, [Ask and It Is Given: Learning to Manifest Your Desires](#) by Esther and Jerry Hicks, charts our emotional scale, with depression as the lowest vibration and happiness as the highest. The authors suggest slowly replacing lower emotions with higher ones. When you are depressed, it's impossible to suddenly replace that emotion with joy. For example, if you have reached anger after being depressed, that is progress. Then frustration is higher than anger, and above frustration is hopelessness. Being stuck in one emotional place is worse than moving to a more positive emotional state. These steps show how progress

is being made. We might not recognize this unless we know how emotions work.

When we are hurt, energy instinctually becomes focused on survival. An animal that has been injured will immediately lick the area, and continue obsessing on it for comfort. Humans behave that way when physically or emotionally wounded. If there is no spiritual understanding of why pain comes into our lives, or tools to work through its arrival, the intense focus on it can lead to addictions, neurotic behaviors, and being caught in the pattern of licking the wounds over and over.

The better option is to embrace pain, not allowing it to make you weak. The marines use this phrase to inspire endurance and strength. Pain should not be feared, but released, knowing that it is only temporary, signaling an opportunity to become stronger. Pain becomes that weakness leaving your body that you replace with a strong muscle for future challenges. Each time it shows up, you have the opportunity to become stronger. Strength lies in awareness, acceptance, and release.

In time, myself and my friend honored the blessed messenger and came out stronger. If you or someone you love is physically or emotionally sick, be strong and faithful to the process, and understand that pain is not bad luck, but a helpful messenger.

△

Cherrie Hanson is Program Director at Interfaith Conference of Greater Milwaukee, a 50-year-old nonprofit organization consisting of 22 member faiths and denominations. An explorer of human diversity, she creates programs that foster understanding, mutual appreciation and social causes. Cherrie is also a fine art photographer, vocalist and musician who uses talent as a means to attain individual authenticity.
www.bubblesink.photoshelter.com



No Matter the Question, **LOVE** is the Answer

Q. What are we to do when we are threatened with nuclear war or natural disasters such as hurricanes, tornadoes, earthquakes, tsunamis and wild fires?

We are watching the unfoldment of events on the Earth very closely. Trust in your heart-of-hearts that God has a plan and He uses all things for good. The angels and other “legions of help” from neighboring galaxies are standing by to protect Earth and her inhabitants. Stand in your faith in the Divine Plan and your angels who stand sentinel over you to protect you.

From your point of view, you cannot see the larger picture as God sees. You only see a fraction of the events that occur on that plane. Your egos are borne out of fear and are innately attracted to fear and negativity drawing you in to a fear-based reality. Because you cannot see the good that the Divine Plan is unfolding behind the scenes, there is little to balance out the fear that you do see.

So, we come to remind you that your job, as it were, is to have faith and stay in peace no matter what is going on around you. Stand tall in the face of fear and send love outward to all beings – especially those who threaten to hurt you or your country! Surround the “enemy” in LOVE. Visualize the person enveloped in a bubble of pure white light. See this light surrounding them like sudsy water in a washing machine, magically washing them clean! In our book, *Heaven Help Me!* we refer to this as the “Karmic Wash Cycle.”

Q. What about madmen shooting innocent people and they suddenly perish? Where's the justice in all this? How do we not have fear over being shot or perishing in some natural disaster?

Manmade incidents, such as shootings and natural disasters, are two different things. Due to living life on the planet without regard to the footprint you leave on her, the load on Earth has reached its tipping point. And just like any system where there is a pressure valve, here, too balance must be restored. Nature's way to relieve pressure is through hurricanes, earthquakes, or other natural disasters.

Those being killed by a mad gunman, the karma behind this cannot be put into one neat and tidy answer. We dare say that the souls who perish in such events as these are in agreement that their time on Earth is finished, and they are being called home. This is shocking to read because you judge this as a bad thing to die and cross over to the heavenly worlds.

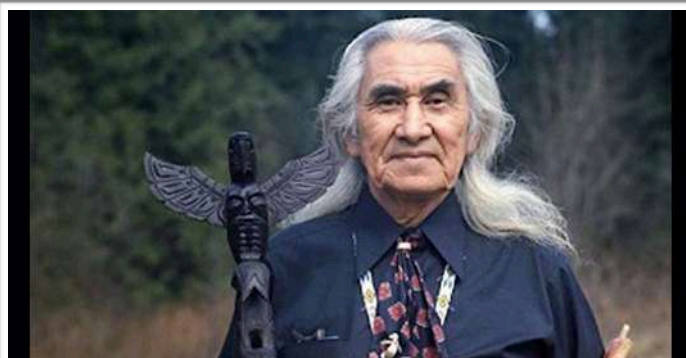
Try to understand that these people are going home. It is you who they mourn, for you are still on Earth school learning what you went there to learn, while they are now free!

We do not mean to make light of your grieving and suffering. Your time to return to your home in Heaven will come when it is time for it to come. Meanwhile, you are there learning love and growing in ways you cannot grow anywhere else in the Universe. Your soul selected your agenda and we say you do not leave the Earth plane until it is time for you to go... according to the Divine Plan. We are your guardian angels who continually guide and guard you so that you might enjoy your life in Earth while you are there learning what you're there to learn.

Some people have really tough challenges that make no sense to you on the human level, but it is how you learn love and compassion. Everything on that plane is a setup for you to learn to trust your Lord. He is complete love, the likes of which you have no idea, nor do you have anything on Earth to measure the capacity of this love. All that is asked of you is to be aware of his protection and guiding spirit, and be grateful for the blessings.

Have faith in the unseen. Seek to hear the inner voice, the voice of your angels, and you will be safely guided and guarded. Simply trust this love. Pray for peace on Earth without ceasing. Send love and light into the heart of the madmen and into Mother Earth. Send love into any situation or to persons you fear, for it is like fuel in the tank of that spaceship you're on. Rest knowing love wins and peace prevails.

Δ



“It is hard for me to understand a culture that not only hates and fights his brothers but even attacks Nature and abuses her. Man must love all creation or he will love none of it. Love is something you and I must have. We must have it because our spirit feeds upon it. Without love our self esteem weakens. Without it our courage fails. Without love we can no longer look out confidently at the world. Instead we turn inwardly and begin to feed upon our own personalities and little by little we destroy ourselves.”

- Chief Dan George -

Ubuntu! “I am because we are”

An anthropologist showed a game to the children of an African tribe. He placed a basket of delicious fruits near a tree trunk and told them, “The first child to reach the tree will get the basket.”

When he gave them the start signal, he was surprised that they walked together, holding hands until they reached the tree and shared the fruit.

When he asked them, “Why did you do that when any one of you could get the basket for yourself?”

They answered with astonishment, “Ubuntu! How can one of us be happy while the rest are miserable?”

(Ubuntu in their civilization means: ‘I am because we are.’)

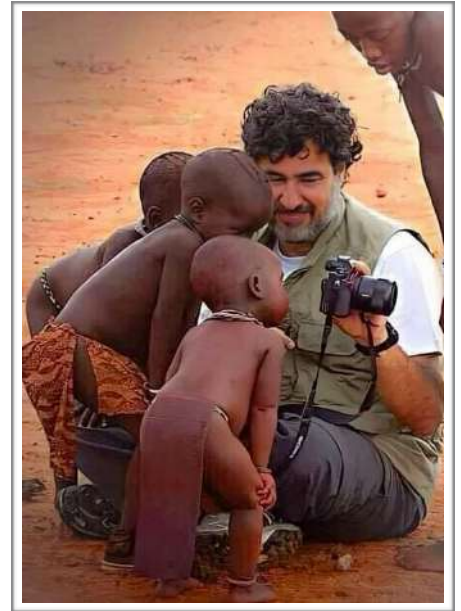
That tribe knows the secret of happiness that has been lost in all societies that transcend them, and which consider themselves civilized societies.

△

Editors Note: This story was shared by a friend on Facebook recently, and it struck me as something we need to be teaching in America today. When I googled *Ubuntu*, I found this:

At [Nelson Mandela's](#) memorial, President [Barack Obama](#) spoke about Ubuntu, saying, “*There is a word in South Africa – ‘Ubuntu’ – a word that captures Mandela’s greatest gift: his recognition that we are all bound together in ways that are invisible to the eye; that there is a oneness to humanity; that we achieve ourselves by sharing ourselves with others, and caring for those around us.*”

“*We can never know how much of this sense was innate in him, or how much was shaped in a dark and solitary cell. But we remember the gestures, large and small – introducing his jailers as honored guests at his inauguration; taking a pitch in a Springbok uniform; turning his family’s*



heartbreak into a call to confront HIV/AIDS – that revealed the depth of his empathy and his understanding. He not only embodied Ubuntu, he taught millions to find that truth within themselves.”

△

Your Voice ~ Comments from Our Readers...



“I love The Inner Voice! The contents never fail to speak to my heart and lift me to a higher place. Thank you so much!” –G.K.

“Years ago I heard your talk on how you began to hear The Inner Voice and how the magazine came about. I want you to know that reading this magazine is one of the highlights of the month, every month! Many thanks!” –A.R., Milwaukee

“What a classy, inspiring magazine you publish!” –M.M., <https://macyafterlife.com>

Let us know what you think! Write:
theinnervoice@gmail.com



Chief Dan George Teaches Understanding (of the Golden Rule)

Chief Dan George was a leader of the Tsleil-Waututh Nation as well as a beloved actor, musician, poet and author. He was born in North Vancouver in 1899 and died in 1981.

Written by Chief Dan George in 1972 | From North Shore News, Aug 26, 2019

"In the course of my lifetime I have lived in two distinct cultures. I was born into a culture that lived in communal houses. My grandfather's house was 80 feet long. It was called a smoke house, and it stood down by the beach along the inlet. All my grandfather's sons and their families lived in this dwelling. Their sleeping apartments were separated by blankets made of bull rush weeds, but one open fire in the middle served the cooking needs of all.

In houses like these, throughout the tribe, people learned to live with one another; learned to respect the rights of one another. And children shared the thoughts of the adult world and found themselves surrounded by aunts and uncles and cousins who loved them and did not threaten them. My father was born in such a house and learned from infancy how to love people and be at home with them.

And beyond this acceptance of one another there was a deep respect for everything in Nature that surrounded them. My father loved the Earth and all its creatures. The Earth was his second mother. The Earth and everything it contained was a gift from See-see-am... and the way to thank this Great Spirit was to use his gifts with respect.

I remember, as a little boy, fishing with him up Indian River and I can still see him as the sun rose above the mountain top in the early morning...I can see him standing by the water's edge with his arms raised above his head while he softly moaned..."Thank you, thank you." It left a deep impression on my young mind.

And I shall never forget his disappointment when once he caught me gaffing for fish "just for the fun of it." "My son" he said, "The Great Spirit gave you those fish to be your brothers, to feed you when you are hungry. You must respect them. You must not kill them just for the fun of it."

This then was the culture I was born into and for some years the only one I really knew or tasted. This is why I find it hard to accept many of the things I see around me.

I see people living in smoke houses hundreds of times bigger than the one I knew. But the people in one apartment do not even know the people in the next and care less about them.

It is also difficult for me to understand the deep hate that exists among people. It is hard to understand a culture that justifies the killing of millions in past wars, and it at this very moment preparing bombs to kill even greater numbers. It is hard for me to understand a culture that spends more on wars and weapons to kill, than it does on education and welfare to help and develop.

It is hard for me to understand a culture that not only hates and fights his brothers but even attacks Nature and abuses her. I see my white brothers going about blotting out Nature from his cities. I see him strip the hills bare, leaving ugly wounds on the face of mountains. I see him tearing things from the bosom of Mother Earth as though she were a monster, who refused to share her treasures with him. I see him throw poison in the waters, indifferent to the life

he kills there; as he chokes the air with deadly fumes.

My white brother does many things well for he is more clever than my people but I wonder if he has ever really learned to love at all. Perhaps he only loves the things that are his own but never learned to love the things that are outside and beyond him. And this is, of course, not love at all, for man must love all creation or he will love none of it. Man must love fully or he will become the lowest of the animals. It is the power to love that makes him the greatest of them all... for he alone of all animals is capable of [a deeper] love.

My friends, how desperately do we need to be loved and to love. When Christ said man does not live by bread alone, he spoke of a hunger. This hunger was not the hunger of the body. He spoke of a hunger that begins in the very depths of man... a hunger for love. Love is something you and I must have. We must have it because our spirit feeds upon it. We must have it because without it we become weak and faint. Without love our self esteem weakens. Without it our courage fails. Without love we can no longer look out confidently at the world. Instead we turn inwardly and begin to feed upon our own personalities and little by little we destroy ourselves.

You and I need the strength and joy that comes from knowing that we are loved. With it we are creative. With it we march tirelessly. With it, and with it alone, we are able to sacrifice for others. There have been times when we all wanted so desperately to feel a reassuring hand upon us... there have been lonely

Continued on page 13

times when we so wanted a strong arm around us... I cannot tell you how deeply I miss my wife's presence when I return from a trip. Her love was my greatest joy, my strength, my greatest blessing.

I am afraid my culture has little to offer yours. But my culture did prize friendship and companionship. It did not look on privacy as a thing to be clung to, for privacy builds walls and walls promote distrust. My culture lived in big family communities, and from infancy people learned to live with others.

My culture did not prize the hoarding of private possessions, in fact, to hoard was a shameful thing to do among my people. The Indian looked on all things in Nature as belonging to him and he

expected to share them with others and to take only what he needed.

Everyone likes to give as well as receive. No one wishes only to receive all the time. We have taken something from your culture... I wish you had taken something from our culture, for there were some beautiful and good things in it.

Soon it will be too late to know my culture, for integration is upon us and soon we will have no values but yours. Already many of our young people have forgotten the old ways. And many have been shamed of their Indian ways by scorn and ridicule. My culture is like a wounded deer that has crawled away into the forest to bleed and die alone.

The only thing that can truly help us is genuine love. You must truly love, be

patient with us and share with us. And we must love you—with a genuine love that forgives and forgets... a love that forgives the terrible sufferings your culture brought ours when it swept over us like a wave crashing along a beach... with a love that forgets and lifts up its head and sees in your eyes an answering love of trust and acceptance..."

△

Chief Dan George was a leader of the Tsleil-Waututh Nation as well as a beloved actor, musician, poet and author. He was born in North Vancouver in 1899 and died in 1981. This column first appeared in the North Shore Free Press on March 1, 1972. <https://www.nsnews.com/.../from-the-archives-chief-dan...>

Mellen-Thomas Benedict's Near-Death Experience

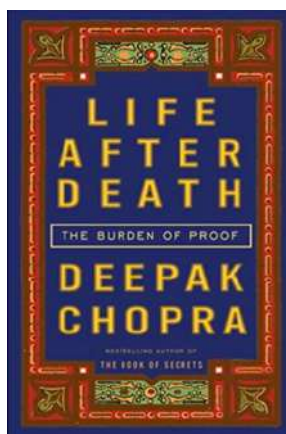
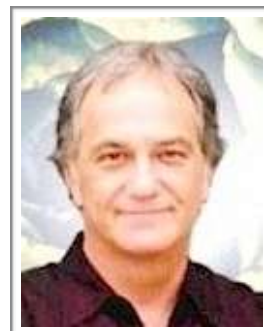
<https://www.near-death.com/experiences/exceptional/mellen-thomas-benedict.html>

"I went over to the other side during my near-death experience with a lot of fears about toxic waste, nuclear missiles, the population explosion, the rainforest. I came back loving every single problem. I love nuclear waste. I love the mushroom cloud; this is the holiest mandala that we have manifested to date, as an archetype. It, more than any religion or philosophy on earth, brought us together all of a sudden, to a new level of consciousness. Knowing that maybe we can blow up the planet 50 times or 500 times, we finally realize that maybe we are all here together now. For a period they had to keep setting off more bombs to get it into us. Then we started saying, "we do not need this any more." Now we are actually in a safer world than we have ever been in, and it is going to get safer. So I came back from my near-death experience loving toxic waste, because it brought us together. These things are big. As Peter Russell might say, these problems are now "soul size." Do we have soul size answers, yes!"

"The clearing of the rain forest will slow down, and in fifty years there will be more trees on the planet than in a long time. If you are into ecology, go for it; you are that part of the system that is becoming aware. Go for it with all your might. It is part of a larger thing. Earth is in the process of domesticating itself. It is never again going to be the wild place as it once was. There will be great wild places, reserves where nature thrives. Gardening and reserves will be the thing in the future. Population increase is getting very close to the optimal range of energy to cause a shift in consciousness. That shift in consciousness will change politics, money, energy.

"After dying, going through my near-death experience and coming back, I really respect life and death. In our DNA experiments we may have opened the door to a great secret. Soon we will be able to live as long as we want to live in this body. After living 150 years or so, there will be an intuitive soul sense that you will want to change channels. Living forever in one body is not as creative as reincarnation, as transferring energy in this fantastic vortex of energy that we are in. We are actually going to see the wisdom of life and death ~ and enjoy it."

△



In 1982 Mellen-Thomas suffered from terminal brain cancer and died; but miraculously lived to tell about it. While showing no vital signs for 90 minutes, Benedict had perhaps the most transcendental NDE ever documented. He was given knowledge about humanity's role in the Universe including a vision of humanity's future for the next 400 years. In his book, [Life After Death: The Burden of Proof](#) Life After Death Deepak Chopra recounts Benedict's journey at length and says, "Mellen is an encyclopedia of the afterlife." Mellen-Thomas Benedict made his transition on March 31, 2017.



Living From Intuition is Magical

Living from Intuition creates Magic! Before COVID-19, most of our lives were filled with schedules, deadlines, and time frames to fit all the “have to’s” in. There wasn’t time to experience, to enjoy the beauty that surrounds us, or to allow feelings to guide us to the next best thing. However, we’ve been given a great opportunity these days. Let’s allow our hearts to see the miracles in our path.

Living from intuition means listening to our inner voice. Plus, one must step away from Busy! Mindfulness gives amazing new ideas and possibilities if we take time to pause and stare.

The French have a wonderful word and concept called *flaneur*. This is a person who goes for walks through life without any special purpose.

I did this when I traveled. I’d set a destination, like the best chocolate shop in Paris, once there, I’d slowly wander, taking time to open all the senses and just experience life.

While seeking the Musee des Arts & Metiers in Paris, I entered an amazing Jules Verne copper Metro station. Later, in the museum, the actual Foucault Pendulum swayed for infinity in tune with Earth’s rotation! Next, discoveries and miracles revealed themselves at every turn.

Living from intuition also means trusting yourself.

Especially draw from intuition in creative art. The above painting is a purely intuitive one. I start by clearing my mind and just making marks with an Ebony pencil. The right colors draw me to them. Pause along the way, and see and listen to what the painting has to say. Allow one thing to lead to another. I had no idea spirit animals would appear.

Whatever media has the color I’m feeling, is what I use. So, many of these

become mixed media works of art. Intuition tells you if you need pencils, oil pastel, or acrylic paint.

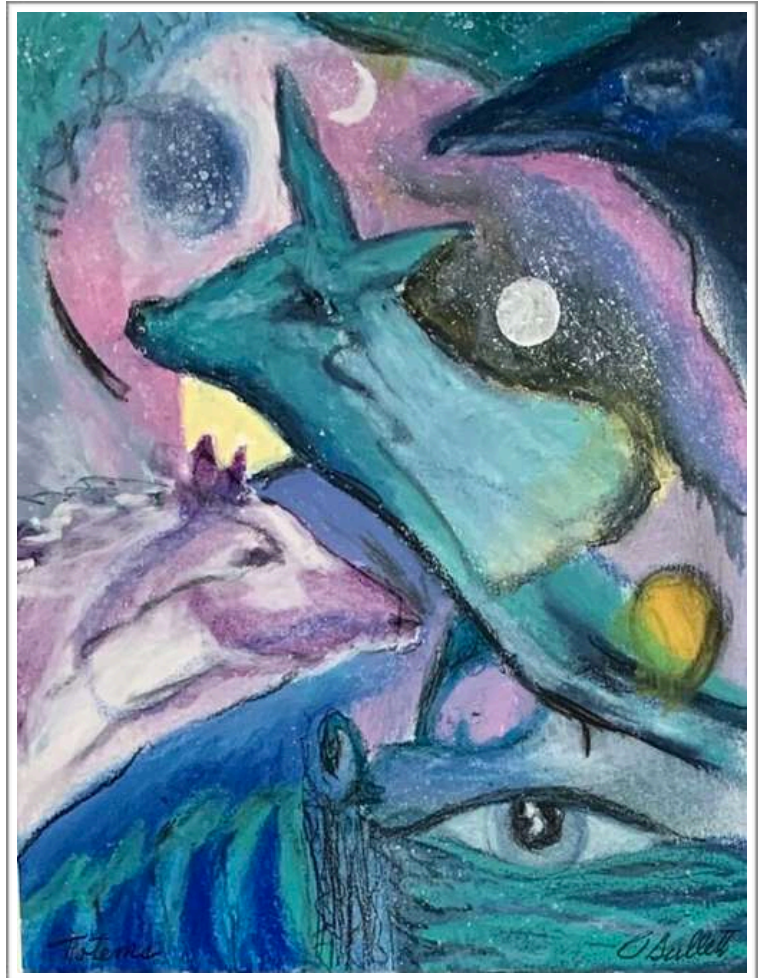
Intuition is exploring without expectation. One photographer just wandered New York, seeking beauty wherever it appeared.

Try it yourself. Have no agenda, and even try not to go “somewhere.” Have no purpose except to experience the visions, scents, sounds, and feelings of life all around you. Seek out the miracles of life and they will appear.

Become like the birds in tune with Nature. A wildflower to them is an oasis, a habitat, a food source, integral to their life. They have evolved together. Connect to the beauty around you. Consciously create your personal paradise of harmony as a part of evolving life.

Join me at awegroup.net for updates, new art, and inspiration.

Δ



Totems, intuition painting, you never know what you’ll get. Full of hidden meanings from the subconscious...Magic! What do you see?

About Pat Gullett: In her own words...“I’m an artist and instructor living in the woods of Connecticut. The woods, hills, shores, and wildlife are my inspiration. My art reflects and transforms my life. I am a painter, mixed media artist, jeweler and guide on the inner journey.”

See more art inspiration at:

www.awegroup.net
www.patsartfullife.com
www.artisticwaytoenlightenment.com
www.patgullettdesigns.com



A New Normal~ Being in a Creative Current

Are you ready for a new normal? Do you want viable support to change habitual limiting thoughts, sabotaging behaviors and feelings of being stuck into living in alignment with the creative current of pure potential? It is available when you are in the present moment. Being present resources an enlivening “new normal” current of wisdom, creativity and intuitive sensitivity where new possibilities become clear.

I am going to guide you on an inner journey to support you becoming present to access a “new normal.” You can read the journey below and follow along internally, or you can read the journey first, then close your eyes and go into meditation to explore what is being revealed for you.

~Meditation~

To begin your inner journey, bring your attention to your breathing and relax. Notice the physical sensations in your body. Now, bring your focus to your heart space. With every breath, sense the light in your heart becoming lighter, brighter, softer and richer.

As you continue to breathe, your heart light expands beyond your heart space to flow through your body: up through your throat, head, scalp, brain, eyes, ears, nose, and mouth. All components in your head are now being marinated in your expanding heart light energy. The heart light energy also flows down through your shoulders, arms, and all the way down through your wrists and fingertips. It flows down through your torso, marinating all your organs, all the muscle, arteries, bones, tissue and systems of your whole body. It flows down through your legs, all the way down through your joints and into your feet and toes.

Notice new sensations in your body and the unique colors of your heart light



The Lotus, symbolic of meditation, grows in mud and reaches for the sun.

energy as it fills all the nooks, crannies and spaces within. With your next breath, invite your heart light to expand beyond your physical form to embrace you in a delicious orb of heart light frequencies.

A symbol is coming into awareness that represents the old normal; i.e. family and ancestral conditioning, cultural and societal influences, and old limiting beliefs and traumas that are embedded in your subconscious. Welcome the culture of the old normal that contributed to your history and your current ways of perceiving, behaving and automatically reacting. Without making anything right or wrong, notice how you feel in relationship with your habitual assumed normal ways of being.

The ancestors are gathering. You have been living out their unresolved issues, traumas and unconscious conditioning which has provided strong foundations for your old “normal” reactions and relations with life, others and yourself.

Be present with your awakening

awareness and again breathe into to your heart space.

Now notice your ancestors’ hearts. Even though they are in different dimensions they will resonate with your heart. With every breath, your heart light expands, softens, radiates and nourishes you and all those that perceive you. It is an energy of acceptance, of welcome, of presence, of spaciousness. Notice what you notice.

Tune into your ancestors and ask – “Are you willing to move into a new current of pure potential, healing, creativity and freedom?” Acknowledge that you are willing and available to move into a new normal current, moment by moment, on a daily basis to the best of your ability and welcome their support. Their message is, “*Thank you. We are all freer.*”

∞

Notice the sensations in your body. On your next breath, sense your heart light expanding to embrace all. Meditate and marinate in this new space. Journal, draw, paint, or dance to discover and inspire new insights. In the weeks to come, look for new organic shifts in consciousness that show up in your “new normal” perceptions, communications and behaviors.

Explore this heart light mediation in coming weeks. Every time you tune in it will be different, yet, always nourishing, nurturing and “presencing.” Every day you can choose to live with heightened awareness and curiosity to explore ‘a new normal’ creative energy current of self-love, self respect and creative, intuitive options.

Δ

Beverly Brunelle is an Intuitive Energy Shaman and Teacher. Visit: www.beverlybrunelle.com; e-mail: dreamonbab@yahoo.com to schedule a private session.



Let Creativity and Carnelian be Your Compass

Something shifted as we crossed the threshold of the spring equinox last month. It wasn't just the weather, it was a full on energetic shift. Did you feel it?

Mmm... yes, the energy of spring. It arrived with a refreshing sense of hope, renewal, and possibility. As we move through the month of April, it is time to shake off the winter by doing a bit of spring cleaning and attuning to the creative rhythm of life.

This month, carnelian meets us as an ally. It's fiery. It's playful. It's adventurous. And it invites us to create just for the fun of creating. When's the last time you created just for the fun of creating?

It seems like creative projects are so often centered around a specific result. We envision traveling from point 'a' to point 'b' as we bring something into form. We plan our pathway, mapping out the endeavor step by step and then we cling tightly to an idea of how it will turn out. But creativity does not always unfold like that. It flows like a winding river and crashes like raging waves. It cascades like a waterfall. And sometimes it erupts like a fiery volcano. Creativity has a flow of its own and it flows best when we allow it to be the guide.

Several years ago, my husband and I took a road trip from our home in Northeast Wisconsin to the Pacific Northwest. We traveled with our teardrop trailer, camping at national parks along the way. Carefully packed in the tight spaces of our little camper was a collection of my favorite crystals. With a very specific project in mind, I planned to photograph each one at sacred sites, national parks, and iconic spots along the way.



As the crystals accompanied us on the trail they guided us to magical little spots off the beaten path where I photographed them. These spots were never where I imagined or what I had planned yet they were perfect. *"Feel the earth"* the crystals would whisper. *"Notice its rhythm. Listen to its song."*

The crystals seemed to come alive. Everything about them lit up. They revealed new facets of themselves; patterns or inclusions that reflected the landscape. One after another, I found myself in awe.

As our trip was winding down, we planned a visit to the temperate coastal rainforest in Pacific Rim National Park. As we packed our bags for a day of hiking through the rainforest, I reached into my crystal collection and pulled out a coin shaped piece of carnelian. On one side an eye was carved into the surface. On the other side was a four petal flower.

The carving reminded me of a four leaf clover and the many messages my great-grandmother shared with me about them. She had a gift for finding them and opened my heart to their deeper symbolism. My heart smiled as this piece of carnelian came out to play. I slipped it into my pocket and off we went for a day of adventure.

When we arrived at the trailhead, we paused at the information sign for a quick read and a picture of the trail map;



something we always do. As I pulled out my camera and framed it, my eyes were immediately drawn to the compass rose in the corner. I paused for a closer look. The compass rose was drawn in nearly the exact same manner as it was carved on the piece of carnelian in my pocket!

"You can't make this stuff up." I thought to myself as I reached into my pocket to pull out the carnelian for a double check.

Carnelian was inviting me to let go of the tight focus I had on my creative project and to allow myself to simply be in the joy of the experience. When we focus tightly on a vision we miss what else is possible.

Creativity takes us on a journey into the unknown. It invites us to explore both our inner and outer world. As we allow the magnetic north of creativity itself to be our guide, we create in ways we never imagined.

Carnelian is showing up this month with the invitation to open your heart. Tune in. Listen. Trust your inner compass. Create for you. Create beauty. Create joy. Create love. Create freedom. Create brilliance. Create confidence. Create passion. Create ideas. Create clarity. Create movement. Create memories. Create your life. Create For You. Δ

**For more about Lori Andrus,
see her ad on page 17.**

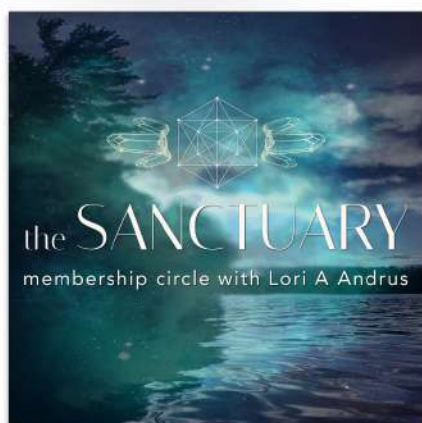


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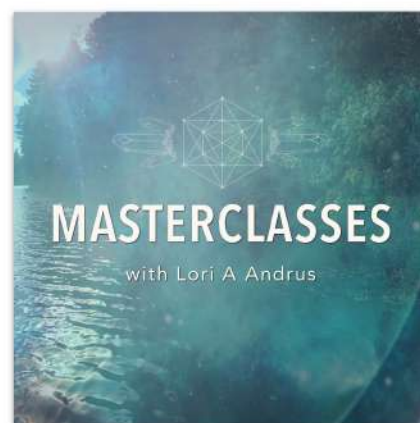
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Crystals and Creativity

Tuesday, May 11th. 5 – 6:15pm cst. \$44

Talking with the Stones

Tuesday, June 8th. 5 – 6:15pm cst. \$44



Lori A Andrus is the founder of the Crystal Shaman School.

She is an artist, soulful traveler, and practitioner of crystal shamanism. With great joy and deep commitment, Lori artfully blends her background as an occupational therapist with nearly two decades of deep study in the areas of spirituality, earth-based healing, ceremony, and crystal wisdom.

Known for asking spot-on questions, she invites her students to explore the most intimate facets of their soul. Her creative and inspiring online programs offer high level content and breakthrough lifestyle applications. They open pathways for individuals to rise into their soul wisdom and shine brightly in the world.

Lori hosts the Crystal Shaman Life Podcast where she shares practical ways to bring crystal wisdom and sacred practice into your everyday life.



A Radical View of Christ

By Kathleen Jacoby (1944-2019) ~ Editor of The Inner Voice (2012-2019)

Editor's Note: We miss Kathleen and her inspirational writings. From our files, we found this piece, and in light of the Easter season, we wanted to share it with you. I also want to note that she has been in touch to say she is "sitting at the feet of the Master Teachers" somewhere in Heaven, continuing her learning all about the Cosmos. Although she wrote this some years ago, the message is timely. We hope it inspires you.

Two thousand years ago a radical message was delivered to humanity. It counteracted what had gone before, because it came from a vibration that called for loving our enemies as ourselves, picking up our bedroll and walking. It told us not to cast the first stone, nor look at the speck in our neighbor's eye. It was a message intended to redeem humanity from age-old conflict rooted in a fear-based understanding of God.

Human beings were asked to sacrifice their wrath and anger, to concentrate on loving instead. Yet, this message was too radical for the time. It was a threat to the social order and the tribal view of hierarchy. It defeated crime and punishment, and so the messenger was nailed to a cross. And we have been nailing that message to a cross ever since.

We live in a world overrun by corrupt gods. We have turned crime and punishment into a multi-billion dollar business, and we have used our labels of Christian, Moslem, Jew, Hindu, Buddhist, as weapons of division, rather than points of view that bring us closer together to share our various vantage points of creation. The message given two thousand years ago was perverted and subverted to satisfy party lines, returning the world to a field of chaos where might and power remained the dominating influences. The badge of specialness claimed by each group is based again on investment in a

fear-based god...one so petty that no creation could ever have been forged by it.

We have witnessed domination on earth by the sword – claims of righteousness in the name of ... and yet what kind of god is this anyway? Full of wrath and loathing for its own creation unless that creation calls it by a prescribed name and follows instructions that are tribal – not universal.

One of the criteria set forth in the message of the Messenger 2,000 years ago was that we will know them by their works. He came from a place and a vibration that was beyond the chaos of the world. He was in the world, but not of it. And the message to us was that neither are we. As long as we believe the habitual lies we've been fed and see one another as enemies, we will perpetuate the eye for an eye – tooth for a tooth mentality until the earth is filled with one eyed, toothless people. As long as we think that anyone not believing as we do is an infidel, we will slaughter one another in the name of a principle that is tribal and self-serving.



Christian's today celebrate Easter as the resurrection of Jesus..

The message that was delivered two thousand years ago was a radical departure from anything practiced to that point. It asked us to become Mothers to one another. It called upon us to see the good in each other, to lift one another up, and to recognize the innate ability each has to heal themselves. By loving ourselves – not in a sense of "oh come let us adore me", but in a

Continued on page 19

sense of feeling appreciation for the gift of life, the gifts we've been given, and opening our hearts and minds to share that with others, we are able to demonstrate the qualities that are instilled in a child by a mother when things are in right order. The mother is the demonstration of Love. She is the birther through love of creation. And we miss this completely each time we demean the feminine principle. Each time a child is violated or maimed in the name of ... we are tampering with the perfection of creation to serve our own biases. Each time one person assaults another, we are violating the higher consciousness that was given to humanity as a gift. Each time we go to war against one another, we demonstrate our complete lack of understanding in higher principles that call for us to create a garden of earth. Without the cooperation and partnering of one another, no garden can be completed.

We are facing global disaster, and it is often only in disaster that the best of human beings is called forth. When the tsunami of 2004 ruined a large portion of the Indian Ocean communities, religious beliefs did not come in to play for those who helped, because there was a larger reality to deal with. People of all faiths helped one another, and the outpouring from the world did not have conditions placed on them.

Why is it that only in extreme situations does the love of a human being come forth? Is it because this is what we've been trained to believe? Our holy books are so filled with wrath and judgment, crime and punishment, that there is little within them that speaks to the splendor of potential within the human. There is little that affirms and calls forth the goodness that we are at root and the kindness we can show to others. Everything calls us back

to doing what we do through fear of reprisal. We have allowed ourselves to be ruled by vengeful gods, and we have crucified the ones who came to tell us of another reality that overlays the one we live in.

Many people profess to be Christians, and yet as we see in the highest offices of our land, the radical message that *is* Christianity has been subsumed and reinterpreted to mean that we can do harm to one another, that we can see others as our enemy, and that we can look for evil outside of ourselves. The message of the Messenger was that the enemy lies within. The message of another messenger was that jihad is an *inner* purging. Yet, as humans have done throughout time, we take what we want to hear and leave what is more demanding. Religions have for the most part become repositories for our prejudice, our level of intolerance, and we have given a stamp of approval to them by calling them the *only* word of God. In other words – don't think. Don't question. Don't make waves. Just follow the leader – and by some political appointment, the leaders who claim to be direct emissaries of God – continue to instill specialness, hatred, and fear of anything not in their own ken.

This is a call to return to a more radical approach. Like a computer that is filled with viruses, we need to wipe out our collective memory of this vengeful view of God, and allow ourselves to be filled with a Holy Spirit of love, inclusion, preciousness, and the return of the Mother to her rightful place at the right hand of the Father – for without her, there is no God – only Patriarchal hierarchies hell bent on scourging the earth with their banners of power, dominance, avarice, lust and greed.

Δ



Charlie Chaplin: The silent man who gave "the Greatest Speech Ever Made"



In 1940, Charlie Chaplin shared his vision of humanity coming together as one global community. He saw what was coming and tried to warn us. Little did we know the story would keep repeating itself over and over.

When will we learn to love one another?

The original mash-up edit of Charlie Chaplin's final speech in the film *The Great Dictator*, went viral in 2011. The full speech can be seen on YouTube here: <https://www.youtube.com/watch?v=WibmcsEGLKo>





Each Day A New Beginning ~ for Your Chakras

By Caroline Myss

Your Daily Practice – Morning

Each day is a new beginning. Your task today is to learn the practice of consciously entering your body and your day. Begin by focusing attention on your entire day from morning to evening.

Review your plans for today:

- Think about where you need to be and with whom you need to be.
- Do you feel stressful about this day or do you feel comfortable?
- Do you feel prepared for today's events?
- Are you projecting fears and expectations into this day?

Your First (Root) Chakra

- Allow the truth 'All is One' to penetrate your body
- Drop your attention to the root of your spine.
- Feel yourself magnetically connected to every part of life:
 - The fragrance of the earth;
 - The oceans and rivers;
 - The air;
 - Your family and friends;
 - The planet.
- Identify your fears for today and pull them into your consciousness.
- Acknowledge the strength of the energetic circuitry connecting you to all life.
- Visualize that strength replacing your fears for today.
- Standing tall.

Your Second (Sacral) Chakra

- Allow the truth 'Honor One Another' to penetrate your body.

- Move your attention gradually up your spine to your lower back, hips and genital area.
- Feel the fire and vibrant energy of this area.
- Focus that energy toward the key areas of this chakra:
 - Relationships: Who am I going to be with today?
 - Work: What am I going to do today
 - Money: How do I feel about it today?
 - Creativity: What am I going to create today?

Your Third (Solar Plexus) Chakra

- Allow the truth 'Honor Yourself' to penetrate your body.
- Breathe deeply as you shift your attention to your solar plexus and abdominal area.
- Focus on your self-esteem and how you feel about yourself today:
 - Am I feeling strong? Frightened?
 - Do I need someone's approval today?
 - Will I need to be courageous?
- Remind yourself of your boundaries, dignity, inherent honor, and integrity.
- Make a spiritual promise in terms of how you want to live your life today.

Your Fourth (Heart) Chakra

- Allow the truth 'Love is Divine Power' to penetrate your body.
- Raise your attention up to your heart, the center of love.
- Welcome the people you're scheduled to meet today into your meditation:
 - Where you feel love for them, send more, boundless love.



- For those you feel challenged to love, say the prayer, "Let me learn more about how to love them today."
- Think about who you need to forgive today; release the rage, bitterness or hurt feelings from your heart.
- Tell yourself "Forgiveness is not easy, but today I ask for one more step toward that goal."
- Release the prayer that you want to look at today through your heart and not through your fears; that you want to feel gratitude for events that do or don't happen as they should.
- Keep your attention on the right way to walk into this day, with a heart full of love.

Your Fifth (Throat) Chakra

- Allow the truth 'Surrender Personal Will to Divine Will' to penetrate your body.
- Move your attention to your throat area.
- Define your needs and desires for today and let go of doing the same for others.
- Make the choice to love this day instead of fearing it.

Continued on page 21

- Envision choices that result in positive attitudes, memories, and feelings about yourself.
- Vow to express yourself honestly.

Your (Third Eye) Chakra

- Allow 'Seek Only Truth' to penetrate your body
- Focus your attention upwards to your mind – the world behind your eyes.
- Go beyond the limits of the rational mind and accept the Divine's Plan for you.
- Prepare your mind to enter the day feeling good and not generating illusions, false truths or fears.
- For today, release old grudges, beliefs, attitudes and patterns that no longer serve you.
- Remember that everything in your life is there for a reason and to teach you truth.

Your Seventh (Crown) Chakra

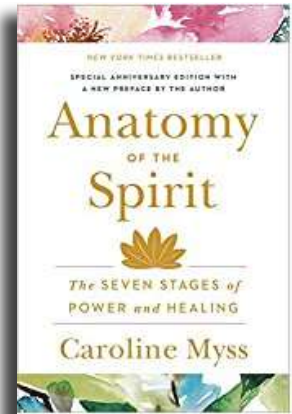
- Allow the truth 'Live in the Present Moment' to penetrate your body.
- Pull your attention up and out, and hold the idea 'live in present time.'
- Let go of the past and do not anticipate the future.
- During the day, practice the discipline of telling yourself, "This is all I have. This is all there is to my life right now."

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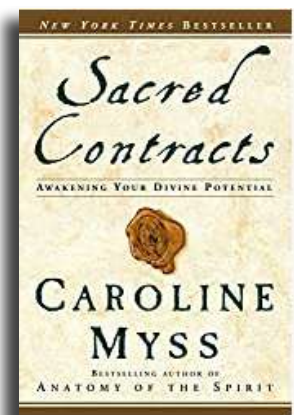
Editor's Note: Visit Caroline Myss' website for the Evening Practice.
<https://www.myss.com/free-resources/your-daily-practice/>



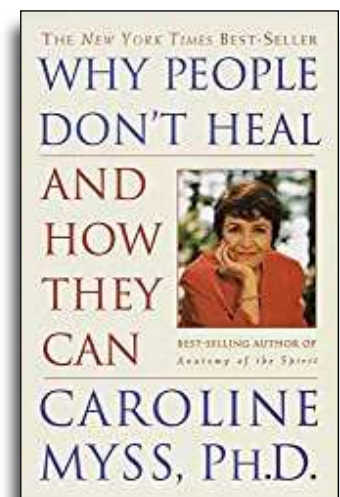
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Remove Excess Possessions to Remove Visual Noise

Editor's Note: As an intuitive interior designer I had always referred to clutter as “visual noise.” I can actually hear stuff shouting and messing with my peace of mind. So, imagine my surprise when I read this article by ‘Becoming Minimalist’ author Joshua Becker. If you can hear the noise of your clutter, you might choose to follow his advice to create a calm existence in your living space. Links to buy his books are below.

“Visual noise” is a phenomenon most people experience, but a term rarely used. We feel it every day but have never uttered the phrase.

However, for the sake of your home, your work, your kids, and your sanity, allow me a moment to explain it.

Visual noise is “any random visual stimulus.” Just like your ear sends electrical signals to your brain when sound is present, your eyes constantly send electrical signals to your brain when visual stimuli is present. The more physical clutter that surrounds us, the more visual noise we experience.

Of course, because we are surrounded by sights and sounds continuously, our brain learns to quickly process and interpret these stimuli.

However, an overdose of stimuli can still overwhelm us. Just imagine how your brain responds to a crowded street corner, a rock concert, or a packed ballgame. In those immediate surroundings, our brains learn to adapt to the increased stimuli. But when we leave the stadium and walk to our car in quiet, we begin to realize fully just how loud it had actually been inside.

We feel the weight of how that level of noise had impacted our senses.

We can even feel the impact of too much stimuli in smaller scenarios such as turning off the radio while driving to focus on the directions or muting the television for an important conversation.

Well, it turns out, visual noise (visual clutter) has the same negative effect on our brains. It’s one of the reasons why you can close your eyes and feel the difference on your shoulders when you imagine sitting in a cluttered room compared to sitting in a tidy room. Just like our brain doesn’t always reveal to us the full weight of noise until it is removed, our brains don’t always reveal to us the high level of

visual clutter until we remove ourselves from the physical space.

But every physical item surrounding us adds to the volume of visual noise in our environment.

This understanding is vitally important to us. Especially as we spend more and more time at home these days. Or as our home becomes the place our children learn and/or we conduct our work.

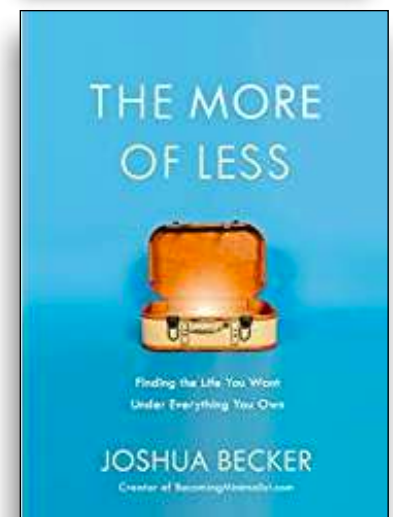
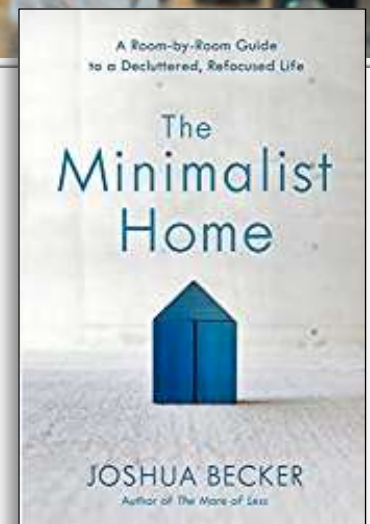
The negative effect of too much visual noise is well documented: Visual noise hinders our ability to concentrate. Visual noise slows our ability to learn. Visual noise makes it harder to communicate. Visual noise contributes to fatigue. And it may even cause migraines to be worse.

Based on these findings, creating a calm, peaceful, visually quiet environment is one of the most important efforts we can embark upon in our home. It is to your benefit—especially if you are working from home. It is to your partner’s benefit. And it is to your child’s benefit—especially if they are learning from home and the need to concentrate is greater than ever.

The only way to lessen visual noise in your home is to own fewer possessions. [Here’s how to get started.](#) Remove excess possessions, reduce visual noise, and focus your senses on the things that matter most.

Δ

[Joshua Becker](#) is the WSJ Best-Selling author of [The More of Less: Finding the Life You Want Under Everything You Own](#) and [The Minimalist Home: A Room-by-Room Guide to a Decluttered, Refocused Life](#). He has appeared on numerous media outlets including The NYT, WSJ, USA Today, and CBS.



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"My 9-yr old daughter could not sleep in her bed and she would crawl in bed with us. After you re-did her bedroom, it was calm and serene and she now sleeps through the night. I can't thank you enough for your insights and problem-solving abilities!" –R.W.

"Nancy's work is awesome! I do not know how she figures everything out, but it is amazing." – V.H.
"Your work has simply been life-changing!" –Dr. J.S.

A few years ago I gave a talk on Feng Shui at The Tuesday Club, a men's club in Neenah, WI. Afterward, the President asked me for some suggestions on their remodeling project. I gave him my thoughts and left. Sometime later I ran into him at another gathering. He came up to me to thank me, and said that since implementing my suggestions, their membership grew from 58 to 158 ~ something that had not happened in all the years he's been the president.

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A Springtime Message from Bear

I am so grateful that spring is here! After a long winter's rest, I feel the need to move my body, get outside, feel the thawing ground beneath my feet, and dip into the energy that Mother Earth provides for each and every one of us.

In the spring, I love seeing the robins return and I think of all the wild animals that have been resting in the forests, conserving their energy throughout the winter months. And then there's Bear...

Bear has been one of my Totem Animals for as long as I can remember. He is an old trusted friend and I often ask him for help and guidance. It seems, though, that I think of him most often during the springtime because he, like me, is coming out of a state of rest and rejuvenation.

Recently in meditation I asked him, "What is your message for me? And how can I be of service to others?" He offered me his wisdom and strength; his love and his courage – the very attributes that I longed for on that particular day.

As I sat with Bear in meditation, I felt a deep connection to Mother Earth. I was grounded. I felt an emotional and physical healing taking place between myself and our beautiful Earth. I dug deep to feel her rhythm and in that moment, Bear was my link to her.

Here's what Bear told me that day:

"Spending time in solitude is a necessity that you often neglect. Reflect with me; I am your protection. I am here to help you find your inner strength, fearlessness, and confidence. I will show you how to use your power wisely. I have a Warrior's Spirit and the bravery to fight. I can help you take a stand against adversity and rise above, giving you the fortitude to stand up for yourself. Approach me with respect, I will show you courage in the face of fear. My instincts are keen. I possess the clarity,

passion and focus you desire to bring about your own power.

"I am a wise old bear. I offer you the gifts of introspection and knowledge. I ask you to use discernment in all that you do. Pay attention to how you think and act. With power comes great responsibility. Do not use your power to bully those around you, instead bring forth your own instinct and primal magic to heal yourself and the world in which you live.

"Hibernation is natural, especially during the winter months. All living beings need rest and recuperation. Through introspection comes knowledge and growth. Seeds are planted, and in the spring, new ideas and inspiration germinate and grow, continuing the cycle of life. As your Spirit Animal, I support you in your physical and emotional healing. Call on me when you need strength, bravery and protection."

This morning I sat with Bear again and I said to him, "I am open, please show me how to serve." He told me to surrender the fear and resistance that I have been wrestling with the last several weeks. "This fear is the conditioning of the false belief that you are all separate beings. When you come together and ask each other, 'How can I be of service today?' magical things will happen. There are no coincidences. Ask for it, and you will receive. This is the Law of Nature, the Law of the Universe. It is the ritual that takes place every time you have a thought, connect it to a feeling, and take action."

Bear reminded me to remember, that as I step into the feeling of bliss, I can feel the floodgates of my heart open. He told me that many of us on the planet are ready to shift into this state of Unconditional Devotion to our own Inner Spirits, that this is part of our ascension.



www.universeofsymbolism.com/

"It is normal," Bear explained. "It is natural, and it is the reason that you came here; to have a human experience during this time of evolution. There has never been a time like this in human history. You are beginning to remember that all of you are truly connected, that you can indeed heal each other and the planet through living in your place of Truth and Trust.

"Tap into your true state of Being and feel your Soul connect to God. Many humans fear change. You step into your natural state of Being, feel blissful, and for many of you, the feeling is so big that you immediately disconnect and return to the comfort of your fear. Tap into your bliss, let go of the false belief that you are separate and individual. Feel your inner wisdom and begin to create the changes that you most desire. Take the leap. You will find your wings and soar."

As I came out of the meditation I thanked Bear for his wisdom, patience, and his devotion to be of service to me and to many others.

△

Lynn Schuster is a Telepathic Animal Communicator, Intuitive, Reiki Master/Teacher and Artist. Find her on Facebook:
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WASHINGTON, D.C. — www.earthday.org along with lead organizers Education International, Hip Hop Caucus, and Earth Uprising are organizing three separate parallel climate action summits on April 20 - 21 ahead of the Biden Administration's global leaders' climate summit. The parallel summits are focused respectively on climate literacy, environmental justice, and a broad range of youth-led climate-focused issues.

Earth Week will also bring thousands of groups and millions of voices together to stand up for climate action and bring awareness to humanity's greatest existential threat. On Earth Day, www.earthday.org will bring together its partners, and influencers for its second-annual Earth Day Live.

"This Earth Day, we have an important opportunity to challenge world leaders to see climate change for what it is — a pressing global security threat, one that threatens everyone and everything," said Kathleen Rogers, President of www.earthday.org

April 20 — The three days of climate action begin on April 20th with the global youth climate summit led by Earth Uprising, in collaboration with *My Future My Voice*, *OneMillionOfUs* and hundreds of youth climate activists. The global youth summit will consist of panels, speeches, discussions, and special messages with today's youth climate activists including Greta Thunberg, Alexandria Villaseñor, Licypriya Kangujam, and others. The four-hour digital summit will address the progress that has been made on their main issues of concern, including the creation of green jobs, climate literacy, civic skill training, environmental justice, biodiversity protection and sustainable agriculture.

"President Biden bringing together world leaders to discuss climate change on Earth Day is a major turning point in global climate action! This youth-led summit will bring together global youth climate activists to prepare a message for President Biden on the eve of his historic summit. The future of our generation is at stake and it's important for our voices to

be heard!" said Alexandria Villaseñor, Founder of Earth Uprising.

"World leaders need to see climate change as an urgent political issue. The world is already experiencing adverse extreme weather events like floods, droughts, heat waves, cyclones, locusts and extremely polluted air at the same time. The United States must take a leadership role in the shift to sustainable production and consumption to end this crisis and shift from the carbon economy to the green economy. It must put in place policy that would draw investment into resource efficiency and reduction of waste. In doing so, it will provide a template for other developing countries as well," said Licypriya Kangujam, 9-year-old Climate & Environmental Activist.

In the evening on April 20, the Hip Hop Caucus and its partners will present the **"We Shall Breathe"** virtual summit. This digital event will examine climate and environmental justice, connecting the climate crisis to issues of pollution, poverty, police brutality, and the

Continued on page 27

pandemic, all within a racial justice framework.

“Climate and environmental justice were on the ballot in November. The same Black and Brown voters that decided the election for President Biden, are the same communities that have been most impacted by environmental injustice and who are most threatened by climate disaster. This Earth Day, we expect President Biden to reinforce our affirmation that, “*We Shall Breathe*’ by announcing bold climate action based on equity and justice domestically and globally,” said Rev. Lennox Yearwood Jr., President and Founder, Hip Hop Caucus.

April 21– On April 21, Education International will lead the “Teach for the Planet: Global Education Summit.” The multilingual virtual summit will feature prominent activists from every continent, focused on the crucial role that educators play in combating climate change. Susan Hopgood, President of Education International, said, “*The fight against climate change must have an education face and a teacher’s voice in every area of the world. The planet is in crisis and I strongly believe that teachers and educators have a critical role to play in combating the environmental destruction, human suffering and social injustice that will certainly occur if climate change continues at current rates.*”

April 22 – Parallel to the Biden Administration’s global climate summit, www.earthday.org will produce its second **Earth Day Live** digital event on April 22. The multi-hour multi-channel livestream will include segments taking place around the world starting at noon Eastern Time. Workshops, panel discussions, and special performances will focus on Earth Day’s 2021 theme, **Restore Our Earth**, which examines natural processes, emerging green technologies, and innovative thinking that can restore the world’s ecosystems.

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For more information about Earth Day 2021, please visit: <https://www.earthday.org/earth-day-2021/>

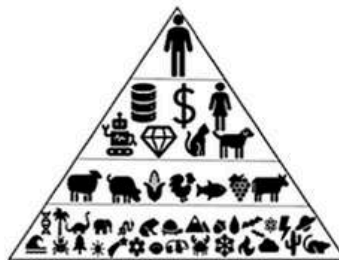
Heal the Earth

If not us –
WHO?

If not now –
WHEN?



Ego-Logical



Eco-Logical



“People normally cut reality into compartments, and so are unable to see the interdependence of all phenomena. To see one in all and all in one is to break through the great barrier which narrows one’s perception of reality. We are here to awaken from our illusion of separateness.”

- Thich Nhat Hanh -

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