

# The Inner Voice

A Source of Light For Unfolding Consciousness • January 2021

*“There is a candle in your heart, ready to be kindled. There is a void in your soul, ready to be filled. You feel it, don’t you?” –Rumi*

## Welcome 2021

## Awakening

## Emerging

## Evolving

*“The very center of your heart is where life begins – the most beautiful place on earth.” –Rumi*

*“The universe is not outside of you. Look inside yourself; everything that you want, you already are.” –Rumi*

## Rehearsing the Future

with Dr. Joe Dispenza



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# Golden Light Healing

DREAM • EXPLORE • DISCOVER • GROW



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## Your Hosts

**Amy & Dave Wilinski**

**920-609-8277**

[info@goldenlighthouse.net](mailto:info@goldenlighthouse.net)

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**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.

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May 19-23, 2021. This 4-1/2 day introduction course covers a large field of spiritual and mystical traditions where we will explore the indigenous ancestral pathways and spiritual wisdom teachings of Northern Europe.

## REIKI LEVEL I TRAINING

**January 23, 900-430**

## REIKI LEVEL II TRAINING

**January 24, 900-430**

## REIKI MASTER TRAINING

**January 22, 900-400**

## Ancient Irish Shamanism with

**Amantha Murphy from Ireland**

**April 5-7 or April 10-12,  
9:00-6:00pm.**

## Seidr Norse Shamanism with

**Imedla Almqvits from the UK**

**May 19-23, 2021**

## Whispers on the Wind Shamanic Program

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[Lady Midnight | Art Board Print](#)

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**The Inner Voice**

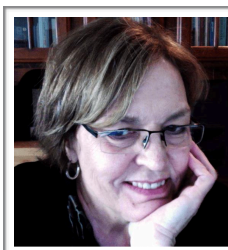
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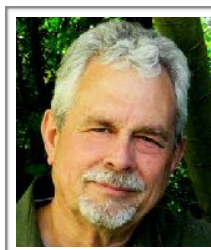
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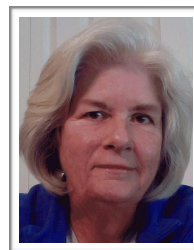
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The Inner Voice Magazine intends to serve as inspiration for healing body, mind, spirit, heart and home. The information presented in this publication is not meant to replace the advice of healthcare professionals. We aim to bring through the highest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

**January 2021**

**Dear Readers,**

At the beginning of this New Year, instead of pessimistically and painfully recapping how difficult 2020 has been for many of us, I decided to place my focus on the good that has come from it and to look ahead to the good that is possible in 2021. My life's theme from *A Course in Miracles* is ~ "A happy ending to all things is sure...and if it isn't happy it isn't the end."

Let's begin the year with a focus on what is possible. Choose something greater than yourself to believe in, and move toward it. Make 2021 fantastic and overflowing with abundant hope and good health. With God, whom I choose to call, "Divine Intelligence" all things are possible. I am highly inspired by Dr. Joe Dispenza's work. He shows us the way in his article on page 7 entitled, "Rehearsing the Future."

My other writers contribute their ideas for cracking open that steel-trap door of our ego mind (that only knows the past); and, open it to *the field of possibilities* to create, and then live life to our fullest potential in 2021. If you struggle with opening that door, call on *Divine Intelligence* to step in and help you! Also, I just want to say that Joshua Becker's writings called *Becoming Minimalist* have inspired me more than I can say! I am grateful to let go of the excess baggage to make room for the new. Join me, will you? We are turning up the Light in this New Year!

Nancy, Publisher



Angel Talk™



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

*A Course In Miracles* asks the question "Do you want to be right, or do you want to be happy" and this comes to mind as a good question to contemplate if you truly want to increase your happiness in 2021. We've been through a year like none other; and, I think the odds are in our favor that 2021 will be better.

Bill Wilson, the cofounder of Alcoholics Anonymous and the author of the 12-Steps, often said the beginning of the year is an opportune time to work the steps. And the key is taking a fearless and moral inventory of what you are holding onto and, letting go of what is no longer needed going forward. That might be an attitude that doesn't serve you well, an emotional hurt that is crying to be processed and healed, or something the angels intervene with as a complete surprise!

As an example, my heart was hurting over the loss of a friendship some years ago and I knew this was the time to heal it and stop the hurt. I wasn't sure how to go about it; so I asked the angels for their guidance. A while later I just happened to remember her birthday was coming up soon and I had a birthday card I made that seemed perfect. Yet, my ego pitched a fit; and, I hesitated to drop it in the mail. Who was right about what separated us? She was the one who stopped calling me. If I send the card, would she accept it? I had no clue but the angels assured me it was time to heal this.

Perhaps the most important thing to remember about the angels who love and guide us is, they always have an agenda of correcting things and setting things right.

# In 2021... Do You Want to be Right or Happy?

They have a greater perspective on our life than we do; and, they are the ultimate peacemakers. They are all-seeing and all-knowing beings of love and light whose only aim is to heal and make things whole and good. They know how to work – what I like to call their 'magic' (because there is no other word to describe it) – to bring a lesson to completion where everyone involved benefits. *If we are willing to give up the need for being right and ask the loving angels for their help, they will come into our awareness through any crack they can find in the hardened pavement of our ego-centered-mind, to bring us to the state of forgiveness; and, ultimately to that happiness I mentioned earlier.*

You have a choice. You could choose to stay in an unhealed state complete with its notable misery and depression; but, given even the slightest opening, the angels will come crashing through with their solution – like they did mine.

Let me explain what I mean by their 'magic.' I mailed the card and as soon as she received it, she sent me an email thanking me for 'the adorable card!' Then she said that she had thought about me and sent good wishes to me – *on the same day as the postmark!* Do you see? I intuitively got the message. It was a setup by the angels to heal our friendship; and, the joy filled my heart with happiness.

By holding on to the need to be right ~ that keeps us stuck in ill feelings. The magic lies within our *willingness* to release the ego's need to be right, and then choose to be happy instead. This is true spiritual practice-in-action and the answer

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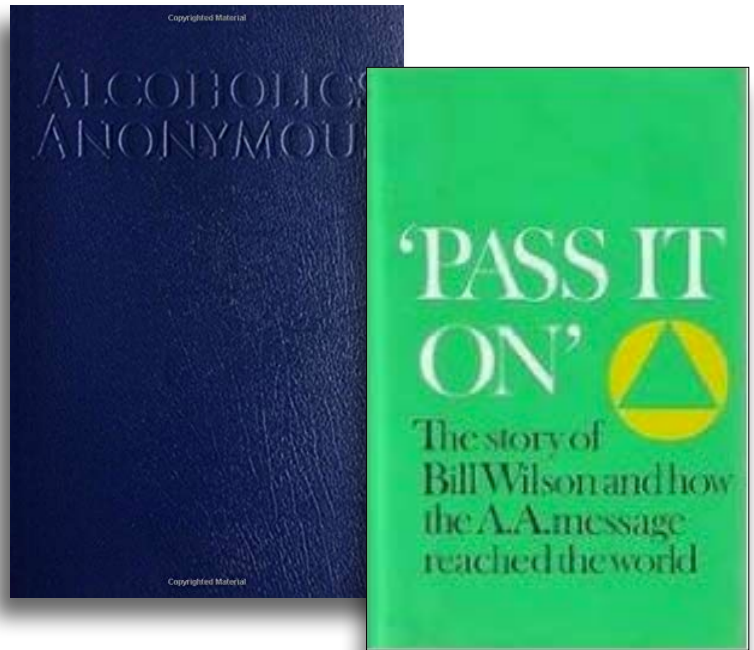
to our pursuit of happiness. How long it takes for the willingness and the readiness to show up lies within the heart of the individual. Ask for willingness to let go of what hurts you, then follow the answer that comes – or take a cue from the 12-Step program.

It may take some practice, but be sure to start with setting your ego aside. Talk to those vulnerable ego thoughts and feelings that arise like you would talk to a child who is badly misbehaving. Ask your angels for guidance to resolve the issue; and, if you don't know how to listen to their answer – you might choose to take my class.

Exercising forgiveness and letting go of the things that hurt us, the angels said, are the very reason we are on Earth; and, the Grace of Heaven is with us every time we make the choice to heal (and be happy).

The Angels of the Great White Light and I wish you a very Happy New Year ~ like none other. Just let go of the need to be right.

Δ



['Pass It On': The Story of Bill Wilson and How the AA Message Reached the World](#)

Hardcover – January 1, 1984 by [Alcoholics Anonymous](#)

**Nancy Freier**  
*“the Angel Medium”*  
**Intuitive Consultant**  
*Offering Personal Readings from the Angels*

[NFreier@aol.com](mailto:NFreier@aol.com) • [www.NancyFreier.com](http://www.NancyFreier.com)  
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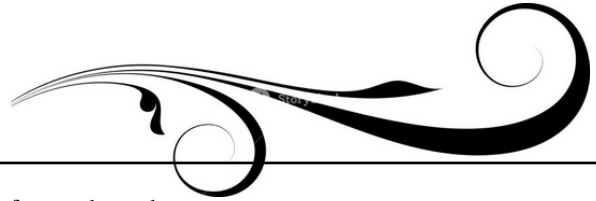
**Author & Instructor**  
*“You Can Talk To Your Angels”*

**Author: “Heaven Help Me!”**  
Revised & Expanded edition  
coming soon on Kindle



# A New Level of Consciousness is Being Born in the World

By Marc Allen



There is a new level of consciousness that's being born all around the world, in so many people. Eckhart Tolle says it's emerging because it wants to emerge, and because it's necessary to emerge, right now, to save our species from destruction.

It is the consciousness within us that is beyond thought.

It is the consciousness we realize and embrace when we let our active minds go, and relax for a moment.

We can call it *presence* or *being*, as Eckhart does. We can call it *samadhi*, as our Zen teachers call it.

We can call it the emergence of the intuitive; and when it emerges, it makes it clear to us that we have been misguided for several millennia. Because the rational mind has been in control and the intuitive has been suppressed.

It's time to tune into our intuitive capabilities, and let them guide the show.

I like looking at it this way: There are two great polarities in our lives. One is explosive and ever-expanding — the power that created *the big bang* and continues to drive the expansion of the universe, and continues to push us to expand and evolve in new creative ways. The other great power is the one that took all this dust, all these molecules, exploded from the big bang and pulled them together into galaxies, stars, and planets teaming with life.

You can call these two forces by many different names. Yin and yang for example, or expansion and contraction. They have often been called male and female; and, I like looking at it that way even though many people have problems with those words. I find it very helpful and empowering to use those words. Although I find a need to keep

making it clear to a lot of men that when we start honoring the female side of ourselves, we are not denying or threatening the male part of ourselves — in fact, we're empowering our male side ever more than before, once we let ourselves and our lives be guided by our intuition.

For that's the simple solution to so many personal and global problems: Let that powerful rational mind of ours become guided by an equally empowered intuition.

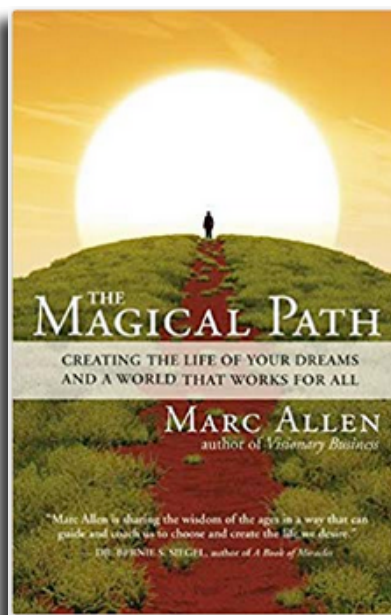
Let the female energies within us emerge once again, and put them in charge, guiding our powerful male energies to create lives that are truly worth living, and allow those energies to help create a world that works for all.

△

Marc Allen is a renowned author and president and publisher of New World Library, which he co-founded with Shakti Gawain in 1977. Guiding the company from a small start-up with no capital to its current position as one of the leading independent publishers in the country, Marc has shepherded some of the most influential non-fiction books of the past 30 years, including *The Power of Now* by Eckhart Tolle, *The Seven Spiritual Laws of Success* by Deepak Chopra, and *Creative Visualization* by Shakti Gawain.

Marc is the author of several life-changing books, including: *Visionary Business*, *A Visionary Life*; *The Millionaire Course*; *The Greatest Secret of All ~ The newly revised Tantra for the West*, and his most recent publication, *The Magical Path*.

As a gifted speaker and seminar leader, Marc works with people around the globe to craft lives of lasting abundance and prosperity. Visit: <http://www.marcallen.com/>



## About The Magical Path...

At the start of his career, Marc Allen never took a business course; he simply made what he calls "a sloppy, lazy, disorganized, and intuitive search through the books of Western magic." There he found the tools that took him from being in poverty to a multimillionaire. The tools helped him create one of the most successful independent publishers in the country.

In *The Magical Path*, he presents these tools — effective, easy-to-apply practices, including affirmation, visualization, and guided meditation — that can change the course of readers' lives in miraculous ways, as they did his. Because these tools are so simple and powerful, Allen calls them *magic*. But far from esoteric, they are tools anyone can use to achieve their dreams and goals.

**[The Magical Path: Creating the Life of Your Dreams and a World That Works for All](#)**





## Rehearsing the Future

Dr. Joe Dispenza is an international lecturer, researcher, corporate consultant, author, and educator who has been invited to speak in more than 33 countries on six continents. As a lecturer and educator, he is driven by the conviction that each of us has the potential for greatness and unlimited abilities. In his easy-to-understand, encouraging, and compassionate style, he has educated thousands of people, detailing how they can rewire their brains and recondition their bodies to make lasting changes.

For more about Dr. Joe Dispenza, his groundbreaking work and “Stories of Transformation” visit: <https://drjoedispenza.com/>

**Editor's Note: It might be a bit of a stretch to follow Dr. Joe's instruction to imagine a new future, but give it a try. He is teaching us a new habit of how to imagine a new reality not based on the past.**

Imagine a particular future event that you want to experience in your life, that in reality already exists as a possibility somewhere in the quantum field — beyond this space and time — just waiting for you to observe it. If your mind (through your thoughts and feelings) can affect when and where an electron appears out of nowhere, then theoretically, you should be able to influence the appearance of any number of possibilities that you can imagine.

From a quantum perspective, if you observed yourself in a particular new future that was different from your past, expected that reality to occur, and then emotionally embraced the outcome, you'd be—for a moment—living in that future reality, and you'd be conditioning your body to believe it was in that future in the present moment.

So the quantum model, which states that all possibilities exist in this

moment, gives us permission to choose a new future and observe it into reality. And because the entire universe is made of atoms, with more than 99 percent of an atom being energy or possibility, that means that there's a lot of potential out there that you and I might be missing.

However, this also means that you create by default as well. So, if you, as the

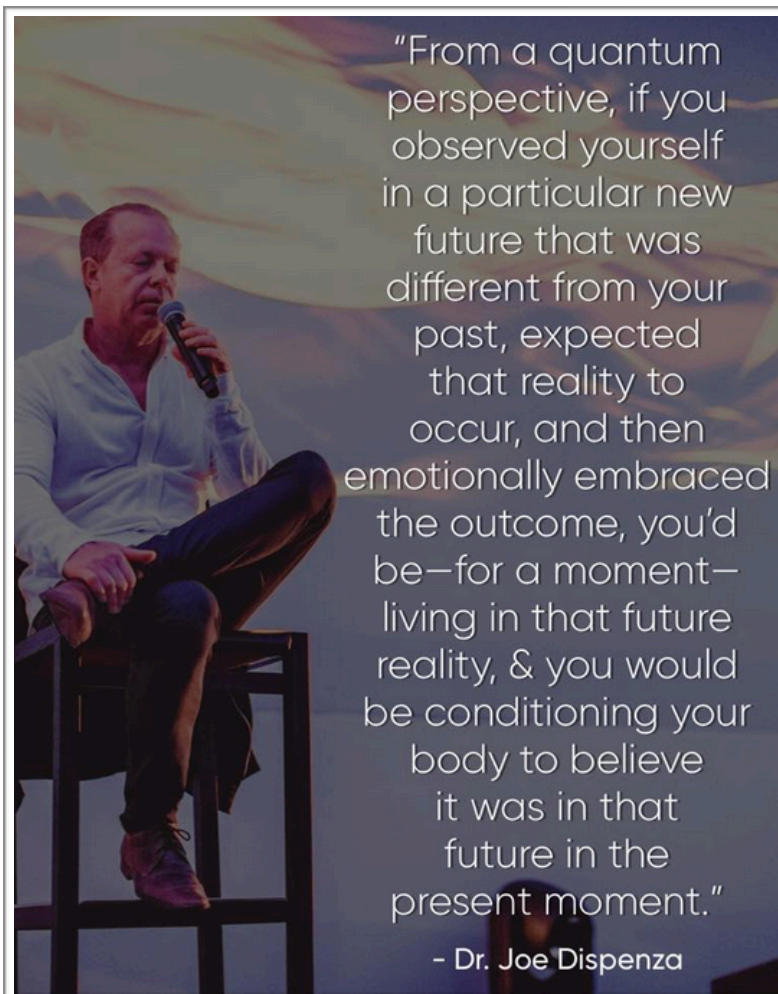
quantum observer, look at your life from the same level of mind every day, then according to the quantum model of reality, you're causing infinite possibilities to collapse into the same patterns of information day in and day out. Those patterns, which you call your life, never change, so they never allow you to effect change. Therefore, mental

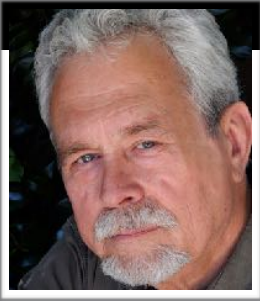
rehearsal is certainly not idle daydreaming or wishful thinking. It is, in a very real sense, the way you can intentionally manifest your desired reality — including a life without pain or disease.

By focusing more on what you do want and less on what you don't want, you can call into existence whatever you desire and simultaneously *fade away what you don't want* by no longer giving it your attention.

Where you place your attention is where you place your energy. Once you fix your attention, or your awareness, or your mind on possibility, you place your energy there, as well. As a result, you are affecting matter with your observation.

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# A Curious Life

By George Wehner

In my previous book overview, the author described going to numerous séances in New York City with a trance medium named George Wehner, who also wrote an early autobiography at the age of 39, titled *A Curious Life*.

Shortly after the December issue of this magazine was published, I received an email from afterlife book author and blogger, Michael Tymn. He suggested I might enjoy George Wehner's book, so I decided to purchase a rare copy. A week later, I had the book; and on December 21st, I finished reading all 400 pages!

The author of *A Curious Life*, George Wehner, was born in Detroit, Michigan on June 30, 1890. He was the son of the sculptor, Carl Herman Wehner and Annie Haslett. Both parents were supposedly descendants of European nobility. I found it fascinating that he had a psychic gift, pretty much from birth; and, most notably he had had a constant battle over the years with his father, trying to convince him that higher realities and the afterlife really exist.

A significant detail is that George's birthday was on the same day and month as Madame H.P. Blavatsky, who was the controversial Russian occultist, philosopher and author, who co-founded the Theosophical Society in 1875. A fascinating connection was that fifteen years before George's birth, and before his father was even married, Carl Wehner met Theosophist, Madame Blavatsky. She told him about the truth of the existence of higher worlds; and, that someday it would be proven to him by his own son. Being single at the time, Mr. Wehner dismissed the idea, thinking her statement ridiculous. However, later in the book, it is explained that Madame Blavatsky was actually one of George Wehner's guides throughout his life.

On a side note, in another book, I discovered that Madame Blavatsky was also instrumental in guiding Rudolph Valentino, especially in his afterlife. And so it seems, Madame Blavatsky herself became one of the ascended masters. Another interesting side note is that my partner, the late Kathleen Jacoby, a former editor of *The Inner Voice Magazine*, was also a teacher of Theosophy and thus had a connection with Madame Blavatsky herself!

This book is filled with story after story of George's experiences growing up in Detroit, and provides many details of his learning how to become a psychic and a medium. George also had a natural musical talent. He was awarded a scholarship to attend school at a local music conservatory, where he was asked to help teach other students harmony theory and piano. Much of this talent was a natural ability; and, some was channeled from higher realms. In later life, after the age of 45, George became a well-respected composer. There is plenty of evidence of that in the internet archives.

To me, one of the most fascinating stories concerned his work with the second wife of the famous actor, Rudolph Valentino and how that came about. Around 1922, George was becoming a well-known Medium in New York. He made a connection with the wealthy Richard Hudnut family; and in 1925, through that family, George met their daughter, the beautiful Hollywood set designer, Natacha Rambova and her



George B. Wehner  
~ Medium ~

mother, Hudnut's third wife.

Around that time, George began leading regular weekly séances for them and their friends. In 1926, he was invited to travel with Natacha Rambova and her entourage to Europe. On this trip, while staying at their plush villa on the French Riviera, he reached the peak of his fame when he foretold the

death of Rambova's estranged husband, Rudolph Valentino. George went on to console the grieving Rambova in a series of séances following Valentino's death, in which he enabled her to communicate with the spirit of the late actor. These incidents were widely publicized by Rambova in serial installments in the publication of the "New York Graphic" and later, also published in book form.



Natacha Rambova and Rudolph Valentino

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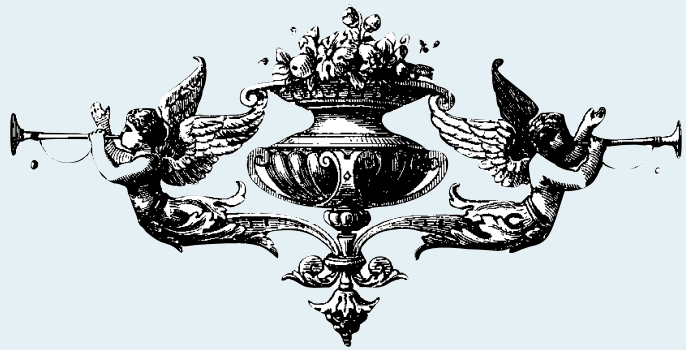
Natasha Rambova

Side Note: Through further research, I learned that Natasha Rambova was a powerful creative woman, who was probably way ahead of her time, extremely creative and very independent minded. This did not sit well with Rudolph Valentino who was an Italian from the 'old school' so it wasn't very long until they were divorced. The truth is that they very much loved each other. This was proven during the final days of Valentino's life, partly through communications received through George Wehner, and also during multiple sittings with Miss Rambova.

Further research led me to an article published in a metaphysical publication called, [True Mystic Science](#), dated November 1938, titled "The Valentino Death Prophecy" written by George Wehner himself. I found the entire magazine a real trip. It's available in [PDF](#). Check it out!

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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](mailto:sgfreier23@gmail.com)



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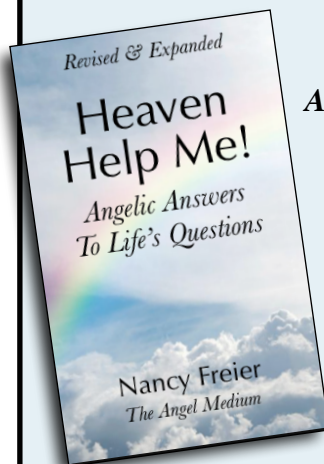
Classes are presented by Nancy Freier "the Angel Medium" and Publisher of **The Inner Voice Magazine**.

Nancy is the author of **Heaven Help Me! Revised & Expanded Edition** to be released on Kindle early 2021.

Her other book,

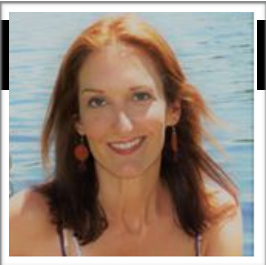
***You Can Talk To Your  
Angels & Guides in Spirit***

will be available on  
Kindle this Spring.



*Lightlines Publishing*





## A Healing Testimonial

# My 2020 Grand Finale of Healing

By Heather Hope

For my 2020 wellness grand finale, I treated myself to a Quantum Healing Hypnosis Technique (QHHT) session. I became interested in this modality after reading books about this by the author Delores Cannon.

So, after reading Delores Cannon's book, *Jesus and the Essenes*, I was moved to try her QHHT modality because everything about the history of the Essenes completely fascinates me.

Since I am a past life regression therapist, I realized what QHHT has to offer in addition to my own approach. QHHT provides the opportunity to bring relevant questions and healing requests to each session for more focus on current life circumstances.

After being interviewed by my regressionist, Matt Schmidt, I was guided into a relaxed state where I was able to recall my past life as an Essene. I did not live at the time of Jesus. But I did get a very real sense of what it felt like to live in a mutually supportive community where everyone was an important component in the overall functioning of the whole. The session was very beautiful to experience and gave me a concrete understanding of the deep yearning I have for a community that focuses on health and well-being for all.

I also witnessed myself in an Essene school, where I was being taught modes of Spiritual healing, many of which were similar to the Shamanic energy healing and Spiritual Counseling I offer now. In addition, at that time, I also offered prescriptions of prayers to recite and ceremonies for the client to perform, to help empower them to step into a new wellness timeline.

I brought thirty questions to my QHHT session that ranged from moving

forward with my business; better cooking abilities; resolution to health concerns; and, how to be the best possible mother. I got great input from the questions I asked; and in the three weeks since my session, I received about 50 percent recovery from those conditions. I have faith that I am continuing to improve in all areas requested. Some issues have been completely resolved; some are making improvements; and, some show no noticeable improvement yet.

One area of complete recovery was my fear of cold. Since childhood I have had an extreme fear of the cold, as well as consistently cold extremities. During the session, I saw an additional past life where I had frozen to death. I was able to witness my own part in that outcome, and then forgive myself as well as others. At that point in the session, my body became so hot that I kicked off my blanket and unzipped my sweatshirt. Since then, I no longer have fear of cold. I don't feel the need to overdress, or bring backup layers and blankets, and force my children to wear hats and mittens. Also, my hands aren't cold anymore; and, I even took the electric blanket off of my bed!

The issue of intermittent blurred eyesight, that I requested healing around, is also making improvements. I learned from the session that this was due to my distrust of my visions. Now, when I recognize eyesight issues, I state affirmations and do EFT tapping to reinstate my faith in the messages that I receive from Spirit. Since the session, I have become a better cook and I got an added bonus of improved navigational skills, which I did not even request. The coolest thing I received from the session was a few magic words I can say that

can re-induce the deep trance state and reconnect me immediately with my Higher Self. So, whenever I have a question, I can relax, say my magic words, and get an answer. It's like Google; but, the answers are from Source wisdom.

I would absolutely recommend a QHHT session. Matt Schmidt is a wise, warm and caring practitioner who is willing to travel so people can be most relaxed in the privacy of their own homes. You can find him on Facebook, or at [mattschmidtqh.com](http://mattschmidtqh.com).

Blessings to you all this New Year in your journeys to your highest and best selves.

△

**Heather Hope is the Director of  
One Love Wellness Center  
~a nonprofit organization~  
located in Appleton, Wisconsin**

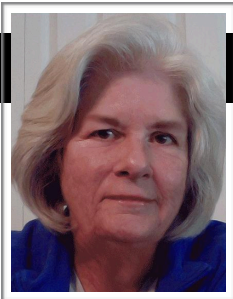
**Heather specializes in:**

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- Brainspotting
- Past-life Regression Therapy.



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# 2021 ~ It's All About the Light

By Janel Clarke

Welcome 2021! As we move into January, a NEW WAVE of energies from the Great Conjunction of Jupiter and Saturn continues. We will surf that wave of Light for many years as it continues to support a radical shift in awareness ~ on a massive scale. Make note of this leap forward in evolution, as some Astrologers say that this Great Conjunction serves to usher in what they call the Age of DIVINE ORDER. This is partially due to its timing ~ exactly on the Winter Solstice ~ and because this rare aspect has not happened for more than 800 years. So this is all about a wave of Cosmic Light, and if we can manage to ride this wave, it may be the ride of many lifetimes unfolding before us. Let's see how the larger patterns in the stars can light our paths at this time.

On the surface, it may seem the changes are not for the better; but energetically, a whole new world is being born. While much of last year felt like a standstill, events in 2021 will be full of forward motion and constant change. The first few weeks into the new year may bring some dramatic events; yet, there are many supporting aspects that offer freedom, growth and expansion. One example this month is a Jupiter square Uranus, which indicates surprises and/or futuristic solutions. So, if encountering any blocks, consider aligning more with the unusual, forward-thinking, progressive, community or internet focused ideas to expand.

The big question is... do we have the will to free ourselves from a past that no longer serves us? If we can stay open to possibilities, get out of survival mode and into creative mode, this timeline can bring amazing opportunities for new ways of working and/or relating to work itself. So, to assist in making informed choices, let's examine more patterns that

can be seen in the stars for the next few weeks.

The retrograde motion of many planets are now moving direct and finally by the end of January, Mars joins in this same direct motion in a strong way. This shifts our energy into forward motion and corresponds with major leaps ahead. January will be a time of action with the opportunity to sort out the old from the new to help close out the old cycle. There is also help for this from a Mars Pluto square and a close interaction with Eris, which is no square dance; but, it allows for voices to be heard and a seat at the table. This may require a bit of a reset; but compared to last year, no sweat. We have been prepared in many ways.

Exactly where this takes us depends on our awareness which is being supported by Jupiter and Pluto combining forces to open secrets to the light of day. Their current dance will show us what no longer rings true, both personally and collectively. For example, Pluto is all about shedding light on secrets to transform what no longer works, while Jupiter contributes to the expansion of both truth and freedom as well as issues related to the Aquarian concerns of humanity, groupthink, friends, airwaves, technology and networks of all kinds. There will be time to integrate and shift into all this, as these planets hold the line to support needed change.

This new information will be carried along by a wave of Aquarian energy brought to us through the Great Conjunction. We begin to experience the breath of fresh air that Aquarius brings as we shift away from the restrictions

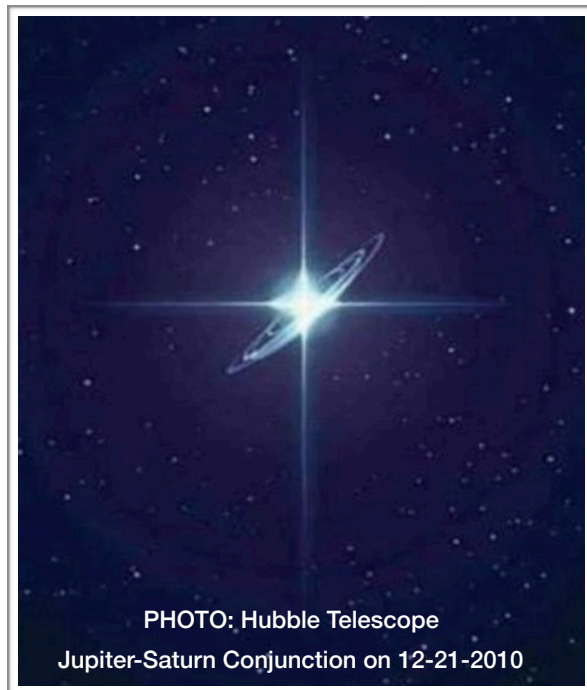


PHOTO: Hubble Telescope  
Jupiter-Saturn Conjunction on 12-21-2010

inherent in the sign of earthy Capricorn. This allows both the human mind and the spiritual heart more options to work together in ways that flow with ease and grace. Fighting life gives way to flowing through life.

Many ways of thinking and being will fall away naturally as we stay in balance and flow with better choices. At first, this may be a rather high speed experience as we continue to awaken to what the heart wants. Yet as awareness expands, there will be room for much needed change. Keep in mind, there is always free-will, so there will be choices and even time to change our minds. As we grow, step by step along the path of evolution, these waves of cosmic Light continue to help us wash away the old order and shine light on ways for the new. It is clearly time to awaken to the reality of a better way and a better day.

Δ

**Janel Clarke has long been interested in social change and personal transformation, often searching news and events that reflect these principles. Astrology is one of those tools.**



# 11 Resolutions for a Better You

## ~ Proven by Science

Every new January represents a natural opportunity to evaluate the direction of our lives, adjust course if necessary, adopt new habits, or make healthy changes. Consider these 11 resolutions for a better you—proven by science. It is, after all, our habits that determine the course of our lives.

**1. Exercise.** Most of us recognize the benefits of physical exercise: healthy bodies, healthy minds, and healthy confidence. Some studies indicate exercise contributes to a positive body image even prior to any body weight or shape change—with as little as two weeks of regular exercise. And with increasing study centered around the effectiveness of minimalist workouts, each of us should be able to find the time to get started.

**2. Less television.** Those seeking intentionality realize the negative influence television has on their mind: it impacts our worldview, encourages consumerism, oversimplifies life, and results in less life satisfaction. Even more drastic, scientists are beginning to discover the habit of watching too-much television may be negatively impacting our life expectancy as well. Nobody is telling you to throw your television in the nearest dumpster, but deciding to cut back may be one of the best decisions you could ever make.

**3. Go outside.** Simply spending time outside with nature contributes to increased energy, wards off feelings of exhaustion, and results in a heightened sense of well-being. Of course, simply walking from your front door to the car door doesn't count. So make a point this coming year to find an excuse to be outside—you can always start with a simple walk around the block each evening.

**4. Read fiction.** Recently, researchers have begun studying the physical impact reading stories has on our brain. As you might expect, they are discovering reading

*“Good habits make all the difference.”*  
—Aristotle

results in heightened connectivity and brain activity—sometimes, even up to 5 days after the book has been completed. If you read fiction, you already know this to be true. If you don't, this could be your year to start.

**5. Give.** Numerous studies show charitable giving boosts happiness and reduces stress—especially when the generosity promotes positive social connection. If you don't already, find a cause or person you believe in and offer them consistent monthly support. They will benefit. You will benefit. And the world will be a better place.

**6. Serve.** Volunteering provides great value for our lives and the lives of those we choose to enrich. One study from the Wharton School at the University of Pennsylvania, Harvard Business School, and the Yale School of Management found that when a person volunteers his or her time, they begin to feel like they have more time and are more efficient. Additionally, volunteers feel; better about themselves, experience lower stress levels, and develop a deeper connection with others. The golden number appears to be 100 hours per year (2 hours/week).

**7. Buy less stuff and more experiences.** Decide today to spend less money this year on possessions and more money on meaningful, memorable experiences. You'll be glad you did.

**8. Display gratitude.** Psychologists have scientifically proven that one of the greatest contributing factors to overall happiness in your life is how much gratitude you show. And it can be experienced with as little as three expressions each day (“Thank you for...”).

**9. Practice smiling.** In a fascinating study conducted at the Michigan State Business School, customer service professionals who fake a smile throughout the day worsen their mood. But people who smile as a result of cultivating positive thoughts improve their mood and withdraw less. Simply put, one easy way to improve your mood throughout the next year is to intentionally recall pleasant memories or think more positively about your current situation—and then smile because of it.

**10. Stop and just play.** Our world is becoming increasingly busy and the temptation to measure our worth by external factors continues to grow. As a result, taking time to slow down and just play is becoming increasingly rare. But play is fun and enjoyable. Play enriches the lives of children by exercising their mind and body. And it has the same positive effect on adults.

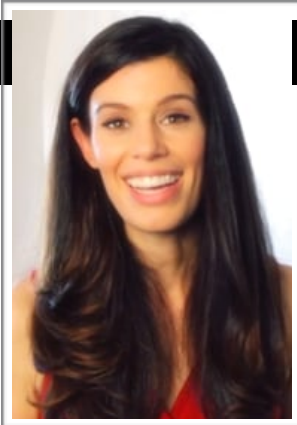
**11. Determine to be happy.** Two experimental studies published in *The Journal of Positive Psychology* this past year offer ground-breaking research on the cultivation of happiness. Based on the experiments, participants who listened to “happy” music and actively tried to feel happier reported the highest level of positive mood afterwards—more so than those who simply listened to the music. In other words, determining to be happy is a productive decision towards achieving it.

Adopting 11 new habits at one time is almost certainly too much to ask. But choose one or two specifically. And then, give it 29 days. You'll be surprised how quickly they become habit.

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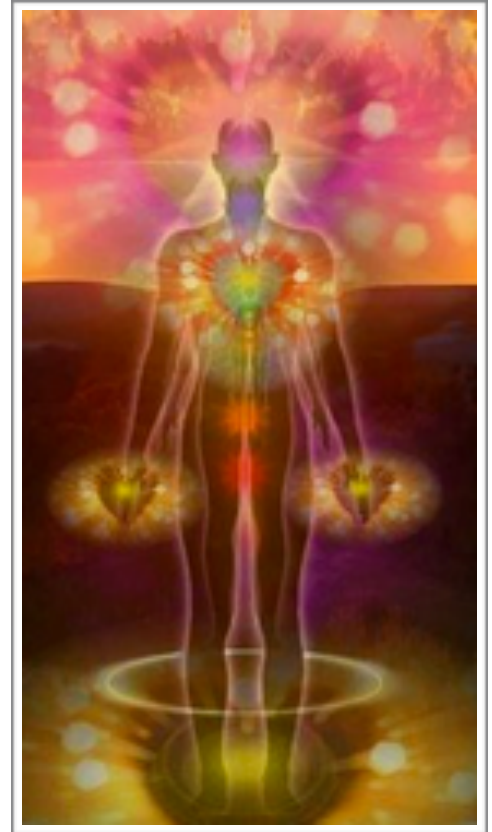
**Joshua Becker** is the WSJ Best-Selling author of [The More of Less](#) and [The Minimalist Home](#). He has appeared on numerous media outlets including The NYT, WSJ, USA Today, and CBS.





# The Brilliance of Taking Your Power Back from the Past

By Dana Claudat



I strongly believe that most people are wonderful, although some are not living their wonderfulness. Even wonderful people do things that are upsetting and sometimes mean. Essentially, we've all likely done things that upset others.

I've been on the receiving end of some pretty horrible stuff, too. It would be easy to say it's all unforgivable. I am not here to make light of this or blame myself for what has happened. I've lived a long time holding other people accountable for my choices and my mistakes that even years later, still affected my moods! This was where I had to stop the cycle.

All those things of the past were giving me a reason to not move forward. So, I felt compelled to write about this energetic cycle of being held back by the past and talk about taking my full power back in life every day

First of all, trauma is real; and, if you've experienced big trauma, I recommend seeking support for it through a therapist, support group – to heal them. This is stuff we're not meant to handle alone, as it's really hard to navigate; and, can be quite scary to revisit on our own. I've done this work myself, and it's the ultimate in reclaiming energy and power.

Today, I wanted to list the bigger themes that may hold a less obvious "emotional charge" but they still keep us tied to the past, such as: *Holding grudges. Petty disagreements; Feeling rejected; Being thrown-under-the-bus in betrayal at work; Making mistakes or less-than-awesome choices you can't seem to forgive yourself for making.*

All of that is small stuff in the grand scheme of things, the types of happenings we usually can vent about and feel we are

done with. You're not actively thinking about it; you're not actively upset; and, it may have happened a long time ago.

There's a saying that "time heals all things" but it didn't work for me. In all these situations, if I didn't fully work through the situation and rectify it for myself completely, some of my personal power remained stuck in the past. These events echoed through my life in ways I didn't fully connect: *Never wanting a job again where I felt I wasn't in complete control, not trusting people as much, not taking big enough risks, feeling "less than" in ways I couldn't understand, feeling like I could only reach "so far" because I might screw up...*

When I started looking deeper at why these patterns took the place of my once *unlimited* mindset, I realized that these feelings weren't tied to big traumas. They were all smaller events that made their mark; and, they accumulated over time. They were never fully rectified leaving me stuck in a place of blaming other people at worst, and refusing to forgive myself, or others at best.

That sucked. It made me ashamed.

The only way I could find out of this was to go through it and finally dump all of the pettiness. I had to really forgive everyone... including myself.

## It helped to do these exercises:

1. Write it down on paper
2. Burn it
3. Cut the cords

These exercises helped me every single day until I truly felt lighter and more free. Once I felt lighter, I had to quite literally, call my power back from where it had

been stuck. I would envision all my energy rushing back to me from wherever I left it – in an argument, in a grudge, in some other upset along the way.

It's incredibly simple and it works! Slowly-but-surely more energy started coming back in the form of – creativity, possibility, fun, abundance, confidence while the cycles of self-condemnation were taken apart slowly-but-surely, too.

If you've got any of these patterns lingering in your own life, patterns of grudges and more—you might want to ask yourself how they are holding you back. These are often relatively easy things to "declutter" from your life.

Forgive yourself. Bring all of your energy back to you now; and, create amazing new things in the world.

△

the **tao** of Dana

For more insights from Dana,  
please visit:

[www.thetaoofdana.com](http://www.thetaoofdana.com)

# Hello 2021!

The New Year is a great time to enhance the front entrance area of your home. When openly welcoming, this area attracts joyful experiences, helpful people, and golden opportunities into your life. Roll out the welcome mat, and make it literally “*entrancing*.”

The front entrance is where people register first and lasting impressions about you. Design the outside approach to your front door to include an attractive pathway that’s distinct from the driveway, clear of obstacles and overgrown foliage, in good repair, and well lit at night. Let every season lend its spirit to this area, whether it’s a colorful display of summer flowers, glossy evergreens, or silvery succulents and herbs. Whatever form it takes, nature’s offerings and your creativity can draw good Ch’i directly to your front door.

Add your own special touches and beauty marks such as outdoor seating, statuary, an arbor or water feature. Even in the most confined circumstances, flowers, wind chimes, or a seasonal wreath put a smile on the face of your abode.

In Feng Shui, the color red is traditionally associated with celebration and is used to attract good fortune into the home. Consider painting your front door an appealing shade of red, or choose the color that makes you feel really good every time you see it. To uphold your safety, comfort, and privacy, be sure that you can see who is at the door without your visitor seeing in first.

If you live where you’re unable to enhance the outside of your front entrance, focus on making your interior foyer area welcoming and gracious. Once



Make your front door indescribably welcoming and the entrance inviting!

inside the front door, an inviting foyer can always provide lasting good impressions.

Traditionally, the best painting in the house is hung near the front door as the “greeter,” to make an especially pleasing first impression. Determine what exactly is greeting you when you step into your house. Is it welcoming? If not, add one or more greeters you especially love, such as favorite art, lighting, or other decor.

Whether large or small, be careful not to overcrowd the foyer in an effort to make it

attractive. Be sure to not impinge on the full use of front or closet doors, and keep the area clear of migrating possessions such as toys, papers, shoes, and sports equipment.

Ideally, all the entrances into your home have a special ambience. If you enter through the laundry room, hallway, or garage, give it some charm! Be sure you’re greeted by beauty and light, not darkness and

clutter. A fun poster in the laundry room or an elegant mirror in a hallway can transform an otherwise dull space. Some people turn these areas into whimsical art galleries, displaying photographs and personal mementos that hold special memories in place. Others include posh possessions near an everyday entrance, such as a beautiful painting or crystal chandelier, even in the garage! If you’ll enjoy seeing it there everyday, why not!

Whatever you choose, your enhancements are well placed when they are ‘the kiss that welcomes you home.’

Your personal creative touch enlivens your home’s entrances and makes a strong statement about who you are. Your handiwork beckons the best life has to offer into your home, including awesome opportunities, vibrant health, and loving relationships with your family, friends, and community. May the New Year greet you with Good Ch’i!

△

**Terah Kathryn Collins is the author of six books on Feng Shui and the founder of the Western School of Feng Shui®. For more information, please visit [www.wsfs.com](http://www.wsfs.com) or call directly 760-828-0128.**



# New Goals Require New Habits



Live with what you Love ~  
so that when you walk into a  
room your heart sings!

We don't often connect-the-dots between the items in our home and our mental, physical, emotional and spiritual well-being. In feng shui, understand everything is connected. The things we live with either enhance or deplete our energy ~ through our memories and/or associations with them.

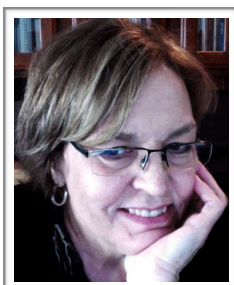
The good news? By the same principle, we can make changes to our environment by removing items that deplete our energy; and, add those items that enhance it, thus upgrading our life experience. Take a look around. What are you living with?

Photo: [TapetShow](#)

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\* Assoc. of Arts-Interior Design

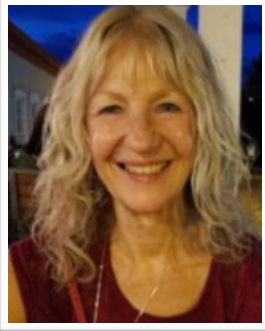
\* 1999 Graduate of the Western School of Feng Shui®

\* Over 30 years of happy clients!

## **Essential Feng Shui® Solves Problems**

### **When to call the feng shui expert...**

- ♦ When you want to increase your prosperity
- ♦ When you want to enhance your relationships
- ♦ When you want to boost your health or upgrade your life in any way
- ♦ When you're designing and/or building a new home or office
- ♦ When you're remodeling or adding on to an existing structure
- ♦ When you are choosing – or selling – an existing home, business, or a piece of land
- ♦ When your life feels stuck, or has changed in some way since you moved into your current home or office – changes such as: a marriage, divorce, birth, death, a child moves to college, a change in career direction, etc.
- ♦ When you are ready to clear the clutter and bless the structure you live or work in to assure your goals are supported.



## Our New Story is Unfolding

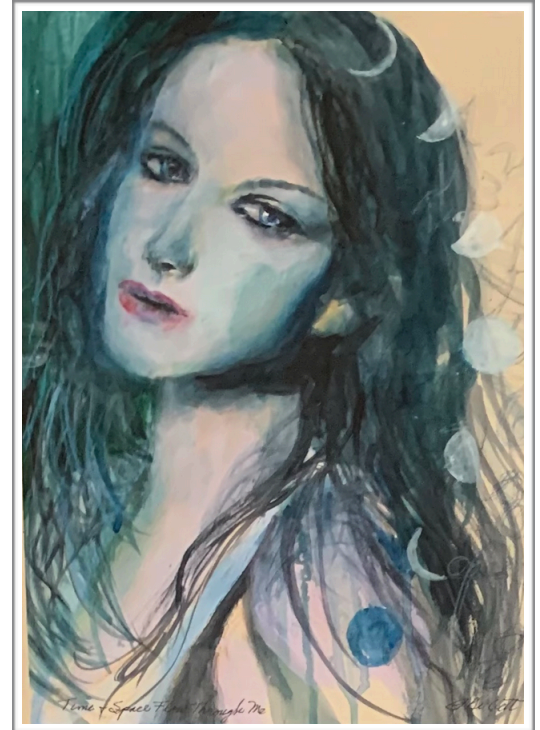
"I'm an artist and instructor living in the woods of Connecticut. The woods, hills, shores, and wildlife are my inspiration. My art reflects and transforms my life. I am a painter, mixed media artist, jeweler and guide on the inner journey." Discover art-to-do videos, resources and a supportive community.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

Our new story is one of consciousness. Layers of stories line the past in time and space. They are the glue that holds it all together. But they are not really our truth. They are figments of memory, flashes of images, recollections of emotions that only bind us as much as we let them. There's something deeper happening.

Life today in the days of Covid-19, is a time of raising consciousness. 'Coming home' has hit all of us in more ways than one. We begin to question, "Who am I?" in the bigger scheme of an ever-changing world. It no longer exists the way it used to. Once you raise your awareness, you can't go back. You feel unsettled with those who aren't there yet. You can't even pretend to be like them anymore since life, and you have changed. It's all good, and is a very natural progression as we evolve.

Our New Story is for our new world. "Be in the world but not of it!" Philosophers have been saying that forever. Know thyself! That's what life is all about! Tell the stories but don't live by them. Happiness is in the moment, now, today, in experiences and in accepting life *as is* ~ no labels of good or bad. Just feel into the senses of everything. Make life meaningful, enlightening, simple, and full of energy. Relationships are energy, so make them good! Release the old ways that limit and bind us.

Each act that raises consciousness changes us. Accept all on their own path. Honor your journey. Be patient with yourself. Be the maker of your own rich full life. Heal yourself in this way and heal the planet with your energy.



Time and Space Flow Through Me

## Feedback From Our Readers...



*"Reading each issue of The Inner Voice reminds me that my work in this life is to explore the inner realms; because I recognize that my own choices and my own consciousness control the quality of my life. Thank you Angels, writers and publishers of TIV for all the reminders. What a gift you are to my spirit!"*

*—A Grateful Subscriber*

*"When I read each issue, there is often an interchange of energy that makes it possible for me to experience a greater freedom of thought. This helps me rise above certain situations to see there are other choices. I am reminded I can live my life fearlessly; it is a choice for me to make. Thank you so much!"*

*—A Reader in Iowa*

**Let us know what you think! Write:**  
[theinnvoicemagazine@gmail.com](mailto:theinnvoicemagazine@gmail.com)





Practicing Mindfulness By Beverly Brunelle

## What's New Today?

**Beverly Brunelle is an Intuitive Energy Shaman and Teacher.  
Read more about her classes and sessions below.**



Consider making a commitment at the beginning of each day to notice what's new, especially when people, situations and your reactions appear to be the same.

We are all born into, and are products of, the history of our families; ancestries; countries and cultures. Even though the original details may have been forgotten, we live unaware that they still strongly influence our beliefs, perceptions, and behaviors. These innate filters cloud our capacities to perceive what's new. Our personal opportunity in this lifetime is to initiate conscious evolution and move away from recycling past unconscious influences by being curious about what's possibly new in our selves; our relations and our worlds. We now have the power to actualize new currents of wisdom, creativity, potent healing and positive change by simply utilizing the principles of inquiry and awareness.

We all seem to live in invisible reality bubbles, based on preconceived assumptions, expectations and limitations that occupy our attention and fuel our perceptions. By asking ourselves, and by looking for what's new, we invite our more subtle senses to actually tune in to a new and creative higher consciousness that is beyond the bubble of what we have been taught and assumed to be real.

We have many valid reasons to live in our bubble of assumptions and habits. It may be to create a sense of safety, a feeling of being in the known, or it may be

to protect ourselves from repeating past traumatic experiences so we don't feel that pain.

Our reasons constitute well-worn, outdated navigation systems that need acknowledgement and respect for their wise life service. Looking for what's new creates an important inner update, and helps us be more current, to see more clearly, and be available to timely options. This is the magic of being surprised by life's expanding creative brilliance living through us.

When we catch ourselves in our habitual commitments to old assumptions and behaviors ~ we can stop, take a deep breath and ask ~ "Show me what's new that is aligned with the current of wisdom and inspiring creative options."

A deep breath helps shift our focus from automatic ways of being to becoming more present, aware of our inner tensions, attachments, emotions and perhaps numbness to ourselves and to those we are with. A deep breath shifts our pace to be more present to where we may be off center, out of integrity and provides space to help us notice what we can bring to the relationship that is more honest, fresh and new.

No one escapes the collective and personal traumas and influences of history. The information is encoded in our bodies, emotions, minds and in our energy fields. The original conditioning is entangled in our relationships, our societal, health and political systems. Healing personal as well as collective traumas are potent resources

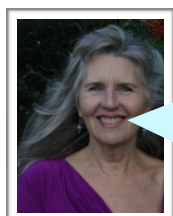
to being able to access possibilities of what's new today. This will open new fertile paths and allow a more conscious, creative future to care for the whole earth. An example of this way of shifting into the new follows:

I was with a friend I hadn't seen in four months. She asked many questions about my time away. After a while of this, I notice I was beginning to feel annoyed, assuming her tone and reactions had an air of disdain toward me. I could feel my resistance growing. When I realized I was being triggered and was in automatic reaction, I took a deep breath and acknowledged my judgmental assumptions to myself. This literally relaxed the tensions I was feeling in my body and mind. I asked myself "If I didn't feel triggered and resistant, what new possibilities are here for me?" A few more deep breaths and my perspective opened, along with my capacity to shift my focus into a new and interesting conversation.

We are each and all potential conduits of human evolution. To activate our capacities of expanding consciousness, we must be aware, invite new possibilities and be receptive to becoming ~ that which is new ~ in our relations with ourselves, each other and the world.

Energy flows where attention goes, so place post-its around your house as reminders to inspire you to notice ... What's new today? Have fun evolving fresh new futures!

△



*Check out my  
new website!*

[www.beverlybrunelle.com](http://www.beverlybrunelle.com)

### **Sign up for my new course! Super Seeding Our Current Freedom to Grow a Vibrant Future.**

We will identify and heal transpersonal trauma, plant seeds from our vibrant future to support growing our freedom and capacities to create conscious healthy change in our selves, our personal relations and our communities. 8 weekly sessions starting late January 2021.

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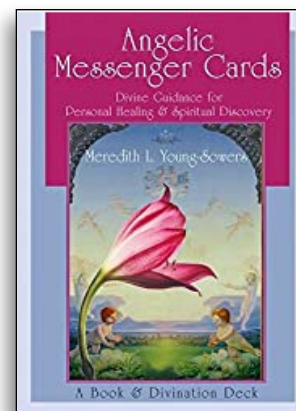
Email Beverly: [blossom@beverlybrunelle.com](mailto:blossom@beverlybrunelle.com) for more information.



# Acting Instead of Reacting

By Dr. Meredith Young-Sowers, D.Div.

Meredith Young-Sowers is the author of *Agartha: Journey to the Stars*, *Angelic Messenger Cards*, *Wisdom Bowls*, and *Spirit Heals*. Meredith also paints beautiful watercolors of flowers that convey the energy of love and guidance. E-mail [mysowers@gmail.com](mailto:mysowers@gmail.com) for more information.



**Angelic Messenger Cards; Book and Divination Deck**

Each day we find an opportunity to observe our reactions to situations and people. Often we think, after the fact, what we should have said, or wanted to say but did not think of until later. We tend to ruminate over past events and what might have been different if only we had said or not said what we did. In retrospect, perhaps we just wanted the satisfaction of standing up for ourselves and not caving in or feeling powerless.

There is no way to completely put these upsetting feelings away because we are reminded of the old with each new and similar situation or relationship. Still, we can do something different today than we did yesterday. We can act on our own behalf instead of reacting to others' emotions, attitudes, and beliefs. We can listen to our wisdom at the same time we are aware that we are getting angry, anxious, and afraid instead of falling down the rabbit hole of no self-worth.

You cannot assume others will understand your emotional reactions or even care to take care of you. It is your job to take care of yourself by accepting that no matter what someone thinks of you and how they act, it in no way takes away from who you are – whether or not you spoke up. When you have a good opinion of yourself then it is easier to stay present in relationships and generate a more balanced outcome.

It is okay to be with needy and difficult people, but don't make a full-time habit of it. It is okay to be with self-centered people who never give you a chance to get a word in edgewise; but, it is wise to limit these relationships.

It is okay to be with others who are strong and approving and do care for you – lean into these relationships. It is ok to be with people who are better than you at certain things so you can learn and be mentored – find these relationships. It is okay to be with people who also recognize your gifts and skills and encourage you to develop yourself without their feeling threatened – maximize these relationships.

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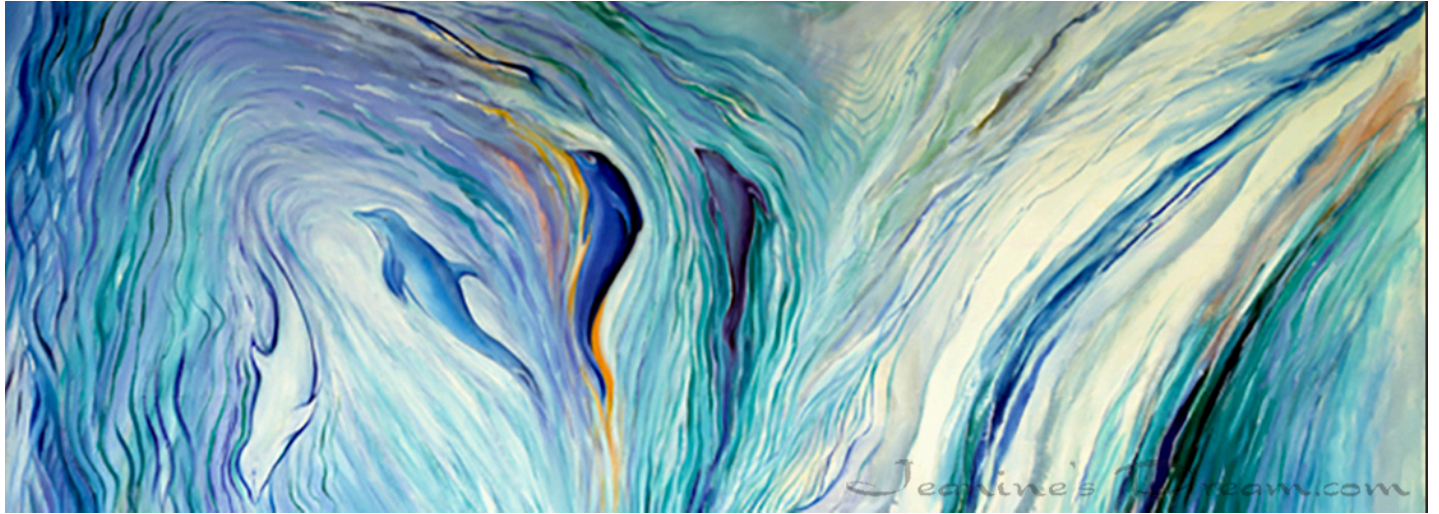
Watercolors by Meredith: 13 x 16 prints are professionally framed and shipped to your door. E-mail [mysowers@gmail.com](mailto:mysowers@gmail.com)

## **Meredith's Meditation**

*Take a breath and with hands over your heart decide to choose to use your precious time and energy to be with people who make it easier for you to act, rather than react.*







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IN THE BEGINNING THERE WAS  
CREATION AND DOLPHINS AND TREES



### Art by Jeanine Semon

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11 X 14 on luster paper. Price includes shipping! \$51

Special sizes are available. E-mail: [jeaninesemon@gmail.com](mailto:jeaninesemon@gmail.com)

Jeanine Semon, an artist in her "wise old woman" years is known for her healing art. Jeanine's subject matter is derived from the soul, women's rights and the environment. Her paintings reflect her philosophy that *"all things are linked together as one."*



Animal Spirit Talker by Lynn Schuster

## A Tribute to My Mentor, Friend and Angelic Guide ~ Rebecca Moravec

It's hard to believe that December 26, 2020 marked the 6th Anniversary of the passing of my dear friend and mentor, Rebecca Moravec. She was an amazing and magical woman and she opened the door for me to be able to talk to the animals. I remember the day she told me that I would be doing what she does, I too, would make my living as an Animal Communicator. And here I am, carrying on in the tradition that she taught me, helping to strengthen the bond between animals and their human families.

It is most important to me to create a safe environment to connect, communicate and advocate the needs, wants and desires for both animals and their human guardians. I am guiding animals and people in creating huge shifts in their lives on a deep soulful and cellular level, and in a way that I hope would make Rebecca proud.

Animal Communication continues to teach me about faith and trust. On a daily basis I see that there is way more happening in the unseen world than meets the eye. The Divine is grand, and I now believe that we are all truly connected spiritually, mentally, emotionally and physically in ways that we cannot even fathom. The unseen world is magical and mystical and it brings people, animals, places, things and situations into our field of vision for us to experience in ways that

we could never have imagined for ourselves.

Like faith and trust, sometimes we need to believe something *could* happen before we see the signs in the physical world that it *is* happening. What if we opened our minds and hearts and began to see the signs that we are manifesting into our lives everything that we are asking for.

Our words are vibrations in the air. If we truly understood the power of our words, we would be more mindful of how we speak. The words we speak are a vibrational match to all we experience.

***"There is way more happening in the unseen world than meets the eye."***

I've been reminiscing about my first Animal Communication Class that I took in 2004. Rebecca taught me to breathe deep down into my belly. "The breath is the place where the telepathic connection is made," she said. "Breathing is the key to connecting with the animals."

I was very excited to take that first class, but at the same time, I was skeptical. My mind was reeling with thoughts like, "This won't happen for me, Rebecca can do it, but I can't." Or "What if I don't get anything and all the other students in the class get profound messages from the animals they talk to." Or "Maybe the animals won't want to talk to me?"

The first dog that I talked mindfully to was Cooper, Rebecca's dog. Even though she validated what Cooper told me to be true, I was



Rebecca with Boo in happier times.

still doubtful. "Well, it happened once and that was probably a fluke," my skeptical mind told me.

The second dog I talked to in class that day was a Jack Russell Terrier from Central Illinois. He belonged to a woman

I had never met before. The dog showed me around his house in Illinois. He showed me where he liked to sleep in the living room and where his toys were kept. He showed me his back yard in detail and then... we went somewhere else. He showed me a house on the side of a mountain. The house had a deck with a railing around three sides of it. The railing was very, very tall. When I told the lady what her dog showed me, she gasped and said "Wait one moment, I have to get my wallet." She opened her wallet and pulled out a picture of a house on the side of a mountain. There was a deck around all three sides of the house. The deck had a railing... The lady told me that her dog was showing me their vacation home in Colorado. That's when I started to believe that something was happening.

Thank you dear Rebecca for your love and passion for all species, both two legged and four legged. And may all who read this feel the experience of love, laughter and delight this New Year!

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**Lynn Schuster is a Telepathic Animal Communicator, Intuitive, Reiki Master/Teacher and Artist. Find her on Facebook: [www.facebook.com/healingthroughanimals](https://www.facebook.com/healingthroughanimals) Please see her ad on page 21.**



"Cooper"





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The Tao of Today ~ By Pamela Kai Tollefson

## Lessons from the Tao

The *Teachings of Taoism* can help you navigate your life:

**SIMPLICITY**; get back to the basics, declutter your mind. **PATIENCE**; wait for it. **COMPASSION**; do for others as you would want them to do for you. Do it with empathy. **GOING WITH THE FLOW**; Don't fight it. Adjust to the situation. **LETTING GO**; If you realize that all things change, there is nothing you will try to hold on to. **HARMONY**; get along with the forces of nature and your current conditions, working with others, finding your peace.

Although 2020 has been quite a year, the upside is that we have been 'stopped in our tracks' and forced to find, evaluate and appreciate what's really important in our lives:

**1. Our relationships**~ When we were separated from our friends and family, we see people matter more than stuff.

**2. Our health**~ Deep sanitation demands claiming our own personal space.

**3. Our homes**~ Spending more time at home has caused us to repair, redecorate, rethink how our home supports us and improve it (feng shui) to make home the best place it can be. Electricians, plumbers, tree trimmers have never been busier. Real estate is booming in the suburbs.

**4. Our food**~ We are relearning how to cook, growing our own food, and appreciating restaurants, farms, and food sources.

**5. Our lifestyle**~ This interruption stops us in our tracks and gives us a new perspective, a new view of what we were doing with our lives. Are you anxious to get back to that exact rat race, or do you want to keep some of the changes you were forced to make?

**6. Our technology**~ During this pandemic shut-down we learned to take advantage of what we can do *virtually*.

**7. Our parks**~ Our natural surroundings and other such outdoor places we can go to have become our new meeting places. Appreciating nature, being outdoors is *good feng shui*.

**8. Our ancestors**~ Not that many generations ago, we didn't have cars, indoor plumbing, or the technology we have now. We can appreciate and learn how to get back to the basics while appreciating the progress these things made for us.

**9. Our environment**~ is benefitting from the lack of human activity. Studies show that air pollution and general 'wear-and-tear' on the planet is much less.

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Pam Kai Tollefson is Feng Shui Consultant serving Milwaukee, Madison, and Chicago since 1992. For more information, please visit: <http://www.fengshuitogo.com>

~ Evidence of Angels ~

## When A Cardinal Appears...

By Nancy Freier

I was at Clean Water in Appleton where I get my water bottles filled. While chatting with the clerk I've become friends with, I shared a story that happened over Christmas. At the end I added that if only my dad were alive, he'd really get a kick out of this (story). She then said to me, "Well, maybe he's listening to it now!"

Just then, I looked at her ever-present candy dish for my usual treat. This time it was filled with red and white peppermint candies I had never seen before – that were wrapped in a clear, cellophane wrapper. On closer observation, I saw a Cardinal printed on it. Then, I read the imprint ... *Red Bird!* (See photo.) My mouth dropped open (candy and all) as I remembered the sentiment: "When a Cardinal appears, a loved one in Heaven is near" ~ indicating dad's spirit was right there with me.

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More Evidence of Angels stories on page 23



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## Angels Come In Many Forms

By Denise Linn

@DeniseLinn.author • <http://deniselinn.com/>

Something remarkable happened to me (at an event back in 2009). I was in our town—Paso Robles, California—trying to get a glance of Lance Armstrong as he went across the finish line at the Amgen bike race. Afterward, as I waited for the crowd to subside, I sat down on a bench in the park. A young man with Down's Syndrome asked if he could sit next to me and I scooted over to make room for him. He plopped down, turned to me and said, "I love you!" and flung his arms around me in a big hug. He kept saying, "I love you! You are wonderful!" It was a simple, vulnerable expression of love without fear or judgment. It felt holy and healing. I was deeply touched. He placed his head on my shoulder and sighed. Then after awhile, he sat up, looked at my throat and asked me to swallow. He then lightly placed his fingers on my throat and asked me to swallow again and again. He finally said. "Good" ~ got up and waved goodbye. "My name is Eric. Maybe we'll see each other again."

The amazing thing about this wasn't just the depth of love and affection that he showered on me, but the miraculous healing that occurred after he left! For 20 years I've had some large nodules on my thyroid that were always a little sore. The next day when I touched my throat and swallowed, I couldn't feel them at all. They were gone! Of course, there could be many reasons why these nodules disappeared, but one reason could be that Eric was an angel in disguise.

I'm sending you heaps of love and light. May the beautiful evanescent angels visit you! Δ



## The Number '444'

By [Roberta Grimes](#)

Does 444 keep popping up for you? Do you find yourself looking at the clock regularly at 4:44? Or, maybe you frequently notice license plates with 444 on them, or often notice 444 likes on Facebook posts, and see the number elsewhere? This is not a coincidence. The number 444 is an 'angelic' number that holds powerful meanings from your angels.

So, what does it mean when you keep seeing 444? This number is a solid validation that you have angels with you. Seeing the number 444 recurring to you is

a sign of encouragement from the angels. It is a sign that brings positivity and all things beneficial your way. Read more: <https://bit.ly/3quBzfC>



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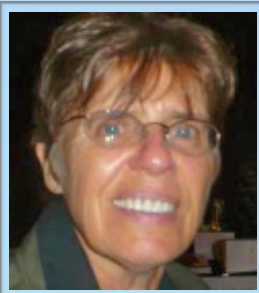
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