

The Inner Voice

A Source of Light for Unfolding Consciousness • January 2020

Seeing 2020...

**A new level of consciousness
is being born in the world**

Reset Your Life!

**Feng Shui the New Year
into your home**

Intuitive Eating
A diet for the decade



Golden Light Healing

DREAM • EXPLORE • DISCOVER • GROW



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

Check our website for more! www.GoldenLightHealing.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. Our Retreat Center is available for customized personal retreats, company team-building workshops, or for group rental. We also offer Spiritual Journeys around the world to sacred sites. Please join us in Peru, Ireland or Scotland as we sit in ceremony in ancient ruins.

—Your Hosts, Amy & Dave

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April 17-19, 2020

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REIKI LEVEL I TRAINING

Jan 11, 900-430. \$185

Lunch included

REIKI LEVEL II TRAINING

Jan 12, 900-430. \$185 *Lunch included*

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Feb 22, 1:00-4:30. \$88

Designed for kids 11-14 years old



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DREAM•EXPLORE•DISCOVER•GROW

**ENERGY MEDICINE PRACTICES • SOUL RETRIEVAL • POWER ANIMAL RETRIEVAL • PAST LIFE HEALING • DEATH & DYING
SHAMANIC JOURNEYING • CEREMONY & RITUAL • ANCESTRAL HEALING • DIVINATION & PSYCHIC DEVELOPMENT**

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! See our website for full details.

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Kimberly Point Lighthouse, Neshanic, Wisconsin • Photographer Unknown

If you are depressed,
you are living in the past.
If you are anxious,
you are living in the future.
If you are at peace,
you are living in the present.

- Lao Tzu

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THE INNER VOICE • JANUARY 2020

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

Read past issues here: www.theinnervoicemagazine.com

January 2020

Dear Readers,

We are at the beginning of a New Year and on the threshold of a new decade – a perfect opportunity to set new goals for 2020 and beyond. Intention is the key for creating your goals, and seeing them as though they've already happened, gives them a super power to manifest quickly.

Before going forward, think about the trajectory of where you wish to go. Whether your goals are for this month, this year, or for your lifetime, you will find this issue filled with ideas for setting them and staying the course. If you need some guidance to accomplish what you set out to do, remember that you have help waiting in the wings. The Guardian Angels and Guides in Spirit are just waiting to be called upon. Watch for their signs along the way and know that you aren't creating your future alone.

From past experiences we know that every new day brings new opportunities to learn and grow in some area. Some of these lessons you will pass, and some you will (seemingly) fail, but remember that with each new day (or moment!) you can brush yourself off, hit the reset button, and begin again.

It's helpful to remember that life is not a race to get through in a hurry, In fact, I like to think that life is set up by you and your Guides before coming here, and it unfolds in a perfect design – right on time – to bring your lessons to you whether or not you realize it. My wish for you is to realize it!

Turn up the volume of your inner voice of wisdom. It is just waiting to help keep you on track for experiencing all the wonderful goals you're setting today.

Happy New Year!

xxxxx, Nancy

Wake up!



By Nancy Freier

We've heard the Clarion Call before, and it is ringing loudly once again. It's 2020, and it's high time we use our innate intuitive ability given to each of us as our birth rite by the Creator. Yet, so many people claim they don't have any such intuitive gift, let alone how to use it. Oh yes you do! You just need to awaken and respond to it. It is the inner voice that shouts to you to hit the brakes and you avoid running into the back end of the car in front of you. It's the voice you hear to call a loved one at the very moment they need to hear from you. It's the warning you hear to check the soup pot

Continued on page 5



My favorite 'sacred' place in the world – Kimberly Point on Lake Winnebago; Neenah, Wisconsin. Photographer unknown.

you forgot about that's been simmering on the stove. It's the voice you hear that tells you to drive a different way to work and you later find out there was a serious accident on your regular route. It's that instinct telling you to look out! – and you avoid a disaster. I could go on and on, but I think you get the idea.

I have been teaching people how to listen to their inner voice – in whatever manner it comes through to them. It may not be a voice at all, but a clairvoyant vision, a dream, or an idea out-of-the-blue, or you read in a book or on the Internet that answers a prayer you said that morning.

Many years ago before my own “awakening” I assumed the Creator hated me and that my prayers were never answered. but the problem was I didn't know the language in which the answers to prayers came. Since the day the alarm clock rang, November 18, 1986, I've made it my life's work to understand the ways the angels and those in spirit talk to us, and to teach others this inner listening process. Without it, we stumble around in the darkness, but with it we have a lighted path.

Let me help you. In addition to offering life path readings from the angels' perspective, I give *How to Hear The Inner Voice* classes and one-on-one private lessons. Learn to see 2020 with 20-20 vision ... and *be the light* this year!



Special Private Tutoring

Learn to Listen to The Inner Voice
You will discern whose voice it is and begin a
dialogue in which you can ask questions and
benefit with lifelong guidance. Two, 1-hour
appointments done online. \$125 e-mail:

NFreier@aol.com



Need A Light? Get a Reading!

*Ask the Angels for their perspective on your
life situation. They are ever-ready to give
you their kind and loving guidance so you
may learn why you're experiencing
something, gain the clarity needed to
understand it, and have options for healing
and moving on.*

*Hundreds of people have been helped in
this way over the past 33 years of my
taking the angels' messages on their behalf.
The angels want you to know that you are
never stuck in a situation unless you choose
to remain in the dark.*

Contact me today!

theinnervoicemagazine@gmail.com

Nancy Freier – “the Angel Medium” since
forever; professional reader since 1986.



How to reset your life



By Joshua Becker

I was talking to a good friend of mine earlier this year when she made a fascinating remark to me. They were in the process of selling their large home in order to pay off some debt. When I asked her how they came to that decision, she said to me, “We’ve decided to hit reset on our life.”

She continued, “For too long we’ve overextended ourselves financially, and it’s time to take whatever steps are necessary to start fresh. So we put our house on the market and began living within a tighter budget. I don’t know what we were thinking living like that for so long, but it’s time to hit reset on our lives.”

I found the phrase to be almost magical. “We’ve decided to hit reset on our lives.”

I was reminded of a computer that had begun to run too slow, overheating

with too many applications running in the background. CTRL-ALT-DEL... Reset.

Or as Anne Lamott once said, “Almost everything will work again if you unplug it for a few minutes, including you.”

In speaking with my friend, I was reminded of my own life. In many ways, I hit reset on my own life when I discovered minimalism. I went back to the beginning, challenging my consumption, and the many unhealthy habits that had become present in my life.

Of course, not every life is in need of a full reset. And I’m smart enough to know that resetting a life is not the same as restarting a computer. You can’t just delete past memories, experiences, injuries, or every unenjoyable responsibility in your life. Resetting the direction of one’s life requires more than a few minutes of downtime.

But we are at the beginning of the year when we naturally assess the trajectory of our lives and what direction we are heading. And maybe, just like my

friend, your life needs a reset. But how do we go about hitting reset in our lives?

I fear to say these are not easy steps. This is not your typical [10 Minutes to a Clutter-Free Morning](#) blog post. These are weighty changes that require not just re-establishing a mindset, but also implementing the hard work of making it a reality. Sometimes these changes require conversations with loved ones that may or may not be thinking about the same things.

But life reset is possible.

My friend is a mother with a husband and two teenage daughters. If she can hit reset during that stage of life, so can you.

Here are some of the places we might look to reset:

1. Look hard at your spending.

[Lifestyle creep](#) occurs when an individual’s standard of living improves as their discretionary income rises and former luxuries become new necessities. If the idea of minimalism is brand-new to

you, it is very likely lifestyle creep has crept into your life more than you realize. If rethinking your finances (getting out of debt or beginning to save) is part of the necessary reset, start by looking at your spending.

2. Consider your time commitments.

Many of us live hurried, stressed lives. We rush from one activity to another. For some people, this is within their nature and they thrive in that type of environment. But for others, the urgent is keeping you from the more important, longer lasting pursuits available to all of us. Consider the time commitments you have slowly accumulated over the years and find a new filter to promote your highest values.

3. Question your work.

The average person spends more than 90,000 hours of their lifetime at work. For many, work has become their routine and they've given up any thought of changing. Our job is our job and we give little thought to the reality of something different. I think that's why two-thirds of Americans report being disengaged at work. I know that changing jobs is not always easy and not always possible. But

if we're talking seriously about hitting the reset button on our lives, looking at what we do a third of our waking hours is an essential consideration.

4. Check your motivations.

There is great progress to be made in life when we look deeper than our actions and begin checking the motivations behind them. When we don't actively keep our motivations in check, unhealthy ones begin to emerge. We become motivated by the pursuit of riches, accolades, or building our own selfish kingdom. On an almost daily basis, it is wise to check our motivations, but we rarely do. If we can see the need for an entire life reset, it would be foolish to not check the internal motivations that may have moved us to our current situation.

5. Evaluate your relationships.

People are things and choosing which relationships to keep and which to remove is not as simple as decluttering clothes in your closet. There are some relationships where both parties benefit and there are some relationships where we benefit. But there also ought to be some relationships in our lives where we are serving and giving and being the one who loves more.

Balance is important in this area. Evaluate the current relationships in your life. Are your closest friends moving you toward the person you want to be or are they holding you back?

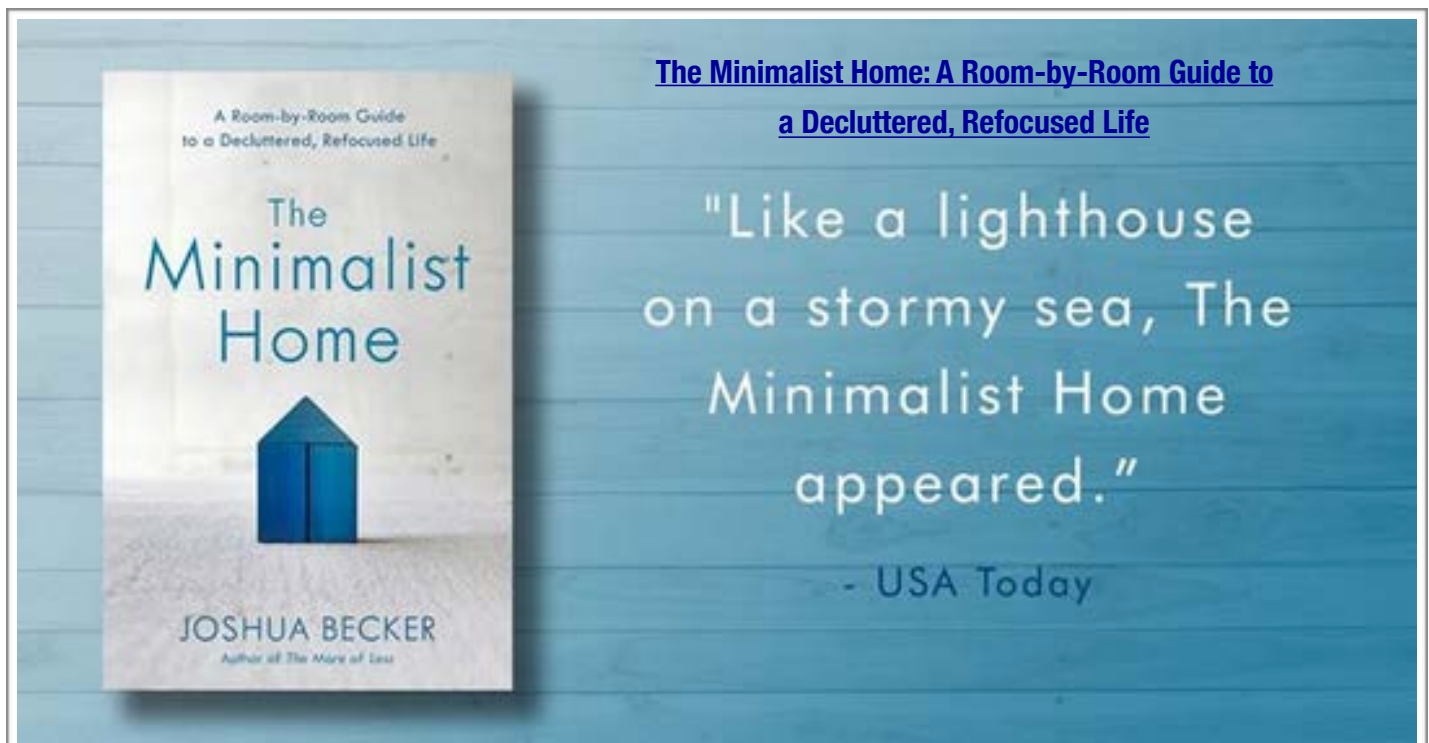
6. Be honest about your habits.

Sometimes, the habits we develop increase our chance of success. But other times, our habits keep us from it. How do you spend your day? How do you care for your health and body? What habits are creating a better you and which habits are keeping you stuck where you are? Resetting your life is going to require more than a one-time decision or evaluation. Often times, it is going to require you to rewire your habits from the ground up.

I don't offer this list above as exhaustive. Certainly there are other considerations to factor in your life reset. More than anything, I simply want to encourage you. Your life doesn't have to remain on the same trajectory that it is today. You can hit reset if you need to.

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Joshua Becker is the author of *The Minimalist Home*. Order his book by clicking the link below.



Intuitive Eating: A Diet for the Decade



Alissa nutrition
RUMSEY & wellness

<https://alissarumsey.com/intuitive-eating/what-is-intuitive-eating/>

Intuitive eating is an approach to health and food that has nothing to do with diets, meal plans, discipline or willpower. It teaches you how to get in touch with your body cues like hunger, fullness and satisfaction while learning to trust your body around food again. Here's an overview of intuitive eating including the science behind it, the ten principles of intuitive eating, and the difference between intuitive eating and mindful eating. For more info on ditching the diet and healing your relationship with food, check out the [Intuitive Eating Crash Course](#).

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What Is Intuitive Eating?

Intuitive eating is an approach that was created by two registered dietitians, Evelyn Tribole and Elyse Resch, in 1995. Intuitive eating is a non-diet approach to health and wellness that helps you tune into your body signals, break the cycle of chronic dieting and heal your relationship with food. From a nutrition professional perspective, intuitive eating is a framework that helps us keep nutrition interventions behavior-focused instead of restrictive or rule-focused.

We are all born natural intuitive eaters. Babies cry, they eat, and then stop eating until they're hungry again. Kids innately balance out their food intake from week to week, eating when they're hungry and stopping once they feel full. Some days they may eat a ton of food, and other days they may eat barely anything. As we grow older and rules and restrictions are set around food, we lose our inner intuitive eater. We learn to finish everything on our plate. We learn that dessert is a reward, or can be taken away if we misbehave. We are told that certain foods are good for us and others are bad – causing us to feel good about ourselves when we eat certain foods and guilty when we eat others.

Intuitive Eating is not a diet. In fact, it's exactly the opposite. There's no counting calories or macros and no making certain foods off limits. It's not about following a meal plan or measuring out your portions

(in fact, that is all discouraged!). Instead, it's about re-learning to eat outside the diet mentality, putting the focus on your internal cues (aka your intuition) like hunger, fullness and satisfaction, and moving away from external cues like food rules and restrictions.

But intuitive eating is not the hunger-fullness diet. Intuitive eaters give themselves unconditional permission to eat whatever they want without feeling guilty. They rely on their internal hunger and satiety signals and trust their body to tell them when, what and how much to eat. They know when they want to eat veggies and also when they feel like having dessert (and don't feel guilty or have any regrets with either choice).

The 10 Principles of Intuitive Eating

Intuitive Eating is made up of ten core principles. I've gone into more detail in [other blog posts](#), but here is a quick synopsis of each.

1. Reject the Diet Mentality. Think about it: where has your focus on weight loss gotten you to at this point in your life? What has it done to your body? Your mind? It's not about your lack of willpower or about you being a failure. It's the system of dieting that is the problem – diets are a set up for failure. Research shows that the act of [dieting](#) increases your risk of gaining weight.

Remind yourself: if dieting is the problem, how can it be part of the solution? Reject the idea that there are any good diets out there. Get rid of books and magazines that tout diets and easy or quick weight loss. [Unfollow social media accounts](#) that propel the dieting myth and diet behaviors (especially those that make you feel bad about yourself) and instead follow accounts that share positive food and health messaging. For a list of accounts we recommend, [click here](#).

2. Honor Your Hunger. Hunger is not a four-letter word – it is a normal, biological process. Your body needs to know, and to trust, that it consistently will have access to food. If you try to override feelings of hunger and don't eat enough calories and carbohydrates, your body reacts with cravings and binges. Are there times when you feel hunger, but didn't eat? How come? Utilize the [hunger-fullness scale](#) to get started with honoring your hunger.

3. Make Peace with Food. Allow all foods into your diet and give yourself [unconditional permission](#) to eat whatever you want. Stop categorizing foods as “good” or “bad” – no one food has the power to make you healthy, just like no one food has the power to make you unhealthy. If you tell yourself you can't have or shouldn't have a certain food, you

will eventually feel deprived; this deprivation builds into uncontrollable cravings and overeating. When you finally “give in” to that food, you’re likely to overeat – since you don’t know when you’ll be able to have it again. This overeating triggers guilt, which starts the cycle all over again: deprivation or restriction → cravings and overeating → feelings of guilt.

4. Challenge the Food Police. The [food police](#) are the thoughts in your head that declare you as “good” for eating a salad for lunch and “bad” because you ate dessert/carbs/sugar/etc. These are the unreasonable rules that were created by dieting that cause you to feel guilty. These rules are housed deep in your brain and pop up on a daily basis to govern your food decisions. It’s impossible to view eating as a normal, pleasurable activity when the food police have a hold. Challenging the food police is an important step towards becoming an intuitive eater.

5. Feel Your Fullness. Dieting causes us to feel like we “have” to eat at meal times – when it is allowed – so leaving food behind can be difficult. Listen for signals that tell you that you are feeling full and satiated. Pause partway through a meal or snack and check in with your body. How does the food taste? How full do you feel? Bring more consciousness and awareness to your meals. Utilizing the [hunger-fullness scale](#) can help, as can this [5-minute mindful eating exercise](#).

6. Discover the Satisfaction Factor. It’s possible to be physically full but not satisfied. If you’re unsatisfied you’ll probably keep looking for that one thing that is going to make you feel satisfied and content and you’re likely to overeat. When you eat what you really want, the feelings of satisfaction and pleasure you feel will help you be content (and often with less food).

7. Cope With Your Emotions Without Using Food. Emotional eating is very

common. We often eat for reasons other than physical hunger and food is often used to cover up unpleasant feelings and emotions. While food can certainly be used to sooth or cope with emotions, it can become a problem if a) it’s not working to help and/or b) it’s the only coping mechanism you have. Building up [several different coping skills](#) is an important part of intuitive eating.

8. Respect Your Body. We’re so quick to judge ourselves and criticize our bodies. Learning to respect your body for how it is at this moment is an important tenant of Intuitive Eating. If you are too critical of your body and don’t accept yourself as you are, it’s hard to reject the diet mentality.

9. Exercise – Feel The Difference. Instead of focusing on the exercise you think you “should” be doing, shift your focus to what types of movement feel good to you. Forget about the calorie burning effect of exercise and think about how you feel after working out. Do you feel energized? Do you sleep better? If you use exercise only as a way to lose weight or eat more food, it’s not going to be something you will stick with forever.

10. Honor Your Health With Gentle Nutrition. Being healthy doesn’t mean eating perfectly. Consider how certain foods make you feel, in addition to how tasty and satisfying they are to you. It’s the consistency of what you eat over time – it’s not all or nothing. This is the last step of intuitive eating – once you’ve worked through the other principles you can learn [how to embrace gentle nutrition](#).

The Science Behind Intuitive Eating

There are now over 100 [research studies](#) that have shown the benefits of intuitive eating. The studies show that intuitive eating is associated with:

- Higher self-esteem
- Better body image
- More satisfaction with life
- Optimism and well-being
- Proactive coping skills

- Lower body mass indexes
- Higher HDL cholesterol levels
- Lower Triglyceride levels
- Lower rates of emotional eating
- Lower rates of disordered eating

What’s the Difference Between Intuitive Eating and Mindful Eating?

Before I started training in Intuitive Eating, I used the terms [Mindful Eating](#) and Intuitive Eating interchangeably. While this isn’t totally incorrect, it’s important to note the differences.

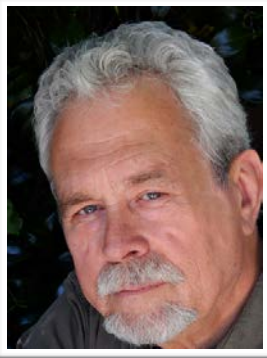
The Center for Mindful Eating defines mindful eating as “allowing yourself to become aware of the positive and nurturing opportunities that are available through food selection and preparation by respecting your own inner wisdom” and “using all your senses in choosing to eat food that is both satisfying to you and nourishing to your body and becoming aware of physical hunger and satiety cues to guide your decisions to begin and end eating.”

You can tell right there that Intuitive Eating encompasses the principles of mindful eating. However it goes a step further, also addressing the importance of rejecting the dieting mentality, respecting your body (regardless of your weight or shape), coping with emotional eating, and gentle movement and nutrition without judgment. Both mindful eating and Intuitive Eating can be useful tools to help you reach a place of normal eating.

△

If you are interested in learning more about Intuitive Eating, we work with clients virtually throughout the US, helping people who are frustrated with dieting change their relationship with food and say goodbye to diets once and for all. Learn more about our [intuitive eating coaching programs](#) to see how you can find balance and develop long-term lifestyle habits, no diets required.

Not ready for one-on-one coaching or looking to learn more about intuitive eating on your own? The [Intuitive Eating Crash Course](#) is a self-paced online course that walks you through the foundational principles of intuitive eating.



The 12 Laws of Karma

By Chris Pretorius

This month I am providing an overview of Karma, or what we commonly call, “The Law of Cause and Effect” or “The Golden Rule.” It can be as simple as that, however, this article by Chris Pretorius, a Spiritual Healer from South Africa, provides an in-depth look at Karma and how our actions might play out in our current life, or in future lives. I found it enlightening and I think you will, too.

What is Karma?

Karma is the Sanskrit word for action. It is equivalent to Newton’s law; *Every action must have a reaction.* When we think, speak, or act we initiate a force that will react accordingly. This returning force may be modified, changed, or suspended, but most people will not be able to eradicate it.

The Law of Karma is the Buddhist and Hindu version of the Golden Rule, basically, that what you do to others will return and be done to you. It is stated in similar terms in almost every religion in the world.

In the East, the law reads (in translation): For every event that occurs, another event will follow that was caused by the first, and the second event will be pleasant or unpleasant due to, and indirect relation to, its cause

The belief teaches that the person who takes action is responsible for that action, if not in this lifetime, then in future lives. In effect, what you did in your past lives comes forward to your present life and determines the events you experience now.

Buddhism takes these beliefs much deeper, delving into intention and thought as well as spoken words and action. With everything we feel, say, or do, we make choices. Whatever you choose to do produces ripples that travel through time. Those choices are our karma, good or bad.

Instead of seeing bad karma as punishment for actions in your past lives, you can better understand it as a lesson toward living in Oneness with all people and things. The Law of Karma is as simple as: You reap what



you sow – extends from your past lives into your future lives. How you apply it in your present life determines your results.

The 12 Laws Of Karma

1: LAW OF NEUTRALITY – Just as the Law of Gravity always works to pull things toward the Earth, these Laws of Karma apply to all equally, there are no exceptions. The universe is neutral: there are no favorite ones, there are no cursed ones, there are only divine beings created by the Creator and all these divine beings are loved by the Creator equally, deeply, and completely.

2: LAW OF AGREEMENT – The most terrible truth that anyone will ever learn while they are on Earth is... that they agreed to come here and to experience all that has, is, and will happen to them. The universe operates under this simple rule: all that happens is by prior agreement before incarnation based on karmic justice between all the parties involved to balance past karma.

3: LAW OF LESSONS – We reincarnate to learn what is and is not like love. In the worlds of duality, we learn from experiencing polar opposites: good-bad, problem-solution, etc until we evolve

into divine love, joy, and awareness. We walk the divine circle – where there is no saint without a past and no sinner without a future – until we learn our lessons.

4: LAW OF CAUSE & EFFECT – What you have done unto others in past lives or in this one (cause), weaves the karmic agreement of your present and future (effect). Consciously acting from loving kindness to yourself and others instantly re-weaves the present and future karmic agreements into greater pathways of empowerment and unfoldment.

5: LAW OF BALANCE – The point of learning lessons is to achieve balance. Imbalances drive your personal cycle of reincarnation. What you bring hate to, you reincarnate to is how balance is achieved. For you can only truly understand a thing when you become that thing and cease to judge it, cherish unloving opinions, or harbor unrealistic expectations about it.

6: LAW OF ATTRACTION – Your consistently repeated thoughts packed with your consistently felt emotions become magnetized and attract similar thoughts packed with emotions to manifest your desires into reality. Whatever thoughts and emotions you focus on the most – with the most intensity and the most

time whether intentionally or unintentionally, becomes your belief – karma. The more you invest in them with your focus, the stronger they become. Your belief – karma generates your thoughts, forms your attitudes, guides your actions, and creates your results.

7: LAW OF CONNECTION – You connect with the people, opportunities, and events necessary to manifest your desires if you allow, believe, and expect it will happen for you. Allowing means you open yourself to let manifestation flow to you by believing what you need to manifest your desires will come to you and by expecting if-when you take consistent and appropriate actions your desires will manifest into reality as you have asked.

8: LAW OF EXPANSION – Since everything in the universe is energy; the universe is always expanding from lower to higher vibrational states. Change and growth are inevitable because energy is always expanding. The universe expands

through chaos, reorganization, and order in an endless cycle of change and growth to create continuous improvement.

9: LAW OF UNFOLDMENT – Your internal map of reality is always changing to reflect your personal state of learning and growth. Your map of reality is always being refined into greater levels of truth as your consciousness unfolds.

Enforcement is a gradual process so that you can learn life lessons at your own pace as you reincarnate through time.

10: LAW OF EMPOWERMENT – If you let whatever happens be ok, you are accepting the default pattern of karma. Empowerment comes from a conscious decision to take control of karma by accepting absolute and total responsibility for your life and by always consciously acting with loving kindness.

11: LAW OF ALL POSSIBILITIES – There is no end to the joy you can experience or to what you can create. For all the power to get what you want comes from within you. Every moment brings

with it new possibilities and opportunities for action. Whatever you can dream, you can do, be, or have in the universe of all possibilities... this is your birthright as a divine being.

12: LAW OF LOVE – Karma begins and ends with love. Karma was created to propel you as Soul on a personal journey of reincarnation through the universe. Karma ends when you have perfected yourself in your ability to love unconditionally. The sole purpose of karma and reincarnation is to bring us all to a state of divine balance, love, joy, awareness and happiness.

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About Steve Freier: Steve is The Inner Voice Website Design Tech and Mail Chimp publisher. He is also a professional video producer specializing in personal and promotional videos in YouTube fashion. Contact Steve here: sgfreier23@gmail.com



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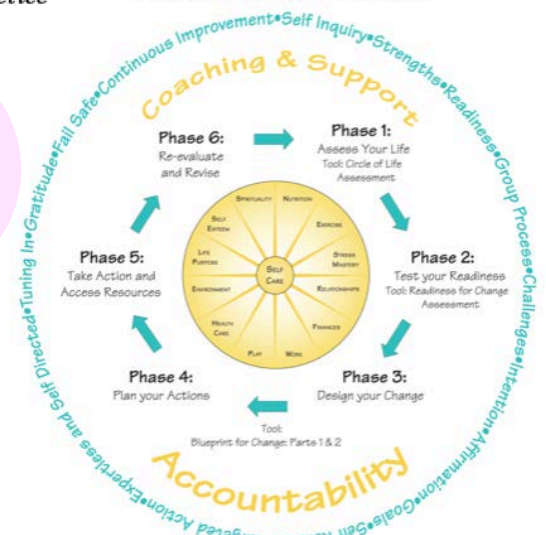
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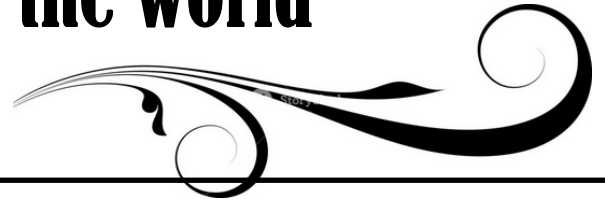


Visit my website for details regarding upcoming January 2020 Intention-Setting Workshops!
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A new level of consciousness is being born in the world

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, for 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, though I find I need to keep making it clear to a lot of men that when we start honoring and listening to and following 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 it become 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 to create a world that works for all.

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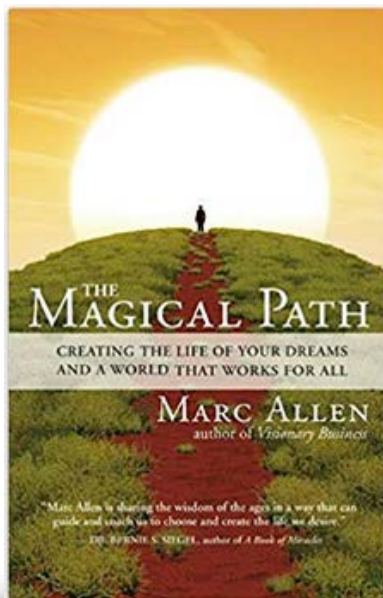
Marc Allen is a renowned author and president and publisher of New World Library, which he co-founded with Shakti Gawain in 1977.

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 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.

<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, disorganized, lazy, and intuitive search through the books of Western magic." There he found the tools that took him from being a poverty case to a multimillionaire and 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](#)

Checking in with Dr. Joe Dispenza ...



Creating Our 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 on Joe, visit: <https://drjoedispenza.com/>

If you can imagine a particular future event that you want to experience in your life, that 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 & 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, & 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 & 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 potentials out there that you and I might be missing.

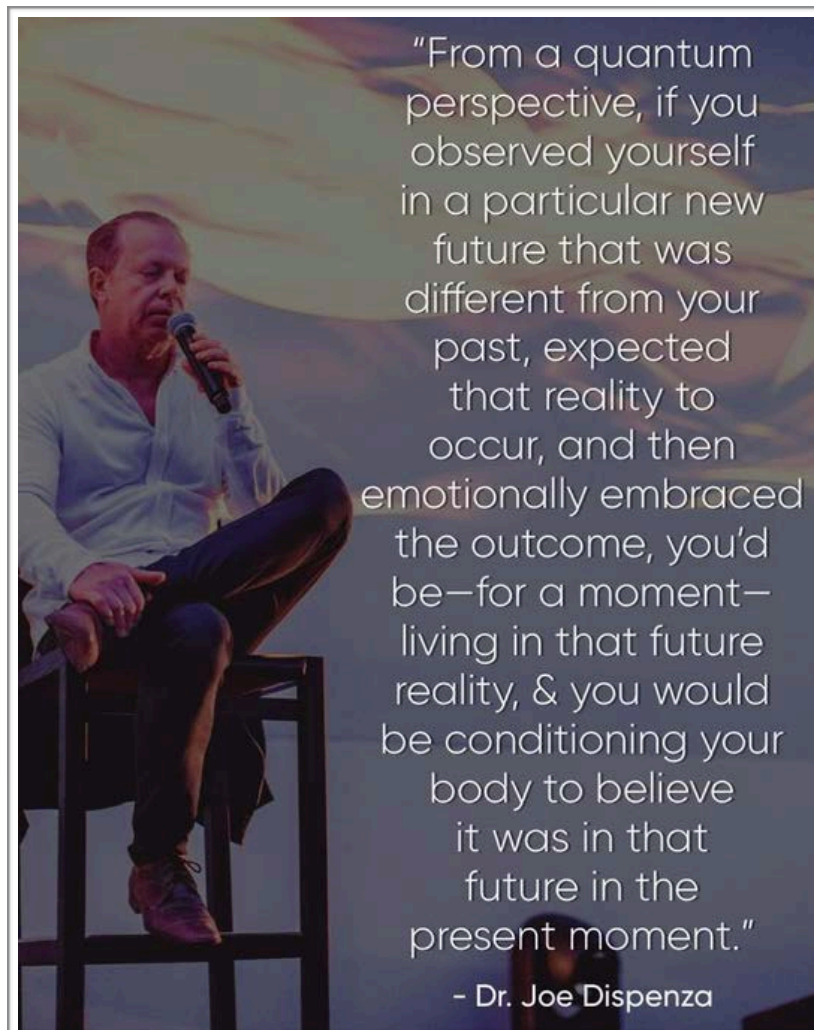
However, this also means that you create by default as well. If you, as the quantum observer, look at your life from

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 & day out. Those patterns, which you call your life, never change, so they never allow you to effect

change. So 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 & 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're affecting matter with your observation.

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A new home and a new life for one lucky dog

By Lynn Schuster, Animal Communicator



With the arrival of the New Year, I find myself reflecting on animals that have inspired me and warmed my heart throughout the year. Penny is one of those animals. Her amazing story is about forgiveness, hope, new beginnings and resolution.

I met Penny on a warm summer day in July. She had been with her new family for just one week, and she was not acclimating well. The only thing we knew about her, was that she was a stray, she was found in a parking lot in Kentucky, and she recently had puppies. Colleen called me because she was worried and did not know how to reach Penny. She was barely eating, did not want to move off the sofa, slept most of the time, and was not interested in Colleen, her family, or her other two dogs.

When I arrived, I sat next to Penny. She barely moved and she looked up at me with big round sad eyes. I sat with her for a moment before we began our conversation. She allowed me to put my hand on her shoulder and I could feel her sadness.

Penny disclosed that she was “waiting for the next ride.” She had traveled a long way and with several different people. They were all very nice, but it was obvious that they had a job to do and that was to deliver her to her next destination. Penny was sure that someone else would be coming for her and that she would be leaving this nice house very soon.

I asked her how many rides she had been on since she left the parking lot in Kentucky. She told me she had been on three long rides, and each time they would let her stay for little while but then a new



Photo by [Marliese Streefland](#) on [Unsplash](#)

person would show up, put her in their car and off they’d go again. No wonder she was uninterested in getting to know anyone, she didn’t think she would be staying with Colleen and her family, but most of all she felt that she had done something wrong “because so many people didn’t want her.”

The first thing I wished to convey to Penny was that she was safe here, she would be loved and her travels were over. She had arrived at her new forever home. I wanted her to know, without a doubt, that it was ok for her to settle in and get to know her new people and the two dogs that would become her pack. I could feel

Penny beginning to trust Colleen and I and her heart opened a little bit.

With a worried look, Colleen wondered if her previous family was looking for her. Colleen imagined that they would be really worried about her. Penny was sure that they were not looking for her because they were the ones that dropped her and her puppies off in the parking lot.

Penny told me she was very worried about her puppies and she wondered where they were. I assured her that I would support her in looking for them. Through a telepathic connection, she found each one of them and although they were not together, each one had a new home. I could feel her heart opening even more as she poured love out to her pups. Physically, Penny took a deep breath, and let out a tremendous sigh of relief and her eyes softened. Emotionally, she was beginning to relax and she let go of some of the fear and doubt that had been weighing her down. I stayed for a while longer making sure that both Penny and Colleen felt secure about our conversation.

The next day, Colleen called me and exclaimed, “I have a new dog! She is off the sofa, wagging her tail, asking for food and interacting with our other dogs! She even wants to go outside to play!”

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Lynn Schuster is a Telepathic Animal Communicator who is passionate about strengthening the bond between animals and humans. To get in touch with Lynn, please see her ad on page 15.





Lynn Schuster

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Lynn Schuster



Welcoming 2020 into Your Home

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 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 and the New Decade 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 additional Feng Shui articles, more information about Essential Feng Shui®, or to register for the Essential Feng Shui Practitioner Certification Training, please visit www.wsfs.com or call directly 760-828-0128.



20/20 Vision: Inspire and Be Inspired Bring the New Into Your World of Experience!

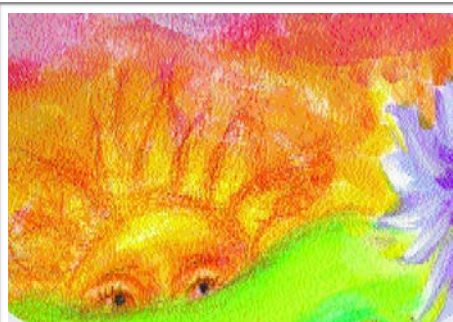
It's now 2020. Quantum shifts are igniting through each of us to create new dimensions of *being* within ourselves and with each other – inspiring greater reverence, curiosity, and co-creativity. New, potent levels of self-love are waking up within us to face our inner history and outer challenges. Each new day, and each new moment for that matter, we have the opportunity to affirm our willingness to refine our capacities to *Be Present* and available for new ways of experiencing life.

Bold affirmations can help open new neuronal pathways. “I am willing to see what I haven't seen; hear what I haven't heard; know what I haven't known; feel what I haven't felt; and heal what I haven't healed.

I am willing to: Love myself in new ways. Be more honest with myself first. Give myself space to truly feel my emotions. Dare to acknowledge to myself what I truly want. Be more clear and delighted in expressing my uniqueness.

I am willing to: Risk sharing my ideas and wisdom – (not being preachy, or judgmental); Bring my inner adult to the forefront (to create clear boundaries, safety, clarity); Honor myself and heal past traumas; Learn and be open to new perspectives; Feel good about my body, my nutritional choices, my needs and my living space.

Affirmations can inspire new action to live more boldly and explore what that means. New action could look like new decor for yourself, or for your living and work spaces. Non-verbal expression – move your body more – (dance, paint, draw, sculpt, sew). Take a class in



When I wake
up in the morning, I plan for
a good day. My anticipation
attracts good experiences to me.

Image and affirmation ©Hay House

something new. Offer to give a class in something you love. Include others: invite someone new to coffee or tea. Call, or write to an old friend.

Creative morning affirmations can guide you in your day: “I am willing to receive joy, delight and the newness of this day (this relationship, this job, etc.).

What new possibilities are you willing to add to your intentions and affirmations lists for 2020 that delight and inspire you in a bold way? Write to me and let me know, for we are here to inspire each other and to be inspired by life.

A Message From the Year 2020

“Today, and every day is a timeless flow of life, including your ancestral history. The names of the years change to signify the change in frequencies that influence and inspire well-being. These

frequencies are strengthening their flow now to strengthen your alignment with growing well-being, learning a new language of respect and creative expression of that which is quite bold and is outside the history of your previous experiences. Commit each day to that which you deeply want to see in your relations, including with yourself, your circles of influence, and the world. Give attention to your state of presence, i.e. where you are coming from in your communications and perspectives.

Fear not stopping mid-stream to adjust your alignment to a higher flow of wisdom. There is much pulsing within each of you to be exposed to the light of life. Release all that is opposed to each other and expose that which is inclusive, acknowledging, and a bringer of the future into existence now.

“Be the conduit you wish to be. Fine tune your system of thoughts, emotions, expectations, and visualizations. Give yourself inner spaciousness to allow and include that which is apparent, as well as that which is birthing itself in the moment.

“Expand your capacity for compassion to include yourself and others. Take a timeless moment to choose which ‘reality’ you want to fuel, and get present with that. Bring the new into your world of experience.”

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



The Art of Becoming is Why We Create

"I'm an artist and instructor living in the woods of Connecticut. The woods, hills, shores, and wildlife of Ct are my inspiration. My art reflects and transforms my life. I am a painter, mixed media artist, jeweler, and guide on the inner journey."

Join us at [Dragonfly Art Club](#), a free group on Facebook. Discover art-to-do videos, resources and a supportive community. Visit Pat's other website, too: [www.artisticwaytoenlightenment.com](#)
[www.patsartfullife.com](#)

The Art of Becoming is why we set goals. As Thoreau said, "It's not so much about the goal, as it is about who we become in the process." As we stretch ourselves, try new things, jump into the unknown in our art, we learn about ourselves at a deep level. Yet, this is not our comfort zone. It's uncomfortable, yet here is where our power lies.

As we reach for something new, a mark that is true to us and unique to the world, shifts happen within us. We get out of our routine, our rut, our mundane same old thing that we know so well.

Instead of following the style of someone we admire, we enter new territory of the imagination. *We need confidence here.* Plus, the more we enter this place, the more we trust ourselves. Often we must follow the inner voice and see where it leads. Intuition is fleeting, like a dream. We need to take notes, sketches, color schemes as they appear, or they may float off to find another receptive artist.

The Art of Becoming enters 'the Other World' of the dreamtime. When you create something totally new, when you enter the place of being vulnerable, but 'true,' it

moves people. Plus, it surprises you! This art creates a sense of wonder, awe, and feeling. It's unexpected, holds a sense of magic that is beautiful. Each piece reveals more of who you really are, while you learn something new about yourself. An awesome place to create. Yet this is what people will love, be drawn to, and must have.

Doing art takes you away from the sticky emotional, ancient tribal stuff of the world – to your personal

sanctuary. Creativity brings you into the *now*, aware of the *present*. In addition to healing, feeling good, and opening perception, it brings you into balance. Art feeds the soul. You discover your Truest Self there. So, come back to art, to play.

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"Sacred Mountains" Painting by Pat Gullett

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Dr. Felicia Houk, D.C.

Angela has been receiving chiropractic care occasionally for several years. Once she found out she was expecting twins, she started scheduling weekly chiropractic adjustments, as she knew it would be very beneficial for her and her babies if she was receiving regular chiropractic care. She knew that chiropractic would assist her body during delivery and also help to develop healthy twins.

While receiving care during her pregnancy, Angela did not have a single headache and thankfully was able to avoid taking over-the-counter pain relievers. Chiropractic also helped ease her back pain, open up her pelvis, and even helped rotate her twins to 'head down' after being breech.

"My twins had their first adjustment at five days old and they have been going weekly since. Dr. Felicia has really helped both my son and daughter. Each one was favoring laying their heads to one side and she has been able to help them move their head's both ways."



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