

# The Inner Voice

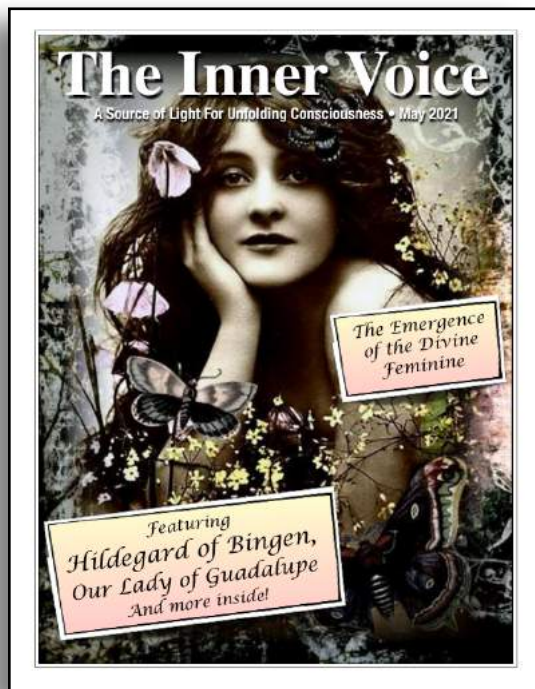
A woman with long brown hair, a pink flower in her hair, and a butterfly on her shoulder, surrounded by flowers and a large moth.

A Source of Light For Unfolding Consciousness • May 2021

*The Emergence  
of the Divine  
Feminine*

*Featuring  
Hildegard of Bingen,  
Our Lady of Guadalupe  
And more inside!*





**Maude Fealy:** Born March 4, 1883, and died November 9, 1971. She was an American stage and silent film actress whose career survived into the sound era. Poster artist is unknown.

*"She quietly expected great things to happen to her, and no doubt that's one of the reasons why they did."* – Zelda Fitzgerald

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## **Inside this issue...**

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

**3 Ad: Events at Golden Light Healing Retreat Center**

**4 Angel Talk: The Divine Feminine**

**5 Ad: Get A Reading**

**6 Book Overview: The Afterlife of JD Salinger**

**7 Poem: "The Love of A Mother"**

**8 Hildegard of Bingen by Barbara LeVan Fisher**

**9 Comments from Our Readers**

**10 Innerview: The Eccentric Nerd Woman**

**11 Inspiration for Healing the World**

**12 Celebrating Our Creator Mother by Pat Gullett**

**13 Practicing Mindfulness by Beverly Brunelle**

**14 Soulful Visioning with Iolite by Lori Andrus**

**15 Ad: Lori Andrus – Crystal Shaman School**

**16 Our Lady of Guadalupe by Kathleen Jacoby**

**17 Flower Essence of the Month: Hounds Tongue**

**18 A Potpourri of Thoughts**

**19 Evidence of Angels**

**20 Minimalist: The Calm of Everything**

**21 Ad: Essential Feng Shui® Consultations**

**22 Lynn Schuster: Motherly Advice from Elephant**

**23 Ad: Lynn Schuster Animal Communicator**

**24 Ad: Free Spirit Crystals | Benefits of Morganite**



### **The Inner Voice**

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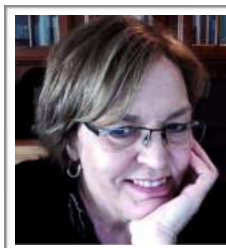
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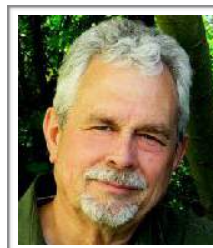
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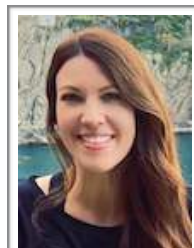
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**The Inner Voice Magazine intends to serve as inspiration for healing body, mind, spirit, heart and home.** The information in this publication is not meant to replace the advice of healthcare professionals. We aim to bring through the highest vibrational information we can find. The opinions expressed are not necessarily those of the publisher, or editors. We encourage you to listen to your own inner voice for guidance and direction on your path. May your life be blessed by reading and sharing this magazine.



# Golden Light Healing

DREAM • EXPLORE • DISCOVER • GROW

**Golden Light Healing Retreat Center** is an oasis of peace and healing nestled amid 200-acres of prairie, fields and forest just 15 miles from Green Bay, Wisconsin.

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### THE ART OF SOAP MAKING

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August 27, 9:00am-4:00pm



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### SEIDR NORSE SHAMANISM WITH IMEDLA ALMQVITS FROM THE UK

December 1-5

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

### ANCIENT IRISH SHAMANISM WITH AMANTHA MURPHY FROM IRELAND

November 1-3, or November 6-8,  
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May 2021

Dear Readers,

As some of you may know, I began listening to the angels' guidance back in 1986 in my cottage home in Cedarburg, Wisconsin. When people followed what the angels told them in their reading, miracles happened! This was what inspired me to share the news so more people could be helped. It was groundbreaking work to publish *The Inner Voice* and "to let public know you could ask the angels questions" and receive answers! I worked in partnership with a holistic faith healer who believed all things could be healed. It was her faith that brought this heavenly gift forward, and over the years I have done hundreds of readings. It is truly amazing to look back and see the wisdom and guidance that has come through me from the angels. (See page 5 for more information.)

In this issue, honoring Mother's Day, we celebrate the emergence of the Divine Feminine from which true healing flows. We give a nod to some of the amazing women who came before us: Saint Hildegard of Bingen (page 8); a "miracle" from Our Lady of Guadalupe, page 16; to Eccentric Nerd Women, page 10, and other quips and quotes to help us see the world of women anew.

Also, as I write this letter, President Biden is addressing Congress, and for the first time in U.S. history, two women are seated behind him.

Nancy



Angel Talk™



# The Emergence of the Divine Feminine

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

*Q. There is a lot of activity these days regarding the changing roles of both men and women; and it appears that the Divine Feminine is emerging into its long-awaited equality in our society. Please tell us about woman's purpose and/or mission on Earth?*

We would be happy to shed light on the female role for you. We say that the roles appear to change because your perception of the female and male sexes, along with their "duties" has changed. As you grow and evolve, so do your gender roles change.

We say that collectively, as a human race, much evolvment and change is occurring in women everywhere. Lift your heads higher and hear our words. The female role has always been to embody love. Her purpose was to bring love into form and teach love without conditions. This is not to say she was

"second" to man as your world has basically taught you to believe, for all human beings are created equal.

There are differences in your world of form; because, there are different purposes for being in that world. Women unconsciously chose to suffer under the dominion of her male counterpart by giving her power over to him, while he has also gladly taken it. But now comes the wake-up call. Women are realizing what they have done; and, they are coming out of their sleep to reclaim what they had given.

You see this as a "new movement" but we say it is a continuation of one long drama, merely an act in the play where the female is reclaiming the power she had misplaced. She is returning home to the heart and is taking her place in what was once "males-only" leadership roles like never before.

Continued on page 5



In the 2020 election, Kamala D. Harris was the first female to become Vice President of the United States; and, for the first time in US history, two women sat behind President Biden during his Address to Congress on April 28, 2021 ~ Madam Speaker and Madam Vice President. No president has ever said those words from this podium — and it's about time.

The emergence of the Divine Feminine brings with her the curiosity of the world of men, who suddenly feel threatened at her newfound strength and will; but, we reassure him he has nothing to fear and a lovely world to gain.

The job here and now is to relinquish fear and stop the battle of the sexes. Know this is God's Divine Plan unfolding. Woman is emerging into herself and into the world. Imagine life on the planet bathed in the warmth of a mother's love and nurturing care. Imagine how different the world could be and better than what it has been thus far.

Welcome yourselves home to the heart and embrace the goddess as she moves through your life. Seek only the beauty

she brings; and, you will never again be a prisoner of the ego. Seek the higher ground of her radiant love, for where she is there are no shadows and nothing to be afraid of.

Celebrate this new dawn. Embrace the female energy in all beings, for it is indeed in all beings regardless of gender. You have all been both at one time or another; and, now is the time to remember your Oneness. Do not deny that which needs to emerge and express, for it would be denying a great part of your experience, and denying the very reasons you have come to Earth at this time. Be at peace with who you are and show your love to one another always.

Δ



## The Key for Healing

**By Nancy Freier**  
**Publisher of The Inner Voice**

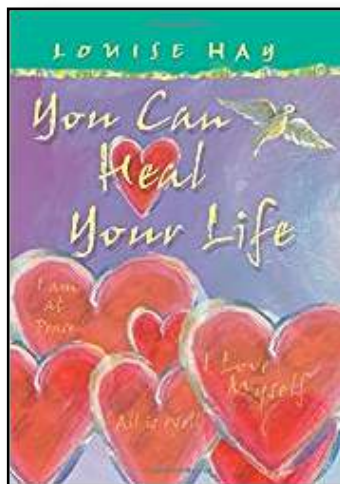
Talking to the Angels over the past 35 years has taught me that Western Medicine does not have all the answers to healing. The book that opened my mind to alternative healing was the ground-breaking, *"You Can Heal Your Life"* by Louise Hay. In it she said, *"Anything can be healed"* and *"It's only a thought and a thought can be changed."*

Wow, could it be that simple? Well, this book came to me around the same time the Angels began talking to me. Reading it, I learned I could ask the angels what is causing any *"dis-ease"* as Louise called it. The angels would then reveal the root of, or karmic influence behind any illness, problem or situation troubling a person; and, light the way out of it! These readings, and especially the results of the readings that I then called, *"Spiritual First-Aid,"* is the reason I

began publishing this magazine ~ to inspire others so they could heal, too.

There may not be cures for diseases according to science-based Western Medicine, however, if we look at the role of the underlying emotions, thoughts and beliefs of the individual, we have the keys to true healing. There are no tests that can measure that.

Δ



[You Can Heal Your Life \(Gift Edition\)](#)

## Need A Light?



## Get A Reading!

Ask the Angels for their perspective on your situation and they will give you their kind and loving guidance.

Learn why you're experiencing something and gain the clarity needed to make right choices for healing, forgiving and moving on.

Ask about anything that is troubling you in body, mind, spirit, heart, home, or relationships. Communication with the deceased is also common in my work.

Readings are available written through an automatic-writing process. No need to be present, and/or 'live' on Skype | Facetime

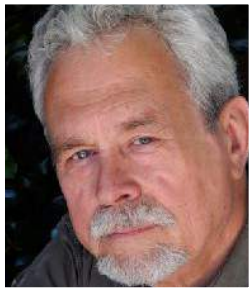
**Nancy Freier**  
**The Angel Medium**  
**since 1986**

Author of "Heaven Help Me!"  
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# The Afterlife of JD Salinger

## A Beautiful Message from Beyond

by Joanne Helfrich

If you are a fan of, or have ever read, *The Catcher in the Rye* by JD Salinger, then you may be interested in discovering what old JD has been up to since his passing into the Afterlife in 2010. Recently, I was introduced to a new book by medium and author Joanne Helfrich, *The Afterlife of JD Salinger* that answers that question.

The reviews for this book are all very upbeat and positive and since I had never read any of his works, I decided that because of my interest in the Afterlife that this would be a fascinating way to meet JD Salinger and obtain a snapshot of how he views his earthly life, as well as how he sees things from the larger perspective of the afterlife.

Joanne is an excellent channel but I wondered how she came upon this strange assignment. In the book she answers that question. It all started when she decided to write Mr Salinger a letter. Here's how it went... (*Abbreviated letter.*)

*Dear Mr. Salinger,*

*I enjoy your writing very much, and enjoy reading about you. I am also a writer and live a somewhat isolated life with my husband and two cats. My interests are also in the mystical, and I have some experience in speaking with those nonphysical, which is why I'm writing to you. (Even though you won't get this in paper form, there's something about being clear in one's intent that is important to me, and I sense that you will get this letter in some way, perhaps through my own eyes.)*

*This may seem misguided or even insane to some people...*

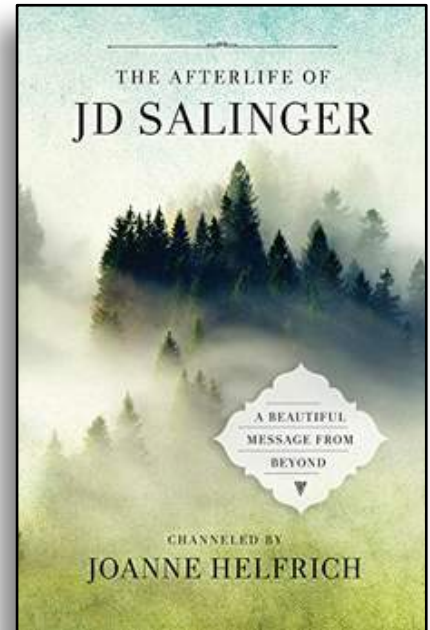


*Would you like to try to correspond? I welcome your thoughts and perceptions on your current arrangements, and anything you'd like to share with any readers we might have. If this experiment works, I would like to publish the text, whatever the length, with your permission.*

*Best wishes,  
Joanne Helfrich  
Topanga, California  
September 2015*

So, you get the picture that if you really wanted to contact someone on the other side as Joanne did, you could start by simply writing a letter! Of course this might not work if you weren't already an excellent medium and channeler.

Throughout the book, Mr. Salinger is able to critique how he handled his life while on Earth. And it is sometimes painful to realize from his perspective that he could have handled things better. But then I think we could all say that about our lives in retrospect, couldn't we? But in the Afterlife, that's pretty much



**Find [The Afterlife of JD Salinger: A Beautiful Message from Beyond](#) on Amazon.**

what you do, you get to look at your earthly life from a higher more comprehensive perspective of what went wrong, what went right, and how you could have done things better. Of course he also had the realization that love, Big Picture Love, would always make any situation turn out better. And isn't that the reason we are all here on Earth, to learn that lesson?

I would definitely recommend this book for the following reasons. 1) You have a keen interest in the works of JD Salinger, and this might even inspire you to reread some of his works after you're finished with this one, and 2) You have an interest in how a famous person adapts to life in the Afterlife. This book will give you many insights into how JD handled it as well as encouragement and hope for

Continued on page 7

what you might expect after you pass on into the next world.

An anonymous reviewer on Amazon had this to say:

"In the tradition of the worldview books written by Jane Roberts, Joanne Helfrich has created a beautiful book based on her nonphysical communications with JD Salinger. After my first read, I realized it was a clear, authentic transmission from a personality quite different from Joanne's, even though I had never read any of Salinger's earthly writings. Now that I have taken an interest in his books, I am even more blown away and better understand the deep spiritual connections between his earthly work and his interests after crossing the threshold. Even if you have never read a Salinger book, if you have ever been curious about what happens after you die, then this is the book for you!"

△



### About the Author Joanne Helfrich

Joanne is featured in the Meet Rose episode of the documentary series "They Call Us Channelers!" available on YouTube. The episode is one of the most popular in the series. It explores Joanne's ability to provide an energy exchange, often called channeling, with energy personality essence 'Rose' to express Rose's highly informed perspective on the nature of reality. The episode also includes a discussion about the channeling phenomenon with Joanne, Paul, and host Kevin Moore.

**Website:** <https://joannehelfrich.com/>

**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)**

~ Inspiration ~

## The Love of a Mother

By JA Dioguardi

*The love of a mother  
always remains,  
and not even death can  
loosen the reins  
of ceaselessly wanting the  
best for you —  
unselfishly praying  
that all you do  
provides you with keys  
that open the gate,  
to wishes fulfilled,  
and a joyous fate.*



*Recalling her days of  
walking the earth,  
you now understand the  
measureless worth  
of onerous duties and thankless chores —  
postponing her own dreams to open doors  
so you could receive the things you required  
to help you achieve all that you desired.*

*Her love never ends; it neither depends  
on errors you make nor actions you take.  
You sense she's around, then a hush profound  
arises within — where she's always been.*

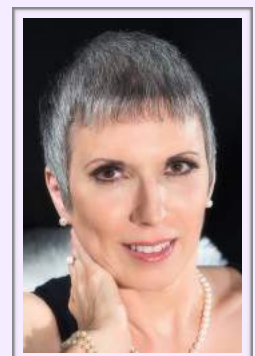
*Alive in your heart, she never will part  
from a piece of herself she holds dear.  
Be still, and know that she's here!*

*Despite the changes the world undergoes,  
from mother to child,  
the love ever flows!*

About JA Dioguardi in her own words...

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

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





# Hildegard Von Bingen

## Bad-Ass Defender of the Divine Feminine

By Barbara LeVan Fisher, Author of "The Spirit of St. Hildegard"

**Hildegard Von Bingen**, Benedictine nun, abbess, saint and Doctor of the Catholic church was one of the most fascinating, prim, yet bad-ass women who has ever lived. She was that rare combination of a balanced divine feminine and sacred masculine—the two primal energies which we all have coursing through our energetic bodies. She was at once disciplined, virtuous and supremely committed to upholding the welfare of her community and equally committed to tearing down that which she thought was unproductive or damaging to the people and principles she loved. She was a true prophet, seer, artist, poet, musical composer, scientist and consummate lover of nature.

Hildegard was born in Bingen, Germany and lived near the Rhine River during the high middle ages, a time rich with mystical imagination, European expansion and economic growth. Also known as "the golden age of monasticism," Hildegard enjoyed the privilege of studying and teaching an extensive variety of subjects during her lifetime from visionary theology to medicinal and scientific writings. Hildegard began having visions when she was three years old, which continued throughout her life. With the help of her long-time associate and scribe Volmar, they produced a treasury of illuminated volumes documenting her visions as well

as diagnosis, prognosis, and treatments of physical diseases which were treated with holistic methods centered on "spiritual healing." She became well known for her healing powers involving the practical application of tinctures, herbs, and

Perhaps her boldest accomplishments are associated with a consistent call for the emergence of the Divine Feminine to balance the patriarchal powers in her day. In Hildegard's visionary theology, she unflinchingly refers to Jesus himself as an aspect of the Divine Feminine. With that in mind she had no problem standing up to, and in many cases, chastising the powerful people in her day including abbots, bishops, statesmen, emperors and even popes. Hildegard called on this nurturing "mother-power" to provide the soul-force she needed to move out of fear and into a life of nonviolent, loving warrior hood. One may think of her as the "Oprah of her day," for her power and influence was known throughout Europe and to this day she is still revered throughout the world.

Hildegard clearly saw a beautiful order and wisdom throughout creation and she sought to understand it with all of her heart and mind. She believed God desires an intimate, nurturing relationship with creation, far from being distant or aloof, she believed Spirit longs for us, hurts when we hurt, delights in our joys, disciplines our errors, and opens her loving arms to embrace us when we fail. In other words, she believed the Divine feminine is the aspect of God which offers unconditional love and a sense of cosmic belonging.



Hildegard by Catherine Nolin

precious stones. She has also been considered by many in Europe to be the founder of scientific natural history in Germany. She lived by the axiom: *All things put on Mother earth are for the use of humans*. In other words, her view of Mother earth and the divine feminine was that of provider, nurturer, healer and protector.



Hildegard Von Bingen is one of the best-known composers of sacred monophony, and is thought to be “the mother of opera” after composing and performing *Ordo virtutum*, a sung morality play about the battle between human virtue and the temptation. Her music has been performed throughout the world and continues to be re-interpreted by individuals such as Hildegard Von Blingin’ and Richard Souther’s electronic mix titled: *Vision—The Music of Hildegard von Bingen*, which won the Billboard Classical/Crossover album of the year award in 1994.

You could easily say Hildegard was a supreme mother herself as, throughout her lifetime, she birthed countless original creations dedicated to and in praise of the Divine Feminine. So this Mother’s Day, you might want to tune your Pandora station to Hildegard Von Bingen, chill out and treat yourself to the luminous, transcendent, medieval music of one bad-ass Mother.

△

I am the Living Light, who  
illuminates the darkness.

—SAINT HILDEGARD of BINGEN



Barbara LeVan Fisher has worked in book publishing and advertising design for over 30 years. With clients around the world, Barbara has designed over 20 New York Times best-selling book covers for such celebrated authors as Deepak Chopra, Ram Dass, Marianne Williamson, and others. Barbara lives in Fairfield, California with her border collie, Prudence. [www.levanfisherdesign.com](http://www.levanfisherdesign.com)

## Your Voice ~ Comments from Our Readers...



*“I just love your magazine and look forward to receiving it each month. It always answers questions I have, as though the Angels are speaking directly to me!” (Smile) –G.S.*

*“Thank you for publishing such a light-filled masterpiece!” –C.K.*

*“I am a long-time reader of The Inner Voice and just have to tell you that the content speaks to my heart. Thank you! – Jenny L.*

*“The reading you did for me answered an age-old situation in my life and gave me peace. I found you through The Inner Voice magazine, that I thoroughly enjoy! – F.B.*

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



## The Eccentric Nerd Woman

When I read, *Lying with the Heavenly Woman*, by Robert A. Johnson, I didn't find myself among the feminine archetypes. I never sought the husband, wedding, children or picket fence. Being single has never been a default position. It was an ongoing affirmation based on self-awareness. Anomaly can be cool, but when I discovered later in Johnson's book there was a name for women like me, it felt good. Freedom is bliss, but ultimately we all want to belong.

I digested Robert A. Johnson's "hetaera" archetype and decided that it needed a fresh, non-Jungian definition and moniker: The Eccentric Nerd Woman (ENW). This archetype can be found married or raising children, but always maintaining independence, never blurring her identity with her mate's, and never losing a devotion to furthering her personal development. In Nerd relationships, romantic or otherwise, prerequisites include smarts and a distinctive character rather than age, creed, or appearance, which is why nerds often have a diverse collection of like-minded friends.

"Eccentric" describes an unconventional nature sculpted by insatiable interest, and "Nerd" refers to being more passionate toward knowledge than popularity. She knows and doesn't care that the social majority, always suspicious of individuality, must reinforce the flow of the status quo, labeling her unappealing or unwanted. There is a confidence that comes from being your true self, that no one or any rulebook can take away.

ENW manifest personal style that's impossible to categorize, creating identity from the inside out. These curious adventuresses are young at heart, playful, but not play things. Their great compassion extends from intelligence. A respectful manner in dealing with people, animals, and valued things, exemplifies their regard. This sensitive, idealistic nature will not be found among the rough and tumble, an Eccentric Nerd Woman's scene is more meditative. A career would have to challenge mind, body or spirit. Naturally committed to purpose and outcome, these are the women you want on any team.

Eccentric Nerd mares are also hard to catch. When randy, biologically programmed stallions pursue fertile mares they take the ones easily lassoed, but not always the finest. Unfortunate foal cannot discern quality while being so impatient. However, it may be just as well that they pass up something too wild to ride; this mare needs an uncommon steed.

Because ENW do not subscribe to conventional roles, they require renaissance men. Certain types of women are interchangeable but these ladies are notable. ENW adore creativity, education, and free will because those things feed their



perpetual contentment. She will be a friend, confidant, and an equal; easy to love but impossible to control. And never, ever a desperate housewife.

ENW don't compete for male attention, utilizing that energy for personal evolution. It appears as though a relationship isn't needed to complete their lives, but this is a misconception of ENW. They don't settle because, they don't need to. This lady horse must be powered by her own muscle since dependence or control would cripple her spirit. Finding a relationship of virtue is important, but these convictions don't make her search any easier.

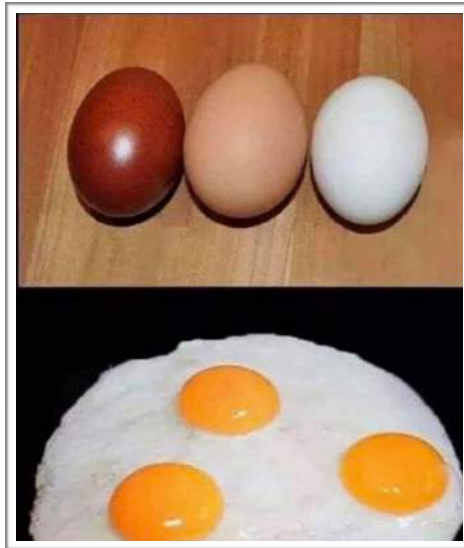
Roots of this Eccentric Nerd flower may stem from the often misunderstood Greek hetaera or the Japanese geisha. Judged against social laws of their time, these women were tarnished for having sexual relationships outside marriage. Robert A. Johnson explains, "...this particular kind of woman is a companion, and intellectual partner, a carrier of grace and beauty, a source of inspiration. All women have the hetaera capacity in their natures, and in some it is so strong as to dominate their personality structure. It is no less powerful for us in our own modern times, but we have virtually no terminology for it" ~ until now.

Δ

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



## *The Angels urge us to treat one another equally...*



Throughout the ages there has been discrimination of one group of people overpowering another group, and the angels say that it is time to heal this and stop the insanity. Racism is again in the forefront. It is all over the news how policemen, for example, are discriminating and treating whites differently than Blacks and other ethnicities. The angels urge us to embrace all people equally, for in truth we are all equal in the eyes of the Creator. Yet, the lesson will repeat until we get it.



*“Do unto others as you would have them do unto you.”*



## **“Daddy changed the world!”**

On the shoulders of Stephen Jackson, a former NBA star and longtime friend of George Floyd, Floyd’s 6-year-old daughter, Gianna, made the poignant statement, “Daddy changed the world!”



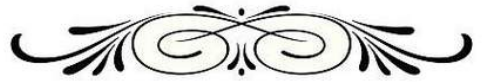
While protests continue all across the world, this young girl understands what many have yet to grasp. The angels say there is a blessing in tragedy and a gift in everything that happens on this plane.

Sadly, it takes a tragedy to wake us up and to right our wrong thinking and wrongdoing. The angels remind us that it doesn’t have to be this way ~ if we could simply love one another and do unto others as you would have them do unto you, we would eliminate such hatred. Meanwhile, trust that all things happen for good. It took the death of Gianna’s daddy to change the world.

May God bless us all in our learning.



# Our Creator Mother



The Moon, the Earth and Theia created the perfect conditions for life to develop on earth. All feminine aspects of the Creator Mother, their stories are intertwined and fascinating.

Scientists have long agreed that a Mars-size planet named Theia, smashed into the ancient primeval Earth, sending a huge mass out that eventually evolved into our perfect Moon. Now, proof may lie deep within our Earth's core. Two continent-size pieces lie near the mantle. They possibly are the remains of the alien planet that struck our earth.

The ancient earth, before life took hold, has been known in legends as Tiamat. Ancient Babylon calls her the "Dragon of Chaos." In addition, she is the primordial goddess of the sea, whose body was torn apart by a fireball from the cosmos. Now pieces lie deep within that may be parts of that fireball planet. They sit below West Africa and the Pacific Ocean. Latest seismic equipment show them to be denser and chemically different from the surrounding matter. As a result, the latest research says they could be alien pieces within our earth.

I've always felt ancient legends were based on some seed of truth. They are part of our layers of stories as humans. How could the ancients create such an amazing tale of the birthing of our Moon?

To me, the Moon is our Grandmother and Earth is our Mother. The Moon made Earth livable by stabilizing the wobble of Earth on her axis. Also, Grandmother Moon created the tides governing all water to be in rhythm, forming cycles for

evolving life. The Moon, the Earth and Theia were a magical trio for Creation.

So this Mother's Day, let's honor our Celestial Mothers, the birthers of the stars, the creators of planets, and the land we walk on. Get

out to walk the land of our greatest Mother Earth. Plant something in her honor. Beautify her body, nourish her forests, and celebrate her moonlight, sunrise, and the *Breath of Life*. Feel the heart of Her, savor the scent of Her, and bring the beauty of Her into your life.

Δ

Pat Gullett is an artist and instructor in 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." Visit: [www.patsartfullife.com](http://www.patsartfullife.com)  
[www.artisticwaytoenlightenment.com](http://www.artisticwaytoenlightenment.com) [www.patgullettdesigns.com](http://www.patgullettdesigns.com)



Painting: "Lunar Dreaming" by Pat Gullett

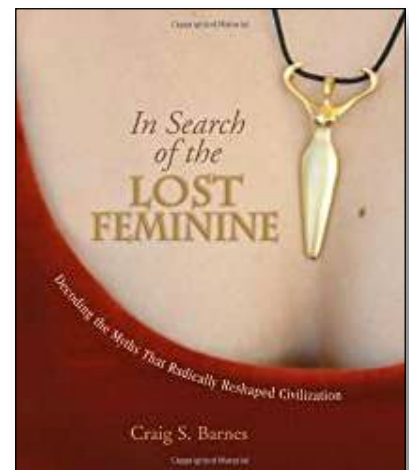


Recommended Reading from *The Inner Voice Library*....  
in association with **amazon**

**In Search of the Lost Feminine: Decoding the Myths That Radically Reshaped Civilization**

Here, for the first time, an author weaves together threads that explain the mysterious disappearance of ancient cultures in which women and the environment were at the center, a loss that has dramatically influenced 3,500 years of Western history. Author: Craig S. Barnes

The Inner Voice receives a small percentage of your Amazon purchase through this affiliate link. with no additional cost to you.







## Create potent positive change for you and your lineage

Children watch and copy behavior. They learn what reactions they can get.

Children listen and repeat what they hear. They experiment and discover ways of connecting, belonging and learning to relate to their world.

Children have feelings they can't put into words. They feel sensations inside their young bodies: tingling, heaviness, rushing, pounding, buzzing, etc. Their minds, bodies and nervous systems can feel overwhelmed with sensorial stimulation which can be confusing, upsetting, scary, and even nauseating.

Adults are much the same. We imitate and experiment with behaviors, attitudes and words. We feel overwhelmed with physical, mental and emotional sensations to the point of anxiety. We can feel overflowing joy, shame, humiliation, courage, fear, or even numbness. Often we don't have words for how we truly feel. As adults, we have the capacity to deeply listen and observe our own behaviors, words, and attitudes and potentially our capacities to be unconscious to the resemblance of how we are currently living our parents' attitudes, perceptions and behaviors, maybe even those of our ancestors.

Some aspects of our origins are so delightful that we want to keep them; i.e., family, cultural and societal traditions. Upon closer observation we may want to update other inherited patterns of interpreting life to be more in alignment with who we are now, and who we want to become. Other automatic patterns we may want to let go of altogether. Yet, we may notice that somehow they seem to stick.

When we insightfully observe and deeply listen to our own inner child, we can discover what we have been unavailable to see in ourselves: the

behaviors, attitudes, beliefs, fears, doubts, and worries that we have copied from our parents, who imitated their parents and so on down through history. We can also discover the joys, creativity, dreams and wisdom of our ancestors that may have been forgotten and whose time it is to be revived. We can discover new enriching delights of our own lives.

We are each a major point of power, a point of potential dynamic change who can adjust the destiny of ourselves and our heritage to bring in new possibilities of freedom, creativity, and outrageous shifts into higher consciousness.

Here is a meditation practice to discover your unconscious early intelligent beliefs that are outdated, but still influencing you. Have paper and pen nearby. Take a few deep breaths and relax into your heart space. Invite your inner children to meet you in a special safe and sacred place in your awareness. Be open minded beyond your expectations and past experiences. Affirm you are here for them, willing to learn their real needs, perspectives, wisdom and insights.

Possible questions to explore are: What behaviors and beliefs did you copy from mom and dad? What did you learn from them that you believe is still relevant? What do you notice is causing a lot of suffering? Encourage their honesty. Thank them for their commitments so long held. Acknowledge that you wish to help both of you to discern what is no longer pertinent. Ask, what did you really need as a child? Listen with a kind heart and give support to your younger selves. Discuss how you can be loving allies to access what is more truly aligned with



your highest intelligence now. Thank them and record all pearls of wisdom.

Adults often listen with expectation. This distorts perception and causes disconnection. Listen with the intent to be present, available and curious rather than judgmental to what's being revealed. This is key to creating safety and rapport with new revelations from your inner ages and stages.

Listen deeply to receive the intimacy of truth within you. You may notice a new resonance in your body as you commune with your younger ages and stages as they feel fully heard, felt and truly acknowledged. There is a new alignment, a profound healing, and a calming effect available to your nervous system. Scattered parts of Self come together. Breathe and feel this new sense of *you*. In the days to come, observe yourself from Presence and curiosity. Look for fresh new perspectives, possibilities and responses in your daily living to create potent positive change.

△

**Beverly Brunelle is an Intuitive Energy Shaman and Teacher. Visit: [www.beverlybrunelle.com](http://www.beverlybrunelle.com); e-mail: [dreamonbab@yahoo.com](mailto:dreamonbab@yahoo.com) to schedule a private session.**



## Soulful Visioning with Iolite

I think every crystal lover remembers their very first gem show; stepping into a large open room filled with vendors and crystals and stones from all over the world. It's simultaneously exhilarating and overwhelming. The crystals and stones feel alive.

When I attended my first gem show it felt like a meet-and-greet. As I moved from booth to booth, my head was buzzing. At the time I was just beginning to learn about the more subtle ways we can work with crystals and stones and I was eager to learn more.

Drawn into a booth by a strand of iolite beads, I asked the vendor about them. "Iolite, *the Viking compass*, was used by them to navigate open seas at night," she said.

I paused, surprised by her answer. I'm not sure what I expected, perhaps I thought she would just tell me the name of the stone. Or maybe I thought she'd tell me it was great for vision.

But something felt different about this moment. I'm guessing that for her, this was just another gem show conversation, but for me it felt like something was being awakened within, a possibility I had not imagined before... the possibility of having a relationship with the crystals and stones.

I remember watching her closely. Each time someone asked a question, she paused, picked up the stone, held it, and then shared a bit of wisdom about the stone.

I walked away from that booth with more than just a handful of new jewels (and a strand of iolite beads). I had a renewed sense of vision. My heart was opened to the idea of cultivating an intimate relationship with the crystals and stones. I wanted to know more than what a book could tell me, or to master a



couple lessons in geology... I wanted to talk to the stones!

This desire completely changed the trajectory of my life. Shortly after I began creating and selling jewelry, sinking deeper and deeper into the crystal realms.

Iolite is sneaky like that, it awakens a soul dream, one that is beyond what our sense of logic and reason can explain. It unlocks our intuition and awakens us to the more subtle fabric of life in such a way that we not only see clearly in the dark, we also begin to clearly see our next step and the next, and then the next.

Iolite opens us to pure possibility by attuning us to the unseen realms. It balances our sense of vision with pure love by also opening our hearts. This is the crystal ally for navigating the stormy seas of life.

We all have times when we are uncertain about what steps to take next, times when our sense of vision becomes muddled or lost, and amidst a dark night on a stormy sea we cannot see.

Right now, many of us have been feeling a sense of uncertainty regarding

how to navigate the much needed collective changes.

Part of our nature is to look backwards, to look at history, to do a bit of research, consider what worked in the past, and then make decisions about how to navigate forward. But we are living in unprecedented times that are calling us forward into uncharted waters and into the unknown. This is a journey that will be best navigated by attuning to our intuitive senses, to the more subtle rhythms of life and opening our hearts to new possibilities.

This month, iolite is inviting us to sink into our hearts and do soulful visioning. Listen within. Trust what you see, know, and feel. Receive your own vision, whatever that may be. Delight in possibility. Courageously step into the unknown. Iolite will light the path.

Δ

**For more about Lori Andrus and her classes, see ad on page 15. Rise into your soul wisdom.**

**Discover shamanic practices and crystal rituals for activating your sacred path.**

<https://loriaandrus.com/crystal-challenge>  
[LoriAAndrus.com](http://LoriAAndrus.com)



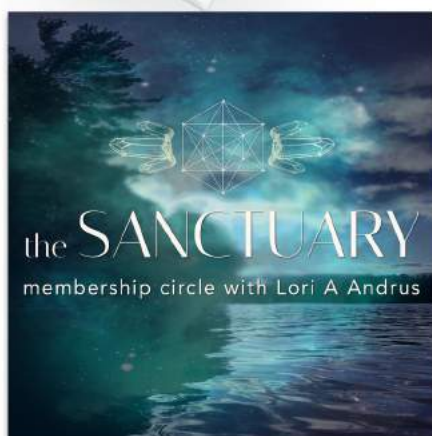


# Crystal Shaman SCHOOL

***Unearth your inner wisdom with ceremony, shamanic practice, and crystal insight.***

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



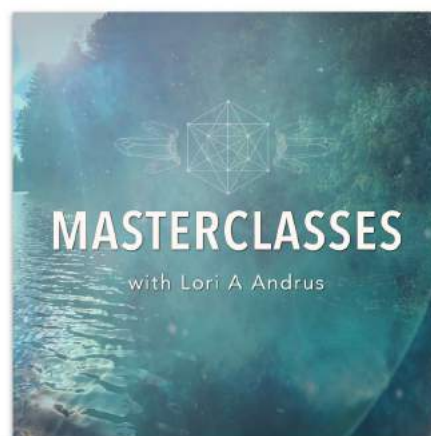
## **Sink into Soul Nourishing Time with You!**

The Sanctuary Membership Circle is your online sacred space for cultivating an intimate relationship with your soul. Each month you will receive 'in the now' crystal wisdom and messages, a fresh guided meditation, soulful reflection rituals, and other fun surprises.



Join Lori for fresh weekly episodes of **The Crystal Shaman Life Podcast**. You will discover practical guidance, sacred practices, rituals, and soulful stories to support you in reconnecting with your authentic self and creating an adventurous, vibrant, spirit-filled life!

Available on Apple Podcasts, Spotify, and anywhere you stream your favorite podcasts.



## **~ UPCOMING CLASSES ~**

### **Crystals and Creativity**

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

### **Talking with the Stones**

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



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

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

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



# A Miracle from Our Lady of Guadalupe

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

**Editor's Note:** Although Kathleen is no longer with us, her writings are. From our files, we found this piece and wanted to share it with you. She has been in touch to say she is "sitting at the feet of the Master Teachers" somewhere in Heaven ~ forever learning about the Cosmos. Although she wrote this some years ago, the message is timely. We hope it inspires you.

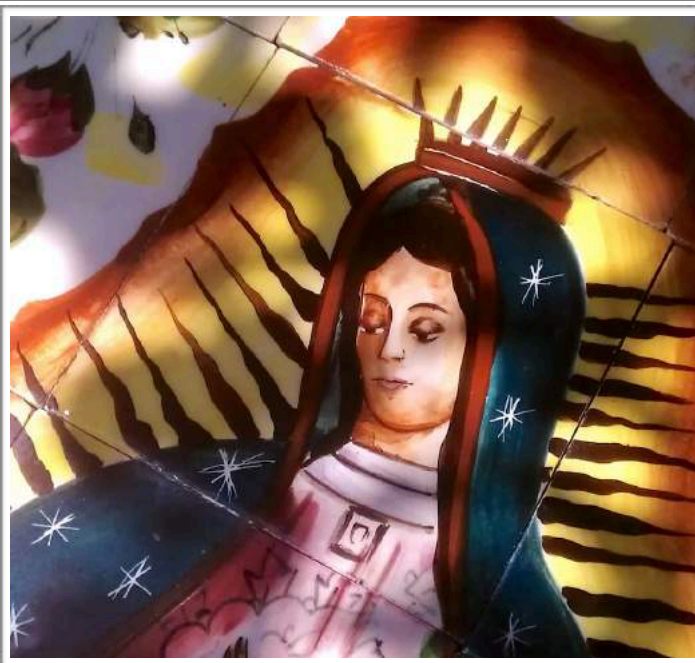
She is known by many names, but her investment in humanity is huge and often unsung. She has been usurped by religions and relegated to the background or given status as *the vehicle of life*, but always shrouded in robes or in mystery. Yet, she is our Mother, the holy one who has birthed life and upholds us in her arms of Love.

Many years ago in the year 2000, I had evidence of a miracle that I did not fully understand. We all are participants in miracles, but often are so involved with seeing life through a narrow lens that we miss the miraculous elements that are around us all the time.

It was when my partner, Steve was undergoing a major health challenge (CLL Cancer Stage 4), and I didn't know if he would get well or not. One night I had a dream and in it I was standing outside a restaurant waiting for him to pay the bill. As I stood there, I could see the whole bay that ran the length of our peninsula, and hovering above and slowly moving down the center of the bay was a beautiful angel who was full of grace and shining her light as she went. I stood transfixed, as did the two other people who were standing with me, and suddenly as she reached the southern tip, she shot up into the sky and became one of a whole circle of images that represented the feminine face of God from all traditions. I was amazed and upon waking could remember this dream in detail, which was rare for me.

A few days after this dream, a friend called to tell me of a healer from the Philippines who was going to be in our area. He had a story related to Our Lady of Guadalupe, a rendering of Mother Mary, and she had told him to build a church on a particular spot for her. He had no idea how to do this since he was a truck driver and made very little money. She told him that she would provide the means, and that evening in his bedroom a flurry of rose petals fell from the ceiling, each with an image of a holy relic on them that seemed to have been engraved by a laser beam. He was astounded, but the message came that he should tell others about this and offer them as healing agents. People began to donate money to him, and soon the word was out about the Blessed Mother who was offering healing through rose petals.

When he came to our area, we went to hear him talk, and during his lecture, he asked for a huge vase of roses at the rear of the room to be brought to him. He said a prayer and stripped the petals from the roses and had them passed around to all of us. As



we took one and passed the rest to others in our row, I looked to see a plain petal in my hands. He then asked that we hold the petals to our chest and think of the Blessed Mother. After a special prayer, he asked us to look at our petals, and lo and behold there were images that appeared. I received an image of a Christ child. My partner, Steve got an image of the Virgin Mary holding her child. We were quite amazed. The next day we went with our friend to see relics that someone she knew had, and there was the image on a tapestry of Our Lady of Guadalupe. It was quite stunning, and we appreciated seeing it after hearing the story of the Filipino Healer.

A week later, my partner was picking up donated medical equipment for the non-profit agency he worked for, and while in the garage, the man donating it asked if he had any use for a box of decorative tiles that were no longer needed by him. It just so happened that our friend (Nancy) was producing artwork with pieces of tile, so he (Steve) took the box and brought it home. We didn't bother to see what the tiles were until a few weeks later. As we took them out, we saw that there seemed to be a pattern, so we laid them out on our picnic table, and lo and behold, there was Our Lady of Guadalupe! To say we were surprised is an understatement.

Continued on page 17



The synchronicity of the events that began with my dream were so stunning that I felt there was something of the miraculous connected to them. After that experience, my partner began getting well, and a diagnosis of only 4 years to live was soon changed to full remission. We put the box of tiles away, not wanting them to be used for art projects, and a couple years ago, I was prompted to bring them out and arrange them on a background so that we could hang the image of Guadalupe on our fence. We did that, and her presence has been felt ever since. I go out frequently and offer prayers and thanks, always remembering that miracles are real and around us all the time if we but pay attention.

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**Editors Note:** This story took place about 21 years ago and we are happy to report that Steve is still cancer free. He is the co-publisher of *The Inner Voice*.

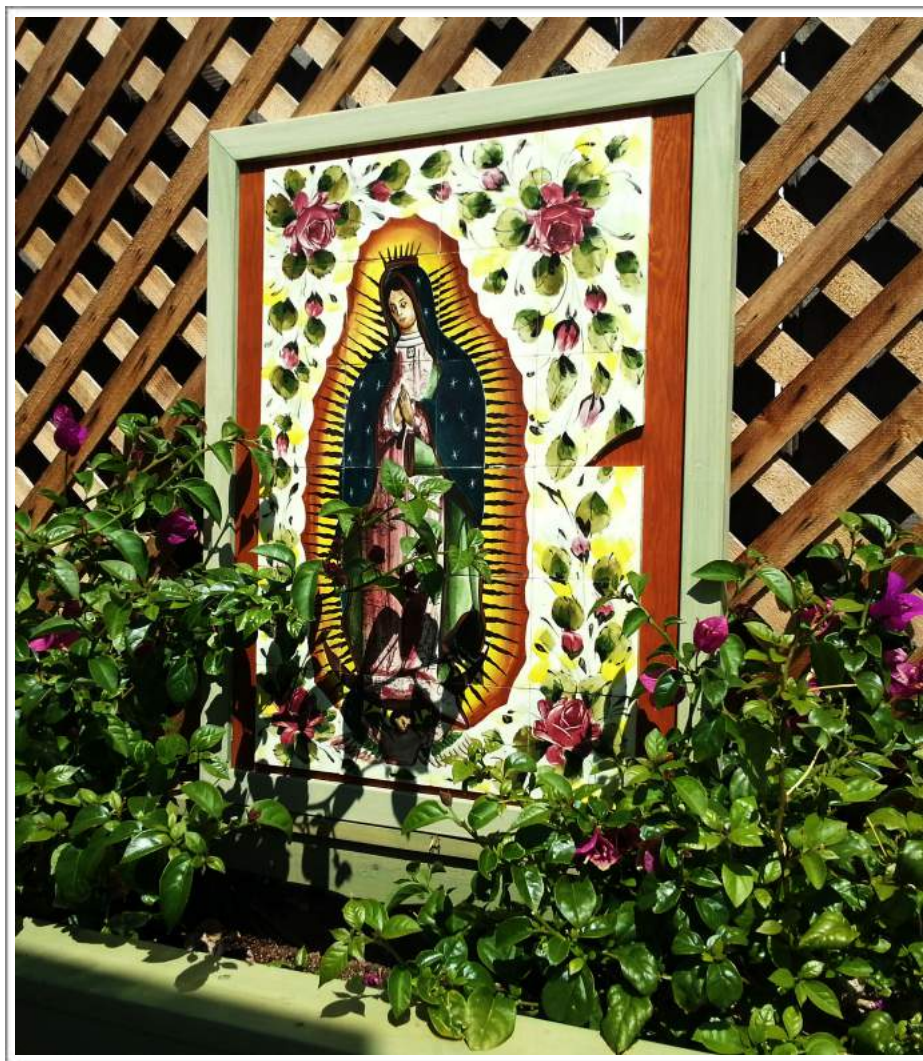


Photo: Our Lady of Guadalupe tiles with the broken piece. This space represents the person needing a healing.

## Flower Essence of the Month: Hound's Tongue



### Hound's Tongue Flower

Reaching the Heart  
of the Matter:

Seeing the Material  
World with the  
Soul's Light

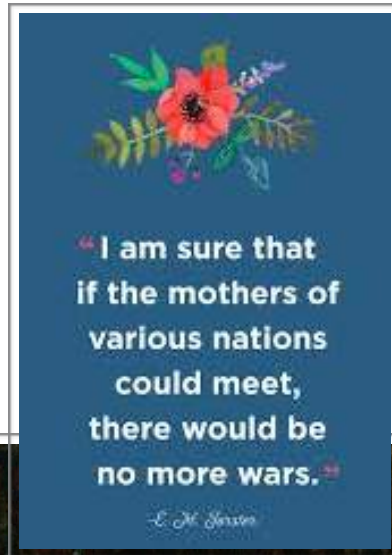
The blue-blossomed **Hound's Tongue** is a stunning and unique native wildflower. It is a vitally important remedy for many states of depression, metabolic dysfunction and malaise resulting from the soul's materialistic outlook. Read more about the **Hound's Tongue** plant signature and an amazing case report profiling its healing qualities [here](#).



# Potpourri



About our  
“cover girl”  
Maude Fealy~  
In 1956, Cecil  
B. DeMille cast  
her in his film  
[The Ten Commandments](#)



*To love. To be loved. To never forget your own  
insignificance. To never get used to the  
unspeakable violence and the vulgar disparity of  
life around you. To seek joy in the saddest places.  
To pursue beauty to its lair. To never simplify  
what is complicated or complicate what is  
simple. To respect strength, never power.  
Above all, to watch. To try and understand. To  
never look away. And never, never, to forget...  
another world is not only possible,  
she is on her way.  
On a quiet day, I can hear her breathing.*  
—Arundhati Roy



Zeigfeld Girl, Marjorie Leet



*Someone I loved once gave me a box full of  
darkness. It took me years to understand that  
this too, was a gift.*  
—Mary Oliver



# Archangel Chamuel returned lost keys

By Nancy Freier

I write this little story because it is clear evidence of the angels intervening to help me; and, if they help with small favors, we can assume they are helping us with larger problems.

I left town for an overnight visit in Sturgeon Bay, Door County, Wisconsin a couple of weeks ago. Not needing my key ring with my apartment keys on it, I put them in my coat pocket that is deep enough so that they do not fall out. While away, I went to several places — a coffeeshop, a retail store, two friend's houses and a restaurant before driving home on Sunday evening. (Note: My car keys are on a separate key ring.)

I arrived home, parked my car and grabbed my bags. I walked to the door and started to fumble around for my house keys. They weren't in my pocket, nor were they in my purse. Luckily, another tenant was outside and he let me in with his key. When inside, I set everything down and carefully unpacked and looked through everything for my missing key ring. I emptied my pockets and emptied my purse. No key ring.

With my spare key ring in hand, I went back out to my car to search again. I looked between the seats, felt around under the driver and passenger seats ... I even looked in the back seat in case the keys had wings and flew back there. No key ring!

My next thought was to call my brother whose house I just left. Maybe they were still on the table where I set some other things. No, he said, they are not here. I called the restaurant where we ate dinner. The owner told me to hang on while he pulled the booth away from the wall and searched everywhere. He even searched the parking lot where we had parked. No keys were found.

I thought to myself, I will look in my car again in the morning when it's light outside. When morning came, I searched the car again. No keys!

I had duplicate keys of all but one — a small mailbox key that worried me. I went to the Post Office to get a permit for them to hold my mail.

Finally, when I left for a lunch date I remembered to ask Archangel Chamuel, the angel of lost items, to please return my keys. No questions asked, I added with a chuckle.

When I returned from lunch, I sat in my car for an extra moment to just breathe after a hurried morning. A minute or two later, I looked down to unfasten my seat belt and there, between the seats in plain view, were my missing keys!

Next time, I hope I will remember to call on Archangel Chamuel first!

Δ



## Archangel Chamuel

His name means, "He who sees or seeks God." Chamuel is the Archangel of unconditional love and adoration. He helps you with career and life purpose decisions; seeking soulmates and building and strengthening relationships. He also helps with world peace and finding lost items, adding to one's personal peace.



## The 'Angel' Nurse

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

In 1998, Luke was diagnosed with bone cancer at the tender age of eight. As sometimes happens, he came down with an infection, which meant he had to go to the hospital. He was there for about two weeks, and that's when something remarkable happened.

One evening, Luke's mother was sitting at his bedside quietly praying as he slept. A nurse came into the room to check Luke's temperature, but his mother noted something rather peculiar about her.

The nurse was wearing an old-fashioned uniform of the type that would have been common 30 years earlier, in the 1960s. The nurse noticed that Luke's mother had a Bible by the side of his bed. She said that she was a Christian, too, and said she would pray for Luke's healing.

Luke's family had never seen this odd nurse before, and they never saw her again in Luke's remaining time at the hospital.

"I came out of the hospital fully healed of my infection," says Luke, who was 19 when he told his story. Remarkably, he is now completely free of cancer.

"My mom believes this nurse could have been a guardian angel coming down to give my mom some hope," Luke says. "If she wasn't an angel, why would she be wearing 1960s old-fashioned nurse clothing?"

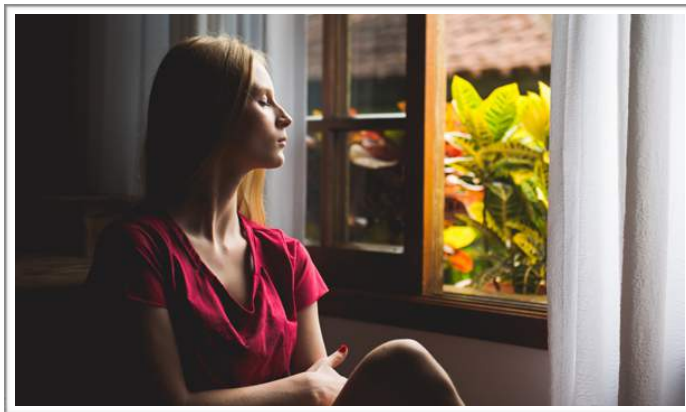
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## Simplicity as a spiritual practice

# The Calm of Everything ~ as it should be

By Lisa Avellan



There is nothing quite like the calm of everything as it should be. It's something I'm more familiar with now that life is simpler, but still the calm never gets old.

The calm comes when the beds are made, dishes are washed, and the counters are clear. When space, exposed and bare, welcomes me home as if offering a place to lay down my anxiety, the unfinished tasks of the day, and all the ways I feel unproductive or small.

When the exterior of my life reflects the intentions of my internal life, only then am I able to escape the hustle of worthiness and allow the calm to change the atmosphere. I find myself whole, complete and content.

The calm of everything as it should be, as elusive as it may be at times, feels natural to my soul. It's a nurturing habitat that requires little beyond the few essentials for living, my loved ones close, and a great cup of coffee.

Trouble comes when things—like our possessions, busyness, or unexpected circumstances—throw the calm into disorder. When clutter creeps in under our distracted noses, a busy week turns into a season of hustle, or the unfortunate diagnosis or job loss disrupts the flow of life, the calm becomes an indulgent treat we crave rather than the standard by which we live.

### Cultivating calm

Calm as a standard is pretty far-fetched, though. I mean, who do you know that describes their life as calm? And if they do, it's rarely positive. Calm implies boring, uninspired, attention severing. Let's be honest, we are in competition for people's attention. They've got email and push notifications blowing up their phones, birthday parties to attend, and committees to chair. Not many people have time for calm.

In a culture that celebrates busy, excess, and extroversion as the measure of a good

life, where is there space in our homes and lives for calm, quiet, and simple? For things to be as they should be? And what does should even mean? What is it that my things should be doing? I think the answer, at least in part, is in this quote by

William Morris, *"Have nothing in your homes that you do not know to be useful or believe to be beautiful."*

The things we own (or do) should be useful, having purpose in our regular way of life, or they should be beautiful, life-giving external joys that reflect our internal peace and calm. It is the natural state of our souls, to be and surrounded by the useful and the beautiful.

To begin, it can be helpful to separate the useful and beautiful things from those that aren't. Here are four simple guidelines for achieving calm at home:

### Everything has a home

Many things in our space contribute to stress, but just the right amount of the right things effect a calming atmosphere. By designating a specific place for each of our possessions, and diligently returning it when we are finished using it, our things require less energy and create less stress.

When everything has a home, we are more purposeful about what we own—if it doesn't have a home, maybe its purpose no longer serves us.

### Everything has a purpose

Usefulness is essential to creating calm. Possessions that have outlived their usefulness contribute to stress, clutter, and decision fatigue—a condition where calm cannot survive. By owning only what we use, and eliminating what no longer serves us, we create a home free of excess and a mind free of regret.

### Everything has a grace

The calm of purposeful ownership nurtures the condition of gratitude. We pour thanksgiving over the dishes that we serve food on, the blankets that keep us warm, and the car that gets us to work. We value doing things with our hands—like hand washing dishes or hanging laundry to dry—and choose to give away a bit more rather than keep just in case.

### Everything has an end

Our things will not last forever. Their purpose will expire, their parts will break, and their meaningfulness will dull. It seems, the more we amass in our homes the less we appreciate the value of the lifespan of what we own.

This is particularly true with sentimental items. We overvalue the lifespan of the item and undervalue the emotional effect of holding on to it. The calm of things as they should be is often on the other side of letting go, because some of our things should be let go.

The calm of things as they should be is where our souls come alive. When we design an external life of calm by making beds or clearing counters or letting go, we awaken something deeper—the internal life of contentment.

△

Lisa Avellan writes at [Simple & Soul](#), helping you simplify life so you can uncover your soul and live joyfully just as you are. You can find her on [Facebook](#) and [Instagram](#) for more simple living inspiration.



# Feng Shui = Environmental Psychology



My interior design work is based on time-tested Essential Feng Shui® principles that when applied to your home's design, the energy flows properly ~ bringing you peace, tranquility, comfort, joy, improved health, harmony in your relationships, increased cash flow, and so much more! And, you can relax. I work with you, your personal tastes and style ~ and your goals.

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"Nancy helped us set up our yoga/meditation/music room. We were stuck with how to proceed and could not figure out what to do. She came in and a couple of hours later we were really excited about where that room is heading! She is awesome to work with. Thanks again!"-David G.

"I went all out enhancing my love and marriage area according to Feng Shui. Within weeks a friendship became a wonderful romance and we've been happily together ever since!"-Gail A.

"I wanted to thank you for the recommendations you gave me during my consultation. I find my office much more inviting! Positive energy is abounding! It's easier to keep organized and my productivity has risen impressively! I truly hope more people will take advantage of your talents and gifts their business and home life would improve drastically, as did ours!"-Linda P.

## What can feng shui do for you?



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## Need Some Motherly Advice? Seek Out Elephant As Your Totem

Did you know that elephants are wonderful mothers? Female elephants will stay with their herd for life. They are very affectionate and always care for both their young and the elderly. Young males will leave the herd to begin a solitary life around age 12 to 14 years, so it is the females that raise the young and take care of their community.

Female elephants will embrace their leadership roles with grace and dignity and act with determination to fulfill their responsibilities throughout their lives. They teach us that we can do the same.

I first encountered Elephant as my Totem Animal in the summer of 2010. I was studying under the tutelage of my mentor, Rebecca. She was teaching us about finding and connecting with our Totem Animals. Elephant came to me and I could feel her grace and gentle love. I immediately wanted to learn more from her and about her. I sat in meditation and invoked her presence. I asked her for guidance and asked what her message was for me. This is what she told me:

*"I am a matronly presence in your life. Like a wise, loving adult, I watch over you and guide you to safety. I am compassionate, gentle and insightful, and I will never leave you feeling helpless, defenseless or exposed. I provide you with empathy; to see situations from all sides and attributes. If there is a dispute, particularly in relationships and family matters, I can help you overcome the obstacles blocking you by discovering a loving solution."*



Photo by [Casey Allen](#) on [Unsplash](#)

*"With my protection and guidance, you are safe to heal your wounds. When you are ready, we will go deep. Visualize yourself as my calf. Wrap your trunk around my tail and I will guide you to a place within; the place where your inner child resides. I have a powerful memory, and together we can heal broken and forgotten vows and promises. Here, we can heal that which no longer serves your Highest Good. We can transmute your fears in a loving way, guiding you along your path, opening your mind and heart to fully realize the wisdom that lies within."*

At the time that I met Elephant, my husband and I were managing a halfway house for adults recovering from addiction. I was devoted to serving the residents in our charge and I regularly asked my Angels and Guides for direction. I also meditated with my newly discovered Elephant Totem. I often saw her walking the property, circling the house, and I knew as she walked her path, she was nurturing me and protecting all of us from harm. One day, as I focused on

Elephant's love, I saw her circling the house, this time she was with her calf. The little one had her trunk wrapped around her mama's tail. This little one had complete trust that her mother would nurture her, take care of her, and keep her safe. I asked Elephant why she had brought her calf and what new message did she have for me?

She asked me to imagine that I was her calf. She wanted me to see that I could nurture myself in the same manner that she was caring for her little one. Following her sage advice, I found it easier to have compassion for myself. I could become my own wise loving adult as I nurtured my inner child. Through this process, Elephant nourished my mind, body, and spirit so that I, in turn, could share compassion and empathy with the residents of the halfway house. She taught me that I could process my own wounds and heal old traumas so that I could better support those who needed my strength and patience. And, she taught me, in order to reach out and help others, I must first take care of myself.

If you have unintentionally isolated yourself or grown distant from family and friends, meditate with Elephant. Ask her to help you find your way home to the things that mean the most to you. Call on her to help you remember that you are deeply loved by those in both the seen and unseen worlds. May your life be filled with the peace and harmony that can be found deep within us all.

△

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