

# The Inner Voice

A Source of Light For Unfolding Consciousness • November 2020

## Spirit Guide Communication

## Totem Animals What they can teach us

## Psychic or Medium? How to choose!

"Fox and Owl" Painting by Joseph Bradley



# Golden Light Healing

DREAM • EXPLORE • DISCOVER • GROW

Here's a Partial Listing of Our Upcoming Events. Check our website for more and for details! [www.GoldenLightHealing.net](http://www.GoldenLightHealing.net)

Register now for our Workshops and Sessions online! [www.glh.as.me](http://www.glh.as.me)



## Your Hosts

**Amy & Dave Wilinski**

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

[www.GoldenLightHealing.net](http://www.GoldenLightHealing.net)

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

We offer workshops and sessions in Shamanism, Reiki, Mediumship and Psychic Development. Our mission is to empower others to connect with their own healing capabilities and psychic intuitive gifts.

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

## MEDIUMSHIP TRAINING

**January 9-10, 2021, 9:00am – 4:00pm both days**

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

## SHAMAN'S MESA WITH JOSE LUIS HERRERA FROM PERU January 28-31, 2021

Join us as Peruvian international teacher, Jose Luis Herrera, assists participants in further developing their relationship with their mesa. Learn to move beyond the personal to the collective. This training will teach you how to weave energy lines between your kuyas and forces of nature and deepen your connection with the Peruvian medicine traditions.

Open to mesa carriers only.

## REIKI LEVEL I TRAINING

November 20 or December, 900-430.

## REIKI LEVEL II TRAINING

November 29, 900-430.

## REIKI MASTER TRAINING

December 10, 900-400.

## Trusting Your Intuition

November 28, 1230-530

## ANCIENT IRISH SHAMANISM WITH AMANTHA MURPHY FROM IRELAND

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

## MEDIUMSHIP WORKSHOPS WITH MAVIS PITTILLA FROM THE UK

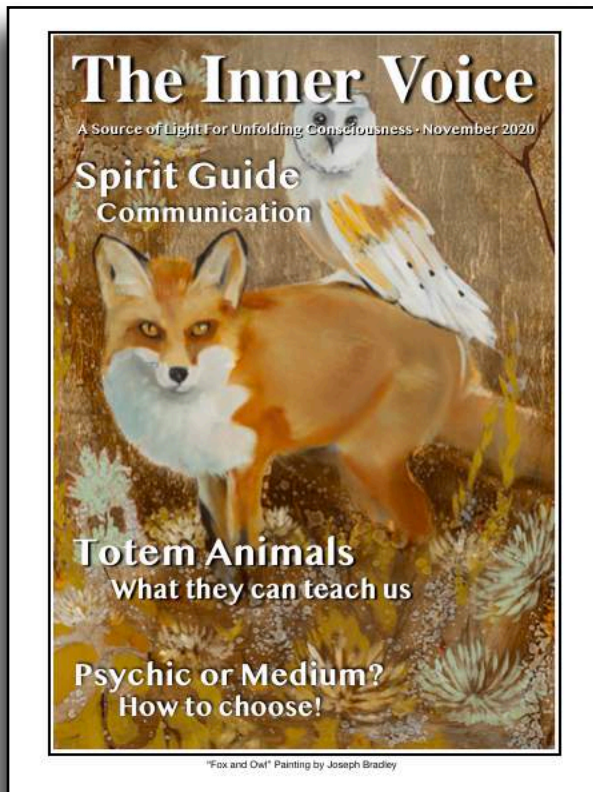
March 11-12, 2021 Let's Talk About Love—open to all levels.

March 13-14, 2021 Confident Communication—pre-requisite workshop with Mavis Pittilla or working as a professional medium.

## Whispers on the Wind Shamanic Program

**The next Group begins December 16-20, 2020 -or- March 3-7, 2021**

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



**“Fox and Owl” Painting by Joseph Bradley**

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

This oil on wood panel painting measures 36 x 36 with a 2.25 inch edge. I began with graphite drawing on the wood surface, adding multiple layers of oil paint, washes, glazes, and metal-leaf. Each of my paintings has about 30 layers. The edges of this particular painting have gold color metal-leaf.

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### Lightlines Publishing

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

~ November 2020 ~

Dear Readers,

*Life can be such a challenge. This week while I was preparing this magazine, I had serious problems with my Mac that is forcing a new hard drive installation. Thank you, brother Steve ~ and it is in giving thanks that lifts me up.*

*Whenever life presents challenges, I remind myself, it is just a valley I am moving through and I will again be on top of the mountain. Such is life. And let this be a reminder to you... there will always be valleys; but we travel through them, not build our home there. Garner what you need to learn from the experience, give thanks and move on.*

*This issue is about discovering who our companion guides in spirit are and how they guide us through the valleys. Accept their offerings and be guided gracefully along the highways and byways.*

*November is a reminder to give thanks for all of life's journey. Be grateful for all blessings no matter how they are presented. There is always a very good reason.*

*Blessings,*

*Nancy, Publisher*

Angel Talk™



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

# Recognizing Your Power Animal and Its Messages

Many years ago I wanted to know who my Power Animal / Spirit Guide was. I never thought I would learn it in the way it came to me. I was taking an art class given by my friend and artist Jeanine Semon. Her paintings have often graced the cover of The Inner Voice magazine. We were painting in her second floor art studio when she noticed a Cardinal flying just outside the window. She said to me, "I think he's trying to get your attention!" Since she was well-versed in power animals, this was basically an introduction that began the odyssey of my discovering the Cardinal was my power or totem animal. These birds have followed me on my journey since that time. I don't see him often, but when I do there's a sacred message for me. There have been many such messages through the years!

Cardinals, or as I like to say "redbirds" are noted for bringing through messages from loved ones who have passed on. "When a Cardinal appears, a loved one in Heaven is near," as the saying goes.

Some years later at a class reunion in 2007, I shared my interest in Power Animals and Spirit Guides with a high school friend, adding that mine was the Cardinal. This friend asked me to pick him up the next day, and we drove to High Cliff State Park located directly across Lake Winnebago from Neenah, where I live. Oddly enough, I had never been there before. My friend had a mischievous grin on his face as he led me up a trail to a tall statue of an Indian Chief that stood sentinel over the lake. I walked to the front of it and engraved on the plaque was, 'REDBIRD, Chief of the Winnebagoes!'

My mouth dropped open in total amazement! You see, all my life across the lake in Neenah, I spent a lot of time at Neenah's Kimberly Point Park – praying, meditating, contemplating, writing, journaling and processing life. I had always felt someone was listening to and watching over me! Turns out someone had been listening; and, it was Redbird from the other side of the lake! I am thrilled every time I see a Cardinal, not to mention the ongoing love and guidance I receive from Redbird.

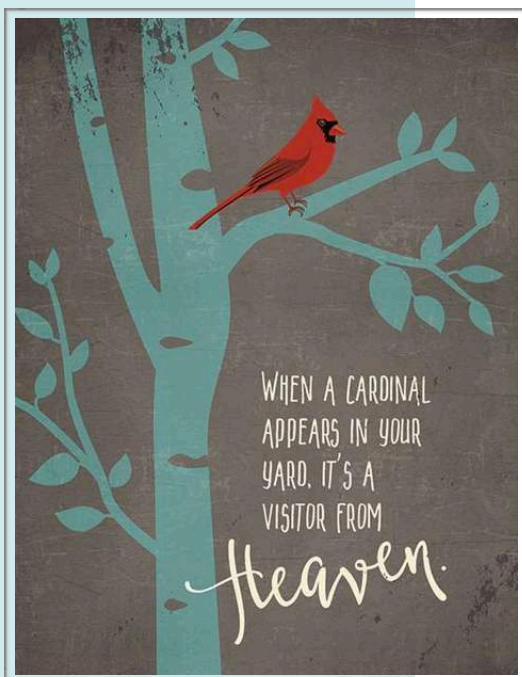
***Q. Sreper, what is the purpose of having a personal power animal totem?***

We say to you that animals are on the Earth to connect with you and to guide you through the stages and the ages, and through the hills and the valleys. Consider them to be your angels in physical form, who guide your every step.

Power animals simply have been given charge by your own Higher Self. They act as signposts along your highway. Connecting with them allows you to open your spiritual awareness in ways that are otherwise not possible. As a result of your involvement on Earth; you, the birds and the animals have assumed an identity and a role, as it were – of a plan they are to accomplish while they are there with you. The problem is, you have mostly forgotten your connection to these beings who, generally speaking, are there to call you back to the remembrance of your oneness with them.

If you want to know who your spirit guide or power animal is, simply call it in. Ask the spirit world to reveal it to you. Then start to notice what animal appears to you and make note of the messages you are given, usually simultaneously. It could be the animal itself that appears, or you might see a picture of the animal on TV, in a book or a magazine. You

Continued on page 5



Angel Talk from page 4

might also find a symbol (a red feather) for example. When I lived in the desert in California, there were no Cardinals so Spirit got creative by showing me a Redbird logo painted on the side of several railroad cars while I was stopped at the RR signal! Another time I'd see them on TV in a Cadillac commercial.

Pay close attention to what appears either in the physical or in another way, especially if (and how) it repeatedly comes to you. You might find you are being drawn to certain animal figurines, prints or other artwork. It may be just a simple knowing in your heart of a special connection to an animal.

Once you know who your power animal is, you will want to establish a relationship with it. Call upon that animal, bird or insect whenever you need their archetypal energies to enhance your journey. They are your true allies in spirit and a helper in any situation.

△



Redbird, Chief of the Winnebagos stands tall at High Cliff State Park in Sherwood, Wisconsin



Lake Winnebago is located in East-Central Wisconsin. Neenah (star on the left) is about 10 miles across the lake from High Cliff State Park (star on the right) the location of Chief Redbird's statue.

## Inquiring minds want to know... what is a Reading?



A reading from the Angels and Guides in Spirit addresses your questions or situation on which you have asked for a higher perspective. The reading reveals their wise and loving counsel that makes your path clear and your tough decisions easier to make. A reading lights the way.

Angel Medium readings access comforting messages from those on 'the other side' of the veil.

I also teach Automatic-writing in the style of Ruth Montgomery. Please contact me for details.

### What is an Essential Feng Shui® consultation?

There are 3 Basic Principles: Everything is energy; everything is inter-connected and everything is constantly changing. An Essential Feng Shui® consultation includes an initial analysis of how your existing home and floor plan is affecting you. Then, with implementing proper placement of your furniture and decor (according to feng shui principles), your home will then enhance the results you desire. See page 17 for more information.

*"Nancy's skill-set helped me raise my chi and make important shifts that not only increased my income and business, but exponentially improved my life." –G.H.*

## Nancy Freier Intuitive Consultant | Medium

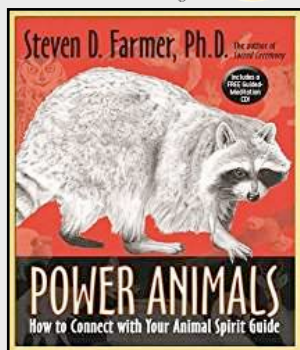
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Associate Degree Interior Design 1972 • Professional Reader/Medium since 1986  
Essential Feng Shui® Consultant since 1999 • Publisher of *The Inner Voice* since 1993  
Author *"Heaven Help Me!"* • Author & Instructor *"You Can Talk To Your Angels"*

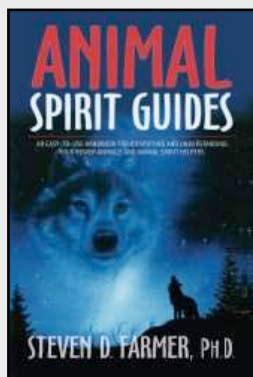


## Suggested Reading from *The Inner Voice*

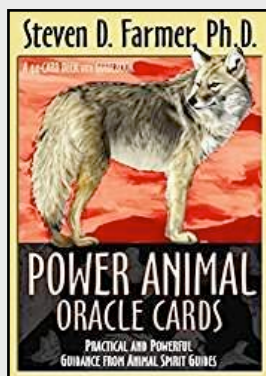
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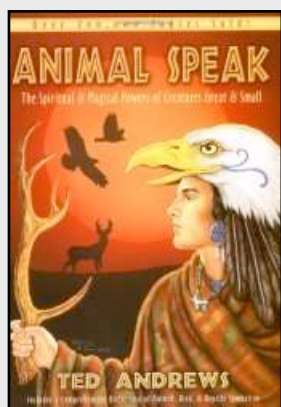
In this fascinating book, [Power Animals: How to Connect with Your Animal Spirit Guide](#), Steven Farmer guides you through a journey on the accompanying audio download to discover and connect with your power animal and learn what this says about you, find instructions on how to call upon the spirit animal, and read a channeled message for you from that animal spirit. You'll also find out which animal spirit to call on for particular situations, and additional tracks on the audio will help you consult your power animal as an oracle. Your power animal will not only help you develop a greater sense of personal and spiritual power, but will also help you heal physically, emotionally, and spiritually—as well as guide you through difficult life transitions.



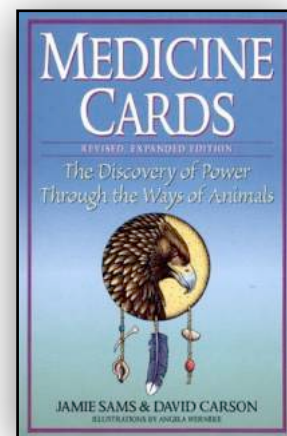
After the publication of his best-selling book *Power Animals*, many people inquired about the meaning of spirit animals that were not contained in that work. In [Animal Spirit Guides: An Easy-to-Use Handbook for Identifying and Understanding Your Power Animals and Animal Spirit Helpers](#), Dr. Farmer provides concise, relevant details about the significance of more than 200 animals that may come to you in physical or symbolic form as guides and teachers. With each animal listed, you'll find general meanings of the visitation; practical ways that they can help you as spirit guides; and how, as your power animal, they reflect characteristics that you possess. You'll also find a "whom-to-call-on" section that will tell you which animal spirit guide to call on for



Power animals are spirit guides in animal form who provide protection, guidance, and healing. This deck of 44 [Power Animal Oracle Cards: Practical and Powerful Guidance from Animal Spirit Guides](#) cards by Steven Farmer will connect you with animal spirit guides who will advise you about any aspect of your life.



[Animal-Speak: The Spiritual & Magical Powers of Creatures Great & Small](#) by Ted Andrews provides techniques for recognizing and interpreting the signs and omens of nature. Meet and work with animals as totems and spirit guides by learning the language of their behaviors within the physical world. *Animal Speak* shows you how to: identify, meet, and attune to your spirit animals; discover the power and spiritual significance of more than 100 different animals, birds, insects, and reptiles; call upon the protective powers of your animal totem; and create and use five magical animal rites, including shapeshifting and sacred dance. This beloved, bestselling guide has become a classic reference for anyone wishing to forge a spiritual connection with the majesty and mystery of the animal world.



Discover the tool that thousands of people worldwide are using for guidance, inspiration and help with answers to life's questions. Drawing on ancient wisdom and tradition to teach the healing medicine of animals [Medicine Cards & Book](#) by Jamie Sams and David Carson is a unique and powerful divination system which has found its way. KIT: 224 pgs/ hardcover/ illustrated/ 54 Medicine Shield cards/ 44 power animal cards.

# Bear Medicine

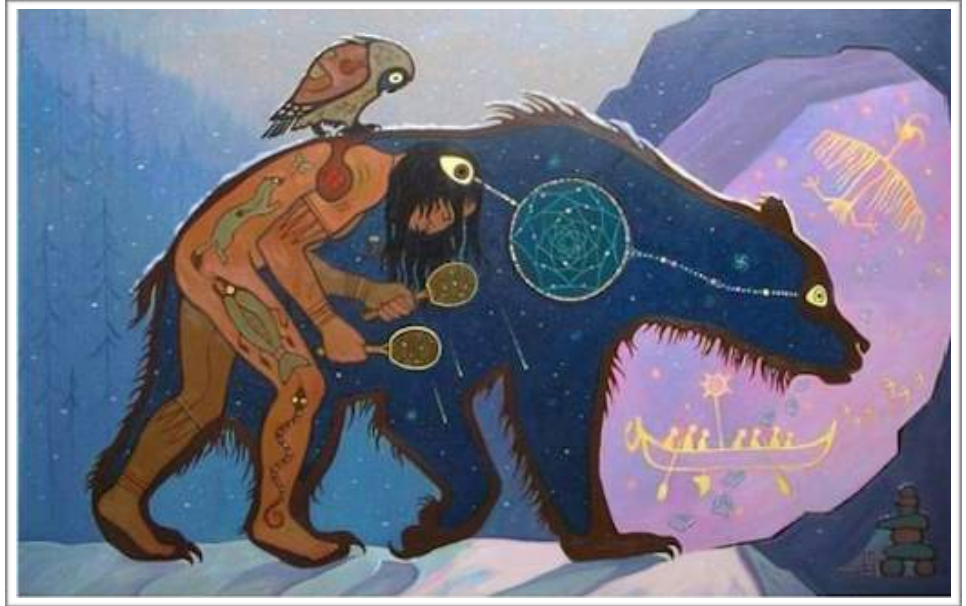
By Amy Wilinski

As a young teenager I was enthralled with bears. I cross-stitched them with some cute little sayings for everyone I knew, my boyfriend called me 'Bear' and I even had bears dressed in wedding attire on my wedding cake! I never reflected deeper into this fascination with bears until many years later when I had my first healing session with a medicine woman. During the session she did a 'Power Animal Retrieval' for me. Lo and behold, she informed me my Power Animal was a Bear.

A Power Animal is a spirit helper that brings its gifts or 'medicine' to aid the person in their healing or life's journey. Just like we all have Guardian Angels and Spirit Guides, Power Animal are part of our spiritual team sent to help, support and guide us on our earthly journey.

**How do you know what your Power Animal is?** The safest, most effective way is for someone trained in shamanic journeying to *journey* on your behalf. The shamanic journey is an age-old technique where the practitioner enters a slightly altered state of consciousness called – 'the shamanic state of consciousness' or non-ordinary reality – and traverses the world of spirit to track and locate your spirit helper. Sound, such as drumming or rattling, is often used to assist the practitioner to enter into this lucid state of awareness.

A Power Animal is different than just having a love of a certain species of animal, although that can be an indicator that the animal has actually been with you, already guiding you behind the scenes, even if you have not been consciously aware of its presence in your life. Each animal brings its instinctual contribution; its primordial energy to the person. For example, we all know that the Eagle has keen eyesight. From 2,000 feet above the Earth it cannot only see the panoramic



Source: Pinterest; Artist unknown.

view below, but can also perceive a tiny mouse in a field. What a wonderful gift Eagle Medicine brings to those with this Power Animal! Imagine how much easier life would be if we were able to soar above and see not only the tiny details of a situation in your life, but also the big picture.

The Creator has not meant for us to struggle through this world alone. Yet many people often feel lonely or unsupported. Consciously being aware of, and developing your relationship with your spirit allies, can make a big difference in your ability to gracefully navigate through your life's journeys and challenges. For example, understanding Bear Medicine helped me to better cope with our long Wisconsin winters. Studying Bear Medicine, I learned that semi-hibernation in the winter months is a part of its nature. During this time Bear rests and rejuvenates, but does come out from time-to-time, as needed, to replenish. Before recognizing Bear Medicine within me, I fought winter so much. I would force myself to go out and do things, which is actually contrary to my Bear nature and resulted in me feeling disgruntled and unhappy. What I really felt like was just getting in my jammies early,

curling up with a cup of cocoa by the fire, and reading a good book.

Embracing Bear Medicine allowed me to honor the natural cycles of life. I realized I often didn't allow myself the opportunity to do that. When I learned to integrate this gift into my life, it gave me permission to 'go within' – not only during the winter months, but also metaphorically when I need to be introspective and look at some of those shadow aspects of my persona. I found that when I integrated Bear Medicine into my life I could just allow myself to *be* and to go with the flow of life much easier.

When we learn to honor and come into alignment with the medicine of our Power Animal, life can become much easier to navigate. We learn that we are not alone on this journey and that Spirit will guide us and aid us through life's trials.

△



Amy Wilinski is the co-owner of **Golden Light Healing** offering a 200-acre retreat setting for energy healing sessions and workshops in shamanism, mediumship, intuition development, Reiki, and more. See ad on page 2.

# Hints for Consulting A Medium or Psychic

## Some Practical Do's and Don'ts and What to Look For

The following article was adapted from one written by the the First Spiritual Temple ~ the world's oldest Spiritualist Church that was founded in Boston, Massachusetts in 1883. (click here for more <https://www.fst.org>) Although important information was presented in the initial article, it needed to be updated.



Edited by Nancy Freier and Janel Clarke

Contrary to popular belief, mediums and psychics are not machines which can be randomly turned on and off. Many subtle factors are involved in the channeling of information from spirit. Sometimes, everything falls nicely into place and a strong communicative link is established. At other times, this may not be the case. The failure to establish or maintain a strong link with Spirit may have nothing to do with the medium or the sitter, so do not think of it as a failure, just try again at another time.

**Here are some helpful hints for determining how or when you should visit a medium or psychic:**

First and foremost, know whether you wish to sit with a medium or with a psychic. What's the difference? Each

one works on a different level and offers you different information. A **medium** offers communication from the spirit of your loved ones, whereas a **psychic** attunes to and interprets the energies from you and your guides.

Some psychics use Tarot Cards or other such divination tools in their reading work. Mediums usually do not refer to such devices, opting instead for channeling information directly from spirit.

Often times you will be given a higher perspective on a situation that you might question. If this happens, it may be your angels and guides coming through, lifting you into their higher vision for your life that you may grow into. What they are telling you may not

make sense during the sitting; but, is for you to contemplate more deeply later.

Keep in mind that this information is really for your eyes only. It is highly personal so you may want to be careful about sharing it with others.

Please understand that a medium cannot guarantee communication from a particular entity or loved one in spirit. If conditions are right, and if that particular medium is suitable for your loved-ones to link with, then very likely you will get the message you hope to receive.

Always be discerning when it comes to any type of prediction a psychic will tell you. The truth is, the choices you make today will affect what will take place tomorrow. Remember, you have your own personal power to create your future. Nothing is etched in stone

Continued on page 9

because you can change your mind. You have the power!

Be cautious of seeing a psychic who aims to deplete your energy, to take your power away, causing confusion.

It is important to know that your loved ones in spirit wish to communicate with you and to let you know that they are okay. *There is life after death!* They are there to guide and inspire you to make good decisions, but not live your life for you. If that type of information is being said, it is likely coming from the psychic and not your loved one.

It is important to place a value on any reading just as you would place a value on any professional service. They are experts. The good ones have been

prepared, on many levels from their guides in spirit and usually have years of experience ~ perhaps even lifetimes of experience.



A reasonable fee in today's world for a medium or psychic doing the work with the right intention of helping you, ranges from about \$50 to \$300 /hour, and up. Be cautious of psychics who charge by the question, or who watches the clock. Avoid psychic hot lines, if possible. Referrals from trusted sources are best.

Be mindful that today we are inundated with countless mediums and psychics who make outlandish claims, charge outlandish fees, and promise the moon. There are many very good, ethical, fair and honest mediums and psychics, and the services they render is truly priceless. It's well worth the effort to find the right one for you.

Δ



## Become Your Own Psychic Medium

## Learn Automatic Handwriting

There is no better way to communicate with Spirit than through listening and discerning the ways they will communicate with you and documenting what was said through an automatic handwriting/typing technique. I teach a process of raising your vibration to reach the state in consciousness in which you can see, hear and sense your angels, spirit guides, nature spirits and deceased loved ones in which to receive their messages. There is no need to gather in a class with others during the pandemic, as I am offering private tutoring using Skype or Zoom technology. All you need is a heartfelt desire to reach beyond the veil and connect with those on the other side.

**Presented by Nancy Freier, publisher of *The Inner Voice***

Author of: *You Can Talk To Your Angels & Guides in Spirit*

*Heaven Help Me! A Celestial Guide to Healing*



We will schedule as many one-hour classes as you want or need ~ at your own pace.

Limited time offer ~ \$60/session ~ e-mail [NFreier@aol.com](mailto:NFreier@aol.com) to schedule.

# Earth Angels Wellness Fair



## Saturday November 21, 2020

10am - 4pm Holistic health products & services

\*free entrance to fair\*      SD\*=suggested donation

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classes: 10am Chakra Dance \$5 SD\*

11am Healing Power of Essential Oils \$5 SD\*

12pm CBD Essentials \$5 SD\*

1pm Qi Gong \$5 SD\*

2pm Hypnosis for Health \$15 SD\*

3pm Mindfulness & Breathing \$5 SD\*

4pm-6pm Breathwork \$20 SD\*

6:30-8pm Sound Healing \$20 SD\*



**Hosted by Heather Hope ~ One Love Wellness Center**

**Location: Double Tree Hotel: 150 S Nicolet Rd Appleton**

by the Fox River Mall ~ formerly the Holiday Inn



# Nothing Is As It Seems



**By Salina Rain**

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

[email: astro@salinarain.com](mailto:astro@salinarain.com)

November begins the day after the Halloween Full Moon, bringing lightning bolts of divine inspiration with earth shaking and life-changing events that Uranus conjoining the Moon sets loose. The month ends with a Full Moon Lunar Eclipse in a particularly lively and fast moving illumination on... *who the emperor is and whether he's wearing any clothes*. There will be a lot of noise around what is actual substance and what is an attempt to divide and conquer. With these gobsmacking punctuations at the start and finish of the month, we are assured a wild ride that begs for all the level headedness and grounding we can muster. This stability turns out to be a great gift to those around us, and to the world at large while confusion and unreliable news spreads like wildfire.

By November 3rd, Mercury the Trickster, turns direct from its backward dance during this retrograde season and in the process, seeing all sides of a situation on its journey through the signs of Scorpio and Libra. Yet Libra gives 7 more days of blessings to help bridge the rifts and come together, both personally and collectively, before Mercury finally comes out of its' shadow on the 19th when much more will begin to come together.

Jupiter and Pluto are in close proximity the entire month, which shines a light on past history and brings greater realizations about the current depths of corruption, greed and the devaluation of human life as a wake-up call. Facing the worst helps clear long-festered wounds to

begin true healing so desperately needed at this moment in human history. This is a process for a more comprehensive vision to emerge and restore the life-affirming society we all know is possible.

Saturn, along with Jupiter and Pluto in close orb, are about to complete the major line-up of Capricorn planets that have been making 2020 the most demanding year in a long time. The losses and further authoritarian takeover of power on the world stage is designed to have vast repercussions in the years to come, depending upon whether the masses awaken enough to resist the current move to surveil all aspects of our lives and control our finances.

On the 12th, Jupiter and Pluto join to bring up the most frightening and unsavory things lurking in our own minds and in the workings of the world at large. Yet, when Mars as the Sacred Warrior planet, turns direct on the 13th, we can experience a surge of courage to act on what presents itself, along with the inspiration to commit to the path that leads to the highest good. Now is the time to choose right action that resonates at the soul level with the fire and passion of Mars within.

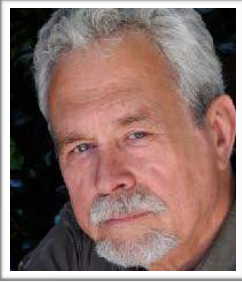
The next few months are extremely crucial in that regard, and particularly so for those with strong Mars aspects in their natal chart. There will be grand opportunities to move beyond old stuck places, fears, doubts or self-sabotaging beliefs and behaviors. Mars has been taking us on an especially enraging, enlightening, frustrating and power-surgeing journey since the beginning of July and will culminate this epic passage in the first few days of 2021.

Then on the 14th, the New Moon at 24 degrees of Scorpio is a lunar cycle that brings in the depths of the velvety, embracing, nurturing Dark – which can be experienced as scary and ugly in a culture that fears what lies within and beneath the surface. Yet, this is an opportunity to befriend the Dark in order to experience the full richness of who and what we are. During this crucial new beginning phase, there is much support to receive the benefits of surrendering to the Dark, especially with Mars having just turned direct. Mars can embolden us in all the places we most fear, while the Sun and Moon make friendly and helpful aspects with both Jupiter and Pluto to support us as we bravely face a new way of being.

The Great Conjunction of Jupiter and Saturn will happen later this Fall and is a 'once every 20 years' event. One thing to note in regards to the matter of the U.S. presidency, is that traditionally this aspect is known for taking down those in power; kings, presidents, chairmen of the board and such. For example, just since 1840, there have been 7 deaths and 2 failed assassination attempts with those elected in Great Conjunction years. It is not necessarily death that takes the powerful from their rulership positions.

Good for us to keep in mind that nothing is as it seems as we enter the beginning stages of a new paradigm. Rather this is a time where Indigenous wisdom and earth stewardship practices are more relevant to our lives than any political system, and that we need not, and dare not, dread the future.

△



# The Place Between Here and There

## A True Story

I recently listened to an interview with the authors of a book, titled, *The Place Between Here and There; A Beautiful Near-Death Experience*. Over the years I have read possibly hundreds of books on NDEs and the Afterlife along with as many interviews. This book is a very recent 2020 publication and the reason I liked it was because the author, who is at the center of the story spent a long time in an NDE state, which is highly unusual as most NDEs last just a few minutes.

Stephen Weber was involved in a serious motorcycle accident, which required him to be in a 3-week-long coma while in recovery in ICU. He had numerous broken bones and damage to his internal organs so possibly he should have died except that he was very fortunate in that the location where the accident took place was very close to a very high-tech medical facility – Stony Brook University Hospital, Long Island – to which he was air-lifted and that had the latest cutting-edge technologies which allowed him a slight chance to live. If not for the latest tech, there would be no story to tell. And what a story he tells! To add to the drama of the terrible accident, while Stephen was recovering, he tragically lost his son to a drug overdose.

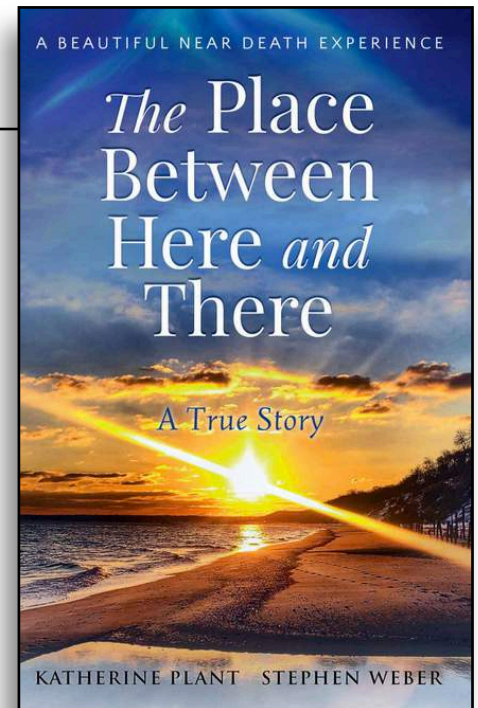
In the book, the authors (there two) each tell the story as it unfolds from their own point of view, which I found to be quite interesting. Katherine Plant is the co-author. Before the accident Katherine had been a very close (non-sexual) friend. (They each had their own separate marriages). While Stephen was in the coma Katherine was able to pray for him and ‘talk’ to him from a distance, which he was later able to recall.

What I found the most interesting about this particular NDE experience is that the

author was able to spend a long time in what he calls “The Place Between Here and There.” He describes it as sort of a “purgatory.” The Catholic definition of purgatory is: *The condition, process, or place of purification or temporary punishment in which, according to medieval Christian and Roman Catholic belief, the souls of those who die in a state of grace are made ready for heaven*). However, Stephen said that he found it was very pleasant and without the punishment! Personally, I don't believe in purgatory; I would call it more of an anteroom or waiting room.

From what I have learned about what happens when people die is that generally, they will spend some time in such a place while they are given an opportunity to have a *life review* and are allowed to become better oriented to the Afterlife before they go on to either a higher, or lower vibrational density. The author says that the place that he was in while in coma was a place of beautiful opportunities for soul growth prior to transitioning into heaven or coming back to Earth. Each souls’ experience in *The Place Between Here and There* is tailored specifically to his physical life so that learning can take place. And each person's experience there will have different settings, although the lessons learned are likely to be the same.

He learned that everything we do in life has a dual meaning – one relates to our existence on the physical level, and the other relates to our existence on the soul level. In that sense, life is multi-layered. There are experiences that we have on Earth that seem either too meaningless to bother with or too difficult to bear, yet on a soul level these are the things that really propel us to higher levels of consciousness.



### [The Place Between Here and There: A True and Beautiful Near Death Experience](#)

He also learned that we choose to come to Earth to have these experiences in the physical world for our soul growth and enlightenment; because in the spiritual world which is our true home, we cannot learn by such experience. Earth life indeed, is a difficult existence to experience; however, it is the one in which soul growth happens most rapidly. Therefore, we should not have animosity to those who do us harm or who challenge us, for they sometimes teach us the most valuable lessons of our lives. Each experience, good or bad, is an opportunity for soul growth on behalf of ourselves and others.

Another great lesson he absorbed is that he learned to see Spirit in everything, absolutely everything. He began to see Spirit not only in humans but also in plants, animals, the planets, and everything. All of these spirits together become the All That Is. We are One! We

Continued on page 13

are all stardust and were created in the Big Bang in that one moment. Therefore we are all connected and part of everything. We each have an individual consciousness; however, together our consciousness is joined to become the One Great Consciousness of God, the All That Is, the Creator.

Another valuable lesson the author learned was that there are beings living in Spirit that help us while we are on Earth, just like our Higher Self helps us, and as do human spirits who have crossed over. We are always being guided and not only do we have spirit guides that are with us throughout our lifetime, but we are also have temporary guides that can help us in certain situations in our life.

We have a lot more help than we realize. Therefore, it is beneficial to seek assistance when on Earth and speak to our Higher Self, spirit guides, saints, angels and ascended masters. They are all ready and willing to help.

I found this book to verify the afterlife; and also an enjoyable read about how the two authors evolved on their spiritual journey here on Earth, as well, and how the two paths intertwined.

Highly recommended! Get it on [Amazon](https://www.amazon.com).

△

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# What is a Medium?

By Rebecca Rosen



Photo: [AbleStock.com/Thinkstock](https://www.ablestock.com/Thinkstock)

[Rebecca Rosen](#) explains the difference between a psychic and a medium and why the distinction between the two is very important.

Whether one refers to him– or herself as a psychic medium, spiritual medium, intuitive medium or any other similar title, it's all essentially the same thing—the emphasis being on talking to spirits in the afterlife. While I refer to myself as a "psychic medium," there is a big difference between a psychic and a medium.

A psychic isn't necessarily a medium, but a medium is a psychic. This is an important distinction and a good place to start, because I meet clients all the time who misunderstand the difference and confuse the two. Psychics tune into the energy of people or objects by feeling or sensing elements of their past, present and future.

Simply put, psychics rely on their basic sense of intuition and psychic ability to gather information for the person being read. Mediums take it a step further. A medium uses his or her psychic or intuitive abilities to see the past, present and future events of a person by tuning into the spirit energy surrounding that person. This means mediums rely on the presence of non-physical energy outside of themselves for the information relevant to the person being read.

Similarly, all medical students are required to take the basic entry-level medical courses, such as physics, biology and chemistry. Premed students are trained in the basics before moving on to higher-level courses and choosing their medical specialty, such as cardiology, pediatrics or oncology.

The emphasis of my work is mediumship: making connections with and delivering messages from people who are no longer living to those who still are. I receive information primarily and directly from the dead, spirit guides and angels.

While there are a few different forms of mediumship, I work as a mental medium, which means I communicate with spirits through the use of telepathy. Spirits impress my mind and body with thoughts and feelings that come in the form of "clairs." I mentally "hear" (clairaudience), "see" (clairvoyance), "know" (claircognizance) and/or "feel" (clairsentience) messages from spirits. I like to say that I act as the bridge between the spiritual and the physical world, with the intention of healing both worlds.

△

Please also read "Hints for Choosing a Medium or Psychic" on pages 8-9.



Source: <https://themindsjournal.com/>

If any of these animals accidentally cross your path, powerful omens are presented to you according to ancient cultures. During the 'Old Ways' animals (and plants) were all associated with Gods and Goddess. Athena had Owl as her sacred animal while Poseidon protected Horses, and Artemis (Diana) Deer. Everyone had a soft spot for animals, therefore close encounters with them were considered to be 'divine interventions.'

Here are just a few examples of the animals considered to be the most powerful omens of all:

**Owls** are believed to be harbingers of wisdom. Maybe owls know things because they appear to warn us about what is coming – usually something huge, either for good or ill. When an Owl appears be extra careful about your next steps as Owl tries to make us ready for what's coming. Owls have been associated with many gods and goddess but one of the most powerful associations is with Athena, the Goddess of Wisdom in Ancient Greece. Considered "royal birds" they are messengers of Great News, therefore seeing them can be considered as omens. ([Read more about Owls as totem animals](#))

**Spiders** ~ Spiders are also associated with Athena, the Goddess of Wisdom and are considered sacred. Their webs symbolize that we are all connected with one another and all of nature. However, the appearance of a Spider does not have

the same meaning as Owls. In ancient times, Spiders were omens, either from the past or a close friend, warning that we will probably soon meet this friend who is going to give us new information. In general, Spiders are good omens. If you find a spider at night, it means good luck.

**Cats** ~ When a Cat appears out of nowhere it's an omen that you have to listen to your heart. The colors of cats matter as well: White Cats symbolize fertility and change in romantic affairs; Orange Cats symbolize different planes of existence and spiritual travels; Black Cats symbolize a change of luck (for good or ill) and wisdom.

**Crows / Ravens** ~ Even though they have a reputation of being harbingers of death and dark magic, they are the personification of truth. Seeing a Crow means that soon you will learn something really important.

**Deer** ~ These wonderfully enchanting horned animals are sacred to the Goddess of the Moon, Artemis (Diana in Latin). Artemis was believed to love Deer so much that she always kept one as her close companion. Artemis is a solitary Goddess who loved being alone in the Woods with her beloved animals and trees.

**Dragonfly** represents wisdom and change. Lightness and emotional flexibility are two of its characteristics. Dragonflies start to grow in water and then move into the air and fly. When this spirit animal shows up in your life you may be called to transform and evolve.

Symbol of metamorphosis and transformation, it inspires those who have it as a totem to bring about the changes needed in their lives in order to reach their full potential.

When this spirit animal shows up in your life, it is an indication that it's time for a change. Just like the dragonfly changes colors as it matures, you may be called to live and experience yourself differently. Stay open to the enfoldment of your personal journey.

The dragonfly is characterized by amazing flight patterns as it appears to be able to change direction swiftly, gliding through the air with no apparent effort. Its lightness inspires those who have the dragonfly as a totem to use their ability to be flexible and highly adaptable in any situation.

You can call on Dragonfly when you're stuck in a situation and need a new perspective. Generally associated with the symbolic meaning of change and transformation; adaptability. joy, lightness of being, they represent an invitation to dive deeper into your feelings. Dragonfly is on the lookout for illusions and deceits, – external or personal. Dragonfly also signifies connection with nature spirits and the fairy realms.

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# Animal spirit guide meditation

*Your animal spirit is out there, waiting for you to make contact.  
The process of meditation and getting back to nature can bring you closer.*

To contact your animal spirit guide, follow this meditation. It may take a few attempts to make contact, but each time you try you will be getting closer to nature.

## ❖ NATURAL SURROUNDINGS

If at all possible, get out into the open countryside or a quiet corner of a large park. Though your guide can find you anywhere, they will feel more comfortable and you'll be more accessible when you are open to the sky and nature.

## ❖ TAKE COMFORT

Wear comfortable clothing. The surface you rest on is up to you, but be prepared to sit for as long as you need. Avoid using distracting incense or music.

## ❖ SENSORY EXPERIENCE

Look around with your eyes, listen with your ears, smell with your nose, and feel with your skin until you are in touch with the rhythms of this part of the world. Think of these rhythms playing out year after year, century after century.

## ❖ OPEN YOUR MIND'S EYE

Close your eyes. You'll continue to hear and smell, but your mind will supply your vision without the distractions of the outside world.

## ❖ MAKING CONTACT

Unless you're an experienced meditator, your mind will wander, and various creatures will appear. The first one you see is not necessarily yours. Talk to each one that comes along and try to feel what its message might be.

## ❖ COMMUNICATION

Your true guide has something more important to say to you than just flattery or condemnation. He or she doesn't want to take over – they have a life of their own – but they can show you ways that you can take charge.

## ❖ LEARNING EXPERIENCE

Don't be discouraged if at first you don't feel that you've contacted your true animal spirit guide. Consider what you learned from the experience. Would you be more comfortable in different surroundings? At a different time of day? Try again another day and you might be surprised by your success.

## ❖ A LIFETIME'S BOND

Once you've found your guide, you'll see them time and time again. They may be in your dreams, or in the glance of a stranger. But forevermore, they will be your personal guide.

*Meditating close to nature, even if this is in a city park rather than the real countryside, will help your spirit guide to locate and contact you.*



Source: Pinterest



the *tao* of Dana

# Creating A Life Of Greater Possibilities

By Dana Claudat [www.fengshuidana.com](http://www.fengshuidana.com)

Possibility puts us in charge of our lives in a way that is dynamic. When the possibilities in front of you are few, the world feels like a very damning place. Plus, when you only have a few options, it is easy to feel anxious, stuck, or weak in any of life's situations. However, when you are adept at creative thinking, you will not only be more relaxed, but you will make your world far bigger.

**The most vibrant feng shui tip I can give you today is to open your world to greater possibility. Embrace your creativity and practice something creative in your home. Here are some ideas:**

Creativity is a whole brain activity, not something relegated to an 'artistic' part of the brain: This is why creativity is fundamental to our lives in the modern world: you open your brain to new networks of thought and new systems of thinking to create new options. And creativity is not just isolated to the right brain. Rather, creativity is a total brain activity. Creative thought can assist us in finding rational solutions.

Making art is not just all about expressing what is in your mind or emotional being, it is also about understanding how things fit together. Lately, some of my followers have joined me for a drawing adventure on Facebook called: [Drawing on the Right Side of the Brain](#). While I have been astonished by the leap in my own ability using the techniques described in the book, what has been most enlightening is understanding how to correctly perceive the relationship between things. Being able to translate what I see into what I can draw requires: 1) shutting down the noise in your mind, and 2)

engaging life based on a series of relationships between things.

Musicians do the same with sound. Painters with paint. Dancers with [the movement of] their bodies in space, and so on. Art requires noticing a relationship between things that we don't exploit in our day-to-day rational life.

Creativity is meditative and that is great for your whole life. [Here is more on meditation and its effects on our lives](#). They are huge, as meditation has been credited with everything from better genetic expression in your body, to a happier life overall. And it is well worth it!

Creativity affects your love life, your financial life, and all of life. The more you stay creatively open, the more depth you will have in these other important areas of life. Creativity is rooted

energetically in an area of the body called the Second Chakra that deals with sex, money and creativity. While I once thought of this stuff as nonsense, the symbolism of each chakra of the body and its corresponding physical manifestations, are astonishing.

Practice creativity in any form that catches your eye. And make sure your home has at least a small bit of creative space within it for you to open up and play.

In case you're feeling guilty about the time you "waste" on making art or doing other hobbies; or if you feel a burning desire to learn how to play the piano, buy a guitar, take a class, go dancing, traveling or otherwise investing in your creative life ... *Do it!*

A new perspective on life creates brand new opportunities that you may have never dreamed of before. *Go for it!*

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Photo: ([anthropologie](#)). Creativity is the component that turns a plain and ordinary house into a beautiful, personalized home.

# Essential Feng Shui® Solves Problems

## Feng Shui Tips for a Better Night's Sleep



1. Place your bed properly so that you have a view of the door.
2. Declutter and organize closets, drawers.
3. Create a yin or nest-like environment such as a 4-poster canopy bed.
4. Remove active chi items ~ tvs, computers, phones and exercise equipment.
5. Choose restful colors. Any skin tone is best.
6. Choose restful, peaceful artwork.
7. Keep nothing under your bed.
8. When you retire for the night, leave your work and worries at the door.

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

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



**Nancy Freier**  
 • Intuitive Advisor  
 • Design Consultant  
 • Energy Flow Expert



**Contact me today!**  
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## Living In Artist's Time

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



Living in Artist's Time is a whole new approach to life. It becomes a pause in life, the space between breaths, as we enter the stillness of the moment. Artist's Time is vast and limitless since we're searching, listening, and creating space to manifest something never seen before.

For me, art takes reflection time. I clear my art space from one media to another, while I tune in to intuition. Then, I ask for inspiration as to how to proceed. I begin somewhere. [Making marks, mixing colors, painting, since the 'doing' triggers ideas](#) of what to do next.

Plus, inspired art demands to be created now, in this moment, before it disappears into the ethers, like a dream or cloud. Take notes, do a sketch before the precious idea leaves you and flows into some other artist.

The above painting was like that. It stayed with me for a couple of days, then I could feel its energy dissipating. I clearly heard the words, 'You know what you want it to be, so do it now!' And I'm glad I did. The painting just flowed out of me.

Doing, painting, writing, assembling gets the creative juices flowing. Once engaged, you may ask what's my next step? This is creative inner time that taps into instincts, remembering past experiences. Often this becomes the 'timeless' experience, when making art takes on a life of its own.

Living in Artist's Time means not satisfying anyone else's expectation. The world's time has been just the opposite for years. With schedules, time tables, and deadlines to meet, you had no time to think for yourself.

Old world time was one of limits, demanding accomplishments as a measure of progress. Personal happiness never entered into the system. 'They' kept you too busy to consider what YOU wanted to do today, in this moment, in your personal time and space.

But today, Artist's Time is Transformation Time. An opportunity to create a life of your choosing. Let the old ways go, and enter this space with fresh eyes. Clear away the old world clutter, and decide what really matters to you.

For me, that means exploring new tools, trying different media like colored charcoal pencils, and being loose and free. I work the whole image without getting fussy in any one area. I'll just paint without sketching first. I'll use a 2" rubber color shaper tool to smear areas for texture. It's wild and scary but very freeing to do.

So let me know what you think of Artist's Time. Can you relate to this concept? How would you structure your freedom in this time of change?

Join me at [Pat Gullett Designs](#) and let me know how we can all create transformation art time together. I'd love to hear your thoughts. Sign up there for more art videos, inspiration, and plenty of new art.

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Join us at [Dragonfly Art and Mentorship Program](#) to keep the creative juices flowing with clarity, guidance, and inspiration. You deserve it!



"Dreams of Distant Shores"  
by Pat Gullett Acrylic and oil pastels.



# Assumptions Block Clarity



The sun is bright, reflecting off the endless blue of the Atlantic Ocean before me. I am sitting on a rock near the edge of the water with a cup of coffee and crumbly cranberry muffin in hand. A sea gull walks back and forth at my feet. It looks at me then down at the sand.

I automatically flash to memories of sea gull escapades. They were bold and shamelessly aggressive as they grabbed bags of food off benches, beach blankets – much too close to the people eating their lunches and snacks. Sea gulls noisily attacked backpacks and beach bags, until morsels inside were revealed and stolen. A bigger flock of seagulls joined the feast.

These old visuals cloud my current vision and expectations of the bird standing three feet from me. Waiting, I anticipate it will lunge onto the crumbs that fall at my feet or grab the muffin out of my hand! My eyes steadily on the sea gull, I carefully consume the muffin. The sea gull stays, looking, sometimes pacing. I feel stress in my body and concern for my safety. I drink the last sips of warm coffee and step onto the sand. To my absolute surprise, the bird walks away!

My assumptions crumble. Suddenly I realize – assumptions blind me to what is. I didn't think to ask this particular sea gull what it wants. I didn't think to ask for its wisdom. I assumed it is just like the gulls I remembered.

In the past, fear protected me – or so I thought. I was so focused to not drop the muffin because I assumed the gull just wanted an IN. And, maybe it did want an IN to communicate with me; an IN to relate. In this moment, I telepathically communicate with the gull to apologize for my trance of fear.

The sea gull communicates with me...

SG: "It is you who are generating fear. You who are perpetuating violence by your expectations. Indeed, you have your reasons. Instead, you can rest into the current information field which includes past dynamic experiences and communicate with me clearly."

Me: "Hello, I see you there Sea Gull; and I notice that I am afraid you will attack this food because I have seen it before. Tell me your intentions. Mine are to enjoy this view, this clean air and this rock that is supporting me, to taste this muffin and enjoy this coffee. People food is not healthy for you. Do you have enough in the sea? Are things changing for you, too? Tell me more that I may learn. Thank you for being here with me."

SG: "Thank you for listening, for seeing beyond your past expectations and traumas, for being willing to relate with me. I am indeed, sad that humanity is acting from fear and blinding



Perhaps not Jonathan Livingston Seagull that Richard Bach wrote about, but this seagull delivered messages. I just needed to listen. Photo by Beverly Brunelle on a beach in Maine.

assumptions. This practice of separation inhibits capacities to access new options, inhibits capacities to truly see what they are doing to nature, the planet and to themselves. The powers of observation are indeed strong. The question is, what are you observing? What future are you creating? The realities created in the realms of denial and distortion are the causes of this illness you call coronavirus."

B: "Say more."

SG: "The lies you tell yourself create realities that loom around you. They create a strained sense of safety, or rather a sense of knowing and control. As with us today, as you expected me to be an enemy; I became that for you, with no efforts on my part. Your anticipation and participation in your story created your experience. It was a missed opportunity to relate with me, to be present with the moment, to include your past and still be open to new possibilities, while also being prepared to defend yourself if need be."

B: "You waited before me. Silently. If you were a child I would have welcomed you and perhaps been more curious. This brings tears to my eyes, not recognizing the innocence you presented to me."

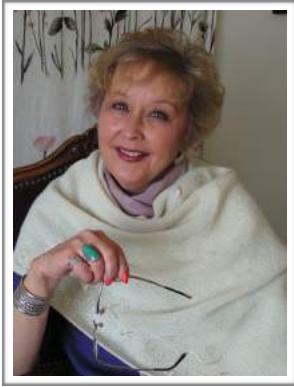
SG: "You can now, with this simple example, include new possibilities into your perceptions and experience."

B: "Thank you deeply for this."

SG: "Expand your wisdom continually from a place of desire to know more, to learn more, to relate more."

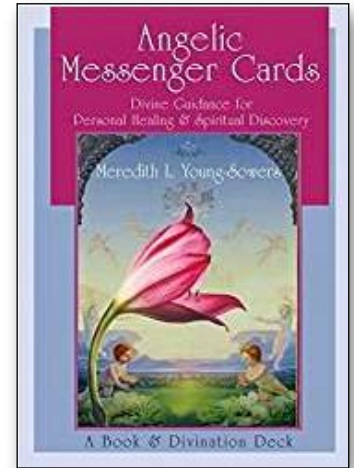
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**Beverly Brunelle is an Intuitive Energy Shaman and Teacher. Visit: <http://www.beverlybrunelle.com> or email: [dreamonbab@yahoo.com](mailto:dreamonbab@yahoo.com) to schedule a private session.**



# Your Happiness Gene

By Meredith Young-Sowers, D.Div.



Angelic Messenger Cards; Book and Divination Deck

Meredith Young-Sowers is the author of [Agartha: Journey to the Stars](#), [Angelic Messenger Cards; Book and Divination Deck](#), [Wisdom Bowls: Overcoming Fear and Coming Home to Your Authentic Self](#) and other books. Meredith's paintings convey the energy of love and guidance... and are for sale! Sign-up for Meredith's Stillpoint Circle and stay in touch with her weekly audio/video messages! Visit [www.stillpoint.org](http://www.stillpoint.org) • E-mail [mysowers@gmail.com](mailto:mysowers@gmail.com)

What if you had a magic Happiness Gene that you could engage when you were sad, disappointed, hurt, or just reeling from life? We have genes for our physical characteristics, why not for our emotional and spiritual ones?

Well, actually you do have a happiness gene and you call it your *Deep Heart* – the truest aspect of yourself. As you put your hands over your heart, you can sink into its centered peacefulness. When you do this in meditation or any time when you need relief, you shift perspectives from “everyday fix it” to today's perspective of “let me make peace with my life for just this moment.”

This change is possible when you realize that with practice you can find spaces between the worries – like dashes between our incessant thoughts. These spaces provide breathing room to be free from whatever is dominating our thoughts, so we can rest for a moment or two, in peace of mind and heart. After all, happiness is a perspective you choose – not because you have no difficulties, but because you feel the empowering energy from within.

Happiness is actually our true state. Unhappiness is learned. How did we learn to be anxious and unhappy? Well, as we moved through the birthing process and early years of life, a most amazing change took place. Our awareness separated from the One Source of Love/Divinity and took on the learned perspective of being a separate individual. In other words, we became a full-time problem solver.

Being an individual has its upside for sure, but the downside is that we forget we have a powerful, inner spiritual flow of energy that moves through our deep heart. In the process of always problem solving, we forget to be part of the process of living – how to be fully in relationship with ourselves, others and the world around us, and certainly how to recover our relationship and deepen our connection with *All That Is* within us.

What kind of relationship would you have with your partner or special friend if you never truly shared, never met in person, or participated in building the relationship? Relationship with Spirit is the same. It requires showing up with the purpose of expanding your understanding and experience of Divinity – of Happiness.

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“You Lift Me Up” Watercolor painting by Meredith

## Meredith's Meditation

*Place your hands over your deep heart, breathe, relax and let this moment speak to you of happiness and peace.*





# Raising Your Vibration During Times of Fear and Anxiety



**By Pamela Hughes**

How can we watch the news to stay informed without falling into the abyss of fear, anxiety, negativity and feeling doomed? Everywhere we turn there's something else coming at us. How is it possible to live with all of the chaos and rise above it? There is a way but it takes discipline – emotionally, mentally and spiritually. We all have the ability to change our thoughts, but how do we do this when there is so much happening all at the same? The Bible states it this way: "To be in the world, but not of it," while also saying, "this can be achieved, by the renewal of your mind.

The spiritual discipline of going within to connect with your "inner core" or "higher self" is as old as seeking help from your guardian angel, but how often we forget. To help achieve this it is of the utmost importance to tune all superfluous noise out whenever possible.

Music that is calming and peaceful at a comfortable volume can help create a higher vibrational environment that quickly changes the energy in your environment, whether it's in your home,

your car, or your office. This is especially true for young children and animals. I've noticed many times how quickly music changes my mood.

There was a time when a young boy was out of control at my son's school. The teacher was having a difficult time in knowing how to handle him. They were in the hall as I was walking by. I asked if I could take my harp out of the bag. The teacher quickly answered with a resilient *yes!* It only took a few minutes for the young boy to calm down after listening to the calming effects of the harp. He even laid down in the harp bag as if to go to sleep. What a wonderful and unforgettable experience this was.

There are also healing frequencies on YouTube, that I leave on during my work day to focus, to relax, to calm, and to heal. There are even frequencies to boost your immune system and for COVID 19. If I'm looking for a specific frequency, I type that in the search bar. For example, this past week I had a head cold that was difficult to get rid of. When I looked for a frequency for head cold I found one that

did the job right away, as it had for others after reading their comments.

Over the years my spiritual practice has evolved into one of going within for answers and especially regarding things happening today, like dealing with the stress of this year's election. Going into my heart and "feeling" what is best rather than following what the news tells me to think or do. There is so much at stake in our world today it's hard not to panic but as my son recently said, "It will all be okay mom, *just have faith.*" It is so helpful to have these reminders from one another, especially now.

So, going within to hear answers from my heart and higher self, not from a place of fear, but from Love, is what gets me through these times of extraordinary change. The one thing I can count on is that there is a Divine Creator guiding me... *if I choose to believe this and take action moving forward with my heart, from a place of Love rather than with fear.*

In summary, to raise your vibration during times of fear and anxiety:

- Go within for inner guidance, listening to your heart.
- Remove all external noise.
- Listen to peaceful, calming music to create a higher vibrational environment.
- Listen to frequencies that help with focus, anxiety, despair, depression (to name a few).
- Believe there is a higher power/angels who are guiding you.

I hope you find these suggestions helpful to raise your vibration.

Δ

You can call me 720-245-7317 or visit:

[www.harpsonginternational.com](http://www.harpsonginternational.com) or my [YouTube channel Pamela Angelique Hughes](#)

for sound healing sessions.



<https://www.youtube.com/watch?v=nzOhjHmIQJY>



# A Message from Turtle

By Lynn Schuster, Animal Spirit Talker

"I am a master of meditation. My intention is to help you create a life of ease and tranquility. I want you to know that it is your true nature to live in peace and harmony. Like me, you carry everything you need within you.

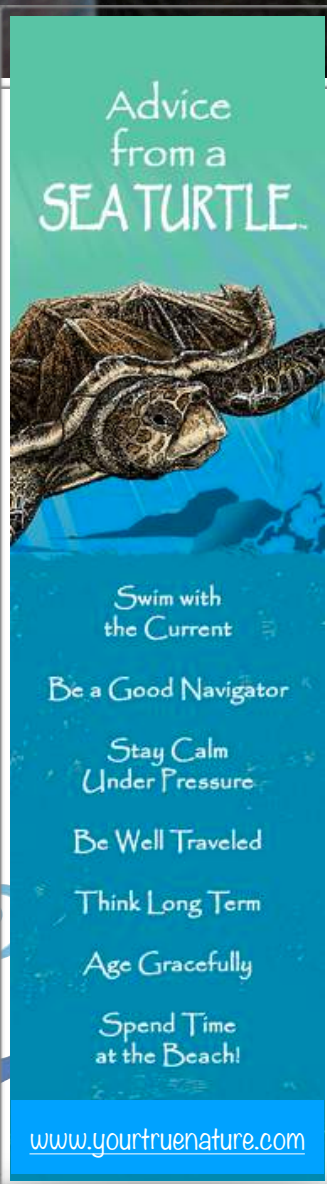
Your body is your temple, as my shell is my home. Look deep within yourself; for all your answers are there. Trust your "gut feelings" they are your Beacon of Light. Find your creative center in your Solar Plexus. It is there where the answers will come. Slow down, you will see. When the pace of your life becomes too fast, your mind cannot rest. When your mind cannot rest, you cannot see what is of importance. While rushing through life, you must put your creative thoughts and feelings on default, causing you to drift through life mindlessly. When this happens, you are missing out on the richness and abundance that exists all around you.

My intention is to help you live in the moment. Mindfulness is key to accomplishing your goals. When you look for your truth, your passion and your life purpose... you must go into your temple. And, when you are ready, I will help you bring forth your courage. I will teach you that it is safe to stick your neck out and be vulnerable when change is on the horizon.

When there is a call to action, I will show you how to continue moving forward in a positive direction. Ever reminding you that it is not the speed at which you accomplish your goals; it is the intention, direction and attention to detail that counts."

△

**Lynn Schuster is an Animal Spirit Communicator and Teacher.  
Please see her ad on page 23.**





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Diane Bloom is the  
Owner of Free Spirit  
Crystals and the  
Founder and  
Co-Director of  
Free Spirit School

**Hours:**  
M-F 11:00-6:00  
Saturday 10:00-4:00  
Closed Sunday

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