# The Inner Voice A Source of Light For Unfolding Consciousness • February 2021

Valentine's Special ~
A True Story of Eternal Love
Across the Veil ~ page 8

A Time for Love and Healing

"Just remember, during the winter, far beneath the bitter snow, there's a seed that with the sun's love in the spring becomes a rose."

The Rose ~ Bette Midler

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

# Golden Light Healing

DREAM • EXPLORE • DISCOVER • GROW

Here's a Partial Listing of Our Upcoming Events. Check our website for more events and for details! <a href="https://www.GoldenLightHealing.net">www.GoldenLightHealing.net</a>



Your Hosts Amy & Dave Wilinski 920-609-8277

info@goldenlighthealing.net 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 private 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.

SHAMAN'S MESA WITH JOSE LUIS HERRERA FROM PERU April 29-May 2 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 ceke lines between your kuyas and forces of nature and deepen your connection with the Peruvian medicine traditions. Open to mesa carriers only.

#### MEDIUMSHIP TRAINING February 27-28, 900-400

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

#### MEDIUMSHIP WORKSHOPS WITH MAVIS PITTILLA FROM THE UK

August 14-15, 2021 Let's Talk About Love—open to all levels.

**August 16-17, 2021** *Confident Communication*—pre-requisite workshop with Mavis Pittilla or working as a professional medium.

**DEEPENING YOUR MEDIUMSHIP ~ Coming March 26-28!** 

Seidr Norse Shamanism with Imedia Almqvits from the UK May, 19-23



DRUM MAKING WORKSHOP WITH DAVE WILINSKI April 11, 1230-500

**REIKI LEVEL I TRAINING** Feb 21 or April 10 900-430

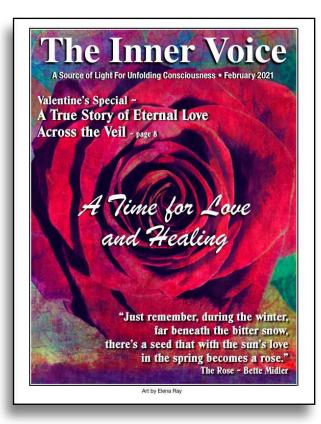
REIKI LEVEL II TRAINING March 13 or April 25, 900-430

**REIKI MASTER TRAINING** Feb 20 or April 3, 900-400

## **Whispers on the Wind Shamanic Program**

The next Group begins March 3-7, 2021 or July 28-August 1

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!



Art by @elena.ray www.elenaray.com
Prints are available through Wayfair: https://www.wayfair.com/decor-pillows/pdp/artwall-rose-wall-decal-jjm10094.html



#### **Subscribe for FREE!**

You will receive an e-mail on the 1st of every month announcing the new issue has been posted.

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

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

- 4 Angel Talk: Healing With the Angels
- 5 Ad: Get a Reading from the Angels
- 6 Joe Dispenza Video: "How to Find LOVE"
- 7 The Hill We Climb Poem \* Oprah Motivation Video
- 8 Book Overview: "For All Is Love"
- 9 Ad: Learn to Talk With Your Angels & Guides in Spirit
- 10 Is this the end of the world? By Beverly Hutchinson
- 12 Be More With Less by Courtney Carver
- 13 Revealing the Gold Within by Heather Hope
- 14 Create a Vision Board for 2021
- 15 Ad: Essential Feng Shui® Consultations
- 16 Just When I Need A Little Love by Pat Gullett
- 17 Practicing Mindfulness by Beverly Brunelle
- 18 Afterlife Communication Q&As
- 19 Ad: Healing Touch Art by Jeanine Semon
- 20 Showing Some Love for Sophie by Lynn Schuster
- 21 Ad: Lynn Schuster Animal Communicator
- 22 Raw and Ripped Open by Dayashila Carrie Grossman
- 23 Evidence of Angels by Denise Linn
- 24 Ad: Free Spirit Crystals | Benefits of Smokey Quartz



#### The Inner Voice

ISSN #1073-1814 ©1992-2001; e-version ©2012-2021. All rights reserved. Published on the 1st of the month. Submission Deadline: 25th of the previous month. Writer's Guidelines and Ad Rates are available on request.





Website: <a href="www.theinnervoicemagazine.com">www.theinnervoicemagazine.com</a> E-mail: <a href="mailto:theinnervoicemagazine@gmail.com">theinnervoicemagazine@gmail.com</a> Like us on Facebook • "The Inner Voice"



Nancy Freier Publisher & Editor-In-Chief



Steve Freier Co-Publisher Website Design and Video Producer

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.

#### February 2021 Dear, Dear Readers,

Do you know by now that whatever the problem; love is the answer? This issue presents some of the many ways that Love (and roses!) can heal every wound. My hope is that you will read every article, be inspired on some deep level to heal your life, and then pass this magazine on to those you love so that they may also heal. Here are a few inspirations I found...

"No rose without a thorn."

-French Proverb

"The sharp thorn often produces delicate roses." – Ovid

"The rose is a rose from the time it is a seed to the time it dies. Within it, at all times, it contains its whole potential. It seems to be constantly in the process of change: Yet at each state, at each moment, it is perfectly all right as it is." – Paulo Coelho

"You can complain because roses have thorns, or you can rejoice because thorns have roses." – Ziggy

"If you really screw up, send roses." – Letitia Baldrige

Blessings, Nancy, Publisher





# Healing with the Angels

Excerpted from 'Heaven Help Me! (Revised & Expanded) By Nancy Freier & Sreper, Angel of the Great White Light

"If we are willing to do the mental work, almost anything can be healed." -Louise Hay, Author 'You Can Heal Your Life'

Over the years of communicating with Sreper, Angel of the Great White Light, 'they' have outlined various measures we could take spiritually to help maintain our physical health and well-being. A theme emerged from listening to them, convincing me that we were created whole and perfect, and that we lacked nothing. But what did that mean? Why do we suffer with so much illness and 'dis-ease' on Earth? Sreper repeatedly gave messages such as what follows:

**Dear Ones,** we say to you it is God's Will for you to be well. Keep your heart clear and your intentions centered on maintaining good health, for whatever you set your personal, creative sights on will manifest in physical form.

The Universal Law of Consciousness states that for as long as you have a physical body, that body can become ill, depending on where you place your personal beliefs and how you use the co-creative power given to you as your birthright from the Creator. In its natural state, this power is neutral but it will take on whatever emotional charge you give it by your thoughts and beliefs.

You were born into a body and into the physical universe to gain the experience of using this power to co-create. You, and everyone else on Earth, is creating the mass-consciousness experience, and although it may seem difficult for you to rise above this ambient belief system (what we refer to as the Earth's 'prevailing weather'), it can be done by staying conscious of where you place your attention. Do you give your power away to some person, place, or thing that then has control over you? We caution you to be vigilant and keep watch over your thoughts – each and every one of them, for

they are programming what will happen to you and to your body in the future. Disease and wellness comes from you, not from outside yourself.

Believe in the *image and likeness* in which you were created. Believe in complete wholeness, then regardless of whatever dis-ease is prevailing on the planet, you will not become sick. Some people will get sick to get attention from their loved ones, to gain control over another, or to escape a situation, but we say you do not need to create illness in order to accomplish another goal.

All disease is caused by thoughts of disease. When you change 'disease thoughts' to 'wellness thoughts,' you also change the experience you will have. This will happen as soon as you are ready to do the inner work and are totally ready to release the need for disease.

Start with the willingness to learn the lesson the 'disease' presents to you. Then in doing so, the lesson is learned, the illness is released, and peace, health and happiness will then prevail, causing random bursts of joy to occur! Isn't that what you really want?

You see, the angels come into your lives to encourage you to reach toward a more joyful goal. They encourage you to set your sights higher. "Set the pace for a new avenue of self-expression and for a future bright with your dreams-fulfilled. You are the leaders of this new wave of consciousness that is sweeping the planet, and along with it comes a cleansing of the hearts and minds of individuals everywhere. The journey may appear difficult only because you are pioneers cutting a fresh path through a dense forest of old beliefs. You are now planting revolutionary, Light-filled thoughts in a new world.

#### Angel Talk from page 4

Be brave and joyful warriors as you go forward on this journey. Call on your angels for their love and guidance, and we will shower you with love, encouragement, and sharp knives to cut away the debris. Your struggle with the woes of the world is about to end, and it will end when you release the need for disease to manifest anywhere in your life, or in your body.

Stand tall, be firm in your new resolve and remain mindful. We come to help you rise above the pain of learning! We say you can do it, and you must do it, for it is Divine Law. We hold the plan of your life to work out for you. It shall be on Earth as it is in Heaven – bright with glorious Light and without sickness anywhere. Treasure this thought and carry it in your heart always. Let us create a new reality in which everyone wants to live and thrive.

## Q. What role do Guardian Angels play in our wellness?

Ask your angels for guidance and it is given you. Seek and you will find. Call on us and we are at your side assisting you in all of the heartfelt goals wherein you ask for Light. We are ready to take you higher. We talk to you. We walk with you.

We place new and creative, light-producing and life-giving ideas in you. We open your heart to love. We are patient and wait for you to align with us. We are here to let you know love is always a choice for you to make cancelling any other decision you have made previously.

A few short years ago people were not as aware of their angels as they are now. We say that there has been much new awareness about us and we are pleased. Indeed, there is a celebration all across Heaven when one in Earth joins with us.

There is a great new awakening sweeping through hearts and minds across the planet. We are now able to reach through the density of your realm, through the darkness that you had been shrouded in, and pull you up into a glorious state of being whenever you ask us to, and whenever you are ready. This is the role we play. We invite you to call on us for we are ever-ready to assist you, but it is always your choice how you live your life. We wait by the side of the road until you ask us to unite your journey with ours.

## Q. How does the healing process take place?

The angels are of the vibration of Love and Light, which is the highest frequency of the energies known to you on Earth. Healing is inspired from this realm, as we (the angels), emanate this energy from the realm of Love and Light where we abide. In that union, healing is automatically instilled into whoever we touch simply by touching them. This higher vibration of Light and Love radiates outwardly into the world of form, targeting all things of a lower vibration which it heals simply because Light is more powerful than dark.

Light and Love energy cannot be lowered to, let's say, match your density, but will always raise a lower vibration up to its (higher) level. This is what you call "healing" or a "raising of vibration." When a healing occurs, the lower vibration is actually swallowed up into the higher, faster one, and then disappears taking the lower physical manifestation of illness with it. In other words, the higher vibration will raise any lower vibration up to its level, thus healing and releasing it. Darkness is lower in vibration than Light and therefore we can say illness IS darkness. The act of extending healing from one being to another is an act of Love, an act of sharing Light, and an act of healing.

# Nancy Freier Intuitive Consultant aka 'The Angel Medium' Personal Readings by Appointment phone, skype, e-mail Author & Instructor: "You Can Talk To Your Angels" Author: "Heaven Help Me!" Revised & Expanded Edition coming soon on Kindle "Help is on the way" e-mail: NFreier@aol.com · www.NancyFreier.com

#### Checking in with Dr. Joe Dispenza...



# "This Is Why You Can't Find Love; and, How You Can Reprogram Your Mind For Love Today"

A Youtube Interview by Lewis Howes <a href="https://www.youtube.com/watch?v=YYCnOnZ7zyl">https://www.youtube.com/watch?v=YYCnOnZ7zyl</a>



Psychiatrist Carl Jung said, "The meeting of two personalities is like the contact of two chemical substances: If there is any reaction, both are transformed." And Ernest Hemingway said, "The most painful thing is losing yourself in the process of loving someone too much and forgetting that you are special too."

Let's face it — relationships are messy. Falling in love is a beautiful thing, and it can bring us so much happiness. But when it doesn't work out, it can be debilitating. When you have a deep emotional connection with someone, the breakup is that much harder. It can be hard to recover. Some people go straight for the rebound relationship, while others say they'll never date again.

How are your relationships right now? It's the beginning of a new year, but you may still be holding onto some limiting beliefs and lies about your self-worth. You want this year to be great, and you want to form new, strong relationships, but how do you do it? How do you achieve lasting love and commitment? It seems like an almost impossible task, but it's one that we shouldn't give up on.

Today, I have the perfect person to help us train our brains to attract lasting love and healthy relationships. He's a favorite guest of the podcast, and he's back today to share more of his amazing wisdom. My friends, I bring you Dr. Joe Dispenza!



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

#### **INSPIRATION I MOTIVATION**



# Amanda Gorman's Inaugural poem "The Hill We Climb"



## Oprah Winfrey: "This is my Mantra for Success | Motivation"

https://www.youtube.com/watch? v=TT0D0vnx00c



When day comes, we ask ourselves, where can we find light in this never-ending shade?

The loss we carry. A sea we must wade.

We braved the belly of the beast.

We've learned that guiet isn't always peace.

and the norms and notions of what "just" is isn't always justice.

And yet the dawn is ours before we knew it.

Somehow we do it.

Somehow we weathered and witnessed a nation that isn't broken, but simply unfinished.

We, the successors of a country and a time where a skinny Black girl descended from slaves and raised by a single mother can dream of becoming president, only to find herself reciting for one.

And, yes, we are far from polished, far from pristine,

but that doesn't mean we are striving to form a union that is perfect.

We are striving to forge our union with purpose.

To compose a country committed to all cultures, colors, characters and conditions of man.

And so we lift our gaze, not to what stands between us, but what stands before us.

We close the divide because we know to put our future first, we must first put our differences aside.

We lay down our arms so we can reach out our arms to one another.

We seek harm to none and harmony for all.

Let the globe, if nothing else, say this is true.

That even as we grieved, we grew.

That even as we hurt, we hoped.

That even as we tired, we tried.

That we'll forever be tied together, victorious.

Not because we will never again know defeat, but because we will never again sow division.

Scripture tells us to envision that everyone shall sit under their own vine and fig tree,

and no one shall make them afraid.

If we're to live up to our own time, then victory won't lie in the blade, but in all the bridges we've made.

That is the promise to glade, the hill we climb, if only we dare.

It's because being American is more than a pride we inherit.

It's the past we step into and how we repair it.

We've seen a force that would shatter our nation, rather than share it.

Would destroy our country if it meant delaying democracy.

And this effort very nearly succeeded.

But while democracy can be periodically delayed, it can never be permanently defeated.

In this truth, in this faith we trust, for while we have our eyes on the future, history has its eyes on us.

This is the era of just redemption.

We feared at its inception.

We did not feel prepared to be the heirs of such a terrifying hour.

But within it we found the power to author a new chapter, to offer hope and laughter to ourselves.

So, while once we asked, how could we possibly prevail over catastrophe, now we assert,

how could catastrophe possibly prevail over us?

We will not march back to what was,

but move to what shall be: a country that is bruised but whole, benevolent but bold, fierce and free.

We will not be turned around or interrupted by intimidation because we know

our inaction and inertia will be the inheritance of the next generation, become the future.

Our blunders become their burdens.

But one thing is certain.

If we merge mercy with might, and might with right,

then love becomes our legacy and change our children's birthright.

So let us leave behind a country better than the one we were left.

Every breath from my bronze-pounded chest, we will raise this wounded world into a wondrous one. We will rise from the golden hills of the West.

We will rise from the windswept Northeast where our forefathers first realized revolution.

We will rise from the lake-rimmed cities of the Midwestern states.

We will rise from the sun-baked South.

We will rebuild, reconcile, and recover.

And every known nook of our nation and every corner called our country, our people diverse and beautiful, will emerge battered and beautiful.

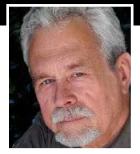
When day comes, we step out of the shade of flame and unafraid.

The new dawn balloons as we free it.

For there is always light, if only we're brave enough to see it.

If only we're brave enough to be it.





# For All Is Love A Spiritual Journey of Eternal Love

This may be the 'perfect' book to discuss for the month of February, which, of course, celebrates Valentines Day. Warning: This is not your typical cutesy "Hallmark" style Valentine's Day love story. This love story is a tad more lasting than most love stories.

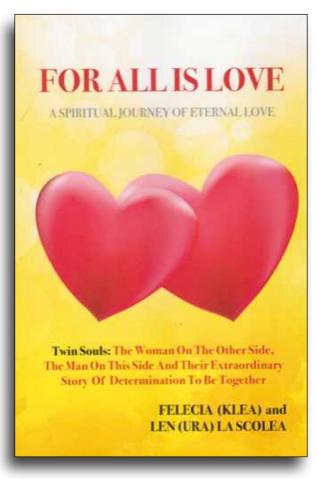
I first heard about this book on a recent Zoom call hosted by Wendy Zammit. Victor and Wendy Zammit publish a free newsletter, The Friday Afterlife Report, which focuses on evidence of the Afterlife. I had never attended one of the Zammit Zoom calls, but for some reason, on this particular day, I was prompted to join in, and I am glad I did because on this call, they featured Dr. Len La Scolea, author of For All Is Love. He is a doctor from Buffalo, New York who lost his wife to cancer and that was the beginning of his journey of discovery.

love story which transcends time and space. Dr. Len, was a medical doctor, a true die-hard skeptic atheist who did not believe in life-after-death. The story begins when Dr. Len's wife, Felecia died in his arms one morning. His pain is further compounded by the guilt he felt because, as a doctor, he was not able to save her. I felt his pain because my own situation mirrors his very closely.

I found the book to be very

moving because it is an eternal

In the early months after Felecia passed, Dr. Len paid little attention to the 'signs' she was giving to try to get his attention... things such as turning lights



This book should erase any lingering doubts you may have about a life before and after your present life.

Buy For All Is Love on Amazon.

on and off, TVs and radios randomly turning on, etc. Eventually he had to admit something unusual was going on, so he sought the assistance of mediums and other paranormal practitioners to figure this out, and how to establish better contact.

After a few months, he began his investigation into the Afterlife in earnest, and he was amazed to discover that he indeed was able to establish a regular, consistent method of communication with

his wife. He soon discovered that her main mode of communication is via clairsentience, which is defined as "the ability to clearly feel energy."

As Dr. Len becomes more adept at communicating with Felecia, over time she is able to confirm details about their past lives together going back as far as the Stone Age – more than 17,000 years ago! She also indicates to him that each have had hundreds of lives on Earth. After a conference with past life researcher and author Dr. Brian Weiss, Dr. Len received numerous vivid memories of several past lives he had with Felecia in his daily meditations. The dominant one was about 200-300 BC in Rome.

Eventually, through in-depth research and experience, the author realizes that this Earth life is: "...all about the eternal cycles of the soul for the evolution of spiritual development and improvement. The sad thing is that people today have minimal, or no connection to their real self, the soul. People simply don't have a clue as to what and who they really are. What we are is

eternal Interdimensional Spirit Beings (ISB) having human experiences in order to advance the spirituality of our soul. We take on human form to accomplish this."

This is a revelation from one of Dr. Len's old childhood neighbors, "I have known Lenny since the 5th grade. After reading his love story with Felecia here on Earth and the other side, I still had doubts that the other side existed and... decided to put Lenny to the test. I asked Lenny to contact Felecia to contact my



Dr. Len with wife Felecia in earlier times.

dead father to tell her to tell Lenny something only I know. Lenny came back to me with a message from my father that knocked my socks off. Felecia told Lenny my father's birth name, which I never told Lenny, and what happened to me on a bike ride two days ago that only I knew about and no one else. Now I believe!"

Another old friend, Raymond Nowicki, CPA, summarized Dr. Len's experience like this (edited): "When Felecia went to the Other Side, he was destroyed by her loss. But through a scientifically-driven journey, Dr. Len has taken a trip which has provided him peace like I've never seen. He described in detail the joys of his reconnection with Felecia. I saw a man changed forever!

"He has a message for 'the average guy' or woman who has lost a spouse. His short tales of this spiritual journey will give everyone a new hope that you can and will find that lost love. I witnessed his change, and it is beyond miraculous. Read For All Is Love and receive a chance of returning to the joy of reuniting with the one you thought you lost."

Δ

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





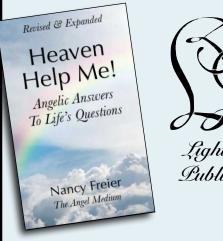
You Can Talk To Your Angels & Guides in Spirit!

Connect with your Angels and Guides in Spirit and learn how to communicate with them using an automatic-handwriting & typing technique.

> Private Classes available on Skype or Zoom by appointment

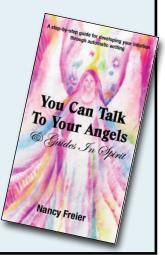
e-mail: theinnervoicemagazine@gmail.com for details and to schedule your session.

Presented by Nancy Freier "the Angel Medium" Publisher of **The Inner Voice Magazine**. Nancy is the author of **Heaven Help Me!** Revised & **Expanded Edition and** You Can Talk To Your Angels & Guides in Spirit Available soon on Kindle.





Lightlines Lublishing





# Is this the End of the World?

by Beverly Hutchinson McNeff www.miraclecenter.org

It is amazing how we have such a preoccupation

with the world's end. Nostradamus, the famous 16th century French seer, the Bible with its Armageddon, and the 2012 prediction of the end of the Mayan calendar all prophesied the end of the world. There has always been talk of a cataclysmic event happening to change the world, but why does that have to be a bad thing? Why is the end of something a threat? Why can't it simply be the end of one experience and the birth of a new one? Just as a caterpillar goes into its cocoon only to come out as a butterfly; the caterpillar's death is the butterfly's birth. No one is too upset about that because we know that its life continues on.

This is the same perspective we need to hold for ourselves. I am pretty sure the caterpillar does not have a scientific understanding of what we call metamorphosis, yet it does not cower in the face of its impending doom in the cocoon. It actually has a pretty good-sized dinner before its long sleep, and then it becomes a thing of rare and delicate beauty.

Perhaps this is how we need to look at any impending thought of doom: look at it, then move through it without fear, so we might experience the miracle we are entitled to on the other side.

#### Looking at it...

This concept is not new to any Course in Miracles student. There are a number of places in the Course where we are told not to focus on the frenzy of our fear thoughts, but to look clearly at what we think is the problem or challenge before us. Getting caught in the fear does nothing for us; it neither solves the problem nor helps us to feel the peace that will allow us to be open to another way — the miraculous transformation before us. In some parts of the Course those fear



thoughts are described as clouds that can be easily moved through. They have no substance and can only stop us if we allow them to do so. As it says, "Go on; clouds cannot stop you."

What frightens us is not that we look clearly at something, but that we don't look, and instead live our lives based on what we *think* might happen. The Course tells us we see nothing as it is now. Our "seeing" is based on what we think "has happened" (the past) and then projected into the realm of what we think "might happen" (the future) and we miss the opportunity to see the truth that stands before us now.

#### **Emptying your cup...**

What are the thoughts racing through your mind? Are you a cup that is overflowing because of your fears or worries from the past? Perhaps it is time to empty your mind to allow truth to find a home. Your answer is with you now; you merely need to clear away everything that is not the answer.

#### Moving through it...

We spend so much time in the company of fear, but no one likes it. We feel victimized by fear. So, maybe it's time to stop inviting it over. I don't know about you, but I

have a busy life. I just don't have time for thoughts that don't benefit me. Worrying about what has happened or what might happen prevents you from seeing what *is* happening.

There is a fable about two monks who were walking by the side of a stream when they came across a woman. She was in great distress, for she needed to get across the stream, but she could not swim. The elder monk picked her up and carried her across, and then came back and resumed his journey with his fellow monk. The elder monk could tell that something was bothering his companion, but nothing was



Continued on page 11

#### Miracle from page 10

said. Finally, after a few hours, the other monk could not keep his mouth shut any longer. "You know our vows prohibit you from touching a woman. How could you do that?" he scolded. The elder monk replied, "I put that woman down on the other side of the stream. Why do you still carry her?"



There may very well be challenges you have to face, but carrying your fear and judgments from the past do you no good, and certainly do not allow you to be open to experience a miracle awaiting you.

#### You are entitled to miracles...

When studying The Course, we are told we are entitled to miracles, so perhaps we should believe it! As a matter of fact, we are told in the beginning of the Text in the first 50 miracle principles that *miracles are natural*, and when they do not occur something has gone wrong. The fact is miracles are happening all the time; what has gone wrong is our unwillingness to notice them.

As Einstein said, "You either live as if everything is a miracle or nothing is a miracle." That is your choice. The Course is not about you creating miracles; it is about you removing the blocks to the awareness of the miracles that are all around you. You are the heir to the kingdom of God, so it is time to stop living with such an impoverished attitude.

When we dwell in fear, we lose. There is an old proverb: *Never wrestle with a pig. You both get dirty and the pig likes it.* Stop wrestling with your fearful thoughts; you will never win, and the fear will become more real to you because of your resistance.

Look clearly: what has the past given you? What value have you received from dwelling on issues from your past? You might say you learned some good lessons from it. Okay, fair enough, so take the lessons and release the rest. The problem is most of us are not spending time in the past thinking about the wisdom we have

gained; we are spending time in the past in regret, guilt, fear, or anger. When we dwell there, we are stuck and keep reliving it in our future.

There is a miracle waiting for you today, right now. It cannot be lost or found by someone else for you. It will be found only by you. It requires only that you no

longer carry your past into your future and that you be willing to empty your mind of fearful thoughts now. God is waiting to fill your cup with the truth.

#### An apocalyptic truth...

This is an apocalyptic idea, for it is the end of the old and the awakening of the truth in your mind and world. The Course puts it like this...

The first step toward freedom involves a sorting out of the false from the true. This

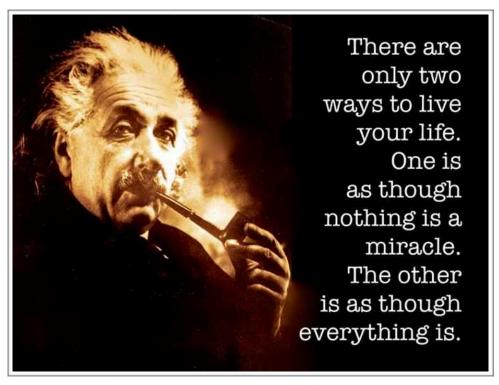
is a process of separation in the constructive sense, and reflects the true meaning of the Apocalypse. Everyone will ultimately look upon his own creations and choose to preserve only what is good.... At the same time the mind will inevitably disown its miscreations which, without belief, will no longer exist. (T-2.VIII.4)

Releasing fear will not be experienced as a struggle, when it is finally seen for the worthless unproductive idea it is. It will be like tossing away the paper that surrounds a gift – it is something that no longer has value for us, in favor of the gift it had been hiding.

The end of something is not to be feared; just as the end of fear is not to be delayed. Fear doesn't make life exciting; it makes it exhausting. The Course tells us we think that without our ego, all would be chaos. It then goes on to say, though, that without the ego, all would be love.

It is time for the end of the world of fear and the birth of the world of love. This kind of end is not one of destruction, but translation. Allowing all mistaken, fearful thoughts to be translated into knowledge and restoring to our minds the truth we think we have thrown away, *is* Heaven. And this is really not an end; it is the beginning.

Δ





When you realize how much stress you can release, how much space you can create, how much money you can save, and how much joy you will experience simply by reducing the number of items in your home, you'll wonder why you didn't start sooner.

Decluttering can feel like an impossible task but a big glass of water, a fun, let-it-go playlist, and a very specific list of things to let go of can get things started. You get the water, I'll give you the list!

If you want to enjoy your favorite things, only own your favorite things. If you feel stuck, stop thinking about what you are getting rid of and instead consider what you are making space for. Make space for laughing, resting and connecting. Make space for what matters to you.

**Extras** – You get to determine how much is enough for you, maybe it's one or none or less or more.

- 1. coffee cups
- 2. measuring cups & spoons
- 3. wooden spoons
- 4. wire whisks
- 5. the same shirt in different colors
- 6. handbags (yep, I went there)
- 7. sunglasses
- 8. pens

Things that make you feel bad – f you want to feel good, stop surrounding



## **Be More With Less**

# By Courtney Carver courtney@bemorewithless.com

yourself with things that make you feel bad.

- 9. sentimental items that remind you of things you don't want to remember
- 10. mean things people said about you
- 11. old journals from a hard time
- 12. the news

13. clothes you spent too much money on

**Stuff you never use** – If you are holding on thinking, "it's not hurting anything," reframe and ask yourself how it's helping and contributing to your life. If it's not, you don't have room for it.

- 14. random spices and sauces
- 15. uncomfortable shoes
- 16. old makeup and other beauty supplies
- 17. clothes that don't fit your body or your lifestyle
- 18. empty frames and other containers
- 19. exercise equipment
- 20. outdated hobby stuff
- 21. books you've already read or never plan on reading
- 22. junk drawer things (or the whole drawer)
- 23. knick-knacks
- 24. freebies (when you bought things you didn't need to get things you didn't want)
  25. gifts (if you don't need or want them,
- let them go)

**Digital things** – You don't have to save it all. Just because you can, doesn't mean you should.

- 26. podcasts you don't listen to
- 27. music you don't enjoy
- 28. documents you saved and never access
- 29. email you don't need
- 30. subscriptions you aren't using
- 31. people on social media you don't want to follow anymore
- 32. apps that drain your time and energy

33. social media platforms you don't enjoy or care about

**Photos and paper**— With paper and photos, it's not about getting organized. It's about saving less. If the piles keep growing, ask these two simple questions.

- 34. photos that are duplicates or similar to others
- 35. blurry photos
- 36. photos of things you don't remember or don't want to remember
- 36. coupons or mailers you aren't using
- 37. bills and statements you can get online
- 38. old newspapers and magazines
- 39. children's artwork and homework (save some but not all)
- 40. anything you've ever ripped out of a magazine

**Heart + soul + mind -** This is the clutter you can't see. It's the hard stuff, the stuff that's holding you back. And it's yours to let go of when you are ready.

- 41. believing everything you think
- 42. other people's opinions
- 43. alcohol
- 44. apologizing for things you don't need to be sorry for
- 45. being normal
- 46. perfection
- 47. comparison
- 48. old goals and expectations
- 49. diet culture
- 50. guilt
- 51. the past
- 52. anything that keeps you up at night (except your kids, pets, partners)

You may not have to declutter all of these things. Simply remove the things that remove you from your life.

Δ



# Revealing the GOLD Within

I want to share a true story about a Golden Buddha statue and how it helps me understand transformational healing.

In the 1700s there was a monastery in Tibet with a 10 foot tall Buddha statue made of gold. The monks who lived at the monastery heard that thieves were intending to come and steal the statue, so they covered the statue in stucco/clay to disguise its true value. When the thieves arrived and saw, what appeared to be a clay statue, they were very angry and they killed all of the monks at the monastery. For nearly 200 years no one knew the true value of the golden Buddha statue. People took it at face value and they deemed it as clay. In 1955, a museum in Tibet decided to bring the statue down off the mountain and add it to their collection. However, when they went to lift it they were not expecting over 12,000 pounds! Their chains broke and the statue fell, chipping away the clay coating and exposing the gold underneath.

I frequently use this analogy with clients to describe how we became separated from the truth of who we really are. We have come to see ourselves as mere clay and have forgotten our inner golden Buddha nature that could never be tainted by 'the clay of life.' This analogy especially comes up around childhood sexual abuse issues where people tend to identify with the shame and guilt and take this on as their true identity and worth.

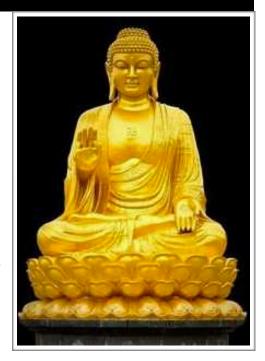
I have recently had the honor and privilege of assisting several clients with childhood sexual abuse using Shamanic energy healing. To begin the sessions, I call in Spirit helpers, the six directions, and angel guides. Then, I tune into the client's energy and wait for Spirit to lead the way. All of these recent sessions with clients who experienced childhood sexual

abuse had a similar pattern, which was surprising to me because usually people's sessions are very unique.

In these sessions, Spirit led us on a rescue mission where I went, along with my client and a Spirit helper, back into the scene of the trauma. We sat together with the child while they fully allowed themselves to experience the feelings associated with the incident... feelings such as; shame, blame, guilt, abandonment, confusion. Once each feeling was allowed to be fully felt, it progressively loosened the grip that held the child hostage. After these feelings no longer bound the child to the space, they could leave. In the sessions, Spirit directed us to place the whole space into a huge 'white light angel box' for safe keeping.

From there, Spirit guided us to a beautiful waterfall where a golden liquid light flowed down and collected in a pool below. The child self and the current client were guided into the pool where they felt the liquid light clearing and cleansing them, the light flowing into and through each atom and molecule of their being. They were encouraged to submerge themselves in it and inhale this light to cleanse their entire being. Then, they were guided to slowly fuel up with the pure, wise and loving Mother and Father energy. In the pool, the child-self and the current-self were able to see each other as they truly are - pure perfection. Then they were able to exit the pool and find their own wardrobe of every version of themselves they might ever want to be; and, they can choose what timeline they want to step into.

The beauty and power of the experience is the truth that they receive about their innate inner perfection; and, the love that



is at the core of their being. It has always remained intact and it always will. It is the 'golden Buddha nature' that is our truth and animates our being. When we come in contact with this Truth, we come in contact with our God-Self where no healing is required, and everything is possible.

Δ

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

Heather specializes in:

- Spirituality Integrated Counseling
  - Brainspotting
  - Past-life Regression Therapy



For more information, e-mail: onelovecounseling@gmail.com



# Create a 'feng shui' vision board for 2021

By Rachel of Peace.Love.Feng Shui https://peacelovefengshui.com

Vision boards are a fun way to turn your dreams into reality, and a 'feng shui' vision board helps organize your dreams and ignites them into action. Here's how to use the feng shui bagua map to create your

vision board: [Read complete article here: <a href="https://peacelovefengshui.com/feng-shui-vision-board/">https://peacelovefengshui.com/feng-shui-vision-board/</a>]

- 1. Decide which area of your life/home you would like to concentrate on and brainstorm the things you'd like to manifest. You can get really specific (I want a new blue Subaru with heated seats and a sun roof); or, be more general (I want a new car).
- 2. Look for words, affirmations and pictures that represent what you'd like to call into your life. If you want a new job, for example, find pictures that represent the work you'll be doing.
- 3. Gather your supplies: pictures; <u>affirmations</u> or quotes of things you want to manifest; plus markers, glue, glitter and anything else. (Look at my <u>ultimate vision board guide</u> for ideas.)
- 4. Now, it's time to apply some 'feng shui magic.' For example, if you'd like more money, place those pictures, quotes, etc. in the upper left (Wealth & Prosperity) corner of the bagua. If you'd like to increase romance or attract a romantic partner, place those pictures, quotes, etc. in the upper right (Love & Relationship)

corner. If it's a new baby you want, place the pictures, quotes, etc. in the Children & Creativity area. If you want to attract new customers, put the pictures, quotes, etc. in the Helpful People area, and so on. If an item could go in more than one area, pick whichever area feels best, or create a whole board that represents that one thing.

When your vision board is finished, place it in the correlating area of your home. For example, if you'd like to get a new job, place it in the career area. Finally, to make your vision board manifest for you, ignite it with your intention. When you have intention behind your actions, you show the Universe that you really want your dreams to come true.



The Bagua 'map'



Sample of a 'non-specific' feng shui vision board showing the bagua colors for each area.

14



https://www.potterybarn.com/shop/furniture/beds-headboards/#

Harper Tufted Upholstered Tall Bed \$ 1,799 - \$ 2,899

- Choose colors that you would find in the human family of skin tones. Basically, no cold greens and blues except for minimal accents.
- Choose soft furnishings and textures. No sharp edges and
- Place balanced nightstands (of equal height and weight) on both sides of the bed; complete with matching lamps. I have seen homes with only one nightstand and that partner dominated the relationship.
- Choose art that you both love.
- Except for your small wedding photo, have no people pictures in the room.
- Remove tvs and other 'active chi' items from the room.; for when they are brought in... romance goes out.



Nancy Freier, **Intuitive Interior Design Consultant** & Energy Flow Expert



Consultations in-person or via Skype. Contact me today! e-mail: NFreier@aol.com www.NancyFreier.com

- \* Assoc. of Arts-Interior Design
  - 1999 Graduate of the Western School of Feng Shui®
    - \* Over 30 years of happy clients

### Essential Feng Shui® Solves Problems!

#### Call the feng shui expert when...

- you want to increase your prosperity
- you want to enhance your relationships
- you want to boost your health or upgrade your life
- you are designing, building or remodeling
- → you are choosing or selling an existing home, business, or a piece of land
- you feel stuck, or your life has changed in some way; such as: a marriage, divorce, birth, death, a child moves to college, a change in career direction, etc.
- → you are ready to clear the clutter and bless the structure you live or work in



# Just when I need a little Love...

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

**Power Animals** impact your life when you need them most. The other day, Spirit Fox returned to me in a big dream, the kind of dream that stays fresh in your mind ~ in full color and details ~ upon awakening. You're meant to remember it.

Secondly, in the dream, I knew immediately all that was happening. I was packing up art supplies to go home from

college. My Chicago best friend was there as we were saying good-byes.

We all lived in a large house for women on campus. Plus, instead of cats or dogs for pets, we each had a fox. The place was loaded with foxes of every color and age. Kits to adults, red, golden, pale fawn, to silver, all were there, together.

I couldn't find my red fox 'Nikki'. (She's a master of invisibility.) I called and roamed around, knowing I couldn't leave without her. That's how I woke up.

Power Animals impact your life in Spirit and Reality. I call this "Soul Wisdom." I painted a Spirit Fox a few years ago. She, too, was camouflaged deeply in bushes and flowers. Finally, I found her and started painting over the foliage making her appear.

She started to return to me. I could sense her cleverness, her ability to be present – or not... her wildness and deep knowing as she quickly evaluated any situation. She adapts!

And this was my lesson to remember: To move forward I must adapt to heal, love and be open to life on every precious day. Plus, what works on the spirit level, shifts the real world. We

> found physical tracks of our neighborhood fox all around the house!

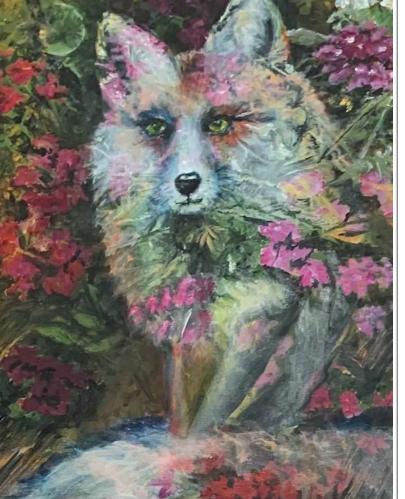
> Then, to my amazement as I finished journaling this story today, I received a phone call. I had hurt my shoulder and wrist on my painting hand at the end of the year, and it wasn't going away. So, yesterday I finally made the decision to see a specialist. Just my luck... someone had cancelled and I have an appointment tomorrow.

Not prepared, or am I? Fox shows me the way to adapt; or, as Stephen Colbert would say, "Improvise!"

We're moving forward at warp speed on this one, and dear Fox is here to give me strength. So, keep me in your light and in your hearts. I feel it's all meant to be. I'll keep up as best I can.

Δ

Spirit Fox visited me in a big dream teaching me to adapt.







#### **Practicing Mindfulness By Beverly Brunelle**



# **Exploring What Love Is**

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

In all the decades of working with clients, it is consistently revealed that children create beliefs with a strong effort to love themselves, to help them feel safe and protected based on their fear of losing the love of parents, caregivers, teachers, etc.

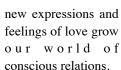
As we become adults we think we grow away from our childhood. But, those now outdated early perceptions and beliefs generated from a young, limited awareness of life, relations and possibilities, are still unconsciously guiding our reactions in our current exploration of loving relationships; and, are often a great source of suffering.

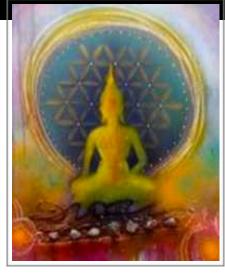
Children tend to copy their parent's style of relating, communicating, and behaving. They adopt the attitudes, behaviors and emotions of their environment in an effort to show they love their parents by being just like them. Even when children are abused by parents they will, later in life, seek to recreate resemblances of early trauma conditioning by choosing people and situations that will replay early, or ancestral family dynamics in order to heal and rectify all of it. But, being unconscious, the scenario continues to play out as it always did – with suffering, love lost, and a longing to belong.

I remember times when I was internally stuck, begging to be seen, acknowledged and loved, but I chose to appear aloof, insensitive, and even angry. I remember inner dialogues in my head, silently saying to my friends or partner, "Please move through my resistance. Please see that I am scared and totally afraid of rejection, so I will hide out here in my inner security of insecurity and hope you will hear my silent call for love and acceptance."

What will get us off the blind and painful loop of repetition? How can we restore, evolve and expand our experiences of generating more self love? How can we wake up to claim the pure, creative, hidden love within and inspire our capacities to birth new possibilities of self worth, clarity and powerful presence in our relationships?

Shining the light of awareness on the origins of how we have explored love, our innocent wisdom efforts to protect ourselves and fix early family scenarios is a key. Deeper honesty with ourselves to discern and honor all secrets of our inner and outer flavors, interpretations and experiences of our love explorations expands the field of self-love, acceptance and new possibilities. New clarity and openness to be, receive and give





Love is never too late. Loving is an earthly treasure that enriches our well-being. Updating our discernment and capacities to love ourselves feeds and frees our soul from looping in reactive patterns into creating new and radiant loving explorations.

#### **A Self-Loving Practice**

A perfect time to practice self-love and appreciation is while going to sleep. Focus on and appreciate your breathing. Using body awareness rather than words, slowly scan through the sensations of your head, face and neck. Feel appreciation for your capacities to see, hear, taste, eat, speak, sing, think, discern, express, etc.

Move your awareness through your neck, shoulders, arms, down to your finger tips. Feel appreciation for your capacities to swallow, speak, turn your head, reach out, hold, hug, to write, draw, and build. Appreciate your thyroid's capacities to be the headquarters for your body's hormonal support.

Slowly scan your awareness though your chest, torso, pelvis, spine, all the bones, ligaments, organs, blood vessels, etc. that work in harmony to support a healthy, functional community of heart, lungs, kidneys, liver, bladder, intestines, gallbladder, stomach, sex organs, colon, urethra, etc. Appreciate all the detoxing and eliminating capacities.

Appreciate your capacities to love. Moving your awareness through your legs, joints, feet and toes, appreciate all the movement, strength, flexibility and joy they have brought to you. Appreciate your whole body for all the love you have felt, all the love you expressed, and all the varieties of pleasure you have experienced throughout your life's journey.

Feel your body's response to this level of awareness and appreciation. If you are still awake, expand your field of appreciation to the time of day, to your environment, to your family and friends, to your work, to your glowing health, to your abundance and finances, and to all your loving relations.



Q. A few months after my Dad passed away, I received a recorded message on my answering machine. The 'Call Display' indicated that the call had come from my parent's house. I called my Mom to see if she was alright and asked her if she had tried to call me. She said no.

After listening to the message, I asked my husband to listen to it. There were no words, just moaning. He freaked out and deleted it. I immediately assumed it was my Dad trying to contact me. I found it upsetting because I had hoped he had found peace, but the moaning sounded sad.

Does anyone have similar experiences or thoughts on this? – <u>Darlene Wood Kennedy</u>

**Response:** It could have been your Dad *trying* to speak to you, but the only sound he could muster was that of a moan.

I suggest you talk to him as though he is sitting right there with you... and as you go on with your day, be mindful for any signs back to you from spirit; a voice, a Cardinal, something that you connect to your dad's memory. Souls usually are just trying to say hello and tell you that they are all right.—Nancy Freier

Q. I'm curious, is it ever too late to establish communication with a deceased loved one? I'm trying to connect with a friend who died in a car accident about 1-1/2 years ago, with no luck. I received a beautiful sign .. a blue butterfly, unless that was coincidental, but since then, no dreams, no visions, nothing. –Bobbi Mitchell

**Response:** It is never too late! There are no clocks and calendars on the other side.

**Q.** Do you see the difference in dreams when you dream of your loved one that passed than any other dream? If so, what is your experience? Are they more real, more vivid? Do you ever feel like they are more like visits and they come with

messages? Very interested to see what you experience. – <u>Tina Basia</u>

**Response:** [They do] whatever it takes for you to understand it's a visit!

- Laura MacLachlan

**Q.** Are our guardian angels and spirit guides one and the same, or are they two very different things? – <u>Helmetta</u>, NJ

Response: Angels are energetic beings,

they are not our deceased loved ones. Spirit guides are given to you at birth by 'God, Creator, Divine' to help you in your life lessons.

-Dolores Macedo Eaton

#### Flickering Lights Phenomena

I used to address my Dad when he first passed away by saying "Dad, if that's you, turn on the light." And, sure enough, the light would go on after a few seconds. This was an outside light over our garage that had never been hooked up! Freaked my husband out

totally and he wanted to move. lol We did since move and it has occurred everywhere I go, new home, work, someone else's house. Most often when I'm upset or in turmoil over something.

...My father has always visited me and revealed his presence by "flickering lights." I believe with all my heart that my mom is with him and they have both been visiting me lately. The flickering lights have been occurring with much more frequency since my mom died and they happen in every room that I enter! It is so comforting knowing that they are both with me now.

- Katherine Antonini

**Response:** That is so beautiful Katherine... that's a blessing! – <u>Federico</u> <u>Aguilar</u>

**Response:** That was your Dad for sure! – Sallieann Verderosa Serviss

**Response:** No coincidences in life, just synchronicities...not to be explained away. Just say thank you. – <u>Tami</u> <u>Holbury-Ferraro</u>



Q. I went to the cemetery today to visit my mom for her birthday that was on Friday. I also went to visit my dad as well. As I was walking to my dad's grave I came across this guy just staring at me. Was this possibly a visit or just some deer grazing? – Sophia Dzanashvili-Vega

**Response:** That was your Dad for sure! – <u>Sallieann Verderosa Serviss</u>

**Response:** No coincidences in life, just synchronicities not to be explained away. Just say 'thank you!' -<u>Tami Holbury</u>-Ferraro

Δ



#### **HEALING TOUCH ART – By Jeanine Semon**

for the desk or bedside

My glass art is a group of calming healing images. They comfort, leading you into a new place where change happens, the soul and body restore. I know that art has incredible power. Treat yourself to a small (but big enough) 10" x 7" desk-size piece of my art printed on glass that will make you feel good. For the desk or bedside, it comes with an inconspicuous silver-colored support stand. These pieces are truly beautiful.

E-mail: <u>jeaninesemon@gmail.com</u>



16 X 20 on luster paper. Price includes shipping! \$105 11 X 14 on luster paper. Price includes shipping! \$51 Special sizes are available. E-mail: jeaninesemon@gmail.com

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



# Showing Some LOVE for Sophie

Sophie, a former Greyhound racer, had been adopted once before, but was surrendered back to the Greyhound Rescue Group due to her shyness and inability to adapt to her new home. Her adoptive parents sited her inability to get used to the noise level in her environment as the main issue. The foster parents who cared for Sophie after her return to Greyhound Rescue had Sophie only two or three weeks when her new "parents," Chloe and Paul adopted her. She had remained fearful and skittish during her entire time at her foster home. Sophie's foster parents dealt with her in a very caring and gentle manner.

"Sophie is terrified of fast movements, going through doorways, taking treats from your hand and she's very frightened of men in particular," said Chloe. "Paul and I want to know how we can help her trust us and feel comfortable. We wonder if past experiences may be contributing to her fear issues."

Being that we were not physically in the same space, I introduced myself to Sophie by imagining that I was sitting on a White Light Blanket in the middle of a beautiful field of wild flowers. I opened my heart to her and showed her that it was safe

AUTHOR READING

Dog Heaven
Is For Real

(My 10 Minutes There)

by Buster

Dog Heaven
Is For Real

(My 10 Minutes There)

by Buster

Dog Heaven

What Jesus

looked like, here is a description of the Sandwich he was holding..."

for her to join me. She hesitated, and I could feel her anxiety rise up from my belly and into my heart. I asked her if she could share why she felt so much anxiety.

I saw Sophie in a boot camp for dogs. It was a hard place with rules and regulations and no room for emotions like love, c o m p a s s i o n,



innocence or happiness. The boot camp had bunk beds lined up and Sophie had a trunk at the foot of her bed. All of her emotions except anxiety were locked in the trunk. She did not have access to her feelings.

"It looks like you have never had access to your emotions," I said sympathetically. "Would it be possible for us to go back to the time before you were born?"

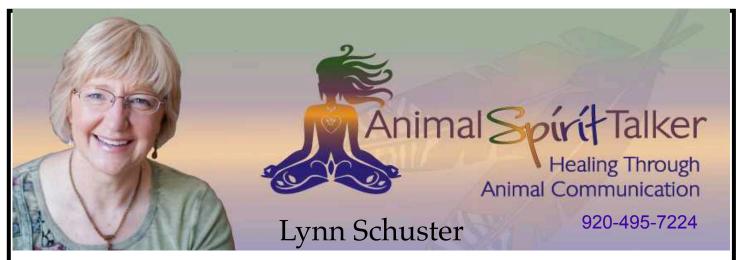
We viewed Sophie in her mother's womb with her siblings. Her mother was also a racer and she held the same anxiety in her body that I felt from Sophie. Sophie and her siblings were "baked" in fear and anxiety. Her mother was not seen as the beautiful and loving animal that she is and therefore she was incapable of experiencing love and nurturing her pups. Anxiety was transferred ancestrally from mother to daughter.

As we began to establish our relationship, Sophie trusted me enough to move next to me on the White Light Blanket. Together we opened the trunk at the foot of her army bed. Sophie took a deep breath in as she saw all her emotions folded neatly in the treasure chest. I could feel her heart open as she tried on the *feeling of love*.

My eyes teared up as Sophie felt this love, perhaps for the first time in her life, and now that the trunk is open, she is exploring all of the other emotions that had been packed away.

Δ

Lynn Schuster is a Telepathic Animal Communicator, Intuitive, Reiki Master/Teacher and Artist. Find her on Facebook: <a href="https://www.facebook.com/healingthroughanimals">www.facebook.com/healingthroughanimals</a> Please see her ad on page 21.



## **Telepathic Animal Communicator**

Animal Communication Expert & Teacher Sturgeon Bay, Wisconsin USA & the World!

#### Connect With Your Animals!

- Learn if they're in physical pain, have fear or anxiety, and how you can help them
- Understand their behavioral issues, and how to change bad habits
- See how they're doing with any changes such as new food, or exercise routine
- Find out if they are ready to transition, and what they need from you
- Discover what your rescue animal's lives were like before they came to live with you

I work remotely, meaning we can talk on the phone from anywhere in the world! Schedule a Private Animal Communication Session!

www.animalspirittalker.com

Sign up for your FREE REPORT: Life-Changing Messages From 10 of My Favorite Animals!



# Raw and Ripped Open

#### - From a blog by Dayashila Carrie Grossman

Recently I read some interesting stuff about butterflies. Do you know that before a caterpillar becomes a butterfly its entire being turns to liquid? The little leaf-muncher actually digests itself, releasing enzymes to dissolve all of its tissues. Once that happens, the nectar reconfigures itself into a new form, the chrysalis cracks open, and the butterfly emerges—crumpled and tiny with wet wings pressed close to its body. Clinging to the shell of the chrysalis, it pumps fluid into its wings to expand them and within just a few hours the bright soul is ready to fly.

Lately I feel like my old sense of self is being liquified. I can't grab hold of my identity and solidify it like I always pretended to in the past. Am I a singer? A writer? A woman? A child? A lover? A lion? A poet? A plum? A cloud? A song? A name? Maybe I'm all of it, and nothing. And maybe it doesn't matter. Maybe I'm

just an ever-evolving flow of karmic debris and timeless truth rolled into a temporal form.

Either way, there are certain times in life when we're asked to let go of a worn out self and open to something new. But in order for that process to unfold, we have to drop whatever stands in our way and allow the intelligence of life to transform us into the fully flowered souls we're destined to be. It's not always comfortable, but how could it be?

Sometimes if we go too long without heeding the call to step into a more authentic existence, life will make sure it happens

one way or another. At such times, everything and anything that no longer serves our highest good will come undone. While this may look fierce on the



surface, in actuality it's nothing but love that makes things fall apart so they can be put back together in a new way.

۸





"I am a fan of your magazine and want to contribute. Lynn Schuster is my Animal Communicator and through her I found your publication. I so enjoy it! —Take Care, Patty L.

"Nancy, your issues are beautiful, inside and out! The covers, though, are SOOO beautiful ~ every issue!" - Rose C.



Let us know what you think! Write: <a href="mailto:theinnervoicemagazine@gmail.com">theinnervoicemagazine@gmail.com</a>

# A Show of Kindness... from a Real Life Angel

#### @DeniseLinn.author · <a href="http://deniselinn.com/">http://deniselinn.com/</a>

Over the years, many people have told me that they really wanted to make a difference. When I ask them what that meant to them, they usually talk about something big and grand. However, when I have scanned my life and looked at what really made a difference in my life, it wasn't something on a grand scale. It has almost always been an act of kindness that deeply impacted my life.

Here is an example of how one person made an enormous difference in my life. I was 19 years old, living on my own and struggling to get by. I went in for a routine doctor's appointment. The doctor looked concerned and said, "There's something wrong with your heart. We need to do more tests."

Greetings! Happy Dance!
Here, at Star Mountain Ranch in Northern California, we have snow ... lots of it!

And, another Happy Dance is letting you know that my meditation: "Angels are Here" is available for free on https://podcasts.apple.com/.../denise-linn.../id955266444...

Sending you heaps of good thoughts, and snowflakes!!

What they found was very serious. I was told that I needed surgery. It was urgent. (The heart problem was a result of having been shot by an unknown gunman, when I was 17 years old. It was an internal injury that the doctors missed at that time.)

I was told that I'd die without the operation.

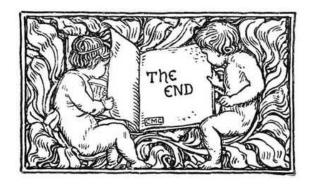
But I had no money. I had no insurance. I called my dad to ask for help. His answer was, "Well, that's too bad. I hope you find some money for the surgery." And he hung up.

I was devastated. I didn't know what to do. I grew up with parents that hated charity, but I realized that welfare was my only option. Standing in that long line at the welfare office was one of the hardest things that I had ever done. When I shuffled to the front of the line, the clerk treated me like I was a subhuman and I was trying to get away with something. I felt humiliated and unworthy.

Eventually, I was assigned to a welfare worker. She literally saved my life. She was kind and treated me as a worthwhile human being. And she arranged for the surgery. However, the thing that stands out like a shimmering light on the horizon of my soul - and it will forever - was her kindness. That saved my life as much as the surgery.

Forty years later I tracked her down to thank her. I told her that her humanity, compassion and belief in me as a fellow human being made a huge difference in my life. She said that she was just doing her job... but I knew she was happy to hear from me. By the way, her name was  $Joy \sim$  how perfect!

Never doubt the power of kindness of one loving human being upon another. It is one of the most profound ways to transform the world. It makes a difference in ways that you may never know.





Diane Bloom is the Owner of Free Spirit Crystals and the Founder and Co-Director of Free Spirit School. Check our website for detailed information!



We hold Classes and Sessions on:
Crystal Healing, Energy Healing with Crystals,
Reiki Attunements, Astrology, Numerology,
Tarot and more!

www.freespiritcrystals.com
We ship stones just about anywhere!

Stone of the Month: Smoky Quartz Smoky Quartz is a grounding stone that helps to calm trauma in the root chakra. It gives a sense of relief and ease from worry.



We follow all Covid-19 guidelines.

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

4763 N. 124th St.
Butler, WI 53007
262-790-0748
freespiritcrystals@gmail.com