

# The Inner Voice

A Source of Light For Unfolding Consciousness • October 2021

## Celebrating Spirit

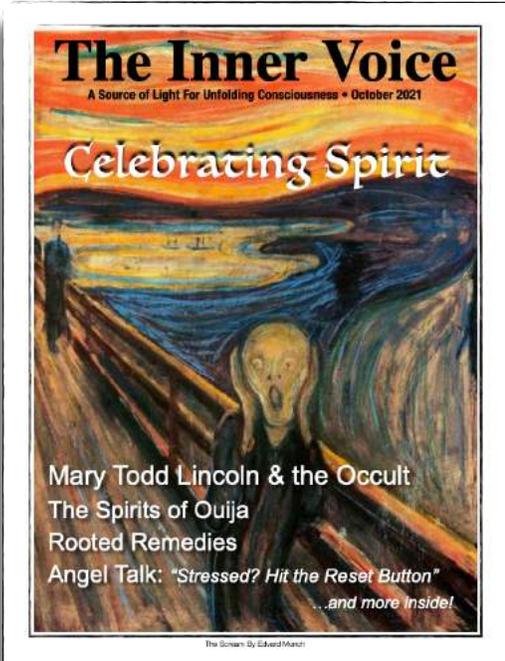
Mary Todd Lincoln & the Occult

The Spirits of Ouija

Rooted Remedies

Angel Talk: *“Stressed? Hit the Reset Button”*

*...and more inside!*



**The Scream** is the popular name given to a composition created by Norwegian Expressionist artist Edvard Munch in 1893. The agonized face in the painting has become one of the most iconic images of art, seen as symbolizing the anxiety of the human condition.

When he painted *The Scream* in 1893, Munch was inspired by “a gust of melancholy,” as he declared in his diary. It's because of this, coupled with the artist's personal life trauma, that the painting takes on a feeling of alienation, of the abnormal. The original “Proto-Expressionism” painting is located in the National Gallery and Munich Museum, Oslo Norway.

Source: Wikipedia

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[The Scream by Edvard Munch Canvas Wall Art, 18 x 12](#)

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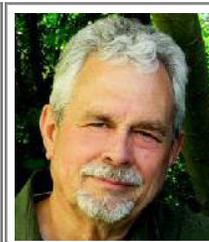
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# Golden Light Healing

DREAM • EXPLORE • DISCOVER • GROW



### Your Hosts

**Amy & Dave Wilinski**

920-609-8277

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

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October 9, 12:30pm-5:00pm

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October 30-31, 9:00am-4:00pm

#### TRUSTING YOUR INTUITION

November 28, 12:30pm-5:00pm

#### COMMUNITY FIRE CEREMONY

November 10, 8:00pm. Free

#### DEATH & DYING

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December 2-5. Open to mesa carriers.

#### REIKI LEVEL I TRAINING

October 3 or November 3, 9:00am-4:30pm

#### REIKI LEVEL II TRAINING

October 24, 9:00am-4:30pm

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October 2021

Dear Readers,

It's been said there are two times of the year: October and waiting for October; and, it always comes just in time to energize life anew ~ similar to the rush we feel in spring, only better!

I first want to say that I had planned something entirely different for the Angel Talk column, but the Angels had something else in mind. (Nothing new there!) I must admit they are always right on with their message. You see, I was tired from all that went on this last year with the pandemic and the fallout, and I wasn't even aware how weary I'd become. You, too? Life was stagnant and nothing was working well. As I sat down to write my column, I had no idea at first what the angels were driving at, but then, voila! *Hit the reset button!* ~ just like we do when our devices aren't working properly.

So, I present to you an issue dedicated to rebooting! Stop overthinking and just let go (as Safire Rose said on page 5). Have some fun! Be a silly squirrel! Halloween is a perfect time to change the mask, lighten up, and laugh a little! Laugh a lot! It's truly magical, just like the ideas I curated for you in this issue.

P.S. And who knew Mary Todd Lincoln was into seances?

Nancy



Photo Source: Internet



Angel Talk™

# Stressed? Hit the RESET button

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

This last year has been extreme and has presented a very challenging time for everyone. I think we can all relate to this after what we have been through with the pandemic, the effects of global warming and the trials of personal difficulties. A reader who has always been on-the-go, asked the Angels for help because they have become weary, with no energy to move forward.

Sreper answered by saying that instead of keeping on as if nothing has happened, realize you need to hit the reset button, take a time-out, and start again. Time continually marches on like a train rolling along life's tracks. The only constant in Earth where you are is change, and change, like time, is relentless. And just like electronic devices sometimes need to be unplugged and restarted, you likewise need a respite. So, instead of trying to keep up with the constant flow of changes, just let the train go by. Let past thoughts and judgements thereof, be in the past. Live the life that is in front of you today. Let go of old ideas that no longer serve your highest good; and, stop comparing yourself to what others are doing or not doing, including letting go of their judgements of you! By holding on to them, it only keeps pressure on you to "keep up with the Jones's" causing more unwarranted weariness. Let it all go.

Reboot!

We remind you that your life has a higher purpose. You are on Earth to accomplish your mission as your soul planned even before your birth, and we assure you that you will have the energy needed to accomplish your goals. But right now,

take a time out. It's been a long and winding road, and if you have forgotten what your purpose is, turn your attention within, and ask your Angels for guidance. We will always lift you up and point you in the right direction. Your soul, like the North Star, knows your mission, as it were; and, will always guide you through it.

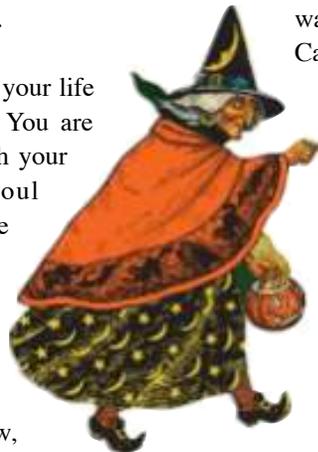
Right now, we say hit the reset button. Inaction is equally important to taking action, as it allows you to garner the strength to continue the journey. Rest, then follow the next lead as it is shown to you. What may take extra effort is for you to stop comparing what is happening now to what has happened in the past, and know that you do not always have to be in motion doing something.

Clear your mind, breathe deeply, then step into your future by following the inner voice of your deep heart. This is your lesson in trust, which is a part of your soul's curriculum while you are in Earth School. Upon graduating from this lesson, we say you will always have the drive and the energy you need to accomplish your goals because you will have learned the importance of resting along the way. *Your future can't go without you, you know.*

In other words, you are becoming the master of your life ~ as it should be! You are no longer married to your past that was hindering your forward progress.

Call in the energy that is abundantly around you. Use this vibrancy as fuel in your tank to live today. Ask that you be guided to let go of what is no longer needed, then release it like you would excess baggage on a hike up a mountain trail.

Δ





## What would you like to ask your **Angels**?

They await your call to connect with them. They know the Grand Plan for your life and stand by ready to help you move through the challenges you face. a reading lovingly explains your Earth School curriculum and answers the questions in your heart ~ pointing the way to transformation and healing.

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## Life Lesson: How to Let Go

# She Just Let Go

By Rev. Safire Rose of [Sacred Dreams](#)

She let go. Without a thought or a word, she let go. She let go of the fear. She let go of the judgments. She let go of the confluence of opinions swarming around her head. She let go of the committee of indecision within her. She let go of all the 'right' reasons. Wholly and completely, without hesitation or worry, she just let go.

She didn't ask anyone for advice. She didn't read a book on how to let go. She didn't search the scriptures. She just let go. She let go of all of the memories that held her back. She let go of all of the anxiety that kept her from moving forward. She let go of the planning and all of the calculations about how to do it just right.

She didn't promise to let go. She didn't journal about it. She didn't write the projected date in her Day-Timer. She made no public announcement and put no ad in the paper. She didn't check the weather report or read her daily horoscope. She just let go. She didn't analyze whether she should let go. She didn't call her friends to discuss the matter. She didn't do a five-step Spiritual Mind Treatment. She didn't call the prayer line. She didn't utter one word. She just let go.

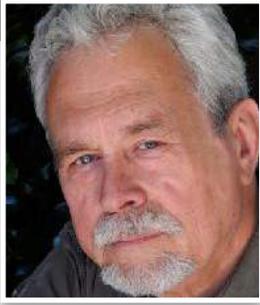
No one was around when it happened. There was no applause or congratulations. No one thanked her or praised her. No one noticed a thing. Like a leaf falling from a tree, she just let go. There was no effort. There was no struggle. It wasn't good and it wasn't bad. It was what it was, and it is just that.

In the space of letting go, she let it all be. A small smile came over her face. A light breeze blew through her. And the sun and the moon shone forevermore.

△



Source: Internet | Artist unknown



# The Spirits of Ouija ~ Four Decades of Communication by Karen Dahlman

This is a fascinating book, comprehensive in its scope, and most likely is one of the few substantial modern day books about the use of the Ouija Board available today.

I first heard Karen speak on the national radio program, Coast to Coast AM with George Noory. Prior to that interview, every time I had heard George talk about the Ouija over the years, he had always maintained a negative attitude toward it. Therefore I found it refreshing to hear Karen's extensive and positive experience with the Ouija board. She is a fascinating speaker and has over 40 years working with Ouija in private, as well as in public demonstrations.

Like Mr. Noory, many people have expressed a negative attitude toward using the Ouija board. Why? Perhaps because they do not fully understand it, or they have been told to stay away from it, and so are prejudiced before they have even tried it. If you don't know what you're doing, yes of course you can attract negative spirits, so it's good to have some guidance and training. If you spend some time reading Karen's book, she covers all of the bases and gives you clear guidelines as to how to properly approach the Ouija board for communicating with the spirit world.

One of my favorite chapters in the book was called, *Coming Out of the Closet* ~ that deals with how Karen decided to bring the use of the Ouija Board into her work as an art

psychotherapist and licensed professional counselor. At first, she was understandably reluctant to reveal her affinity to it because she had a code of ethics to adhere to, and as a result was conflicted. However, she was already using the tool of past life regression which somehow seemed "more normal" to others, whereas the Ouija encounters did not.



However, after so many years of experience in working with the Ouija board, she began to feel that the use of it with some of her clients might greatly enhance and accelerate their progress, especially in difficult cases. She then began to discuss the use of the Ouija board with some of her work associates whom she found were surprisingly open to its use. She said, "I was using the Ouija Board with the intention for spiritual growth. With the days of it being used as a novelty gone now, I was getting into some incredibly provocative material."

Over time her sessions with clients deepened in the most fascinating ways.

*"Backed by our clinical trainings and experiences with helping our clients navigate their psyches, we felt prepared to traverse and navigate the world of 'The Beyond.' With the help of the Ouija board, we began to explore even deeper areas of our psyches, our higher selves, experiences with our clients and quandaries about suicide and multiple personality disorders, to name a few. We were seeing and experiencing the traumatic stories of our clients, but now we could explore the fabulous facets of the human mind and consciousness at deeply profound levels with the help of our spirit friends, our angels, various entities and other helpers we met through the portal of the Ouija Board."*

In my opinion, this is the sort of openness to experimentation that can create profound breakthroughs. I applaud Karen for her bravery in coming out of the closet ~ spiritually speaking, that is.

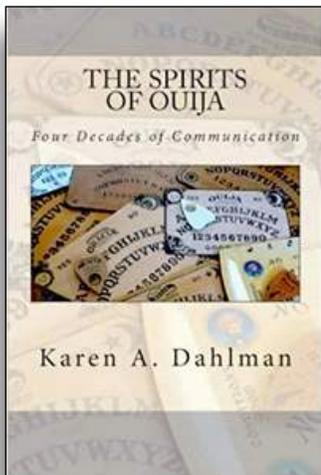
Another aspect of Karen's work that I appreciate is that she has not limited her spirit communications work to just spirits and ghosts. She states, "When I first began my work on the Ouija Board, I truly thought that Ouija could only be used to talk to the dead, including the spirits of deceased loved ones and spirits that may be stuck – you know, the ones who were responsible for creating ghostly apparitions and hauntings. Not exactly true! Over the years I have learned that not only can we speak with the deceased,

Continued on page 7

*we can communicate with many other different types of consciousness that exists in varying forms; such as animals that are both alive and dead, people in comas, unborn fetuses, angels, guides, ethereal beings and our Higher Self.”*

Most of the reviews for Karen’s book are very positive. *The Spirits of Ouija* is honest and personal and I think, as a reader of spiritual material, you will find this book very appealing. Hopefully Karen’s book will encourage others to develop a wholesome and healthy attitude concerning the use of the Ouija Board. The link to purchase her book is below.

△



**The Spirits of Ouija:**  
**Four Decades of**  
**Communication**

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**Karen A. Dahlman is a published author, licensed professional counselor and Ouija practitioner. She serves as an officer and director of the Talking Board Historical Society. Karen has been using the Ouija Board for 47 years and communicates with sentient beings in the unseen dimensions. Her work’s mission is to push the boundaries of consciousness and her message is to assist humanity in awakening to its greatest potential.**

For more information, visit:  
<http://www.creativevisionspublications.com>

**Steve Freier is a researcher and reviewer of metaphysical books. He is also a professional video producer specializing in personal and promotional videos in YouTube fashion. He resides in Door County, Wisconsin. Contact: [sgfreier23@gmail.com](mailto:sgfreier23@gmail.com)**



# True Colors

By JA Dioguardi

The changing of light in the autumn sky reminds me that winter is drawing nigh. While aware of the winding road I tread, I am blind to the path that lies ahead....

In fall, the harvest from seeds that we’ve sown assures that our winters aren’t spent alone. Gathering bounty can’t be delayed as darkness surpasses the light of day.

Though on the springtime and summer leaf lies a singular shade of green as disguise, autumn induces leaves as they dry to show their true colors before they die.

And since I’m unsure what’s around the bend as days of light and warmth rush to their end, I’ll expose my true colors, I suppose, ere my autumn season comes to a close.

△



About JoAnn Dioguardi in her own words: “I am a Cosmic Consultant for Change whose mission is to help others see the possibilities available to them so that they are inspired to create a joyful life that honors the intention of their soul. I inspire, teach, and heal via the vibration of my words.” For more of her writings visit: [www.jadioguardi.com](http://www.jadioguardi.com)



# Seances in the **Red Room**

## How Spiritualism Comforted the Nation during and after the Civil War

By Alexandra Kommel, Undergraduate, American University

This article was originally published April 24, 2019

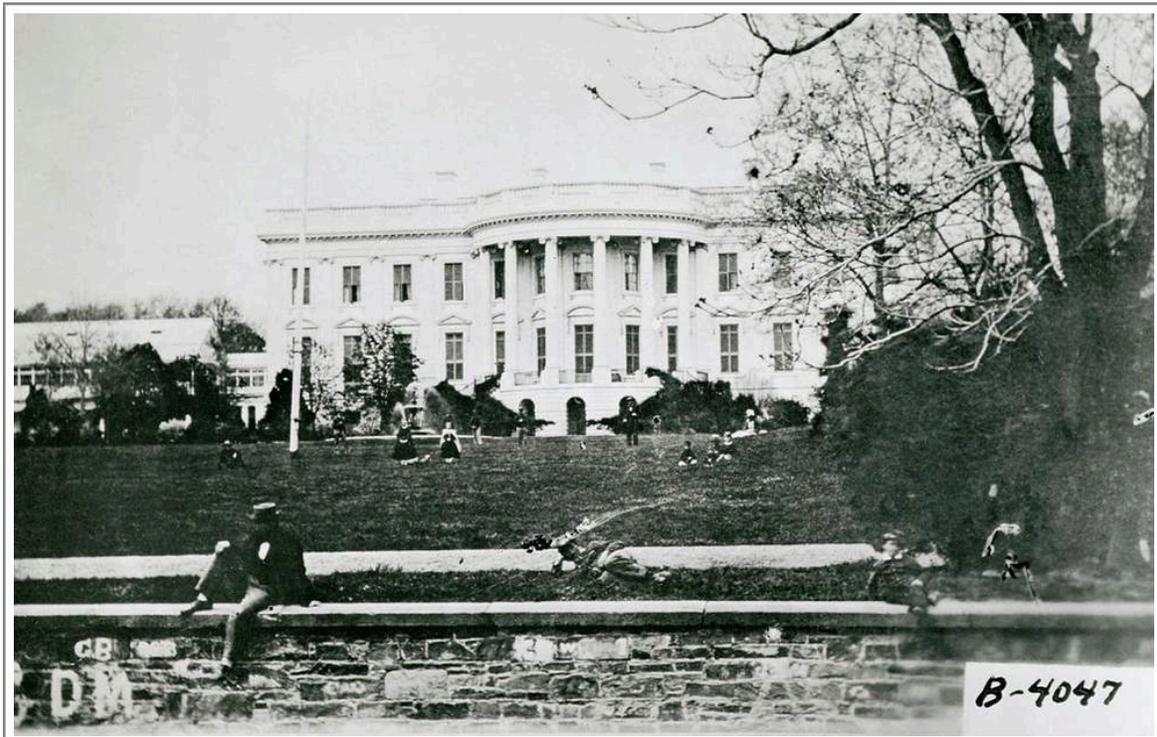
<https://www.whitehousehistory.org/seances-in-the-red-room>

Editors Note: Mary Todd Lincoln was not much different from other grieving widows, especially those whose husbands died suddenly. Mrs. Lincoln sought help from psychic mediums that began after the death of their son, and again following the assassination of her husband Abraham Lincoln. This is a fascinating story of her life and how she turned to spirit for comfort.

Death plagues us all: it is the only certainty in life and plays an integral role in the human experience. When a loved one perishes, it is their survivors who are left to pick up the pieces. In a time of mourning, grief-stricken loved ones turn to a plethora of coping mechanisms, and over time the way we mourn has evolved dramatically. Often times, people turn to organized religion or spirituality as a source of comfort and connection to those who were lost. Many, most of which are centered on the Lincoln family, have roots in the nineteenth century when spiritualism and séances were rather common because the Civil War changed not only how Americans understood death but also how they mourned.

The bloodiest conflict in the nation's history was the American Civil War (1861-1865). Fought over the expansion of slavery, the Civil War resulted in approximately 750,000 American fatalities, nearly equal to the total number of American deaths in the Revolutionary War, the War of 1812, the Mexican-American War, the Spanish-American War, World War I, World War II, and the Korean War combined.

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This photograph, taken by Mathew Brady, shows the South front of the White House during the Lincoln administration (1861-1865). Photo: National Archives and Records Administration

Never before had the nation experienced death like this. It is important that the survivor understands the meaning of their loved one's life and death in order to properly grieve. According to historian Drew Gilpin Faust:

The particular circumstances of the Civil War often inhibited mourning, rendering it difficult, if not impossible, for many bereaved Americans to move through the stages of grief. In an environment where information about deaths was often wrong or entirely unavailable, survivors found themselves both literally and figuratively unable to 'see clearly what... has been lost.'

When these soldiers perished far away from home, observance of grief was impossible and the state of the soul of the deceased at the time of death was forever lost to the family. Bodies were left on the battlefield for a variety of reasons: lack of a structured, recovery system, attempts to disgrace the enemy and lower its morale, junctures of battle, and discrimination between officers and their subordinates.

While spiritualism, a belief system centered on a doctrine in which the dead can communicate with the living, existed long before the Civil War, it was not popularized until the mid to late nineteenth century. By 1897, it was believed that spiritualism had more than eight million believers in the United States and Europe, mostly drawn from the middle and upper classes.

The uniqueness and scope of death during the Civil War left thousands of families without the proper outlets to grieve. It transformed wives into widows, children into orphans, and mothers into mourners. According to one study on the rise of spiritualism during the nineteenth century, "Spiritualist activity increased rapidly in America at a time when bereaved citizens were seeking new assurance of continuity and justice after death and when traditional religion was becoming less able to offer this assurance." For instance, séances were used as an attempt to reach out to lost loved ones with the assistance of a trained medium. This professional claimed the mystic ability to communicate with the deceased.

Spiritualism expanded so rapidly during and after the Civil War because it offered grieving survivors closure that the war had denied them. Ordinary Americans were not the only ones to turn to spiritualism as a coping mechanism during the Civil War. In fact, the wife of Abraham Lincoln, practiced spiritualism in the White House. Mrs. Lincoln was born into a wealthy, Protestant family from Kentucky in 1818. Throughout her life, she suffered an immense amount of loss including her mother at a young age, three out of four of her children, and the of her husband before her very eyes. She first turned to spiritualism as a tool for processing her grief after the death of her second youngest son, William or "Willie," in February 1862. According to a newspaper article published the day after Willie's death, "His sickness, an intermittent fever assuming a typhoid character, has caused anxiety and alarm to his family and friends for a week past ... The President has been by his side much of the time, scarcely taking rest for ten days past."

Willie was only eleven years old at the time of his passing, a victim of typhoid fever.

First Lady Mary Todd Lincoln became inconsolable after the passing of Willie and desperately searched for an outlet for her grief. Shortly after his



This portrait photograph shows Mary Todd Lincoln as First Lady of the United States (1861-1865). Photo: Library of Congress



William (Willie) and Thomas (Tad) Lincoln pose with their cousin, Lockwood Todd, the nephew of Mary Todd Lincoln. This photograph was taken in Mathew Brady's Washington, D.C. studio in 1861. Photo: Library of Congress

Continued on page 10

death, she was introduced to the Lauries, a well-known group of mediums that were located in Georgetown. Mrs. Lincoln found such comfort from the séances held by the group that she started hosting her own séances in the Red Room of the White House. There is evidence to suggest that she hosted as many as eight séances in the White House and that her husband was even in attendance for a few of them.

The séances proved to be such an effective coping mechanism for Mrs. Lincoln that she once remarked to her half-sister that, “Willie Lives. He comes to me every night and stands at the foot of the bed with the same sweet adorable smile that he always has had. He does not always come alone. Little Eddie [her son that perished at the age of four] is sometimes with him.”



William H. Mumler took this photograph of Mary Todd Lincoln around 1872 in Boston, Massachusetts. Mumler was a spiritual photographer, who claimed that his technique captured not only his subjects but also their departed loved ones. Photo: Allen County Public Library, Fort Wayne, Indiana

Through spiritualism, Mrs. Lincoln, like many Americans at the time, found solace in the belief that one could communicate with lost loved ones. Despite this, Mrs. Lincoln did take a step back from her practice after several months due to societal pressures.

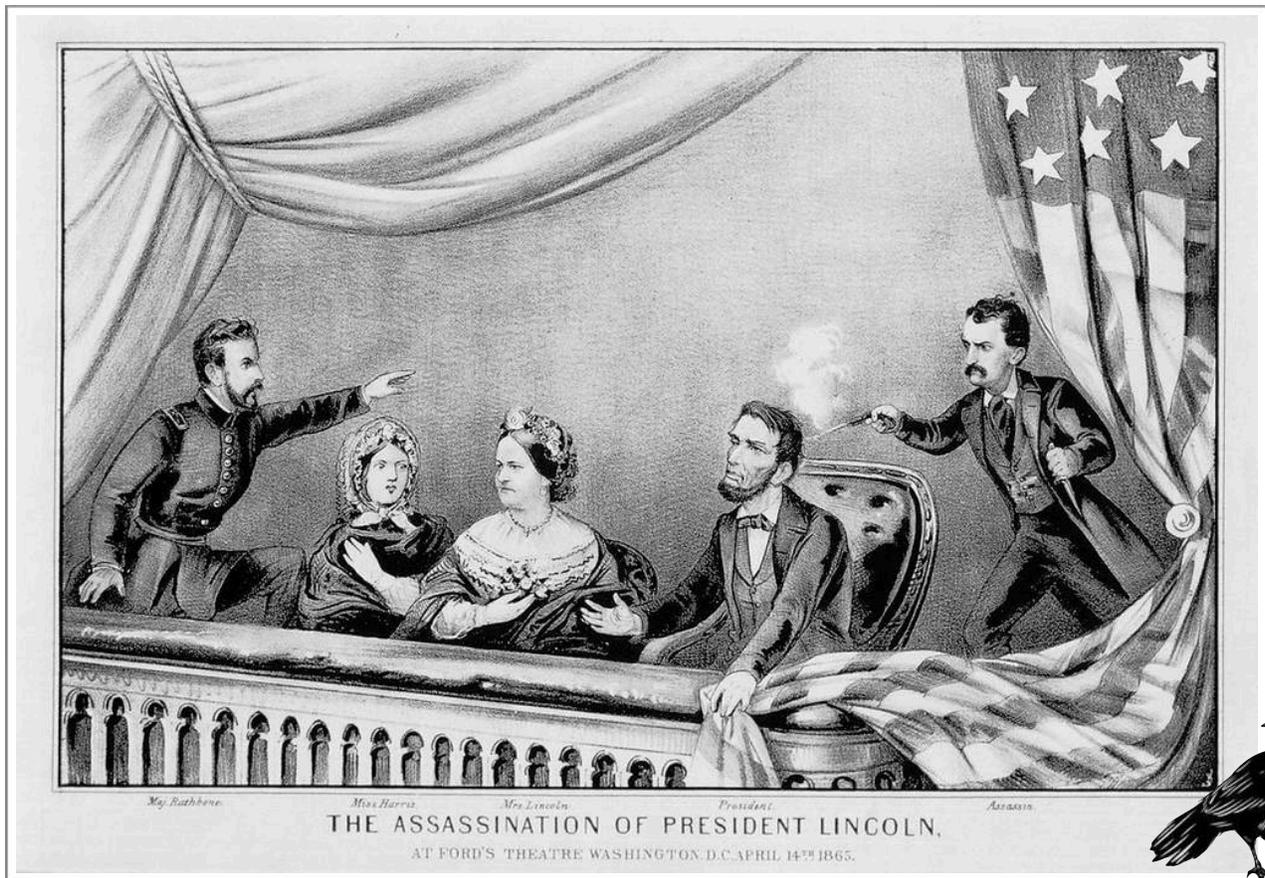
The ghosts of Willie and Eddie Lincoln were not the only Lincoln ghosts believed to haunt the White House. The ghost of their father, President Abraham Lincoln, is arguably the at 1600 Pennsylvania Avenue. The assassination of President Lincoln shook the nation to its core and almost immediately rumors about his spirit began to circulate. Many cite that he appears in both the Lincoln Bedroom and the Yellow Oval Room. First Lady Grace Coolidge, British Prime Minister Winston Churchill, and Queen Wilhelmina of the Netherlands have all claimed to have seen Lincoln's ghost. These rumors were perpetrated by White House employee, Jeremiah “Jerry” Smith. He served as the official duster of the White House for over thirty-five years, starting in the late 1860s. He would often congregate around the North Entrance and spin tales of ghost sightings to reporters on slow news days.

In 1870, Mary Todd Lincoln secretly visited William H. Mumler, a self-proclaimed spirit photographer. Despite the fact that he was accused of fraud, the former first lady requested to be photographed with her late husband. The resulting picture, which depicts the ghost of President Lincoln looking over his wife, was circulated widely, though it was not alone. In fact, “Prints, photographs and literary representations of Lincoln as a spirit abounded in the months and years after his assassination, chronicling his passage into the afterlife from the moment the Angel of Death appeared above his bed.”

The nation fought so hard to hold on to Lincoln's ghost because he represented the idea of a spirit coming home and looking over its family from above. During a time when so many families had lost fathers and sons, it was comforting to know that the father of the nation was still looking over them as well. Hearing stories of Lincoln's ghost gave these families hope that their own fallen father figures were also looking over them as well. Moreover, his ghost demonstrated that he and the soldiers who perished in battle were able to find comfort despite the circumstances of their untimely deaths.

The majority of White House ghost stories developed during the nineteenth century when spiritualism reached its peak. This was a side effect of the nation's shifting conceptions of death and mourning during the Civil War. Today, these stories have lost most of their prevalence due to the fact that death is perceived much differently in the twenty-first century. The level of deaths that occurred during the Civil War no longer holds true in comparison to modern warfare. Fallen soldiers are easier to identify thanks to advancements in DNA and the use of dog tags. Additionally, life expectancy and childhood survival rates have climbed exponentially since the nineteenth century. Death is less commonplace and visible then it was

Continued on page 11



during the Civil War. Spiritualism offered a coping mechanism that was necessary during a time when life was shrouded in death. While today's society looks at the ghost of Lincoln as a silly myth, it once brought solace to a wounded nation.

△

### Footnotes & Resources

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# Squirrels

(A story you can repeat)

By [Brigit Anna McNeill](#)

Sometimes I listen to the stories that people have heard and then without feeling into that story, they just repeat it. This can be especially true about stories of nature's creatures. I find myself listening to these repeated stories, and I find myself wondering, is that true?

There is a story I have heard many a time about squirrels being so forgetful, stupid and silly, that they don't remember where they planted their acorns. They end up only eating a small percentage of what they stored and so accidentally end up being the planters of Oak forests!

But what about the thought that perhaps Squirrels are not silly or stupid creatures at all; and, that this action was never accidental, but instead an act of wilding care and consideration?

Perhaps they know full well what they are doing. Knowing how much they love Oak trees and their acorns that they eat ~ they plant extra!

So forests grow, food is kept in abundance, and there's plenty of shelter to be found. Perhaps Squirrels do this as a way of looking after their children; and, the future squirrels yet to come ~ as a way of keeping the land wild and strong, as a way of keeping the beings they love and depend on, thriving.

△



Still frame from a video by Steve Freier. <https://www.youtube.com/watch?v=ckpjrdrkQmo>



Seasons of the Soul By Kathleen Jacoby

## Composting Life

Reprinted from an earlier issue  
of *The Inner Voice*

In this fall season of changing colors the leaves of many trees begin their transition from green to yellow, orange, red and brown as their life essence dwindles. That which was vibrant and supple becomes stiff and brittle. Yet to think that the dying leaves have no purpose is to miss a larger possibility. As the leaves break down and enrich the soil, they become the mulch from which new life is born. To throw them away is to lose their vital part in the cycle of renewal. *Nature wastes nothing. Only we do.*

Taking this model for ourselves, it is in the autumn where we witness the harvest of our efforts. In the farming community, it literally signifies the end of the major growing season. But internally, it is a time to gather the yield of the year and to reflect on its purpose and function within our lives. Rather than discarding what we've experienced, we have an opportunity to gather insights from our actions. We behold the wonder or the limitations we have crafted, and in reflection turn inward to the compost of our souls.

We cannot always choose what happens to us, but we can always choose how we will react. As we allow ourselves to reflect, question, and make adjustments, we are enriching the process of our own unfoldment.

In my own life, this has been a year of rude awakenings. My partner was diagnosed with an advanced case of CLL, a form of leukemia. This gave him a poor prognosis in the eyes of the medical community. Like a leaf turning color, they were willing to write him off in a stereotypical fashion. But, as neither of us depend on the western medical model for our sense of wellbeing, we looked to see what this

wake-up call meant to us literally and figuratively as individuals and as a couple. As a result, we made several major changes in our lives. We shifted our relationship to food and made an agreement to follow a diet that was designed for our bodies, not our taste buds. We have become acutely aware of the importance our thoughts play to our overall wellbeing, and we have found our way once again to the bosom of life purpose. Striving against our own natures to fulfill a model that we don't even believe in has only caused demoralization. The only assuredness in life comes through our own authentic participation, and playing the part assigned to us by our Creator.

So, autumn offers a time to behold our efforts before all physical evidence of growth is dormant during winter. In the fall, there is vitality to the changing of the season. There is incredible possibility in the shedding of the leaves and mulching of them into earth: Ashes to ashes, dust to dust ~ and out of the ashes, the Phoenix rises once again.

Cycles of nature; cycles of life. Colors reflecting purpose, opportunities presented through the appearance of challenges, and through it all, we can choose our reaction: to throw away the fading leaves, or to put them in our compost piles where they will break down and contribute to the future.

△

**Editor's Note: Kathleen Jacoby was the editor of *The Inner Voice* magazine until her transition in April 2019. She recently communicated to me that she is "sitting at the feet of the Masters" learning more about the Greater Universe. We plan to continue her "Seasons of the Soul" column as she inspires us.**

# LIBRA ~ GROWING IN RELATIONSHIP

Dates: Sept 22 - Oct 21

Ruled by: Venus

Element: Air

Here's the link to your sign through the year in VIRGO

<https://astroadvisor.wordpress.com/2017/08/31/your-sign-through-the-year-in-virgo/>

*Though true for everyone, the following information will feel more relevant to you if your Sun, North Node, Chiron and/or a group of other planets are in Libra on your birth chart.*

## What Is Libra's Intention?

Having spent the first half of the zodiac journey developing the ego "self", our inner Venus now attracts opportunities to apply our self-knowledge to creating relationship. Come hither, Libra!

It is the Libra in us all that knows that the path to wholeness, in this world, is through relationship with others. The dance between two egos invites divine connection. Libra's spiritual intention is to begin the softening of the boundaries that our ego has formed within the illusion of separateness that this physical world presents as reality.

When we are ready for this, commitment to relationship is inviting and exciting. If our ego is still holding tight to the illusion, we fear relationship as a threat to self-preservation, though the deeper longing to engage still moves within us.

Through Libra, we are all learning to share, to see things through others' eyes, to become aware of and support their needs and communicate our own with diplomacy and tact. When doing this well, we remain strongly grounded in our "self," while also willing to cooperate and create win/win situations. When unconscious, we fear losing our self and become aggressive or defensive, pushing

others away, or contrarily, we fear aloneness and lose touch with our self, over-identify with another, compromise or capitulate altogether. This can lead to a debilitating co-dependence, or trying to always be "nice," with an obsessive attachment to fairness and justice and a fear of conflict.

## What needs healing and growth?

The wounded Libra in each of us feels alone or separate. We long for an "other" to "complete" us and bring balance to our lives. This can be experienced as a fear of being alone, acted out as described above. We may seek harmony around us in any way possible and put on masks of peace and contentment while feeling imbalance and conflict within.

To heal our Libra selves, we need to embrace that what we seek in others is already in our self. Their beauty is ours. Their lovingness is ours. Their darkness is ours. In this way, we reclaim pieces of our self that need acceptance, appreciation and love, and add to our sense of wholeness, completion and balance.

Likewise, as we see ourselves in others, we see through the illusion of separateness. We see their soul reflecting our soul. Each time that happens, we come to know who we really are as spiritual beings, already whole and complete and always connected. In that self-knowing, there is no aloneness to fear.

## What Can I Do This Month?

To heal and evolve your Libra self, give attention to how you are in relationships. Can you assert your boundaries even when it feels as though the other may reject you? Is your assertiveness and defensiveness impulsive or a conscious response to the other person? Are you truly curious about what's going on in the other person? Do you look for win/win solutions? Are you open to learning about your self in situations of conflict? When you judge or praise others, can you see your self, too? Are you a pleaser, keeping a smile that covers your truth? Do your relationships support how you want to be in life?

Δ

To see how this month of Libra affects your own Sun Sign [click here](#).



**Barry Kerr is a certified soul-based astrologer with over 40 years of experience with an international clientele. He and Kristine Gay, a licensed psychotherapist and transformational energy coach, are owners and practitioners at their Choose Conscious Living Center in Sedona, Arizona.**

**Barry offers astrology, energy healing and transformational coaching by phone, Zoom or in person.**

**Visit [their web site](#) for more information or email: [Barry@ChooseConsciousLiving.com](mailto:Barry@ChooseConsciousLiving.com)**



# Seeking the Mystery~ Discovering yourself in it can be a daily event

Seeking the Mystery, discovering yourself in the mystery can be a daily event. It isn't just for Full Moons and Solstices. Too often seeking personal quiet time, lighting the candle, and burning the incense, are kept for special times. This isn't just a gift to receive on your birthday. The Mystery is always there, waiting for you to hear Her call.

But, it does require your awareness. Away from the distractions of the computer, a pause in liking, commenting and sharing on Facebook, brings you to a new place of listening. In addition, turn off the news which is just someone's opinion, and as a result enter the powerful

world of the human imagination. Visual dreaming touches the inner world with eyes wide open to the world around you.

### Seeking the Mystery is the key to finding your True Self. Discover Your Magic!

First of all, begin your day with quiet introspection, as much as possible. Read some uplifting thoughts, or a work of fiction that carries you away to a new place. Have morning coffee or tea in a sunny, beautiful room, or outside when possible. Plus, nature, birds singing, the fresh scent of a new day, are what the body needs. You truly are hard wired to

seek out all the natural beauty to ignite your senses. Drink in the colors, breathe in the scents, touch the beauty of the world in some way.

Secondly, magic loves the act of creating. Art, writing, music ~ what ignites your passion? Journal your feelings. Find images that show the life you desire, the weather you love, the tones that draw you in. What enlivens your senses; what does your body find beautiful? *Be in nature.* You may gather found objects that catch your eye. Seek out the colors, textures, and patterns that change daily in the world around you. Allow a pencil in colors you may have, to flow across a paper just to see what

*“When you’re connecting with the deeper mysteries of life, you show up.” ~Maia Toll*

happens. Make something of beauty. Making takes you away from thinking and brings you into the world of *wonderland*. Inspiration comes in the doing of a thing. Ideas flow in when the making takes over, and your thinking mind takes a break. You are most inspired when you are in the act of creating something. [Make a Mandala from Nature!](#)

Thirdly, as you trust your body to create and “touch the mystery,” you discover your true self. It steps away from doubt and moves into flow. Truth holds a deep inner knowing, feels great, and moves you forward to expand and grow. Always believe in the feelings of your body to open the right doors. We each are unique and we each are enough, just as we are in this moment.

Lastly, end your day with quality ‘down time.’ Remember all the good experiences. I once kept a ‘good things’ jar. Each day I’d write down something beautiful that I experienced that day. It came in handy to reread the good stuff when life would shift to the dark.

Each day has its ups and downs. Where you put your focus is your choice. Bring in the light and keep the energy high. This puts you in the perfect space for dreaming, healing, and inner peace. Find More paths to your [True Self here.](#)

△

Pat Gullett is an artist and instructor in Connecticut. “The woods, hills, shores, and wildlife are my inspiration. My art reflects and transforms my life. I am a painter, mixed media artist, jeweler and guide on the inner journey.” Visit: [www.patsartfullife.com](http://www.patsartfullife.com) [www.patgullettdesigns.com](http://www.patgullettdesigns.com) [www.artisticwaytoenlightenment.com](http://www.artisticwaytoenlightenment.com)



Seeking the Mystery ~ Painting is available to purchase here [www.artisticwaytoenlightenment.com](http://www.artisticwaytoenlightenment.com)



# Other Dimensions Blend Into Ours



**M**y friend lived on the very top floor, the attic actually, in a grand old Victorian house. She sensed someone, a presence, in her bedroom at night. She knew of my intuitive capacities and that I am able to help people on The Other Side, so she asked me to please tune in and see what I could discover.



I relaxed my expectations and any efforting. I tuned in with all my senses to the space in her bedroom. I saw a young girl sitting alone on a wooden chair. She had long hair with a bow and was wearing a dress. When I told my friend this, we both got shivers up our spines and down our arms ~ a sure sign of yes to our perceptions. The little girl was not scared or scary. She was quiet and a bit sad. I asked my friend if she wanted me to continue my exploration. Please, she encouraged.

I greeted the young girl and I could feel her sadness and loneliness rise in me. I was deeply touched. I asked her what she wanted us to know. She indicated she was waiting ~ waiting for her family to return. I told her they were in another dimension and that I could help her join them and called on her family. My friend and I could feel the energy shift in our bodies and in the room as the ancestors gathered to greet her. They welcomed her to join them.

Tears flowed and hearts lit up, theirs and ours! We were in a time gap where all

things are possible. I acknowledged the young girl's commitment to waiting, wanting and longing. I thanked her for showing up to my friend and I to receive the support she needed. I felt honored.

She left my friend's bedroom and joined her family in the higher dimensions. The room was filled with an energy of love and spaciousness that took our breath away. From that time on my friend's bedroom was her own.

### *Pioneer Crossing*

I was in southern California for a retreat in a complex that was built over 100 years ago. I decided to get a hair cut in the salon since I had heard great reports from my friends. I was the last appointment of the day. The stylist was relaxed and friendly. Somehow we got to talking about my work and that I have the capacity to tune into the energies of properties and buildings and other dimensions that are influencing the space. His voice softened as he told me he felt a presence in this hair salon on many occasions. He told me more details about his haunted experiences and then asked if I would be willing to tune in.

I had already begun to feel the presence of visiting energies while he was talking. We began an informal "welcoming" to those who were showing up. At first there were a few men and woman who let themselves be seen. They were pioneers, lost, they said. They couldn't find their way from this place. It had been a long time waiting. I thanked them for their commitments and asked if they had messages for us.

I told the pioneers I could assist them moving to higher frequencies of existence and did they want that? Yes, they all replied. I called upon their ancestors to welcome them. A strong field of light filled the room which had become "wall less." We were in a time gap: a quantum field of timelessness and pure possibility. As the hair stylist and I held sacred space, we witnessed the pioneers moving into the brilliant light. Suddenly, many more people joined the sacred silent transition from the astral planes into the higher frequencies of freedom through the passageway of pure love and acceptance that we provided. The stylist and I were deeply moved, in awe and gratitude for being conduits and witnesses to this magnificent intimate transformation.



I've had many deeply moving adventures with other dimensions blending into ordinary time and communing with those who have transitioned from their physical bodies. I have learned that the world is not as it appears to be. It is very malleable.

△

**Beverly Brunelle is an Intuitive Energy Shaman and Teacher. Visit:**

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

**e-mail: [dreamonbab@yahoo.com](mailto:dreamonbab@yahoo.com)**



# October ~ A Sacred Journey Within



I think October is quite possibly my favorite month and fall my favorite season. But, truth be told, I really enjoy the energetic shift that comes with the change of each season. I feel so much resonance with this phrase by Brandie Carlile, “*And when the seasons change again, then I will too.*”

Each changing season invites us to flow with it, to change with it. Spring opens a gateway to the light half of the year. It’s a time for planting seeds of intention and returning to life. Summer, the season of light, invites us to expand, to shine in the brightness of who we are. Fall opens the gateway to the dark half of the year and invites us to harvest the seeds of intention that we planted. Winter, the season of darkness, invites us deep within where we are present with, and can nurture our soul’s deepest dreams and heartfelt desires.

Right now, as I consider all that is unfolding in the world, it is hard not to recognize that we are on the cusp of collective change. Actually, change seems to be the collective desire. So, why do we resist change?

Change begins within. I think we are all familiar with that. The problem is that many of us struggle to take the journey within. It can be a scary one. We never know what we will find, and it is the fear of the unknown that keeps us holding tightly to what is safe and familiar, even if we do not actually like what we are holding tightly.

The thing is, the journey within is what empowers us to expand into our wholeness. As we allow ourselves to sync up

with the natural rhythms of life, this journey within begins to feel natural. Exploring our inner worlds, begins to feel natural. Sharing our gifts with others in authentic and courageous ways, begins to feel natural.

I believe this is the change the world is needing right now.

*“And when the seasons change again, then I will too.”  
~ Brandie Carlile*

Imagine a world where heart-centered, authentically expressed individuals are able to simultaneously stand in their truth and come together to create a vision bigger than their own. Just thinking about this lights me up!

This month *Ammonite* has come forward as a crystal ally on the journey. I find its timing perfect. This beauty (see photos below) is happy to support us in synchronizing our rhythm with the rhythm of the Earth. It will take us on a journey deep within while also guiding us in how to expand into our wholeness. It reminds us that the journey within is just as important as the journey ‘without.’

As you move through this month, I invite you to consider the changes your soul is asking you to make. Take the journey within. Listen to the wisdom of your soul. You may just find a treasure buried deep within ... a treasure ready to be lived and expressed in your outer life. That is what October’s sacred journey within is all about.



**Lori Andrus is the Founder of the Crystal Shaman School and the host of the Crystal Shaman Life Podcast. For more information, please see her ad on page 17.**





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

Known for asking spot-on questions, she invites her clients and students to explore the most intimate facets of their soul. Her creative online programs offer high level content and breakthrough lifestyle applications.

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





# Rooted Remedies

By Gigi Stafne, Naturopath and Master Herbalist

**Are you a forager, herbalist or gardener?  
Here are helpful hints for harvesting both medicinal and culinary roots.**

The *Mabon Medicine* season reminds us to reconnect and remember our true wild nature as we move deeper into autumn, embodying the earth element. Garden greens have wilted, becoming a vital part of rich soil composition. Gorgeous leaves of trees transform into an array of yellows, golds and browns, all the while living energy is descending to terra. In various cross cultural medicine cosmologies, the dominant element of autumn is Earth Element while matter crystalizes into Mineral or Metal Element deeper season, in winter. In Herbalism we recognize the autumn transitional season as the optimal time for digging medicinal roots.

### When to harvest roots

There are optimal times to harvest roots. They are best gathered in autumn (and sometimes spring) when the energy of all plants descends, gathering in roots to survive the long winter months. Take note of the weather and cooling temperatures. The first mild frost signals *root digging time*. Observe lunar phases if you are interested in biodynamic gardening or herbalism. The waning moon phase is a potent time to gather roots, as energy is pushing inward and downward. The best time in a 24-hour cycle to dig roots is either early morning or during the evening.

### Favorite tools to use when digging roots

Invest in a small sturdy spade and a garden compost fork. Have a bucket or large bags handy once you begin digging.

### How to dig the roots out

This can be tricky! Dig around the sides of the plant stalk. Plunge your spade or garden fork into the soil gently at angles around all sides of the root. Tug and pull the plant's root carefully. Repeat this numerous times until the medicinal root is unearthed. It is very common for the root to break. Not to worry. Be sure to leave numerous roots untouched in wild spaces or your garden to ensure future growth and survival of the plant community. Remember to honor and express gratitude to the roots you have harvested. This is true when working with all our plant relations.

### Process, dry and store medicinal roots

Bring your bucket or bag of roots to the kitchen or herb workshop for processing. Brush off as much soil as possible with a natural veggie scrub brush. Then wash the roots with running water using your bare hands or your handy, little brush. When they appear clean, chop the roots into small chunks to expedite the drying process. Sometimes I leave roots intact and whole until I prepare an herbal tea or tincture to preserve potency. Dry the medicinal roots on screens or in baskets. Spread the roots out so they are not touching one another. When using screens or baskets store them in a cool, dry place at 52-55 F.



Be sure there is good air movement in your drying space. The length of time needed to dry the roots truly depends upon the density, size of the roots, and how much moisture they contain.

Continued on page 19

The complete drying process can be in the range of one to four weeks. You may opt for a food dehydrator to move this process along. Check your roots periodically as they dry. You'll know they are ready to store when they feel dry to the touch, but just a bit spongy inside—not totally rock hard.

#### ***Preserving medicinal roots***

You'll want to store your dry roots in sterile, sealed glass jars. Place the jars in a dry cupboard or your home herb apothecary. A natural paper towel with a bit of dried milk or rice wrapped within can be placed in the bottom of root jars to help prevent molding (replace every several months). Sometimes I store my medicinal roots in paper bags in the apothecary if I suspect they are not totally dry yet. Check them periodically to ensure your roots are in good shape, no mold or deterioration. If your herbal roots have been processed and stored properly, they should have a delightful shelf life of 12-18 months, some even longer.

#### ***Time to prepare a root tea!***

Roots are best prepared as a tea *decoction*. They'll need to be simmered in a saucepan for 8-20 minutes depending upon the size and density of the root cell wall. Add one or two

heaping tablespoons of herbal roots per eight ounces of water. Enjoy your tasty tea!

#### ***Divination, Spellcasting and Root Work***

Another fascinating aspect is that folk healers or *root doctors* utilized medicinal roots for divination, fortune telling and spellcasting. Comfrey root was carried to ensure good health and was used for protection and safety when traveling distances. Dandelion root was thought to enhance dreams and intuitive abilities. Lotus root was tethered to Lunar Magik and was favored for love spells. Snake root was popular as a protection against liars, false friends and back-biters! How do you like that? Enjoy exploring more of this interesting rooted folklore, my friends.

△

**Gigi Stafne MH, ND is a clinician, educator and writer within ecological, health justice and natural medicine fields. She is Director of Green Wisdom School of Natural & Botanical Medicine in the Upper Midwest United States and Ontario, Canada. She is a former Executive Director of Herbalists Without Borders International, addressing issues of health and social justice globally, and remains a national-international trauma trainer to date. Read more here: [www.greenwisdom.weebly.com](http://www.greenwisdom.weebly.com)**

## **Rooted Remedies**

HERE'S A HANDFUL OF MY FAVORITE HERBAL ROOTS  
AS FOLK REMEDIES:

Arrow Root	Anti-fungal properties, diaper rash, thrush, Candida rashes
Blackberry Root	Anti-diarrhea natural remedy
Blue Flag Root	Detox and support for the blood and lymphatic system
Burdock Root	Another cleanse and detox for blood and lymph, large intestines
Comfrey Root	Respiratory tonic – use short term only
Dandelion Root	A cleanse and detox for blood, kidneys, gall bladder
Echinacea Root	Antibiotic, anti-viral, immuno-stimulating
Elecampane Root	Deep respiratory system support
Gentian Root	Liver tonic and rejuvenator
Lotus Root	Respiratory system tonic
Mullein Root	Bone rebuilding, spinal support, sciatica
Valerian Root	Nervous system and muscle relaxant
Yellow Dock Root	Natural iron source, large intestines and skin support



# POTPOURRI



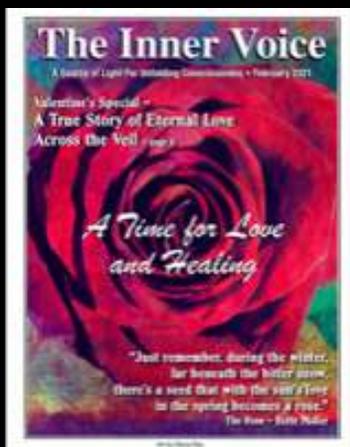
You are exhausted physically and spiritually because the pace created by this system is for machines and not a magical and divine human being.  
 You are enough.  
 Rest.



**Editor's Note:**

This just in from "The Nap Ministry" on Facebook as a great reminder for those of us who are in the pursuit of pause, peace and happiness. How appropriate that it aligns with the message in Angel Talk this month. No surprise there, because when the Angels want to get a point across, they will flash the message in your awareness in multiple ways.

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**The Inner Voice**  
 and start a conversation!



# Beginning Communication with Spirit

By Stacy Schuerman

Spirit communication has been around as long as time. It is a natural process that occurs when we, the Medium, open our senses to the realm to which we return after our physical body dies. Spirit communication is as normal as any communication, and like any other skill, it just takes time to learn.

First of all, do not let the outside world and the energy of fear come into your thoughts when you want to discover spirit. We are spiritual beings having a human experience. When we are in our *pure* form, we are *pure* energy. When we open our energetic field, we can communicate with all that is good, including those we have lost to physical death. Second, it's important to realize our loved ones are closer than we think. They are continually giving us signs or symbols, to prove that they are, in fact, right next to us, still loving and supporting us.

Thirdly, it's learning to listen. One of the most important things we can do when learning to communicate with them is to practice what I call *the stillness* within. Most of the time we are consumed with outside noises, inner stressful thoughts, and constant to-do lists. The time spirit communicates with us is not in that noise, but within the quiet energy of our heart and soul.

When we activate the energy of love and open our *soul sense*, we start to feel and see ways that those in spirit can let us know they are still with us. Communication always starts simply. It can be a memory that pops up out of nowhere, a bird at the window, finding pennies that were dropped on your path, number sequences such as 11:11, 444, etc., and songs or lyrics that seem to always be playing around you. Do not think of these things as coincidences, or as strange or unusual happenstances. Instead, just thank spirit. Then when our loved ones know we are starting to recognize the signs, they will send us more! The key is to remain mindful and you will pick them up.

You might want to look for a teacher who will help you learn the language of spirit. It will be worth the effort. I've touched on just a few of the common signs they give us, but you will likely be given a unique sign or symbol that will be special to you.

△

**Stacy Schuerman is an Ordained Spiritualist Minister, National Spiritualist Teacher, Certified Medium and Commissioned Healer with the National Spiritualist Association of Churches. She is passionate about others learning what Spirit can do for them. Visit: [www.spiritualiststacy.com](http://www.spiritualiststacy.com)**

## Stacy Schuerman

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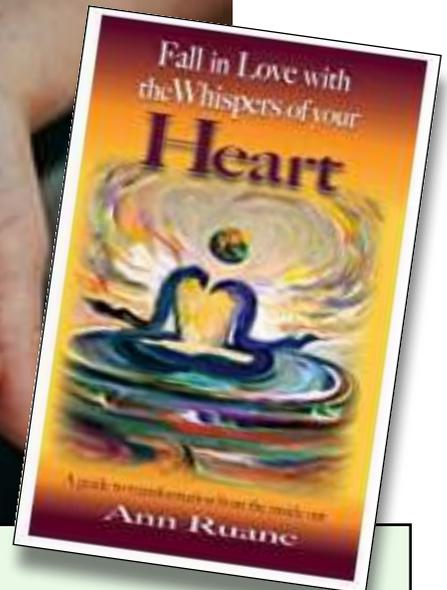
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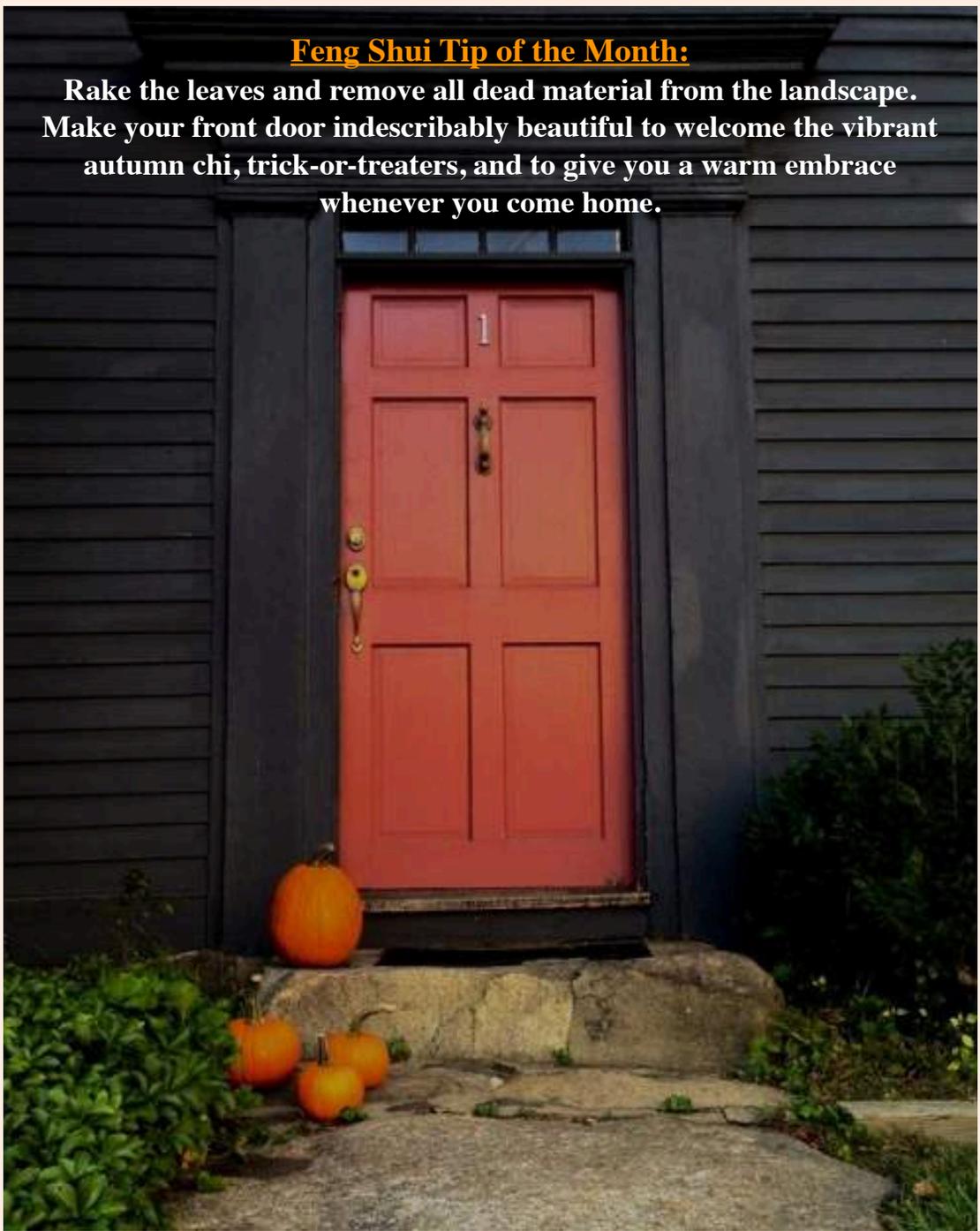
1999 Graduate of the Western School of Feng Shui®

[NFreier@aol.com](mailto:NFreier@aol.com)

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

## **Feng Shui Tip of the Month:**

**Rake the leaves and remove all dead material from the landscape. Make your front door indescribably beautiful to welcome the vibrant autumn chi, trick-or-treaters, and to give you a warm embrace whenever you come home.**



# Moving into the 5th Dimension Through Animal Communication

By Lynn Schuster, Animal Communicator

During an Animal Communication class, one of my students, Elizabeth, asked an intriguing question. “Does communication with the animals happen on some other dimension?” She continued to ponder as she said, “For example, during class, Tula [Elizabeth’s dog] was chewing intently on an antler while she was being communicated with by someone in class. Meanwhile, Tula and I are in Hawaii and I am five feet away from her while I am communicating with a dog I never met in Wisconsin who has no idea that I am about to descend upon her (politely) with questions! Maybe they are sleeping, or playing, or otherwise “busy.” Is this happening in this dimension, in real time?”

It is a great question, isn’t it?



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

I believe that when we connect with the animals through telepathic means, we are communicating with them in the 5th Dimension. In order to reach them telepathically, a few things must happen. One, we must have an open heart and an open, relaxed mind. And two, we must let go of ego and judgement and be present in the here and now.

When I talk to the animals, I often say that I am on a fact-finding mission. With my eyes closed, I’m looking around and noticing, without judgement, what is happening within my body. Sometimes I see pictures in my mind’s eye. At other times, I hear their “voices.” It’s not my normal mind chatter; I hear the animal’s voices somewhere deeper in my mind, behind my physical ears. Their voices sound childlike and innocent, not typical

of my normal thinking that sounds, to me, like my adult speaking voice.

I am also able to feel the animal’s feelings in my heart, solar plexus, or sometimes in my throat when they feel that they are not being heard. Sometimes I have a sense of knowing that something is true, without knowing how I know.

Through telepathic animal communication, we are learning to access the fifth dimension world at any time.

The connection comes from the breath; deep, belly breathing. When we are breathing mindfully, we bring our consciousness into the

here and now. Right now; focusing on what is happening in your entire body is key to holding the space for telepathic connection.

The fifth dimension is not a place, or destination, or an immediate change in your outer world. It is simply a state of “being.” In other words, when you are happy, quiet, mindful, observing, and at ease, you are in the fifth dimension.

Being a citizen of the fifth dimension means that you hold your awareness in a balanced state of present time consciousness. You respond to outside stimuli rather than quickly reacting to things that trigger you. You are happy, understanding, and balanced from a fifth dimensional perspective, but, most importantly *you are mindful!*

Our animals are *Ambassadors of Consciousness*. They are our helpers. They help humans, as they love unconditionally. They show us how to reach a higher state of being. The animals help us release fear, judgement and anger. As we release these lower vibrational emotions, we find ourselves living in peace, non-judgement and joy. We become a vibrational match for Higher Consciousness.

When we are joyful, we can access the fifth dimension and bring in abundance. We are in balance with *All That Is*. And, Source (*All That Is*), being an unconditionally loving being, has honored our free will in letting us ascend to the fifth dimension in our own time, and in our own way.

△

**Lynn Schuster is a Telepathic Animal Communicator, Intuitive, Reiki Master/Teacher and Artist. Find her on Facebook:**

[www.facebook.com/  
healingthroughanimals](https://www.facebook.com/healingthroughanimals)

**See Lynn’s ad on page 25.**



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## **Feature of the Month: Wands**

Put a little magic in your life! Wands are a simple and yet quite effective tool for unblocking and moving energy in the body. We have a wide selection to choose from!

### **Hours:**

**M-F 11am - 6pm  
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