

The Inner Voice

A Source of Light for Unfolding Consciousness • February 2020

Celebrating the Sacred Power of LOVE

Healing the Heart
Relationships
eʒ more!



Golden Light Healing

DREAM • EXPLORE • DISCOVER • GROW



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

Check our website for more! www.GoldenLightHealing.net



Golden Light Healing Retreat Center is an oasis of peace and healing nestled amid 200-acres of prairie, fields and forest just 15 miles from Green Bay, Wisconsin. We offer workshops and sessions in Shamanism, Reiki, Mediumship and Psychic Development. Our mission is to empower others to connect with their own healing capabilities and psychic intuitive gifts. Our Retreat Center is available for customized personal retreats, company team-building workshops, or for group rental. We also offer Spiritual Journeys around the world to sacred sites. Please join us in Peru, Ireland or Scotland as we sit in ceremony in ancient ruins.

—Your Hosts, Amy & Dave

Amy and David Wilinski
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HERBAL APPRENTICESHIP WORKSHOP WITH GIGI STAFNE
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AWAKEN YOUR INTUITION!
February 26, 500-1000PM. \$99

REIKI LEVEL I TRAINING
March 14, 900-430. \$185 *Lunch included*

REIKI LEVEL II TRAINING
March 15, 900-430. \$185 *Lunch included*

REIKI MASTER TRAINING
February 23, 900-400.

REIKI FOR TWEENS 11-14 years old
February 22, 100-430. Fee \$88
Designed for kids 11-14 years old.



DRUM MAKING WORKSHOP WITH DAVE WILINSKI March 15, 530-930PM. \$195

Mediumship Training February 8–9, 2020

Would you like to learn how to connect with the spirit world? There is a saying, "When we lose our fear of death, we lose our fear of living." Recognizing we continue to exist beyond the death of the physical body is a powerful way to truly allow yourself to live this life from a place of presence instead of fear; grabbing each opportunity with both arms as you know this life is merely just a breath in time. Experiencing connections with the spirit world can help us to realize that there truly is no death, only a change of worlds.

Whispers on the Wind Shamanic Program

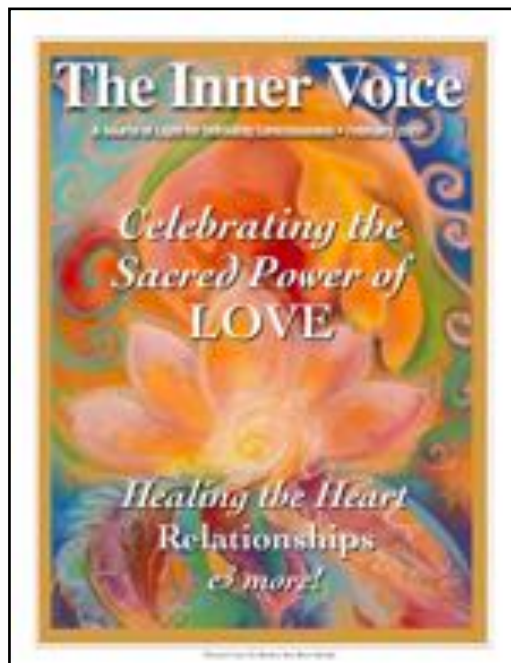
Group #21: TEACHERS! This schedule works for you! For 2020: March 18-22, June 24-28, August 19-23, Oct 28-Nov 1.

Group #22: July 8-12, Sept 30-October 4, 2020; January 6-10, March 17-21, 2021 Are you searching for the meaning in your life? Would you like a deeper connection with nature and the spirit world? Please 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 techniques including power animal and soul retrieval, clearing of past life and ancestral imprints, connecting with the forces of Nature, ceremony and ritual and much more! See our website for details.

DREAM•EXPLORE•DISCOVER•GROW

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

We meet four times over 12 months. You will learn core energy healing techniques including power animal and soul retrieval, clearing of past life and ancestral imprints, connecting with the forces of Nature, ceremony & ritual and much more! See our website for full details.



“Dream Lotus is a very colorful pastel painting, with many layers of soft pastels that happened in the moment by allowing the intuitive flow to unfold.”



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In this issue...

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

2 Ad, Golden Light Healing

4 Angel Talk: Help for Healing Relationships

5 Get A Reading!

6 Minimalism Changes Your Perspective

8 Don't Hold It In Your Heart by Meredith Young-Sowers

10 The Art of Blessing – Book Overview by Steve Freier

11 Bless Your Problems Into Oblivion by Nancy Freier

12 Ad, Dare Fair - April 18 in Milwaukee

13 Ad, Learn Qigong with Lorrie Formella

14 A Poem / Heart Health Story by Dr. Felicia Houk, DC

15 Ad, Shifting Tides Chiropractic

16 It's Sophie's Time for Love by Lynn Schuster

17 Ad, Lynn Schuster, Animal Communicator

18 Chinese New Year of the Yang Metal Rat

19 You Were Made For This by Clarissa Pinkola Estes

20 Your Essence—the Source of Love By Pat Gullett

21 Practicing Mindfulness by Beverly Brunelle

22 Ad, Free Spirit Crystals - Rose Quartz



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

Read past issues here: www.theinnvoicemagazine.com



February 2020

Dear Readers,

It comes to me again and again... wherever and whenever there's trouble in the world, send love.

If there is turmoil in the weather, send love. If there is any reason anywhere at any time, send love to the situation. This issue is a reminder to all of us that no matter what the problem is, LOVE is the answer. Go ahead and read this issue and see for yourself some beautiful examples of this. No matter the question, love is the answer, and the world needs a whole lot more of that right now.

Sending my love to all of you.
xoxox, Nancy



Angel Talk™



Help for Healing Relationships

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

A reader asked, "I cannot work in my office any longer. There is just so much negativity and competition among my co-workers. Short of finding another job, what can I do to heal this situation and restore harmony in my workplace?"

First of all, we ask what have you contributed to this? We see you are ready to take responsibility for your actions and you want to change, so we say to you, open your heart, quiet your mind of all the ego chatter of what has gone on before now, and send your peace to the situation. In doing this, in truly doing this, the vibrational field will recalibrate, produce a higher frequency, and restore peace. You are not the only person in your office who feels the negativity spinning around them, but you are the one with the key to fix it. You can heal this by stepping up your vibration to that of love and radiate that love to those around you. You see, whatever you send out will come back to you. If you send out a judgment that everyone is negative, negativity is what you will experience.

Try this. On your way into the office, send the brilliant White Light Rays of Love to the building in which you work. Imagine the office engulfed in this Light. See this Light penetrating into the hearts and minds of all who work there. In time, those who can manage their own shift will stay and not be troublesome any longer, and those who cannot tolerate this new vibration of love being sent to them will either leave and seek a job elsewhere, or perhaps you will be moved to a new position that supports your new vibration. Release your hold on how this will unfold. Release your judgement that this is a competitive workplace and release your so-called struggle with your co-workers.

Ask to see the blessing in this situation. Ask what it is you need to learn from being there, then allow yourself to change your mind to see the 'face of love' on everyone. We dare say you will see nothing but love on their faces! With learning this lesson before you, it will bring you the peace you seek.

Why are relationships so difficult? There is a universal lesson across the planet to learn love and to experience the deepest levels of true love: that is, *to love one another and to know what it feels like to be loved.*

The reason for the emotional tugs you are experiencing now is that you are being lifted up into the higher levels of love. Open the doors in your heart and free yourself to experience this new and expanded love. Bury the past and bury the hatchet. The old ways of relating to one another, and the old patterns of loveless behavior no longer serve you. They need to be discarded before you can enter the gate to a beautiful and peaceful world – at the office and at home.

Cleanse yourself of all psychic debris from the emotional tug-of-war you have been through with anyone. Create in yourself a clean heart. Be ready for these higher levels of love to be expressed in and through you. Remember, your Light is what attracts others. See yourself as a shining star

Continued on page 5

that blazes a trail wherever you go and in whomever you meet. Be that which you want in order to attract what you want.

—Sreper, Angel of the Great White Light

A Prayer To Heal Relationships

Dear God, Help me to see as You see. Let me look at my relationship with (name of person) in a new way knowing that stepping up to this higher plane blesses me and also blesses them.

Let me be comforted knowing this is Love's way of working things out and that everyone will benefit in the highest way possible. Let me remember all things work together for good as Your sparkling Rays of Love cleanse and heal my heart and mind. Amen.

Δ

The following post appeared on Facebook right after I finished this article – from [Joyce Meyer](#):

"Genuine love is the most powerful weapon we have against the enemy. We can overcome evil with good." (Romans 12:21)



Need A Light?



Get a Reading!

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

Hundreds of people have been helped in this way over the past 33 years of my communicating with angels and writing their messages. One very important thing is clear...the angels always lead you into the Light. Ask and you will receive an answer.

e-mail: theinnervoice magazine@gmail.com

Private Tutoring on Skype Is Available

Learn to do readings for yourself and others! I will teach you how to listen to your inner voice of loving wisdom that will lead you into a life-long dialogue with the Angels and Guides in Spirit.

Comments from past students:

"Thank you for helping me find the courage and the strength to listen to my angels." –Renee R.

"I have never experienced anything quite so wonderful!" –Thomas H.

"Valuable information!" –Pam B.


Nancy Freier~the Angel Medium since forever and a Professional Intuitive Reader since 1986

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Minimalism Changes Your Perspective

By Joshua Becker



Own less. Live more.
Finding minimalism in a world of consumerism.

“Change the way you look at things and the things you look at will change.”
—Wayne Dyer

Eight years ago, on May 26, 2008, my life changed forever.

After spending most of my Memorial Day Weekend cleaning the garage, I struck up a conversation with my neighbor. As I recall, we were lamenting the fact that our day had been wasted taking care of things we owned.

It wasn't a long conversation, but it was long enough for her to introduce me to the idea of *minimalism*—that there is more joy to be found owning less than we can ever discover pursuing more.

I actually needed very little convincing. My 5-year old son playing alone in the backyard was all the proof I needed that I owned too much stuff—and it was getting in the way of the life I wanted to live.

Over the course of the next 9 months, my wife and I went through every room in our home getting rid of anything and everything we didn't need. In total, roughly 2/3 of our possessions were recycled, donated, or thrown away.

To journal the progress, I started a blog, *Becoming Minimalist*. Now, eight years into its existence, it has reached millions of people around the world with the life-giving message of owning less.

Little did I know, at the time, how much my life would change. But as I look back at the last eight years, I can see how becoming a minimalist has caused my perspective on life to change in very significant ways. Here are eight that come to mind:

Money. Like most people, growing up, I wanted to be rich. I used to think about it, dream about it, and pursue it. But now, after finding contentment with less, I no longer have a desire for riches. Henry David Thoreau said it like this *“I make myself rich by making my wants few.”* Now, not only do I no longer desire to be wealthy, I plainly see the temptation and the trap that often ensnares those who do.

Work. Some people view work as a means to get rich—and that's too bad. Others, on the other hand, can't wait to escape work, even embracing minimalism as a means to that end. But I see it differently. Minimalism has

allowed me to see work as a means to personal fulfillment—not because of the paycheck that it produces, but in the good I can bring to society through it.

Generosity. I now understand that the most fulfilling thing we can ever do with our money is give it away. Most of us desire to be generous people. Buying less makes that possible.

Culture. Minimalism has allowed me to see the world around me in a new way. Very early in my minimalist journey, while doing research for this blog, I stumbled upon “The Story of Stuff” on YouTube. It changed my perspective on society almost immediately. I began to see how overconsumption is encouraged in every aspect of our economy—from fashion and furnishings to food and housing. And once you see it, you can never unsee it.

Spirituality. There is little doubt that almost every respected religious leader that has stood the test of time has espoused the value and importance of simplicity. For most of my life, I considered this a call to sacrifice—that I should give up “the good life” so others might benefit. However, since

Continued on page 7

discovering and experiencing the benefits of minimalism, I have begun to recognize these teachings are not burdensome at all. They are invitations to a better way of life unburdened with needless weight.

Happiness. I've studied quite a bit about happiness over the past eight years. But if I could sum up everything I've learned into one sentence, it would be this, "Happiness is not something to be chased or discovered through external circumstances, happiness is a decision we make every single day." And that makes experiencing it so much easier.

Relationships. I've always understood the importance of strong relationships—minimalism has not changed that. But minimalism has caused me to recognize how often we sacrifice those relationships for less important pursuits. And recognizing how those pursuits often distract from the more important ones is the very foundation of minimalism.

Success and Competition. For most of my life, I viewed the opportunity for success as finite—that every time somebody else reached a height of

success, it was one less opportunity for me. This often resulted in jealousy and envy. Today, I see it differently. There are countless opportunities to succeed in living meaningful lives. And often times, the quickest way for each of us to succeed in life is to help someone else succeed in theirs.

It's been a pretty crazy eight years. Looking back on that Saturday morning, I never would have imagined that it would eventually lead to writing books, founding nonprofits, and being on television and in newspapers.

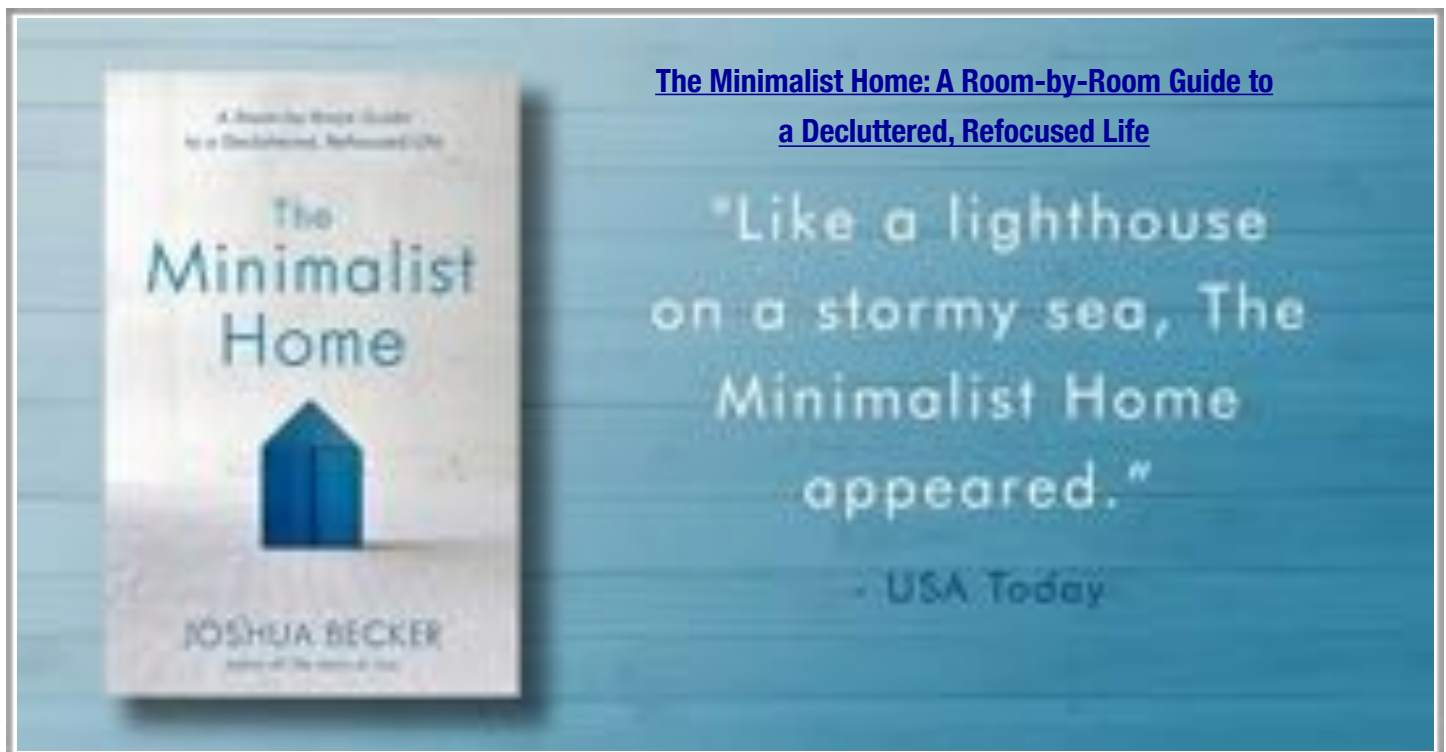
But then again, I had no idea how minimalism would change everything about me—in both my practice and my perspective.

△



[Joshua Becker](#) is the WSJ Best-Selling author of [The More of Less](#) and [The Minimalist Home](#). He has appeared on numerous media outlets including The NYT, WSJ, USA Today, and CBS.

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Don't Hold It In Your Heart

By Meredith Young-Sowers, D.Div.

Dr. Young-Sowers is the author of several well-loved books and programs including: *Agartha: A Journey to the Stars*, *Spirit Heals*, *Wisdom Bowls*, the *Angelic Messenger Cards*, and more. She is also the Founder of The Stillpoint Foundation and School. Please visit www.stillpoint.org for more information.

As we begin our new year, we're deluged with ways to improve our lives, to lose weight, to find the perfect job and to settle into the most beautiful relationship.

While adopting new approaches to old struggles is admirable, we find that slowly-or quite suddenly-we're faced once again with old, familiar obstacles. What are these obstacles? –mostly judgments and preconceptions about our situation, our own potential, our likability or

lovability. All the many reasons that continually swirl around in our minds, consciously and unconsciously, creating heavy baggage that makes it difficult to lighten up. Ultimately this baggage weighs down our heart.

Imagine that you are going on a trip and you're going to travel by train. This train is already packed with people, suit cases, boxes of produce, and crates of squawking and squealing animals. You will need to get on the train, find a seat and fit all of

your baggage in your compartment and still find room to be comfortable. Imagine that your baggage consists of all the thoughts and feelings, assumptions and presumptions, grudges, angers, disappointments as well as the joys, triumphs, successes and achievements.

Your trip on the train will be so much easier if you decide to lighten your load and lessen your baggage. And so, as you begin new practices and activities and open new channels to your heart and to Spirit, ask yourself,

“Is this thought, feeling, or assumption old baggage that I can let go of to make my journey easier? Can I let this hurt go from my heart?”

We don't need a reason to let an old hurt fall away – we just need to release it because we want to lighten our load – its old business. So, as we open to the days, weeks and months of 2020, let's only hold in our hearts the treasures that make our current journey rich, rewarding and useful and let's release from our hearts and our minds all that diminishes, upsets, or makes us feel less than we really are.

△



Try this. Put your hands over your heart and take a deep breath. Say to yourself,

"I release all old baggage from my mind and heart. I open to a fresh perspective of myself, my life's work and contribution."



Roses, a painting by Meredith Young-Sowers



Arnica: Spirit-Sun Renews the Flow of Life



Arnica flower essence brings the warmth of light of our spiritual presence to revivify traumatized regions of body and psyche.

This past summer Richard Katz of FES prepared the Arnica flower essence in the mountain meadows high in California's Sierra Nevada Mountains.

[Check out his blog post and engaging video.](#)

By Richard Katz

Arnica flower essence brings the warmth of light of our spiritual presence to revivify traumatized regions of body and psyche. The action of the flower essences is similar to the better-known homeopathic and herbal Arnica preparations, with more emphasis on making the connection with the integrity of our Spiritual Self. It follows on the theme of other Asteraceae (Composite Family) flower essences, such as Sunflower, Echinacea and Shasta Daisy, yet with a stronger connection to the flowing waters of life.

This past summer (2019) I prepared the essence of *Arnica mollis* in mountain meadows high in California's Sierra Nevada Mountains. (Please enjoy my video portrait embedded above for more insight into how and where Arnica grows as a further an understanding of its healing message.)

We can contrast Arnica flower essence with Star of Bethlehem, Dr. Bach's remedy for shock and trauma. Traditionally considered as a member of the Liliaceae (Lily Family), Star of Bethlehem has a soothing and comforting quality, connecting us to the celestial harmony expressed in its exquisite geometry of the hexagram, known as the

"Star of David." Think of the Star of Bethlehem as calming embrace of Heavenly Mother, while Arnica is the wake-up call of the Spirit Father to come back to Earth and re-own the traumatized body-soul.

We get many reports from body workers who use the Arnica essence topically. One acupuncturist reports that before starting treatment for someone suffering from pain, she takes a cotton ball with a few drops of Arnica essence, and moves it along a particular meridian, or applies to certain acupoints.

For topical applications, we also offer an oil, Arnica Allay, made with infused *Arnica chamissonis* flowers from Terra Flora, plus Arnica and other flower essences plus essential oils. [Learn more about Arnica Allay here.](#) Other practitioners report good results from adding a few drops of Arnica essence to a jar of our Self-Heal cream to apply to disturbed areas of the body.

Arnica flower essence can bring more awareness to past psychological traumas. A flower essence practitioner reported that her client was dealing with fear of death and illness, and Arnica helped her to address the emotional scarring from family deaths earlier in her life.

Arnica flower essence forms the high note in the [Yarrow Environmental Solution](#), combined with other composite flowers to help us re-own the integrity of our energy body.

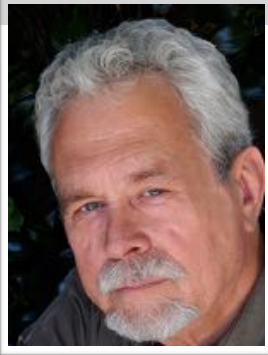
In the post-trauma stabilizer *Flourish Formula*, Arnica flower essence is a key ingredient for re-integration after the disorienting effects of traumatic events. This formula is used extensively in the [FES Disaster Relief](#) donation programs.

[You can find the FES Arnica flower essence here.](#)

△

<http://www.fesflowers.com/>





The Gentle Art of Blessing

Book by Pierre Pradervand

Book Overview By Steve Freier

We recently started reading and digesting the book, *The Gentle Art of Blessing: A Simple Practice That Will Transform You And Your World*, by Pierre Pradervand. The title is somewhat misleading in that even though the practice of blessing is gentle and internal, the results can be very powerful. So that is misleading in a good way!

If you are not in the habit of blessing, you will learn in just the first few pages *why* and *how* you should make the practice of blessing a habit. The metaphysics of the process is simple; “*What you put out you get back.*” So when you get into the habit of blessing everyone and everything in your life, you will start to notice positive changes and blessings in your own life as well.

Spiritually we are all connected. We are all One on an energetic level. So blessing others is really like doing something good for yourself at the same time. However, many times we are challenged to send blessings to people who have harmed us in some way, or to public figures we don't like. But if you can put those feelings aside and bless that person, eventually what started out as an act of the will becomes an act of the heart.

Here are some of the ideas in Mr. Pradervand's original tract:

- * On awakening, bless this day.
- * On passing people in the street, on the bus, in places of work and play, bless them.
- * On meeting people and talking to them, bless them.
- * As you walk, bless the city.

Blessing is a form of giving. Giving is a form of service. Service is what each life is ultimately about.

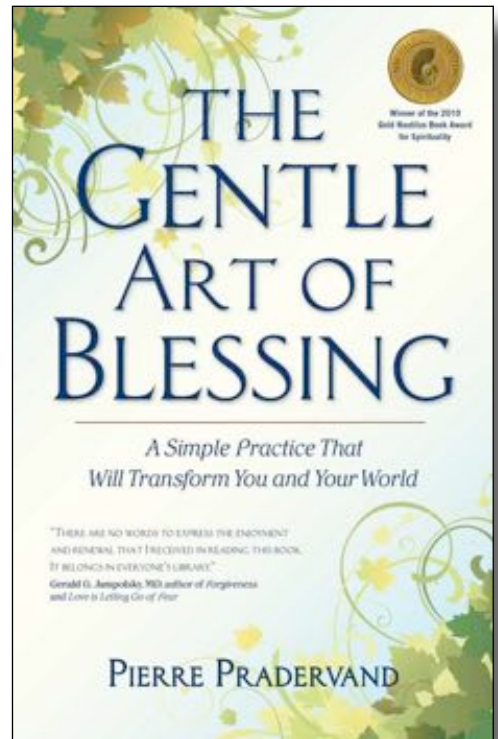
Mr. Pradervand makes a magnificent point: “*It is impossible to bless and judge at the same time. So hold constantly as a deep, hallowed, intoned thought, the desire to bless, for truly then shall you become a peacemaker, and one day you shall behold, everywhere, the very face of God.*”

Jesus of Nazareth promised that we would be judged if we judge. We've seen it time and time again. I don't know about you, but I don't know anyone, including myself, who while growing up was taught to bless anything beside the family meal before eating. However, we were taught to be critical and to judge everyone and everything.

What a different world we might have if everyone were taught this basic practice! We have very powerful minds that simply need to be re-directed and put to a higher use.

The book has many anecdotes, both large and small, depicting the results of blessing. One reviewer on Amazon said that he originally thought blessing was a stupid idea. Then he decided to try it on strangers when he was on public transport because he was bored. Strangers turned around many times. Strangers smiled at him and some even spoke to him as he blessed them. He went on to also bless those who have hurt him as he was falling asleep. The surprising result was that he got an email from someone who hurt him three years earlier, and he said he was sorry. He thought it was a bit scary!

Now he says, “No matter what happens, I just want to use this method to



[The Gentle Art of Blessing: A Simple Practice That Will Transform You and Your World](#)

amazon

fill more love into my heart and remove the anger and hate that has been torturing me.” It is far more productive and healing to bless others than to curse them. If you want to contribute to uplifting humanity then this book will teach you how to do just that.

△

About Steve Freier: Steve is a researcher of metaphysical subjects and The Inner Voice website design tech and Mail Chimp publisher. Steve is also a professional video producer specializing in personal and promotional videos in YouTube fashion. Contact Steve here: sgfreier23@gmail.com



Got a problem? Bless it into oblivion!

By Nancy Freier

The Gentle Art of Blessing (see previous page) reminded me of a feng shui client I had some years ago who also wanted an angel reading on how to handle a noisy neighbor who was disturbing her peace with his wild lifestyle and late night parties. My client was so distraught with him that she would rush to her window several times of the day and night to see what he was up to next to make her mad. In the reading, the angels suggested she stop running to the window and to place her focus elsewhere and off this situation. They suggested she pray for peace to surround her and her house. In

addition, we hung a small mirror (a feng shui 'cure') to symbolically reflect back to this neighbor his own noise. A week later my client told me that not only had the noise stopped, but a 'For Sale' sign was in their front yard!



I live in an apartment building that is generally pretty quiet and peaceful. About a year ago, a young guy moved in next door to me and along with him came non-stop friends in and out of the building all day and all night. They'd park in front of my window and sit in their cars doing Lord-knows-what. The ruckus raised the boiling point in all the neighbors, yet the landlord refused to evict him. I hung a small mirror to reflect back to him his vibe, and to bless it all into oblivion where everyone wins. The result? He moved out two weeks later!

A 5-Minute Meditation to Open Your Heart

By Louise Hay 1926-2017

Breathe in. Breathe out.

Breathe in. Breathe out.

Breathe in and breathe out and just let go of all that stuff that is stuck inside you.

This is a special day and we don't want to carry any old stuff with us.

Put one hand on your heart and one hand on your belly. And as you breathe quietly, notice how comforting that feels. Be aware that you can do this anytime and anywhere and take care of yourself.

You can make yourself feel better with simple gestures and your own breathe. How it calms you down. It lets yesterday go. It gives you a feeling of safety. You are here for yourself. And as you release yesterday and even this moment, you allow your full attention to come into this day, this hour, this time. Turn your full attention to this wonderful, wonderful day.

Let your heart open and make room for all the good of the Universe to come in.

All is well.



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SATURDAY April 18, 2020

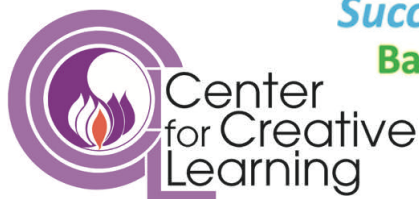
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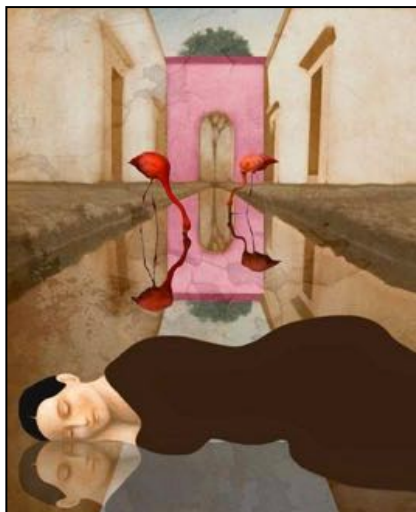
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A Poem by Osho from [*Sacred Dreams*](#)

*First become alone.
First start enjoying yourself.
First love yourself.
First become so authentically happy
that if nobody comes it doesn't matter;
you are full, overflowing.
If nobody knocks at your door
it is perfectly okay —
YOU are not missing.
You are not waiting for somebody to come
and knock at the door.
You are at home.
If somebody comes, good, beautiful.
If nobody comes,
that too is beautiful and good.
THEN move into relationship.
Now you move like a master,
not like a beggar.
Now you move like an emperor,
not like a beggar.
And the person who has lived in his aloneness
will always be attracted to another person
who is also living his aloneness beautifully,
because the same attracts the same.
When two masters meet —
masters of their being,
of their aloneness —
happiness is not just added, it is multiplied.
It becomes a tremendous
Phenomenon of
celebration.
And they don't
exploit,
they share.
They don't use each
other.
Rather, on the
contrary,
they both become one
and
enjoy the existence
that surrounds them.*



Art: Daria Petrilli

Heart Health: A Case Study

By Dr. Felicia
Houk, D.C.



Taking special care to make sure that your heart is strong and healthy is a priority that everyone should take seriously. In the United States, heart disease is the number one cause of death in both men and women, with many people actively living with it today. With chiropractic care you might be able to manage your current heart condition and ward off heart disease altogether. It may seem shocking to most people that chiropractic treatments may be able to help treat people suffering from heart problems, especially since chiropractic is usually associated with chronic back pain, neck pain and headache issues. But, chiropractic is a natural, non-invasive therapy that has been used to treat heart disease in many different patients.

One case study was done on a 54-year-old man who began receiving chiropractic treatments in an effort to restore his lipid panel back to a healthy state. After six months of adjustments, his lipids were reduced to normal levels without any diet or activity changes. Prior to receiving chiropractic treatments, he was on 10 different heart medications. After his six months of chiropractic therapy, his LDL, HDL and triglycerides were healthy enough to not require him to be on any of his heart prescriptions.

Since chiropractic is a drug-free treatment, all the therapy done on this man was through various spinal manipulations and adjustments. Chiropractic is based on the theory that the nervous system is responsible for maintaining optimal health in the body. When it is functioning properly, it helps transmit information between the brain and every other part of the body. When there are dysfunctions in the spine, this can cause disruptions in how efficient the nervous system is at transmitting this information. These problem areas of the spine are known by chiropractors as subluxations. They are able to be corrected by manipulations that return the spine back to its proper alignment. When the spine is free of subluxations, then the body returns to a state of healing, affecting every muscle, nerve, tissue and, most importantly, the heart.



Dr. Felicia Houk & the Torque Release Technique

Dr. Felicia Houk is the only chiropractor in the Appleton, Wisconsin area who utilizes Torque Release Technique (TRT) to care for patients. TRT targets your nervous system, locates areas of nerve interference and helps restore proper function. This method of analysis is appropriate for everyone – from infants to seniors. Let us help you feel your best. Call or stop in today!



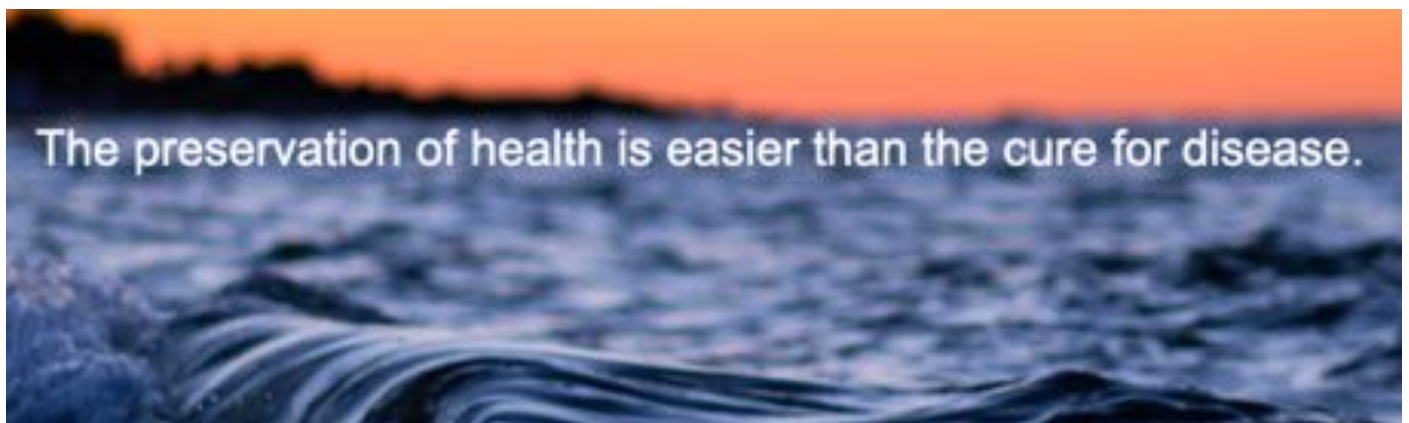
Dr. Felicia Houk, D.C.



Family Chiropractic | Infants Through Seniors |
Pregnancy | Athletes

Our vision is to educate and empower as many families as possible to make informed decisions about their health. We are excited to partner with every family in our community to change the way we think about our health care, and raise the next generation drug-free. Our focus is to correct the root cause of health problems at the source, so that each person may achieve their optimal health potential, and live out their life's purpose with ease.

Our goal is to set people free from their current health conditions and enhance their quality of life. We help people shift the tides of their health by offering cutting-edge chiropractic corrective care. Join us on our mission to shift the health of our community into one of the healthiest communities in the world right here in the Fox Valley Area of Wisconsin.



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It's Sophie's Time for



By Lynn Schuster, Animal Communicator

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 cited 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 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, compassion, 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.

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Lynn Schuster is a Telepathic Animal Communicator who is passionate about strengthening the bond between animals and humans. To get in touch with Lynn, please see her ad on page 17.

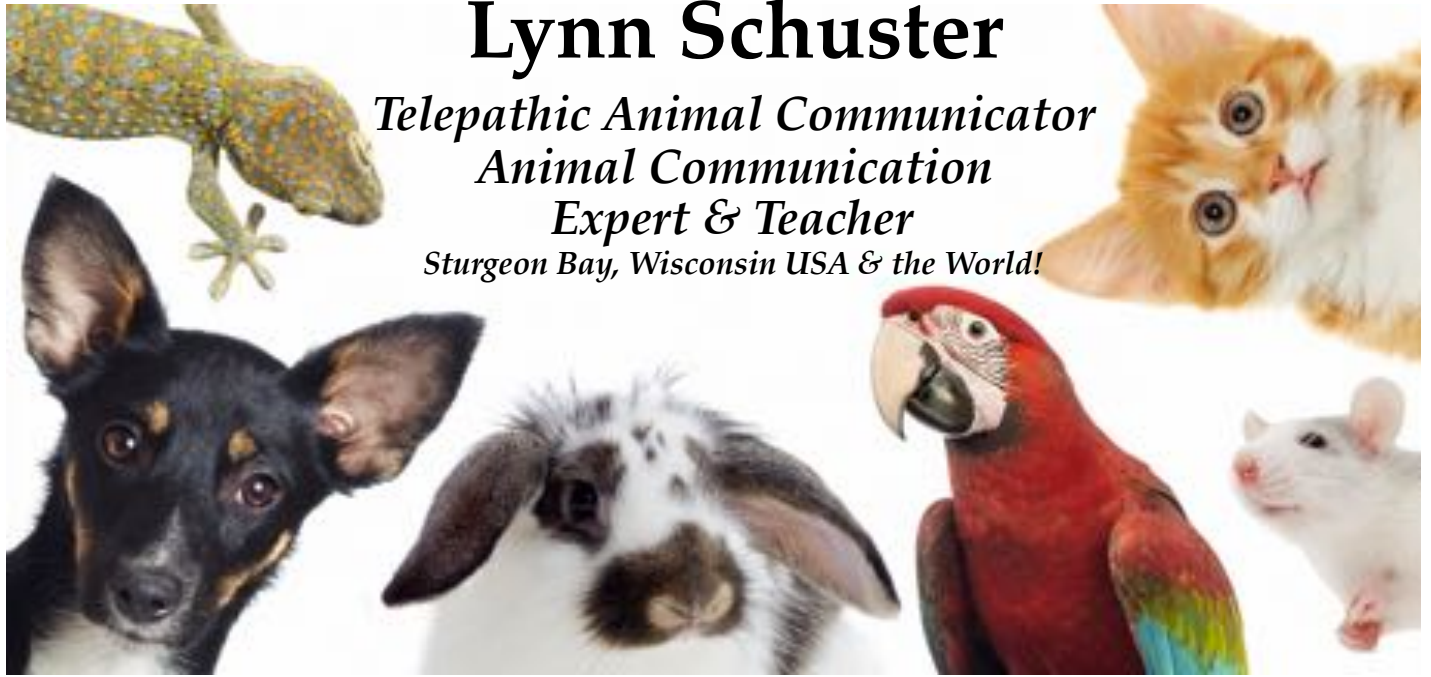


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Happy New Year of the Yang Metal Rat

January 25th, 2020. A new cycle and a new decade begins, with a built-in metaphor for clear, sharp, 2020 vision. This particular decade also starts with the Chinese lunar astrology sign that most perfectly represents clear, sharp, focused intent and action--the Yang Metal Rat year. This synchronistic combination of vision, intent and bold action portends success for a social restructuring that is nearly unprecedented.

The last Metal Rat year was 1960. The decade that followed has held an almost mythological place in history for the breadth and depth of the changes it brought to the modern world. In the West, societies tore apart at the generational seams as cultural expectations were questioned, governmental policies protested, moral hypocrisies exposed and "business as usual" rejected. Science and technology challenged religions, corporations began to control public resources and rampant consumerism became the recipe for world wide economic success. Altruism and hedonism both battled for ascendancy. "It was the best of times, it was the worst of times."

Drawing from the lessons of those turbulent times we see that one needs a rock solid inner guidance system to navigate the shifting terrain ahead. We are in the midst of a polar shift in every aspect of life as we attempt to reconcile the starkly interdependent realities of a global

economy with the old structures of independent nations. Just as the 1960's examined social justice within human diversity, so the 2020's will inevitably focus on ecological justice within the diversity of all the other species on the planet. The ultimate "bottom line" of ecosystem fatigue is becoming too evident to ignore any longer. With 2020 vision we see that reweaving ourselves and our entire civilization back into the world-wide web of life is the critical priority now. Fortunately, the Yang Metal Rat energies support this exact and exacting task, as they bring precise focus, keen wit, and a remarkable talent for self-preservation and species survival.

With razor sharp precision, the Metal Rat slices through any obstacle to realize its goals. It is a clever, opportunistic creature, with a compulsion to thrive regardless of the difficulties. Endless will power, tireless persistence and a reliance on bold action are the Rat's tools for

success. The Metal Rat year combines grounded practicality with inspired action to achieve a most formidable position of safety and comfort within any environment. Thinking on one's feet, making lightning quick decisions, altering course whenever the advantages shift--the Metal Rat's energy offers the perfect strengths to those who latch on to its tail, seeking the best possible placement to face the unpredictable years ahead.

The Metal element highlights the ability to sniff out what is truly useful and valuable as well as to identify what must be jettisoned as useless and unworthy. Use this quality to redefine your future, asking "What is my time here worth?" "Which are my highest values and most cherished relationships that I wish to nurture?" "What is my authentic response, based on my inner truth, to the clamoring choices facing me?" Evaluate every facet of your life again, and get crystal clear on where solid, life-sustaining value lies within it.



This is THE year for this vital revisionist work. The energy of this year promises to move swiftly. Do not procrastinate in reviewing everything that currently sustains you and your family's security. Food, housing, finances, health, support network--determine what is essential for you and your beloveds, locate the cleanest, best quality sources and procure them. Some peripheral interests or involvements may not make the cut, and this is good. Be



pragmatic. Anchor your core choices with daily and weekly goals to meet your needs and carefully guide your steps along the new, precarious path towards global transformation.

While 2020 is ruled by the Metal element, representing the mental body, the common sense of smell, and precise boundaries in time and space, the Rat's native element is Water, representing the spiritual body, the sense of hearing, timelessness and fluid movement. Metal supports Water in the Nourishing Cycle of the Five Elements. Such a unique harmony of qualities means that this year has a stronger influence than years which have elemental and animal energy conflicts. We can embody the Metal and Water elements ourselves this year in how we approach every moment. Picture the clever Rat, with its long nose to the air, whiskers twitching, ears wide, locating the faintest smells and sounds leading to food and safety. Metal--keep your nose alert to the winds of change, Water--listen for guidance and be fluid in your response.

The final overriding quality to understand about this amazing year is its yang aspect – that quality of big, bright, loud, fast, up and out, social ACTION. Be quick about setting up your guideposts of values and goals for the year, and the decade, because yang years offer actionable opportunities in rapid succession. Here comes a great chance to do...oops, there it goes. No worries, another will come along soon, but not endlessly. Use the Metal Rat's talent to define what's truly useful to secure your future. You can trust that the clarity provided by the bold, noisy yang energy will light up the most excellent choices for you like a beacon. Venture out into the wider world and leap into the fray with confidence, once you have your internal housekeeping done. Armed with fresh clarity of purpose and redefined lifestyle priorities, you can face the coming decade of change and transformation with a secure, well-stocked home base and the generous grace to help others do the same.

△

Karen Abler Carrasco is a Teacher/Coach/Mentor at the Western School of Feng Shui. <http://westernschooloffengshui.com/> She resides in Arcata, California.

You Were Made For This

By Clarissa Pinkola Estes

From <http://www.awakin.org/>

Waking up to Wisdom In Stillness and Community



Ours is not the task of fixing the entire world all at once, but of stretching out to mend the part of the world that is within our reach. Any small, calm thing that one soul can do to help another soul, to assist some portion of this poor suffering world, will help immensely. It is not given to us to know which acts or by whom, will cause the critical mass to tip toward an enduring good. What is needed for dramatic change is an accumulation of acts, adding, adding to, adding more, continuing. We know that it does not take everyone on Earth to bring justice and peace, but only a small, determined group who will not give up during the first, second, or hundredth gale.

One of the most calming and powerful actions you can do to intervene in a stormy world is to stand up and show your soul. Soul on deck shines like gold in dark times. The light of the soul throws sparks, can send up flares, builds signal fires, causes proper matters to catch fire. To display the lantern of soul in shadowy times like these -- to be fierce and to show mercy toward others; both are acts of immense bravery and greatest necessity. Struggling souls catch light from other souls who are fully lit and willing to show it. If you would help to calm the tumult, this is one of the strongest things you can do.

There will always be times when you feel discouraged. I too have felt despair many times in my life, but I do not keep a chair for it. I will not entertain it. It is not allowed to eat from my plate. [...]

In that spirit, I hope you will write this on your wall: *“When a great ship is in harbor and moored, it is safe, there can be no doubt. But that is not what great ships are built for.”*

△



Your Essence – the Source of Love

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

Your Essence is your Source of Love. It can be touched with intention, awareness, and creativity. Begin with something as simple as *'I intend to create from my heart today.'* Early morning intentions set the pace for your creative life, happiness, art.

Create a place for your Essence to be heard. A studio sanctuary with art tools ready whenever the creative inspiration appears, is perfect. Psychically enter a sacred place where your time and art is valued by you, and then by all. This safe haven is your own personal space to create whatever is on your mind. Here you craft your narrative, your story – about what matters most to you.

Your Essence loves quiet spacious blocks of time to play, to make mistakes, to be free and loose. Set yourself up for wild abandon! Wear loose old clothes, spread drop cloths, play energetic music, so that you move freely and can be messy – and just explore.

The tight, wound-up thinking logical mind doesn't do well here. In fact, that neatly controlled mind often messes up

the really wonderful, spontaneous art you've already created. Overworking a piece can be disaster! Whenever you pause, get some tea, or walk away, take a picture before your 'thinking mind' starts doubting your art. They are obsessive!

Love your Essence enough to turn off the world. I pull the plugs on phones, put aside technology, and ignore the doorbell. This is personal time to go deeper, make art, and listen for *the inner voice*. Flow lives here. Imagine the kind of world where you'd like to live. Plus, this balance away from the noise is a healthy place to live. You give your body time to refill, experience, and enjoy itself. Trusting in Self begins here. Stepping away from the demands of life routines is a must. Even if you allow yourself only 15-30 minutes three times a week, you are gifting yourself with precious 'YOU' time.

To be human is to be creative. Keep the intention written on the canvas, easel, or your hand. Remind yourself to stay conscious, loose, and creative. Old habits sneak in and can sabotage us. We get tight,

doubtful and unhappy. Working in short bursts keeps us grounded in the present. Then the art speaks to us and tells us what it wants. Intuition and inspiration flow.

Your Essence knows passion. You are excited about doing it, you care enough to make something, and most of all, you feel happy and elated in the *doing of it*. You can pursue art techniques and many types of media, but passion is about your heart's innermost feelings. How does making art make you feel?

Your Essence is your soul connection, the 'Home of Love.' Choosing to feed your soul, valuing a supportive art community, and doing art regularly creates your strong, authentic, personal voice. Psychologists today believe we choose our feeling. If we only chose those activities that make us feel happy and ignite our inspired best, we'd lead healthier lives. Therefore, choose Art, Creativity, and keep evolving your Visual Story.

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"Creativity is not a talent. It is a way of operating." –John Cleese



Hearts Painting by Pat Gullett available as Giclee Archival Ink prints. Three hearts on One, filled with Alchemy Magic and color, to Heal the Roots/Heart/Mind. \$18.00 and up. https://www.etsy.com/listing/588582739/healing-hearts-print-giclee-archival-ink?ref=shop_home_active_18



The Gift of Hindsight

Trusting the Wisdom of Your Life Journey



There are significant gifts of hind sight in trusting the wisdom of your life journey. One that repeatedly shows up for me is that I didn't have to worry about what I had been worrying about. Have you noticed this, too?

My mind gets clogged with thoughts, conversations and possibilities devoted to what could go wrong, or not happen at all. I second and third guess myself and everyone else involved. With worry I labor over, under and around choices. I don't feel safe to "not know" so I keep myself busy creating options that grow from stress. These experiences stimulate even more tension and fear in me. As I look more closely, I see all these behaviors are fueled by an unconscious fear to trust tuning into the wisdom of life.

Fear and worry can feel like being consumed by thick clouds of loud, overwhelming sensory onslaught that contract my capacities to see, hear, think and feel clearly. Decisions can become obsessive challenges looking for *the right choice*. The inner tension interferes with me accessing and trusting my intuitive navigation system. I feel terrified of making a mistake I will regret and painfully ostracize myself for. I think I should know, yet want outside validation, a sign from God to – *do this*. But, I also can feel controlled when being told what to do. Can you relate to these dynamics?

In hind sight, I realize an interesting phenomena. I, and others I have observed,

make up stories about situations, people, places, etc. – *and* we believe our made up stories so we can avoid the fear of hanging out in the unknown and rest in the safety of what we *think* we know. In school I was taught that *not knowing* was not good enough. It was bad, unacceptable, and I felt unsafe. That early conditioning is part



of setting up the strong pattern of "needing to know" and the young wisdom committed to creating stories to feel safe.

In truth, not knowing is a rich and creative place to be. It's natural, healthy and honest to not know and to want to, and be encouraged to, explore new possibilities. It evolves curiosity, intellect and intuition. If we truly notice, we will see that we are actually always in the unknown, which is a potent energy field where we can resource new creative possibilities that shift us into higher vibrational living. Actually letting go of what we think we know, like our judgements of others, can support us seeing with fresh eyes and mind.

More spacious perception can allow in unique possibilities we hadn't conceived possible. Our judgement of others narrows our focus and can hold that reality in play.

With the gift of hindsight, I realize that life continues to unfold. There is no one end point. No one right decision. There are always choices, always something next.

Life is a flow of choices, questions, challenges. I don't have to worry or fear or stress or pressure myself. The ongoing learning is to trust tuning into the current stream of life. The right choices will come clear.

Stay in the midst of the moment. There will be a continuation of many more moments. If I refrain from labeling the moment, new movement can occur from a spacious zone of pure and higher potential.

In hindsight, when I relax into the unknown of pure potential, I am available to new opportunities, deeper honesty, fresh dialogue, and to the movement of life through me. When I let go of judgement of myself and others, an empty yet prolific spaciousness is revealed that calls for a deeper trust in receiving the unfolding wisdom of life.

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

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



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