

The Inner Voice

A Source of Light For Unfolding Consciousness • August 2021

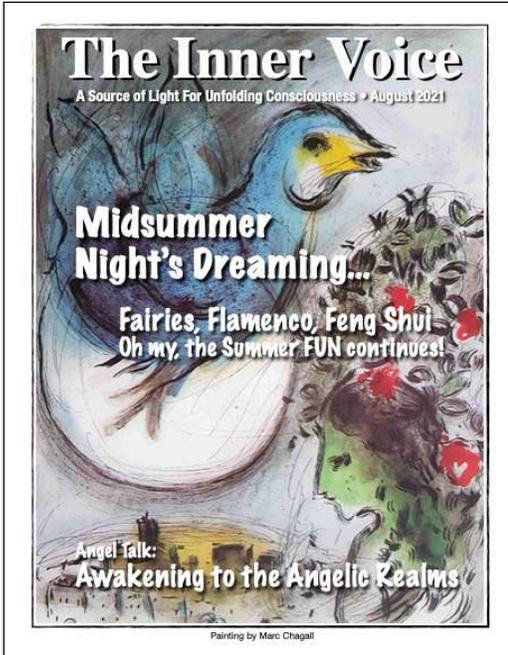
Midsummer Night's Dreaming...

Fairies, Flamenco, Feng Shui
Oh my, the Summer FUN continues!

Angel Talk:

Awakening to the Angelic Realms

Painting by Marc Chagall

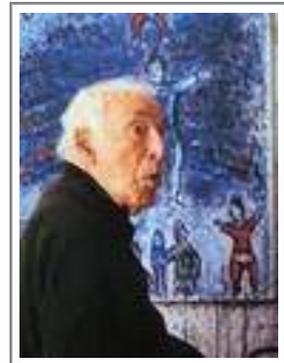


The cover painting is the work of Artist Marc Chagall (1887-1985), taken from a 1968 Exhibition Poster for "Septime Biennale de Peinture: Menton."

Chagall was a Russian-French painter, print-maker, and designer who composed his images based on emotional and poetic associations,

rather than on rules of pictorial logic. Predating Surrealism, his early works, such as *I and the Village* (1911), were among the first expressions of psychic reality in modern art. His works in various media include sets for plays and ballets, etchings illustrating the Bible, and stained-glass windows.

Source: <https://www.britannica.com/biography/Marc-Chagall>



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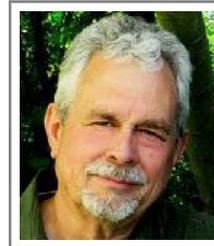
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The Inner Voice Magazine intends to serve as inspiration for healing body, mind, spirit, heart and home. The information in this publication is not meant to replace the advice of healthcare professionals. We aim to bring through the highest vibrational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



Golden Light Healing

DREAM • EXPLORE • DISCOVER • GROW

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

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

Our Retreat Center is available for customized personal retreats, company team-building workshops, or for private group rental.

Your Hosts

Amy & Dave Wilinski

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www.GoldenLightHealing.net



Here's a Partial Listing of Our Upcoming Events Check our website for more events and details!

www.GoldenLightHealing.net

AWAKEN YOUR INTUITION!

August 14, 12:30pm-5:00pm

MEDIUMSHIP TRAINING

August 21-22, 9:00am-4:00pm

QIGONG RETREAT WITH LORRI FORMELLA

Sat. August 28, 9:00am-4:00pm

TRUSTING YOUR INTUITION

September 5, 12:30pm-5:00pm

Now Offering!

YOGA CLASSES WITH HUNTER WILINSKI

Monday and Wednesday beginning August 11, 6:30-7:30pm. \$15

Swastha Sequence with Hunter Wilinski.

A sequence different from anything offered in the area. Create alignment in your body, mind and spirit with this 60-minute nourishing flow, suitable for all levels. Although the bones of the sequence do not change from class to class, you can guarantee that no two classes will be the same as there is always room to add creativity and challenge.



DRUM MAKING WORKSHOP with Dave Wilinski Sept. 5, 12:30-5:00pm

REIKI LEVEL I TRAINING

Sept 1, 9:00am-4:30pm

REIKI LEVEL II TRAINING

August 29, 9:00am-4:30pm

REIKI MASTER TRAINING

August 28, 9:00am-4:00pm.
Includes apprenticeship.

ANCIENT IRISH SHAMANISM WITH AMANTHA MURPHY FROM IRELAND

November 1-3 or November 6-8, 9:00-6:00pm



Join us as we welcome Amantha Murphy from Ireland! Explore the ancient Irish shamanic traditions as Amantha shares the ways of the Celts, Goddess and the ancient Tuatha de Danann. The way of the Celtic Shaman is rooted deeply in tradition and allows us to walk between worlds ~ recognizing the interconnectedness between all living beings.

WHISPERS ON THE WIND SHAMANIC PROGRAM

Group #24: Dec 15-19, March 9-13, June 8-12, Sept 7-11, 2022

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 & ritual, and much more!

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www.glh.as.me

August 2021
Dear Readers,

In my world last month, my life was turned upside-down. It all began with a comment made by a healer friend who said to me that I have some “repressed anger”. I immediately shouted back, “I don’t have any anger!” (Ha! The irony! There certainly was anger in there!) I felt my life had been going along pretty well except I had been praying for a breakthrough regarding some issues with physical pain. That healing session revealed that I was experiencing several disappointments that were at the root of the physical pain. I share this personal story because it’s a curious thing as to how I can pray and affirm for something, and when the answer comes I don’t easily recognize it because I expect the answer to be in a different form. But, no worries because I was able to detach from that initial expectation and then receive what I needed to heal. If you can relate, remember with me, that the angels never fail to have a solution. However, frequently the answer is other than what you think it should be!

August always brings to mind the idea of a midsummer night’s dream and along with it those “invisible beings of light” ~ the fairies, elves, angels, etc. In this issue are several articles on this topic. I publish them as a reminder that these beings want to connect with us, to bring healing and balance to Earth.

Be mindful of them in your garden, or on your walks in nature. Ask them to appear and see what happens! Talk to them. Reassure them it’s safe to come out. One day on a walk in a friend’s garden, they surprisingly appeared to me as “spinning pinwheels of light.” I was not expecting to see that, and had I not been open-minded, I would have missed seeing them entirely!

So, keep an open mind. The elementals are here to help us remember our roots in the galaxy and our connection with them, while also helping us evolve into our own unique beings of light.

Happy Midsummer Dreaming!

Nancy

Angel Talk™



Awakening to the Angelic Realms

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

I asked the Angels about the benefits of our connecting with them and how they help us on our life’s journey. Sreper answered this by first saying, We are pleased to tell you there is a celebration all across Heaven when one in Earth chooses to meet their angels and guides in spirit! It is the soul’s mission on Earth to do its learning, growing and unfolding, and it is of the highest learning when you are ready to make the connection to those who love and guide you from this side of the veil. We hope to be called upon during your incarnation for this connection brings great joy to both worlds.

The most important lesson you have on Earth is the recognition that much goes on beyond the physical plane. Probing into the reality called Heaven opens your life to greater possibilities than you have known before connecting with your angels. This connection will give you a new purpose and a dedication to that purpose. It will strengthen the qualities you desire to have. It will sort out and make sense of your emotions, which is what you have come to Earth to learn and experience.

Where no connection is recognized between the human and the Divine, there is great calamity. If only people would choose to awaken. Imagine, just one thought of an angel, once a day, every day, by everyone — what a charge of Light there would be encircling the Earth and fanning the flames of Love to burn brightly! On Earth it takes trust to see life through such limited human senses. We say, trust that quiet voice that speaks within your heart. You have not heard it before because your Earth life conditioning has held you mesmerized in what your physical senses told you was real.

You have heard the inner voice calling you and now you answer. It is why you are reading these words today. Your inner self

has longed for the connection to be recognized and made real in your dimension. It is but a little while before you shall be fully awake and listening to the inner voice of your angels. Practice going within the chambers of your heartmind and call it to you. It will answer you for that is the design of Creation.

Listening to your Guardian Angel is borne out of the desire to open this communication, and it is a skill that is developed through practice, faith and trust. It usually takes time for one to learn this because what you are really learning is trust. Your desire to connect with us allows our voice to be heard. Be still for a moment and listen for the quiet voice inside your heartmind. Aware of us or not, we have been with you all along, but we say it is now that you have evolved to a place in consciousness where you can now hear us and accept us.

Every person, place and thing in your world, including your soul’s highest plan for you — is part of a greater plan than what you can see from where you presently stand and have your focus. Please keep this in mind always! Angels are busy getting messages back and forth according to what we’ll call the Master Plan that was laid out before you entered physical life. You read this and remember us now because it was your soul’s desire to remember the connection with your angels once you came to Earth.

Do you realize the awesome power you have when our energies are invoked? Do you realize the healings that could take place on your plane if we join in alignment with you? There is nothing that cannot be accomplished if we were invited to join with you. There is a great need to reeducate humans with what our mission is with you on Earth, and we are grateful you are learning this now.

Did you know your angels and spirit guides give you the very thoughts you believe are yours alone? We are so close to you in position that there isn't a measurement small enough to measure that distance. Our energies overlap, and we go wherever you go. This is not to say that you don't have your own free will, for you do, but your guides direct you whenever you ask.

There are many guides who do nothing but wait for your call. You see, everyone is assigned angels and guides before birth, but once they are born into physical life, most humans forget their angelic companions. The majority of souls incarnated even deny we exist and then it usually takes a catastrophe of enormous measure to wake them up. That is why there is this movement you call, the Age of Enlightenment ~ where people are awakening to this benevolent *Light Source* within them; and then choosing to reacquaint themselves with their angels and guides in spirit ~ trusting in the divine outworking of every experience. Remember, we are on the path with you to guide you.

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Got Questions for the Angels?

Get a personal reading from the Angels of the Great White Light who will address your situation with their compassionate wisdom and grace.

I also offer personalized Flower Essence Remedies that target healing of the emotional and mental issues at the root-cause level.

E-mail: NFreier@aol.com
www.NancyFreier.com

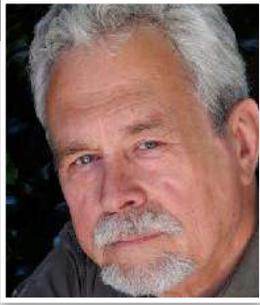


“I pray to the birds because I believe they will carry the messages of my heart upward. I pray to them because I believe in their existence, the way their songs begin and end each day—the invocations and benedictions of Earth. I pray to the birds because they remind me of what I love rather than what I fear. And at the end of my prayers, they teach me how to listen.”

— Terry Tempest Williams Refuge:
An Unnatural History of Family and Place



“The Beginning,” a digital artwork is by [Christian Schloe](#). Find ArtisticMoods on [Facebook](#) & [Twitter](#). (Source: artflakes.com)



Proof of Miracles

Profound True Stories of Hope and Healing

By Debra Martin

Recently a friend suggested reading this book about a healer-medium who conducts spiritual healings by connecting with God, so I purchased this book and dug in. After a while I realized that back in 2015 or so I had read a similar book which I believe to be her first book titled, *Direct Connect to God*. That book was a collaboration between Debra Martin and Sheri Getten. Back in those days they worked as a team, where Debra made the connection with God while Sheri channeled Reiki healing vibrations to the person. After a while, I surmise that this became rather cumbersome because they had to have the healee there in person with them. And that this became

untenable over time and especially after the pandemic made it impossible to see clients in person. This created the need and also the opportunity for Debra to start doing long distance healing via zoom or by phone.

What I find interesting about Debra's technique is that she tunes into the healee and then also into what she perceives as God. (Who really knows?) Then, as the session rolls along, she gets impressions of what may need to be done by the healee, and she also gets impressions of what may be the root cause of whatever condition they are trying to heal.

The issue could be something in the person's perceptions, or from childhood, or even from a past life. Whatever it is, Debra gets impressions which she then conveys either in real time or after the session is over. (She takes notes)

Debra states, *"I have developed a healing technique of my own through God, which is not being done anywhere else in the world. I am bringing each person who has a healing a direct connection with God. I provide the connection to God by being his instrument to send energy to help the healing process."*

Another unique aspect of what Debra does is that she may also feel the pain that the healee should have felt if they were not being assisted by Debra. For whatever reason she is willing to bear this pain and sometimes it is quite substantial.

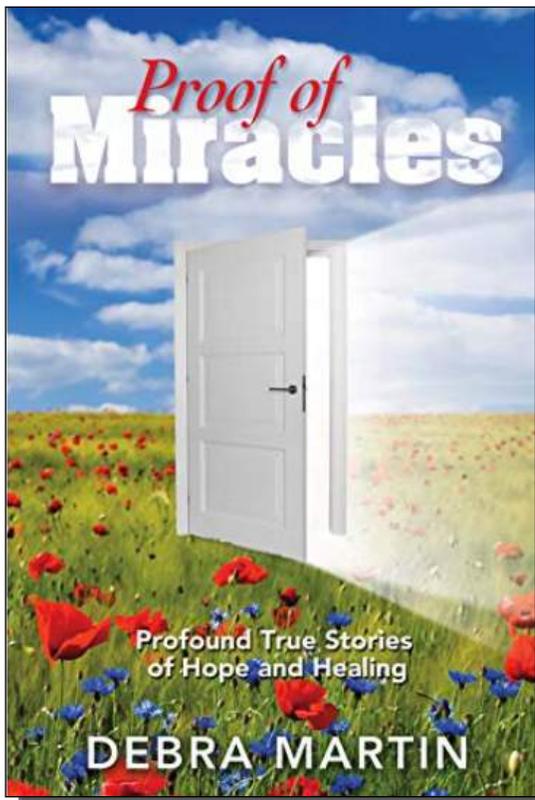
Did I mention that she is also a medium? That's how she started



Author, Healer Debra Martin

out anyway. And her life story as to how she got to this point of being able to be a medium, a psychic, and a healer is quite the story in and of itself! She had to endure a lot of trials and tribulations in order to get to this point! And along the way she found herself raising children by herself for quite a few years after a divorce. Not an easy task while trying to earn a living at the same time. (Debra has no college degree and so she had to start a daycare to make ends meet.)

In the first chapter, *My Journey To Becoming A Medium*, Debra says that she was born with the gift of being a medium. She started seeing deceased loved ones or what she called *Spirit* at the age of four. She had a difficult time growing up due to the fact that her mother was slowly deteriorating over a span of 13 years and died when Debra was 20 years old and pregnant with her first child. After that her father committed suicide while she was pregnant with her second child. It took her many years to heal all the while wondering why she had to go through all



Amazon Book Link: [Proof of Miracles](#)

Continued on page 7

of this pain, however she now realizes that she can look back at her past and see how it is helped her grow into the person she is today.

As part of her story, Debra describes miraculously being saved from accidents in which she should have been instantly killed, as well as other harrowing incidents.

The core of this book contains chapter after chapter of engrossing stories of individuals she has helped heal. The typical chapter format is that Debra will provide a brief introduction to set the framework for the story of healing, followed in most cases by the story as told from the perspective of the healed person herself. I felt that this was a very stimulating way to capture the story not only from a factual basis, but also a spiritual and an emotional basis.

All in all, if you're looking for encouraging and inspirational stories of miraculous healings, then this book will be inspirational for you!

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Debra Martin's website: <https://www.goldenmiracles.com/>
Amazon Book Link: [Proof of Miracles](#)



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

10 Ways to Love Yourself

A Reminder by Louise Hay

I have sent this to thousands of people over the years — my *Ten Steps* - or the 10 Ways to Love Yourself. Many of us seem to suffer from a lack of self-esteem at one level or another. It is very difficult for us to love ourselves because we have all these so-called faults inside us that we feel make it impossible to love ourselves exactly as we are. We usually make loving ourselves conditional, and then when we are involved in relationships, we make loving the other person conditional also. So, how can we catapult beyond this thinking and take the next step in loving ourselves?

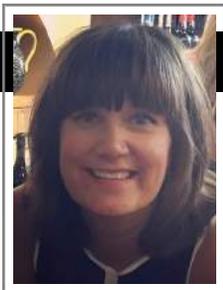
10 Ways to Love Yourself

1. Probably the most important key is to **stop criticizing yourself**. If we tell ourselves that we are okay, no matter what is going on, we can make changes in our lives easily. It is when we make ourselves *bad* that we have great difficulty.
2. We must also **stop scaring ourselves**. Many of us terrorize ourselves with frightful thoughts and make situations worse than they are. We take a small problem and make it into a big monster.
3. Another way is to **be gentle and kind and patient with yourself**. Most of us suffer from the expectation of immediate gratification. We must have it now. Impatience is a resistance to learning. We want the answers without learning the lesson or doing the steps that are necessary.
4. We must **learn to be kind to our minds**. Let's not hate ourselves for having negative thoughts. We can think of our thoughts as *building* us up rather than *beating* us up.
5. The next step is to **praise yourself**. Criticism breaks down the inner spirit, and praise builds it up. Acknowledge your Power. We are all expressions of the Infinite Intelligence.
6. **Loving yourself means supporting yourself**. Reach out to friends and allow them to help you. You really are being strong when you ask for help when you need it.
7. **Love your negatives**. They are all part of your creation, just as we are all part of the Universe. The Intelligence that created us doesn't hate us because we make mistakes. This Intelligence knows we are doing the best we can and loves all of Its creation, as we can love ours.
8. **Take care of your body**. This was the topic of my email last week, however it bears repeating. Think of your body as a marvelous house in which you live for a while. You would love your house and take care of it, wouldn't you? So, watch what you put into your body.
9. I often emphasize the importance of **mirror work** in order to find out the cause of an issue that keeps us from loving ourselves. Look in the mirror first thing in the morning and say: *"I love you. What can I do for you today? How can I make you happy?"* Listen to your inner voice, and start following through with what you hear.
10. Finally, **love yourself now** — don't wait until you get it right. If you can love and approve of yourself now, then when good comes into your life, you will be able to enjoy it. Once you learn to love yourself, you can begin to love and accept other people too.

Loving yourself is a wonderful adventure; it's like learning to fly. Imagine if we all had the power to fly at will? How exciting it would be!



Let's affirm: *I love myself just the way I am.*



Flamenco and the Bias of Mature Women

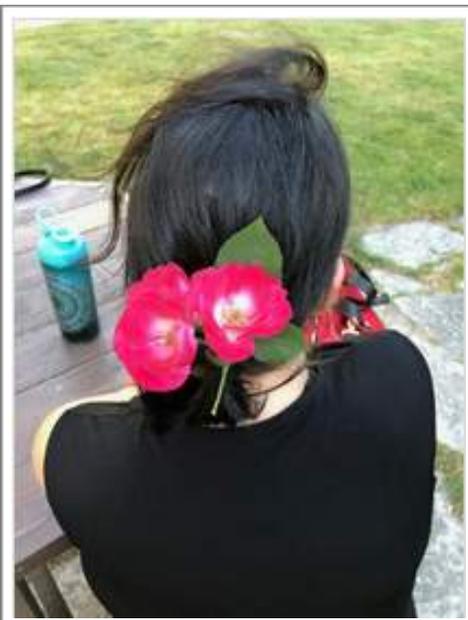
Roses overflow the stone planters at All Saints Cathedral. Anticipation fragrances the courtyard where we wait for the restart of Flamenco class, paused during the pandemic. Susan Palmieri snaps off a few flowers to decorate her hair. I secure the stems to last the whole hour, championing my friend's self-adoring preparation. Tonight I am a guest, a witness of average women inspired to express their moxie.

Marija Temo and Kerensa DeMars are renowned professional dancers who teach the art of Flamenco in Milwaukee. While Kerensa unveils the Flamenca archetype, the poetry of form, Marija instructs the guitarists, palmeros, to play during the session. Everyone is learning for each other, and with each other.

The students embrace passionately in the flurry to swap sneakers for sturdy heels and pants for figure-flattering skirts charmed with ruffles. I see a spectrum of ages and shapes united by a body-positive attitude ready to move into action.

The message from these teachers is that great technique and physical expression come from within. Traditionally, only the very young or older dancers are considered to have the emotional innocence or maturity to adequately convey duende, the soul of the genre. It is said that many dancers do not peak until their thirties. In Susan's class, the eldest woman is 80 and the youngest is in her twenties. Other than a lack of rhythm, there are few limitations to participate in this style of dance.

The palmeros sit semi-circle as the dancers proudly assemble into the center ring. Flamenco students clap their hands in a percussive pattern or palmas to signal the start of the performance.



Kerensa DeMars calls out instructions. Next, arms rise up and glide across the waist in movements called braceos. The hands and fingers animate a blooming flower (floreo). Over and over the students repeat the postures as the guitar strums accelerate. They begin their entrada. The dancers' footwork, marcaje, is a stamp or marking sound; it determines the specific type of Flamenco that will be performed. The llamada is the combined actions of palmas, braceo, floreos and marcaje, that let the singer know when to begin. The room pulses with heavy, thunderous beats. Marija Temo tells them to feel the relationship between the body and the ground. The dancer's range of options during the improvisation exhibition is the empowerment that fuels these women toward a love of Flamenco.

Susan demonstrates her version of life as an older woman in America. Fifteen years ahead of me, her influence alters how I imagine my future as the window of social value closes. She tells me, "In

Italy, in the piazza, lots of men of all ages sit there, and they will have something nice to say about every woman who passes by. Not just whistles from the wolves; it's not about wanting to have or not have sex, it's just about appreciation. When the music starts, my soul wants to dance and I invite others to come out and break their barrier of fear. At a certain age American culture scoffs at an older woman on the dance floor. Women don't think about what they look like as they are dancing, they just want to dance."

The research of Dr. T. Bryant Marks, professor of psychology at Morehouse College and chief equity officer at the National Training Institute on Race and Equity, validates Susan's feelings:

"In the US, we have a pro-youth bias where we value younger versions of ourselves and younger people. We associate positive traits with youth and negative traits with the elderly and the gap is pretty big." And, the bias toward age is even greater than race or weight.

David Brooks of the New York Times writes about "Lookism," another negative bias toward unattractive people. "A society that celebrates beauty this obsessively is going to be a social context in which the less beautiful will be slighted. The only solution is to shift the norms and practices." If women are unable to preserve their youthful looks, they know too well what this rejection means to relationships and careers.

Negative perceptions and associations are often activated involuntarily, then fastened to our collective consciousness by repetition and overexposure. The behavior of these Flamenca is the heel that pounds out the call for change and signals a shift in narrative. What's unique about Susan's class is that age or size is not the measure for inclusion. Teachers of

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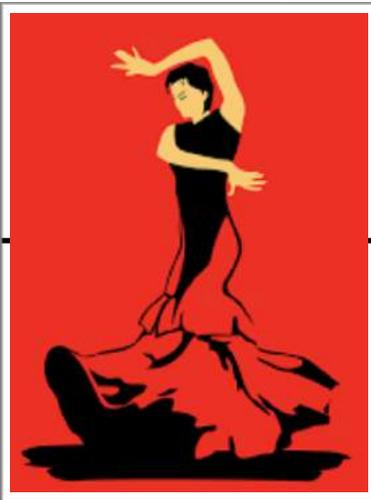
Flamenco from page 8

Flamenco plant seeds of confidence and tend their gardens as they grow.

Flores, (flowers) are the exquisite poses of the hands and fingers that convey emotions of lost love, sadness or tragedy, but they can also be a seductive invitation. The dancer holds the power to choose. Each movement of the Flamenco choreographs a dialogue, therefore her technique must be implicit and confident. If the stems of the flower are weak, the flowers, no matter how pretty, will just flop around. It's only when the stems stay strong and proud, that the flowers look their best.

△

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



Kerensa will be teaching a Flamenco Summer Intensive with Marija Temo in Milwaukee August 26-28. More info [HERE](#)

To sign up for classes with Kerensa DeMars her website is: www.kerensademars.com

Marija Temo's website: www.marijatemo.com

Fairy Dust

By JA Dioguardi



The coolness in the air this morning
came about without much warning....

Still and welcome silence greets me,
lifting up my thoughts; what could be
is now welcomed open-heartedly.
What's awaiting IS what's meant to be!

All the worries that had vexed
the unenlightened lower self,
with beneficial rest, have flown.
The higher mind, through dreams, has sown
a peacefulness that's paired with trust.

When nighttime fairies spread their dust
to ferret out the fears of self,
I waken grateful for what happens next!

Details unknown, which once perplexed,
as needed, come to light,
and aid me in deciding.
A love that's all-abiding
fills my body, mind, and heart.

Calm emotions now impart
the validation I desired,
assuring me what is required
is on its way; I get what I invite!

So, I beckon the evening air,
via fairy dust, to bear
the answer to another heart-felt prayer.



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

Do You Believe in Faeries?

Open the door to their enchanted realm

By Nancy Yearwood

Cultures of old and new consider them to be supernatural beings who are connected to the energy of the planet, nature and the stars. Faeries have been recognized throughout the world in China, Japan, Malaysia, Russia, Africa, Ireland, Scotland and Wales and in our own back yards here in the United States.

More and more families are building faery gardens and creating faery trees which is a fabulous way to create something beautiful and share some magic in the world! This way each person can contribute their unique little sparkle to the faery tree. Trees have enormous energy, so it makes sense that the faeries would welcome some TLC and attention from people who find joy in leaving little trinkets and treats for those in the faery realm.

Faeries are all around us but can only exist in a place where people believe in magic. It is very important that the faery

gardens and or the faery tree that you create be taken very seriously. The faeries are said to have a strong moral code that they live by. They are very polite, and they expect us to reciprocate. They are also known to be kind but will use their magic against us if we lie to them or cross them.

“Faeries become one with the purest energy and spirit of creation and travel through the gates between the material world bringing ancient knowledge with them.” Says Author of Living the Faery Life, Kac Young. In her writings she talks about the foods they like, the flowers they are fond of and more. There are many faery books out today that can assist you in learning more about them. There are many different kinds of faeries, some live in the upper world and fly some in the middle world where we live and some live in the lower world, underground.

During the summer, we find ourselves outside in our gardens planting flowers and seeds to create beauty in our lives as everything is alive and vibrant. This is the perfect time to set up your faery garden. What I have learned by reading and interviewing experts on the subject, is that one of the most important things to do in creating your faery garden is to gather 12 stones and create a circle for the faeries to dance. Apparently, they love to dance and sing and the stone circle you create will make them happy!

The Faeries will need a gate for them to enter and exit through. The faery door can be handmade or if you search online you will find many awesome faery doors that you can put in the garden and will add to the character of your space. You can add little chairs and tables, and they like shiny trinkets. You can place little plates in the garden with treats for them. This is delightful for them to receive. Some people leave notes for them and have received messages back!

The treats can be milk or honey in a thimble or fresh fruit and nuts. Anything you leave for them they will greatly appreciate. It is said that when you befriend the faeries, they protect your home against harm and use their magic to assist us when needed. I have ordered my faery door and am searching for my thimble to set in the garden.

Spread the Magic!

△



Midsummer Eve Fairy 1909 Painting by Edward Hughes



Nancy Yearwood is a Radio:Podcast Host, Author, Motivational Speaker and the owner of Energy Girl Publishing LLC. She resides in Los Ranchos de Albuquerque, New Mexico. www.NancyYearout.com

How to Make Miniature Fairy Gardens



<https://theedibleterrace.com/how-to-make-miniature-fairy-gardens/>

From the container you choose, to which fairy figurines you include, this garden can be anything your imagination makes it! The first step in figuring out how to make miniature fairy gardens is to choose a theme. You can go with a classic fairy garden theme, or get a little more imaginative! For example, see bird bath on right.

Tales of the Old Forest Faeries

Poem by Athey Thompson

*I'm going on an adventure
And, who knows
What will be
Or, what will become of me
But, one thing is for sure
An adventure it shall be*

Δ



<https://fairygardendiy.com/outdoor-fairy-garden-container-ideas/>





The Intelligence of Nature Spirits

© Penny Kelly, N.D.

I was raised in a large family that grew most of the food we ate. We lived in the country on three acres; half of it was garden and orchard. Our approach to gardening was completely utilitarian — plant these seeds, pull those weeds, wait for the vegetables, then pick to eat, can, freeze, or dry. Never, in all those years of gardening was there a word or a conversation that referred to the beauty, the life, or the intelligence of nature. We weeded and tilled in sweaty silence, saving our energy because we needed it to keep working. I complained loudly at times, but it did no good. We had to eat, and that was that!

When I turned 18 and graduated, I left home, moved to Detroit, and did not even think of gardening for more than six years. I worked, got married, had children, bought a home. And then...slowly, thoughts of having a little garden began to surface in the pools of my consciousness. First, it was a tomato in a pot on the porch. Then it was pole beans mixed with the flowers along the fence. Next, a tiny garden along the west wall of the house complete with trellising. When the marriage fell apart, so did the gardening. I was back to nursing the Wandering Jew plant in my kitchen.

In 1986, now remarried, I moved to the Kalamazoo area where we bought an entire

farm complete with vineyards, barn, a big, old farmhouse, and even an outhouse. It was on the farm that I awakened to the beauty and living intelligence of Mother Nature.

We had been on the farm for three years when I went for a walk one day and met a group of elves. A few days later, certain that I had been imagining things, I went out to see if I could rouse them again. I did, we struck up something of a conversation, and I ended up making a deal with them. I would tell the world that elves were real and could be communicated with if they would get me 100 tons of grapes in my vineyards. From my point of view, the deal was structured to make sure I never had to tell the world anything, but life is full of surprises, and I ended up writing an entire book about my experiences with them.

That was twenty years ago. Their inclusion in my life changed everything for me. Not only did I end up opening to their existence, I began to fall in love with the world of nature. The elves encouraged me to start conversations with everything, whether green, flowered, leaved, four-legged, winged, or finned. I met and established relationships with the wind, water, the sun, and Mother Earth herself. To my surprise, everything was intelligent and could be communicated with. Not until years after I was already talking with all of these did I realize that they were the

nature spirits and elementals I had occasionally heard of and wondered about!

Were there lessons along the way? Lots of them! I discovered how impatient I was, and how selfish. I came face to face with my pride and the habit of wanting to feel special or better than others. I thought I knew so much...and learned that this prevented me from really knowing what *was*, as well as how thinking you knew got in the way of learning anything else. I found out that anger was my favorite means of communication and motivation, how stubborn I was, and how willing I was to carry a grudge. Sigh...!

Years later, I was thinking back on those early lessons. The next time I talked to Alvey, the main elf on my property, I asked, "Why didn't you give up when you discovered how awful I was? What kept you coming back to talk with me?"

"Because you *can* communicate!" he replied. "Lots of people can't. And they don't pay attention to anything in Nature anyway. But we can't go any further without you."

"Without who?" I blurted out, suddenly not following what he was saying.

"Without you...you humans! We can't go any further, so we're reaching out!"

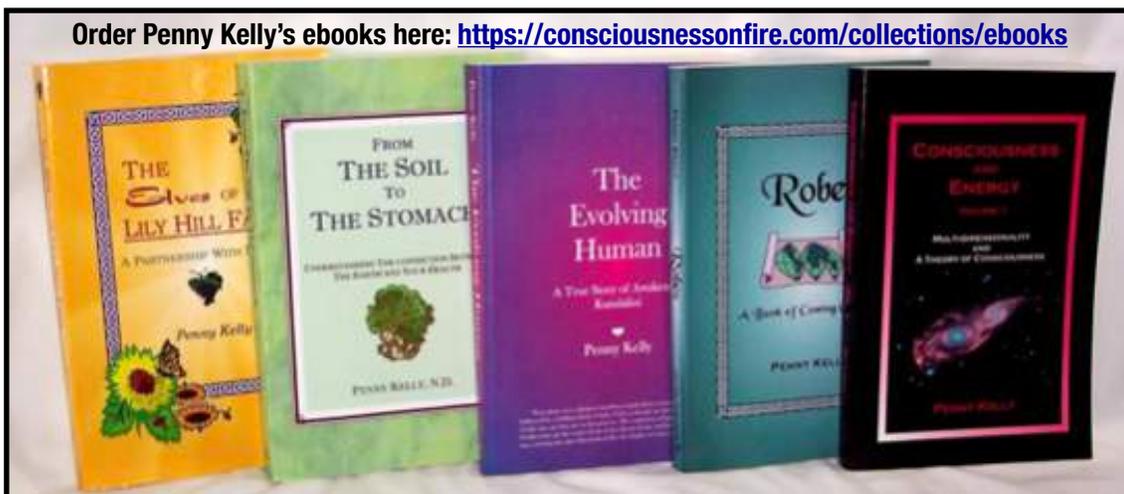
Then he was gone, leaving me to ponder. Perhaps his statement is something we should all ponder. Can we really keep doing what we're doing in this world? Alvey's words suggest something we have all known at a deep level for a long time...

...sink or swim, we are all in this together. And where or what is "further?"

That is something to think about!

△

Penny Kelly, N.D. is an author, publisher, and consultant. She is the owner of Lily Hill Farm where she teaches courses in Developing Intuition and the Gift of Consciousness, and other classes. For more information: <https://consciousnessonfire.com/>



Order Penny Kelly's ebooks here: <https://consciousnessonfire.com/collections/ebooks>



Here's the link to Your Sign Through the Year – In LEO <https://astroadvisor.wordpress.com/2017/07/24/your-sign-through-the-year-in-leo/>

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 Leo on your birth chart.

What Is Leo’s Intention?

Having satisfied our need for love and belonging in the “soul baptismal” waters of the sign of Cancer, we now turn ourselves outward with a radiant shine of pride and warmth, knowing we are a child of the divine source, ready to share our “special” gifts with those around us. Oh what joy – its Leo.

Just as the Sun radiates warmth into our solar system, so our inner Sun shines our inspired individuality into the physical world through our ego/personality. It is by expressing our creativity, playfulness, passion and joy that we fulfill the ego’s limited sense of purpose in life. This is generally very different than our soul’s purpose in this lifetime, but is necessary for the soul to reach its goals. To lend our unique talents to the collective creation, we must first know how to actually manifest our own vision and talents.

When conscious in this expansion into Leo, we learn to strengthen our individuality, follow our heart’s desire, be willing to take center stage, increase our willpower, enthusiasm, and self-confidence and feel adored. By being willing to take risks and look at life as a game, we learn how to have fun and relate to the childlike qualities in others.

Our unconscious Leo might insist on getting its own way, make changes just to



show its power, become addicted to taking risks. We might demand others’ attention, create melodrama, or be overly prideful in the face of fear. At times, we might be overly concerned with what’s expected instead of following our own heart.

What needs healing and growth?

Our Leo ego, if wounded in youth, can feel that we cannot express our self, or that our creative expression has been squashed, our self worth damaged or missing. We can feel we are not a part of the celebration of life, we are not creative, talented, inspired enough or in any way special. Or we may not feel like we are given our due respect or adoration.

What Can I Do This Month?

To heal and evolve your Leo self, notice if you have a fear of being seen, recognized, put in the spotlight. Do you feel unworthy of notice, lacking talent or any gift to share? Conversely, do you find yourself trying too hard to be seen, applauded or loved? Do you steal attention at the same time you are feeling unworthy? Do you have a hard time accepting accolades, compliments or attention? Do you live primarily through

others’ achievements? Perhaps your children’s.

Things to do

Give yourself permission to shine. Let go of standards, comparisons and judgments. Just follow your creative urges. Draw, sing, sculpt, craft, write, perform. Make having fun the priority, as if you were a child, without regard for outcomes.

Play a sport. Compete in a game. Laugh and feel your inner child radiate joy and warmth to those around you. Take pride in your self and allow yourself to be adored...even if only by you.

△



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/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



Three Ways to Trigger the Creative Process

There are three ways to trigger the creative process. It always begins in the doing, then trusting the mystery and trusting yourself. This is what making art and living life are all about.

The first really fun way to begin is to just paint. Use whatever paint you have on hand, watercolor, tempera, or acrylic. I know someone who uses the house paint leftover from some room decor. Take five pieces of paper, one large and four smaller, and just paint each one with a different color. Add a little light and a little dark mixed into the main colors to get some tones for interest. Then, cut the smaller sheets into shapes: squares, squiggles, circles, strips, and arrange them on the large sheet in patterns. Once you like it, glue them down. Instant original art!

A second play technique is to paint one large sheet with a cup of strong tea or even hot chocolate. The second will smell heavenly! This creates a beautiful, natural sepia tone background.

Next, gather some leaves, sticks, pods, or flowers from the garden, and lay them on the paper. In addition, have some of the items overlap and cross over other pieces in different directions. See how the shapes carry your eye around the sheet.

When you like what you see, either trace around them or draw outlines of them in the pleasing arrangement. You can just have it be a quality of line drawing as is, or you can color in some of the shapes with tones of pale greens, light blues, and golden browns. You will have made a one of a kind nature drawing.

A third way that I used to do with a woman's group a long time ago, was to play some instrumental music, use a large sheet of paper, and just interpret the song in colored markers. Some markers bleed through so be aware! Work on wax paper.

Get your body into the motion and let the music carry your hand, arm, and body as you make the invisible visible. This is a fluid, surprising creation.

Once the music ends, tape the piece to a wall and stand back. What do you see in the shapes? It's like finding dragons in clouds. Let your imagination flow. Also, turn the sheet in different directions, upside down, sideways, and see what appears. A friend of mine once saw a huge mermaid that changed her life. Outline it and color it in.

The next step is to look up the image or images and find every definition, explanation, and thought about it. In a journal, make a mind map. In one circle in the middle, write what you see. Then draw lines from it in all directions with words that describe it. Try a flow of consciousness writing from the mind map. Fascinating connections are



"Shapes Collage" turned out to be birds, arrows, squares.

made from the subconscious to the life you are living today. Most of all, have fun with your art making and your life choices. Always go for the fun ones. Experiences are everything. Allow your art to touch your soul.

Connect at www.awegroup.net and let me know what you'd like more of in your art, or tell me below how you trigger creativity in your life. What do you do to get the juices flowing? I'd love to know!

△

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
www.patgullettdesigns.com
www.artisticwaytoenlightenment.com



Arrogance and Humility



“I Am That Which I Judge”

Arrogance and humility have been popular topics in many recent conversations with friends and clients. Arrogance is considered a toxic word. Humility is deemed saintly. Are they opposite ends of the same spectrum? What’s in the middle ranges? And what’s behind the facades of arrogance and humility? Both certainly attract judgment. It is a curious contemplation.

An arrogant person brags, sometimes exaggerating their expertise and experiences. Humble persons negate or down play their successes skills, qualities, etc.

Generally, arrogance is criticized and humility is honored. Arrogance has a pushy energy and humility is always authentic or honest. It can have an unconscious or conscious manipulative intent. My colleagues labeled it false humility or trying to be humble. Hmmm, that has a flavor of arrogance in it too.

Conversations revealed that, in truth, arrogant persons want to be acknowledged and revered for their qualities and know how, as the sole proprietor, as if they are the center of the universe.

After several days of arrogance and false humility showing up, I experienced

a dynamic awakening. I suddenly realized: “I am that which I judge.”

I suddenly realized all the times, people and behaviors I had judged as arrogant. Maybe in a different style or form than those I have boldly judged, but, I have been just as vehemently arrogant and falsely humble.

Clarity came sharply, clearly and suddenly. What if what and who we judge are messengers for our own realization. I cried with this revelation. Shame filled me to overflowing as I witnessed my heavy judgment of others and realized they are showing me, *me*.

Eyes wide open, I wanted to hide. I felt overcome with fear that I couldn’t change my behaviors. I felt humiliation that others saw the truth of my behavior and I hadn’t until now. I wanted to throw away all dreams and desires of reaching more people with my work. I felt terrified of being an inauthentic teacher.

I was upstairs in my family home and wanted to never come downstairs again. Never to be seen or expose myself to others. I sat in the humiliation. It was deeply tenderizing. Awareness grew that cultured humility with no need to get or to control anyone or anything.

Ah, control. Where have I been controlling and haven’t realized it? Who

and what have I been judging that are all a clear reflection of me?

Ouch. I felt stunned and absolutely astounded at seeing and feeling the

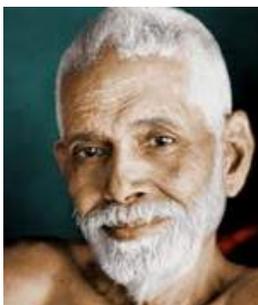
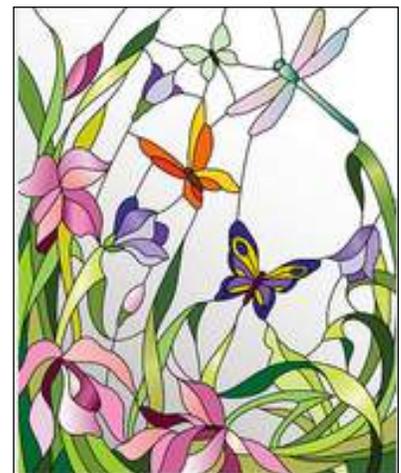
direct reflections in the people all around me. Wow. I had been brutal in my mind toward certain people and behaviors and now I saw that they are me. I am them. I am the same as what I judge. I have been the distributor of the same attitudes, behaviors, and voice tones that I have condemned.

I drew a deep breath. This is a real awakening to life and what is. With less expectation, an open heart and quiet mind, I went downstairs to join the family. I felt more available to what each moment and person brought. I felt more present and connected within myself and with them. The space felt open and safe.

I invite you to humbly look at the people and behaviors you’ve judged. Ask to be shown how you are like them. With curiosity and an open mind, true answers will come. Heed them. Explore them. Learn how what you judge is not separate from you.

△

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“When seeing others you are only seeing yourself in their shapes.”

—Guru Ramana



Peaceful Prehnite

“Someday I want to be an artist and I want to travel.”

I scribbled these words onto a page in a brand new journal and then stared at them with a heavy heart. I could feel how desperately I wanted to be an artist and to travel yet it felt so far from possible.

Earlier that day I walked across the stage in my college field house and received a degree in occupational therapy. As I sat with my journal I had a sense of disappointment as I thought about how I spent the past five years preparing for a career that had nothing to do with what I just wrote in that journal.

I let out a deep exhale, closed the journal, and placed it on a shelf.

The rest of that journal stayed empty for years. Every once in a while I would take it off the shelf and remind myself of what my heart was truly longing for. And each time I would close it, put it back on the shelf, and say to myself ‘someday’.

Those dreams were carefully tucked away as I started my career. Looking back, I think there was a part of me that felt a more traditional path was what I was supposed to do and that is best suited for a hobby. I knew many talented artists, but none who made that their career. The idea of the ‘starving artist’ was etched in

my mind and at the time I just could not see past it.

I want to be clear that I was quite happy in my career. I enjoyed my job. I liked the people I worked with. Life was good. But I wasn’t making art nor was I traveling in the ways I desired. And underneath the shiny exterior of what I thought life should look like, my body had a series of unexplained illnesses and I was emotionally struggling with unprocessed childhood traumas.

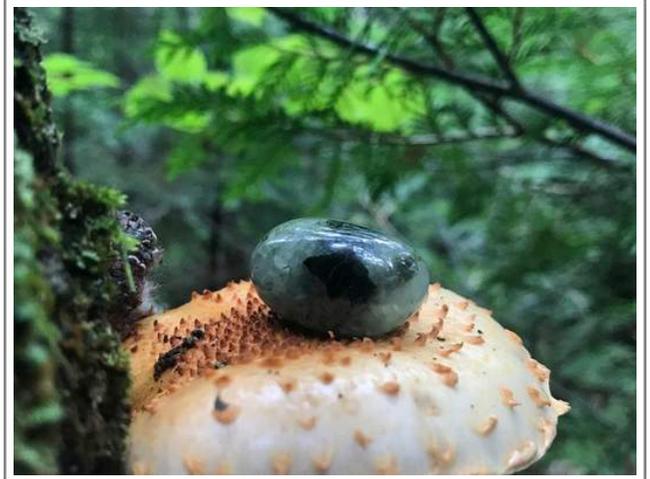
I knew I was not fulfilled in that version of my life. I knew something needed to change, I just didn’t know what. I prayed for an answer.

Months later, that answer came in the form of a reiki session. It reawakened my love for painting and inspired me to take action.

My action was small, like pulling out my paints and painting when I had time. Little by little, I was saying yes to my dreams. The thing is, when we say yes to our dreams, we are saying yes to ourselves. We are trusting our inner compass, and we are opening a door to new possibilities.

That small yes led me down a very different path; one that helped me to heal the illnesses my body was struggling with and to finally confront the emotional pain I had been holding tightly.

This month, peaceful Prehnite has come forward as an ally for tuning in and welcoming our someday dreams into the now.



“So many of our dreams at first seem impossible, then seem improbable, and then, when we summon the will, they soon seem inevitable.”

—Christopher Reeve

This soft, gentle stone is inviting us into our heart-space to hear the gentle echo of possibility. Yes, anything is possible. We do not need to know how things will come together or what next doors will open, we just need to say yes and take inspired action.

Prehnite invites us to carve out time in nature, in places and spaces that are not only soothing to our nervous system, but also supportive in slowing down and listening within. Our voice of inner wisdom and knowing can often be difficult to hear. In our fast paced lives, we miss its gentle whisper. We miss the wisdom it is longing to share; the encouragement, love, compassion, and gentle ways it guides us towards our dreams.

Prehnite knows that your dreams are important. Your hopes are important. Your ideas are important. It also knows that just a little time in nature will support you in resetting to the natural rhythm of life and once again opening up to what is possible.

It is time to take your dreams off the shelf. As your heart and mind open to new possibilities, you will find the courage to take the leap.

△





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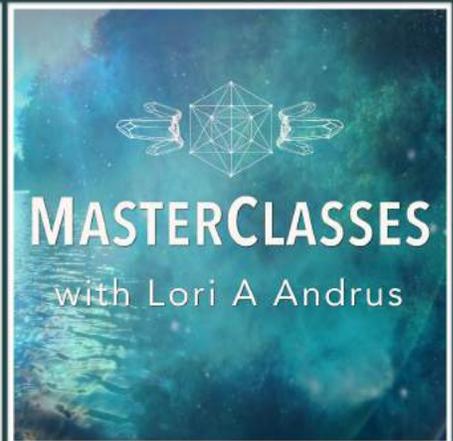


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Boundaries + Protection**
Tues., Nov. 9th. 5 - 6:15pm - \$44

Lori A Andrus is the founder of the Crystal Shaman School. She is an artist, soulful traveler, and practitioner of crystal shamanism. With great joy and deep commitment, Lori artfully blends her background as an occupational therapist with nearly two decades of 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.





Dream Bigger Dreams Than Minimalism

<https://www.becomingminimalist.com/>

Being a minimalist is not my greatest goal in life. It is not my greatest obsession. I dream much bigger dreams for my life.

I am passionate about my soul, my wife, my kids, my friends, solving problems, and influencing others for good. I want to live a significant life that makes the most of the potential and opportunities I have been given.

I will focus on these priorities above everything else. They are the most important to me and the most important for the world around me.

In short: I am a husband, a father, and a human being first. I am a minimalist second.

This is not to discount the lifestyle I have chosen and have dedicated the last ten years of my life to promoting.

Minimalism is a means to that very end.

Minimalism removes physical distractions so my greatest priorities can be elevated. It allows my life to be defined by eternal pursuits, those dreams that will long outlast me, not by the physical possessions in my home.

Minimalism is a means to an end, but it is not the end itself.

Minimalism simplifies life. It focuses our energies on things that matter. But obsessing about minimalism begins to complicate it again. And I refuse to allow possessions to define my life—not the collection of them, or the removal of them.

My desire is that my possessions will never be a burden to me, whether in abundance or lack.

At the end of my life, I want to hear my children say, “You were a good father,” not “you were good at being a minimalist.” I want people to remember me as a friend and servant and someone

who stayed focused on the needs of others, not as “a minimalist.”

Therefore, I choose minimalism. But it will never become an obsession. It will define my lifestyle, but not my life.

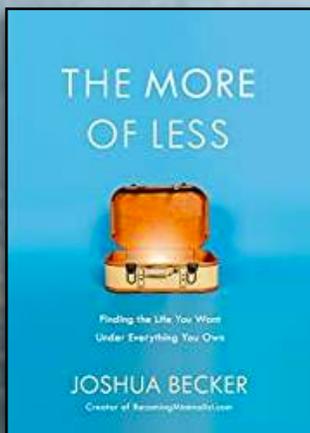
I invite you: Dream big dreams with your life. Dream bigger dreams than minimalism. Pursue greater achievements with your newfound time, energy, and money.

Minimalism is not the finish line. It is only a manner of arriving there.

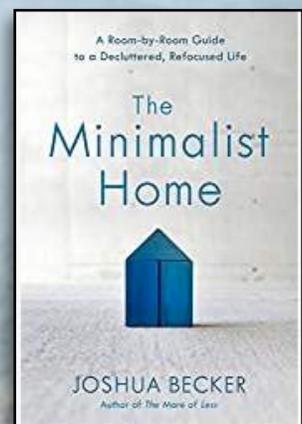
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About Joshua Becker

[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.



[The More of Less: Finding the Life You Want Under Everything You Own](#)



[The Minimalist Home: A Room-by-Room Guide to a Decluttered, Refocused Life](#)



Affirming Our Awesome Cells

I was reading an article that commented on how we can actually change the cellular structure of our body through affirming thoughts and prayers, and was brought back to the work of Bruce Lipton, Ph.D, who wrote [The Biology of Belief 10th Anniversary Edition: Unleashing the Power of Consciousness, Matter & Miracles](#).

Studies have confirmed that what we think actually makes a difference in our bodies, and as a result, we can restore health to a good degree or avoid major issues in the first place by creating an inner landscape that is filled with appreciation and love for our bodies, and beyond that — the cells that make up every aspect of these physical beings we inhabit.

As a result of what I'd read, I decided that I needed to recreate my own inner landscape. I'd been noting health changes and had the same reaction each time a new issue emerged...*"Now What?"* My reaction was less than loving and more annoyance that the body was somehow sabotaging me — the inner me who resides within its framework.

I realized that if I didn't change my relationship with the body, I was going to continue the downward spiral, so began affirming my cells and telling my body how wonderful it was, regardless of what the appearances might have conveyed to the contrary.

At first this was an exercise in acting, because my attitude towards the body was not positive. However, when I began saying things to my body that affirmed how intelligent and magnificent it was, how each cell had the actual blueprint of the original intention and that each could enact that divine potential, I felt an actual energetic reaction deep within my core!

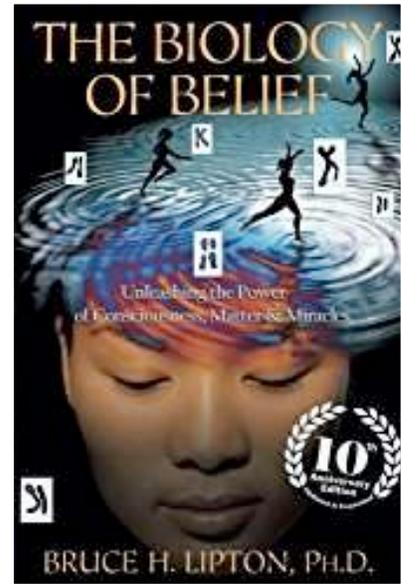
It was pretty amazing, and soon I was cheering the body on — especially the cells — encouraging them to help neighboring cells that might be out of harmony, or in damaged condition. I told them how brilliant they were and how much I appreciated everything they were doing. The result has been an improvement in my health and noticeably in my skin.

Seeing the body as a remarkable living being with full intelligence rather than something that is an adversary to my inner self has made a big difference. I've shared this idea with others, and they have also found that it does, indeed, make a difference.

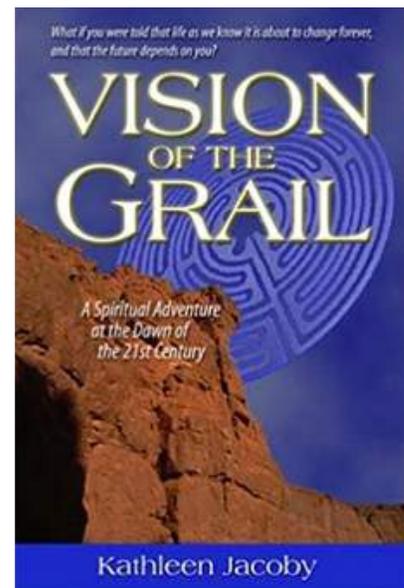
I share this with you in case you'd like to give your cells a boost in confidence and appreciation. There is so much to life and the intricacies of internal dialogue that we don't yet understand similar to our ignorance about the interrelatedness of nature and all life. Here is one area where we can start to make a difference in the way we relate. Try it. You might be surprised at the results.

△

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.

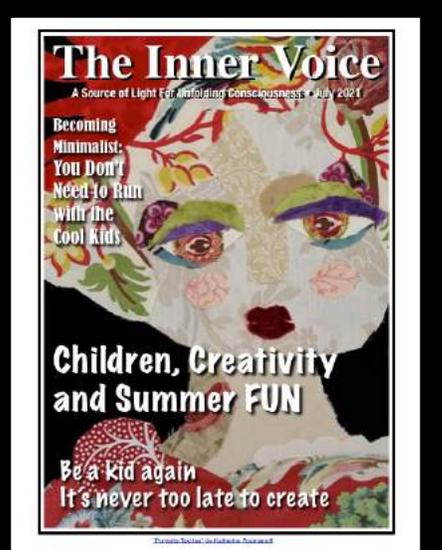
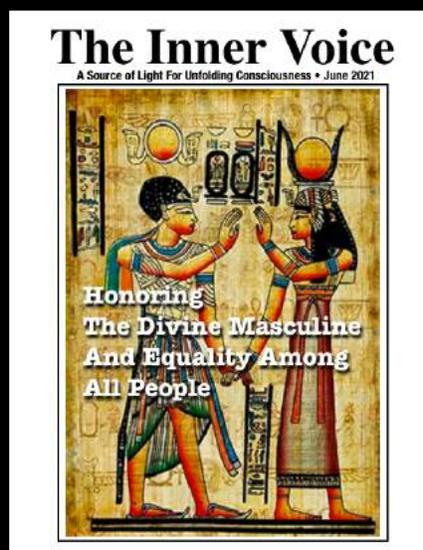
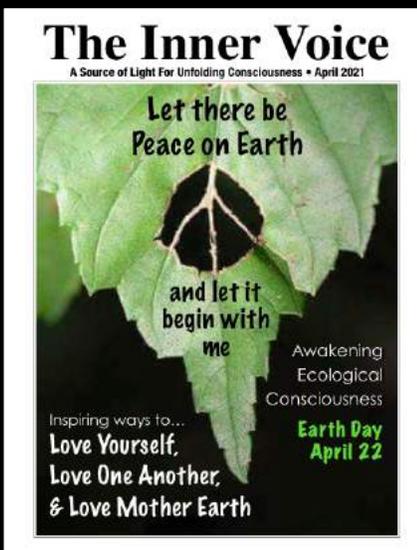
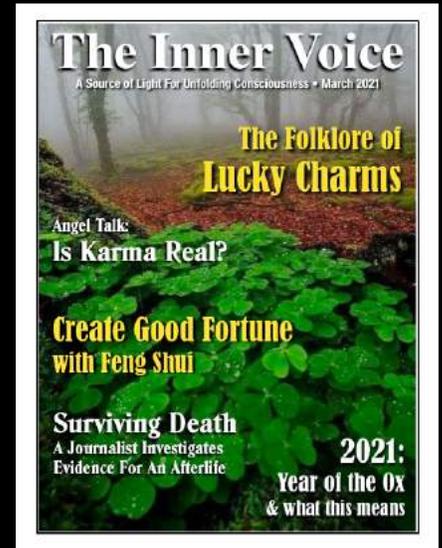
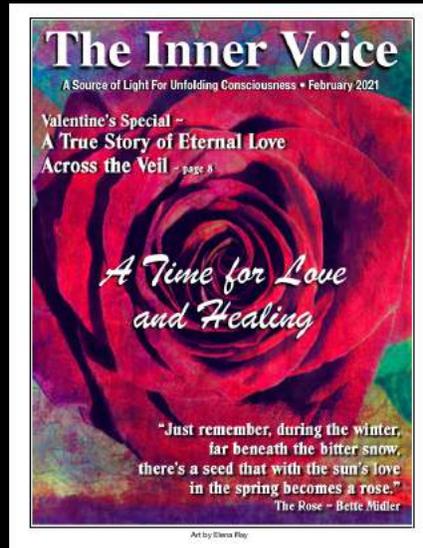


[The Biology of Belief 10th Anniversary Edition: Unleashing the Power of Consciousness, Matter & Miracles.](#)



[Kathleen Jacoby](#) wrote Vision of the Grail ~ A Spiritual Adventure at the Dawn of the 21st Century. Click on link above to purchase at Amazon.

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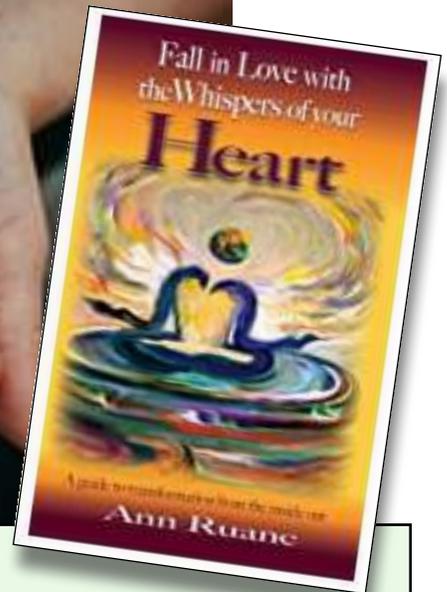
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When asked to define Feng Shui, I often begin by saying that it is “the study of how to arrange your environment to enhance the quality of your life.” But the most accurate definition of Feng Shui isn’t in a line. It’s in a circle that is constantly turning, each rotation building upon the one before it to achieve perfect harmony. So the definition of Feng Shui might look like this.

Feng Shui, translated as “Wind and Water,” observes the relationship between the seen and unseen forces of nature. Like wind and water, you and your environment are two forces of nature. Your desires, goals, talents, attitudes, and feelings—like the unseen force of wind; and the home environment you live in—like the seen force of water; are constantly interacting and influencing each other. And as with wind and water, when you and your home blend harmoniously, the effect is friendly, comfortable, and positive. Life is replete with fair weather conditions such as abundant resources, good relations, and a steady stream of opportunities. In such harmonious circumstances, your health, prosperity, and happiness thrive.

On the other hand, when you and your home clash in some way, extreme conditions prevail. Your life’s weather pattern may include a “stagnant” job, a “stormy” marriage, a “drought” of

resources, or a “flood” of health problems. The primary goal of Feng Shui is to bring you and your home into harmony, so that you are not just surviving one storm after another, but are thriving in a paradise of your own design.

Over the past decade, joining forces with my home has transformed my life. When the wind of my clear intention sweeps across the water of my environment, change happens. Feng Shui can show you how to join forces with your home so that all heaven can break loose in your life. To do so means creating an intimate union between you and your home. It’s a marriage waiting to happen.

As Within, So Without ~ A New Way of Seeing

I’ve worked with people from all walks of life, living in all kinds of homes—from huge mansions to suburban tract houses and small apartments. With few exceptions, they call me because they’re unhappy—there is something about their lives that isn’t working. They may be

getting divorced, have chronic health problems, or hate their jobs. They may be tormented by the past, confused by the present, or scared of the future. Whatever the challenge, I introduce them to a new way of seeing and addressing their woes. Until their Feng Shui appointment, most of my clients thought their emotional and spiritual life was completely separate from their home environment. The Feng Shui premise that happiness and environment are two forces of nature “who” are intimately connected is a

brand new idea. The realization that their homes can literally strengthen or weaken their health, wealth, and happiness brings with it a significant shift in perception.

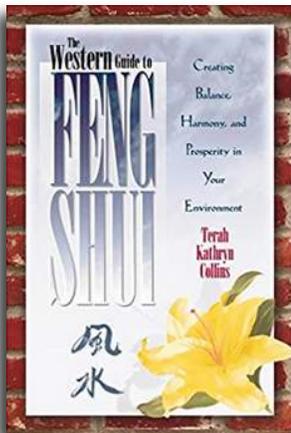
When these individuals open their Feng Shui eyes, they can no longer view their homes as just “things” or their belongings as just inanimate “stuff.” Their homes, and all the possessions within them, suddenly come alive and are intimately connected to their quality of life. They see that their difficulties are not separate from, but actually held *in place by*, their homes. Thus, the vital connection between the people and the “beings” they call home begins.

As they embrace their connection with their homes, feelings of isolation and disconnection transform into personal power and creativity. The “wind” of their intentions becomes purposeful as it is directed across the “water” of their homes. This brings the seen and the unseen forces into harmony, and as a result, life changes for the better.

Continued on page 23

As a holistic art and science, Feng Shui is meant to balance and harmonize your inner and outer domains. In our culture, as Feng Shui has become more popular, so has the tendency to make it strictly an outer “quick fix” practice.

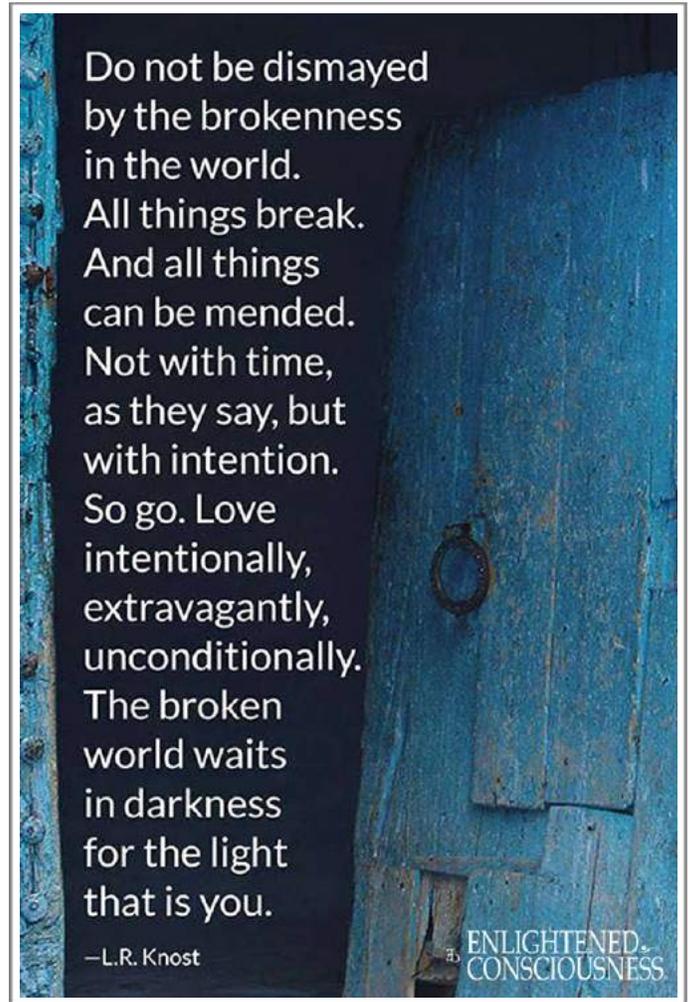
I see all kinds of Feng Shui embellishments popping up in people’s homes that are supposed to create instant cash, jobs, or love. People stand back, arms crossed over their chests, feet tapping, impatiently waiting for Santa Feng Shui to magically appear. They don’t realize that *they* breathe “the magic” into the changes they want in life. Their embellishments remain like a still pool, until touched by the vital breath of intention and focus. Only then, when their purpose and clarity join forces with their enhancements, will positive and lasting changes occur. Δ



Terah Kathryn Collins is the author of six books on Feng Shui and the founder of the Western School of Feng Shui®.

For more information visit www.WSFS.com

[Western-Guide to Feng Shui-Terah-Kathryn-Collins](#)



Do not be dismayed
by the brokenness
in the world.
All things break.
And all things
can be mended.
Not with time,
as they say, but
with intention.
So go. Love
intentionally,
extravagantly,
unconditionally.
The broken
world waits
in darkness
for the light
that is you.

—L.R. Knost

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Moving into the Age of Enlightenment with Help from the Animals

By Lynn Schuster

In the past, I have written about my horses, Boo and Izzy. One year ago, they joined a new herd. Their herd includes 36 horses, three dogs and several humans. At first, I worried. Would they like their new home? Would they fit in with the herd? How would they feel about being trail horses? How would I feel about other people riding them? This was a big move for them, but I think it was an even bigger move for me. After a few weeks, it was apparent that they fit in just fine. They even like their new jobs. You see, Boo and Izzy live and work at a riding stable in Door County, Wisconsin.

I visit and talk to Boo and Izzy all the time, and Boo has eased my fears. He tells me that he and the majority of the herd love living and working at the stable. They are fully aware that they are part of a major change happening on the planet right now. They are part of the New Earth, and as such, they are here to help humanity ascend. The ascension is not about dying and going to heaven, it is about raising our vibration and our consciousness. It's about letting go of limiting beliefs that we are separate and alone because we are not. On the contrary, we are all connected and we are all made of White Light.

We are at the threshold of what many are calling the New Earth. This time in our evolution will be known as the "Age of Enlightenment" which means becoming of the Light. All the animals are aware of this as they see the veils of mistrust, insecurity and fear lifting. They are asking us to let go of these limiting beliefs because in reality, we are all mindfully connected. All creatures, including humans are made of the White Light which is pure, unconditional love. It is the Light closest to the Divine.

Boo tells me that the horses are sharing their gifts as wise teachers and healers. Their minds and hearts are open and they are finding new ways to share these gifts



Photo of Izzy and Boo courtesy of Lynn Schuster

with the humans they encounter. The riding stable is perfect for them to share love with humans and help each person, individually, find trust, courage, strength, wisdom and most of all help them feel the Light that is here for all of us.

Boo talked to me about the shift in consciousness. He says we are moving from an egotistical state to a more unified and heart-based consciousness. The horses are perfect examples of this consciousness. They are herd animals. Because they are prey and not predators, they move as one body, alerting each other of the possibility of danger.

Boo says he meets each human where they are in their ascension process and if they are not in tune with it, he honors that too. Each person has a conscious choice to participate in the evolution of humanity, whether one chooses to participate or not

is an individual right. All of us are Divine creators with the gift of free will.

During the trail ride, the horses are not merely walking along the path, they are communicating with each person through body language and vibration. When we ride them, we are wrapping our legs around their bellies and we are close to their hearts. As they open their hearts, we can feel the surge of energy flowing through us and we, too, are able to open up to the frequency of the Light. In this frequency we will experience more joy, more happiness, more freedom and more abundance.

△

Lynn Schuster is a Telepathic Animal Communicator, Intuitive, Reiki Master/Teacher and Artist. Find her on Facebook: www.facebook.com/healingthroughanimals See her ad on page 25.



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