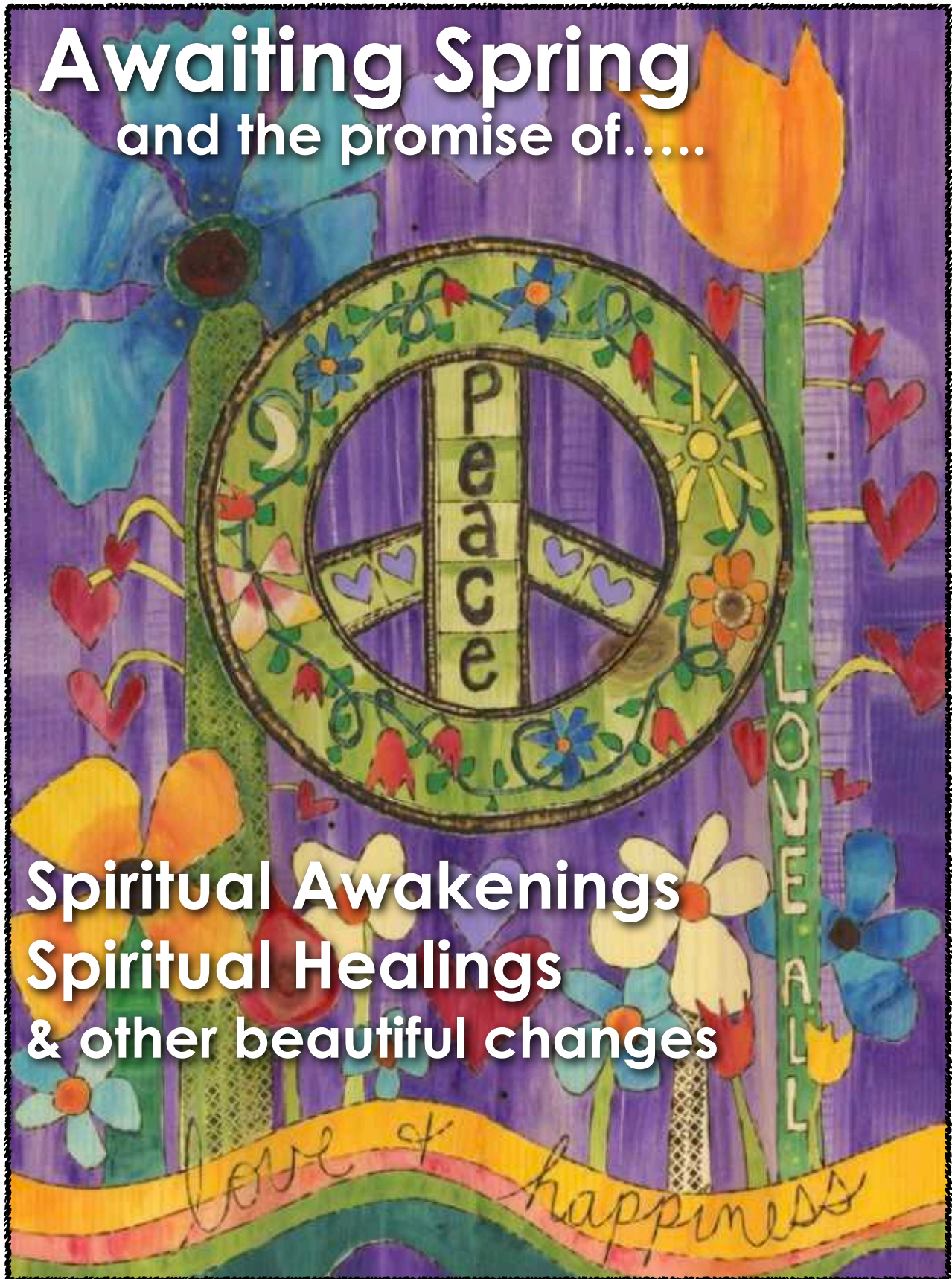


# The Inner Voice

A Source of Light For Unfolding Consciousness • March 2020

**Awaiting Spring**  
and the promise of.....

**Spiritual Awakenings**  
**Spiritual Healings**  
**& other beautiful changes**







# Golden Light Healing

DREAM • EXPLORE • DISCOVER • GROW



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

**Check our website for more! [www.GoldenLightHealing.net](http://www.GoldenLightHealing.net)**



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

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**Amy and David Wilinski**  
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## **HERBAL APPRENTICESHIP WORKSHOP WITH GIGI STAFNE**

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## **DRUM MAKING WORKSHOP WITH DAVE WILINSKI March 11, 530-930PM. \$195**

## **TRUSTING YOUR INTUITION!**

April 9, 1230-530PM. \$99

## **REIKI LEVEL I TRAINING**

March 14, April 11 or May 3, 900-430.  
\$185 *Lunch included*

## **REIKI LEVEL II TRAINING**

March 15, 900-430. \$185 *Lunch included*

## **REIKI MASTER TRAINING**

April 10, 900-400.

## **Mediumship Training May 4-5, 2020**

Would you like to learn how to connect with the spirit world? You are invited to join us for this powerful 2-day Mediumship Training where Amy Wilinski will take you step by step through building the skills needed to give a mediumship reading. During this highly experiential class, you will learn to make those connections with the spirit world and how to give an evidential mediumship reading

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

**Group #21: TEACHERS! This schedule works for you!**

**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? 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 power animal and soul retrieval, clearing of past life and ancestral imprints, connecting with Nature, ceremony and ritual and much more! See website for details!

## **UK Medium Mavis Patilla**

**Returning to GLH in August!!**

**Let's Talk About Love, August 27-28**

Open to all levels.

**Confident Communication, August 29-30**

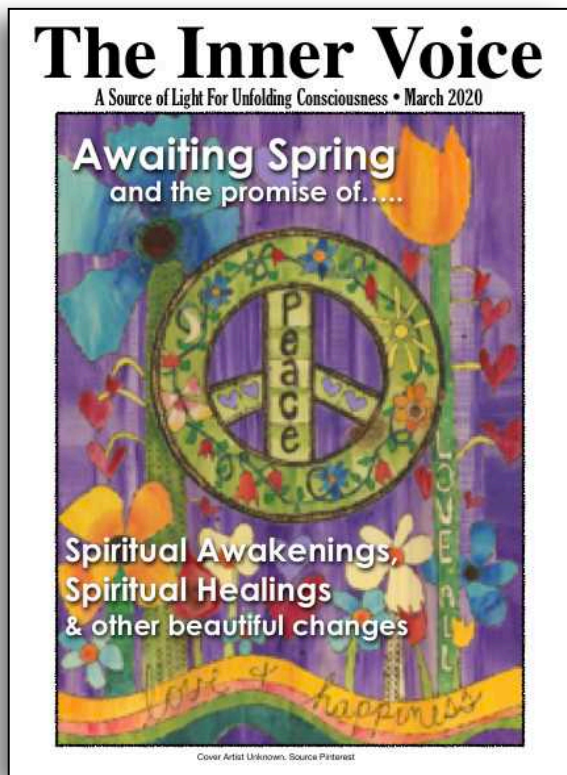
Requires a previous class with Mavis or currently working as a professional medium.



**[https://](https://www.youtube.com/watch?v=2VWV33EI-Ew)**

**[www.youtube.com/watch?v=2VWV33EI-Ew](https://www.youtube.com/watch?v=2VWV33EI-Ew)**





## Inside this issue...

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

- 2 Ad, Golden Light Healing
- 4 Dear Readers; Angel Talk: Stay Out of Fear
- 5 Ad, Angel Readings
- 6 Make Room For Healing by Meredith Young Sowers
- 7 Spiritual Experiences by Heather Hope
- 8-9 "Arthur And Me" Book Review by Steve Freier
- 10 Dark Night, Emerging Light by Kathleen E. Jacoby
- 11 Shake 'n Bake by Richard J. Bennett
- 12 Poetry Page: "The Red-Breast"
- 13 Ad, Animal Communication
- 14 Spring Equinox Rebirth by Pat Gullett
- 15 Pure Potential by Beverly Brunelle
- 16 Inner Feng Shui by Terah Kathryn Collins
- 17 Ad, Essential Feng Shui
- 18 Inspirations to Bless and Be Blessed
- 19 Inspirations Just For the FUN of it
- 20 Ad, Shifting Tides Chiropractic
- 21 Ad, Dare To Be Aware Fair, Milwaukee - April 18
- 22 Ad, Free Spirit Crystals



### Lightlines Publishing

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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](http://www.theinnvoicemagazine.com)





### *Dear Readers,*

The March winds sweep across the planet bringing change and new opportunities for spiritual growth. Winter leaves the Northern Hemisphere and returns to the land down under. A new Light shines on the horizon beckoning to awaken and leave Winter behind. Immerse yourself in the optimism of Spring's Promise... filling the pages of this month's issue.

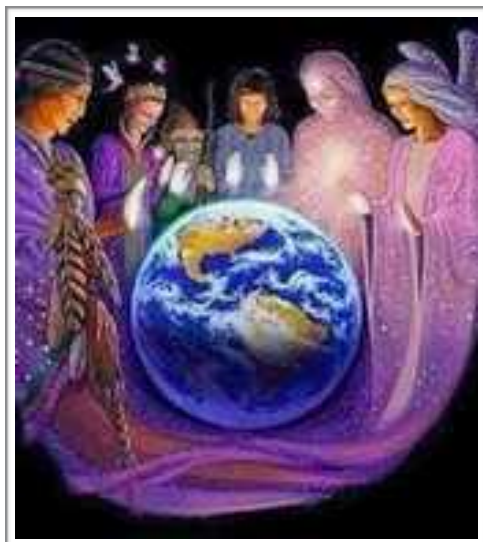
A sampling of what you'll read is: *Angel Talk*, offering calm advice in the face of fear, pages 4-5. Meredith Young-Sowers chimes in with **Making Room For Healing**, page 6. Beverly Brunelle writes on *Pure Potential of New Life*, page 15. Author Terah Kathryn Collins shares the importance of doing "*Inner Feng Shui*" in her article on page 16. Steve Freier reviewed "*Arthur and Me*"—the inspiring story about famed Spiritualist, Arthur Conan Doyle and the beginning of his Centre, pages 8-9.

I am delighted to introduce a new contributor, Heather Hope, who this month shares what a Spiritual Experience means to her. I promise it will inspire you, page 7. Welcome, Heather!

My hope remains that you will share this magazine with all your friends. Let's make some GOOD NEWS go viral!

***Sending my love to you!***

***Nancy, Publisher***



### Angel Talk™



# Stay Out of Fear in Spite of it All

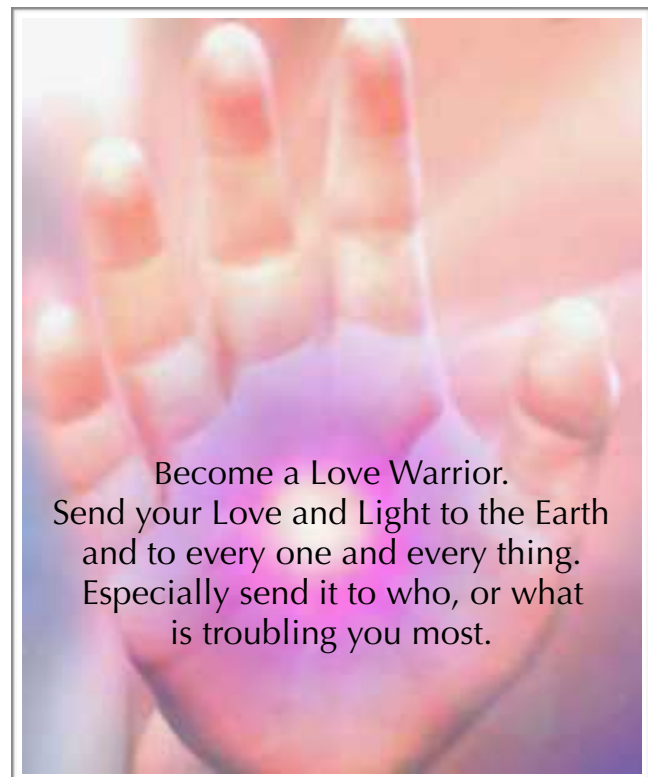
By Nancy Freier and Sreper, Angel of the Great White Light

***Q. What are we to do when our country is threatened with nuclear war and madmen are shooting people? How can we be at peace and not be afraid? In addition, what about natural disasters that cause people to suddenly perish? How do we live without fear?***

Sreper answered this by saying, Dear Ones on Earth, We are watching the unfoldment of events on Earth very closely and you need not worry. This is a lesson in establishing trust in your heart of hearts that the Divine has a plan for ultimate good and uses all things in an orchestrated way for that end. There are legions of help coming from your neighboring galaxies who standby ready to protect Earth and her inhabitants. Stand in faith that God and His angels stand sentinel to protect you.

The disconnect here is that you only see a tiny fraction of the events as they unfold on your plane. When acting from the ego, that seemingly has more power, you are then quite attracted to the negativity and are in a fearful state. Naturally then, your ego gravitates to fear and you fail to see the love and innate goodness in the divine outworking of the larger plan at work, leaving little to balance out that fear.

Continued on page 5



We come to remind you that your job is to stay in your Higher Self and in peace no matter what is going on around you. Stand tall in the face of fear and send love to all beings – especially those who threaten to hurt you or your country.

Surround the perceived enemy in LOVE. You might visualize this as enclosing the person in a bubble of White Light. See this light surrounding them like sudsy water in a washing machine, washing their evil intentions clean. Call on us, your guardian angels, to balance these perceptions and bring peace to your hearts and minds.

The load on the planet has reached its tipping point and where there is such pressure, balance must be restored. Nature's way to do this is through hurricane, earthquake or other natural disasters. Those being killed by a gunman, the karma behind this cannot be put into one answer, but we dare say that the souls who perish in such a way as this are in agreement that their time/work on Earth is finished and *they are being called home*.

What you really question here is what we call "the eternal mystery" – you just cannot know the whole story of the timing of life and death. Where you are, you think it is a bad thing to die and cross over the veil into the heavenly worlds, but we say this isn't so. These people are going home. It is you who they mourn, for you are still in Earth school learning what you went there to learn, while they are now free.

We don't mean to paint a dismal picture here. Your time to return to your home in Heaven will come when it is time for it to come. Meanwhile, you are on Earth learning love and growing in ways you cannot grow anywhere else in the Universe. Your soul selected your agenda much in the same way a student chooses their college curriculum, and we say you do not leave the Earth plane until it is time for you to go according to that Divine Plan. We are your guardian angels who continually guide you so that you might enjoy your life on Earth while also learning what you're in the physical to learn.

Send love to the heart of the madmen and to any other person or situation you fear. Know that Love wins in the end, and peace will prevail.

Δ



What are you curious about? Need the Angel's advice on a difficult situation? Ask The Inner Voice! Send your questions to [theinnervoicemagazine@gmail.com](mailto:theinnervoicemagazine@gmail.com) and look for answers in an upcoming issue. Private readings also available. See ad on right.

## 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. One very important note...the angels always lead you into the Light. Ask for their wisdom and receive answers.

e-mail: [theinnervoicemagazine@gmail.com](mailto:theinnervoicemagazine@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 and have 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*

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





# To Heal, Make Room For Healing

By Meredith Young-Sowers, D.Div.

Meredith is the author of The Angelic Messenger Cards. She is happy to announce that these amazing cards will be back in stock in the Spring. Stay tuned! In the meantime, stay in touch with Meredith and her work by visiting [www.stillpoint.org](http://www.stillpoint.org) and sign-up for Meredith's Stillpoint Circle to receive your monthly Postcard from Heaven (a message from the angels) and more.

Our lives are very busy but even when we have a block of free time our minds give us no down time.

In talking with a colleague yesterday, we found ourselves on the familiar subject of healing. She's been working diligently for the past nine years to recover from cancer and from one problem after another that seemed to thwart her healing. She told me she feels like Job, from the Bible, where God keeps taking things away until all is gone.

I'm wondering how many of us also feel like Job. We keep putting out the effort, but things keep getting in the way of finally relaxing and being able to breathe easier. Whether we're healing from a physical problem, a period of emotional

depression and overwhelm or a desert time of financial restriction, we need to make room for ourselves-for our healing.

We so often count ourselves out of the equation believing that with all the catastrophes around the world, we have no right to focus on ourselves. (Similar to our parents telling us as a child eat your vegetables because children are starving in China.)

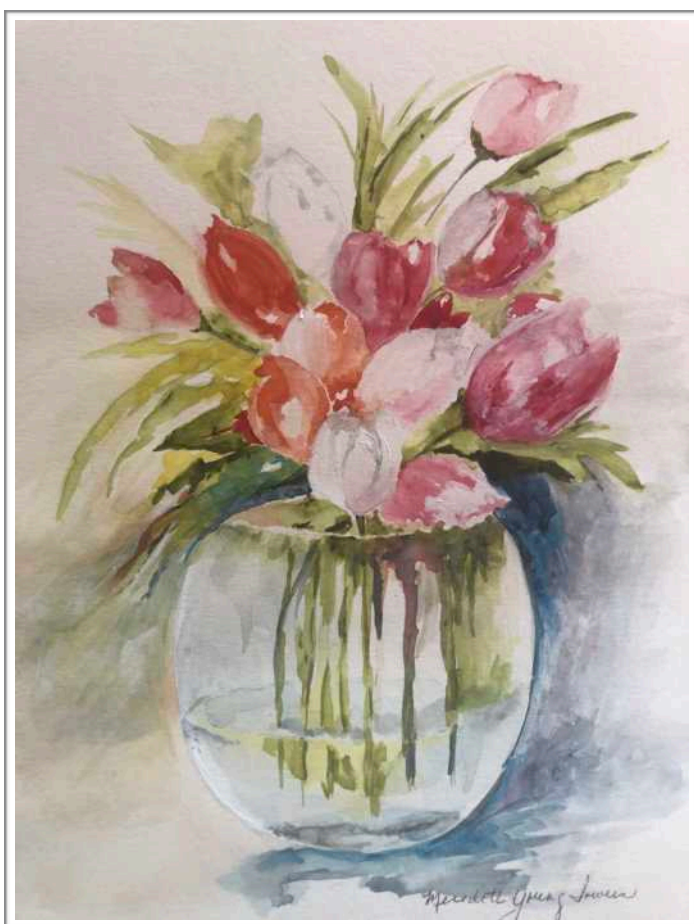
Guilt isn't a worthy emotion to build on. Being healthy, making room for one's own creative development and having appropriate return are all universal needs that require attention.

Here are three ways to give yourself the space and encouragement you need to heal and move forward in a good way:

1. **Let go of, or lessen commitments** to those who expect your attention, but return nothing. In other words, they hold you by guilt.
2. **Make appointments with yourself** for fun, learning, and making new friends – not everything you do needs to be for making money or accomplishing something; and...
3. **Pray believing** which means as you talk and listen to Divine Mother/Father God each day, listen with the certainty that your best interests are being woven into the mix of things - and you need to relax and play your part with wisdom and gratitude.

**Try this...** Place your hands over your deep heart and relax into your breath. Listen for the quiet and the peace that slowly comes from putting attention on your deep heart rather than only on your thoughts. *Make room for your healing.*

Δ



Shine On! Painting by Meredith Young Sowers





# What A Spiritual Healing Experience Is To Me



## By Heather Hope

Every healing experience is also a Spiritual experience, and every Spiritual experience is also a healing experience, as each one brings us closer to our True Nature which is complete, whole and healthy in every way. It is only when we energetically step away from the Truth of our inherent divinity that we experience illness, and in stepping back toward Spirit, we are able to remember our eternal connection to Love, and thus heal.

Illness of any kind is transmuting karma. This is not a punishment, but a cleaning and balancing process. It is as if we are all golden Buddha statues which have been covered in mud many, many generations ago, so long ago that we have forgotten the pure gold within and have come to believe that we are made of mud. In fact, the mud is just the karma that has accumulated and the healing is the process that removes it.

It is while we're in our Christ Consciousness (Golden Buddha) that we are truly able to experience the bliss, the paradise on Earth that was originally intended for us.

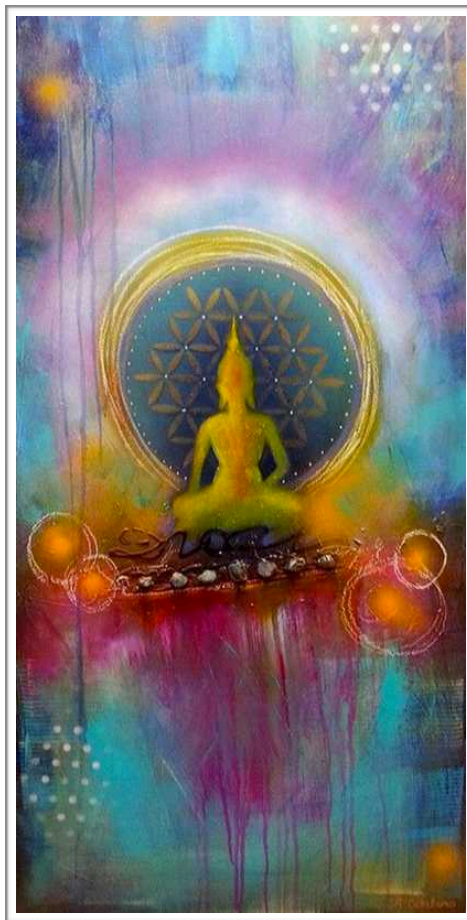
With any topic, it is impossible to speak in absolutes. In rare cases, I have witnessed high frequency humans who suffer with physical or mental illness who are not transmuting their own karma. They have agreed to come to transmute collective karma. They selflessly allow the mud of the whole, the suffering of the masses, to be processed through their bodies. They are

"taking one for the team" and thereby give the current generation less to deal with.

Heaven knows that we have inherited a lot of mental, emotional and physical pollution on this Earth and that we need all the help that we can get. Some souls have agreed to come in to take on this thankless task.

In general, Spiritual experiences are ultimately joyful. There may be a portion of the experience where one has to process through the moment when the mud was obtained. But this is short-lived and always comes with a gift in proportion to the amount of mud. The larger the area of mud that is removed, the more light will be able to stream through in the form of wisdom, love, health, wealth, joy – all of the attributes of our true selves.

I have had over 300 combined sessions of Breathwork, Brainspotting, Past-life Regression and Shamanic energy healing sessions (all services I now provide to clients). For me, the sessions are addicting. After each session I am always excited to meet the new and improved version of myself. With each session I know that I am a brighter and clearer channel for the Divine, which is my ultimate purpose. Through my own sessions and the sessions in which I have assisted clients, I have witnessed our ability to reconnect with our loving Creator within, who I have found has never left us, and never could.



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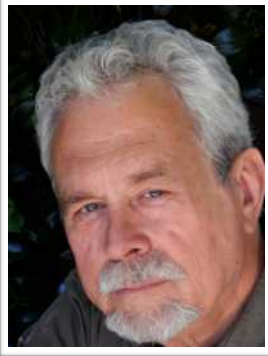
In doing our healing work we find that our own inner light is the protection, presence and power that we have been seeking. It is also our salvation, as well as the liberation of humanity.

In future articles I will be sharing my spiritual experiences and those of others.

△

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**Heather Hope has a Master's degree in Professional Counseling. She specializes in Spirituality Integrated Counseling, Brainspotting and Past-life Regression Therapy. In addition, Heather has had a 3 year apprenticeship as a Shamanic energy healer including training in Peru. She is the Director of One Love Wellness Center, a nonprofit, and operates her practice on a sliding fee scale. She can be reached at 920-221-6112 or at [one lovecounseling@gmail.com](mailto:one lovecounseling@gmail.com).**



# Arthur And Me: The True Story of Arthur Conan Doyle Communicating From Beyond The Grave, Culminating in the Foundation of The Sir Arthur Conan Doyle Centre in Edinburgh

Book by Ann Treherne

First a bit of background: The underlying subject of this book is Sir Arthur Conan Doyle who is best-known as the creator of the iconic Sherlock Holmes, “the logical detective” who appeared in dozens of stories and four novels. However, he was also a tireless promoter of Spiritualism and by the end of his life, on July 7, 1930, Arthur Conan Doyle was a fervent believer in Spiritualism, having spent decades researching ghosts, fairies and the paranormal. His fascination with the supernatural grew after his son Kingsley and his younger brother, Innes, died after service in World War I. Conan Doyle attended seances and wrote and lectured on Spiritualism.

Since Sir Arthur Conan Doyle’s most famous and enduring creation was Sherlock Holmes, many people would suspect that Conan Doyle, a trained physician would be inclined to also apply his logic skills to real-life cases involving the detective work necessary in working with proving the validity of mediumship and actual communications with the ‘other side.’

Book author, Ann Treherne left behind a very successful career in banking, (recently being CEO of a subsidiary company of a large, international bank) after having had ‘dramatic and traumatic’ premonitions about future events which subsequently, and tragically came true. This, was her ‘wake-up call’ which caused her to seek answers and ultimately give up her lucrative banking position to become a

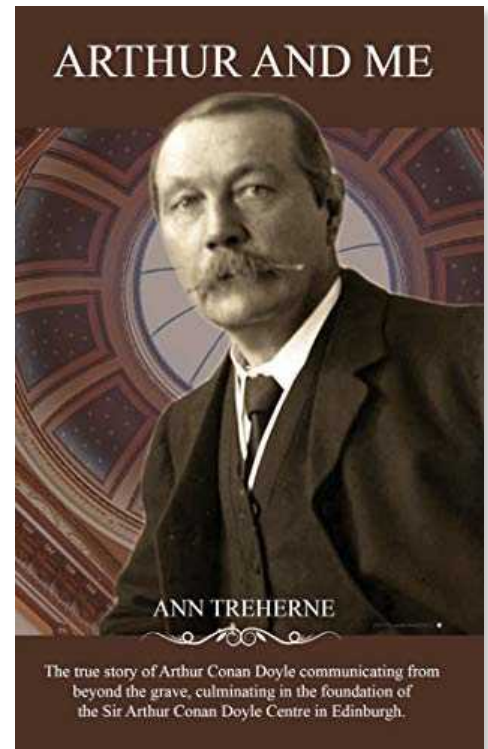
Paranormal Investigator and focus on developing her new found ‘gift’.

In her quest to find answers, she undertakes her own psychic and mediumistic development by attending various classes and workshops, but also sets up her own small séance circle in order to practice and enhance these skills. It was in this small, weekly group that she eventually came to accept that it was Sir Arthur Conan Doyle who was communicating with her – this, after she dismissed his interventions on several occasions, not having recognized this famous communicator and early promoter of Spiritualism. In other words, even though he is world famous, she did not know who he was until much later.

The book is full of documented evidential details about what Ann’s weekly séance group experienced over a period of a few years, and is truly amazing. It’s backed up by transcripts which adds weight to the book. I couldn’t put it down.

Over time, and under the guidance and leadership of Arthur Conan Doyle, Ann was directed to find a building that would eventually become *The Sir Arthur Conan Doyle Centre* in Edinburgh, his home town. The Sir Arthur Conan Doyle Centre is a centre of excellence and renowned internationally for the development of mediumship and in the holistic and well-being sectors.

As one reviewer stated, “Ann Treherne recounts a page-turner of a life. She was happily crashing through glass ceilings as CEO of a bank and a career in high finance when a vision came out of



[Arthur and Me: The true story of Arthur Conan Doyle communicating from beyond the grave, culminating in the foundation of The Sir Arthur Conan Doyle Centre in Edinburgh.](#)

*nowhere and, as she investigated, changed her life. Help came from unexpected places. Professor Emeritus Archie Roy at Edinburgh University and others led her to founding the Arthur Conan Doyle Centre, and the classes that have inspired so many. The most important research detail is that she found a computer app that measures photons of light traveling at different frequencies, and the results are hard to ignore. Her credibility as a corporate businesswoman informs her thinking as she travels this unlikely road – another kind of success.”*



Personally, I found the book to be very enjoyable, but a long read due to the somewhat granular details provided from actual transcripts of what was said by the participants in her weekly circles. This book is highly recommended for serious researchers and students of the paranormal and mediumship, a skill sorely lacking in our hyperactive media-centric world. It provides a fascinating read with wonderful validation of proven communications of life after death, and finally that spirit communicates and works along side us. It is a true testament that our beliefs can manifest with spirit guidance, if only asked and listened to.

It's an incredible account of a test to our belief that *things not seen* do indeed exist around us and in some cases can even be manifested ... with a little help from our Spirit Friends on the Other Side.

△

**Steve Freier 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](mailto:sgfreier23@gmail.com)**



Above: The Centre in Edinburgh. Left: Arthur Conan Doyle at his desk.



Ann Treherne, Author and Chair of The Sir Arthur Conan Doyle Centre



## Dark Night – Emerging Light

By Kathleen E. Jacoby

Kathleen was a writer, columnist and author of *Vision of the Grail*, *Where You Live Is What You Learn* and *A Call To Prayer*. Kathleen also wrote children's stories – mixing magic and nature to inspire kids to become more mindful about life and encouraging all of us to be all that we can be. She was the Editor of this magazine from 2012 until she passed on April 16, 2019.

The call came in June. “Kathleen, I’m in the hospital in terrible pain.” With that began an odyssey of dark and light that continued for seven months. My mother had undiagnosed digestive disorders for the previous 14 months. She went from specialist to specialist, lost over 20 pounds, but was given no diagnosis. Finally, her gut twisted and refused to unbind. She was given emergency surgery and hospitalized with two short times of release followed by relapse for the following 6 months.

She had a complex combination of symptoms that defied diagnosis until one doctor thought about an ailment found in Europeans. He took a biopsy and found Celiac, a complete intolerance to wheat and gluten in any form. By then she also had deterioration of the colon and inability to absorb nutrients. My mother dropped from 125 pounds at the onset of this disease to 76 pounds. She was on the verge of death, on the verge of health, and everything in between. A lesser person would have folded given the ordeal she endured, but she was not a lesser person. Instead, she went through the dark night of the soul, struggled with whether there is a God, or not, and came out of an inner battle that brought her into a light body she never knew before. She made peace with old hurts, overcame one of her worst traits – extreme impatience – and became a model of an intangible quality we all long to possess.

The entire staff of the hospital marveled at her kindness to them, her appreciation in even the worst moments, and her ineffable light. She weighed next to nothing, but there was strength and energy that radiated from her that made people stop and feel better because they had been in her room. The doctor phoned to tell me that mom did not have long to live. Yet, he said to me, “Your mother is the most extraordinary person I have ever known. She demonstrates the most unbelievable patience, dignity, and acceptance of what is happening to her. I just can’t get over it.”

One day my mother told me that she would never be able to describe what she experienced in the previous six months because it was ‘indescribable.’ The closest she could come was to say it was as though all her life she had been a tight bud waiting to open, and this experience and the inner battles she endured brought her into full bloom. She also said that if someone asked her if she would be willing to go through the entire ordeal again if she knew this would be the outcome, she would say, “Yes” without hesitation. That says a lot. On the day

my mother died, the nurse told me that when they know a patient is going to die, they often try to get out of being the one on duty, but when they knew my mother was going to die, they all vied to be the one who was with her.

That brings me to the point of this article. We never know the reason for certain circumstances being planted in our lives. They are the seeds that bear fruit we don’t always understand, but they are also the opportunities for deeper self-knowing when we open to receive whatever comes our way. When we resist, we miss golden opportunities. When we gloss over conditions in an attempt to always be positive, we miss the gifts that are often only found in the dark. Sometimes, in order to gain our lives, we have to go through the dark night of the soul. There may be more than one, just as winter comes more than once in a lifetime. However, just as winter comes, and dark nights come, there is always the light that follows.

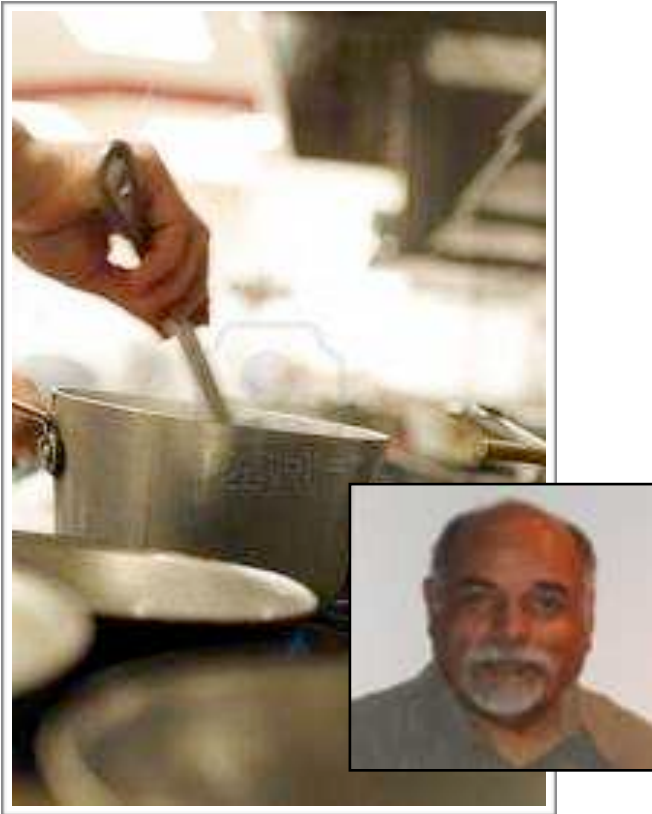
My mother is an example of someone who has faced the worst, has held herself as best she could to accept what was being given, and triumphed in a way that many people never do. We do not have to control or manipulate life to gain the best from it. We merely need to acquiesce to open to possibilities in what is being presented, and to move from the bud of potential into our own full bloom.

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Medium Fredrik Haglund of the Sir Arthur Conan Doyle Centre in Edinburgh.





## Shake and Bake

By Richard Jerome Bennett

Now that I am accustomed to shimmering, I can share what else I am observing in the ever-changing matrix of my life. As in the heading, two things are in play. Everything in my world is being shaken to its core and definitely the heat is on. I am being unhinged from the reality structure as I have known it. I see it in other places too, perusing my Facebook page I was sent a video by a dear friend from Australia. The YouTube video focuses on what does one really want to do? It is narrated by Alan Watts, called ([Tragedy and Hope series](#)). In the video, he states that it is better for one to have a short life doing all the things one loves, rather than a long life doing the things one hates.

I say, 'Wow, isn't that the pivotal point of living here on planet earth?' How did so many people end up doing things they don't want to do? This is controversial because it brings up the specter of looking at our lives. All of a sudden things are "contrary to the prevailing version of the moment."

Let's take a minute or two, to see what we are doing. It prompts us to ask, "What are we creating and giving our energies to? Is there purpose and meaning in my life? Do I love where I am and where I am going?"

Now, we've really done it, and our world begins to shake a bit – or a lot – depending how far we are from our hearts desire. Then, we seek 'advice' to make sure that we have an out, if our choice doesn't turn out to be the 'right' one.

I believe within each one of us there is a mechanism that lets us know when something is within the spectrum of our heart's expression. We really don't need advice, we need courage to be true to ourselves. Now some folks like to take this to another place and say that one is selfish to be driven by one's desires. Here I might agree, but what I am really saying is that desire must be filtered through the heart where it can resonate throughout the body as our truth.

Here is the crucible where we can truly find our answers. This vessel – our heart in our body – is where all our expression and course of action is formed. We know, however, when we ask ourselves what we truly want, that other things will arise, and in that mix there will be parts of ourselves we do not want to face ... our loneliness, unworthiness, our weaknesses and a litany of other such negatives.

Now arriving at this point is where the heat must be turned up. Most of us, I believe, have faltered at this point, unwilling to do the prep work to cook an exquisite soup for our life's menu. There is chopping, slicing, dicing and discarding, sautéing, boiling and simmering to be done. We must throw the dry onion peels and roots, carrot tops, and greens-gone-sour into the compost, lest our soup be sour.

This is what I've been dealing with, so it's tough to keep a schedule, it's difficult to institute a discipline, it's even harder to get at all the unfinished projects laying strewn along my path. But, guess what? I am not concerned. I will tell you why.

As I have been dealing with the miasma of Maia, and listening to my inner guidance, which I call Source Intelligence, it has been revealed to me that when I follow my heart and put a little dash of desire in it, I inevitably do the best thing for myself and others. That's the way it works. The sooner we get this recipe for life, the sooner our lives will change, and the sooner the world will follow suit.

Yes, this moment, the 'now,' the present, is where it's all bubbling and boiling. We all end up in the kitchen sooner, or later. As it turns out, I love to cook, so once a week, I cook a meal for my Thursday Night Tarot Class – full of love and imagination – *for free*. I recommend that everyone do something that you love to do for yourself, and then share it.

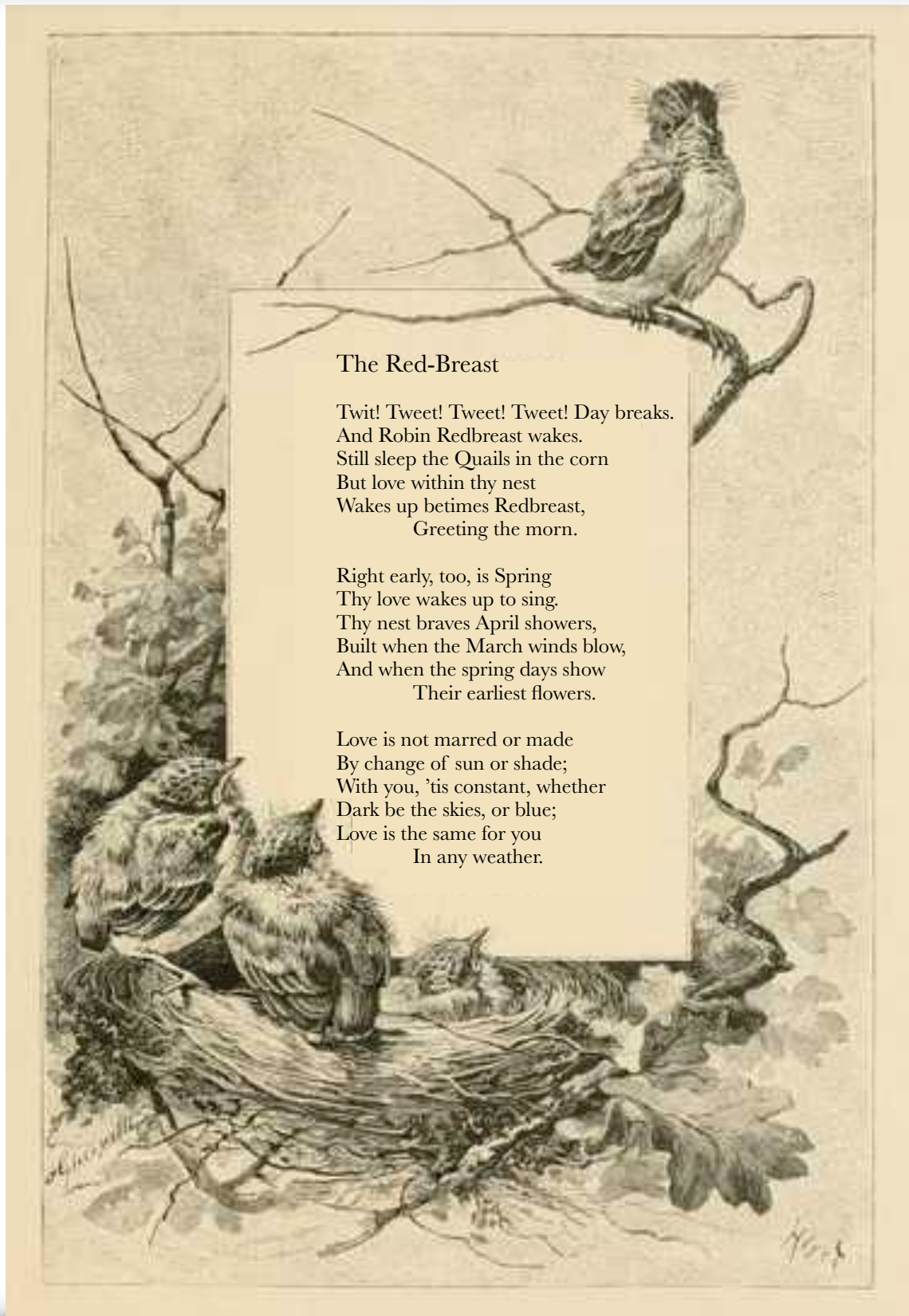
Luckily, there are days of menus ahead, since I am not ready to give up eating, as of yet. I hear, there are those living on pure Light Force now. I know, the future will bring vast changes and rearrange our lives in ways we have yet to imagine. Yes, that's what I love to do – imagine. So I am imagining everyone finding their best soup recipe and their 'sweet spot' and turning it into the best feast ever. Forgive me... I may be late to your dinner, for I am still in the oven. I have a ways yet to bake, before I can truly say, I am awake.

Δ

**Richard was a composer, pianist, artist. He was the Founder of "Ahz University – Institute of Imagination, Music and Healing" and Ahzananda Music, specializing in awe and wonder. Richard was the Creative Editor of the print version of The Inner Voice, c.1993-1999. He journeyed into the Great Beyond and is no doubt swimming with the Master Dolphin.**



Drawing Courtesy: [www.exploratorium.edu](http://www.exploratorium.edu)



### The Red-Breast

Twit! Tweet! Tweet! Tweet! Day breaks.  
And Robin Redbreast wakes.  
Still sleep the Quails in the corn  
But love within thy nest  
Wakes up betimes Redbreast,  
Greeting the morn.

Right early, too, is Spring  
Thy love wakes up to sing.  
Thy nest braves April showers,  
Built when the March winds blow,  
And when the spring days show  
Their earliest flowers.

Love is not marred or made  
By change of sun or shade;  
With you, 'tis constant, whether  
Dark be the skies, or blue;  
Love is the same for you  
In any weather.

Poem from book: [Song birds and seasons](#) Publisher: [Boston : Estes and Lauriat](#)  
Year: [1888 \(1880s\)](#) Contributing Library: [University of California Libraries](#)  
Authors: [Theuriet, André, 1833-1907](#) Digitizing Sponsor: [Internet Archive](#)





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Lynn Schuster



## Spring Equinox Rebirth: Become the **Artist** of Your Life

"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](#)

Become the Artist of your Life for a truly rich memorable experience. The world out there will carry you away with distractions, emotions, and agendas. But we have a choice. We are all Artists at heart. It's deep within our most ancient primitive DNA. Possibly it happened when our ancient ancestors first beheld the celestial blanket of stars at night. Maybe they moved up the human ladder when they stood in awe at a brilliant sunset, or felt blinded by the incredible sunrise. We became Human as we became Artists.

Spring Equinox is the perfect time to contemplate the Artistic Path as we

experience a pause in the Universe. The Sun is closest to the Equator at this time. It often seems to hover for days at we enter the official Springtime of the year in the Northern Hemisphere. It is a time of rebirth, bonfire offerings, and longer days of Sunshine. Be sensitive as an Artist to the new growth, weather patterns, and earth shifts happening at this time. The more you observe, the more you slow down time.

Artists are more mindful, giving themselves time to experience life around them. They become aware of how they feel. They breathe in the air, land, and sea deeply, often journal

about them, and then manifest their feelings in art. It becomes their unique gift to the world! This is how artists serve the world. Take a photo today that captures the essence of your feelings at this moment in time.

Artists are different. They see what others often overlook. Many see clouds, but

artists see the shadows of clouds. Look past the obvious and get down to the subtle details, the colors, shapes, and textures around you. See beauty in the smallest things, observe the color of new life sprouting up miraculously from dirt. What are the Springtime colors of your life? Become the meticulous Observer of your Life.

One of the best things about being the Artist of your life, is curiosity. Artists are always asking how and why. They come from a place of wonder and awe. They pause to feel the butterflies wings that others are too busy to know. They play as they create. What color would this add to my piece? How can I capture the heart of this moment? Creative people are such fun to be around because they step into a world of imagination and intuition. Life inspires them and their art.

Look at life as existing in Multiple Worlds, and create your own personal Artist Life. Become the Artist today and see life through the lens of beauty. Explore nature and discover your Self in a new way. How you approach your creative life is how you approach your entire life. Be aware, make decisions, share your art talents confidently and boldly. Do not judge your art or be apologetic about it. Every painting is an experiment. In everything we do, we learn more about ourselves.

Δ



Fire Painting by Pat Gullett





# Pure Potential

## Living each day to the fullest potential of your being



My grand niece ...“pure potential.”

This blessing is the clarity I have been searching for. I have been asking myself many questions about living, dying and what truly is important to me. What enriching principle do I want to live by most? What prayer and blessing of intent are imperative to invoke often? What underlying and over riding perspective truly nourishes me living my essence and inspires others? I know deepening Divine alignment, unifying with intuition and being curious about synchronistic events are important. Engaging and trusting support of unseen higher energies as abounding resources of change and exploring uncharted realms are also important. I know that I am here for all of this and more. I have been searching how to ground it all. Then, I received an e-mail from a musician friend, Timothy Dixon, who wrote, “May you live each day to the fullest potential of your being.”

This statement is a grounding rod. It links “what seems to be” with “the mystery” of what more is possible. It is the sacred marriage of the world of our five senses with the extended worlds of heightened meta senses and births new creative possibilities. The language of ‘pure potential’ is the language of our heart, soul and essence. To me, pure potential is a portal of aliveness, like my grand niece! It is not fixed. It is ever present, ever changing, growing, revealing, freeing itself and all who are on this ride into new creative functioning. I see pure potential as an ultimate friend and confidante: accepting, understanding, encouraging, inspiring, powerful and enlightening. Hmmm, sounds like a concept of pure consciousness, God, a rendition of our personal Divine.

### Clear Intent

Clear intent lights up new options that were once outside awareness. No matter what your family and cultural conditioning, educational and job training, societal and peer pressure, etc. practice refreshing each moment choosing to live your fullest potential for your own sake, not to please others. Imagine exceeding all limiting expectations. Even your own.

This current moment of inner experiences and awareness is unique to you and is, by its nature, filled with uncharted territory. Are you willing to become an explorer? You have to start some where. How about this moment, exactly where you are, just as things seem to be, and curious to what else is possible.

### Relax, Stretch, Be Curious & Breathe

It is important to relax and stretch your creation functions to perceive outside the box of your everyday assumptions and routine. Being curious is a doorway to new possibilities, new options, new choices. Breathe into this new moment and allow spaciousness in your thinking, feeling and perceiving.

Choose to live being faithful to your Self, in gratitude for your unique presence and expanding full potential Self. Breathe into this.

### A Life Well Lived

This was the celebrated theme of my brother in law’s memorial. It really deepened curiosity of my life journey. I wondered how I could live more enlivened, with higher integrity, deeper passion and what that would look like. I wondered what new choices and directions matched. A life well-lived may mean something different to each of us, yet, I see common key components: being true to Self, clear heart’s desire, commitment to an enlivening bigger vision, passion, devotion, creativity, and on going action. Upgrading these components regularly and re committing with action steps daily are also key. A life well-lived can involve taking risks, challenging your history, and valuing your existence and realizing you have influence. It is not living separating from others. It is engaging full on where and with whom you care about.

### Full Potential Questions

What is truly important to you? What new possibilities juice you up? Where do you want changes? What changes? How and where is your essence wanting more creative expression? Where does your passion want to shine? What would be different for you to have a life well lived? What steps can you take that line up with these new perspectives?

What do a life, a day and each moment have in common? Abundant potential possibilities.

Δ

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

# Inner Feng Shui: The Sanctuary Within



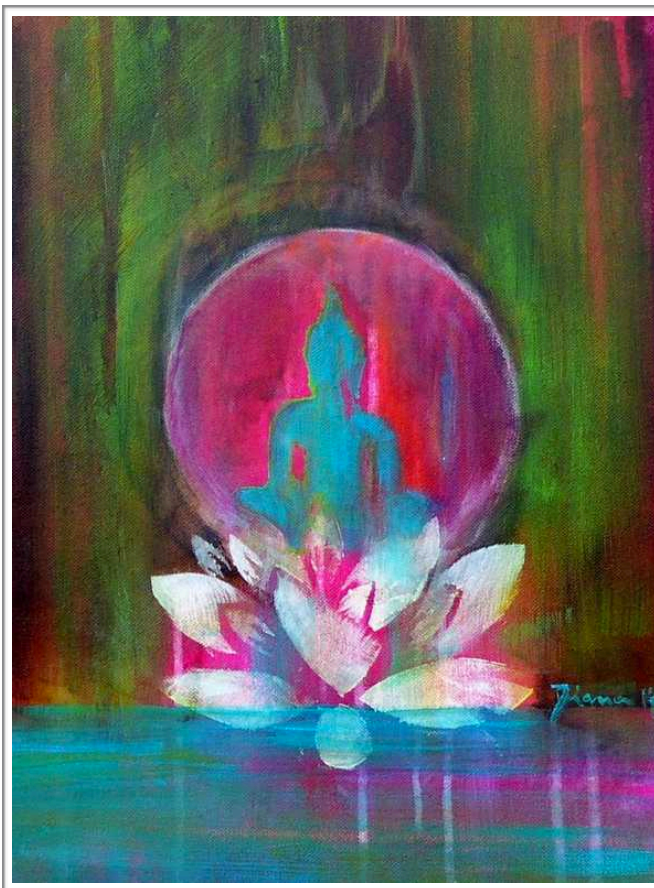
## By Terah Kathryn Collins

When was the last time you happily sat beneath fluorescent lights or on a cold metal chair? Feng Shui, the study of how to create human-friendly environments, observes that our surroundings are constantly making an impact on us. When you're open and sensitive to energy, you are often the first to wilt in an unpleasant place. Your energetic sensitivity emphasizes the importance of knowing how to maintain your balance, especially in an environment that could cause you stress.

When you cannot change your outer surroundings and there is nothing you can do about the discomfort of your body, it's vital to have an inner sanctuary that holds your balance in place.

A sanctuary, whether it exists within or without, has an archetypically pleasing and inspiring atmosphere. While a sanctuary in your home may be constrained by budget, square footage, or the design preferences of others, a sanctuary within has no such constraints. In fact, you can truly have it be exactly the way you wish!

To build your inner sanctuary, begin by visualizing a place composed entirely of the colors, images, aromas, sounds, and textures that you love. You are the creator here. What would you include in your sanctuary that peeks your senses, nurtures your heart, and honors your connection with spirit? You may wish to include a place where you could meet with your



[https://www.etsy.com/listing/224139721/buddha-spirit-of-zen-16-x-12-present-for?ref=shop\\_home\\_active\\_6](https://www.etsy.com/listing/224139721/buddha-spirit-of-zen-16-x-12-present-for?ref=shop_home_active_6)

inner helpers and guides. Take time to construct a space with all its details, knowing that you can change it whenever you wish.

One of my most favorite qualities in the world is iridescence. I associate it with the ethereal beauty that glimmers in hummingbirds and butterfly wings. In the physical world, such iridescent materials are often expensive or impractical, but in my inner sanctuary I have it everywhere. I envision an outdoor pavilion with spectacular iridescent silk couches and pillows in every jewel-tone. There is a light jasmine-scented breeze that is animated with birds, butterflies, and nature spirits. Cheetahs (my totem friends) lounge peacefully, while my inner guides infuse the space with love and wisdom. Crystals catch the sun and throw rainbows across every surface.

Low, round, intricately carved tables hold fruit in hand-hewn bowls, and a vibrant



abundance of flowering plants adorn the space. Colorful, tropical gardens surround the pavilion while a waterfall pours its music into a natural swimming pool... As I breathe life into my inner sanctuary, it takes on a life of its own and breathes life into me.

This "make-believe" place soothes my heart and restores my connection with the unseen levels of life, especially when outer circumstances are challenging. For instance, during a recent trip I shared several uncomfortable hours with others waiting in a crowded terminal for airplane repairs. While many people paced and complained, I "hung out" in my inner sanctuary, feeling the presence of my guides and absorbing all the inner beauty I was surrounded with. When I arrived home, I realized I felt completely different than I usually do after travel delays. Instead of being drained to the marrow, I felt grateful and blessed.

My inner sanctuary had provided me with an oasis when my outer environment wasn't able to do so. My sensitivity to my surroundings had been assuaged in the only way possible during that time – from within.

△

**Terah Kathryn Collins is a best-selling author and the founder of the Western School of Feng Shui®. She is also the originator of Essential Feng Shui®, which focuses on the many valuable applications Feng Shui has in our Western culture while honoring the essence of its Eastern heritage. Learn more here: [www.wsfs.com](http://www.wsfs.com)**



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# Our Power To Bless One Another

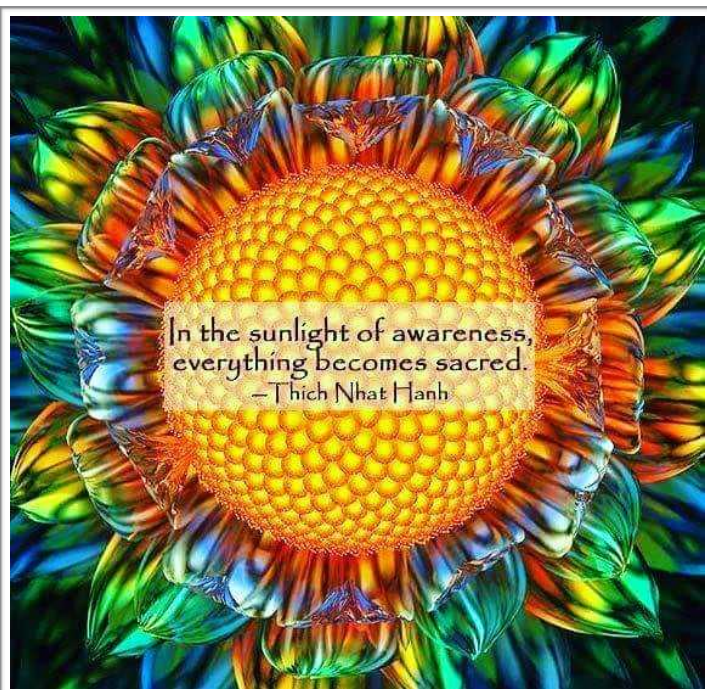
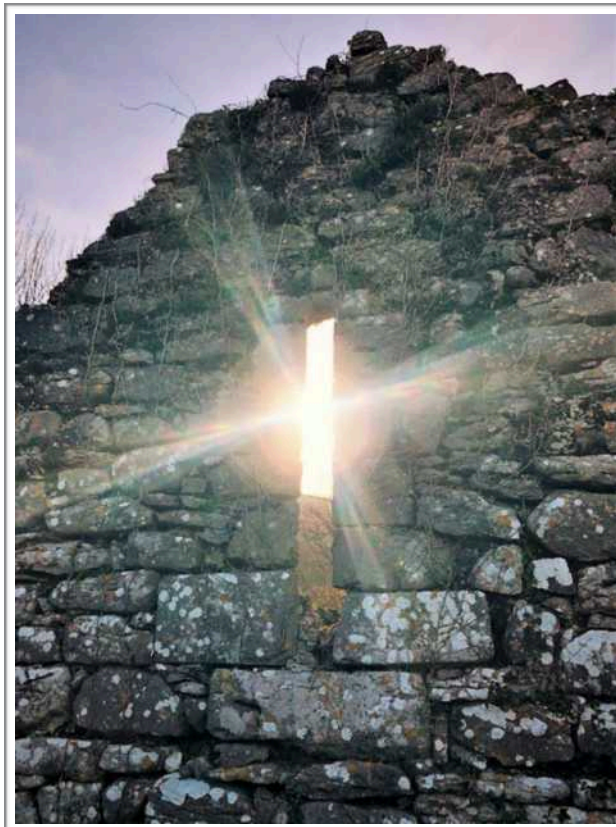
By John O'Donohue From his book, [To Bless the Space Between Us: A Book of Blessings](#)

A blessing is a circle of light drawn around a person to protect, heal, and strengthen.

It would be lovely if we could rediscover our power to bless one another. I believe each of us can bless. When a blessing is invoked, it changes the atmosphere. Some of the plenitude flows into our hearts from the invisible neighborhood of loving kindness. In the light and reverence of blessing, a person or situation becomes illuminated in a completely new way. In a dead wall a new window opens, in dense darkness a path starts to glimmer, and into a broken heart healing falls like morning dew. It is ironic that so often we continue to live like paupers though our inheritance of spirit is so vast. The quiet eternal that dwells in our souls is silent and subtle; in the activity of blessing it emerges to embrace and nurture us. Let us begin to learn how to bless one another. Whenever you give a blessing, a blessing returns to enfold you.

Δ

Photo: ©Ann Cahill  
Sunset at Gleninagh / County Clare, Ireland, 2019



## The Gift of Spiritual Awakening

(Author Unknown)

While I was peeling a grapefruit and cutting it into sections, I pulled the seeds out and this analogy occurred to me. Somewhere in the Bible it is written that we are more valuable a being to the Creator than the birds, animals and the plants in the fields.

Just like this grapefruit, don't we all hold a seed within us that is waiting for the right time to blossom forth and bear fruit? It is written that we are ever so more precious to our Creator than the birds, animals, and plants. The angels have expressed their wisdom on this time and time again that we all have a purpose and reason for being here. The clue is in the seed.

Where are you on your spiritual path to this truth? We all awaken at different times. Some appear to be further along the path of unfolding to their purpose than others, but that doesn't mean some have a purpose while others do not. We just need to

tend to the seed. Water it. Nurture it. Discover what's inside wanting to burst forth into this reality. And once we learn what this is for us, I believe we know a deeper happiness and sense of being more than ever before the awakening. Δ





# How ‘Glow Bear’ Got His Name

By Nancy Freier

This innocent looking bear (pictured) had belonged to my mother. I think she won it playing Bingo. When she died in October of 2010, I wasn’t sure what to do with him. I had decided to donate mom’s clothes and things to a local charity at which my aunt volunteered. When she came to pick up mom’s things, my aunt saw the bear, handed it to me and said, “You keep this!” He’s been on my bed since.

One night I was in bed. The room was dark except for a neighbor’s porch light that shines through my curtains. I was laying there falling asleep when all of a sudden a voice told me to open my eyes. I opened them and looked at the bear. He was GLOWING! I blinked, and blinked again to be sure I wasn’t seeing things. I turned the bear around to see where the light source was coming from. I was wide awake by then and even checked him for batteries! I thought, how did I not know he had batteries and glowed in the dark?

Well, there are no batteries, and there aren’t any lightbulbs in him, and it wasn’t that kind of light that I saw. It was as though he was *glowing from within!* When I turned him around while inspecting him, the glow also ‘moved’. It was around his head, then an arm, then a leg! I had to get up early the next morning so, puzzled, I set “Glow Bear” aside and thought, ‘I’ll think about this tomorrow,’ and went to sleep. When I woke up, I sensed that it was time for me to connect with my mother, and thought this was a rather sweet way for her to let me know she was ready to come through. Δ

## The Funniest Thing I Have EVER Seen

By Nancy Freier

Some years ago when I lived on the Milwaukee River, I heard the wild honking of a flock of Canadian geese. I looked out the window and saw them coming in for a landing on the frozen river, their feet outstretched to land on what they thought was open water. They tumbled and slid as they hit the ice, flapping their wings and banging into one another, making quite a racket as they struggled to come to a stop. Perhaps the lead bird was trying to tell the others, *Pull up! Pull up! It's frozen!*

*I shared this with my then editor, Kathleen Jacoby, and it inspired her to write the following...*

“Nancy’s experience of watching the surprised geese got me thinking about how important it is to know what we’re jumping into. As the geese prepared to land on water, the approach was far different than it would have been had they known they were going to land on solid ice. You can visualize that in your own mind. One approach has you ready to jump into something fluid, thereby maintaining speed and pushing yourself forward. The other has you gently lowering yourself so that your feet touch lightly upon the ground. Each approach is appropriate for the respective landing site. When we use the wrong approach, the results can be painful. The geese demonstrated a basic law of physics in a hilarious way.

“How many times can we look to our own lives where we have mistakenly come in for a landing without full knowledge of



See for yourself in this video from the Czech Republic.  
<https://youtu.be/5bkE-KuQWTY?t=16>

what we were jumping into, only to fall on our faces, or do our best to maintain dignity in the face of a mistaken approach?

“Like the geese, we might be tempted to honk loudly, but as humans we have the capacity to learn from our mistakes and not repeat them. That’s the beauty of the journey. We get so many opportunities to do things again and again to refine our understanding of what is needed, and if we’re fortunate enough to learn from our mistaken approaches, we can calibrate our response so that we choose the landing pattern for each situation that will be just right.”

Δ

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