

The Inner Voice

A Source of Light For Unfolding Consciousness • March 2021

The Folklore of Lucky Charms

Angel Talk:
Is Karma Real?

Create Good Fortune
with Feng Shui

Surviving Death

A Journalist Investigates
Evidence For An Afterlife

2021:
Year of the Ox
& what this means



Photo: "When we all lived in the Forest"
Facebook page. Photographer unknown.



*"Remember that sometimes not
getting what you want is a wonderful
stroke of luck."* –Dalai Lama XIV

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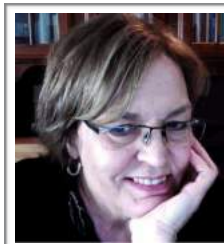
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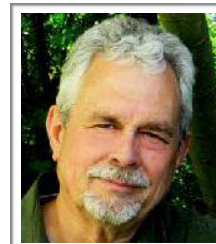
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The Inner Voice Magazine intends to serve as inspiration for healing body, mind, spirit, heart and home. The information in this publication is not meant to replace the advice of healthcare professionals. We aim to bring through the highest vibrational 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

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Here's a Partial Listing of Our Upcoming Events.
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April 17-18, 900-400

This course will teach you a variety of techniques to connect with souls who have passed on. During this highly experiential class you will learn to make those connections with the spirit world and how to give an evidential reading.

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DEEPENING YOUR MEDIUMSHIP

March 26-28. Friday 630-930, Saturday 900-800, Sunday 900-400



DRUM MAKING WORKSHOP WITH DAVE WILINSKI

April 11, 1230-500

AWAKEN YOUR INTUITION

March 12, 530.

TRUSTING YOUR INTUITION

April 2, 530

SEIDR NORSE SHAMANISM

WITH IMEDLA ALMQVITS FROM THE UK

December 1-5, 2021

MEDIUMSHIP WORKSHOPS

WITH MAVIS PITTILLA FROM THE UK

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

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

THE HERBAL APPRENTICE

WITH GIGI STAFNE

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

REIKI LEVEL I TRAINING

April 10 900-430

REIKI LEVEL II TRAINING

April 25, 900-430

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March 2021
Dear Readers,

Forget the 'Ides of March'~ beware the whole month! The *winds of change* blow in and it seems that anything can happen! The Green Bay weatherman always says March comes in like a lion or a lamb. This year he said it will come in like a llama, so it's anyone's guess what that could mean. But one thing is certain, the only thing constant in life is change, and March seems to be the epitome of it.

We are going through some changes here at The Inner Voice, too. We say goodbye to long-time contributor, Author Meredith Young-Sowers who has recently retired from writing; and, we say hello to Cherrie Hanson ("Innerviews" on p. 8), Lori Andrus ("2021 Forecast of Crystals" p. 18), and JA Dioguardi ("Coming Out Of Hiding" p.7). I am grateful to welcome back Karen Abler-Carasco again this year with her annual Chinese New Year report. This time it's "*The Year of the Ox*" and she explains what that means on p. 12-13.

With March, I think about St. Patrick's Day and the luck of the Irish. I looked into some of the folklore ~ Shamrocks and 4-leaf clovers; 'the wearin' of the green' and Leprechauns; Rainbows and Pots 'o Gold and all things that St. Patrick's Day represents. I hope you will enjoy all the fun featured on pages 10-11. Many of these items are 'cures' used in my feng shui practice with some amazing results!

Have a blessed March and may all of your changes this month bring you 'a reprieve from madness' (p.19) and some really good fortune!

Blessings,
Nancy



Angel Talk™



The Question of Karma~Is it real?

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

Q. Sreper, what is the meaning of karma; and, is it valid?

Karma is as valid as your belief in it has made it so. We see that there are many on Earth who have stumbled upon the meaning of this word karma. We see there are many who wonder if they are doomed or blessed because of something they have done, or because of something that was done to them in the past, leaving them guilty and powerless.

We say, release what you believe to be your karma now, for it is why you walk the Earth. Karma is simply a learning tool where you are. You are within the framework of karma. As you evolve, you will discover a deeper wisdom underpinning this structure. You are finding your way back home; and, this 'karmic structure' could dissolve in an instant if you were but willing to release the thought in which karma binds you. You could be finished with karma if you would instead focus on grace – that gift of Peace from God.

No one is to stand in judgment of this. It is very important that you open your hearts to accept what is. Do not judge, but release your attachments to the past, present and future. In doing so you will have a transformation. You will see a new freedom and will be able to let go of the old karmic ties you once believed were real.

Do not fear that you are creating karma, for it is now in your evolution that all karmic debts are being repaid. We are not saying that you can go and cause harm to someone; then, feel justified and remain debt free. You are on Earth to grow through certain circumstances and be finished with the karma that is no longer needed for your soul's growth. The only way you could do this, was to return

to the Earth plane. Like one who decides to sign up for college courses, you have called these situations to you for this learning to take place. It is through that experience that you shall be transformed. This could happen in a moment, or in a moment in an eternity from now; but, it happens whenever you choose to forgive the past and release your karmic attraction to it.

Remember, you are on Earth to experience emotions and to expand your consciousness. Your learning is coming to a close now, for you have done it all. You (collectively) have experienced everything there is to experience on that plane. Some of you are bored, and wish to return home to another level of awareness that is new, but familiar, where the Light still shines in welcome. Dear Ones, you are ready to return to this, why do you still hang onto your so-called karma? You are the only one who hangs on to it.

As many of you are aware, many Earth changes are happening. The Light is arriving; and, just as though you were to turn on a light switch, the darkness disappears. We are telling you that the Age of Light and Wisdom shall prevail now. The way for peace and grace is opened unto you. Choose your actions wisely; and after contemplation, we ask you to follow your Golden Rule: 'Do unto others as you would have them do unto you, now and always.' This will alleviate further manifestation of your attraction to the karmic realms. Behold the Light within and meet with us there, where we say, '*Welcome Home.*'

Q. Here is an example of a karmic situation. A woman asked the angels about an incident in which she was

Continued on page 5

shot in a robbery attempt. She survived and asked Sreper if the woman who shot her was repaying a karmic debt; and, was the debt settled?

Oh, the karmic debts that you humans have stacked up against yourselves. It is priceless what you've paid to be there now to do the things that clear away the rubbish of the past. We dare say unto you, by redirecting your attitude on what karma is all about, you could lighten that load by 95 percent! Your minds cannot believe that they can be 'karma-free' right here and right now; and so, we will give you that remaining five percent to keep your mental bodies happy. But the truth is, you're already free of karma; yet, your mind keeps the karmic bonds tied tightly around you. In answering you, we will 'play' along with you, for we understand that this; that these scenarios, are how your human race has designed life. We like to call your living arrangement 'Earth School' in which you've been given a curriculum – certain set of lessons to learn – just like in any school. And, if you 'fail' a class you repeat it, until you get it.

In this situation, your karmic ties with your assailant were so intense that, this unfortunately, had to be played out in a violent manner. In her mind, she left

herself no alternative but to act violently. You see, she has never experienced love. She was raised in fear, which was the only emotion ever expressed to her and consequently, this is what she learned. In her violent lifestyle, she acted only on what her violent upbringing dictated to her. Her main belief was "I'll get them before they get me!" She was never shown any real love from anyone. No one paid her any attention. When she pulled the trigger that day, she actually wanted to miss you. That act of violence was her unconscious call for help. She wanted to stop her horrible behavior and was crying out to be stopped. She thought that the only way this could happen was to do a violent act and be stopped for good.

We must tell you that her fences were long ago in place. They were already up and around her. She was not a free woman in life before she aimed the gun at you; and, she isn't a free woman now. The highest thing that you can do is offer your forgiveness, knowing that what happened had to be. Accept it fully in your heart as a part of your Life Plan. You are, in effect, her jailer; and, she isn't free until you let her go. You alone hold the key to her freedom. She chose you to lead her out of her madness. Do this, and the

world rejoices, for it will be the end of this karma.

Q. I am curious, who was in my last life that is important for me to work out any karma now?

We say, all those who are in your life now were with you, in some capacity, in another life (as you understand it). Some people are 'newcomers' and some have incarnated with you from the beginning. We say that if they did not represent a special purpose to you, they would not be in your life. Therefore, they hold special meaning to you and there is a karmic connection to this.

Karma is neutral, neither 'good' or 'bad.' It simply means there is something left unfinished from another time. The situation arises again for the karma to be balanced and canceled-out, to be forgiven and cleared from your cellular memory so you are free from all karmic debts.

Karma is always a cry for love; and, forgiveness is what heals it. Look any perpetrator in the eye and tell them you forgive them. Appreciate that they brought this to the Light for you to see, and then release it. The debt is now forgiven.

Δ



Angel Readings & Consultations

*Angelic guidance on any situation
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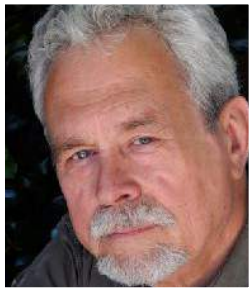
Nancy Freier 'the Angel Medium' since 1986

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www.NancyFreier.com

Author: Heaven Help Me!

Author & Instructor: You Can Talk To Your Angels



Surviving Death

A Journalist Investigates Evidence for an Afterlife by Leslie Kean

This is one of the best books I've read about life after death, and I have read dozens of them. It is both scholarly as well as personal. This is a well-written and well-researched book of great depth. It covers it all from reincarnation to near-death experiences to physical mediumship in a very engaging and humanistic manner. Uncovering solid evidence for survival is one thing but how we handle this information intellectually and emotionally is another important aspect that the author addresses throughout the book.

The key to understanding this book is that the author, Leslie Kean, is a researcher who endeavors to back up unusual phenomena with scientific proof wherever possible. She alternates

between the telling of unusual stories of Reincarnation, NDEs, OBEs, Materialization Seances, etc. with extensive evidence of scientific proof to back up the claims and experiences. It should be noted that Leslie has previously authored books on UFOs, so perhaps this topic is more 'tame' for her. That said, we discover that her interest in communing with the dead and other related topics began with the sudden death of her brother when she started experiencing strange psychic phenomena, obviously coming from him. Throughout the book she finds ways of interweaving her psychic experiences with him as they might relate to the chapter topic at hand.

In the first two chapters of this book the author covers in great detail, the famous case of James Leininger, a young American child who at age two began having intense nightmares of a plane crash. When James began screaming out recurring phrases like, "Plane on fire! Little man can't get out!" the Leiningers were compelled to take notice. Over time James began providing additional past-life memories of being an American bomber pilot who was killed when his plane was shot down by the Japanese during World War II. He provided details that included the name of an American aircraft carrier, the first and last name of a friend who was on the ship with him, a location and other specifics about the fatal crash. His parents eventually discovered a close correspondence between James's statements and the death of a World War II pilot named James Huston. The case is well documented and the full details were verified over the course of the ensuing years by his father, a devout Christian who did not believe in reincarnation and wanted to prove that

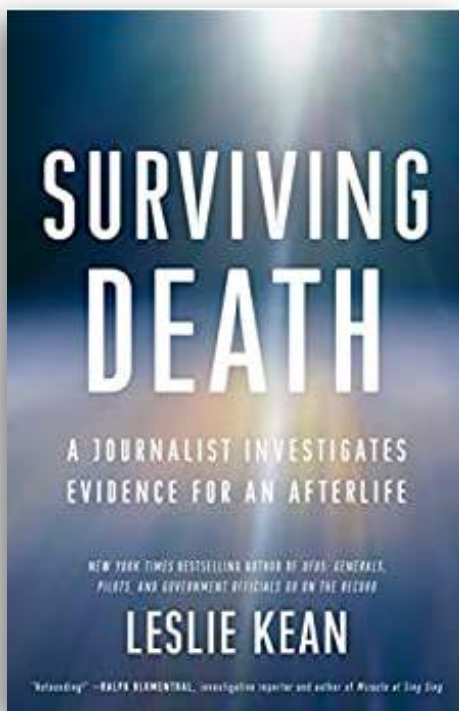


Leslie Kean, the author of *Surviving Death*

what he was hearing from his son was untrue.

It's a great detective story that plays out dramatically over the next few years as James reveals more details and actually names some of the other pilots in his squadron, and then finally meets his own sister from that life, who is now 84 years old! And when he meets her in person, he keeps providing details that of course he should not know! Powerful evidence of Reincarnation! It's a great story, too!

In Part IV, *The Impossible Made Real*, Kean examines instances of physical mediumship where the author takes part in experiments with full-form materializations that manifest in séance sessions; especially important here is the work of the British medium Stewart Alexander to whom the author made several research visits. If you are not already aware, "Physical Mediumship" is the most difficult and rare type of mediumship and these days most people believe this was only done back in the



[Surviving Death: A Journalist Investigates Evidence for an Afterlife](#)

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Stuart Alexander, physical medium

late 1800s – early 1900s, or was faked. But the fact is that in our day and age there are still a few physical mediums around the world, however most of them work under cover, 'in the dark' so to speak in order to escape from all the skeptical unbelievers that will attack them as frauds. Stewart Alexander, is one of the top physical mediums of our time who has been working at developing his abilities for over 40 years and whom Ms. Kean has personally validated.

This book has recently made quite a splash in the media! And now **Surviving Death** is a docuseries exploring ideas of life after death and mediumship. It was released on Netflix on January 6, 2021.

Δ

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

~ Inspiration ~

Coming Out of Hiding

By JA Dioguardi



Where IS the Full Moon? I know it's there! I can see a bit of its bright, white light shining through the high branches of a tall neighboring tree. But no matter where I stand, it won't reveal itself to me in all of its glory...

But it wasn't the moon that drew me to the window last night. It was a desire to see beyond the confines of my current home. It was my intuitive self leading me to look out at the ever-changing evening sky so that I would be reminded of the expansiveness of the world in which I live. For quite a while now, my imagination has been overshadowed by a practical-mindedness born of concerns that have kept my focus too narrow. But with just a small step outside of my comfort zone—in this case, a literal step outdoors—I was able to open to a new perspective. As I looked up into the late-night darkness, the beauty of the cloud formations illuminated by its then-hidden light reminded me that the Full Moon was out there, too, even though it wasn't currently visible to my eyes. And as my heart was touched by that beauty—one of the ever-present gifts in this world of form—my imagination again took priority. Hope returned, as did creative longings, and the Full Moon magically made a brief and partial appearance so that I would remember the truths that had been hidden by concern, anxiety, and fear.



All of us on planet Earth have lives that consist of cycles; within each of those cycles, change is the one constant on which we can depend. But how we perceive our lives is up to us; which point of view we take when presented with change determines our outlook. Do we see only one way of proceeding, or do we see multiple roads from which to choose? Do we limit the possible outcomes from making (what might appear to be) a simple choice, or do we allow our hearts and minds to recognize that what we believe is the most logical outcome might not occur? Isn't it possible that

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Inside Afro Celt Sound System and the tribe of hi-vibe

Music is the universal language of humanity. A measurable vibrational emission found in nature, instrument or human voice, made from the basic stuff of the universe. The diversity in musical expression rarely divides, instead it bonds the makers and appreciators in mutual kinship. People travel the world, curious of other art forms, regional music traditions, religious practices, but at home, curiously, those differences can cause contention. While we are grappling with an inescapable threat to human life, our economies – personal and global – music is ever accessible, without scarcity or shortage. What I call “hi-vibe music” is a new genre characterized by it's universal truth and good feeling. In this column, I spotlight music that raises consciousness and spirit, seeks wisdom, and delivers comfort.

My musical set list is heavy with songs expressing universal truths, raising consciousness, inciting peace. I like the fusion of Sanskrit prayers pulsing through eastern rhythms on western chord progressions, and songs whose purpose is to elate, rather than deflate, to reconcile not defile.

Hi-vibe is a description I use to explain a genre that uses singers and musicians as a delivery system for positive transmission. Like meditation, the sound by-passes the mind and goes straight to the soul of the giver and the receiver.

Musicians calibrate or tune the frequency of their instruments to create a harmony of sound with each other. One such chosen vibrational frequency of 432 hertz, is a measurable emission, fundamental to nature and mathematically consistent with the universe. Music based on 432Hz transmits beneficial healing energy, because it is a pure tone of math, people feel it in their nervous systems, consciously or unconsciously. When playing in 432Hz tuning, middle C is closer to 256Hz, a frequency that is a multiple of 8Hz, the rate that is known as “the heartbeat of the earth”, resonating with the golden ratio. Standard tuning or “orchestra tuning” is 440 but you can filter any music through an app to get the more desirable 432Hz. The science of sound means music is more than just an art form.

I've also noticed that diverse styles of culture expressed in music rarely divides. Certainly it bonds the makers and

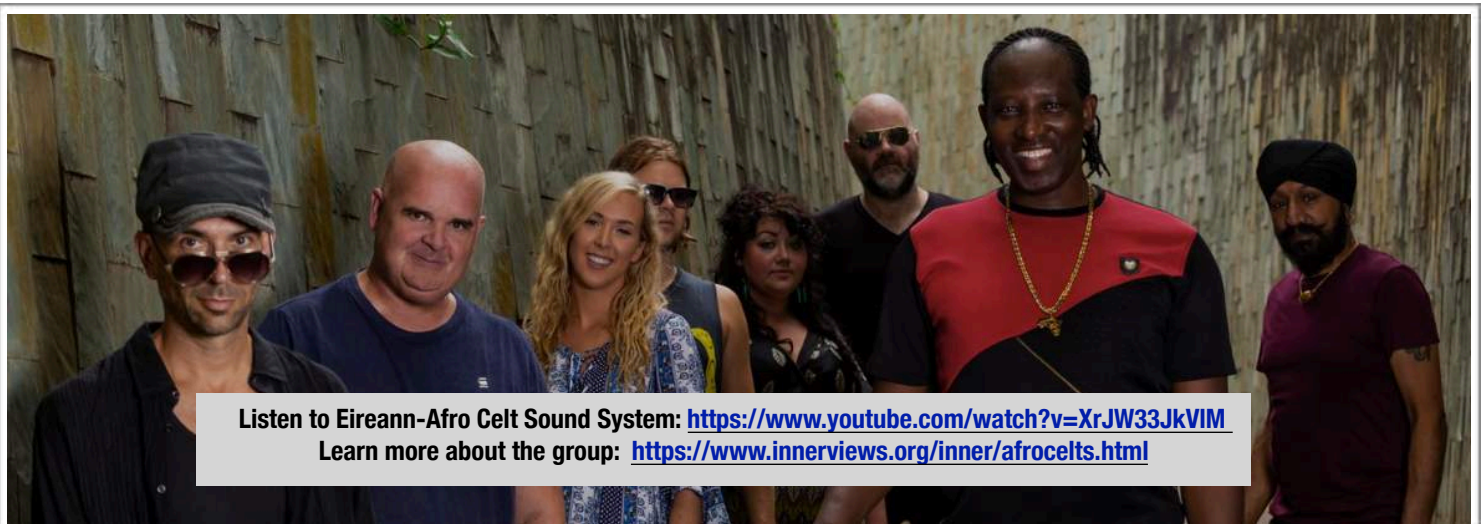
appreciators in mutual adoration. The audience may never know or care about the origins of what they are listening too. I've never heard of music racists. Folks travel the world, curious to experience religious, cultural or regional music traditions, but at home, curiously, cultural differences can cause contention.

I think music is the easiest way to heal our brokenness, a dialogue in vibe, by-passing our minds, and going straight to our hearts.

By chance or luck, the world music supergroup, Afro Celt Sound System, wafted into my ears decades ago. I was instantly raptured by the feeling of their music. At that time, they were the least likely group to see live because of the expense of touring, but it didn't matter because the best seat was in the ear, no screaming fans, or sing-a-longers, just the notes and layers of beats and sounds. (Miraculously, they did come to Milwaukee's Irish Fest in 2003).

In 1997, Grammy-nominated UK producer Simon Emmerson had the idea to merge two disparate musical cultures along with contemporary electronic elements. He invited Afro-pop star Baaba Maal's group and prominent Irish folk musicians to Peter Gabriel's Real World Studio for jam sessions to yield Afro Celt Sound System's first album, Volume 1: Sound Magic.

Continued on page 9



Listen to Eireann-Afro Celt Sound System: <https://www.youtube.com/watch?v=XrJW33JkVIM>
Learn more about the group: <https://www.innerviews.org/inner/afrocelts.html>

“...we are a sound system. They really don’t have sound systems in America, but as a kid, I’d see sound systems and wouldn’t expect to see a band. You’d see a show with a DJ, guest musicians and a string of guest singers. It’s similar to the Jamaican tradition in which you have a toaster who comes on with a couple of singers.” (Simon Emmerson)

Afro Celt Sound System has always included a wide range of guest artists on their albums, such as, Peter Gabriel, Robert Plant, Pete Dinklage, Sinéad O’Connor, Pina Kollar, Dorothee Munyanze, Sevara Nazarkhan, Simon Massey, Jesse Cook, Martin Hayes, Eileen Ivers, Mundy, Demba Barry, Mairead Ni Mhaonaigh, and Ciarán Tourish of Altan, Ronan Browne, Michael McGoldrick, Myrdhin, Shoglenifty, Mairead Nesbitt, Davy Spillane, Jonas Bruce, Heather Nova, Julie Murphy and Ayub Ogada.

“There’s a great story one of Baaba Maal’s musicians told me about how the ancestors come back through musical instruments

because the language of words is the language of power. It’s open to corruption and control, but music as a form is much closer to the spirit world. I think the Afro Celts are deeply rooted in a magical condition.” (Simon Emmerson)

If I was stranded on the proverbial desert island with only one CD, anything by Afro Celt Sound System would do, and I would never tire of it.

Listen to Eireann-Afro Celt Sound System. The link is in the photo on page 8.

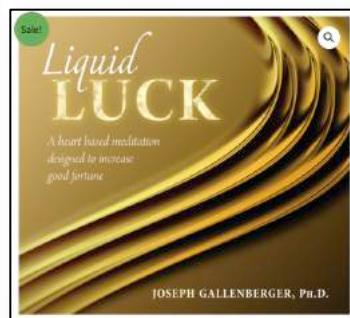
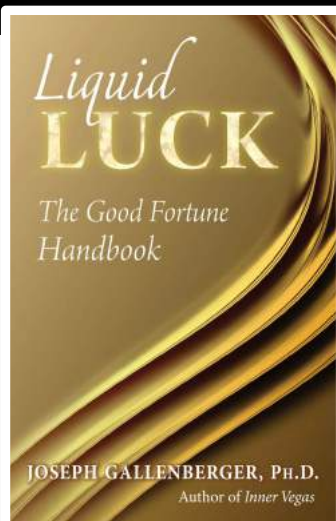
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Cherrie Hanson is the Program Director at Interfaith Conference of Greater Milwaukee, a 50-year-old nonprofit organization consisting of regional leaders and adherents of 22 member faiths and denominations. A fearless lover and explorer of human diversity, Cherrie is enthusiastic to build personal relationships within the conference, create programming that fosters understanding and mutual appreciation, and work together on social issues. It is her life’s purpose.

She is also a fine art photographer, vocalist and musician who uses talent as a means to attain individual authenticity.

www.bubblesink.photoshelter.com

INSPIRATION | MOTIVATION



Liquid Luck: The Good Fortune Handbook



Liquid Luck Meditation

In keeping with our March theme we bring you manifestation expert, Dr. Joe Gallenberger’s quick and effective meditation called *Liquid Luck*. He wanted to give people a simple and fun way to access heart-based manifestation and see immediate results in the form of days filled with synchronicity, serendipity, and good fortune.

With *Liquid Luck*’s release on CD, delightful tales came flooding in describing instant success. People reported receiving money from unexpected sources, winning lotto and raffle tickets, selling houses in an hour, having businesses take off, solving intractable problems easily, receiving brilliant ideas for inventions and many more wonderful stories of manifestation.

The *Liquid Luck* book shares inspiring stories in the explorer’s own words, interwoven with exploration of the vital components for powerful abundance creation. Gallenberger delves into the meat and potatoes of how these principles work. He covers why happiness, gratitude, compassion, praise, love, and feeling abundant are essential and how these qualities can be increased in practical ways. Gallenberger reveals how to transcend the limiting beliefs and emotions that usually keep us confined to old patterns. His knowledge and the stories show us that we can indeed be miracle workers in our own lives. *Liquid Luck* is an essential handbook that you will consult repeatedly, offering a clear path toward your dreams, lit with humor and heart.

△



The Lore and Legend of Lucky Charms

According to ancient Feng Shui masters, there are three types of luck:

1. **Tien= Heaven Luck.** Things that you have no control over, such as the time and place of your birth, the family you were born into, and your early life circumstances.
2. **Ti = Earth Luck.** Where using feng shui in your environment you can attract and strengthen your luck for the better, and/or defer "bad" luck.
3. **Ren = Mankind Luck.** Luck you yourself create by living well, doing good work, staying focused on your goals, and making good decisions.

Want some good luck and support The Inner Voice? Click on the links to purchase any of these items; and, as an Affiliate of Amazon, we will receive a small percentage of the price.

1. The Lucky Cat

The "lucky Cat" is a fun object of Japanese origin that you can place in the 'wealth and prosperity' area, or use as a greeter in the foyer. In a business, it is usually placed on a counter or shelf so that its waving arm is beckoning people, good luck and wealth into the business. [Business is Booming Lucky Cat Chinese Feng Shui Deoration for Office; 7"](#)



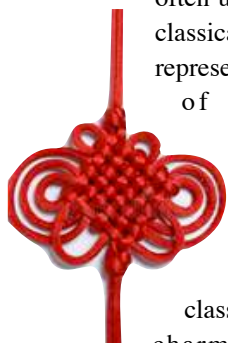
2. Four-Leaf Clover

According to Irish tradition, those who find a four-leaf clover are destined for good luck, as each leaf in the clover symbolizes good omens for faith, hope, love, and luck for the finder. They just are not as common as the three-leaf variety, so if you find one, it's considered good luck.



3. The Mystic Knot

The Mystic knot is one of the most often used good luck charms in classical Chinese feng shui. It represents a harmonious flow of auspicious energy uninterrupted by any setbacks, accidents or misfortunes. It is believed that the presence of this classical Chinese good luck charm will benefit every



aspiration you have, from enjoying more love, attracting more wealth, to having a better career. [10" LUOS Feng Shui Red Chinese Mystic Knot Tassel for Prosperity-T1023](#)

4. Laughing Buddha

Likely the most popular and universal, the Laughing Buddha is used as a good luck charm to attract abundance, happiness,



success, good health and everything good. [4.5" \(H\) Ruyi Laughing Buddha and Turtle-Wealth, Good Fortune, Health Buddha Statue for Home Office Decor PTZY062](#)

5. Bamboo Plants / Bamboo Wind Chimes

As one of the most popular feng shui cures, bamboo is widely used in homes and offices to bring in good luck, attract health, happiness, love and abundance. It is considered lucky because of its peaceful vitality and strong growth. It teaches the ultimate wisdom of how to be flexible and hollow. It is open on the inside, so that the spirit can freely flow and heal your being.



If you've had the experience of being in a bamboo garden, you know how soothing the sound of it is. The same is true for bamboo wind chimes. An indoor bamboo plant is considered lucky when it represents all five elements: Wood (represented by the plant itself), Earth (the stones the plant grows in), Water (the water in the pot), Fire (represented by a red ribbon tied to them) and Metal (often you will see a metal figurine attached to the bamboo, such as a Laughing Buddha)..

The number of stalks also has a specific meaning: 2 for Love & Marriage; 3 for Happiness; 5 for Health; 8 for Wealth; 9 for Good Fortune. If you don't have room for this plant, or cannot properly care for it, frame a photo or print of bamboo.

[Bamboo Wind Chimes - Handmade, Indoor Outdoor, Soothing Melodic Tones, Yard Patio Porch Garden](#)

Continued on page 11



9. Horseshoes

Associated with a horse's strength and dependability, the horseshoe symbolizes power over evil, good fortune and fertility. If horseshoes are displayed in an upright position, it symbolizes the moon. Pointing downwards, the womb.

To the Greeks, a horseshoe symbolized the crescent moon which was regarded as a symbol of fertility. A horseshoe protects one's house and land, keeping strangers away. When

a horseshoe is up on the wall or above a doorway, the "U" shape will hold good luck inside forever. This

tradition may stem from the 10th century legend of Saint Dunstan, who trapped the devil using a horseshoe. From that point on, the devil would never enter a home adorned with a horseshoe over the door.

Some legends say that an upward-pointing horseshoe gathers luck, while a downward-pointing horseshoe allows luck to run out.

Recently, Karen Abler-Carrasco, a colleague from the Western School of Feng Shui reported this: "I just finished a consultation where I recommended the client turn a horseshoe on her exterior door to the "U" shaped position, as the upside down "U" it was in symbolically poured her good fortune out. (This is an old cowboy superstition, as well as a practical observance of how shapes influence us.) She did so, and three hours later she received the news that a condominium she had been trying to rent out for over 18 months unsuccessfully just got rented! She was jumping up and down for joy when I casually, and ever so slyly said, "Looks like your horseshoe is finally able to do its job." The startled and then awed look on her face was priceless!

You may order a horseshoe here:

[Divine Authentic Certified Used Horseshoe - Good Luck Charm - Rustic - Lucky Gift Feng Shui](#)



10. Coins

There's a saying: "See a penny, pick it up and all day long you'll have good luck. Leave it there and you'll despair."

Some take that idea further and believe that if the coin is face down, then it's best to leave it on the ground. Coins that are bent or have holes in them are luckiest of all, especially if they turn up as change after making a purchase. The luck of such coins is enhanced if they are carried in a left pocket, or worn around the neck.

Coins bring good luck according to traditional Feng Shui masters. Some say that a coin minted in a leap year will bring good fortune. Many people consider it lucky to carry a coin minted in their birth date. If you get pennies as change on a Monday, you will have good luck all week long. A coin in a new jacket, handbag, or wallet will bring good luck. Keep a jar of pennies in the kitchen and you will have good luck. The first coin you receive each day should be placed in an otherwise empty pocket to attract even more coins.

11. Chinese Coins

These coins are used in various design layouts from a straight row, or in a flower formation. Use these coins with other feng shui money cures, such as in a wealth vase, for example. The most common uses of Chinese coins in the home is for attracting money, protection and good luck. They can also be used in earrings, bracelets, necklaces and pendant designs. [Chinese Fortune Coins Feng Shui Coins I-Ching Coins Traditional Coins with Red String for Wealth and Success, 5 Styles \(10\)](#)



12. Dragon With Pearl:

The Mother of Good Luck

One of the most revered celestial creatures the Chinese used for good fortune is the dragon holding a pearl. This symbolism is too powerful for the bedroom (it will keep you awake at night), but it is great for the office... especially if the dragon is plump and prosperous-looking.

[KALIFANO Natural Citrine \(360 Gemstone Count\) Chakra Crystal Tree - Bonsai Feng Shui Money Tree for Wealth and Prosperity - 8"](#)



Editor's Note: In my feng shui practice I always advise clients to choose art and decor items that they absolutely love. For example, if a horseshoe hanging over a door doesn't feel right, perhaps a healthy bamboo plant would be a better choice. If you aren't able to properly care for a living plant, a framed photo of bamboo might be a better choice.

I hope you enjoyed this insight into some of the good luck charms we have all been curious about. And, by the way... **What does a leprechaun have to do with Saint Patrick's Day?** Legend has it, wear green or risk getting pinched! According to folklore, wearing green makes you invisible to leprechauns, who like to pinch anyone they can see. Some people also think sporting the color green will bring good luck while others wear it to honor their Irish ancestry.





2021: Year of the Yin Metal Ox

“Swords into Plowshares”

By [Karen Abler Carrasco](#)

2020, the Chinese Yang Metal Rat year, was like a brutal sword fight or a devastating siege, right in our very homes. In fact, its blades sliced through everything foundational to our daily lives, and that was world wide. For an entire 12 month cycle, in all four seasons, we gave up every usual way of doing things. Meals, school, work, church, travel and holiday celebrations were all warped. Finances wobbled, many businesses collapsed, life became “virtual” and we suffered in strained isolation. We were cut away from our stale beliefs about the world and our roles in it. That Yang Metal Rat scurried absolutely everywhere, unearthing the disease, degradation, and waste hidden below the surface of our global lifestyles.

What was shattered for you last year? Which daily patterns were you forced to change? How did you adapt to that, and do you now wish to keep some of your

new habits? How did your self image shift, and what personal shortcomings or talents did you uncover? Where did your truest support for your physical, emotional, mental and spiritual health lie, and will you choose to maintain the most nourishing aspects of that?

These are the questions to be answered this year, as the 2021 Yin Metal Ox year pulls its metal plow through the fertile soil of the coming decade. This year, with its slow pace of Yin Ox qualities, you are being granted the time you need to establish fresh footing on higher ground. Trust that the worst of the seismic shocks are behind us. What remains is the task of sifting through the scattered shards of the past, and selecting the best parts to build a radically different future. This is the Yin Metal Ox’s true talent.

The Ox is stereotyped as a dull, “slow and steady” creature among the 12 animal energies of the Chinese zodiac, but it is the strongest, most unswerving of them all. It has the proverbial strength of a bull, but none of its swaggering ego. The Ox’s animal element is Water, relating to its inherently yielding nature. Just as water will find its resting place no matter the obstacle, so does the energy of the Ox flow inevitably to the destination set for it. The Ox has endless endurance and a relentless determination to reach the goal.

This year’s element is Metal. In the Chinese medicine theory of [the](#)

[Five Elements](#), Metal supports Water. Thus, similar to last year, the year’s Metal energy magnifies the Ox’s Water energy, resulting in another year of important, powerful influence. There is, again, no time for waffling indecisiveness. This year, keep your choices and decisions simple, practical, reachable. Plan for the long term, but act in the short term. Whether they be long range career goals or your weekly grocery list, commit to your choices fully and with confidence. This Metal Ox will graciously and dependably carry you where you aim to go. Climb onto its powerful back this year and steer its mountain of energy into the heart of your desires. Once you have answered the critical questions regarding your life’s new directions and motivations, don’t look back. Let self doubt and fear of the unknown slide off your shoulders. The Yin Metal Ox clears away the tangled weeds of confusion, pushes aside any rocky insecurities and handles uphill challenges easily.

Actually, the biggest challenge for us all this year is to generate trust and optimism. Trust that the chaos of this decade’s beginning is actually positive, like the “healing crisis” that precedes the cure. We’ve suffered daily with the very real fear for survival for ourselves, our beloveds and the world. The resultant trauma requires acknowledgement and compassion, something we are all gradually learning to share as a society. The ways we are bound together across all physical and social boundaries are crystal clear. The opportunity to realize our unity as a species is here and now. And while it is easy to stay in fear of the misfortunes befalling so many, it is not the way forward.

Our combined human energy creates a collective perception of the third



Painting by Ethan Harper

Year of the Ox from page 12

dimension, and moves in waves, spiraling through time and space, and evolving ever higher in vibration. The aspects of that perception, that life we make, which are old, heavy, and drained of joy must be discarded now. Though our daily experiences may yet bring discouragingly corrupt remnants to our attention, it is time to steadfastly rise above and stay focused on the “New Earth” forming ahead. Physicists tell us that the wavelengths of light flooding the planet are rising in quantity and vibration, while the earth’s pulsing resonance has risen as well. All of life’s vibrations are tuning us in to a higher dimension. There is truly a brave new world birthing.

The Yin Metal Ox year is the skilled midwife to this birth. The yin quality itself brings the wise internal feminine realm into play. Thus, your work this year can go as deep and profound as you wish. [The Metal element](#) brings mental acuity, decisiveness and sharp, shining clarity of purpose. The Ox brings its single-focused, unfaltering strength. There is a kind of simple naïveté to it, springing from its endearingly obstinate nature. The Ox chooses a path, announces its intentions clearly, marshals its massive power and confidently forges ahead. No dithering, no hesitation, no excuses. The Ox will not rest until the job is completed.

Though difficulties and surprises may continue to litter your path this year, stay grounded and walk slowly. Curtail your peripheral vision. Concentrate on your own immediate circumstances, and keep to your own lane. Discipline your mind and heart to plow ahead towards the shimmering horizon of world healing, trusting the sweet, steady gentle energy of this year. Yin Metal Ox, we climb onto your massive capable back in exhausted gratitude and hope. Carry us up and out into the light of the new decade on the New Earth.

△

Karen Abler Carrasco is a Feng Shui teacher and mentor at the Western School of Feng Shui. www.wsfs.com She holds a B.A. in Native American Studies and is also a California native plant expert, garden designer and certified herbalist. She resides in Arcata, California.



I Want to Age Like Sea Glass

By Bernadette Noll

I want to age like sea glass. Smoothed by tides, not broken. I want the currents of life to toss me around, shake me up and leave me feeling washed clean. I want my hard edges to soften as the years pass—made not weak but supple. I want to ride the waves, go with the flow, feel the impact of the surging tides rolling in and out.

When I am thrown against the shore and caught between the rocks and a hard place, I want to rest there until I can find the strength to do what is next. Not stuck—just waiting, pondering, feeling what it feels like to pause. And when I am ready, I will catch a wave and let it carry me along to the next place that I am supposed to be.

I want to be picked up on occasion by an unsuspected soul and carried along—just for the connection, just for the sake of appreciation and wonder. And with each encounter, new possibilities of collaboration are presented, and new ideas are born.

I want to age like sea glass so that when people see the old woman I’ll become, they’ll embrace all that I am. They’ll marvel at my exquisite nature, hold me gently in their hands and be awed by my well-earned patina. Neither flashy nor dull, just a perfect luster. And they’ll wonder, if just for a second, what it is exactly I am made of and how I got to this very here and now. And we’ll both feel lucky to be in that perfectly right place at that profoundly right time.

I want to age like sea glass. I want to enjoy the journey and let my preciousness be, not in spite of the impacts of life, but because of them.



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

something completely unexpected might happen instead, and it might even be something delightful? And isn't it true that what appears to be a dead end is sometimes an illusion due to our particular perspective in that moment? Think about those times when just one step in a different direction, or a slight tilt of your head allowed you to see something that you couldn't see before—something that changed everything. How many times have you or someone you know stated that "it was a blessing in disguise" when that which appeared unfortunate ended up bringing about something quite positive?

Oftentimes, the people, things, or situations that appear to be unimportant or powerless are actually the opposite, and vice versa. Because these experiences are common to human beings across the globe, every culture, society, and system of belief have tales illustrating them.

When about to take a quantum leap forward, it is not unusual to backtrack for a while or, in some cases, a very long while. I remember several times in my life when that was definitely the case. And I keep reminding myself that it FEELS really uncomfortable when you're getting ready to leap, probably

because you often can't even fathom where you'll land. Embrace it, because that uncomfortable feeling signals that change is imminent.

It is said that life changes on a dime. It does, yet we don't need to assume that those changes are going to be negative; sometimes they are and sometimes they're not. But even then, what might appear at first to be a major setback can take you down a road—possibly one you didn't even know existed—that is far more interesting and fruitful than your imagination can contain. Remember, just because you only get a peek at the light doesn't mean that there isn't a whole lot of brightness up ahead!

Δ

About JA 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

A MUST SEE YouTube Video!



In this 6+ minute video, you will see an interesting twist to tell the story of those who volunteered to come to Earth. The moral of the story is similar to what 'A Course In Miracles' teaches and also reflects New Age beliefs emphasized by such souls as Dolores Cannon, and others ~ that Earth life is splitting into two different dimensions: Fear- or Love- based. Which one do you choose?



Spring is a great time to declutter!



Start with that stack of jeans, a single drawer or closet shelf. Empty it completely and before putting anything back, remove what you no longer need or love. Either give the items away, or donate/recycle them.

Why declutter? There is a direct correlation between you and the things you live with. If the state of your home is in chaos, you're in chaos. When we eliminate the excess items down to what we use and love, and properly place them according to Feng Shui principles, life works better and your dreams and wishes become reality.



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Discovering Magic

Discovering the magic takes some exploring in the new. Old patterns hold no magic anymore. They become mundane, routine, and a bit boring. To stay in the game, we have to up our approach, take a chance, and delve into the Unknown!

Plus, it can be an exciting way to live. The above painting is done with my non-dominant hand, as today I discover what's happening with my left shoulder and hand. This is really entering the unpredictable land and trusting the specialists to create their magic! It's scary but it also may be the only way to truly heal.

Discovering the magic for me, begins with art. I literally scribble with oil pastels, carrying my eye around in different directions. Righty is not great with fine details, but it loves to scribble. My new creative style leaves a lot open to surprises.

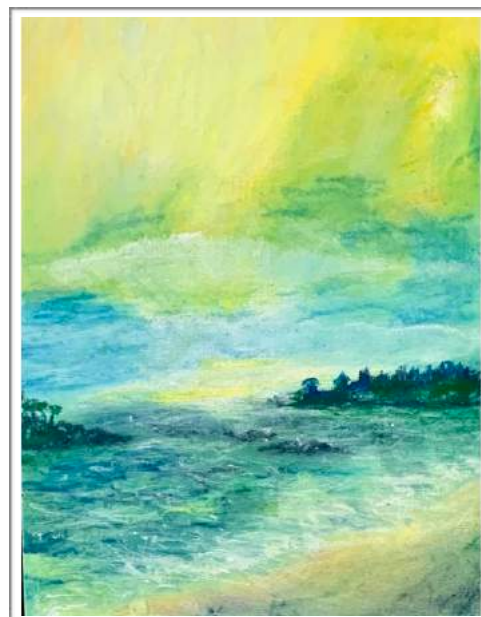
Then, I blend with a paper towel dipped in oil. This is where magic happens. Colors flow and combine, as I let intuition tell me when to stop!

It's exciting, unknown, and creative in every way. I just knew my energy has shifted away from the dark, and into yellows and green.

So, don't let yourself slip into the same old ways. [Do something different](#), creative, and soul filling. Art has saved me all my life. This time, Owls are also entering the mix. Spirit power animals lend their wisdom, strength, and ancient knowledge to all you do.

Therefore, Go deep. See if there are power animals holding messages for you. Be creative with new media. Try something unusual and daring to trigger the unpredictable and true *magic*!

Update: My shoulder hurt so bad, I was afraid I needed something drastic, and then *magic happened*! It has a small tear and arthritis, but not enough for surgery. I can keep my record of a surgery free life! A second cortisone shot for inflammation, and I start physical therapy next week. I don't know how it works, but I've heard great healing stories come from PT. I'm on the road to healing and I feel I have my life back. Δ



"Light of Day" ~ Finding the light to guide us forward. The ancient city of our ancestors lies beyond.

"I'm an artist and instructor living in the woods of Connecticut. The woods, hills, shores, and wildlife are my inspiration. My art reflects and transforms my life. I am a painter, mixed media artist, jeweler and guide on the inner journey."

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Documentary: In Search of the Faerie Faith in Ireland

<https://www.youtube.com/watch?v=SLC0QoWNFGU>

In this June 2016 video, **Jonny Enoch** visits Ireland "In Search of the Faerie Faith." Join him for an adventure into the Irish countryside as he explores old castles, talks to the locals, and hikes into an enchanted forest. After watching this, you might just believe in faeries!





The Wisdom of Worry

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

It's about 3 am and I can't sleep. I am physically and emotionally uncomfortable. My mind is on a fast track of incessant thinking, unable to ease the rush of worrisome thoughts all about what's going wrong, what will go wrong, and what did go wrong. Different eras of my life history mix and mingle in my head. Please, where is the off switch?

I turn on the light so I can make use of this awake time. It's 3:45 am. What book will calm me and refocus my thoughts away from worry? I chose John Demartini's *The Gratitude Effect*. Perfect. Demartini used to frequent

Maui when I lived there and I enjoyed his brilliant presentations. I even took his weekend Break Through Workshop. I can hear his voice and intonations as I read. I find this comforting and I appreciate the reminders he is presenting. Everything exists in balance. Sometimes we just have to look with new open mindedness to find

rest. I mark my page and switch off the light. I get really comfortable and dissolve into restful sleep.

It's morning. I take to task the things I worried about the nite before and something very interesting showed up. How I imagined the intensity of things is not how they really are.

I am having work done on my property. I was worried the work men would create a huge mess if I didn't pre clean the area before they arrive today. So, I bring the shop vac to the site. To my surprise the area is way less messy than I

imagined it to be! Why did I worry? Did it help me? Is worry a way to balance over-idealizing? Is worry the opposite of acceptance, trust and gratitude? Is it a sign I am not doing, saying, or seeing something?

It's afternoon. I am doing it again. I am worried the workers will be angry when I tell them I do not want to go to the cafe I had promised because it is actually out of my way today. I am even worried if I have a right to vary from my original plan. I take another deep breath and get clear and present with what I need. And to my surprise they are actually happy to go with a new plan.

So, I am learning. It takes practice and discipline to remember that worry is a wise element of life. Worry is a signal to be more curious, to consider new options and to create new action for positive change.

△

“Worry is a signal to discover new options, take new action, and to create positive change.”

the good when there is so much bad. To find peace when there is so much stress, to find love when there is so much hate, to find new options when things are challenging. Reading his book is a mind-stretch because he asks questions that make me think of seeming opposites of what I have been profusely worrying about.

Even though they make me think more, the questions do expand my awareness into a bigger reality of what else exists right now. I take a deep breath and relax more deeply.

Everything exists at the same time. We just need to recognize it and be curious. I feel humbled and sad that I have judged myself and others so strongly, and grateful I am discovering the bigger balance in my life. I take another rich deep breath and notice my mind is calming down more. The taunting motor-mind has disappeared and I feel I can



[The Gratitude Effect](#)



Let's Talk Crystals By Lori Andrus

The 2021 Crystal Forecast



2021 is a year of creative change. This dynamic energy is inviting us to open our hearts to what is possible, both personally and collectively.

Every January, as we cross the threshold of the new year, I spend a bit of time with the crystals and stones listening to their messages and creating a crystal forecast for the year: drawing crystal allies for each month.

I'm always in awe of how the selected crystal reflects the monthly vibe.

As we step into the spring season this month, the creative energy amping up. You may find new ideas flowing freely or a sense of renewed inspiration . . . and you may even feel a bit of an emotional release as the winter season comes to a close and the rebirth of spring activates a sense of hope.

Over the past year, lots of different emotions, ideas, and beliefs have surfaced as the foundation of our day to day lives has been shaken, turning over in many unexpected ways.

We are truly entering a new era, one in which we are being called into deeper connection with the earth.

The crystals and stones are wonderful allies during this time. They've been tucked away deep in the belly of Mother Earth patiently awaiting this time when they can support us in navigating new territory and birthing a new consciousness for humanity.



Each month, I spend time talking with the crystal of the month. I explore what it wants to share through an active altar and shamanic journeys into the crystal and stone realms.

This month I would like to share with you a little peek into the 2021 Crystal Forecast. In the coming months we will dive deeper, exploring the wisdom and messages of the monthly crystal.

The 2021 Crystal of the Year: Lepidolite sings us into a sweet surrender, letting go of beliefs that create a sense of division and separation. It is inviting us to find freedom in fully feeling our emotions.

March: Tangerine Quartz and Sunstone work together to remind us that empathy is a superpower and it is time to step into the sun.

April: Carnelian stokes our inner fire and invites us to let creativity be our compass.

May: Iolite lights up our inner world with soulful visions and deep dreams as it expands our minds to imagine what's possible.

June: Black Tourmaline eases any worry, doubt, or fear by inviting us to connect with the earth.

July: Garnet awakens our roots and invites us to sink into the rhythm of the earth.

August: Prehnite activates an awareness that there are infinite possibilities available to us. It is time to take the leap.

September: Citrine awakens our inner light so that we may shine brightly in the world.

October: Ammonite attunes us to the great spiral of awakening.

November: Star Cluster Aragonite illuminates ways for our inner light to radiate.

December: Copper activates our flow of creativity, generating a sense of inspiration and ideas.

I look forward to sinking deeper into each of these crystals over the coming months as we explore their messages during this time of creative change.

Δ

For more about Lori Andrus and what she offers, see her ad on page 19. Rise into your soul wisdom. Discover shamanic practices and crystal rituals for activating your sacred path. Begin today with the Crystal Magic journey: <https://loriaandrus.com/crystal-challenge> LoriAAndrus.com

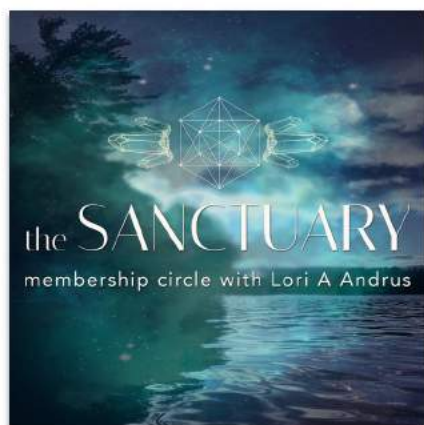


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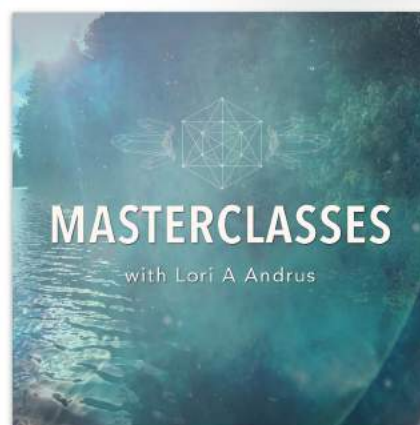
The Sanctuary Membership Circle is your online sacred space for cultivating an intimate relationship with your soul. Each month you will receive 'in the now' crystal wisdom and messages, a fresh guided meditation, soulful reflection rituals, and other fun surprises.



Join Lori for fresh weekly episodes of The Crystal Shaman Life Podcast.

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Talking with the Stones

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Lori A Andrus is the founder of the Crystal Shaman School.

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

Known for asking spot-on questions, she invites her students to explore the most intimate facets of their soul. Her creative and inspiring online programs offer high level content and breakthrough lifestyle applications. They open pathways for individuals to rise into their soul wisdom and shine brightly in the world.

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



A Sweet Reprieve from Madness

Part 1

By Caroline Myss



Read -or- watch! <https://www.myss.com/sweet-reprieve-madness-part-one/>

Living in a world of Distractions and the Reality of your own Soul's Journey

Every person wants to find a way to live in tranquility. Every person is overwhelmed by chaos. We are not creatures who strive for chaotic, confused lives, at least not when we have our heads on straight. Rather, our inner nature thrives when we find the courage to become congruent, when our heart is one with our mind and through that union, we find the key to our soul.

The great mystics of all traditions offer us enlightened teachings that remind us that many pathways to the soul exist – through the Christian tradition, through the Buddhist, the Hindu, the Jewish, the Sufi – all of them wise paths to soul illumination.

Revered spiritual teachers tell us that we are consumed and controlled by distractions. Have you ever really noticed how loud your environment is? I know so many people who cannot tolerate silence. They have to have some sort of background noise on at all times, whether it's the radio or television. This irritating blast of sound bites and commercials and endless horrible television nonsense broadcasts all during their dinners instead of conversation or while attempting to have a conversation. The kids race through dinner so that they can return to their on-line life.

I observe people who are so insecure about being alone that they cannot even do gardening without their cell phone hanging from their side. And if there was ever a place to enjoy the sound of nature itself, it's your garden. Or what about taking a walk just to reflect upon your own thoughts? Nothing is as irritating to me, however, as dining with someone who places a cell phone on the table. Trying to have a conversation with someone whose eyes are constantly shifting from you to a cell phone has raised the bar on the definition of what it means to be socially rude. I have often excused myself giving the impression that I am headed to the Ladies Room when in fact I am headed right out the restaurant door. I then send a text.

And what is this value we put on "multi-tasking"? I don't admire that. I always picture someone who claims to be able to multi-task as having a spinning head on his or her shoulders. Since when is not being fully conscious and attentive to what you are doing something to be admired? Why is driving yourself faster and faster and faster and faster the standard of admiration? (Will someone please tell me how we got to this insanity???) Is it any wonder then, how, in the midst of a culture that admires speed and doing more and more and more and living in an electronic wonderland, that there is little if any time for self-reflection on a daily basis? Quiet time is something that many people get only

when they are on the verge of a breakdown or they have to flee their residence and take off for some cabin in the woods somewhere because they think it's city life creating the stress - (I don't think so, folks).

Distractions are a product of attachment to a sensory-driven life without values strong enough to control the choices your senses compel you to make. Your five senses are in charge of your reality. You know you're alive and in charge of your life because you can see, hear, touch, move, control, pick up a phone, hold on to your lap top as if it were your life preserver, speak to another person, get reports on this and that, sell this, buy that, be with this person or that person – any one, just as long as you are not alone. Consider all the data coming at you nonstop and the noise.

And now – more importantly - consider the content of that data. What is flowing in and out of your mind and heart just on a daily basis? Think of all the choices that you are confronted with each hour of your life, never mind during an entire day. If you were to believe all the nonsense of every television commercial and so-called medical report on what you should or should not consume for your health – every morsel of food that you put into your mouth is now a life-or-death decision, not to mention where you live, walk, and what you wear. I look all these other countries in the world that do not have advertising companies promoting

Continued on page 21

vitamins and health products and cannot help but notice they have millions living to a ripe old age...and I wonder, "How'd ya do that without all your vitamins and three organic veggies per day and just the right amount of omega fish oil and avoiding certain toxic movies." Then I realized, they just don't listen to American pharmaceutical commercials – that's how they survived – they don't suffer from American neurosis. For what reason do nations with a population of over a billion people need viagra? Maybe it's us...duh.

Distractions. Our culture is dripping with the most outrageous distractions that have ever been manufactured – from noise to electronics to advertising propaganda. But then, life is a journey of distractions. And the first one to point that out was the Buddha. He called the world of form and everything in it "illusion". Few jewels are as liberating to your inner life and soul as understanding the core teachings of the Buddha, beginning with that one. Distractions are illusions – and what is not a distraction?

It took me a long time to understand the Buddhist teaching on illusion (not that I fully understand the anything the Buddha taught). I remember thinking that the rock that just fell on my foot is not an illusion because illusions cannot possibly hurt that much. But I was missing the key ingredient to this mystical truth. I did not yet understand that power was the fundamental ingredient of the human experience. – a topic for another discussion. Briefly, however, Buddha was referring to the danger of developing an illusion with an object, person, place, thought form – anything – in life that causes you to negotiate your inner power and form an attachment to that external object in the belief that you require that attachment for your survival or happiness or security. Any such attachment for Buddha qualifies as an illusion. That illusion, in turn, becomes a distraction of consciousness. We create narratives in our mind about its significance in our life and how our life would crumble without it.

Buddha included relationships as illusions. All of us have close and loving

relationships and none of us would refer to those we love as "illusions". And yet, though we all have suffered terribly at the loss of people we have loved, the truth is life has gone on. We did not evaporate in our pain, though we perhaps thought we would for a while. It was an illusion that we could not go on without that person – because we did.

And people can and will go on without us. Many have already. We were illusions in their lives. Imagine that.

Distractions and illusions are powerful things. But they are clutter, talking mind clutter. Go for a walk and listen to your clutter. Anger, stress, things your worry about – it's all clutter. You may tell me that a mortgage payment is not an illusion. Fair enough. But the stress around it is. With or without stress, you have to find a way to make that payment. Does stress help you? That is the illusion.

Observe your distractions and illusions and see how many you can detach from just by realizing you are captive to them. Turn off the television. Read a good book instead of sitting at the computer. Change your life habits. Break out of your routines. Stop multi-tasking – give yourself a break.

Slow down and become conscious of your life and the world you live in.

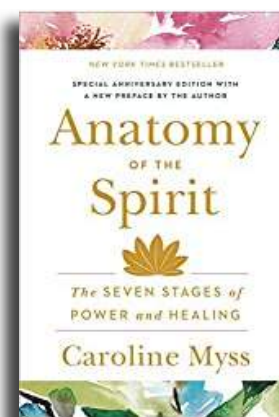
Love, Caroline

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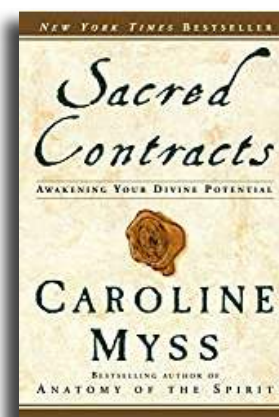


Caroline Myss is a five-time New York Times bestselling author and internationally renowned speaker in the fields of human consciousness, spirituality and mysticism, health, energy medicine, and the science of medical intuition. Three of her books are shown at right with affiliate links to buy through Amazon.

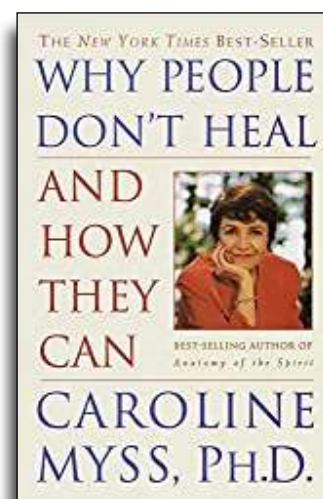
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All You Need Is Love

A few weeks ago, my brother-in-law died. Besides being a relative by marriage, he was also a very good and long term friend. I am missing him. Having recently attended his funeral, the loss still feels fresh in my heart. My husband and I are offering each other support and I have been turning to friends, our animals and my guides for reinforcement. It is at times like this, that I am even more grateful for my accomplishments and expertise with the animals and telepathic communication.

Four days after the funeral, I went to the corral for my weekly visit with the horses. I absolutely love my horses Boo and Izzy, and seeing them and their “pasture mates” is great therapy for me. Horses bring so much love into my life. Their capacity for

love is incredible, and feeling their loyalty and trust is *divine*.

The feelings I receive when standing next to a horse is a combination of respect, inquisitiveness and unconditional love. A horse’s capacity for love and healing is beyond measure. Did you know that their physical hearts are the size of a football? They weigh about 1 percent of their body weight so a 1,000 pound horse

will have a ten pound hearts! That’s a big lotta love!

Many days when I am in the pasture, the horses and I have what I call “spa” days. I bring a bucket of grooming tools and treats and walk into the pasture to see who wants to share time with me. Individually, I ask them, “How can I be of service to you?” And then I listen. Gaining a horse’s trust can take time. Horses are prey animals. They consider most other four legged creatures and humans as predators. Horses can move quickly and sometimes, they spook at the smallest things. For

He’d walk away as slowly as I walked toward him. I never force a horse to let me groom them, after all, what kind of spa day would that be?

But last week it was different for Rocky and I. As I walked out into the pasture with my friend Tori, Rocky was laying on the ground resting his legs and sunning himself. It was a gorgeous winter day in Wisconsin. There was very little wind, the sky was clear blue and the temperature was in the mid 30’s. There was a few inches of snow covering the ground.

As Tori and I approached, I told Rocky there was no need for him to get up, he should continue relaxing and enjoying the warmth of the sunshine on his body. Because he was in a vulnerable position, I did not actually expect him to stay on the ground, as a matter of fact, horses usually get

up when someone approaches, even if it is a friend that they know well, getting up off the ground is a way to greet their friends in a respectful manner and, should they need to, they can move away from any perceived danger quickly and efficiently.

Rocky did not get up, he eyed us with caution for a moment, and determined that it was safe to allow Tori and I to sit down



Lynn with Rocky ~ sharing some love!

them, something as trivial as a piece of paper blowing on the ground in front of them can cause a scene and they move from one place to another in a matter of a split second.

Boo and Izzy have several pasture mates. One of them is Rocky. Rocky is about 28 years old and very peaceful but still, on spa days when I have attempted to walk up to him, he would often allude me.

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...a myriad of beings that looked like angels softly filled the room

Denise Linn

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Caroline

In the Spring of 2010, I had the opportunity to teach a Soul Coaching training in a picturesque medieval village in Andalusia in the South of Spain. On a cool and misty morning, I sat in the meeting room in silence and waited for the students to arrive. Suddenly, the stillness erupted into a mirage of glistening and sparkling light. The room filled with a beautiful warm glow that shimmered like the wavering horizon during a heat wave. The walls and windows of the room became transparent and a myriad of beings that looked like angels softly filled the room.

It was incredible! They were visible, but somehow I could see see-through them. Through this radiance, my dear friend Caroline emerged and approached me. Bathed in the light, there seemed to be no separation between her and the brilliant glow. She was, in fact, made of Light. She looked so very happy and serene. A broad smile spread across her luminous face as she looked at me, and then she turned to the angels and they greeted her with their warm embrace. And just as suddenly as the light appeared, it all vanished.

Tears streamed down my face, as I wrote in my notebook, "Caroline just died... March 23rd." I had no way of verifying this, as we were out of e-mail and phone range, but I knew it was true.

Days before I had left for Spain, Caroline and I had a final and heartfelt conversation. By this time, though she continued to maintain her cheery spirits and unstoppable life force, she was also starting to realize that her time in this world might be drawing to a close. She told me that she was afraid to let go because she didn't know what would

happen after she took her last breath. Believe it or not, I actually knew.

As a teenager I sustained serious injuries after being shot by a crazed man on a lone country road. In the hospital, there was a moment when the doctors thought I had died. While the medical staff were trying to revive me, I was traveling through a radiant, golden tunnel filled with the most loving, luminescent light. As it turned out, it wasn't my time, and I was sent back to this world, to a body that was badly damaged and emotionally bruised. However, I will never forget that wondrous place. As a result of this, I have had the great honor of sharing my experience with others. I told Caroline that there was nothing to be afraid of on the other side. It's a radiant and joyous place filled with a bounty of all that is good and beautiful.

During our conversation, I promised Caroline that even though I am still firmly rooted in the earth plane, I'd find a way to be with her as she passed over and welcome her into the light. Even though this sounds like an impossible promise, I intuitively felt it would be possible. Knowing that I am a woman of my word, Caroline said that she was profoundly comforted by the knowledge that I'd be waiting for her when she transitioned to the other side.

When I returned from Spain, I discovered that Caroline indeed had passed over on March 23rd. It was the very day that I saw her enveloped by the loving embrace of the angels. It was a powerful affirmation to me of the interconnectedness of all things. Indeed, I had kept my promise to welcome her into the light.

I learned so much from Caroline, both in this world and from beyond. From sleeping on her much-too-short couch years ago in her flat in London, to watching her step into the warm embrace of the afterlife. I'm so glad that I took the time to cherish our friendship. My life is so much richer because of it.

It is my wish for you that you will encounter people to love and cherish through life's ebbs and flows. To me, the love we share and the friendships we nourish are the essence of what is truly important in life. Maybe today is the day to call a friend and tell her what she means to you. Or make a list of the people who have inspired you or encouraged you in ways they might not even be aware of. Call and tell them.

I'm sending you heaps of love and light. May the beautiful evanescent angels visit you in your dreams.

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The Secret Language of Signs:
How to Interpret the
Coincidences and Symbols in
Your Life

next to him. As I sat, I put my hands on his withers and took in the magic of the moment.

I moved my hand under his thick mane and felt the warmth of his body. As I massaged his neck, he started to lean back on my leg. I wondered how heavy his neck and head would be should he lay all the way down. If he did lean back further, his neck would cross my lap and his head would be on the ground. I didn't want the moment to end, but I also knew I'd better shift my weight. As I moved, Rocky also shifted. I told him it was ok to stay, that he needn't get up on my account and I could feel him relaxing back into me. And guess what? Rocky laid his neck and his head across my legs. There I was, sitting on the ground with a 1,000 pound horse resting his neck and head in my lap. He felt like a warm blanket.

I couldn't believe it! I was amazed, excited, honored, grateful and inquisitive – all at the same time! An experience like this has been on my bucket list for a long time and it is as amazing as it sounds.

I moved my hand from Rocky's neck to his jaw and scratched him gently. He lifted his head slightly leaning into the sensation and I swear I saw a smile appear on his lips. He closed his eyes and as I continued to scratch, he moved his head to show me where I needed to go to follow the itch. He was behaving more like a big dog than a horse!

Thanks to Rocky, I forgot about sadness and loss. I felt the presence of God and I experienced life. My beautiful and glorious life. I felt the joy and love of my brother-in-law. And I know that I am watched over and cared for by both the seen and the unseen world.

Sweet surrender. There is no rule book for grief and loss, but I do know that allowing the feelings to flow through my body and experiencing them in the moment is invaluable to my healing. So is mindful breathing. I've noticed that when I think of my brother-in-law, I immediately begin breathing deeply. The action of feeling my belly rise and fall with my breath helps me to relax and find peace.

And I remember... *Love is all you need.*

Δ

Lynn Schuster is a Telepathic Animal Communicator, Intuitive, Reiki Master/Teacher and Artist. Find her on Facebook: www.facebook.com/healingthroughanimals For more information, see her ad on page 23.

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