

# The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 10 Issue 8 • August 2022

## Moon Gazing

*“I lost my hat while gazing  
at the moon, and then  
I lost my mind.” -Rumi*

How to Plant A Moon Garden!

Retreat to Moon Lodge

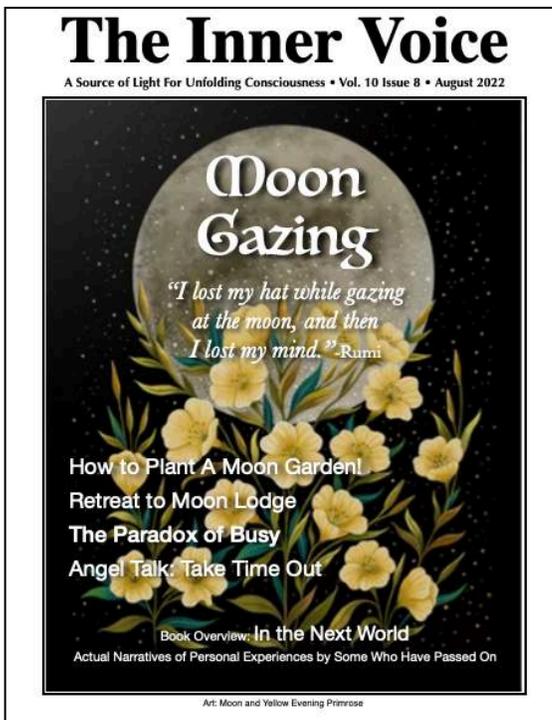
The Paradox of Busy

Angel Talk: Take Time Out

Book Overview: In the Next World

Actual Narratives of Personal Experiences by Some Who Have Passed On

## About the Cover



### Moon Greeting - Yellow Evening Primrose Stationery Cards by [episodic drawing](#)

Our 'Society6' stationery cards allow you to send unique greetings, stock up on seasonal favorites, or randomly brighten someone's day. These go way beyond the box store by featuring your favorite artist's designs and a blank inside to fill out with your own personalized message. Each set comes in a pack of three and includes envelopes for each.

Set of 3 Folded Cards (5" x 7") \$12.75

Set of 5 Folded Cards (5" x 7") \$16.50

Set of 10 Folded Cards (5" x 7") \$24.75

<https://society6.com/episodic-drawing>

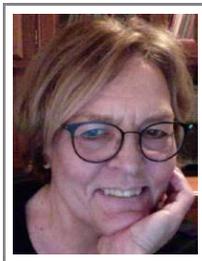
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*Inspirations for Healing  
Body, Mind, Spirit, Heart & Home*

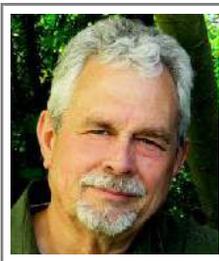
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Thank you!

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This publication intends to be an inspiration for healing body, mind, heart and home. It is not meant to replace the advice of medical doctors and other healthcare professionals. The opinions expressed herein are not necessarily those of the publisher or editors. We encourage you to go within and listen to your inner voice for guidance and direction on your life path. It is our sincere hope that you will be blessed in wonderful ways by reading and also sharing this magazine around the world. Ad Rate Sheet and Writer's Guidelines are available on request.

We LOVE hearing your thoughts and ideas for future issues! Contact us here: [theinnvoicemagazine@gmail.com](mailto:theinnvoicemagazine@gmail.com)



**Your Hosts**  
**Amy & Dave Wilinski**  
**920-609-8277**

[www.goldenlighthouse.net](http://www.goldenlighthouse.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 private group rental.



**Golden Light Healing**  
 DREAM • EXPLORE • DISCOVER • GROW

Located 15 miles from Green Bay, Wisconsin

**DRUM MAKING WORKSHOP**  
 with Dave Wilinski  
 August 14, 12:30pm-5:00pm



**AWAKEN YOUR INTUITION**  
 August 14, 9:00am-1:00pm

**TRUSTING YOUR INTUITION**  
 August 14, 2:00pm-6:00pm

**THE POWER OF RELAXATION WITH YOGI ASHOKANANDA**  
 September 2, 7:00-9:00PM. \$60

**SELF-HEALING & AWAKENING WITH YOGI ASHOKANANDA**  
 September 3-4

Join International teacher, Yogi Ashokananda, from the UK and India, in this workshop where he will focus on practices, techniques, and experiential learning to lead you towards greater self-awareness and healing. You will expand your sense of who and what you are with the teachings of Yogi Ashokananda by applying the yoga & meditation disciplines he has developed.

**MEDIUMSHIP TRAINING**  
 December 17-18,  
 9:00am-4:00pm



**REIKI LEVEL I TRAINING**  
 August 28 or Sept. 17 9:00am-4:30pm

**REIKI LEVEL II TRAINING**  
 Sept. 18, 9:00am-4:30pm

**REIKI MASTER**  
 August 5 or October 16  
 9:00am-4:00pm  
 Includes apprenticeship



**MUSHROOM FORAGING WITH MATTHEW NORMANSELL**  
 August 31, 6:00-9:00PM, \$50



**WHISPERS ON THE WIND SHAMANIC PROGRAM**

**Group #26: Aug 17-21, Nov 30-Dec 4, Feb 8-12, May 17-21, 2023**

**Group #27: Dec 7-11, March 29-April 2, June 7-11, Sept. 13-17**

Are you searching for the meaning in your life? Would you like a deeper connection with nature and the spirit world? Please join us for an intensive training program in shamanism, energy medicine and self-transformation.

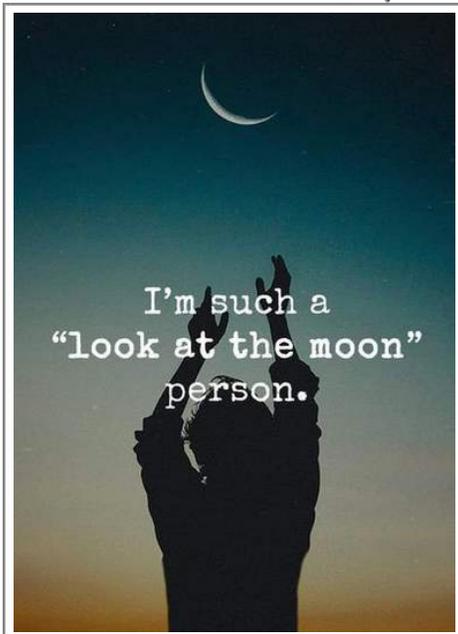
We meet four times over 12 months. You will learn core energy healing techniques including power animal and soul retrieval, clearing of past life and ancestral imprints, connecting with the forces of nature, ceremony and ritual, and much more!

Register online now for our Workshops and Sessions [www.glh.as.me](http://www.glh.as.me)

**Dear Readers,**

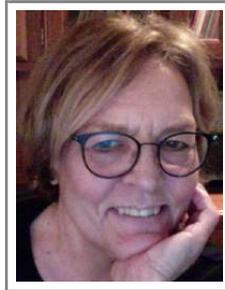
The quote, “Learn to rest not quit” inspired this issue. No doubt life gets hard sometimes and we get busy tackling one thing after another. The angels suggest there is help for your busy life. They highly encourage at the height of busy-ness, you hit the pause button and take a break. How about the lovely idea of a time-out to gaze up at the moon and all of the night sky? Rest in this space and notice there is a supreme divine order to the universe, the stars and planets including you and your affairs. Take a break from the busy-ness and discover the treasure in the silence. My gift to you this month is ~ pause, look up at the moon, and listen. The angels hover just above and will guide you in their wisdom and love. Whatever concern is in this moment, the angels say, “Rest, you’ve got this!”

Nancy



<https://www.facebook.com/TheLittleSoulSchool/>

**Angel Talk™**



## Too busy? Take time out and find the pearl in the pause

**By Nancy Freier** & *the Angels of the Great White Light*

In yoga, the pause between breaths is called kumbhaka, a Sanskrit term that means "breath retention." The inhale, pause and exhale are all essential components of breathing more harmoniously.\*

Some people think they need to keep busy all of the time — doing one thing after another, quite often multi-tasking, and for varying reasons. Some enjoy the satisfaction of creativity and accomplishment, while others appear to be addicted to a chaotic lifestyle to avoid having to take a deeper look at themselves, or contemplate their life. Still others may be afraid of what they will find if they lift their head from the sand of busy-ness and look around. Some fear taking any sort of inventory, or experiencing any buried feelings they might have to feel if they slowed down long enough to look. There are others who feel they must stay busy as though they have entered in a competition where the busiest person will win a badge-of-honor.

There are many people on Earth at this time who have become addicted to busy-ness and living a chaotic lifestyle. It has become their normal way of life. But being busy all of the time without breaks could actually be sidetracking them from more pertinent accomplishments if they would only allow themselves to hit the pause button and take time-out. Many don't yet realize that the quiet, reflective moments are just as important in the cycle of life as movement and activity.

Set your gaze on and observe the natural movement of the ocean tides. Emotions are just as fluid as the waves that are caused by the gravitational pull of the moon. The water rises to shore where there's a momentary pause, and then the

waves recede much like our emotions to reveal themselves. They are not meant to battle, but discern what is present, and learn its message.

Let go of any fear-based need to stay busy all of the time. Allow the feelings and emotions that have accumulated like water at a dam, to flow. If the pressure becomes too great; and, if held back long enough, the dam will burst. Understand the flow of water, like tears, is a great shower washing through you and over you, acknowledging and rinsing away what you no longer need to carry. This is the moment of cleansing and healing that you have longed for! Revel in it! Allow yourself to rest in the pause between the waves. Breathe deeply and slowly. Savor the moment for it is what brings you peace, resolution and clarity to your life.

You came to Earth to experience emotions. Do not be afraid to learn through them, for your angels lovingly guide you. Be aware of, and feel the pause between activities, the pause between breaths that like being in the eye-of-the-storm.

Pause there, and center yourself in that stillness and reflect. Soon enough the waves will be lapping at your feet to carry you forward. Remember, you are on a journey of discovery. The pause is a momentary stopping place for contemplation, clarification and perhaps to move in a new direction, much like a train that pulls into a terminal. It pauses before moving on.

Δ

\*Description from: <https://www.yogitimes.com/article/kumbhaka-breath-pranayama-inhale-exhale-pausing>

# Angel Guidance Readings

The Angels shine a light on your path so you can sail through your challenges with clarity, ease and grace. If you're connecting with a loved one in spirit, the Angels guide the reading and bring through their unique perspective and compassionate wisdom.

***Book your session today!***

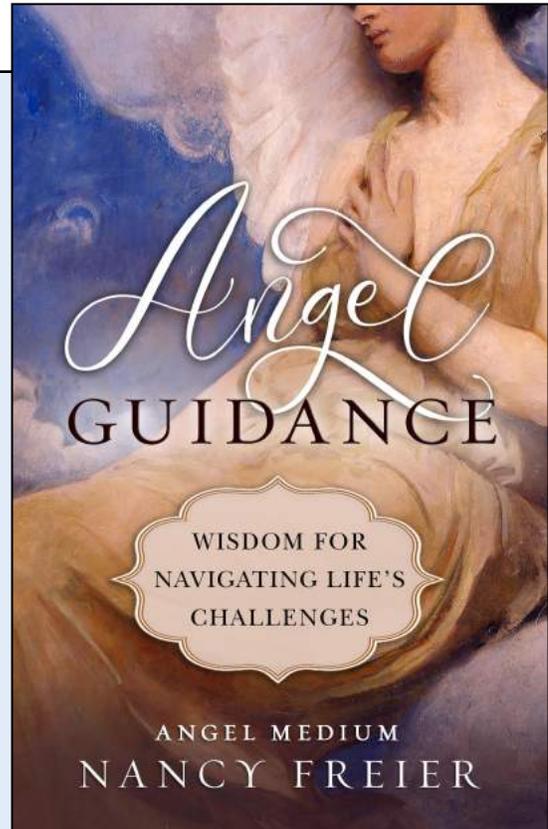
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***Flower Essence Remedies*** address the root of the issue and vibrationally restore balance on the subtle levels. The angels guide the choice of essences from FES of California or Dr. Edward Bach of England and are combined into a unique remedy designed for you. Safe, Gentle and Effective.

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***Book just released!***

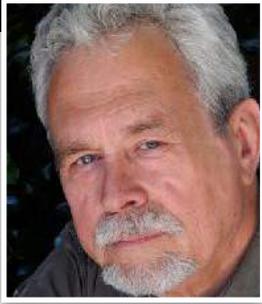
**Angel Guidance** is a collection of the most popular questions asked of the Angels, along with their loving wit and wisdom to help you navigate through life's challenges. Arranged in alphabetical order by topic, look up a specific issue, or open the book to any page and read what the angels guide you to read. The Angels said, if the question doesn't apply, the answer will.

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# In the Next World

## Actual Narratives of Personal Experiences by Some Who Have Passed On

First published by the Theosophical Publishing House in 1918; A.P. Sinnett, Editor

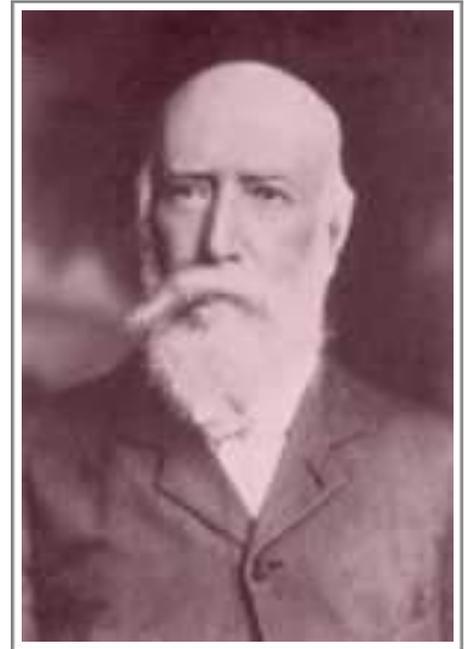
This is a rare book published by the Theosophical Publishing House in 1918 and so all of the narratives are, of course, colored by Theosophical Society's then current understanding of the Afterlife, which I feel at the time may have proffered a less-than-perfect view of the experiences narrated. Nonetheless, I found the book to provide an interesting and somewhat detailed account of a few of the author's friends and acquaintances who he was able to make contact with.

Perhaps part of the issue might be attributed to the manner in which the information was obtained. Author and editor A.P. Sinnett admits using what he termed "high level" mediumship, however he does not indicate who this may have been. To further muddy the waters on this issue, some further

research I have conducted indicates that the Theosophists believe that when an individual has evolved to a high enough level, he passes to the higher planes; and, that at some point their soul moves to a plane they call the Devachanic level which translated from the Tibetan means "place of the gods." This is where the soul will experience a state of bliss for some period of time (years, decades, centuries and milleniums). It all depends upon the duration of Karma, until the 'good deed reward clock' runs out and then they are prepared for yet another Earthly incarnation, as I understand it.

The issue, according to the modern day Theosophists is that once an individual soul reaches that level, then they say that it is no longer possible to establish a dialog with that soul. The criticism then is exactly who or what is the Medium communicating with then? Some Theosophists state that the communication is actually with what they term, a 'shell' of the former individual. So, to say the least, this can become quite complicated!

I feel that this is a valuable contribution to the understanding of what happens in the afterlife. In our day and age we seem to be overwhelmed with stories of people who died on the operating table and had an NDE (Near Death Experience) of some sort. The problem with most NDE accounts is that they generally do not go far enough into the actual depths of what living in the afterlife is actually like to be able to tell us much about it. However, in working with mediums that can contact the deceased spirit, there is much more of a dialogue available with someone living the experience. I think that makes a lot more sense if you truly want to



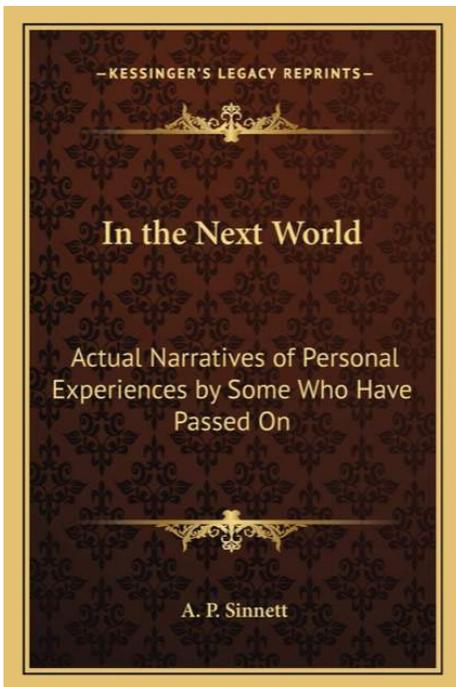
A.P. Sinnett

understand what goes on after the death of the body.

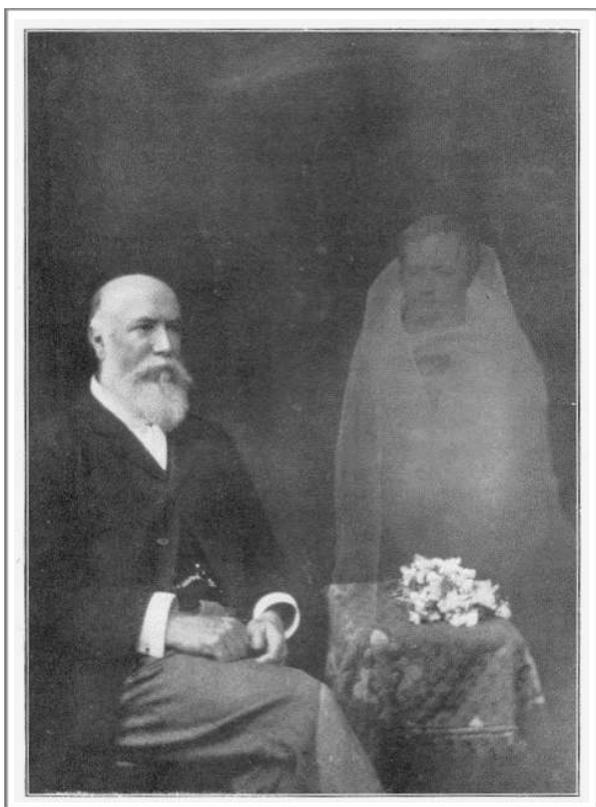
Most people look forward to some kind of life in the hereafter but are rarely able to frame any detailed conception of what that might life might look like in any sort of detail. Most people get their ideas from their religious teachings, and as the book points out in story after story, those who are not educated as to what to expect when they die will have a more difficult time making the adjustment once there. Of course there are guides and helpers available, but if you were an atheist or an agnostic and you never really cared to know what the afterlife was like, then you would have an even more difficult time making the adjustment.

Here I would love to provide a brief excerpt from the book, however, due to space limitations, I will not be able to do this. Even though the book is fairly short at about 100 pages, the author is

Continued on page 7



Find the book on Amazon [HERE](#):



A.P. Sinnett with ghost

extremely 'long winded' and comprehensive in his descriptions, and this is further complicated by the use of arcane Victorian-period English phraseology. My summary is that he relates quite a few stories of what his friends, male and female, must go through in terms of a purgatorial experience in order to expiate themselves of negative, lower chakra lustful habits indulged in while on Earth, and which now must be purged before they can move upward to the fourth or fifth levels, leading to eventual Devachanic Plane bliss.

The author describes the Afterlife worlds as concentric spheres surrounding the Earth with the lower levels actually situated below the surface of the Earth, but the majority of the levels (up to level six) are increasingly finer vibrations and higher above the Earth. I have found many differences in how the various systems describe these levels. Most people, when they pass will find themselves on the Fourth level, or some sub-level of the Fourth or Fifth.

If you are wondering if there is a Hell region, there is, however, it is nothing like what has been described by the various religions, but rather a place where lowly souls find themselves due to their similarly low vibrations, mostly caused by greed and the desire to inflict cruelty and pain upon other humans and life forms. Karma allows no escape!

△

**Steve Freier is an Afterlife researcher and book reviewer of metaphysical topics. He is also a professional video producer and hosted a metaphysical talk radio show in Chicago and San Francisco. Steve is the author of "My Road To Healing - How I Ditched My Doctor's Advice and Healed Myself of CLL Stage 4 Cancer" available here: <https://amzn.to/3agweoq>. For more book overviews, visit: [www.myunobstructeduniverse.com](http://www.myunobstructeduniverse.com) Steve hosts an After Life Discussion Group in Sturgeon Bay, WI. See ad on this page and on page 21 for more information. E-mail: [sgfreier23@gmail.com](mailto:sgfreier23@gmail.com)**

# ANNOUNCING!

## "Life, Death & The Afterlife"

### MeetUp Group via Zoom!

Previous MeetUps over the past 6 months have been held in person in Sturgeon Bay. In order to expand our reach we have decided to offer this valuable discussion via Zoom!

The cost is Free!

All you need is a computer or cell phone with a camera & microphone!

Scheduled Date:

August 4th, 2022 - 7pm

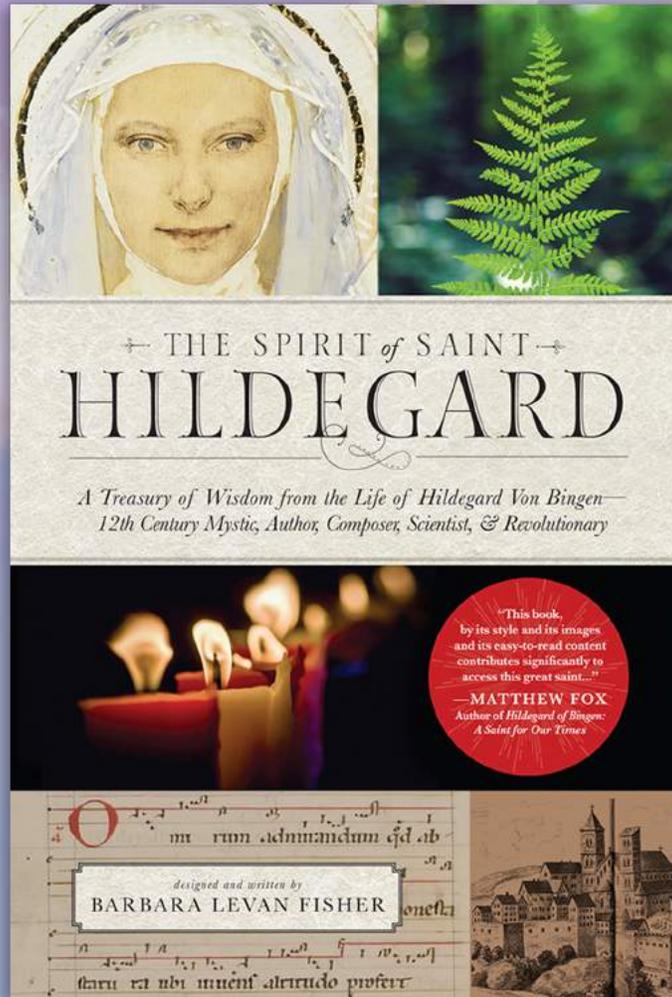
This is an open non-religious discussion open to anyone Age 18 and up.

Bring your thoughts, ideas and questions!

Please email to register:  
[SGFreier23@gmail.com](mailto:SGFreier23@gmail.com)

*Glance at the sun. See the moon and the stars. Gaze at the beauty of earth's greenings. Now, think. What delight God gives to humankind with all these things. All nature is at the disposal of humankind. We are to work with it. For without we cannot survive.*

—HILDEGARD VON BINGEN



She predicted future events. She composed some of the most beloved chants of the Medieval era. She wrote the first opera in recorded history, founded two monasteries, called the Emperor insane, and told her Bishop to go to hell. She loved beer and lived to be 81 years old. Meet Hildegard Von Bingen — not your typical nun.

Known as the “Sibyl of the Rhine,” Hildegard left a vast legacy of deep wisdom, given to her while in a trance state by the “Voice of the Living Light.” This full-color, illustrated journey through her life will stoke your inner fire and kick your cosmic butt!

New from Viriditas Press. Available now on Amazon.

<https://amzn.to/3OGboxy>



# ~Potpourri~

## Gardens of the Moon

By JA Dioguardi

Under the moon,  
aglow in the dark,  
moonflowers white  
climb up toward the light.

White creeping phlox,  
alyssum so sweet,  
trumpets of white:  
a night owl's delight!

Hunt of the fox  
as humans retreat  
beckons a sprite  
to come into sight.

Wail of a loon,  
a coyote's bark  
Wonder and fright  
enliven the night!

Lamb's ear with sage,  
dichondra, and fern  
throw out at night  
a silvery light.

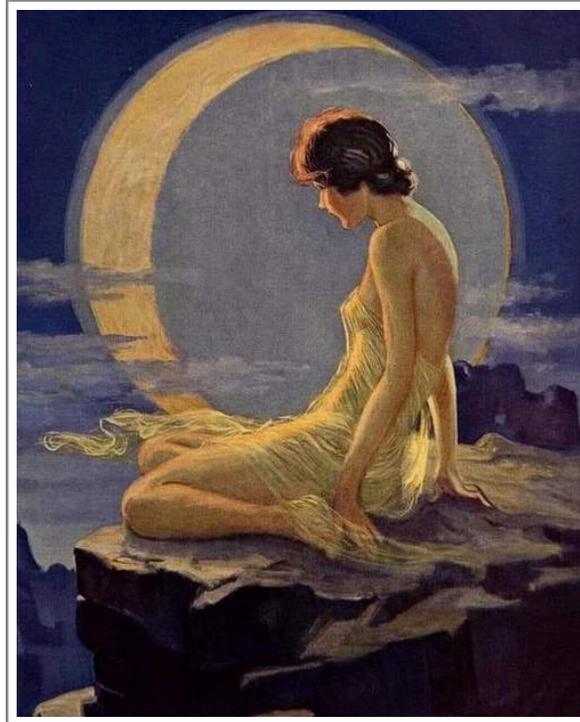
This sets the stage  
for moonglow to burn  
images bright,  
but only at night.

Stirring a tune,  
the song of a lark  
harks back the light  
of daytime, not night...

Gardens of the Moon —  
so luminous in the dark —  
the mystery of night  
with understanding reunite.



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



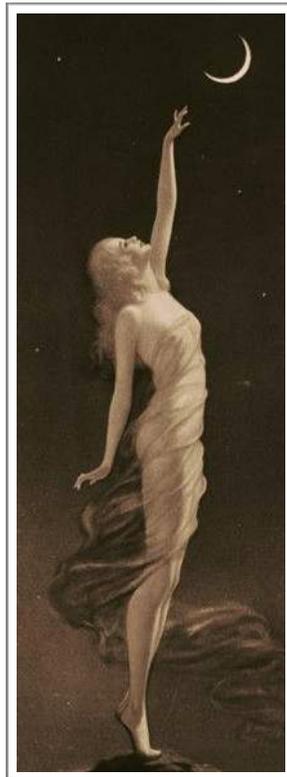
Leon Lippert - The Moon Maiden, 1932

## Moondance

By [Van Morrison](#)

Well, it's a marvelous night for a  
moondance  
With the stars up above in your eyes  
A fantabulous night to make romance  
'Neath the cover of October skies  
And all the leaves on the trees  
are falling  
To the sound of the breezes that blow  
You know I'm tryin' to please  
to the calling  
Of your heartstrings that play  
soft and low  
You know the night's magic seems to  
whisper and hush  
You know the soft moonlight seems  
to shine in your blush  
Can I just have one more moondance  
with you, my love?

Source: [Musixmatch](#)



*"When a great ship is in the harbor and moored, it is safe, there can be no doubt. But that is not what great ships are built for."* – Clarissa Pinkola Estes,  
Author: "Women Who Run with the Wolves"



## Dolphin Myths and Whispers Chapter 2

# Octahedron: Passageways to Terra

By The Master Dolphin of Delphi as told to Richard J. Bennett

This story was written by our friend and former editor, Richard Jerome Bennett who transitioned on May 20, 2014, from pancreatic cancer. He channeled this story, a fairy tale, a few years before his death. He told me the inspiration came to him during a trip to Lake Superior and to Rock Lake in southern Wisconsin (pictured here) ... believed to have a pyramid under the water.

Enjoy!

From the time the Dolphin Tale had tantalized the universal ear, from the time of the opening of the prospect of fear, the Oracle at Delphi had mysteriously disappeared. The song of Lemuria had faded to a whisper on the wind. A distant lullaby to an ancient legend housed only in the hearts of the Keepers of the Names.

Asleep at the edge of time was the memory of Delphi locked in the Holy Heart of the Ancient of Days, only appearing from time to time on the holographic horizon of His lucid dreams.

During this time the journey had begun in the heavens, and the Starbearers were awakened to begin their charter to Terra and worlds beyond. The Supreme Wanderers, who were most sensitive to the whisper of the song legend of the Dolphin, were compelled by the nature of their wandering to ley light lines in various patterns across the galactic interstellar skies, as a way of preserving the memory of the Ancient of Days' dreamtime.

From this star writing, the first written language of the heavens, the interpretation of the first vessels of light were received and their imagings were taken to starborn centers throughout this hemispheric quadrant.

The parenting photonic creators of the starseed had optimized their destinies and knew it was the dawning of the transformation of their kind. The light of

their worlds and their cosmic fires were diminishing, for they were reaching the end of their parabolic journey. If their seed genesis was not launched toward a new possibility, the opportunity for the evolution of their kind or, an adaptation thereof, would be lost forever.

As all stargazers do, the Elder Starseed searched the heavens for a clue, or a cluster of *the knowing* contained in some form of cosmic dust that might give them a direction, a mode of manifesting the perfection of their own light into the future.

Coming upon the star writing of the Supreme Wanderers, the Starbearers interpreted it into a comprehensible form. They held that form in their coherence until it locked into a stable chamber of transference. Once the Starbearers comprehended the magnitude of the future of their starborn, knowing that they were not guaranteed a destination but a possibility of their lineage of continuance, be it ever so slight, the launching of the initial starseed chambers was set forth into the vast unknown.

Twelve by twelve, each wanderer chamber was filled, insuring that if any one chamber reached a reality crosspoint, that at this vortex they could follow the lightstreams to its origin and find a passageway into a another dimension. The inaugural Star chamber, arriving at a new metaplane, (birthing place) and the host

being compatible, the 12 would quickly multiply into a starbase completion component of 144.

The seeding of billions of chambers occurred from the oldest star-systems that had completed their parabolic journey and were steadily moving back to ether-stars as starfire and solar dust, their origin in the from the Cauldron of the One.

The seedlings were called supra, ultra and meta novas, establishing implementation of a new order in the universe according to the law of destiny and the Keeper of the Names. The supra nova starseeds emphasized the vastness of the Supreme Intelligence, the ultra nova maximized the quantity of infinite possibility, while the meta nova kept within them the most powerful force of all, transformation.

Meanwhile on Terra the occurrence of the nine eclipses were transpiring. Terra's three moons played hide-and-seek above the northern horizon. The skies were dark and nothing on Terra's face uttered. A hush covered the land with a deafening silence. Underneath the surface a quickening of the heartfires were accelerating with an accumulation of anticipation. A sense of change charged the air.

Beyond the heavens were the billions of seed sparks swirling in iridescent rainbow colors of the golden chambers, embracing the unknown. The seed chambers formed

Continued on page 11

from the essence of the Supreme Wanderers, besides evoking the creation of the three aspects of nova, were imbued with the essence of *the knowing* and the whisper of the Lemurian lullaby. The encoding of the new lightstreams was complete.

The supra, ultra and meta seed novas were picked up by the cosmic winds and taken far and wide into the transcendence of all imaginings. Some were lost forever as expected, some were transformed into the cosmic wind itself and served as the voices of vectors, or beacons of holographic hope. But those who had accepted the new encoding began multiplying the atomic resonance within and developed a resistance to disintegration and began at once to understand that by integrating and accepting the challenges of their journey, they could sense a strength of their own potential and within the wave lengths of the Lemurian whisper were able to develop their own identity by holding within them a vision of their own formless form.

By this time they were light years away from the origin of their starfire, barely resembling their ancestral light. Their only "knowing" now was that within their golden chrysalis, was a rhythmic beating and a driving desire for emergence and expression.

A golden glow approached the indigo heavens and began to influence Terra. Sunlight danced upon the still waters, moonlight slithered across liquid cool pools. As the glowing chambers approached the universal body of Terra, many were being shifted into spirals as they moved closer to the blue orb. Alliances were created as they merged into helixes moving closer and closer and closer to the dimension of Terra. Soon with the gravitational pulse of the of the cosmic and solar bodies of Terra the helixes S.U.M. novas were directed to the Octahedron that enveloped Terra as her protective Auric body. Here at last were the passageways, the only barrier left was to unlock the mystery of the capstones of both hemispheres, the portholes in !o the domain Terra.

Spiraling, spinning toward the capstones the seed novas were now being carried on the in-breath of Terra until their arrival at the tip of the capstone. They resonated with the face of the capstones and completed their alliance of triads and rested on a capstone face of the microcosmic pyramid. The triadic seed novas resonated but did not enter the capstone of the Octahedron. Entry remained elusive.

The seed novas now evolving into seed beings and being more aware of their identity and union wondered what was impeding their progress. Knowing that other golden triadic chambers were near, the nova beings began to vibrate a signal as to call out to others. The sum of their sounds began to replicate around the capstone. The sound of their seeking grew. Unaware that they were, in effect, creating a new element, the sound of Atmau resulted in a fourth projection, and this was the secret of the pyramid. The seed novas pierced the tip of the capstone and were thrust into the pulsating spheres of Terra's subtle bodies.

Now as they descended into the luminous orb, the seed beings were witness to many images on the walls of the Octahedron, forms and expressions of creation yet to be made manifest, the obvious templates of future genesis.

Terra, within her great sleep — silent, still and motionless, yet quietly shimmering in her midnight beauty, was the embodiment of creations' innocence. The magnetic field around Terra's auric field carried the seed novas to the corresponding power points of the etheric. Octahedron projected on the surface of Terra. Here the new seed novas found entry and gravitated into all the wet places. The oceans and the seas quivered and began to rise and cover land that was formerly hot and dry. The once still oceans became alive and danced with the rhythm of sound emanating from the golden chrysalis now crystalizing in their new liquid home.

Terra aroused sensed within her sleep and dreaming that she was growing, expanding and moving in a way never before patterned on this planet. She could

feel forms expanding and contracting, filling her hallowed orb with mists of mystery. These new time cycles were the first memories of all living things. The "knowing" had arrived and Terra for the first time, was aware of herself.

To identify this new relationship, Terra was now aware of herself as the Earth — a planet, a body awakening and as the awakening spread across the body of Earth, and the passageways discovered, life in Terra's oceans began. The essence of the starseed's encoding focused on the image of the dolphin that had been imprinted upon them during their descent through the Octahedron. They perfected and crystalized it until they had the perfect form of the Master Dolphin. They responded to this form as their oracle, their deity, their godhead, their image and likeness, their connection to Source, the Cauldron of the One.

The Master Dolphin, being given a life of its own by the starseed novas, sought a retreat of its own and took up residence in a deep and crystal clear lake in the northern hemisphere. We call this sacred place Superior. The Master Dolphin is there today waiting for contact. And, in the silence of the wind, is still heard today the lyrical lullaby of the Ancient of Days, the keynote of the seed spark, moving through space...

*“Do you often dream of lands  
across the sea?  
And does your heart tell you  
that’s where you used to be?  
You see a golden ship  
sails green and white.  
It’s guided by a star  
from the sun’s first light.  
Here butterflies will show you  
how to fly.  
At dusk rose velvet love  
is written across the sky.  
Bright orange camp fires burning  
warm your cooling face,  
Your mind is so very happy  
in this familiar place.  
It’s the quiet of Lemuria...  
Lemuria, Lemuria.”*

*~The End~*



# Harmonize with Spirit Quartz & Lapis Lazuli

High vibing wisdom is coming in from the August crystals of the month: Spirit Quartz and Lapis Lazuli. Individually these beauties are wonderful allies. As a team, they are a powerhouse for aligning with our highest vision and truth while anchoring our inner light. Together, they invite us to shine brightly in the world by sharing our uniqueness with others.

As I sat down to listen more closely to their messages for August, they immediately brought my awareness to my flute and ceremonial garden. They invited me to step into a ceremony. So I did. On a quiet morning, on the cusp of the Leo new moon, we met in sacred space. I created a simple altar by placing a cluster of spirit quartz and my favorite lapis adornment on the rocks around my fire ring. I lit a candle and four sticks of jasmine incense. After

placing one stick in each of the four directions, I took a seat upon the earth, picked up my flute, and began to play.

The notes felt a bit off as my flute let out a little squeak, then a squeal. I made some adjustments and started again. Same notes. New order. New song. Yes, my soul was playing a new song. As I played, a new sense of harmony emerged from within. The song echoed off the lake and danced with the wind. With it came this message: *It is time to harmonize all facets of self.*

I took a deep breath and continued to play. Spirit quartz brought my awareness to its unique formation: one central crystal surrounded by many tiny new growth crystals that sparkle in every direction.

Its multifaceted nature is what makes spirit quartz feel so magical. Just as your multifaceted nature is what makes you magical!

Next, lapis lazuli brought my awareness to the third eye, reminding me that in order to harmonize with all facets of self, we need to see them with love and clarity. This is not always easy. I think many of us can relate to experiences or stories of how and why we tucked away some of the most unique facets of self in order to fit in or follow a path of perceived success or expectation.

The thing is, tucking away our uniqueness is not why we are here, on the earth, at this time. We are here to make noise and to shine brightly in our multifaceted



nature. As we do this, we inspire change. So, be a bit silly! Cut loose! Let your inner light be a beacon of hope and possibility! Harmonize with every facet of you!

Curious about how you can courageously do this? Here is what Spirit Quartz and Lapis Lazuli suggest...

Spend time with you. Get out in nature. Go for a walk. Visit your favorite coffee shop or juice bar and order something decadent. Get to know every amazing facet of you.

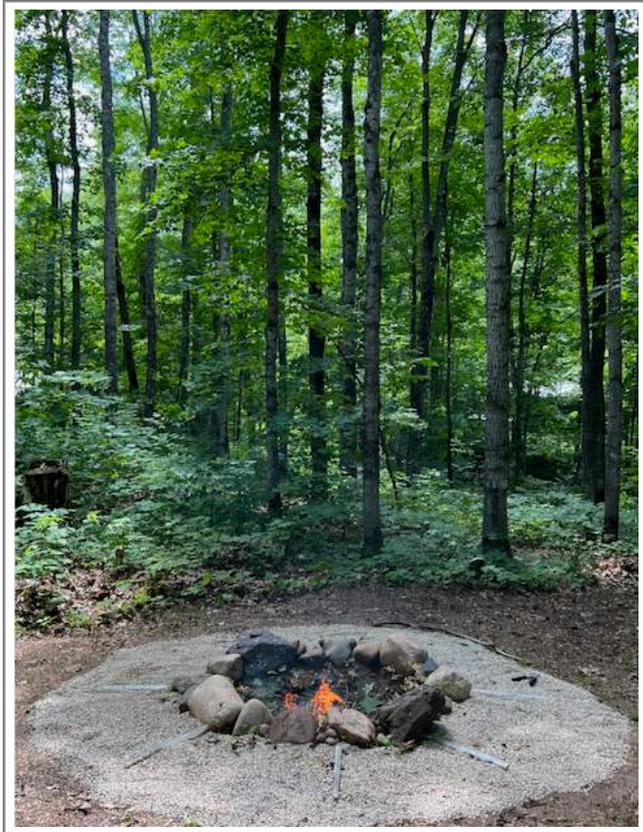
Create space for soulful reflection. Here are some great questions to journal about:

- What facets of you do you feel most/least acquainted with?
- What brings you a sense of joy and satisfaction?
- What edges do you find yourself bumping up against in life?
- What vision lives within your heart?
- What is one action you can take today

Push your edges. Notice where you have a tendency to pull your energy back or hide a facet of you. Letting your light shine is not always going to be comfortable. Nurture yourself and summon a bit of courage. It's time to shine!

△

**Rise into your soul wisdom!  
See Lori Andrus' ad on page 17.**





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# The JOY of Sharing Spontaneous Creation

It all started when my son said he had an important business meeting and his boys were being a bit rowdy. My son left the room and I looked around the kitchen, where his two boys and I were sitting at the large antique turquoise table. I noticed a stack of paper plates and two plastic cups loaded with pens, pencils, and markers. "What can we make with these paper plates?" I asked the 8 and 6 year old.

I collected all the markers, got out some scissors, string and tape and we went to work. Images of cat faces blossomed onto the paper plates. Cat stories flowed. One boy dawned his mohawk cat face as a mask and danced around the kitchen. We all laughed so much! "Let's make masks for Henry's 9th birthday party tomorrow nite," said Jack, the 6 year old, with great excitement. We were all laughing and experimenting and asking each other what they thought. Someone asked me to make a sail fish. OK. When I checked in for feedback on my progress, they said it looked more like a chicken! We laughed



so hard... and I went with it. It became a full-bodied cartoon chicken.

More conversation about party plans ensued and Henry asked if we could make a game called, "Pin the Tail on the Donkey?" Excitement loomed and then someone said we could play "Pin the Wing on the Chicken!" We all lost it.

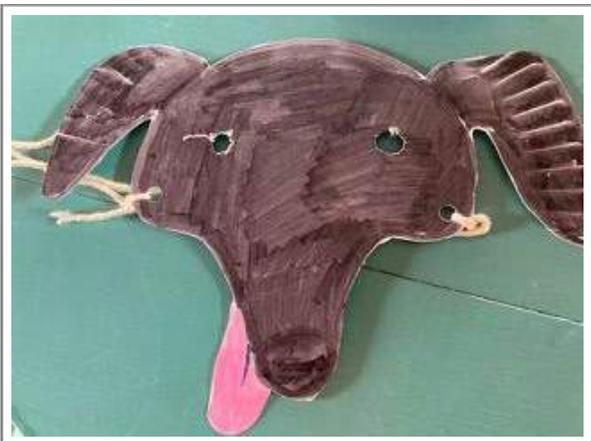
We each started drawing and cutting out large paper plate chicken feathers and wings.

Henry picked the refrigerator to host the cartoon chicken body. We made a blindfold from great-grandpa's soft old cotton t-shirt and the game began.

But, not before Jack suggested we make hats for everyone who would be at the birthday party the next day. He danced around modeling hat possibilities made from cutting the curved ridged edge of a paper plate and fitting it around his head. It worked! We laughed and dove in to create our own hats, and some for others. We colored them festively.

Jack was playing with holding his hat high above his head and asked if I would hang it from the ceiling so when someone walked in they would be crowned with the hanging birthday hat! Fabulous idea! I wrote, "Happy Birthday" according to his direction, in many colors on both sides of the crown. We all loved it. Happiness filled the room!

Then I remembered there were two shiny Happy Birthday signs in the drawer. The boys decided where they wanted them hung. We had spontaneously created a very fun happy birthday party environment and events by exploring possibilities together. Literally each moment was met with a new idea, option, or suggestion. We were honest, funny, experimental, listening to each other and willing to change direction again and again. The boys were free, expressive,



encouraging and silly. There was so much joy being shared. I was in heaven! We had no rules, no hard fast plans, and we experimented with the few art supplies I could find.

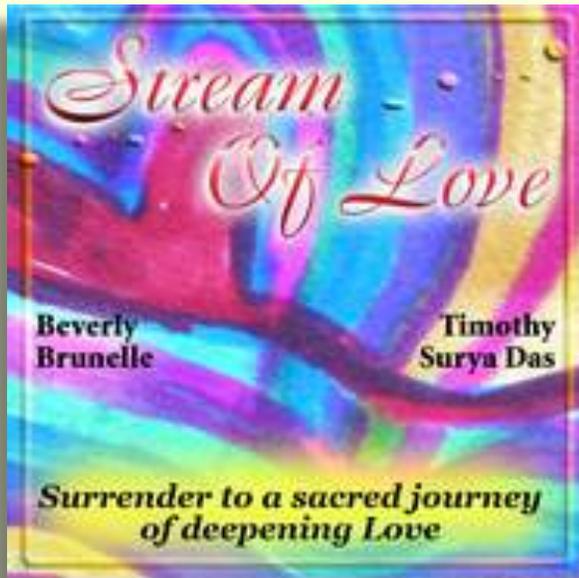
As we played I noticed how the delight of each new idea encouraged us to pivot into a moment of new creative activation. Their dad joined us after his call. In silence he drew, colored and cut. His mask was a dog face with the tongue hanging out, much like their own pet dog, Laine. We laughed together with sheer delight in the vast creativity that was flowing.

I thought to myself ~ this is great. The party will be great. We are working toward something together. The finished product will be our reward. Later, I realized I was wrong. It wasn't the end that was the reward. It was the spontaneous time exploring, relating, sharing and creating together that was ~ and still is ~ the timeless joyous prize. Absolutely precious.

△

**Beverly Brunelle is an Intuitive, Energy Healer and Metaphysical Counselor. Check out her blog, podcast interviews and other offerings including three FREE guided meditations that are resources to get present, receive love frequencies, and gain clarity on life issues. [www.beverlybrunelle.com](http://www.beverlybrunelle.com)**

# Stream of Love



**Stream Of Love** is a guided journey by **Beverly Brunelle** accompanied by live Music by **Timothy Surya Das**.

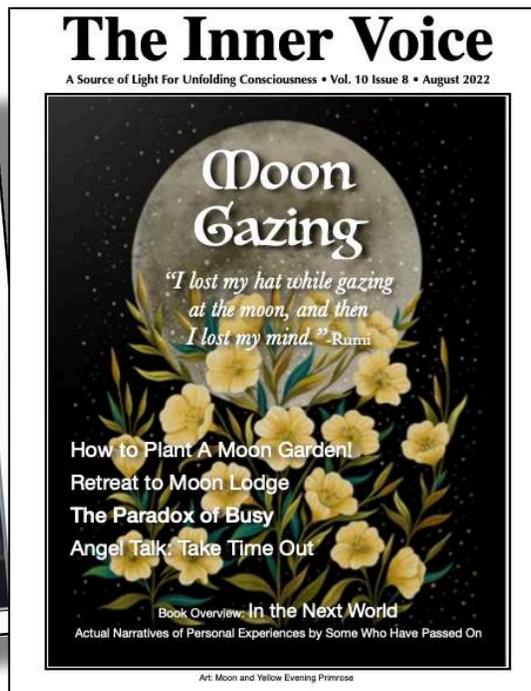
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Botanical Bliss By Gigi Stafne MH., ND

# Moonflower and Other Lunar Flower Essences

Flower essences are a realm of botanical medicine that capture the energetic, vibrational imprint of plants as sentient beings. I like to think of the flowering top of each plant as the magical crown chakra.

Along those lines each flower carries an expression or a signature that weaves in with humanity. Each flower essence species facilitates the alignment of human energetic, emotional and spiritual imbalances.

One example of this is Rock Rose Flower Essence which aids with emotional emergencies such as shock and trauma. Other flower essences work with more subtle energetic patterns, such as Yellow Iris to gently nudge artistic and creative endeavors, especially when one has been engulfed in a more negative or pessimistic phase.

Typically, flower essences are hand-crafted as solar infusions. There is another method and that is to create special lunar-infused flower essences by infusing the Mother Flower Water overnight in the light of the full moon. The moon is home to intuition and the emotional body, so creating flower essences during a full moon is particularly powerful. Subtle, vibrational lunar energy not only influences the tides of oceans, the moon also influences the rhythms of

the fluid human body, watery emotion and intuition.

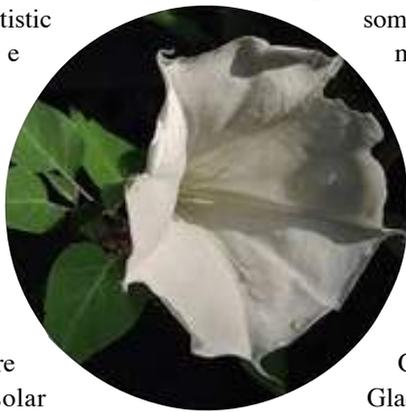
When preparing and utilizing lunar flower essences, they draw upon what I view as *ethereal magic and mystery*. Overall, lunar flower essences help influence balance in the body, clarity during times of chaos and confusion, and reflection within the dark and unseen realms of magic and manifestation. Lunar flower essences are more subtle than solar-infused essences, yet their special powers are not to be underestimated.

## What could be more magical than creating flower essences from a Moon Garden?

There are a variety of flowering plants that bloom and are somewhat luminous in the moonlight. Here are some of my favorites: Moonflower, Angel's Trumpet, Evening Primrose, Tuberose, Casablanca Lily, Evening Rain Lily, Gardenia, Night Gladiolus and Nicotiana, to name a few.

Most of these night-blooming plants in the moon garden need full sun in order to open their flowers at night. However, when the moonlight is at its brightest, light helps influence plant growth, which is a biodynamic gardening principle.

Learning about the characteristics of each flower and flower essence is an art and science. Perhaps something you will study further with me. In this



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Continued on page 17

article, I share more about Moonflower Flower Essence in particular.

Moonflower, *Datura innoxia* is a gorgeous plant with a long history of use in ritual and ceremonial magic and spiritual practices. Indigenous peoples of the South used this hallucinogenic plant ritualistically to communicate with ancestors and spirit guides. Yes, I mentioned hallucinogenic, as Moonflower or Datura, has alkaloid content so ingesting it can be dangerous. Creating the flower essence and dabbing drops on your Third Eye is much safer and will help you do shadow work to see the truth in situations. It may help you release emotional toxins and make way for higher states of consciousness.

The essence is excellent for shamanic journeying, ancestral work, as well as taking a deeper dive into meditation. Another way to use the Moonflower Flower Essence is by sprinkling several drops on the back of your neck to call in protective guides and ancestors. May you enjoy the subtle powers of Moonflower and many other moon-graced essences.

△

Gigi Stafne MH, MI, ND, Director Green Wisdom School of Natural & Botanical Medicine: <https://www.facebook.com/pg/greenwisdomschool/> [www.greenwisdom.weebly.com](http://www.greenwisdom.weebly.com). Herbalists Without Borders International, Upper Midwest Chapter [www.hwbglobal.org](http://www.hwbglobal.org)

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# Your Moon Phase Guide to Planting Success

<https://www.debugthemyths.com/2019/07/23/your-moon-phase-guide-to-planting-success/>

**B**eginning a new garden project can be intimidating, but according to sources like the [Farmer's Almanac](#), achieving your garden goals can be as easy as looking to the night sky. Gardening by Moon Phases may be a growing trend, but it has been used by farmers and gardeners for hundreds of years to produce larger healthier harvests. Here's how it works: Just like the rise and fall of tides, the moon's gravitational pull influences moisture in the soil and how seeds absorb water and grow.



**New Moon:** During the new moon, lunar gravity is pulling moisture up causing seeds to absorb more water and burst open. Paired with increased moonlight, this creates the perfect conditions for balanced stem and leaf growth. Plant leafy annuals during the new moon like lettuce, spinach, cabbage, celery, cauliflower and kale.

**Second Quarter Moon:** Gravitational pull will decrease during the second quarter moon, but with more moonlight,

leaves and stems will thrive. Plant above ground annuals with internal seeds such as beans, melons, peppers, pumpkins and tomatoes. **Pro tip:** Plant 2-3 days before the full moon for peak moisture and watch your fruits flourish.

**Full Moon:** Lunar gravity is high during the full moon resulting in an increase in soil moisture. Moonlight is also decreasing making it the perfect time to plant root crops like potatoes, carrots, beets and bulb perennials like tulips and daffodils. Take some time to prune and divide plants during the full moon, as well.

**Fourth Quarter Moon:** The fourth quarter moon is your chance to take a break from planting and focus on improving the soil. This should consist of weeding, mulching, fertilizing and harvesting your plants as well as mowing and watering.

△





# Retreat to Moon Lodge

Discover Pat Gullett's [Art of the Dreamtime](http://Art of the Dreamtime) | [patgullettdesigns.com](http://patgullettdesigns.com) | [www.awegroup.net](http://www.awegroup.net)  
[www.patsartfullife.com](http://www.patsartfullife.com)

**M**oon Lodge is a retreat. It's a personal power place to rejuvenate, listen, and nourish the Soul. It's especially needed to bring balance into our lives after celebrating or gathering with many energies in the world for any reason.

When we first moved here, I was excited to explore our creek, forest, stone walls, and rolling hills. On our land, just off the grassy yard, are deer paths. One leads to an overlook of the wetlands, another parallels the old stone wall, and a third leads to a clearing in the deep forest. But one short trail, closest to the house, opens to a circle of stones.

Two tall trees are the gateway, sentinels to a secret place. Walking between them I crossed the boundary into the enchanted magic of the forest. Immediately, it felt like a safe haven away from the ordinary world. My Sacred Stone Circle became my Moon Lodge, a sanctuary hidden but close, my retreat from the noise of the world.

Three unique stones made this a Place of Power. The first one you see is the large, smooth white Mother Stone sitting at the Head of the Circle. Her energy is peaceful and knowing, as she holds the Origin Story of this ancient land. The second one is the Dark Table Rock that balances the Mother's energy. He brings stability, strength and a solid presence with his welcoming smile. The third is the



Sacred Stone Circle



Enjoy a video of the mystical painting: 'Owl, Other Side of the Moon'

Dragon Head embedded at the Mother's feet; and is her guardian and protector. Covered in moss, his teeth are a row of many crystals, magically created by the elements.

Offerings from people before, include vintage toys, dolly teacups, and fairy dishes that lie hidden

beneath the leaves at the base of the stones.

I remember reading about the Stone People, the Ancient Ones, the keepers of the ancient knowledge of the Earth. They have experienced millions of years of evolution, many moons and countless shifts in life on our planet. Sacred Stone Circle connects body to soul.

Then, in 2013, I added my story to the Stones. My much loved, younger brother suddenly died. He loved the forest, animals, archaeology, and all things ancient and magical. I made my Moon Lodge his memory place. I decorated

a snake stick for rebirth and new life, and attached it to the tree over the Mother. A hanging arrow gives him direction in the Afterlife.

In addition, a large crystal given to me years ago by a friend, sits on the lap of the Mother. Underneath is an etched copper plate with his name and years on this Earth. I brought his ashes here, to the most beautiful, mystical place imaginable.

Now, the Sacred Stone Circle truly holds my energy and intention within its history. It's said that the stones whisper memories and stories to those able to feel, listen, and connect.

Do you have a Power Place that connects you to the harmony of the Earth Mother? Have you made it your own with your own ceremony and story? Create your own tales of dwelling in the secret, hidden places of the Sacred. The Magic and Wonder live in us. Δ





# Negating Negativity

Kathleen Jacoby, former editor of *The Inner Voice*, made her transition in April 2019. She has communicated to me that she is “sitting at the feet of the Masters learning more about the Greater Universe.” The following is an excerpt from her book, “A Call To Prayer” written at the time of the Gulf War. She said, “This began as I asked questions of the Presence I felt all my life, whom I call my friend, God.” This inspiring message is as timely today as it was when she wrote it. I hope it reaches many.

*Q. When someone perpetually negates possibilities, their negative energy affects everyone around them. What is that all about?*

There is a comfort zone that is familiar to the one reflecting a “can’t do” attitude. It is born of lack. If we go back to original root cause, we can find that as children, these people were not given problem-solving skills. They faced crisis alone without the help from adults who could make large problems understandable, or break them down into component parts which could then be dealt with.

These children began to see the world as overwhelming. They either had to sink under the weight of what was perceived as unmanageable, or put a face on it that would exonerate them from having to do something. The hood of victimization enters. “I can’t because I don’t have anyone who can help me.” “I don’t have the money” “They can do it, but I can’t because I’m sick.” “Others get the breaks. I don’t have the right contacts.”

This form of defense seeks to assign blame outside of self, and in so doing, becomes a form of a safe harbor in which to stay anchored in a feeling of justification.

The penalty for failure is monumental in the mind of these individuals and they hold themselves to a strict accounting. Failure is not worth risking, because the



*“There are some who bring a light so great to the world that even after they have gone the light remains.” -Author Unknown*

Photo: ©Jane Erica Hutchison

penalty is always more criticism. By cloaking oneself as a victim of circumstance, failure is avoided in their mind. However, the greater reality is that without trying, failure is 100 percent guaranteed.

The way out of this dilemma is not through the psyche, but through the heart of compassion. Self-compassion needs to be practiced on a daily basis, as well as developing compassion for others. The two must go hand in hand. You will often find that people who are self-critical are critical of others. Even if the self-

criticism is masked or deflected, internally there is a constant bombardment of self-judgment, and with this tyrannical mind set as the score keeper, the individual is hampered from moving ahead because there is a weak inner cheerleader.

If these people can find others who will act as mentors, encouragers, and sounding boards without criticizing, there may be an ability to move into another frame. However, the problem is that most of these people have developed such a strong interior focus of attracting the negative, that even if others tell them repeatedly how good they are or how good their efforts are, they will invariably focus on anything that comes in as criticism.

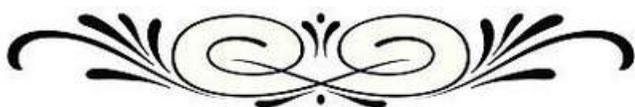
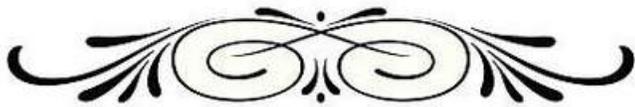
*Q. What can be done to overcome this self-defeating pattern?*

People who suffer from this pattern of self-defeat need first to become aware of what they are doing. If they are willing to ask a partner to give a signal every time they engage in a negating statement, they will be surprised at how often they forestall their own good, and with willingness they can begin to shift their reality. However, the big hurdle here is a willingness to hear criticism in the form of a reminder that they are reacting negatively.

Continued on page 21

If the personality is not willing to allow for change in the mental constructs they have formed, there is little that can be done on the part of those witnessing the negative process. This is why the troubled soul needs to find ways to move internally to the space of higher collective consciousness. Because they do not trust their internal process, they may have to find a source of inspiration somewhere outside of themselves where trust can be placed. Yet, in doing so, the personality will find little comfort from facilitators who are human, because they will look for the frailty that negates the message.

As Buddha said, *'Do not attach yourself to my personality. Pay attention to my message and test it within yourself.'* The path to liberation is not idol worship. That is again giving one's power to something external to self, because the personality has scant belief that everything required for salvation is actually housed within. The truth is that personality does NOT have the underpinnings to uphold a greater vision on its own. It is only through the inheritance of the soul that personality can access the riches held within.



## Life, Death and The Afterlife An Open Discussion Group

Most people have not given the death and dying process much thought. Have you? What are your concerns? Have you lost a loved one or perhaps you fear your own death?

We all have our worries and questions! In this discussion group you can freely express your thoughts and feelings, worries and concerns in an open, non-judgmental atmosphere.

**Location: ADRC of Door County**  
916 N. 14<sup>th</sup> Ave, Sturgeon Bay WI 54235  
**Time: 1pm — 3pm**  
**Date: August 18, 2022**  
(Every 3<sup>rd</sup> Thursday of the month)

**Registration: Call ADRC to register.**  
**920-746-2372**

Space is limited to 15 people any age over 18

**Hosted by Steve Freier**

**Steve** has over 20 years researching Death, Dying and the Afterlife and has read and reviewed hundreds of books on these topics. He has viewed as many or more videos on NDEs, OBEs, the Afterlife and what it's like, etc. He is also a video producer, writer and contributes regular book reviews to **The Inner Voice** magazine.

*See you there!*





# The Lesson in a Sunflower

By Beverly Hutchinson McNeff

<https://www.miraclecenter.org/wp/the-lesson-in-a-sunflower/>



**T**he sunflower is amazing. It is not only a beautiful flower, but it's also a food source. Its seeds are nutritious and can be ground into flour and oil. Additionally, there are non-food uses such as dye, medicinal products, and treatments for the hair and skin. The history of the sunflower can be traced back to 3000 BC, as the American Indians cultivated it in present-day Arizona and New Mexico. Yes, the sunflower is amazing!

But, the sunflower also has a message of truth to share with us: *It always looks to the light.* As it grows, the face of the flower constantly turns to the sun in the East and follows the sun throughout the day as it moves to the West. At sunset, it bows its head to the West, and during the night, it again turns to the East anticipating the dawn of light.

We need to be like the sunflower and not only arise in the light but anticipate that light will come in every moment or circumstance of seeming darkness we may face. In lesson 75 from *A Course in Miracles*, it affirms...

*The light has come. You are healed and you can heal. The light has come. You are saved and you can save. You are at peace, and you bring peace with you wherever you go. Darkness and turmoil and death have disappeared. The light has come.*

*Today we celebrate the happy ending to your long dream of disaster. There are no dark dreams now. The light has come.*

*Today the time of light begins for you and everyone. It is a new era, in which a new world is born. The old one has left no trace upon it in its passing. Today we see a different world, because the light has come.*

The Course repeatedly refocuses us on this truth, the light. It tells us that we have spent "long days and nights in celebrating death" (W-157), disaster, and pain, but at any moment, we can awaken to the joy of life, for the light has come.

Even though the sunflower bows its head as the sun sets, it always knows to turn towards its life-giving answer to the East. Similarly, when the world shows us hate, attack, and acts of fear, we can bow our thoughts and withdraw from the fray as we refocus on minds on the truth that the light, the answer we seek, has come.

How do we extend that light in our lives? Lesson 75 reminds us that to move from our dark thoughts to the light; we must move from fear to forgiveness. As we let forgiveness rest on the world of darkness, our light and understanding will grow stronger. For forgiveness entitles us to vision. It clears away our mistaken and dark thoughts about others (and ourselves) and lets us see only the extensions of love or the calls for love and that our responsibility is to answer their call. We are to do this by allowing God's love to work through us through the Holy Spirit's guidance that will tell us: "*what to do and where to go; to whom*

Continued on page 23

to speak and what to say to him, what thoughts to think, what words to give the world.” (W-275) When we focus on the truth, the lies of the ego’s dark thoughts grow weaker in our minds until we finally see the world of darkness and lies no more.

As we read in the Course,

*“Forget not that the motivation for this course is the attainment and the keeping of the state of peace. Given this state the mind is quiet, and the condition in which God is remembered is attained.”* (T-24. Intro.1)

We are told in the Course that our true state is our oneness with God. It is hard for us to wrap our minds around what that looks like or even means, but we can understand a feeling of peace and quiet. We can understand the joy and fulfillment we feel when we have reached out in service to another or been purposeful in our work. When we take a moment to breathe deeply and refocus our attention on the truth and not the distractions of the world...when we have offered a forgiving thought to another instead of holding on to our need to be right...when we have affirmed our purpose to make the peace of God our one goal, then we can remember and will remember God. And this world of pain and suffering will be no more, for the light will have come to our minds, and peace will reign.

Let me share one final lesson from the sunflower. As the sunflower grows, its ritual of arising each day in the East and setting each day in the West is unwavering. But, when it reaches maturity, it no longer makes that journey. It finally earns the right to stay facing the East and never again needs to follow the sun in hopes of getting every last morsel of light. It has finally become the embodiment of the light as it shines its beauty into the world. The same is true for us. As we finally see no value in the dark thoughts of fear and disaster, we won’t need to keep stoking those thoughts in our words or actions. We will see the uselessness of fear, attack, and separation, for it costs us a world of healing that is available to us now.

To lead us from illusions to the truth, from darkness to light, and from fear to love, we use this lesson from the Course as our guide as it affirms for us...

*“We do not want to see the ego’s shadow on the world today. We see the light, and in it we see Heaven’s reflection lie across the world.”* (W-75)

Just like the sunflower, let us stay focused on the light, the truth of peace today. Let us not get drawn into the chaos of the world of darkness, fear, and attack. This world only has the power that we give it, so we focus on the light that the world of darkness may be no more.

Hallelujah, for the light has come!

△

## A Sweet Sunflower Story

By Danny Wakefield from Seattle written in 2016

Last night I bought a sunflower to put on the windshield of someone I’m smitten with. After some consideration I decided not to since we had only been on one date, the night previous. Don’t want to come off too strong, right? Anyway, I grabbed the flower on my way out this morning with the intention to give it to someone on my way to work so it didn’t die alone. What happened next has left me changed in ways I don’t even have words for yet.

While I was sitting and drinking my morning joe at the coffee shop (which I typically take to go), I saw a woman reading something with tears quietly and quickly sliding down her pale face. It was like there was a magnet in the sunflower that was being drawn to her, because I knew in that moment she was who I was going to give the sunflower to; she was who I had to give it to.

When I got to her table I said, “Hey, pardon me. I have this sunflower that I was hoping to give to someone special and that someone I had in mind didn’t work out, but I can feel that you’re special too, so I want you to have it.”

Before I could even hand her the sunflower, this complete stranger flew into my arms with tears flowing, and gratitude spewing, as if I was someone she once loved, and lost. It’s what she said next that I’m still trying to grip.

She was crying because her fiancé had died the week before, just months before they were going to get married. On their first date he brought her a sunflower and from then on, got her sunflowers, never roses, because she was the light of his life.

Today, through me, he was able to show her that she’ll always be the light of his life and how we as humans have a message to carry that goes far beyond words.

I’m shaken, awaken and feeling raw. You never know how much a simple gesture of giving someone a five-dollar flower will change their life, as well as yours.



Life is about giving and being of service to others. I challenge you all to find a way to make someone else’s life a little bit brighter today and be of service. You never know the impact you could have.

Feel free to share this story and a little extra love.





# the Tao of Dana

## 10 Feng Shui Ways to Transform a Bad Mood

By Dana Claudat • <https://fengshuidana.com/>

**B**ad moods strike even the happiest people. We all have a day that is less than rosy, but that doesn't need to spell disaster. When your thoughts, body, and soul are sinking, there are a ton of sensory ways to stimulate some positive jujitsu. In fact, the dark days may be a catalyst for the best days ever, if you can open yourself to the possibility. Bad moods have a tendency to help us excavate our fears, see things from a different perspective, and potentially soar with this new awareness. Plus, mood-brightening is always fun!

**1. Take a walk.** Walking outside creates mental space that creates possibility. You get an endorphin boost too, but it is the space you need when you are in your head.

**2. Draw your ideal day.** Make a picture. Our brain likes images more than words. I am 100% visual and imagery is what moves me and illustrates things better than words can. If you want to immediately see the future, draw it!

**3. Eat some good mood foods.** Protein of any kind or a fresh veggie juice and some nuts are my faves.

**4. Detox from vampire voices.** Stay on the light side. Check your life for people who drain your energy and get some space between you.

**5. Drink a lot of water.** Dehydration can make you feel tired and wired all at once. Simply drinking extra water can pull you out of an anxiety cascade, almost magically.

**6. Smell something fantastic.** Scent has been [scientifically proven to affect your mood](#). What was your favorite scent as a child? What are your favorite scents now? Experiment with new scents like baking bread, a bouquet of flowers and aromatherapy.

**7. Make a new decision.** Just like moving furniture shifts the energy flow in your home, making decisions shifts the

energy of your life. Say yes to things that are engaging and expansive.

**8. Re-hang some art.** Re-framing or simply just hanging some art can do wonders for your mood. Hang art at a comfortable eye level so you don't look down (or up) to see it.

**9. Vitamin B-12 can give you boost.** Vitamin B12 is a pretty amazing way to get a mood-boosting shot of energy. I have taken sub-lingual (under the tongue) B12 tablets for ages. Ask your doctor before taking anything, and follow the recommended dosages.

**10. Take an Internet siesta.** In lieu of the Internet, call friends and socialize in person, or go out and explore your neighborhood. While you're on an Internet break, it is a great time to dump or file emails and delete bookmarks and other stuff you don't need or want any more. Fresh starts, even digitally, feel really good.

Whatever you decide to do, remember that bad moods pass and it all gets better.

When my mom died, I went and stayed with my best friend in New Jersey. Her mom died when we were really young. She couldn't get out of bed for a year. She told me that after watching an episode of Oprah where a woman explained an unbearable tragedy (she lost her whole family in an accident) and was now

helping other people to move on from disaster, she realized that she had no excuse to stay in bed forever. Her life rebuilt from that day, deciding that even the darkest of dark could not stop things from moving forward. And there she was, years later, helping me get out of the same place. And from that dark place, I made some of the best decisions of my life.

Sometimes you have to just keep going, even on the worst days. In the end, they may just be the start of the best days ever!

△



Drinking a lot of water throughout the day can potentially help you sail through tiredness and 'wired-ness.'

## Maintain a **Minimalist Bathroom** and Reap the Benefits!

If your bathroom is over-stuffed with stuff, you probably waste time getting ready for the day. Keep things tidy and in their proper place to save time and energy. Keep toilet lids and drains closed to allow the chi to flow and enhance your wealth and prosperity.



The use of heavy stones and boulders in the bathroom simulates the powerful earth energy of mountains. This symbolism can be most powerful in overcoming the effects of toilets causing problems in the home. Place a large boulder in the bathroom (or a pebble bath mat) to symbolically press down any 'bad luck' created by the toilet.



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# The Paradox of Busy

By Charles Eisenstein, Author and Essayist



Sometimes, when people reach out to me with requests for interviews or writing, they preface the request with, “I know you must be very busy ...” Usually, they say it as a token of respect. They mean to acknowledge my time as precious and I receive that impulse gratefully. Yet I notice something else stirring in me, too: a paradoxical mixture of pleased vanity and annoyance.

The vanity: If I’m busy, it must mean that I’m really important. It must mean I am in high demand. It must mean that I’m on track, motivated, active. That’s why being busy has become a “humble brag”—a way of bragging without seeming to brag, an assertion of dominance.

The annoyance: If I’m busy, I’m not the master of my time. I am subject to the demands of others. I suffer a scarcity of time. Claiming to be busy is therefore a gesture of submissiveness. I won’t say no to you directly, but meekly excuse myself by appealing to outside demands. I am not sovereign over my time; my schedule is.

Both these reactions mirror an unmet need. Under annoyance is a loss of power, while under vanity is a longing to be what the false self-image represents. If I’m flattered to think of myself as in-demand, on track, motivated and active, could it be that I long to be in-demand for something other than what life demands of me now? Could it be that I wish to be on a different track? Could it be that my motivation is flagging and my activity growing stale?

The mixed connotations of busy arise ultimately from the nature of work in modern society. Much of it is underpaid, tedious and degrading, and even meaningful work, such as in teaching and healing professions, usually accompanies unpalatable demands from bureaucracies and institutions. We wish to be less busy—free of the oppressive demands of modern living that make time scarce and life short.

We also wish to be more busy—engaging more fully with life through meaningful work and relationships.

My point, therefore, is not to condemn the word *busy*, to complain when people assume I’m busy, or to suggest we say instead that we are engaged, occupied or have a lot on our plate. Euphemisms will not deliver anyone from the misalignment between the demands of modern life and the demands of the soul. Nor is there an easy way out of the dilemma in which we are cast.

Paradoxically, many people experience being busy, stressed, sleep-deprived and not having enough hours in the day even though, objectively, they spend a lot of time at leisure. Watching TV, playing video games or mindlessly scrolling through apps may look like leisure, but they feel compulsive. The resolution of this paradox is akin to that of wanting simultaneously to be more *and* less busy: I want to be in command of my time. I want to be sovereign over my life. I want to be free to do things beautifully and well. I want to live with dignity.

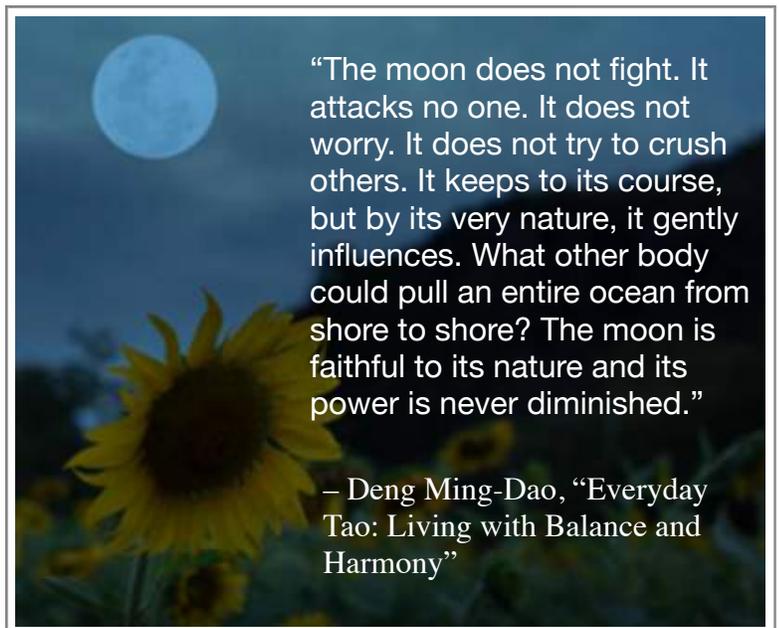
I am sure these desires are universal. No one truly wants to laze a r o u n d , frittering life a w a y i n indolence. Try it for a while: You won’t be happy. To be sovereign over time and life is not the same as being selfish. Laziness is not the default state of those

who fail to motivate themselves. Laziness is a rebellion against oppressive busyness and it is a refuge from mental, physical or emotional exhaustion.

Those of us who long both to be less and more busy, trapped in cycles of procrastination and hurry, sloth and stress, even mania and depression, might find that motivational tips and tricks and New Years’ resolutions and the habits of highly successful people offer little long-term benefit. What *has* helped me, though, is to recognize the authenticity of my longing —my longing to be busy with a life I love, to hold my time sacred, to be put to the very best use. Grounded in that truth, I become less susceptible to the forces that would keep me busy with anything else. Holding my time sacred, I naturally hold others’ time sacred, too. I become reluctant to comply with anything that puts anyone to poor use.

Thank you for taking a few minutes of your precious life to receive these words. I know you must be busy.

Δ



“The moon does not fight. It attacks no one. It does not worry. It does not try to crush others. It keeps to its course, but by its very nature, it gently influences. What other body could pull an entire ocean from shore to shore? The moon is faithful to its nature and its power is never diminished.”

– Deng Ming-Dao, “Everyday Tao: Living with Balance and Harmony”



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