



The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 11 Issue 10 • October 2023

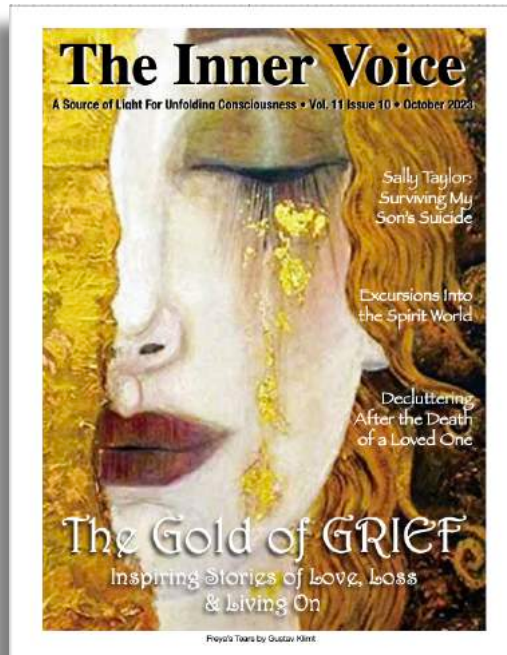
Sally Taylor:
Surviving My
Son's Suicide

Excursions Into
the Spirit World

Decluttering
After the Death
of a Loved One

The Gold of GRIEF

Inspiring Stories of Love, Loss
& Living On



"Freya's Tears" by Artist Gustav Klimt

"[God] permits suffering for his loved ones only in order that He may, in his own time and in his own way, bring greater good to them than they would otherwise know. This is the real miracle that He works for us. So you must ask Him for the grace to believe that somehow, some way, some time your loss and the pain it brings will be turned into a blessing for yourself and others. This is the only answer to grief a poor one, perhaps, when measured by our need, but the only effective one."

—Quote from **Grief, How to live with sorrow**
Written by Fr. Vincent P. Collins

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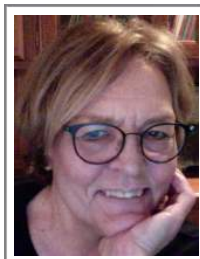
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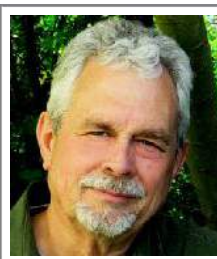
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What would you love to read in future issues? Email your ideas to us! theinnervoice@gmail.com



Golden Light Healing

DREAM • EXPLORE • DISCOVER • GROW

Located just 15 miles from Green Bay, Wisconsin

UPCOMING EVENTS ~ Check our website for complete listings!



Your Hosts

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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. Lodging options are available.

www.goldenlighthouse.net

LISTEN TO YOUR BODY AND HEAL YOURSELF WITH MATT SCHMIDT

November 7, 1:30-5:30PM. \$75 A life enrichment workshop to learn self-healing

MEDIUMSHIP TRAINING

November 16-17. 9:00-4:00PM

AWAKEN YOUR INTUITION

November 25, 9:00-1:00PM

Followed with:

TRUSTING YOUR INTUITION

November 25, 2:00-6:00PM

ANCIENT CELTIC IRISH SHAMANISM

with **Amantha Murphy** from Ireland

March 23-25, 2024.

Lodging options available.

Join international teacher and author, Amantha Murphy, as she shares these ancient Irish Celtic traditions.

SEIDR NORSE SHAMANISM WITH IMELDA ALMQVIST

April 4-7, 2024

PERUVIAN SHAMANISM TRAINING WITH JOSE LUIS HERRERA

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Join Peruvian native and international teacher, Jose Luis Herrera, for this powerful training on Peruvian Shamanism. This 4-part series of four long weekends in which you will develop a medicine bundle or mesa, that becomes your animistic map of transformation and healing across the medicine path.

DRUM MAKING WORKSHOP WITH DAVID WILINSKI

October 13, 6:00-10:00PM



Register online now for our Workshops and Sessions! www.glh.as.me

Dear Readers,

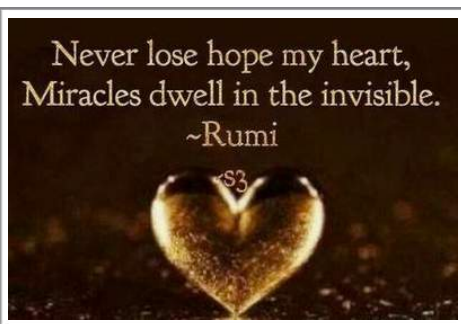
It's been said there are two times of the year... October and waiting for October. It's the time in the yearly cycle where the leaves die and recycle back to earth to support new growth in the spring. This brings to mind our own end of life cycle. Even though we are reminded of the death cycle, I love the beauty that October brings. It is a metaphor for clearing the way for new life that will surely follow.

In this issue you will read some beautiful stories of how people have come through grief and loss of a loved one, and also realizing there is a gift in their passing. I didn't like hearing that idea when my beloved sweetheart died in 1986, but I was blessed with the gift of communicating with the Other Side that I am sure could never have happened otherwise! The sting of death gets our attention! And in the throes of grief, there is a promise on which you can place your hope and trust. Your life will come alive with new opportunities to grow in ways it was not possible before the loss. Stay tuned to the inner voice of the angels and guides and you will know the blessings and special gifts when they arrive. If you need comfort and support through the days, contact me, I am ready to help.

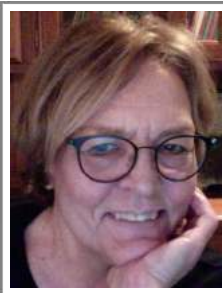
Please note I commonly use Christian terminology as that is the culture I was raised in. But the Angels and Beings of Light are whoever you want them to be. Call them by whatever name you choose and know that it does not diminish their brilliance.

So, pan for the gold in this issue. It is shining with valuable insights and healing.

Nancy



Angel Talk™



The Gold of Grief

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

In the many private readings I have done over the years for people who have lost a loved one, a stunning theme emerged. Regardless of how quiet or how tragic their deaths, the deceased never wanted their loved ones to grieve or suffer their loss in any way. Instead, they asked them to celebrate their completion on Earth, and to bless their journey into a new life in the next dimension.

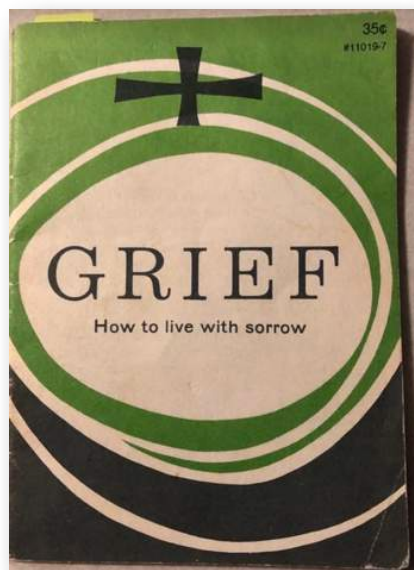
They often described the place they were in as “glorious beyond words” so, to be sad over their passing is ridiculous if we could but know the joy they feel. Indeed, the only sadness they felt was when they thought of the loved ones they left behind, and would feel their pain of that loss. In my work as a medium, in nearly every reading in which I contacted the deceased, they showed humor and lightness, trying to uplift and make their loved ones smile. In all cases, the spirit of the deceased asked for their loved one’s blessing and release, so both could go on.

A few days following the sudden death of my sweetheart in on November 18,

1986, I picked up a pamphlet I found at an AA office entitled, “Grief, How to Live with Sorrow” written by Fr. Vincent P. Collins; (17th printing 1985 ©1966 by Abbey Press). The words written in this 35 cent pamphlet quite literally saved my life. They gave me hope I could somehow survive the grief.

The first thought that I desperately clung to: *“In short, in the face of grief, there is only one thing to do, have faith in the infinite wisdom and love and power of our all-loving Father. Even though this may seem inadequate to you, it is nevertheless the only thing that will sustain you while grief runs its course. There is a reason, a good reason, why my loving God has allowed it to happen. Someday He will make it known to me; but until then, I will ask Him to sustain me.”*

“What have I done to deserve this?” – Nothing. When will we learn that suffering is not necessarily a punishment visited upon us by a vengeful God for our sins? The Saints could tell you one and all, that sorrow is sometimes the only thing that can shape us into the wonderful person that God intended us to be... He did not will your suffering, your loss. He permits suffering for His loved ones only in order that He may, in his own time and in His own way, bring greater good to them than they would otherwise know, This is the real miracle that He works for us. So you must ask Him for the grace to believe that somehow, some way, sometime your loss and the pain it brings will be turned into a blessing for yourself and others. This is the only answer to grief—a poor one, perhaps, when measured by our need, but the only effective one.



Continued on page 5

*"I saw grief drinking a
cup of sorrow and
called out, 'It tastes
sweet, does it not?'
'You've caught me,' grief
answered, 'and you've
ruined my business.
How can I sell sorrow,
when you know it's a
blessing?'"—Rumi*

Angel Talk from page 4

If you have faith, if you believe that there is an eternal Creator and Conserver of all things, and if you can believe that He loves you with a love that you cannot even imagine, then you have the priceless balm that you need to heal the wound of your soul. You can pray, "Dear God, I know that You love me with an indescribable Love, and so would not let anything happen to me that is not for my good. You are infinitely powerful, and in your divine Providence, You can take care of me, and even bring good out of evil. I beg you to help to accept my loss, to believe that it is for my good and the good of those near and dear to me."

Perhaps you do not believe. In that case, it will still help you to pray as if you believed. You may feel that you are talking in a vacuum, but force yourself to do it, and conviction will come. If your prayer be only an act of humility, a mere bowing of the head to the inevitable, it will have its reward.

In short, in the face of grief, there is only one thing to do: have faith in the infinite wisdom and love and power of our all-loving Father. Even though this may seem inadequate to you, it is nevertheless the only thing that will sustain you

while grief runs its course. "There is a reason, a good reason, why my loving God has allowed it to happen. Someday He will make it known to me; but until then, I will ask Him to sustain me."

The author goes on taking you through the stages of grief that were quite helpful in understanding what I was experiencing at the time. I was just 36 years old and I clung to this booklet. It helped me somehow believe that I would be sustained throughout the stages of grief and survive it all.

Something else quite curious happened during that time. As I prayed to get through the ordeal alive, I made a desperate promise to God (if He was listening) that I would help others so they

didn't have to suffer like I was. I had no idea what that meant, or if my prayer would be heard let alone answered! But, in an instant I heard an inner voice inside my head ~ the voice of an angel who said, *"This is not the end, Dearest Nancy, this is just the beginning!"* The angels later told me that they finally got my attention and said that our work together to help others through grief and healing could finally begin!

This marked the beginning of my channeling and mediumship work. The result of talking with the angels gave me an intense desire to share what had happened to me, along with the angel's messages to the world to inspire others that they, too could heal and move through whatever was challenging them.

Publishing this magazine is a part of the fulfillment of my promise to help others; a gift I was blessed with for having moved through the devastating sorrow to the other side of it. *There's gold in them thar hills.** And may I add, valleys.

△

"There's gold in them thar hills" originated from Mark Twain and expresses the belief in abundant opportunities for wealth and success linked to the California Gold rush in 1848-9.



Nancy and Jerry three weeks before his death in 1986

Get a Reading!



Angel Guidance Readings with Medium Nancy Freier

If you're experiencing a challenge and need the Angels' unique perspective to understand and resolve it, get a reading! The Angels see the bigger picture of your life and where you're heading, and they are ever-present to wisely and lovingly guide you through whatever you are facing. Mediumship readings bring you messages from those on The Other Side of the veil. Readings are available written through an automatic writing technique, or verbal via phone, Zoom, or Messenger by appointment. Get a reading! E-mail NFreier@aol.com

Welcome to the Angel Guidance Group

Nancy leads the group into a growing awareness of those in the higher realms and the ways they guide us through the lessons and challenges we face. Join us as we explore the methods of communication, share our enriching experiences with spirit, and discuss enlightening Q&As with the Angels. The term "angel" may have roots in Christianity, but they are whatever you want them to be ~ Messengers from the higher realms of spirit who come to guide us.

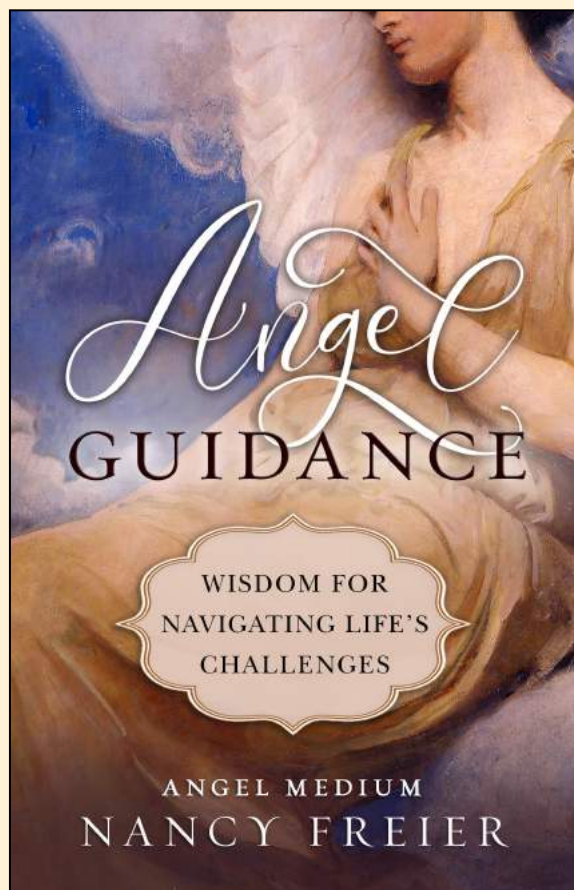


Saturday, October 14 @1pm CST

11am Pacific • 2pm Eastern
Sydney/Melbourne • 6am Sunday

[Click HERE to Join](#)

Sponsored by *The Inner Voice* and
Wendy Zammit of the *Friday Afterlife Report*
and the *Global Gathering Group*



**Click [HERE](#) to get
Nancy's book**
Available on Amazon

Book includes over 150 questions asked of the Angels. The universal nature of their responses will inspire you to heal body, mind, spiritual and emotional issues facing us today.



Other Realities Owl: Messenger Between Worlds

Pat Gullett is an artist and instructor in Connecticut. "The woods, hills, shores, and wildlife are my inspiration. My art reflects and transforms my life. I am a painter, mixed media artist, jeweler and guide on the inner journey." www.patsartfullife.com www.patgullettdesigns.com www.artisticwaytoenlightenment.com

Other Realities Owl is the messenger between the worlds since ancient times. She holds the ancient wisdom of the ages. Athena called on her, as well as her Roman counterpart, Minerva. Plus, carrying the owl amulet promised inner knowing, seeing through the darkest times, and prophecy.

The Ancients believed owl carry insights and inspiration through the ethers to anyone tuned in enough to listen. That's why so many inventions, solutions, and amazing ideas are created simultaneously by different people in various parts of the world.

Other Realities began with the Sacred Geometry of the Circle of Spirit in the Square four directions of Earth. Then Owl appeared, dividing the above from the below, bringing in balance and knowledge. This also shows our coming Full Moon, beacon of the night sky, illuminating the land and showing us our truth.

Our world is so much more than just what we can see. Our eyes were first developed to see underwater, and so our range of vision is limited to a small spectrum. The electronic spectrum is made up of photons and wavelengths. The human eye sees only about 0.0035 percent of the entire rainbow of electronic colors.

Many animals have a far greater visible vision than we do and see a totally different world. For example, while humans cannot see radio, infrared, ultraviolet, X-ray, and gamma-rays, which are all around us but completely invisible, animals

can see many of them. Birds even see magnetic fields for their migration paths.

Animals are said to see other worlds as a vast field continuation of ours. They easily go from one reality to another all through the day. Cats and especially dogs, but really all of the creatures close to the land, moved easily through to an astral world. In addition, it looks just like ours but is 'seen' in a different wavelength. Tune in and you can see the vision in your minds eye. Believe it and you will experience it.

We travel too, but our minds limit what we can believe and therefore what we remember as our reality. Dreams are so fleeting, as are visions, connections, and

interactions in other realms. Our brain has to tune into a Theta wavelength as with drumming, chanting, dreaming, or meditation to 'see' other worlds. But the world of the imagination holds an energy and is just as real, if not more so, that what we see.

Other Realities turn inspiration into our visible reality. Is it reality, imagination, or magic? Yes, to all three. Magic is just what we don't understand, yet! Doesn't mean it's not real. We become like owls of the twilight, and bring back ideas, concepts, and directions from the Other World of Wisdom. Is it touching on some Universal Consciousness full of knowing? Possibly, but it is often surprising and something you never thought of before. It's like love...we can't really explain it, it's often invisible, yet it's a deep undeniable feeling.

You make it your reality as you adapt it to your life, write it down, or create art about it. Like music, new recipes, or a painting, you make visible to our world the insights from the Other.

So, find some quiet time. Put yourself in a receptive mode while doing something without thinking. Pay attention to images that float into your waking self and write them down. Also, ask questions and allow time for answers to come from 'out there'. You may discover the seeds of some original concept never seen in the visible world before. These are our authentic gifts to 'reality.' It's why we're here.

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Other Realities Owl painting by Pat Gullett



Excursions to the Spirit World: A report of personal experiences during conscious astral projection By Frederick C. Sculthorp

A friend, knowing how much I love to investigate other people's experiences with OBE explorations, recommended this book. Published in 1961, it is extremely rare to find it in a print version. I found it in the form of a pdf.

One of my favorite authors is William Buhlman who has now authored at least five books on the topic and has also been one of the featured trainers at The Monroe Institute. A couple of the previous book reviews over the last two months for The Inner Voice magazine has also been covering this idea of Astral Traveling, OBEs, etc., and some of them have even attended The Monroe Institute to fine-tune their abilities.

In *Excursions to the Spirit World*, we encounter an author, a simple shop keeper

living in London who, over the years since 1934, somehow developed the rare ability to go astral traveling quite naturally. When his wife died, Mr. Sculthorp tried his hand at astral traveling, and after much practice found he could actually visit the spirit world on demand, or with the assistance of spirit guides!

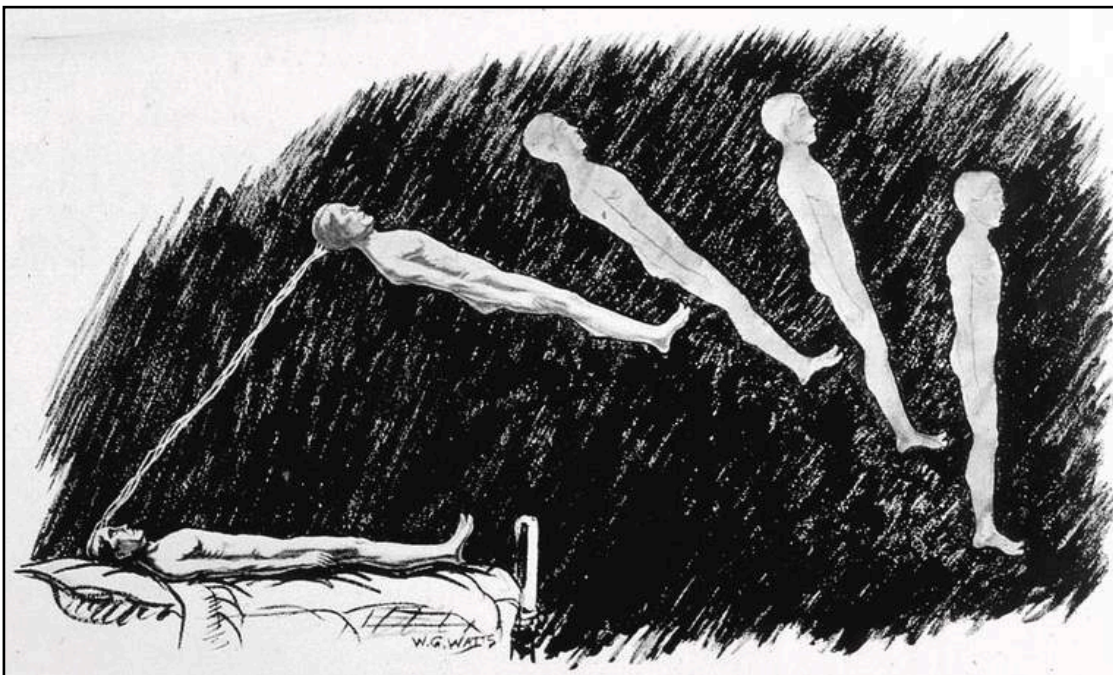
One of the things that I enjoyed the most about this book is the intimate nature by which he uses to describe his encounters in the astral realms. Each chapter seems to start with him reclining in his easy chair at some point during the day or evening, upon which he would go out-of-body in most attempts.

In the introduction, this ability is classified under the broad term, "Psychic Science" and is then referred to as "traveling clairvoyance," or more

precisely "clairvoyance into the distance." The introduction goes on to say that Mr. Sculthorp was a very modest man and one not taken to bragging.

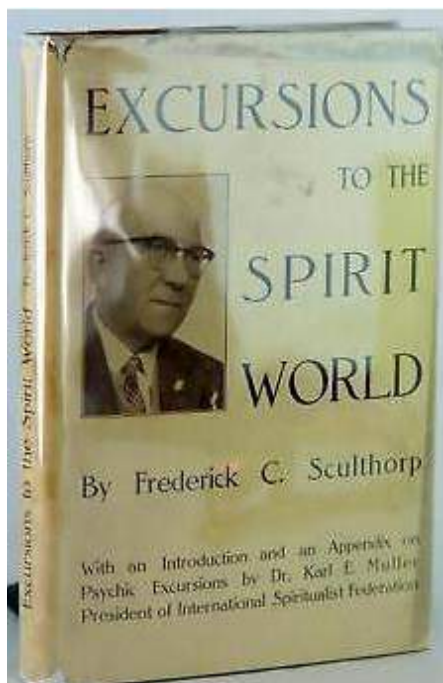
"What Mr. Sculthorp has learnt by his many visits to various spheres in the Beyond made him a happy man in a quiet and unassuming way, and in his modesty he would never have thought of presenting his experiences to the public. On the contrary, he was afraid he might eventually shock the feelings of many who cherish certain ideas about the next world, and might not find them all confirmed by his report. However, the enormous variety of conditions in the various spheres has to be considered, and these reflect all kinds of human thought and all stages of development. In any case, his report represents a most valuable addition to our knowledge of the spirit world as gained by means of conscious astral projection."—Dr. Karl E. Müller.

After the passing of his wife in 1934, Mr. Sculthorp became aware of a number of research books on the various subjects about the afterlife and immediately became an avid student of this material. He also visited a medium and then attended "spirit development circles" in order to learn more. Later, he found that between meetings, he began to find that sitting alone at home completely relaxed in an arm-chair brought still better results.



The Out-of-Body Experience Figure 5 of 5: The Astral Body drawn back to the physical body by the cord. 1929. Art by W. G. Watts from an old book by Carrington and Muldoon.

Continued on page 9



Eventually he attracted a spirit guide he called “The Chinese Helper” who made it possible for him to have many powerful and realistic visitations both with humans alive on Earth and also with those living in the Astral realms. He states, “I always arrived at what appeared to be a predetermined destination and my instruction about a particular spirit state followed. For my studies of spirit life there seemed to be a curriculum laid down by my spirit teachers...”

In Chapter Two he describes visits to “The Lower Spheres” – The Plane of Illusion which he describes as the dull states, because afterwards he might be left with a disagreeable after-effect. I would call this region “Lower Astral.”

In Chapter Three he visits what he describes as “The Earth-Like Spheres,” which I would describe as the middle astral region which is a pleasant area where most human souls will find themselves after passing according to their soul's evolution.

Chapter Four covers what he calls “The Brighter Spheres,” or what I would describe as the “Upper Astral” regions. He describes “the vibrations of such places to have a very pleasant effect on the sensitive spirit body, and to be with others of that plane is better still as they emit a feeling of great friendship. This radiation of friendliness is very sincere and noticeable.”

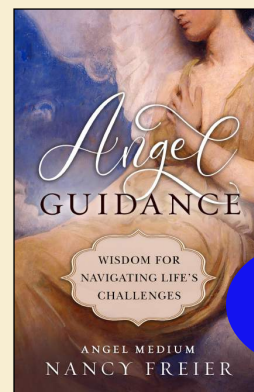
The rest of the book goes on to describe many fascinating areas of interest which I found enlightening in numerous ways. I highly recommend this book, however, unless you are prepared to pay anywhere between \$100 and \$400 to get a copy, [get a pdf version online here](#).

△



On TRUST from Angel Guidance ~ Wisdom for Navigating Life's Challenges

“Change your thought pattern to, “I wonder how God will handle this situation?” ~ and by all means get excited about what will happen! Anticipating miracles sets the stage for miracles. Thought-begets-thought. It matters not, if you wonder or if you worry ~ all thought creates. We say, choose which you prefer. Change worry into wonder. It is that simple.”



[Click HERE to get book!](#)



Steve Freier has been researching death, dying, NDEs, OBEs and the Afterlife for over 20 years. He has read and/or reviewed 100s of books and videos on these and other metaphysical topics. With a passion to share what he has discovered, he is the Moderator and Host of: **Life, Death and the Afterlife**, an open discussion group. In-person meetings are held at the **ADRC of Door County, 916 N. 14th Ave, Sturgeon Bay, WI 54235** **Next Meeting Date: Thursday, October 26, from 1-2:30pm.** A zoom group is coming soon. Contact Steve for more information: sgfreier23@gmail.com

Steve's remarkable healing journey: **“My Road To Healing - How I Ditched My Doctor's Advice and Healed Myself of CLL Stage 4 Cancer”** is available here: <https://amzn.to/3agweoq>



Surviving Our Son's Suicide

Nancy Freier, the Publisher & Editor of The Inner Voice, asked Sally Daniels Taylor to tell the story of how she survived the suicide death of her beloved son, Todd. It is personal, vulnerable and shows strength and wisdom that Sally gained from the experience. Here is her story in her own words.

How do you tell a story that begins with the suicide death of your 17-year-old son? I had experienced much that life has to offer in the 44 years prior to that fateful day on September 19, 2012, but none that so fully altered my perception of self, personal direction, and meaning in life. It was, in so many ways, my great undoing, my dark night of the soul.

Surviving the physical death of our son Todd felt completely out of context and out of time. My reality unraveled. My darling sweet boy, who had promised to take care of me in my old age, had made a conscious choice to leave us behind in a world that no longer made sense without him.

My world had become completely altered. I shifted from plans of starting a new business to suddenly trying to remember how to breathe. I couldn't understand how the sun continued to rise every morning and how people seemed to go about their daily business. I struggled just getting in and out of bed and getting dressed. I couldn't eat. I couldn't sleep. I leaned heavily on my husband John, who I knew was suffering every bit as much as I was, but in that reserved and stoic way that men are expected to grieve. I endlessly wept and screamed, and I wondered how I could feel so much pain and somehow not die from the experience.

As an adult, having left behind the dogma of my conservative Christian upbringing, I had considered myself an open-minded skeptic. If I called myself anything it was "agnostic." I no longer claimed to know what the nature of existence beyond death might be, if there was any form of existence beyond the



physical body. I had always had an interest in the psychic mediums I had seen on television. They were often very genuine and believable, and I was encouraged by the astonishing evidence they seemed to relay of a continued connection with those who had left the physical realm. Prior to Todd's death, my family would usually ask me, "Why do you watch such things?" and "Don't you know it is all a scam?" I wasn't bothered by their opinions because I could remain an interested skeptic and not tie myself to a statement of belief in whether it was real or not. After Todd's passing, I needed to know if any part of my son still existed. Could consciousness survive death? And if it did, what was the nature of that existence? Could I experience any meaningful contact? Would he still know me? Could he still feel my love for him? Was he still our son?

In the days and weeks following Todd's death I experienced a precious few lucid dreams that felt to me like visitations. The most notable was the first one in which Todd vividly stood in front of me and stated that I could not have prevented his death. The visit had an odd sensation of a complete absence of emotion, both coming from Todd, as well as in my own body. It

was just a matter-of-fact statement and then he was gone. The next day my sister Deborah came to check in on me and proceeded to tell me of a dream her daughter Annabel had of Todd a couple of days earlier. She described in detail the exact same dream I had the night before, down to the detail of the missing sense of emotion! I was so astonished I couldn't even tell my sister of the synchronicity with my own dream. On another occasion, I was alone at our family farm in Texas where Todd's body is interred. I slept upstairs in one of the cabins we had built for overnight stays. Todd suddenly appeared to me in a dream and told me how sorry he was for the pain he had caused to all who loved him. Again, it was very matter-of-fact and then he was gone. Could these experiences be based in any kind of reality outside of my own dreams and imagination? Was this a form of contact with my son? Was he really trying to relieve my guilt and grief and pain, or was it just my own psyche trying to survive an unbearable loss?

I became a woman on a mission to understand the nature of existence and consciousness. I read everything I could get my hands on... the lay versions of quantum theories and experiments that proved conscious intention and interaction alter physical matter. I read about evidence of reincarnation, near death experiences, deathbed experiences, and out of body states. I read spiritual texts from a wide range of cultures, mystical traditions, and philosophies. I began to meditate as a way to cope with my grief, but also as a personal experiment to explore the mystical and Eastern philosophies. I watched mediums channeling spirits to

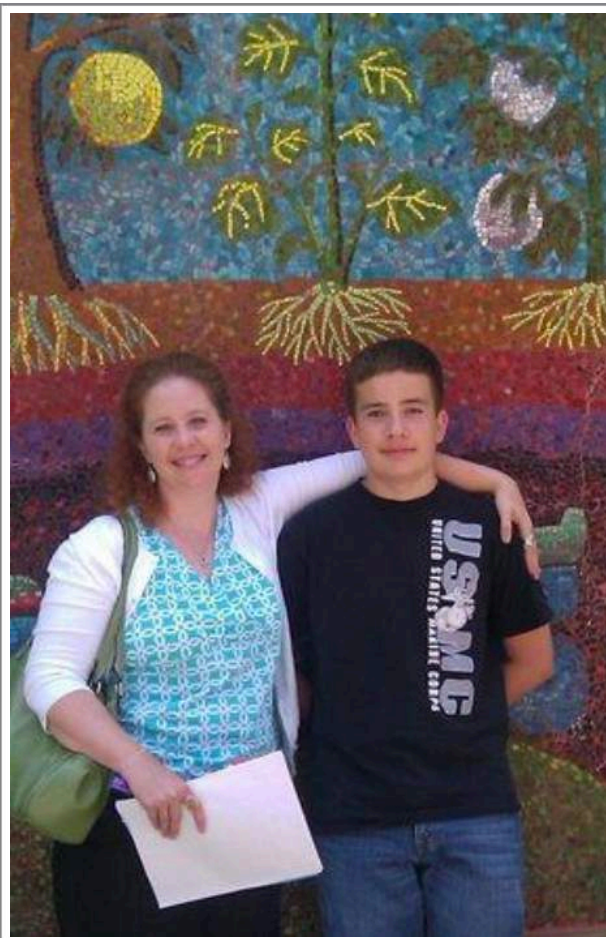
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discern for myself their believability and reliability. With mixed results, I sat with mediums in person or by phone to see if they could connect with my son in ways that felt real and validating to me.

Seven months after Todd's funeral, my father contacted his nine children to inform us that he had developed advanced stage prostate cancer and that his life expectancy was limited to a few months. He had chosen not to pursue any treatment. I went home to Texas to serve as his primary caretaker for the last three months of his life. My father may not have realized it at the time, but by allowing me to assist him through his transition, he provided me with a great gift. My father and I talked about the meaningful elements of life and how those things colored our perceptions and our experience. I was able to watch my father as he began to let go of this reality and move into another. Ultimately, I was able to hold his hand and "catch his last breath" as he had instructed me to do.

There were a few astonishing things Dad related to me in his last couple of days of lucidity, but the two most meaningful for me were when he seemed to see and interact with Todd. In one instance he was talking with me and my sister Megan when he looked off into the distance, pointed his finger and asked, "Is that Todd on a plain?" Surprised, I simply responded, "I don't know Dad, but I sure hope so." On the next occasion, Dad had just woken from sleep, opened his eyes, looked at me, and said, "You're not Tom." (I have a younger brother named Tom.) I said, "No, I'm not Tom." Then he looked puzzled and said, "No, not Tom, I mean Todd. I was just talking to Todd in the Celestial Room." All I could think to say was, "I sure hope so."

Over time, my study and focus on the nature of consciousness led me to experiment with methods and processes that others claimed help open you to deeper experience. I was already



meditating, so it was an easy step to include visualizations that were supposed to promote out-of-body states. I soon started to experience a great deal of lucidity during dreams and startling out-of-body experiences. I was becoming convinced of the primary nature of consciousness. I began to experience a wide range of synchronicities and became more aware of sensations in my body that corresponded with these events. Many sources claimed that awareness of and communication with non-physical persons was a skill that could be learned. I have always been a good student, so if these things can be learned, then why should I be less able than anyone else to learn them.

I looked back on experiences throughout my life and began to wonder if the odd (occasionally lifesaving) coincidental thoughts I had once chalked up to my imagination might actually have been communication from someone outside of myself? I started to differentiate between the negative internal voice that

created doubts and difficulty, and the more empowering positive messages that seemed to be a voice separate from my own; the voice that made leaps of logic and creative connections that seemed beyond my limited capacity. I began to suspect that this physical existence is the dream, and that the greater reality truly is Consciousness itself.

I am now 11 years into my journey as a parent of a child in the non-physical. My relationship with my son and my father continues, as does my connection with many other transitioned family members and guides. I now confidently rely on my personal guidance and connection to further my own growth and healing and I've discovered that this skill can be helpful to others, as well. I feel it is important to share validating evidence that we are vastly more than this physical body which our egos so readily identify with, and that our connection with and love for each other continues beyond physical death. We never really die. We simply cross a threshold to the next conscious state.

Nancy: *It has been my experience that when one goes through the fire of grief after a loss of a loved one, there is a gift or a blessing that comes. Would you agree, and what was this for you?*

Sally: Yes, I agree! For me it has brought out a greater empathy and compassion, and an openness to discovering the Greater Reality. I often say that grief has the potential to crack you open, or shut you down. It is up to us to decide which direction we will allow it to take us.

△

Sally Taylor is a native of Texas and now resides in Covington, Georgia. She is an artist, art educator, sound and energy healer, spiritual instructor and psychic medium. You can join her Facebook group "The Thinning Veil" and follow her on Facebook ~ "Sally Taylor Psychic Medium." Email: edenhound@gmail.com



Author, Artist, Blogger Robert Moss

Wakeful Ecstasies of Swedenborg

By Robert Moss | [Robert Moss Blog](#)

Emanuel Swedenborg (1688–1772) was the son of a Lutheran bishop attached to the Swedish court. Living at the dawn of modern science, he mastered all the sciences of his day. He was driven by a passion for knowledge. He became fluent in nine languages. He made his own telescope and produced designs for a submarine and an airplane. He published a whole library of scientific treatises on subjects ranging from algebra to fossils, from hematology to the brain. In the words of one of his biographers, “He exhausted all the known sciences after founding several of them.”

Then he brought his towering intellect and his experiential approach to the study of the unseen. He was called to the new work by his dreams. In his fifties, he began keeping a dream journal in which he was wholly frank about erotic dreams as well as spiritual adventures. In

twilight states, between sleep and waking, he found himself being drawn into experience of a deeper reality. Surfacing from sleep, he found himself entering “wakeful ecstasies.”

I lay awake, but as if in a vision; I could open my eyes and be awake if I wanted to, but yet I was in the spirit — there was an inward and sensible joy through my whole body.

In the city of Delft, on the night of April 6, 1744, Swedenborg experienced the vision that transformed his life and work. Retiring early, he wrestled with an entity he described as the Tempter. After his struggles, he heard a noise under his bed, which he interpreted as the departure of this dark being.

He started shivering uncontrollably. He was at last able to snatch a few hours’ sleep. Then: *I trembled violently from head to foot and there was a great sound as of many storms colliding, which shook me and threw me on my face. In the moment I was thrown down I was fully awake and saw how I was thrown down.*

Terrified by this wholly vivid experience of being propelled outside his physical body, Swedenborg prayed for help. As he held up his folded hands — the hands of his subtle body — “a hand came which clasped mine hard.” He found himself in the presence of a radiant being he took to be Christ.

I saw him face-to-face. He spoke to me and asked if I had a certificate of health. I answered, “Lord thou knowest that better than I.” He said, “Well, then act.”

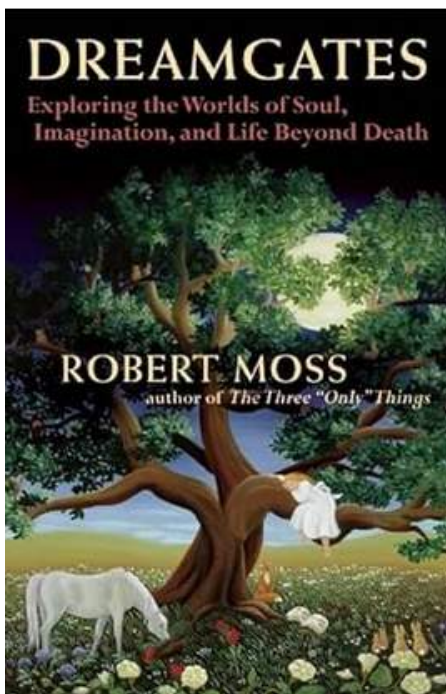
Afterward, Swedenborg found himself traveling far and deep into non-ordinary reality in a state that was “neither sleep nor wakefulness.” He conversed and interacted with beings in the spirit world “the same as with my familiars here on

earth, and this almost continuously.” He conversed with dead people “of all classes,” including many people he had known during their physical lives. They gave him information he was able to verify and put to use. These encounters gave him a firsthand understanding of the conditions of the afterlife. Previously, his religious faith had convinced him that the spirit survives physical death. Now he could begin to study *how* it survives.

He gained important insights from encounters with departed people he had known before their deaths. He discovered that dead people are frequently confused about their situation because they cannot distinguish between the physical body and the subtle body. During the funeral of Christopher Polhem, one of his former teachers, Polhem “came through” to Swedenborg, “asking why he was buried when he was still alive.” The dead man was puzzled by the fact that, while the priest sermonized about the resurrection of the dead at the Last Judgment, “He was still alive” and “sensible of being in a body.”

Swedenborg’s observation of the condition of other spirits in the afterlife led him to formulate the important observation that *when a man dies, his soul does not divest itself of its peculiarities*. He observed the condition of the executed nobleman Eric Brahe and reported that two days after his death “he began to return to his former state of life, which was to love worldly things, and after three days he became just as he was previously in the world.”

The departed follow the path of their desire and understanding. In his soul journeys, Swedenborg tracked them into many regions in the Otherworld. He encountered an angelic guide who told



[Dreamscapes](#)

him that the “other members of his society” were appalled by the “crass ignorance” of the real conditions of the afterlife that prevailed among Westerners even after they took up residence in the spirit world.

Swedenborg’s mentor told him that *angels* of his rank are instructed to gather newly arrived spirits, find out their ideas about heavenly joy — and give them what they desire. “You know that everyone that has desired heaven...is introduced after death into those particular joys which he had imagined.”

For example, there is a heaven for big talkers and another for big eaters. There is a paradise for those who believe the promise that they will rule with Christ forever; they see themselves enthroned as kings and princes. If you think of heaven as a beautiful garden, you get to smell the roses. But in all cases, according to Swedenborg’s mentor, you will be bored to distraction within two days.

Now that you are ready to move beyond your expectations, the guide assigned to you can begin to instruct you on further possibilities. By one means or another, you will learn that happiness requires “doing something that is useful to ourselves and others.” Swedenborg’s angel explains that heaven is not a fixed environment or program of events, but a state that *corresponds* to — or is actually created by — the spiritual condition of its inhabitants.

The local clergy were not enthusiastic about Swedenborg’s road maps, or the fact that his example might encourage others to go exploring for themselves. Inflamed by Swedenborg’s observation that few priests (“that order of which very few are saved”) seemed to prosper on the other side, a Swedish minister plotted to have him judged insane and committed to a lunatic asylum.



Illustration from Swedenborg Foundation

Swedenborg’s geography of the afterlife was the gift of experience, which invites us to go beyond his maps, just as he went beyond the maps of previous explorers. His basic travel techniques will be recognized by active dreamers. They include:

Deep relaxation: He would close his eyes, focus his attention on a single theme or target, and slow his breath. He first practiced this approach, especially breath control, in childhood during morning and evening prayers. He spoke of the “passive potency” of his meditation practice. The heart of it was to “withdraw the mind from terms and ideas that are broken, limited, and material.”

Experiment in the twilight zone: The half-dream state on the cusp between sleep and waking was Swedenborg’s favorite launchpad. He described this state as “the sweetest of all, for heaven then operates into [the] rational mind in the utmost tranquility.” He worked with both spontaneous and familiar photisms. For example, he writes of an “affirming flame” that would appear on his inner screen at the start of a journey or in the midst of a writing binge, reassuring him that conditions were favorable and that he was on the right track.

Soul journeying: Swedenborg developed a fluid ability to shift consciousness and travel beyond the

physical plane. “When I am alone my soul as it were out of the body and in the other world; in all respects I am in a visible manner there as I am here.”

Night and day, he lived and worked as an active dreamer. His banker friend Robsahm observed that Swedenborg worked without much regard to the distinction of day and night. Swedenborg himself noted, “When I am sleepy, I got to bed.” He kept a fire going at all times, drank large quantities of coffee with a huge amount of sugar. His dress at home was a robe in summer, a reindeer coat in winter.

Across the centuries, his words echo as a clarion call to new generations of explorers who refuse to settle their accounts with possibility and just *do it*: I am well aware that many will say that no one can possibly speak with spirits and angels so long as he lives in the body; and many will say that it is all fancy, others that I relate such things in order to gain credence, and others will make other objections. But by all this I am not deterred, for I have seen, I have heard, I have felt.

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Text partly adapted from [Dreamgates: Exploring the Worlds of Soul, Imagination and Life Beyond Death](#) by Robert Moss. Published by New World Library.



OCTOBER 2023 - COSMICTOLOGY FORECAST

Cheers and Happy Solar Return to my October Libras and Scorpios!

By Andria Nikoupolis Weliky

Greetings Seekers of the Stars! I invite you to cozy in with your favorite bone warming brew as we unpack what treasures and trinkets the cosmos have in store for us this month.

We open our October chapter with Venus just about to clear her shadow from her big retrograde journey through Leo. After venturing into the underworld, disrobing and then recovering to be born anew in her Venus Star Point, she takes her debut or Helical Rise, as a morning star. She is stronger, in fact, I'm hearing the chorus line from the song *Stronger* by Kelly Clarkson, "What doesn't kill you makes you stronger."

Themes of harmony and cooperation, coming together, relating and values may have been challenged or brought to the surface for a reassessment in the past couple months. Venus in Leo, the sign of autonomy and authenticity, what we value and where we bravely and courageously are walking our truest self, is now revisiting with and being reinforced by a trine with the North Node in Aries. This benefic union can really elevate the need to take adventurous steps to follow the heart and what is undeniably coming from our true self.

We are also greeted this month by a grand trine between Mercury, Pluto and Uranus. Trines are flowing and typically are of the same element; this Three



Musketeer equation is in the element of earth, and with it brings topics of things that can be measured and weighed, a continuous cycling of health, discernment, the body, structures that support, and resources that provide and sustain.

As lovely as trines can be, granting blessings and gifts, the grand trine energy can get stuck on the spin cycle, keeping a constant flow without a focal point of action. Fortunately, this grand trine is also aspected by a minor trine, thus creating a kite. The kite provides the creative skills, allies and constructive energy with a direct outlet. This kite formation is flying high over the ocean with Neptune in Pisces at the apex pulling in empathy, higher consciousness, and enlightenment around earthly matters. Pluto stationing to go direct or forward motion after being in retrograde since the first day of May, will emphasize transformative action. With this signature, I am hearing Yoda, "Try not. Do or do not, there is no try."

On October 11 Mars makes his ingress into Scorpio, ahhh, "Home sweet home," he says. This is where he can do what he likes to do best, dive deep into the mysterious, survive extreme circumstances, and research with deep passion. Shortly after arriving home, he is visited by a trine to Saturn in Pisces.



Continued on page 15

Mars can take a more concentrated action here versus being too hasty or rash. The work put forth under this transit is for the long haul and the fruits will take much needed time to ripen. To see where this plays out personally, check what houses this falls in for you in your natal chart.

A New Moon Annular Solar Eclipse at 21 degrees Libra and eight minutes on October 14, where can we share joy and nurturing, and how joyful are we when we share it? In this new beginning the topic of relating and partnering skills are highlighted.

Partial Lunar Eclipse at five degrees Taurus and nine minutes on October 28, where can we come together with community to build a bridge or structure of connection and endurance? A culmination centered on the senses and how needs are being met is the focus here.

Happy Samhain and All Hallows' Eve on October 31! Venus will trine Uranus this day bringing a dose of artistry and creativity of an unusual or unique nature. Sounds like the perfect time to dive into the Mary Shelly story (author of Frankenstein) or explore your unique style in your own creative laboratory.

Plant teachers to turn to this month include: Yarrow and Rose for digestion, wound healing, menstrual cramps and anxiety; and, Feverfew for migraines and arthritis. Remember this is not medical advice but a path of exploration and wonderment.

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If you are curious about the planet placements and points in your own natal chart, please reach out to me at: andria@emeraldionalchemy.com



"Keep your face always toward the sunshine ~ and shadows will fall behind you."—Walt Whitman

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Petoskey Stones: Hidden in Plain Sight

I recently embarked on a solo road trip, a practice that is one of my most cherished rituals of self-discovery and connection with mother earth. But since the pandemic, it is a ritual that has fallen to the side. This solo road trip was my first in three years. My destination: Petoskey, Michigan where I planned to connect up close and personal with the October crystal of the month, the Petoskey Stone. Three nights of camping amidst the quiet stillness of nature with my faithful and smiley companion dog, Koda awaited me.

After clumsily backing the camper into my campsite (it's been a while since I've done this), I got everything set up, and headed down the beach. My heart filled with anticipation as I approached the shoreline, and the setting sun painted the sky with breathtaking colors. It was that magical time of day for beach combing, yet something was missing—the water was still, and the gentle waves lacked the vigor to turn over stones to reveal the

ones I was looking for. It was a stark contrast to my previous visits, where these distinctive coral fossils seemed to grace the shore abundantly. Disappointment washed over me, and I couldn't help but wonder how something so apparent on one occasion could be so elusive another time. But, this is how the beach was greeting me on this visit, with a gentle welcome.

Have you ever picked up a wet beach stone, captivated by its vibrant colors and intricate patterns, only to tuck it away in your pocket and find, upon retrieving it later when it is dry, that its allure had vanished? The Petoskey Stone embodies this paradox—it is nearly impossible to spot among dry rocks, invisible in plain sight. But in the water, they emerge one after the other almost as though someone is shining a spotlight on them.

The Petoskey Stone, fossilized coral with its distinctive sunburst honeycomb pattern, serves as a poignant reminder of our planet's rich history and hidden treasures. It is a testament to the notion that answers to life's mysteries often lie right before our eyes, waiting for us to take a closer look. Finding these elusive pieces required patience—a quality the Petoskey Stone mirrored back to me. Its medicine was clear: "gentle, gentle, soft, and slow." It beckoned me to embrace a slower pace in a world that often rushes by.

What if we all slowed down a bit? What if we



Petoskey Stones | Photos by Lori Andrus

took the time to truly see what's hidden in plain sight in our lives? The Petoskey Stone, with its quiet beauty, urges us to ponder these questions. My entire journey in Petoskey became a metaphorical exploration of slowing down. I immersed myself in a local author's book, delving into the rich storytelling of the area. In doing so, I expanded my experience, discovering that hidden treasures—whether they be stones or life's lessons—reveal themselves to those who take the time to appreciate them.

In a world that often rushes forward at breakneck speed, the Petoskey Stone reminds us of the beauty of patience and the treasures hidden in plain sight. Like the intricate patterns etched into its surface, life's answers are often right before us, waiting for us to pause, observe, and appreciate. As I returned from my solo road trip, I carried not just a pocketful of Petoskey Stones but also a heart full of newfound wisdom—a reminder that the most profound discoveries often require us to slow down and truly see the world around us.

△

For more about Lori Andrus, her podcasts and her events, see her ad on page 17. Visit: www.LoriAAndrus.com



Lori Andrus with companion Koda combing the beach



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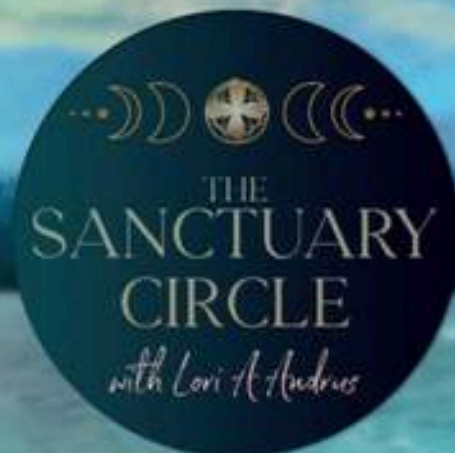
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Naming the Deeper Truth

I was in the kitchen making tea and talking with a friend. I mentioned that Nancy, the editor of *The Inner Voice* suggested the October theme will be on grief. I felt at a loss (no pun intended) about what to write. I said, even though I have felt much grief in my life, there is really nothing for me to say that will help others, which is my whole life purpose.

My friend talked about the collective being in grief for the many horrific ways humans are treating each other and the planet herself. Very true, I said, but I want to write from my own inner experience and I don't feel I can.

Then I paused and I heard myself say: I have many of my own stories ... and my heart still breaks. Suddenly tears came. I had named my truth. Spot on. No long stories. Naming the deeper truth opened the doors to the flow of grief within me, without effort, trying to figure it out, or preconceived intention. My mind was empty; feelings moved up, flooded me and moved through. It was a deeply personal and precious experience.

I realize that my stories were acting as a field of energy, a shield between me and new possibilities of seeing myself and those involved, in a whole new light! Can you relate?

It can be difficult and scary to hear, witness and feel another's suffering. It can also be powerfully transformational and intimate to be patient enough to hold silent sacred space for inner reflection, revelation and emotional movement to occur.

There are many stories I still tell myself where I blame myself. I have often wondered: if only I'd known then what I think I know now. Why could I not see more clearly then? How could I have explored other possibilities and made different choices? These painful inner explorations have tangled my memory, my emotions and my relationships.

I have searched for the ancestral origins: the loyalties to family and religious dynamics, the traumas, known and unknown that shaped generations before me and future possibilities. I have sat alone in my living room many times in uncontrollable tears and heart wrenching pain, reviewing my past and wishing it, and I, were different.

Personal grief can be a tender and vulnerable arena of self discovery when the conditions are supportive of respect, honor and held in sacred space for the feelings, the physical sensations, to arise and actually be felt. Giving space to the feelings supports them to move through, then surprising new perspectives can emerge.

I am learning that no detailed story is really needed to access deep grief. What arises from the true heart is more important and more healing, leading us out of our thinking brain and into the wisdom of our emotional/feeling body.

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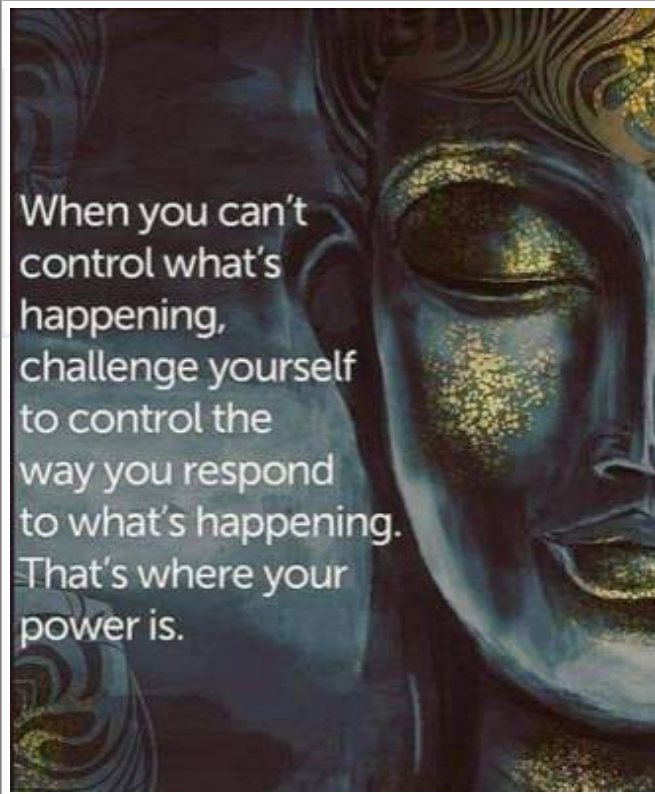
Naming the Deeper Truth from page 18

I have studied with Thomas Hubl for over 10 years. His work addresses the depths of trauma, healing with great heart, wisdom and grace. His work is a profound model for gently and richly discovering and freeing inner traumatic influences.

Our personal or ancestral stories are not to be clung to, nor to be proven right or wrong. Rather they can be doorways to step through into the storage areas of the heart and elsewhere in the body where precious emotions have been hidden, yet hurting us. There is deep healing when we honestly acknowledge our deeper truth and are respectfully witnessed. Discovering the underlying truth of our suffering is precious and holy presencing. The self honesty that emerges is key to honoring our personal journey, and is a doorway to new inner freedom.

△

Do you want to create significant change? Are you in a life transition? Do you want to open to more of your spiritual nature? Beverly's insights, wisdom, clarity, and skilled energy healing work are a magnificent support. Contact her for a complimentary 30-minute consultation. www.beverlybrunelle.com/contact



***F**orgiveness opportunities are never convenient. They usually come on top of weary shoulders. They stand out like sore thumbs because they never appease the ego.*

This is the time to stay above the battleground and let Jesus show you the truth.

The ego is a violent substitute for the truth. Its story is sordid at best, and terrorizing at worst.

There is no movie that could ever take your peace away if you realized it was a movie.

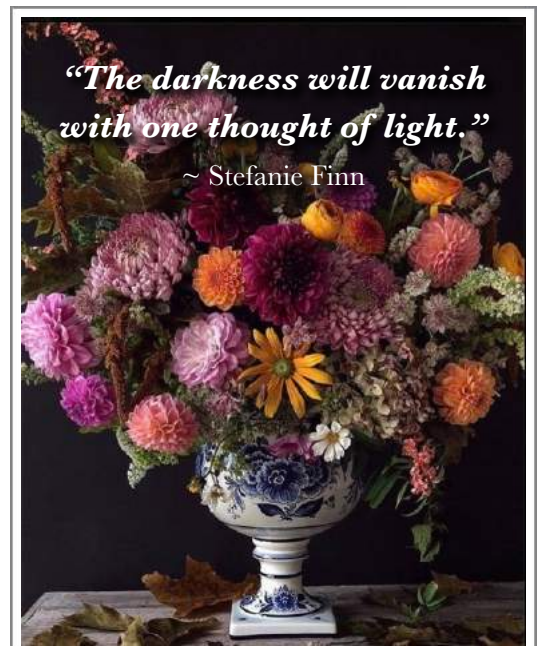
Just notice all the little pin pricks in your mind, the covetness, the jabs of pain, the jagged moments when no one seems to be there for you.

The Prince of Peace will gladly take it from you as you gladly give it over.

The miracle will replace all grievances as it explodes in your mind with light.

△

“Let miracles fall like drops of healing rain from Heaven on a dry and dusty world, where starved and thirsty creatures come to die.”—A Course In Miracles





God is in the Atoms



I've written about perception many times because everything is the outworking of our perception. We are constantly playing out the scenarios we perceive and then taking them in through our own lens of perception because they are what we expect to see. If we chose to see differently, we would perceive differently. Yet, ingrained ideas and beliefs are hard to shift. We are stuck in a rut of what we think we must do to gain this or that. We have beliefs about ourselves and our abilities, and we push ourselves to achieve what we think we must do, or we give in and feel the agony of defeat because we aren't able to hit the mark we've set for ourselves.

In the process of growing we need a larger perspective. We need to open our minds to possibilities, and to a larger

context for reality. Possibility thinking can open windows to a world we did not know existed, just as traveling to foreign countries expands our understanding of other cultures.

In a groundbreaking work, philosopher Ernest Holmes, wrote a book called *Science of Mind*, in which he explained how the mind works and what our potential as human beings really is. From this work an entire movement emerged that is still ongoing. It's all about using the power of our mind for achieving a life worth living.

To demonstrate a larger reality related to this and us, I received an e-mail about someone's near death experience that was very important. The individual who had it commented about how he saw that everything was an atom of God – every atom has God imbued in it and has consciousness, and he remarked at how incredible it was to be given the gift of being a human being this vast collection of atoms! Not just one, but a universe of them! In that, he saw the gifts of all the bombs, all the adversity, everything to help us realize that we are co-creators and that God lives in and through us. Suddenly, we stop seeing ourselves as error. We stop condemning ourselves and others because of limiting expectations. Instead, we see ourselves for what we really are, a magnificent creation, not a fluke.

We were crafted with intention, and when we get the ego separateness out of the way and allow ourselves to move into our true nature, we don't have to chase after anything.

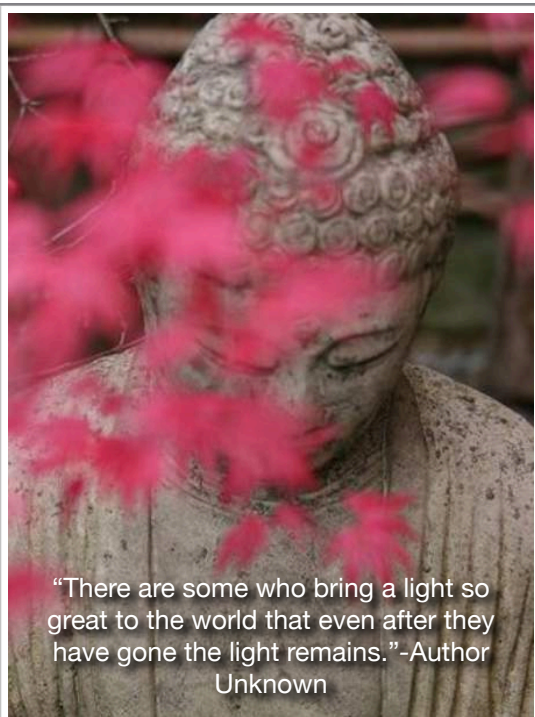
We just let ourselves be. We observe, we pay attention, and we wait if necessary. When it is time for an insight or an opportunity, it will come. *We don't have to make it happen!*

What an incredible idea! What a revelation! Something is working within and without that is bringing cohesion to this whole system of energy called the universe. IT knows. IT engineers. IT crafts and dispenses. We just have to show up, shovel all the excess manure out of our mind field, and allow ourselves to be planted and to bloom as we are intended. Yes, we have to do our part, but our part is not to control. It is to be receptive to hear the still, small voice within, and to follow it with love and with gratitude.

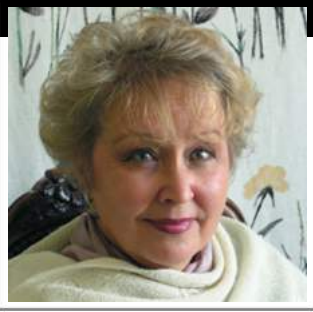
To live a life of meaning is to overcome our own limitations, or those that are placed upon us by the media, parents, peers — whatever external stimulus we see as "the authority." Instead, as Ernest Holmes suggests, stay open at the top and allow the truth to fill us with our purpose and ways of expressing our own special gifts. Then we become the fulfillment of creation. We become the atomic force of God in expression, and our lives have meaning and purpose. The task we have is to let go of limitation. It's that simple...and that hard!

△

Kathleen Jacoby was the former Editor of *The Inner Voice* who made her transition into spirit in April 2019. In her own words she said she is sitting at the feet of the Masters, learning as much as she can about the Greater Universe. She wrote this article in 2011.



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



The River Beneath the River

Meredith Young-Sowers, D.Div. is the Author of: *Agartha*, *The Angelic Messenger Cards*, *Spirit Heals*, *Wisdom Bowls*, and more. She is the Founder of The Stillpoint Foundation and School and has become a watercolor artist. E-mail: mysowers@gmail.com

One of my favorite books of all times is **Women Who Run with the Wolves** by Clarissa Pinkola Estes. Periodically I go back and dip into it when I want to reconnect with what she calls “the river beneath the river.” Her stories show us archetypal figures who help us understand our own emotional tendencies to block our creativity and our very life force.

The River Beneath the River contains both the impressions from our subconscious and also the opening to the renewal and energy of spirit that’s the genuine source of our well-being.

We all believe that the results of our efforts rest squarely on our own shoulders. And yet the river—meaning the current of love that flows beneath our

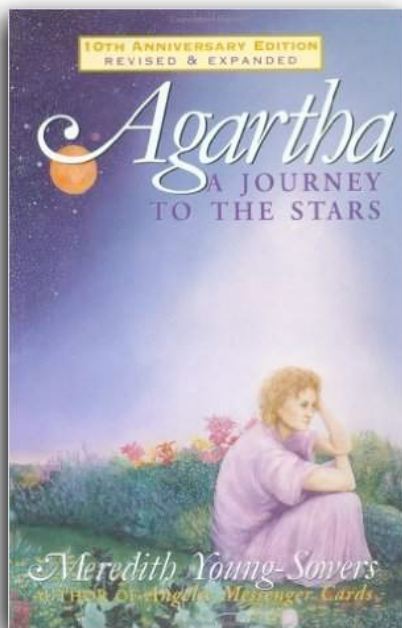
everyday feelings—can be tapped for support, forgiveness and encouragement.

The image of this river beneath the river suggests that we get to know ourselves better, including all the skeletons that lie at the bottom of our emotional riverbed. All the things we’re afraid to admit to ourselves, the bones of old relationships, lost dreams and perceived failures. We have to manage these old memories in order to allow the true flow of the river of spirit to cleanse our pain.

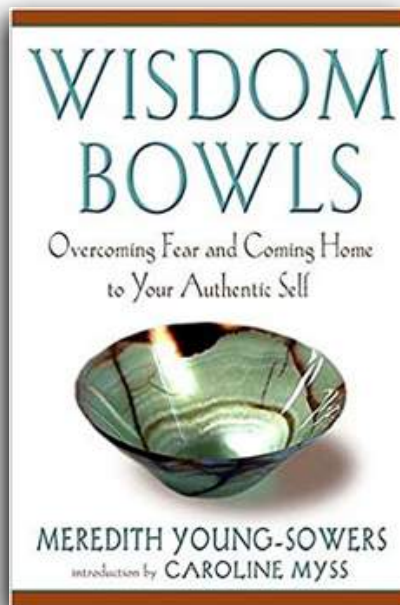
As I imagine this river bed filled with the bones of old experiences that I’d just as soon forget, I remind myself that there are springs of fresh beautiful water (spirit) that emerge through the murky feelings, adding oxygen and renewed life.

~Meditation~

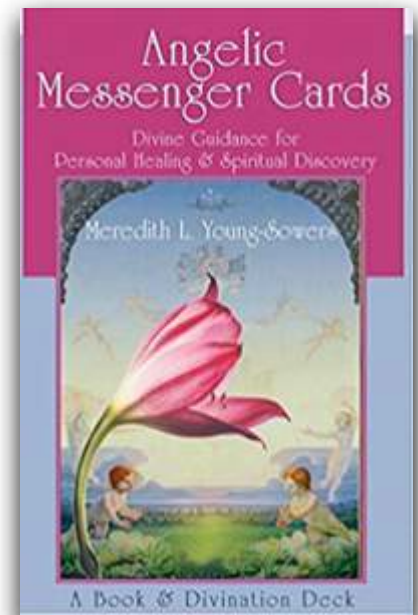
Take a breath and putting your hands over your deep heart, imagine your own murky river bed of the bones of old and present fears and anxieties, and then imagine feeling around with your hands until you find the fresh water emerging to replenish you. Relax knowing that today, right now, you are being re-energized, helped and healed.



Agartha: Journey to the Stars by Young-Sowers, Meredith L. (2006) Paperback



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AFTERLIFE REPORT

Evidence



Presented by
Victor and Wendy Zammit

Science



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Wendy Zammit of **The Friday AfterLife Report** brings you news on authors and experts in the field who present at **The Global Gatherings**. The upcoming guest list was not available at press time, but is available in the Afterlife Report. Check it out!

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London 10 pm Sunday
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Sydney/Melbourne 7 am Monday
New Zealand 9 am Monday

Global Gathering Coordinators:

Wendy Zammit

wendyzammit@gmail.com

Karyn Jarvie

karynjarvie@ozemail.com.au



The Heart Will Always Heal

By JA Dioguardi

*In time, the heart will always heal,
No matter how grave the blow.
The love that forming scars conceal
Remains and proceeds to grow.*

*Though hidden out of ego's view,
Its blossoms will live again;
That disconnected part of you
Keeps questioning how and when.*

*You grieve the loss of what has passed,
Potential left unexpressed,
Yet Source's loving grace has cast
This plan at your Soul's request.*

*The path you need to journey on
Is clear when perceived on high,
And you must trust that what has gone
Was planned with a loving eye.*

*Embrace the now, accept what's real;
New energy then will flow.*

*The life that is your Soul's ideal
Is grander than you can know!*

△



About JA Dioguardi in her own words: "I am a Cosmic Consultant for Change. I inspire, teach, and heal via the vibration of my words." For more of JoAnn's writings visit: www.jadioguardi.com

The Trees Are About to Show Us How Lovely It Is To Let Things Go

Written by [No Sidebar](#)

As the air begins to chill and the nights draw in, nature embarks on a spectacular transformation. It's a time of vibrant oranges, reds, and golds; a time of harvest, of long walks on crunchy leaves, and cozy fireside gatherings. Autumn, with its distinctive, slightly melancholic charm, is upon us. But amid the picturesque beauty of the season, the trees have an essential lesson to teach us: They show us the art and the beauty of letting go.

In the soft whispers of the autumn wind, the trees shed their leaves, painting a multicolored canvas underfoot. This spectacle, occurring year after year, signals the passage of time, the cycle of life, and an inherent wisdom that many of us forget — the wisdom to let things go.

Think of a tree in your yard, its branches adorned with green leaves in spring and summer. As fall approaches, these leaves transform into brilliant hues of gold, orange, and red. Soon, each one disconnects from the branch it once called home, swirling downwards on the breeze to decorate the ground. This process, this grand, silent performance of nature, is about more than just the shifting of seasons. It's a profound metaphor for our lives.

Just as trees shed their leaves, we can also let go. Whether it is physical clutter crowding our living spaces, or the mental clutter clouding our minds — old habits, past mistakes, worries about the future, unrealistic expectations, and toxic relationships — they, like the leaves, can be released. We hold onto these things, sometimes out of fear, sometimes out of comfort, but the trees remind us of the beauty of releasing what no longer serves us.

This shedding is not about loss. It's about creating space. When trees let go of their leaves, they're not becoming less. They are preparing for something new, for the rejuvenation that spring will bring. In the same way, when we let go, we create room in our lives for new experiences, new relationships, new ideas. Each thing we release frees up mental and physical space, making room for growth, just as the tree makes way for new leaves to sprout. Take inspiration from the trees.



Trees do not hesitate. They do not mourn the loss of their leaves. They stand tall, basking in the beauty of the moment, allowing the old to fall away, making way for the new. This fall, as the world around you transforms into a symphony of colors, take a moment to listen to what the trees are telling us. Watch it let go of its leaves. Hear its silent lesson.

As we transition into winter, a time of introspection and quiet, consider the things in your life you need to shed. Let them go. Like the tree, stand tall in your wisdom and strength. Welcome the new space created, and anticipate the joy that comes with growth and rejuvenation. Δ



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Sometimes Life Requires Heavy Lifting



By Joshua Becker

The other day I went for a walk. While walking, I noticed a line of ants crossing the sidewalk in front of me. I stopped to watch.

There were hundreds of them. All in a single line walking from one side of the sidewalk to the other. I don't know where they were going or where they started, but they seemed to be walking with a purpose.

As I was watching, I noticed one ant carrying a leaf. And then I noticed another and then another.

The ants carrying the leaves were walking the same direction, and seemed to be keeping up, but the longer I watched, the more I noticed they were walking a little slower than the others.

I don't know much about ants and I have no idea how they decided which ants have to carry leaves and which got to walk unencumbered.

All I noticed was that some ants were walking peacefully while others were carrying a heavy burden. And it reminded me a little bit about life. Sometimes we walk peacefully. But other times, life requires heavy lifting.

There are some seasons in life where the path is easy and the burdens are light. Health is good, money is in the bank, relationships are healthy, and our habits are serving us.

But there are other seasons where the burden is heavy. Our kids are making unwise choices, employment is hard to find, our physical body is failing, our closest relationships are turning against us, bad news continues to mount with no end in sight.

We look around and everyone else seems to be fine, unencumbered, enjoying their path through life, celebrating successes. But we're stuck carrying this heavy leaf. We're trying our hardest to keep up, but the burden of this season is heavy, and we feel like we're falling behind.

Meanwhile, nobody seems to notice.

I wish I had the words to take it all away for you. But I do not. There are helpful steps to take certainly: talk to someone who has experienced what you are experiencing, rely on others, accept help when offered, remove competing distractions, remember that seasons change, and turn to your faith are such examples. But those words only do so much good. Instead, I'd like to challenge everyone else—those of you rushing swiftly, from one point to another unburdened, without a leaf. Take time to notice those with heavy burdens.

There is a temptation when our burden is light to not notice the heavy lifting being done by others. Or to assume that we have somehow accomplished something impressive on our own. But many times, those with the heaviest burdens are the ones serving society the greatest.

As the old adage goes, "Be kind, for everyone you meet is fighting a hard battle." Today, and even more as we enter the holiday season, look closer at your fellow travelers. And let's be quick to offer a kind word, a helping hand, or a meaningful gift. Some have been carrying that leaf quite a distance.

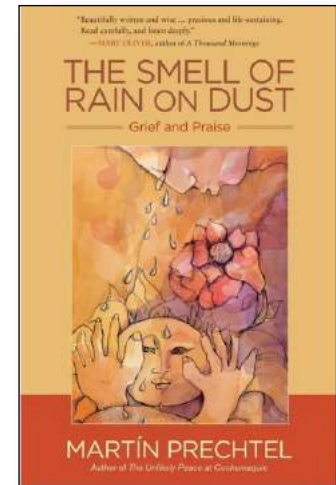
Δ

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From The Inner Voice Library...



The Smell of Rain on Dust

Inspiring hope, solace, and courage in living through our losses, author Martín Prechtel, trained in the Tzutujil Maya shamanic tradition, shares profound insights on the relationship between grief and praise in our culture—how the inability that many of us have to grieve and weep properly for the dead is deeply linked with the inability to give praise for living. In modern society, grief is something that we usually experience in private without the support of a community. Yet, as Prechtel says, *"Grief expressed out loud for someone we have lost, or a country or home we have lost, is in itself the greatest praise we could ever give them. Grief is praise, because it is the natural way love honors what it misses."*

Prechtel explains that the unexpressed grief prevalent in our society today is the reason for many of the social, cultural, and individual maladies that we are currently experiencing. "When you have people who have not properly grieved, the grief shows up as ghosts that ... can manifest as disease in the form of tumors, which the Maya refer to as 'solidified tears' or in the form of behavioral issues and depression. This collective, unexpressed energy is the long-held grief of our ancestors manifesting itself, and the work that can be done to liberate this energy so we can heal.

This little book can be a little extra light for those deep and noble parts in all of us.

Δ

Misted Moments

By Sammi Rae

Moments spent sitting together
on an old wooden bench
Watching evening mist floating
silently over the swale
Tree tops swaying slowly,
afternoon warmth travels in
A deep breath, head drops,
exhaling a hand-held sigh
Resting in silence a time to reset
mid stride — mid life
Body, mind aching for rest,
breathing natures beauty
Mist in the air rises, falls and
drifts in cloud forms
Faces objects angels, animals
blowing in and away
Air thick moisture mixing like
one with silent tears
Staying in a deep wordless
space, the moment holds long

Mind swirling reflecting recent
walks talks healing begun
Life shifts so sudden in and out
like mist on the wind
Seeking, reaching up for
peacefulness in a moment
One long deepened breath
trusting Gods wisdom
For the love of a son taken, lost
too young too soon
Memories the joy happiness he
brought so many
His heart was so large, it could
not be contained
Recognition this was just his
time to leave
Lifted up to the sky in misted
moments
Sitting silent on an old wooden
bench



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Reiki is facilitated through light touch and the recipient is fully clothed. My studio is located in downtown Sturgeon Bay, Wisconsin.

Reiki is a Japanese word derived from 'rei (God's wisdom) and "ki" (life force energy). Combined it translates to "Spiritually - guided life force energy."



End of Life, Death and Reincarnation for Dogs, too!

By Lynn Schuster

There are many concepts and questions about these subjects of end-of-life, death and reincarnation, and as an animal communicator, I have walked through experiences with several different clients and their animal companions.

Many humans schedule appointments with me to enquire about the wishes of their animals. Are they ready to transition? Would they like help? Is there anything that they need to experience before they go? For animals who have already transitioned, their people want to find out what it was like. Did anyone greet them on the other side? Would they like to reincarnate and come back to them?

The universal theme of this work is unconditional love. It is my understanding that all souls come from the same place. It does not matter how many legs we have, if we have wings or fins, if we are warm or cold blooded. All of us come from, and return to, the same heaven. We are all White Light beings and our souls are eternal. We are all children of God.

Caroline and Henry adopted Rocco and Bacci when they were puppies. They were the last two puppies in their litter and they needed a forever home. The

boys were a bonded pair, Caroline and Henry were grateful for the opportunity to keep them together for life. I met them when the boys were 12 years old.

It was in May of 2017 when Rocco was experiencing health issues. Caroline and I talked to Rocco and Bacci several times before Rocco made his transition in December of the same year. He went peacefully at home. Bacci stayed next to him the whole time.

The animals show me that when they transition, they go into the White Light which I consider to be the Light of God. The animals tell me that our transition is the most important moment of our lives.

After Rocco passed, Caroline and I began talking about reincarnation. She was wondering if Rocco would come back to be with her and Henry. How would she find him? Would he be a puppy or would he be an older dog?

Sometimes they find us as puppies and sometimes they 'walk-in' to an older animal's body. Walk-Ins are souls that agree to come into a body that the original soul would like to leave.

Caroline and Henry continued their search for Rocco and in June of 2018, Bacci began having health issues. Caroline and I concentrated on Bacci's health. The last time I talked to Bacci while he was in this body, I shared Reiki with him. It was the day before his transition. Bacci passed on May 12, 2021. Shortly afterward I



Beep and Bop

received a message from Caroline.

"We miss Bacci so much I know he knows what a big part of our lives he was. I hope he and Rocco reunited in heaven. We would love for them to return together, but only God knows the plan."

On August 15 of 2021 Caroline wrote to me wondering if it was time for a check in. She told me that she put applications in at two rescue centers, not for any particular reason, just to get the energy moving and let the universe know that she and Henry were ready to adopt again.

On August 17, 2021, one of the shelters called to let Caroline know that two pups would be arriving the next day... which also happened to be Bacci and Rocco's birthday! Caroline sent me a photo of "Beep and Bop" I took one look at the photo and my heart skipped a beat. When I closed my eyes to connect with these two dogs, I saw both Rocco and Bacci jumping into Caroline's lap. When I opened my eyes to look at the photo again, I recognized Bacci on the left and Rocco on the right.

Caroline, Henry, Bacci and Rocco are enjoying life together ... again.

Δ

Read the entire story here: <https://animalspiritualtalker.com/blog/> See Lynn Schuster's ad on page 27.



Rocco and Bacci



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How to declutter a loved one's personal belongings after death

By Juliana Poplin



In an ideal world, everyone would have decluttered their belongings before they passed. The idea is to declutter now not only to enjoy your home more, but also to lessen the burden placed on family members after you're gone. It can be a great motivator for proactively decluttering your home.

But in many cases, that's not what happens. Some people don't declutter because they were in poor health. Others simply enjoyed their things and didn't want to part with them. Also, we assume we have more time than we do. No matter how you've come to be in this situation of dealing with someone's items, there are practical steps you can take to declutter personal belongings after death. Some cultures do a better job openly discussing death, but in the US we don't do a very good job at this. Most people don't want to think about death, however, the more we are willing to have these conversations and prepare for what's to come, the better off we can leave our loved ones.

After losing a loved one, there are many emotions to process through. First, figure out when the right time is to go through their things. There really isn't a right or wrong answer as it depends on

your circumstances and the timing will vary depending on when you're emotionally ready to deal with their things. Have grace and patience with yourself as you navigate your journey. There is no set time. Do what feels right for you.

If you and siblings have a shared responsibility in managing an estate, discuss when you plan to go through the belongings. Sadly this can be a time when family members struggle to agree. Do your part to maintain peace and realize that everyone deals with loss in different ways.

Ask for help; don't take on the responsibility alone. Have trusted family members and/or friends help you through the process. It can be challenging to make decisions as you grieve so having someone who can support you and offer perspective can be very helpful.

Here are some practical tips to help you get started...Begin in a room with fewer sentimental items such as the bathroom or kitchen, then work your way up to the more difficult areas. Save the bedroom and storage areas for last. Sort the items by what you are planning to keep, throw away, sell, and donate. In the midst of grief, it can be challenging to separate the person from their things, as letting go of their stuff may feel like you're letting go of them. But keep in mind people are not their things. Your memories will not be any less real or meaningful because you don't keep their belongings.

Keep a few select items that are the most important ones to you. What do you truly have room for in your home that you will use or treasure? Another way to keep memories is by taking pictures of the items you want to remember. Create a memory box with meaningful items and pictures that you can reflect back on. There are other creative options like

having a quilt or throw pillow cover made with shirts they'd worn if you want to reuse things in a meaningful way.

Don't keep items out of a sense of obligation or guilt. Even if you decide to keep something initially, it is ok later to decide to let it go. Have grace and patience with yourself as you make decisions through your grief.

Throw away items that are broken or in bad shape. If you are considering an estate sale, contact a company that specializes in them as they are a lot of work and tend to be better handled by professionals.

I recommend donating most of their clothes. It feels good to donate to causes that mattered to the one who passed. You could also consider if other friends, family, or organizations would make good use of the clothing.

It can be tough to know how to declutter after a death. It's ok to feel sadness and to go through a range of emotions throughout the process. Don't try to go it alone. Share how you are feeling and ask for help when you need it.

Do your best to be patient and kind with yourself as you work through letting go of the physical belongings. Choose to honor that person through your life and how you live it and treasure the happy memories that you shared. Their legacy can live on through what you learned during your time with them.

△

Juliana is a professional "declutterer" passionate about living a life of purpose and intention. See more on her website: <https://www.thesimplicityhabit.com/how-to-declutter-personal-belongings-after-death/>



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