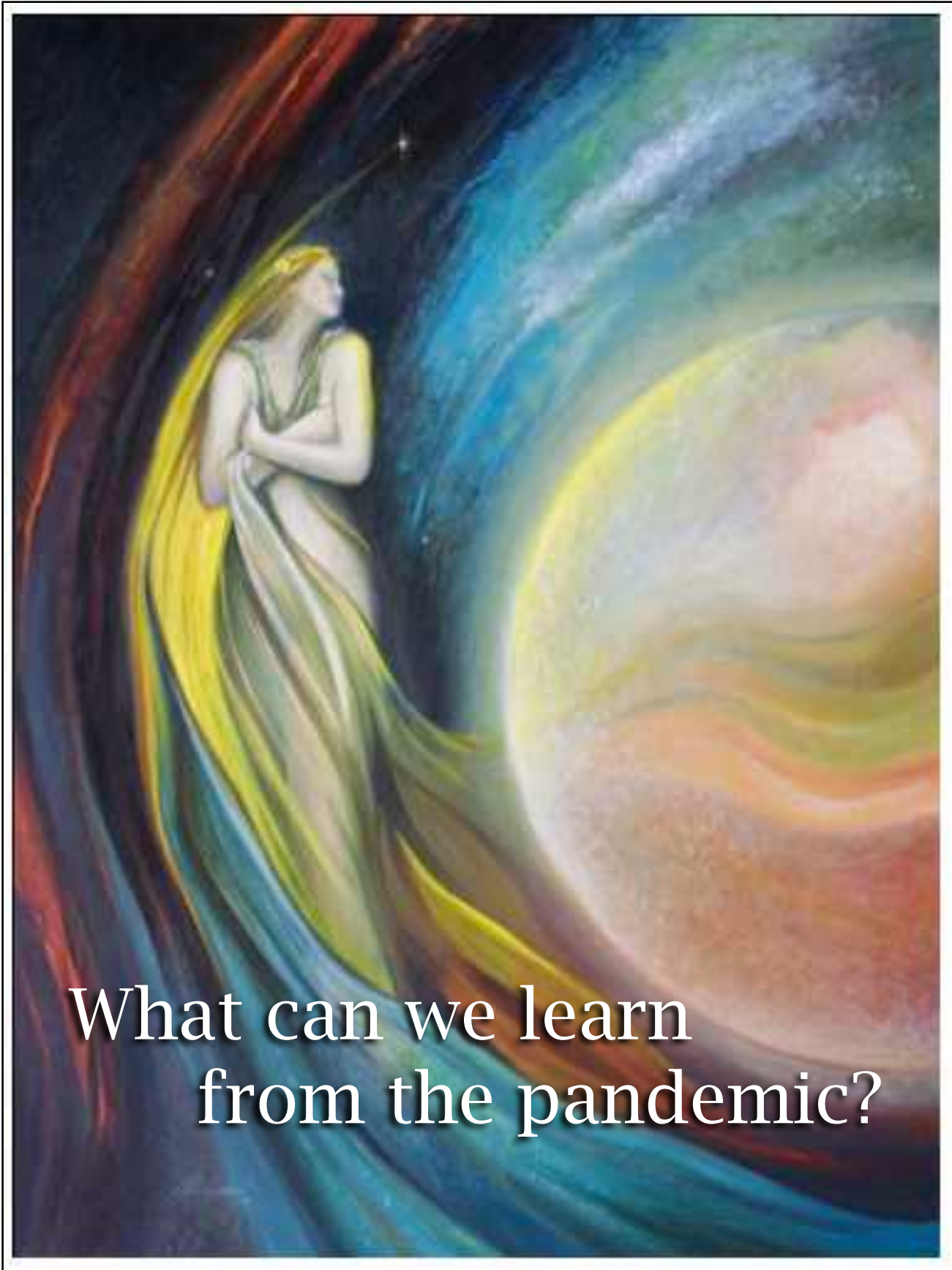


The Inner Voice

A Source of Light For Unfolding Consciousness • May 2020



What can we learn
from the pandemic?

"Love's Glance" Painting by Rassouli



Golden Light Healing

DREAM • EXPLORE • DISCOVER • GROW

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

Check our website for more! www.GoldenLightHealing.net



HERBAL APPRENTICESHIP WORKSHOP WITH GIGI STAFNE

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DRUM MAKING WORKSHOP WITH DAVE WILINSKI March 11, 5:00-9:30PM. \$195

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

-Your Hosts, Amy & Dave

Amy and David Wilinski
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Due to the Coronavirus. "Social Distancing" and "Safer at Home" orders, Golden Light Healing has suspended all activities until further notice.

Stay safe!

Mediumship Training May 4-5, 2020

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March 18-22, June 24-28, August 19-23, Oct 28-Nov 1.
Group #22: July 8-12, Sept 30-October 4, 2020; January 6-10, March 17-21, 2021

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UK Medium Mavis Patilla

Returning to GLH in August!!

Let's Talk About Love, August 27-28

Open to all levels.

Confident Communication, August 29-30

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

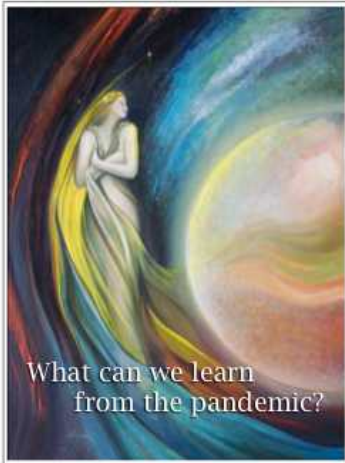


<https://www.youtube.com/watch?v=2VWV33Ei-Ew>



The Inner Voice

A Source of Light For Unfolding Consciousness • May 2020



"Luna's Glaze" Painting by Rassouli

About the Cover: RASSOULI is known as an artist who reflects mysticism and near-eastern spirituality in his paintings and murals through the use of European painting technology. What appears on the canvases of Rassouli's Goddesses is a timeless perspective that

illuminates the divine creative light through the form of feminine power and beauty.

Known as an artist, an author, a visionary, a speaker, and as a gifted teacher and guide in raising consciousness and developing creativity, Rassouli has created a worldwide following with his unique style and philosophy. What makes his creations so unique is the way he translates spiritual experience from his subconscious onto canvas through meditation at sunrise. His vibrant hues, and joyful color blends coupled with swirling circular brushwork create a unique style of painting that he calls Fusionart, a style that Rassouli has created and registered and is presently teaching to many artists globally.

A conceptual vision of expanding light combined with his own creative visualization of feminine beauty has evolved in Rassouli since early childhood, and is expressed in his inspirational paintings, reliefs, book illuminations and murals. For more information and to order prints, visit:

www.newdawncollections.com/contemporary.htm



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The Inner Voice e-magazine intends to serve as inspiration only. The information contained in this publication is not meant to replace the advice of healthcare professionals. We strive to bring through the highest vibrational information we can find and the opinions expressed are not necessarily those of the publisher, or editors. We encourage you to listen to your own inner voice for guidance and direction on what path is best for you to follow. We bless you on your journey.

May 2020

Dear Readers,

The cover artist named this painting *Love's Glance*. Due to the pandemic event, I see this event as a time to choose where we stand – in Love or in fear. In this painting, Love is depicted as a big ball of light coming right at us. Will we embrace it, or stay in the shadows? That is the message in this issue. The Covid-19 pandemic woke us up to what we have been doing to ourselves, to others, and to the planet. A Facebook friend has been posting various memes calling us to “Wake Up!” I am awake already, so now what? This issue hopefully answers that call.

First of all, the Angels point out we are to wake up to the original message given to us over 2,000 years ago ~ “Love One Another”~ and as we rebound from this crisis, to build our new reality in Love. Apparently, if we had graduated from that lesson there wouldn't be the greed, economic crisis, climate disasters and other calamities that led us to this pandemic. But, the angels guide, all is not lost, for we can choose again. The question is, will we, and what exactly will we choose?

This issue is filled with inspiration in how to pick up the pieces and choices of how to rebound. I realize I am probably preaching to the choir here, but YAY! ~ we lightworkers now have the attention of the world and new souls may be awakened and listening now.

Love one another and pass it on until we are all filled with Love and Light per the original Plan.

xoxox,

Nancy, Publisher

P.S. Feel free share this magazine and website link with all of your friends!

www.theinnervoicemagazine.com



Angel Talk™



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

Q. What can you tell us about the pandemic event happening on Earth? What do we, the people of the planet, need to get from this? What is being birthed from it? How do you suggest we go into the future?

Good Day we say to you. We are happy to answer your questions and address your concerns regarding the pandemic event going on right now. We begin by saying that this has been a long time coming and the virus has multiple roots as to where and how it began. Understand that this is a deep and complicated subject for us to address in this writing, however we will highlight the important insights we have to give you at this time.

All things happen for a good reason and come to you as a teacher entering a classroom – to teach their pupils something of value in their life going forward. We say to you that this is no different. We also say that those who are the keepers of the Earth have also stepped in to stop human consumption/destruction of the planet.

Prayers upon prayers have been said in this regard to save the earth, to reverse climate damage and clean the air and water - to name a few. We have watched all of these things unfold on Earth and we have heard the prayers, one and all. Finally, the last drop in the bucket – if you will, has pressed the overflow alarm.

There are many, many lightworkers stationed on Earth and in Heaven who wait and watch over what is happening on your plane, and also watch over and guide those who are being called to action. It has been part of the plan for Earth all along – we just could not wake ALL OF YOU to listen to the call, and therefore this pandemic was released. Look at it as

Love or fear ~ which one do you choose?

our “Clarion Call to Action” that the state of the Earth is dire. She has reached her boiling point and the time for change is NOW.

Q. What about all the people dying from Covid-19?

This is all a part of what we describe as a *Grand Plan*. We say to you that these people are being called home to Heaven where their energy is needed to bring about the Earth changes from here. We say to you who mourn their loss, please know they are home in the beauty and joy of Heaven and are a part of this Plan that is unfolding on Earth (and in Heaven) at this time.

Remember this when you feel the pain and sorrow. They are with you still on the spiritual level, but are helping God/Source/Universe in the transformation of the planet from this side of the veil. And you are helping on that side of the veil. In all things, God has a plan.

Q. Is this pandemic some sort of conspiracy as some suggest?

The only conspiracy that we see is the conjoined human and angelic quest for love to return to Earth and for balance to be restored throughout the planet. How does one stop a speeding train that is out of control? By stopping what is fueling it. Yes, there is a crash-and-burn-wake-up-disaster momentarily, but it will be cleaned up, and if you choose to learn the lesson it brought to you – to choose love, then peace will be restored.

We say that those who are still in the shadows of ego/evil-doing will be whisked off to another place where they will play out their dark games, but Earth will no longer tolerate such activity. There have been plenty of warnings given to

humanity for a very long time that this day would dawn and we say that you are in the midst of Earth's awakening. We want to point out that when people are pressed like this – whatever is their True Nature – love for others or ego fears and insecurities – it comes oozing out! If a person is self-centered, that comes out; if he or she is a “helpful person” who cares for others, that is what comes out... and they get to work. If a person always sees the bright side of things, and has good humor, that comes out during such an extreme event as this pandemic. During any crisis, a person's true character becomes crystal clear.

Q. What is the best way to ‘up level’ our belief system to experience miracles regularly?

Choose love. Choose to go higher and believe it is done as you have asked.

Such questions may often be worded differently, but the answer remains the same. It is ages old, this question, and it is ages old, the answer to this question, yet it remains to be learned! LOVE. Love is the

answer. No matter what the question in anything that can be asked, the answer is always always always LOVE. Your Wayshower Jesus came to Earth to deliver that very message and demonstrated what “miracles” could be done through Love's application. Some of you listened and went on to do those great things he showed you, and some of you did not.

People of both sides of this belief system – those of love and those of the ego's lower self – are on the Earth battling it out. You have always had free will to choose who you are in this.

What side will you take? What side do you choose now?

You see what evil the ego (lower self) can bring, and you see what love can do. So, again we ask, what will you choose now? The alarm has sounded and it is truly time to wake up and choose. It is a call to come home to the Light and we pray with you that this is the side you want to have as your foundation in your new reality.

Δ

For a personal word from the Angels, please see ad below.



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Readings are done remotely using an automatic-writing technique I developed over the years, inspired by Ruth Montgomery and Edgar Cayce. Angel Counseling sessions by appointment on Skype or Zoom.



Everyone is in this together and here is something we can all do



Hi Everyone,

Personal Transformation is the Sacred Topic we should be talking about at length. This experience that we are sharing has the elements of that larger context of mystical transformation. First, the nature of a sacred journey is that we never get to decide when it's going to start, how it's going to start, or what will be asked of us. We never get to make that decision - it simply ignites.

The second thing is we never get to choose the components - they just arise out of the setting of our lives. Third, transformation accompanies some kind of trauma. There is something that has to be changed. We have to now go into deep reflection and ask:

- *What is it within myself that I need to transform?*
- *What is the person I need to be as I go forward for the rest my life?*
- *Is there a part of me that instead of being a hoarder, could I be more generous?*
- *Instead of being impatient, can I be a better listener? Instead of wanting to be first, can I embrace being second?*
- *What is it in you that needs transformation? Because there's something in all of us that needs transformation. Otherwise we wouldn't need to be here now.*

△

Please join my Rosary Circle prayer group on Facebook here: <https://bit.ly/33Ecsw1>



Not on Facebook? Follow my updates and new videos on [my YouTube Channel](#)



<https://www.facebook.com/groups/RosaryCircle/>



In Whom Do You Trust?



By Heather Hope

The book, *Trust* by Osho, in combination with the isolation, has given me time to refine my allegiance will the Infinite. Now, when fear arises for any reason, I ask myself, “What is it that I am trusting?” Am I trusting in the power of a virus, or in the wisdom on my body to heal, grow and thrive? Deeper than that, “Am I trusting in my innate knowing to be guided to exactly where I can best be of service?” Deeper still, “Am I trusting in the infinite wisdom that created all that is?” Osho states that Trust with a capitol T, “is a bridge between the individual and the cosmos. Trust is always in God.”

We find this place of surrender, not by blind faith, but by moving through doubt. Doubt is the immature version of Trust. Doubt is a natural bi-product of adverse life experiences. When we process, forgive, learn and heal from these experiences, the prize that we receive is Trust. Here we are set free. Until we heal and rise above the energy of victimization, we remain wedded to doubt.

Osho states, “A man who doubts always feels insecure. A man who doubts always thinks about the world as if it is the enemy; the man who doubts is constantly fighting.”

The recent, unprecedented situation has caused doubts and fears to spontaneously arise for many people. I am proposing that instead of allowing these doubts to further separate and divide us, we find our way back together

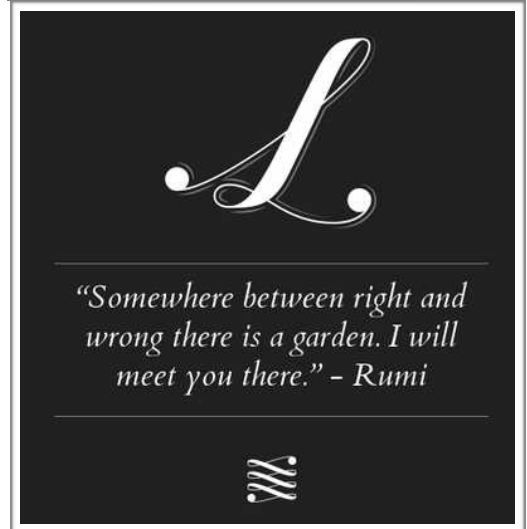
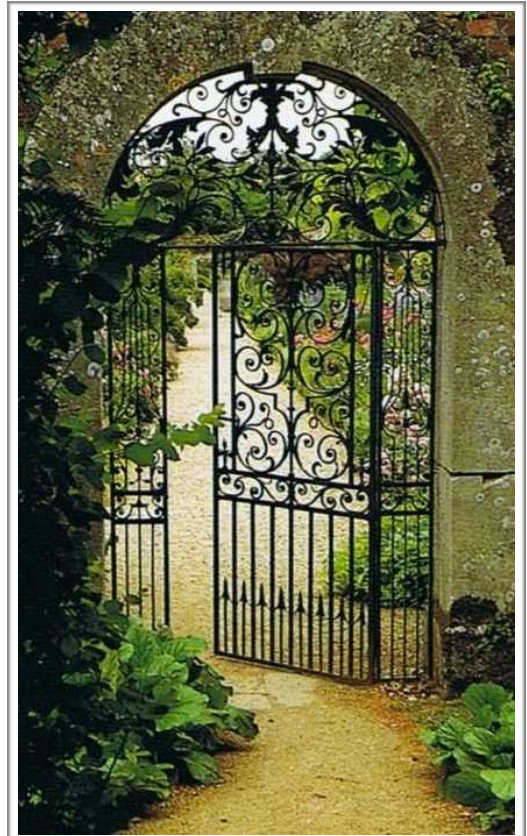
above them. Instead of viewing this situation from a 3rd dimensional reality where one person blames person X and another person blames person Y, and then the two people blame each other for blaming different people, perhaps we can see it from another perspective. Perhaps we can meet above, in the 5th dimensional plane where we ‘Trust that whatever is unfolding is for the highest and best good of the all that is.’

How will we know we have arrived at Trust? According to Osho, “You start feeling this tremendous respect and love of the whole in you, you will start growing roots into your being. You will trust yourself. Only then can you trust me; only then can you trust your friends, your children, your husband, your wife. Only then can you trust the trees and the animals and the stars and the moon.”

According to Einstein, Problems cannot be solved from the same level of consciousness that created them. Perhaps by rising above them, we can meet together again in Trust. Osho says, “Trust is not in words, in scriptures. Trust is toward life, toward the very energy that moves the whole.”

We don’t have to be able to agree on who is to blame if we instead connect in the Truth that all is well and that a living and loving force is always with us, from our first breath to our last, and beyond. It is here, in the garden, that we can find each other with open hearts and open minds.

△



Heather Hope has a Master's degree in Professional Counseling. She specializes in Spirituality Integrated Counseling, Brainspotting and Past-life Regression Therapy. In addition, Heather has had a 3 year apprenticeship as a Shamanic energy healer including training in Peru. She is the Director of a nonprofit organization called “One Love Wellness Center” located in Appleton, Wisconsin. Heather operates her practice on a sliding-fee scale. She can be reached at 920-221-6112 or at onelovecounseling@gmail.com



We're in this *Passion* Boat Together



By Meredith Young-Sowers, D.Div.

Meredith Young-Sowers is the author of *Agartha*, *The Angelic Messenger Cards*, *Wisdom Bowls* and other books. The *Angelic Messenger Cards* are a daily reminder of how the angels are in our lives. Visit www.stillpoint.org and view Meredith's lovely paintings and those for sale that can bring you the energy of love and guidance. E-mail mysowers@gmail.com for more information or to discuss a painting. Stay in touch with Meredith and her weekly audio/video messages by signing-up for Meredith's Stillpoint Circle.

Did you ever have someone you cared about say just the right thing, the right words at the right time that made you feel happy and satisfied?

Words are important and in these difficult times of such uncertainty, sometimes we're afraid to say what's in our hearts for fear it may be taken the wrong way. We worry we may sound patronizing, or worse. We may feel as if we're impressed by their efforts or contributions, which by comparison, seem to diminish our own efforts. Or we may be so stunned by present circumstances that we have no words to share at all – even when we realize they would be helpful.

So what's wrong with being deeply moved by someone's passion, gifts or skills? Don't we want to be in the same

'passion boat' with those we admire? Of course we do. Getting rid of the fear of feeling, or looking less than, is a great way for us to rise to new levels of achievement and greatness. Words matter now more than ever – words of love and encouragement to so many who are suffering around the world.

We also need to find comforting words for ourselves to calm our own anxieties. This is the time to climb into our own "passion boat" and realize that we have much to offer to the world – in tangible and intangible ways.

I admire lots of people, and I like to think that I never miss an opportunity to tell others (where it's authentic) that I think they're made of great stuff. I've found, as perhaps you have, that when we

see greatness and goodness in others, we can also more easily find it in ourselves.

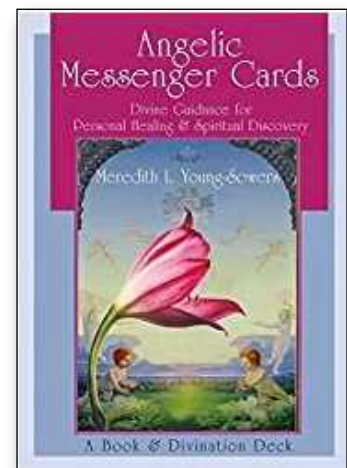
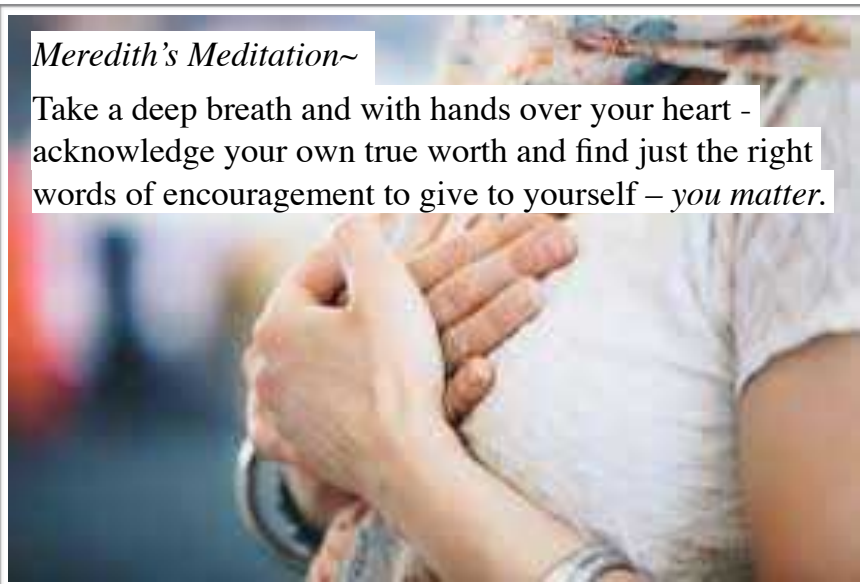
I'm reminded of the people leaning out of windows, clapping their hands and banging on pots in appreciation of health-care workers and the first-responders. Clearly they have aligned themselves with the passion of caring and participating in healing that goes way beyond themselves.

We are all in this together – in the "passion boat" of caring for those around us and those around the world. Good can come from this terrible and tragic time. Let's lean into the wind and bring goodness into our words and thoughts. The results will be amazing!



Meredith's Meditation~

Take a deep breath and with hands over your heart - acknowledge your own true worth and find just the right words of encouragement to give to yourself – *you matter.*



[Angelic Messenger Cards: Divine Guidance for Personal Healing and Spiritual Discovery, A Book and Divination Deck](#)

Sounds for Ascension & Inner Peace

*Raising Our Vibration for the Coming Times on Planet Earth
A Tonal Alchemical Potpourri for Your Soul*

By Pamela Angelique Hughes

I became intensely interested in the vibrations and frequencies of sound as a singing harpist/composer and began speaking about it. This was the doorway which led me into sound healing. I've had many phenomenal experiences with sound over the years, personally and with clients, but in particular with the use of my voice.

After seeing the suffering of people all over the planet from the Coronavirus Pandemic, I decided to create a video that would help reduce our fear and anxiety, if not dissolve it, at least temporarily. I wanted to emphasize the importance of raising a person's vibration above their fear, thoughts and emotions.

Sound is accumulative. Listening to frequencies in this video [Raising Your Vibration for the Coming Times on Planet Earth](https://youtu.be/nz0hjHmlQJY) over a period of time will begin to affect your auric field and your whole being – emotionally, physically, spiritually and mentally. The frequencies begin to permeate your thoughts and emotions in a positive way, like taking a cleansing shower. It may be subtle at first, but over time it's imbuing your energy field with positive results. I began noticing this with my own energy. This



isn't to say that I don't feel fear and anxiety, but it has lessened and seems to dissolve more quickly. So, my intention was to use specific frequencies to accomplish raising one's vibration, eliminating or at least reducing fear and anxiety.

As I put this video together, it was like I was ingesting a *tonal alchemical potpourri* into my soul. It soothed me back into balance, making it easier to move through all the changes that the world is experiencing now. My intention is to help people through the coming changes by doing a series of videos using the power of sound to heal.

I also want to offer a special thanks to my friend, Steven Freier, a gifted video editor, for without his help, this video would not have been possible.

△



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www.harpsoninternational.com

Pamela Angelique Hughes – Harpist, singer and conference presenter, Pamela makes her home in the Salida/Buena Vista area of Colorado near the headwaters of the beautiful Arkansas River. I've worked with sound healing, music, voice and harp for over 30 years. This journey led me to the discovery of Sacred Geometry and a sacred geometric form known as the Stargate. I began to see the interconnection between Sacred Geometry and Sound Healing and how they work in conjunction with one another. My primary focus is to raise human consciousness through music, sound and sacred geometry. Music being very mathematical and invoking many different emotions directly affects our consciousness. My music CDs sell worldwide and can be heard in the [Music Store](#). My music has been used by leading spiritual teachers such as on Dr. Wayne Dyer's meditation CD and as background music to John Bradshaw's workshops.

There's Beauty in Transformation

By Lynn Schuster

While I was talking to one of my clients and her dog about his emotional issues, I saw a grass snake glide through on the ground next to the dog. Although the dog saw her too, he was unafraid and did not give the snake any consideration. I acknowledged the snake and knew that she interrupted our session because she had a message for me.

When I had a moment to myself, I called on snake. She told me that she embodies Spiritual Guidance. As a Spirit Animal, she appears when we are stepping into the unknown and need support to move forward. Furthermore, her mission is to help us shed old patterns, habits, beliefs and behaviors related to fear. I understood why she came in during that particular session, after all, the dog and I were talking about healing and shedding his anxiety and fear.

Snake is here to remind us that this is a time of transformation. Being that she travels on the ground most of the time, she is close to Mother Earth and she represents life force energy.

"It is very important to notice where you draw your energy from," she told me. "It is essential to ground yourselves as you step into the unknown. You need support to move forward and snakes are symbols of healing powers and opportunities. Like the snake, it is time for us to "shed our skin." As we release anxiety, we are raising not only our energy vibration, but also the frequency of the entire planet as well.

"It is definitely a time to look inward!" she said. "Shed your skin and release that which no longer serves you. As a culture, the human race is ready to shed old fears and move into the Light of love, gratitude, forgiveness and compassion. All of you are ready to broadcast these emotions which bring you to a higher frequency."

The snake told me that our behavior has to change in order for us to thrive into the future. Our minds are more powerful than we



Photo Credit to [Thomas Lardeau / Unsplash](#)

can ever realize. You might be asking how can this be? My thoughts are in my head. But, our thoughts are not contained in our head. Our thoughts are broadcast like radio signals. The more thought we give to an idea or a feeling, the easier it is to bring that thought, feeling or idea into our reality. Now, more than ever, our thoughts and feelings matter.

As humans, we have been brought to a place where the common thought centers around our feelings about Covid-19. Putting our

thoughts toward seeing the world as a beautiful and loving community can help each of us release the fears that have kept us imprisoned for centuries. By thinking positive, we can empower ourselves to facilitate a change in our evolution. Through our thoughts, we actively engage change in our communities. Thoughts of fear distort our thinking. Like looking through a pair of dirty glasses, our vision can be distorted until we clean the lenses.

There is a collective reality through collective consciousness. Our thoughts are like tuning forks. The more individuals who share common thought, the more powerful our vibration becomes. My wish for you is to hold positive thoughts of perfect health, harmony, love and gratitude.

Δ

Lynn Schuster, Telepathic Animal Communicator, Intuitive, Reiki Master/Teacher, Artist

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Adventures Into Non-Local Consciousness: Five Lives Remembered

An Explanation of the Afterlife, NDE's and other Metaphysical Phenomena

Steve Freier is a researcher of metaphysical subjects and The Inner Voice website design tech and Mail Chimp publisher. Steve is also a professional video producer specializing in personal and promotional videos in YouTube fashion. Contact Steve here: sgfreier23@gmail.com

What do you do when you discover information that is before its time? What do you do when your curiosity takes you on an adventure that is so bizarre that there is nothing "normal" in your experience to relate it to? This is what happened to Dolores Cannon in 1968, long before she began her career as a past-life hypnotherapist and regressionist."

Five Lives Remembered was Dolores Cannon's first book, but due to the relatively new and seemingly bizarre nature of the subject matter at that time in 1968, it was only published in 2009, long after her numerous other books.

Her early work was heavily focused on reincarnation, which got her acquainted and comfortable with the concept of time travel. Many of her clients described scenes from past lives where they had lived in past decades, past centuries and even past millennia in a variety of social settings in different locations all over the Earth. She would then spend weeks researching the characteristics of life in those locations and time periods her clients had described living in order to verify the authenticity of the results she was recording. It was through this vigorous verification process that Dolores ensured the authenticity of her results.

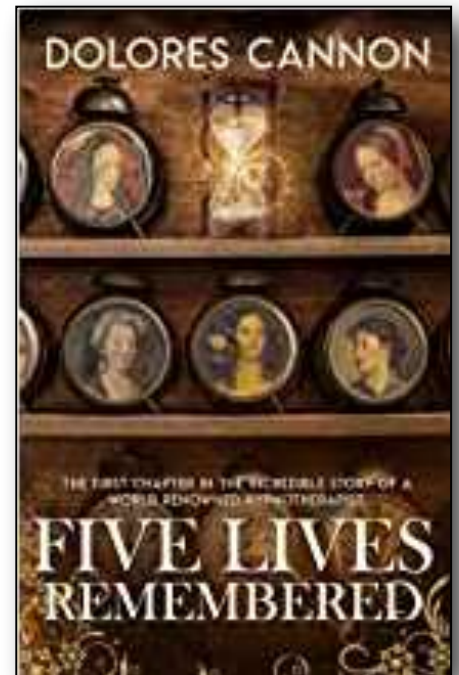
Cannon's early understanding of reincarnation seems rather simplistic compared to how far her work has evolved now. However, in looking back at where she started and how she received the information, Dolores realized she and her husband were being lead slowly to lay the foundation upon which she would understand, communicate and explain far more challenging and complex ideas and concepts she would be receiving in the future.

I really enjoyed this, her first effort at publishing, which is a carefully recorded research study. Dolores characterizes the book as 'naive,' but I would say that it reads more like a real life journey of discovery into non-local consciousness at a time when few people knew much about these things and there were no protocols or road maps.

The woman who came to them to find stress relief through hypnosis turned out to be a reservoir of information as she regressed to a past life, and then beyond. In subsequent sessions she detailed other past lives as well as some of her lives "in between." Some of her lives went back hundreds of years, yet she spoke about what was happening in the present moment. Fascinating! The reason for the candid and accurate descriptions in the book is that Cannon and her husband had the good sense to tape record each session. Dolores also takes great care to tell about their reactions to what they were uncovering at the time, as well as how they planned to go about handling future sessions. For the reader, we are taken along on the journey of discovery with them as it happened!

To put the contribution of Cannon's work in perspective, popularized versions of past life therapy did not fully come into vogue until twenty years later when Dr. Brian Weiss' published his first book on the subject called *Many Lives, Many Masters* in 1988, followed by Dr. Michael Newton's book, *Journey of Souls*, published in 1994. Both Weiss and Newton have gone on to be considered experts in the field.

Looking at the larger context, we have to also see the part non-local reality plays in this. In the late 1990s I had a radio



amazon

[Five Lives Remembered](#)

interview program in Chicago dedicated to interviewing authors on the cutting edge of consciousness. Dr. Larry Dossey was one of my guests who was promoting non-local consciousness at that time. Author and medium, Julia Assante said, "*Most people assume that the afterlife is local, meaning it has a definite place or location, spatially as well as temporally. Of course, this is not true. If it were true, the dead would never know when to meet you, let alone where, because they too would be bound by place and time. But, they are not. Hence they know when and where to find us with uncanny precision...the dead seem to be able to project themselves into any time and place, including their own past and future reincarnations.*"



Author, researcher, Dolores Cannon

The same is true when a subject is in deep hypnosis. This early research depicted in *Five Lives Remembered* explores the same space to reveal numerous past and in-between lives of their subject, who simply came to be hypnotized so she could learn to relax. She got much more than she bargained for!

I emphasize the concept of 'non-local' consciousness because that seems to be the key to understanding the machinations of Reality. This is a hotly debated topic in scientific circles, yet the Spiritualists have been hip to it for quite a few decades now. We have been experimenting with the following non-local practices for over a hundred years. Consider some of the manifestations of Non-Local Consciousness: Mediumship, Psychic Phenomena, Precognition & Premonitions, Exceptional capabilities and Spontaneous Healings. This is a Spiritual Reality that has been well-documented, yet this view of Reality has been ignored and mostly dismissed by modern science, unless you count the work into Remote Viewing conducted in the 1970s at SRI – Stanford Research Institute.

Our spiritual teachers have taught us for millennia that we all have the ability to experience transcendent states of awareness and intentionality and that they are demonstrably resident in the human condition. These states are now beginning to be understood as fundamental properties of our

consciousness. We are now reawakening to these states through deep meditation, NDEs, OBEs and through hypnosis. More needs to be done by modern day researchers following in the footsteps tread by true pioneers such as Dolores Cannon.

Δ

Dolores Cannon (April 15, 1931 – October 18, 2014) was a past-life regressionist and hypnotherapist who specialized in the recovery and cataloging of Lost Knowledge. She was the best-selling author of 15 books (available by pressing this link [Amazon Books](#)). She taught her unique technique of hypnosis all over the world. Dolores specialized in past-life therapy since 1979. She owned Ozark Mountain Publishing, Inc., was an authority on Nostradamus and is considered one of the world's foremost experts on prophecies. Her first two published books, "Jesus and the Essenes" and "They Walked With Jesus" are considered classics on the life of Jesus and have been translated into many languages.



Midwives of the Soul

By Elena Mikhalkova

My grandmother once gave me a tip:
In difficult times, you move forward in small steps.

Do what you have to do, but little by little.

Don't think about the future, or what may happen tomorrow.

Wash the dishes.

Remove the dust.

Write a letter.

Make a soup.

You see?

You are advancing step by step.

Take a step and stop.

Rest a little.

Praise yourself.

Take another step.

Then another.

You won't notice, but your steps will grow more and more.

And the time will come when you can think about the future without crying.

Δ

Image of Tasha Tudor,
American Illustrator 1915-2008



Message from the Council of 13 Indigenous Grandmothers

[By Deva Vani](#)

“As you move through these changing times... be easy on yourself and be easy on one another. You are at the beginning of something new.

You are learning a new way of being. You will find that you are working less in the yang modes that you are used to.

You will stop working so hard at getting from point A to point B the way you have in the past, but instead, you will spend more time experiencing yourself in the whole, and your place in it.

Instead of traveling to a goal ‘out there,’ you will voyage deeper into yourself. Your mother’s grandmother knew how to do this. Your ancestors from long ago knew how to do this. They knew the power of the feminine principle ... and because you carry their DNA in your body, this wisdom, and this way of being, is within you.

Call on it. Call it up. Invite your ancestors in. As the yang-based habits and the decaying institutions on our planet begin to crumble, look up. A breeze is stirring. Feel the sun on your wings.”



“...everything on the earth has a purpose, every disease an herb to cure it, and every person a mission. This is the Indian theory of existence.”

**—Christal Quintasket
(1888 - 1936), Salish**



How I'm Dealing With The Pandemic

By Feng Shui Expert & Author Clear Englebert

When the virus first got in the news, I heard the phrase “two years” and (being me) I knew to latch onto that—so that I wouldn't have a bunch of false hopes and disappointments. It's my nature to immediately go, in my mind, to worst case scenarios. It's my way of preserving my sanity.

Being gay and having lived through the devastation of AIDS, when almost all my very best friends died—I take viruses very seriously. My last on-site consultation was in Hilo on March 22 and I told the client that it was going to be my last on-site consultation until the pandemic was over. With Social Security, we'll make it.

I'm actually managing just fine. I told Steve, my husband, that I feel like I've been preparing my whole life for this sort of thing—what with my mindfulness & meditation practices, and my instinct to always have a huge food garden, and now having a loving friend in Steve.

Steve said the isolation would probably eventually get to him, but I said it didn't feel like isolation to me. We've got electricity, running water, phone, computer, a very nice, comparatively spacious home, three acres (of mostly woods) to wander around in (I climb trees every day), and massive numbers of books to read. Very often in my life, I've had



That's me in 1988 up in a Kukui tree in Kona, Hawaii. I still climb trees every day. Photo by Teddi Stranski



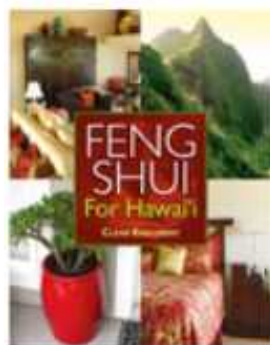
Here I am today – 32 years later, up in a Schefflera tree. They are super-easy to climb and it's great fun to be up in a tree. Photo by Steve Mann

almost none of those—just a shelter in the woods a mile down a trail from the nearest gravel road—and all alone. We don't have poisonous snakes, tornadoes, chiggers, ticks, Lyme Disease, West Nile—we've got a lot to be grateful for. (We are, however, living on a very active volcano which is overdue and showing lots of signs of an impending eruption.) Having

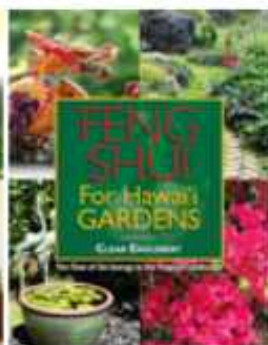
been a Zen monk, I pretty much don't take anything for granted.

We spend our time gardening together and we're blessed that our climate lets us do that year round. I asked Steve a couple of days ago if these were some of the happiest days of his life, and he immediately answered “Yes.” Δ

Books by Clear Englebert...



[Feng Shui for Hawaii](#)



[Feng Shui for Hawaii Gardens: The Flow of Chi Energy in the Tropical Landscape](#)



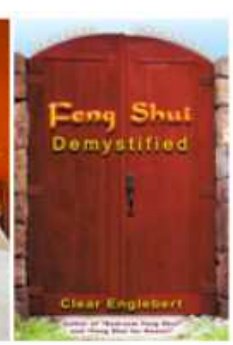
[Feng Shui for Love & Money](#)



[Feng Shui for Retail Stores](#)



[Bedroom Feng Shui: Revised and Expanded Edition](#)



[Feng Shui Demystified](#)





These Are Magnificent Times



These are magnificent times because we have so much more time to reflect, to feel, to be honest with ourselves and not do the spiritual bypass thing, or the everything is fine thing, to ourselves. We have time to go inside to our hurt, suffering, pain, self denial, joy, delight, dreams and desires to give attention, compassion and love to all the ages and stages of our unique life experiences.

We have time to tune into our genuine yes's and no's, to review our past and heal secret and not-so-secret unresolved issues and traumas from our childhood.

We have time to go to the source of our fears, anger, rage, discomfort, sadness, and numbness to bring a new and loving acceptance to these inner young selves that need our love, acceptance and protective presence.

We have the power to heal ourselves *now* as an adult, as well as to heal our younger selves – the inner 3, 5, 11, and 14 year olds. We have time to be with these inner realities, to integrate our rich and varied history into our senses of current empowerment rather than continue to live out the same old patterns of self-sabotage, dysfunctional relationships, ill health, and displaced emotions that have been abusive to ourselves and others.

We did the best we could at those times in the past with what we knew then. Now is a new and different time and this is *the* time for a quantum upgrade!

These are, indeed, magnificent times to invite deep healing, deep freeing of our true spirit of love, presence and creative action. In this time of separation and self quarantine, we have extensive mental

space to get in touch with ourselves to feel the more subtle, internal wisdom of our deeper longings, needs, and values.

Delve inside. Question yourself with deep curiosity.

What is unfinished emotionally in you? What lingers in your psyche? Where have you been blaming others? Feeling hopeless and helpless? Sit with what comes up. Do not try to fix anything. Nothing is wrong with you. Just sit and give space to everything that comes up, even to the judgement that may arise.

Realize all the attention you have given this perspective throughout your lifetime ... and call all your energy home to you now from those times, experiences, and people. Call all your energy home to you now from all the beliefs you made up about yourself and life during your younger years. Call all your energy home

to you now from the commitments you made to hold on to these beliefs forever.

Bring your attention inside and notice the sensations within. Relax your breathing. How do you feel? What is new and fresh in your posture, breathing, and perceptions? What new, right action is calling you forward in your life now? What is birthing itself anew through you?

Live with these questions awhile and clear answers will come. These are magnificent times to upgrade your operating system to a new matrix of living aligned with authentic love, compassion and actively contributing your creative essence to create a new world around you.

△

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





Moving Forward Through Change

"I'm an artist and instructor living in the woods of Connecticut. The woods, hills, shores, and wildlife of Ct are my inspiration. My art reflects and transforms my life. I am a painter, mixed media artist, jeweler, and guide on the inner journey." Join us at [Dragonfly Art Club](#), a free group on Facebook. Discover art-to-do videos, resources and a supportive community. Visit Pat's websites: [www.patsartfullife.com](#) • [www.artisticwaytoenlightenment.com](#) • [www.patgullettdesigns.com](#) • [www.awegroup.net](#)

Moving forward through change with emotional cycles of deep sadness combined with new opportunities, is the fact that I'm creating a new chapter in my life. As the World reshapes itself hour by hour, I engage with curiosity and continue to rediscover my Self moment to moment.

First of all, I find I really love Light. To catch first light sunrise on the trees, to sit out on the sunny deck, and to paint light especially on stormy days, fills me with a calm inner peace. That's also the reaction I've been hearing lately from people who see my art. I love doing it, but I'm so glad to know others can feel the same thing.

Secondly, even though I don't have to, moving forward through change helps by sticking to a schedule. I rise early, wear all my favorite clothes and jewelry

(because why not?!), exercise daily, eat healthy meals, and get to bed at a decent hour. I feel refreshed, work on my art and website during the 'work' creative day, and have an order to my life.

Thirdly, you want to employ all the senses to immerse yourself deeply in the Now. This moment in time is all that matters. Playing great music, moving your body, lighting scented candles and incense, surrounding yourself with favorite colors, lifts your mood easily. Live with all your favorite things: art, toys, beauty, and plants, anything that is a part of your sweetest moments. All things are just ours for a time, but they are given to be enjoyed completely. That's part of the human experience.

Next, create something new every day. You become the Alchemist of your Life

when you explore and find something that surprises you. Every creation is an experiment in discovering Your Self: what you love, what you can learn or master.

Plus, doing something once, doesn't make you good at it. This isn't the bucket list of life. Find a new technique and play with it. Try it with new subject matter, colors, or tools. Create not knowing how it will end up. Allow curiosity and imagination to take over.

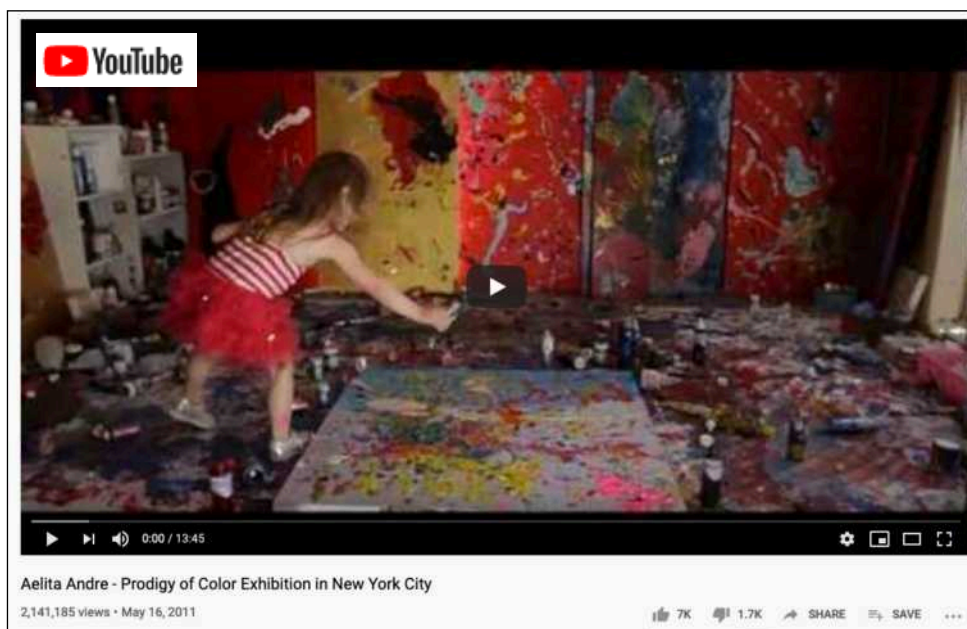
Lastly, connect with past friends, catch up with family, and share the good things in life with those you love in anyway possible. Be thankful for virtual parties, visits, and coffee times. Life has always been change, the key is to flow with the times. There's good to be found.

△

"Child Prodigy of Color" ~ **Aelita André**

Check out this girl from Melbourne, Australia. She paints without doubt or inhibitions.

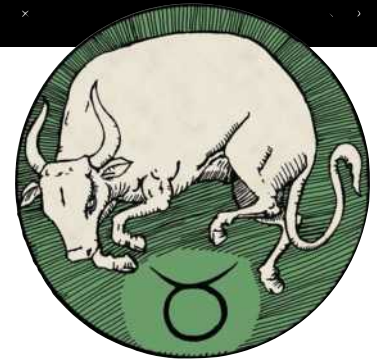
<https://youtu.be/23hWMvSrZx8>





Breaking Apart and Coming Back Together

By Salina Rain



May begins with Venus in networking and mentally agile Gemini at the same degree she will re-visit on the 25th of this month and the final pass on July 25 due to this year's retrograde pass. Venus in Gemini encourages exploring and incorporating diversity in our social lives, how we think about resources (especially financial right now), improving communications in all kinds of partnerships as we may be more capable of seeing the other person's point of view.

The journey from Venus' ingress into Gemini on April 4 until leaving that sign in the first week of August provides ample opportunities for us to re-think, re-negotiate, remember and re-evaluate in those areas she rules; matters of the heart, self valuing, how we attract the resources we need to function, where our main priorities are in how we order our lives.

Mercury in Taurus meanwhile travels in the fixed earth sign Taurus and is in a particularly beneficial relationship with Venus called 'mutual reception' when each planet transits the sign the other planet rules. Until May 12 these two have increased simpatico in how they influence us humans in going about our daily lives, how we're thinking about what's going on and interactions with each other. As one of the biggest challenges of the times is sorting through contrasting and confusing information and news stories, Mercury and Venus help us with connecting head and heart. This is necessary in order to find our way as it's most effective to

process information through the rational mind as well as checking in with how it resonates, or not, in the heart. The alignment with our inner sense is most crucial, a significant aspect of the spiritualizing process humanity is undergoing at this time of the Turning.

Deeply listening to one another is a prominent feature of Mercury and Venus' present collaboration along with deeply listening within. These skills are sorely

creating society once the period of "shut down" has passed. It's now or never in determining a future where the institutions of society are based on the well being of all. Outer planets Uranus in Taurus, Neptune in Pisces and Saturn and Pluto in Capricorn are all about the radical changes needed for our species to continue and thrive in this era of evolution/revolution.

Mercury enters its own sign Gemini on the day before Venus in that air sign pivots to retrograde motion until a few days after Summer Solstice. Things are moving fast at this time as the onslaught of information streams in with the tricky challenge of sorting out what's useful from what is meant to confine our

thinking, confuse us, generate self-doubt. Gaslighting is a major feature of tactics used to keep us from our authenticity and our power, something we need to be vigilant about. If we use the extended down time to do the work of ensoulment, bringing forth from within our main purpose and gifts, we're ready to face whatever comes our way. A sense of humor will carry us through what may seem at times to be unbearable, as well as the wealth of creative ideas in coping with the big life changes in the works. Humanity has not had as breathtaking an opportunity to re-make ourselves as we have in present time.

Saturn and Jupiter also turn retrograde in May making this a month of many shifts in direction, steps forward in some areas while a few steps back in others.

“
Stop acting so small. You are the universe in ecstatic motion. – Rumi
”

needed at a time when polarization has never been so extreme. Becoming more aware of the nuances of our communications is a wise use of the transit, from the tone and quality of our voice to facial expressions and body language that transmit so much but that we often don't think about.

In May then, we move further into the intricate, sometimes harrowing but ultimately transforming process we must navigate to adjust from one reality into another. No small feat! Our world has changed seemingly overnight, but in reality the severity of the conditions we now find ourselves experiencing have been in the works for years. Spring and summer of 2020 are crucial months in determining for ourselves, individually and collectively, where we stand in co-

These two planets have much to do with society and the institutions, beliefs and values we create and embrace as citizens of communities, nations and the world. They foretell a summer of profoundly important review of those areas so crucial to our collective existence.

Mars in Aquarius then changing to Pisces by mid-month stimulates innovative thinking and actions based on idealism 'til the 14th, while immersing us in a state of no borders and boundaries, more open to muses, angels and beneficial ancestral connections from then until late June. This is a period where acting from the soul's deepest

longing will be imperative, otherwise we may fall victim to the more nefarious agendas afoot. Being able to tell truth from lies has never been so crucial. Meditative, contemplative practices support us best, as well as using prayer, mantra, uplifting music and sending forth gratitude, love and compassion in our daily interactions.

Of great relevance this month as well is the acknowledgement of all we're grieving as loss is such a necessary part of any transformation and we have surely lost so much! Some of that we truly needed and wanted to release in order to move forward into a healthier and

balanced future. In any case the process of grieving what is no more becomes one of the most balancing and healing things we can do for ourselves, enabled and empowered by the planetary patterns at work in the current and upcoming cosmic-earthly dance.

△

Salina Rain offers in person or phone sessions to help you navigate your life path with greater skill, wisdom and right timing. Email: astro@salinarain.com or call 707-668-5408 (voice mail); 707-672-9164 (text message).

Feng Shui Tip:

Live with what you love... and if you love a lot of things, find a way to store or beautifully display them. If you have a collection of photos and want to declutter, pick out your favorites and place them in frames. You will find it easier to let the rest go.



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(via [Carol LeFluffy House Tour : Apartment Therapy](#))
(via [gbumr](#))



New Zealand calls for thousands of new 'green' jobs in bold comeback plan

By [Christian Cotroneo](#)

There's plenty of speculation over the origins of the [pandemic](#) that has ground much of the world to a halt. But there's little doubt about who caused it. As a panel of international scientists noted in a release issued this week, "There is a single species that is responsible for the COVID-19 pandemic — us."

The [statement](#) — authored by professors Josef Settele, Sandra Díaz, Eduardo Brondizio and zoologist Peter Daszak — goes on to point the finger squarely at our obsession with "economic growth at any cost."

"Rampant deforestation, uncontrolled expansion of agriculture, intensive farming, mining and infrastructure development, as well as the exploitation of wild species have created a 'perfect storm' for the spillover of diseases from wildlife to people."

Now, the real question is how do we make things right in the world, while avoiding the mistakes that brought us here in the first place? At least one major political party thinks it has the answer.

This week, New Zealand's Green Party unveiled an ambitious plan to get the country back to work and the gears of industry turning once again, in environmentally friendly fashion.

And all for the tidy sum of \$1 billion.

It may seem like a lot, but the cost pales in comparison with what we're paying in lost economic output from this pandemic. [Early estimates](#) peg that tally at around \$2.7 trillion, which is about the entire GDP of the United Kingdom.

So what does a billion-dollar stimulus plan buy, according to New Zealand's Green Party? For one thing — and likely at the top of everyone's minds — the plan would create jobs. It promises to create employment for 7,000 people over the next three years, all in industries that have been pummeled by the pandemic. For New Zealand, that would be tourism. But the catch is these would be "green" jobs, with people working to help build and sustain the country's chief tourism draw: nature.

"These work opportunities are well suited to those who have worked outdoors such as tourist guides currently out of work, have people and project management skills or who want to quickly retrain and get their hands dirty helping nature," notes Eugenie Sage, a Green Party member who also serves as environment minister, [in a press release](#).

"Our tourism industry depends on the health of our nature, and culture, and so it is important to invest in this critical infrastructure, rather than just bulldozers and asphalt."

The plan calls for plenty of building projects, only they would focus not just on reviving the economy, but also the environment. It includes funding, for instance, to save Raukūmara Conservation Park from the invasive deer and possums that have taken it over. As well, there are details on how to bring native birds back to the country. Other projects would restore the country's ailing freshwater reserves, create carbon sinks

Continued on page 19

(Photo: Henner Damke/Shutterstock)



and natural buffers against rising sea levels.

Milford Sound, home to seal colonies, penguins and dolphins, is one of several spectacular tourist draws in New Zealand.

"This investment creates thriving native forests and wetlands, assets that last centuries and suck carbon out of the atmosphere," Sage explains. "It will avoid future pest control costs, better buffer coastal areas from sea level rise and provide corridors for birds to come back to neighborhoods."

"There are all sorts of exciting projects across the country that are planned and ready to go, and this funding could see them get started immediately."

That's not to say the shiny, green plan is guaranteed to become a reality. The party, which is part of a ruling coalition, has yet

to officially present it to the legislature. For now, it's been adopted as Green Party policy. And, as Michael Nelson [writes in the New Zealand Herald](#), "in the past, coalition partners have not been particularly friendly to some Green Party environmental proposals."

Indeed, the party's recent call for [\\$9 billion to be spent on electric trains](#) as a sustainable and practical alternative to cars may also face an uphill climb.

But then again, the New Zealand model, if adopted, could be just the fresh inspiration the rest of us need to reboot a post-Covid world. One thing, at least, is certain: we can't go back to the way things were.

As scientists noted in their statement this week, the world needs "transformative change" across the board.

That includes fundamental, system-wide reorganization across technological, economic and social factors, including paradigms, goals and values, promoting social and environmental responsibilities across all sectors.

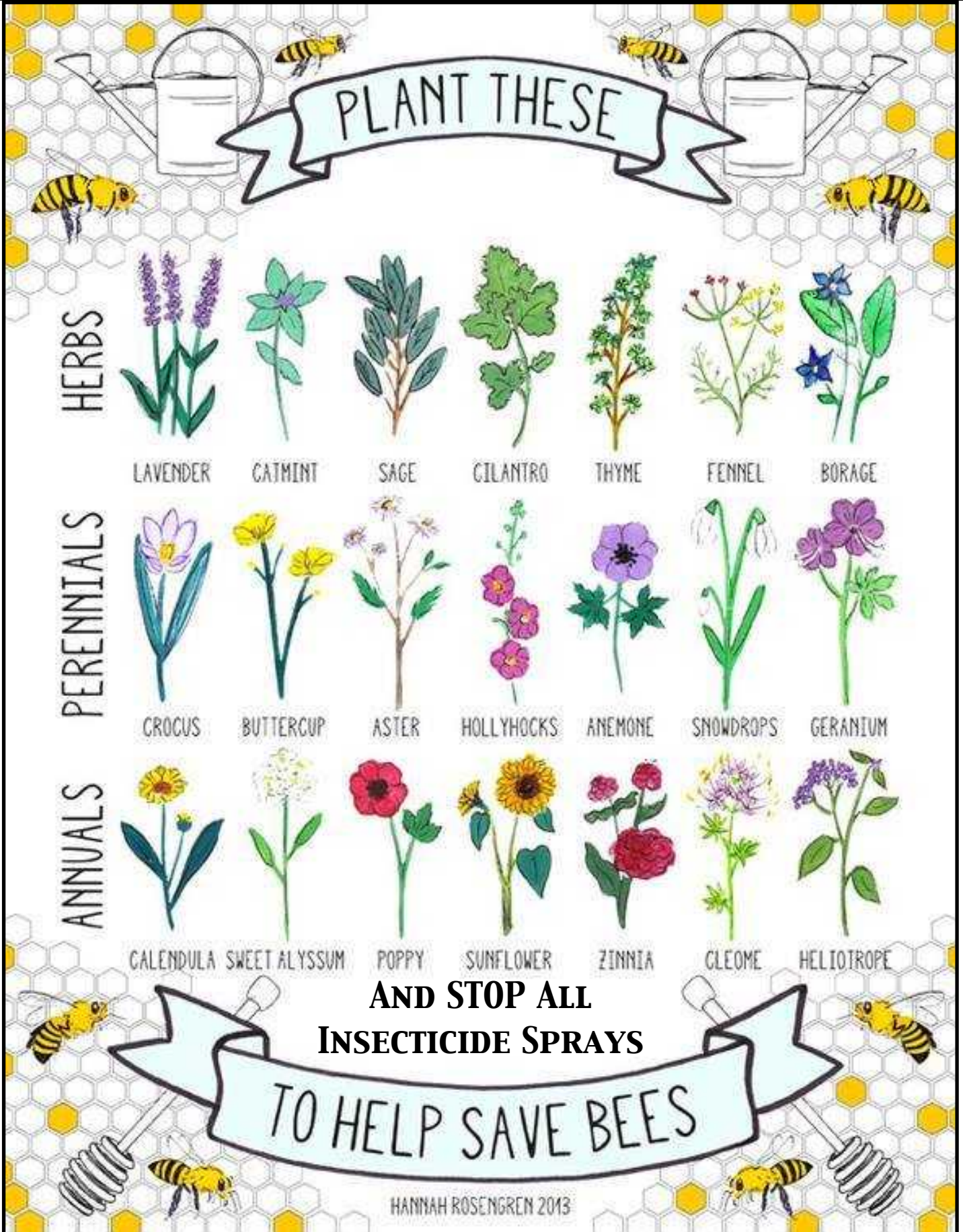
"As daunting and costly as this may sound — it pales in comparison to the price we are already paying."

Δ

Christian Cotroneo is a former reporter and columnist at the Toronto Star. He's traveled throughout Asia as a foreign correspondent before landing back in Toronto, Canada, where he became a founding editor at HuffPost Canada. Christian was also a staff writer for the Dodo, where his passion for animal welfare opened up a whole new audience for his work.



The Wellington Cable Car may be an old idea. But a less fossil fuel-dependent New Zealand may see more tracks and fewer cars. (Photo: Milosz Maslanka/Shutterstock)



HERBS



LAVENDER



CATMINT



SAGE



CILANTRO



THYME



FENNEL



BORAGE

PERENNIALS



CROCUS



BUTTERCUP



ASTER



HOLLYHOCKS



ANEMONE



SNOWDROPS



GERANIUM

ANNUALS



CALENDULA



SWEET ALYSSUM



POPPY



SUNFLOWER



ZINNIA



GLEOME



HELIOTROPE

**AND STOP ALL
INSECTICIDE SPRAYS**

TO HELP SAVE BEES

HANNAH ROSENGREN 2013



His Holiness the Dalai Lama speaks about the coronavirus



By His Holiness the Dalai Lama

Sometimes friends ask me to help with some problem in the world, using some “magical powers.” I always tell them that the Dalai Lama has no magical powers. If I did, I would not feel pain in my legs or a sore throat. We are all the same as human beings, and we experience the same fears, the same hopes, the same uncertainties.

From the Buddhist perspective, every sentient being is acquainted with suffering and the truths of sickness, old age and death. But as human beings, we have the capacity to use our minds to conquer anger and panic and greed. In recent years I have been stressing “emotional disarmament” – to try to see things realistically and clearly, without the confusion of fear or rage. If a problem has a solution, we must work to find it; if it does not, we need not waste time thinking about it.

We Buddhists believe that the entire world is interdependent. That is why I often speak about universal responsibility. The outbreak of this terrible coronavirus has shown that what happens to one person can soon affect every other being.

But it also reminds us that a compassionate or constructive act—whether working in hospitals or just observing social distancing—has the potential to help many.

Ever since news emerged about the coronavirus in Wuhan, I have been praying for my brothers and sisters in China and everywhere else. Now we can see that nobody is immune to this virus. We are all worried about loved ones and the future, of both the global economy and our own individual homes. But prayer is not enough.

This crisis shows that we must all take responsibility where we can. We must combine the courage doctors and nurses are showing with empirical science to begin to turn this situation around and protect our future from more such threats.

In this time of great fear, it is important that we think of the long-term challenges – and possibilities – of the entire globe. Photographs of our world from space clearly show that there are no real boundaries on our blue planet. Therefore, all of us must take care of it and work to prevent climate change and other

destructive forces. This pandemic serves as a warning that only by coming together with a coordinated, global response will we meet the unprecedented magnitude of the challenges we face.

We must also remember that nobody is free of suffering, and extend our hands to others who lack homes, resources or family to protect them. This crisis shows us that we are not separate from one another—even when we are living apart. Therefore, we all have a responsibility to exercise compassion and help.

As a Buddhist, I believe in the principle of impermanence. Eventually, this virus will pass, as I have seen wars and other terrible threats pass in my lifetime, and we will have the opportunity to rebuild our global community as we have done many times before. I sincerely hope that everyone can stay safe and stay calm. At this time of uncertainty, it is important that we do not lose hope and confidence in the constructive efforts so many are making.

△

Remaining True in a Time of Crisis

<https://mooji.tv/freemedia/remaining-true-in-a-time-of-crisis/>

In this touching talk, Mooji addresses the growing concerns we face as a human race in the light of the coronavirus pandemic. He offers great encouragement on the topic of fear, and shares guidance on how to stay true and wake up in this time of crisis.

We Are Being Offered a Higher Path ~The Gentle Art of Blessing

<https://gentleartofblessing.org/mooji-we-are-being-offered-a-higher-path/>



“I see that this time, challenging as it is, is also offering us a new path; a path of Grace. Life is offering us an opportunity to go within. The love of God serves every living being. So Grace is here to guide us through difficult times.

“I pray from my heart that each one will grow inwardly.

That we come to a higher level of life in the true sense.

That we see with more a unitive sense that we are one family, living together with greater love and understanding.

Bless you, bless you, each and every one.”
–Mooji

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A view of a corner in the shop



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