

# The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 10 Issue 5 • May 2022

You

## The Blue Island

Experiences of a New Arrival Beyond The Veil

**Eat Your Flowers!** (The edible ones, that is!)

**The Astrology of Taurus**

Angel Talk:

**What Happens When You Pray For Someone?**

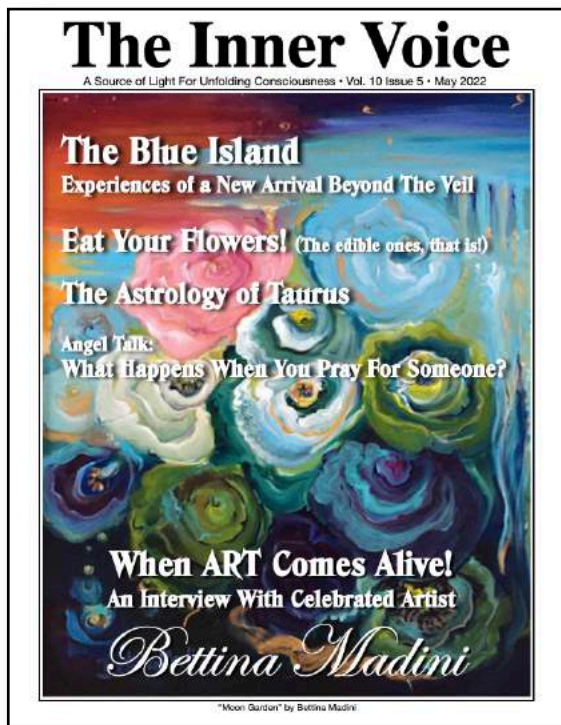
**When ART Comes Alive!**

**An Interview With Celebrated Artist**

*Bettina Madini*

"Moon Garden" by Bettina Madini

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Body, Mind, Spirit, Heart & Home*

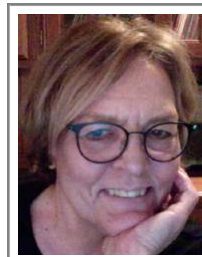
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## Moon Garden Art Print | Bettina Madini Art

Moon Garden is a work of fine art that is currently available for purchase at Bettina Madini Art. You can order prints on canvas, paper, wood, metal, greeting cards, mugs and tote bags.

**Moon Garden:**

<https://bit.ly/3896PMD>



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We would LOVE to hear from you! Email your thoughts and ideas to: [theinnervoice@gmail.com](mailto:theinnervoice@gmail.com)





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

[www.goldenlighthouse.net](http://www.goldenlighthouse.net)

Golden Light Healing Retreat Center is an oasis of peace and healing nestled amid 200-acres of prairie, fields and forest just 15 miles from Green Bay, Wisconsin.

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4pm Fri. May 6 thru 4pm Sat. May 7

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May 22, 9:00am-1:00pm

#### MEDIUMSHIP TRAINING

June 4-5, 9:00am-4:00pm

#### TRUSTING YOUR INTUITION

June 27, 6:00pm-10:00pm

#### THE HERBAL APPRENTICE

WITH GIGI STAFNE (see article on p. 20)

July 23-24, 9:00am-4:00pm

#### DRUM MAKING WORKSHOP

with Dave Wilinski

Wed. May 4, 5:30pm - 10pm  
 or May 30, 12:30pm-5:00pm



#### REIKI LEVEL I TRAINING

May 19, 9:00am-4:30pm

#### REIKI LEVEL II TRAINING

May 28 or July 10 9:00am-4:30pm

#### REIKI MASTER

June 25; 9:00am-4:00pm  
 Includes apprenticeship.



#### WHISPERS ON THE WIND SHAMANIC PROGRAM

**Group #25:** May 11-14, July 27-31, Nov 2-6, 2022, Jan 4-8, 2023

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**Dear Readers,**

Welcome to the May issue of timeless inspiration ~ and flowers!

Every month is an inner journey for me as I explore what to potentially include in each issue. I am inspired by the variety of information our writers so generously share. The wisdom and creativity is simply mind-blowing!

I think you'll agree that every article gives unique support for our lives. I am fascinated by my own process of writing Angel Talk. Ask a question and the angels have a loving response.

Be ready to be amazed by the wealth of topics from Barry Kerr's Astrology of Taurus, to experiencing Heaven with Jurgen Ziewe, p.11 ~ to the grand insights into the Afterlife of those who went down with the Titanic! ~ thanks to Steve for his unwavering research into the Afterlife phenomena every month.

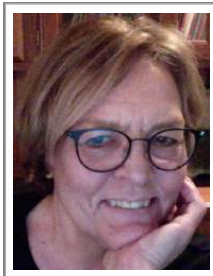
Steve has also resurrected his archive of dynamic radio shows he did years ago with famous change-makers and their timeless perspectives. In this issue we feature his conversation with Author Neale Donald Walsh of "Conversations With God" fame that you can listen to! See page 25.

I am delighted to present my interview with artist Bettina Madini and her magical art on page 8. Join me in her art class on Saturday, May 28 when we'll call in the angels and paint! See page 10.

And how much fun is this? Gigi Stafne shares her lovely Green Wisdom to add edible flowers to our recipes. Far out!

So, prepare now for take-off into reading and enjoying the rich and delicious content for a Happy May!

Nancy



Angel Talk™

# What happens when you pray for someone?

By Nancy Freier and the Angels of the Great White Light

Seper answered by saying: We say everyone can be healed and everyone receives healing [through prayer] whether they are aware of it, or not. *Illness is the illusion.* You are focused on the illusory side of life. In your truest state of Reality as you were created, you are perfect, whole and complete. You have no real need for healing and cannot be sick. In your illusion you adopted an illness by default in your belief system, but we say that this illness also has a silver lining. It brings to you your lesson, showing you where and how to correct your co-creative thinking process.

Your illness is always a lesson and it is your choice to learn your lesson, or not. We come to you to enlighten you, by reminding you that you need not choose illness, pain and suffering any longer. But until you choose differently, we are here to guide you and help you through your lessons.

*Q. So, if we view someone as 'sick,' can we do something to help them heal? What can we do?*

You can pray for them. You can ask that the Light of God be sent to them for healing, and with it they will receive a new spiritual understanding to lift them up from the bondage of pain to see the *Light of Love* that is waiting for them.

When you pray for another's healing, you put them on the receiving end of God's high energies. They receive this Light immediately and it will start to uplift them in some significant way. If you see the person as very sad, dark and very negative, we see the Light of your prayer as permeating through their darkness and lifting them up to the higher planes where healing can take place. You may not see it from where you are, but prayers are very real and very alive with the healing energy we call *Love and Light*.

So, to answer your question, yes, a person will receive the benefit of healing if it is sent to them through prayer. You need only trust the energy is intelligent and knows its work, knows where to go and what to do. With your focused thoughts and prayers, you are invoking that energy and strengthening it so a healing might occur faster than without prayers.

*Q. Can this Love and Light energy bypass the person's belief system?*

Yes, however, we prefer to say the energy *influences* their belief system. You may say that a hardened belief system 'softens' under the light of God's energy. You will notice the person become lighter, vibrate at a higher level, be less resistant and quite





Angel Talk from on page 4

possibly happier in time. But regardless of seeing any immediate changes, keep up the energy work when you pray. Do not let lack of results sway you. Your own faith and trust in the power of prayer is also at work here.

*Q. Would this act of praying for someone be taking away their lesson?*

We say, it is no 'accident' that a person is brought to you, or brought to mind for you to pray for them. It is part of the Plan! Do not let your judgments interfere. For example, a person we'll call Mary, comes to mind. Someone has told you Mary doesn't believe in prayer work and therefore, you won't be able to help her. Do not believe it. At one time or another during the course of their life, a person receives their own soul nudges to change the course of their life. Do not judge when this might happen, for you do not know, but their soul knows. You are not taking away any lesson, but rather are a part of their solution.

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e-mail questions for this column to:  
[theinnvoicemagazine@gmail.com](mailto:theinnvoicemagazine@gmail.com)

## Ask the Angels About Anything

### Angel Guidance Readings

The Angels shine a light on your path so you can see your way through life's challenges with clarity, ease and grace.

### Mediumship Readings

Connect with your loved ones in spirit. The Angels guide this reading, bringing through their unique perspective and compassionate wisdom.

### Flower Essence Remedies

Liquid, potentized plant preparations from Flower Essence Services and Dr. Edward Bach that convey a distinct imprint, or etheric pattern of specific flowers. These remarkable remedies recognize a relationship between body and soul and the interweaving of spiritual, mental, emotional and physical aspects of wellness. Flower essences address the root of the issue and vibrationally restore balance. Highly effective and safe to use.

Nancy offers:

Angel Guidance Readings

Mediumship • Flower Essence Remedies

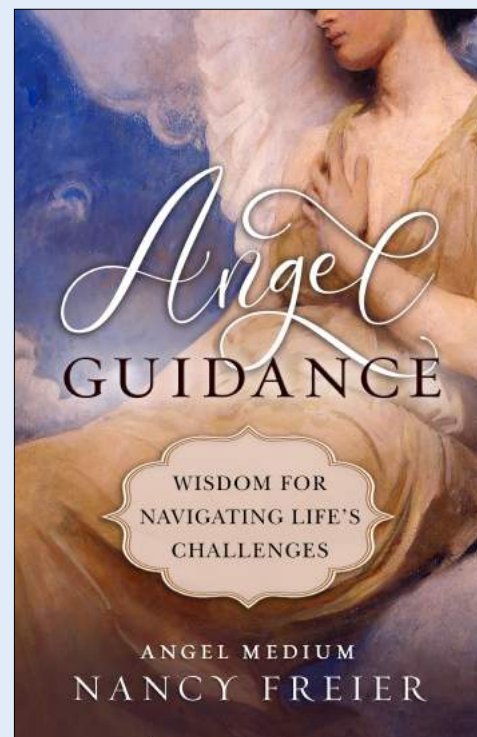
Essential Feng Shui® (See page 23)



e-mail [NFreier@aol.com](mailto:NFreier@aol.com)  
for more information

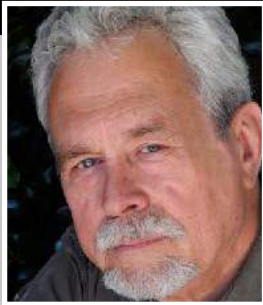
## ANGEL NEWS FLASH!

Nancy's new book is coming  
soon to Amazon Kindle!



Filled with spiritual Love and Light and Wisdom, **Angel Guidance** is a collection of some of the most popular questions people asked of these Heavenly Counselors over the span of a decade. Arranged in alphabetical order by topic, you can look up a specific issue or malady; or simply open the book to any page and read what you're guided to read. The Angels said that if the question you are drawn to read doesn't apply to your situation, the answer will. **Angel Guidance** also contains over 30 prayers and affirmations to say that will enlighten you while quite possibly changing the course you're on and heal your life. Get it today and have Angel Guidance forever

**Please look for  
Angel Guidance  
mid-May!**



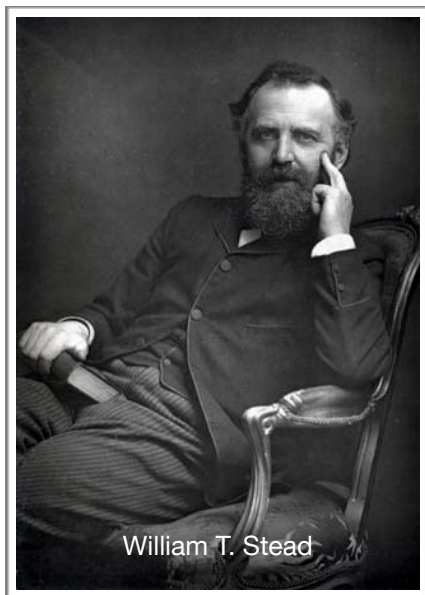
# The Blue Island

## Experiences of a New Arrival Beyond The Veil

By William T. Stead | Recorded by Pardoe Woodman & Estelle Stead

If you are interested in finding out more about what it's like in the Afterlife, *The Blue Island* would be a very good place to start! It is a fairly simple and easy to understand overview of what happens, especially when the soul or Spirit first arrives on the other side.

How did this book come to be is nearly as interesting as the book itself and what it says about the Afterlife. In 1912,



William T. Stead

William T. Stead decided on a whim to make a voyage to New York City to give a speech. Unfortunately for him, and perhaps more fortunately for you and me, he booked passage on the maiden voyage of the Titanic. And we all know what happened to over 1500 individuals who took that one-way trip!

I have become very enamored with this story about *The Blue Island*. However, in my opinion, there's really a lot more to the setting of the story than that. If you look into Stead's background, you soon discover that he was quite a character in his time. In the late 1800s he gained a

reputation as a muckraker journalist in London. I would compare him to the gonzo journalist, Hunter S. Thompson of the 1970s in our time.

In the 1890s Stead (1849-1912), founded and edited *Borderland, A Quarterly Review* covering such subjects as: Telepathy, Clairvoyance, Crystal Gazing, Hypnotism, Automatic Writing, Spiritualism, Telepathy, Clairvoyance, and Psychics. He also published, *The Review of Reviews* which devoted considerable space to spiritualism and psychic matters. The journal included, articles by Col. H.S. Olcott (on "Theosophy"), pieces on magic mirrors, portraits of "Borderlanders" (Annie Besant, H.P. Blavatsky); accounts of the travails of the Theosophical Society, etc. It also first published "Letters from Julia," Stead's own experiences with the spirit of Julia Ames and with automatic writing.



Estelle Stead

In April 1912, the Titanic sank and Stead was among the 1500 souls who drowned that day. He very soon communicated with his daughter, Estelle Stead, via a close friend of hers, Pardoe Woodman, a fellow actor at the time. This



Pardoe Woodman

book is his story of how his new life in the spirit world unfolded. It is a classic tale of life-after-death; especially that in the first hours, days and months after death. This is a relatively short channeled book that was first published in 1922.

Mr. Stead describes in various details of his passing over and spending time in the Transition Zone, which he calls *The Blue Island*. I call it 'God's Waiting Room.' This appears to be located in the Astral Plane. It offers comprehensive coverage of the Astral Transition Zone; and thus, answers fairly completely what happens after spirits "pass into the light."

Interestingly, he did not travel through a tunnel of light, nor did he see any light immediately after his death on the Titanic. Also interestingly, he reports that all the dead traveled together in a group to the Astral Transition Zone.

*The Blue Island* is good coverage of the issue of communication by thought and the technique of materializing and transferring thoughts to mediums. The book is at it's strongest in describing his personal experiences, but it is at it's weakest when he tries to predict what lies ahead. Here he foresees the choice to

Continued on page 7



**RMS Titanic was a British passenger liner, operated by the White Star Line, which sank in the North Atlantic Ocean on 15 April 1912 after striking an iceberg during her maiden voyage from Southampton, UK, to New York City.**



The Blue Island from page 6

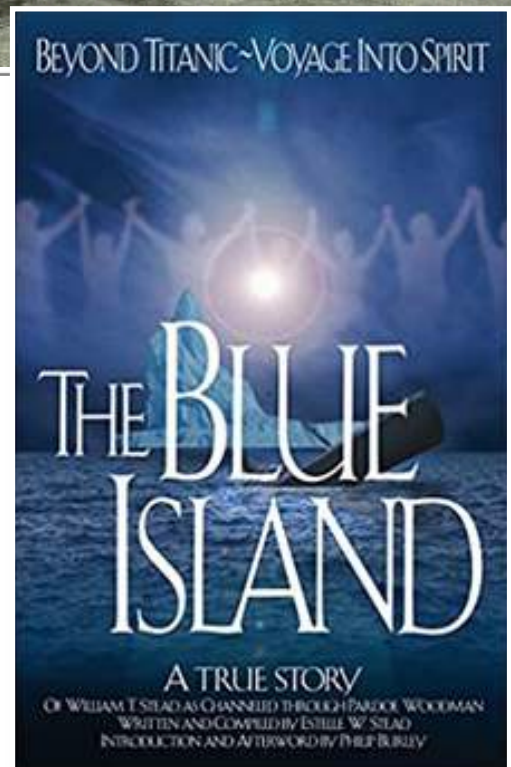
reincarnate, and he repeats a common belief that one loses one's individuality in passing beyond the seventh spirit sphere, into the eternal realm. Many people are not aware that we pass to the Astral plane, or bypass that plane and pass to the spirit spheres. This is one reason why tales of life-after-death can differ significantly. It depends quite a bit on the level of 'soul development' that person has achieved while on his sojourn on Earth, as well as over many lifetimes.

I really enjoyed this book and recommend it as an introduction to the early phases of the Afterlife. It was originally published in 1922 and it hasn't dated significantly. The book's thoughtful description of The Blue Island is very much as his studies had led him to anticipate. He also talks about how one's thoughts and actions shape their future via reincarnation; the importance of right thoughts and actions, though he doesn't use the word Karma or the "Law of Attraction" resulting in souls gravitating to people of like mind, living in familiar environments. Stead provides an extremely positive view, though he says there are people who, after death are for one reason or another, initially on the Blue Island, are not happy.

Another reviewer Chloe Deas said, "This is a classic for those interested in accounts of the Afterlife. Despite having been written over a hundred years ago, it's relevance has not dimmed; and, for all those interested in the work of spirit communication in its myriad forms, this is definitely not a book to pass up the opportunity of reading!"

△

**Steve Freier is an Afterlife researcher and book reviewer of metaphysical topics. He is also a professional video producer and was a radio show host. He resides in Door County, Wisconsin. Email: [sgfreier23@gmail.com](mailto:sgfreier23@gmail.com)  
[www.myunobstructeduniverse.com](http://www.myunobstructeduniverse.com)**



**The Blue Island book (that has several different covers) is in the public domain and can be purchased on Amazon Kindle or in paper. Click here: [The Blue Island: Beyond Titanic--Voyage Into Spirit](#)**



## Meet Artist **Bettina Madini** ~ When Art Comes Alive!



I have been deeply moved and inspired by Bettina's gorgeous artwork ever since I met her at the Dare To Be Aware Fair in Milwaukee several years ago. She gave the Keynote presentation which was a joy-filled, meditative experience in which she not only spoke, but played her lap harp.

Over the years her work has evolved into increasingly beautiful paintings that are channeled from the angelic realms, I am certain. She has taken her art to ever-higher levels, including the creation of a clothing line she calls "Magical Bodies." Now you can hang her art on your walls to enhance your decor, and wear her art and feel the joy!

One of her floral paintings is featured on the cover and another on p. 16. Visit her website to see all of her amazing art and clothing designs! <https://www.bettinamadini.com/>

Interview conducted by Nancy Freier

**Q.** Tell the readers about your background? When and where did your painting begin?

I was born in Berlin surrounded by a loving family with great protection instincts. Former 'West' Berlin had just been isolated and insulated (like an island) for two years, and the political tensions were great. The little cheerful child that I was grew up in the garden that my grandparents had been cultivating so that my mother would always have fresh fruit and vegetables. In the center of a big city, in the midst of a cold war, I sat underneath fruit trees in the grass and ate fresh berries, learned to grow a garden, harvest and preserve food.

How did I get so lucky? Living within the confines of a wall in my home city carved in me a drive for freedom and a desire to live life with joy and gusto. I learned to thrive on contrast and, later on, marveled at impressionistic and

expressionistic art, especially the search for color and light. I started drawing very early, to the delight of my grandmother who encouraged me and marveled at anything I produced.

My parents were very concerned about my future, with all these artistic talents, and they steered me into what they called a safer life in the financial world. I majored in business and marketing at the University in Berlin and moved to South Germany and then to Luxembourg where I could, to my delight, live in and express the French language that I had thoroughly studied at University. Here, I discovered the Conservatory of Music and, shortly after in 1992, the School of Contemporary Art. I immersed myself after work and on the weekends. Art saved my life and welcomed me with open arms.

**Q.** Your style is (if I can borrow your phrase) simply magical! The colors you choose are gorgeous; and your paint

*strokes invoke movement that give me glimpses into heaven. Give us a peek into your world and share your process with us?*

I have been so incredibly lucky, Nancy, to meet wonderful teachers. Each gave me the gift of free expression and color. At the School of Contemporary Art, my teacher, Jean-Marc Tosello, educated me in Kandinsky's color theory. I learned to sense color with my body. We moved through each color individually, and he would always ask me; 'Is the painting done?' 'What do you sense is missing?' 'Where do you notice this is your body?' The gift of questions I now pay forward in the painting classes that I facilitate.

In the studio of the art school, we would nail our canvases onto the wall and just start painting, without constrictions. I had space to unfold and expand surrounded by other artists with immensely different ways of expressing. When I told Jean-Marc that I was leaving

Continued on page 9



Bettina Madini from page 8

for New York City in 2003, he simply replied “It’s going to work!” In New York City, at the National Academy of Fine Arts, again, I found wonderful teachers/guides in Susan Shatter, Sharon Sprung, Wolf Kahn and Henry Finkelstein. I learned so much more about color!

In a way, it is all about color. Color invites me on a journey, and the entire process feels like a dance. I don’t think and I don’t do composition. The composition composes itself together with my body, brush, water and paints. I never really know what exactly I’m going to paint. So, my paintings might be abstract, or figurative, or landscape, or visionary. For me, it would not work to constrict the narrative into any one style. My style is color, and this makes me smile. I love color so much ~ Raspberry Red, Cadmium Yellow, Phthalo Blue or Green, Raw Sienna, Sap Green, and then, of course mixing them with earth tones. It is an infinite palette of joy. The earth and her elements are magnificent!

*Q. What does a day in the life of Bettina look like? What inspires you?*

Great question! You would think that as an artist I’m painting 24/7, right? Well, it’s not true for me. I might actually get bored. I personally need to have ten projects at least, so I don’t create undesirable things from boredom!

I document my paintings, meaning taking pictures. I create greeting cards which I print one-by-one. I also design my wearable art and work on my computer in design software. I create, maintain and feed my several websites and my new art print shop, social media posting, blogging, and writing. I have several books out and I’ve been writing a new book. I apply for shows and at times write grants. I work with my team shipping paintings and staying up-to-date with legal requirements; also preparing and organizing my workshops, writing newsletters and staying in touch with my collectors and audience. At times, I have a music gig ~ and that is a completely different animal. I do love painting... lots of motion; and, lots of deviation and



Bettina is painting and wearing her “Magical Bodies” leggings.

different ways of expressing my being. It’s a full-time fun-job! I literally have to make sure that I keep moving between that part of my art business and my studio. There, in my studio, I will simply be... no thoughts, just being. I love it all!

And there’s the garden. I grow the flowers that I paint. I love cooking and preserving food. My time spent in my grandparents garden years ago comes full-circle. I often think of them and send my gratitude to them wherever they are now.

*Q. I understand you give art classes?*

Yes, I offer art classes designed to open spaces, to undo the mindset where we think we cannot be creative. As soon as we have this urge, or a jealous moment when we see someone perform or create art, there might be something there for us to look at. A lot of us desire to create and avoid it at the same time. In my classes, I show ways and offer tools that can

Continued on page 10

uncover this inner conflict and take it out of existence.

*Q. That's terrific! Over the years, I see that your art has magically become clothing that women can wear. How did you turn your art into wearable art?*

A friend of mine said, years ago, 'Bettina, people have to be able to wear your art!' With these words, she sent me on a journey of curiosity and question. I searched and asked questions, tried, failed and kept going. Eventually, I found my team, and we make great, quality wearable art. I love making things that you don't find anywhere else! In high school, I always made my own costumes for carnival from scratch. Found pieces of fabric in stores, leather, beads, ruffles, and I sewed it together with my moms old sewing machine and voila! ~magic!

I love adorning bodies and make them smile! I came across silk painting when I met Jenwah Panther who is a marvelous silk painter. When I saw her silks, something clicked in me. We painted together for two hours, and two years later I gave in to the nudging and purchased silk paints and fabric. From that moment on, I started remembering what Jenwah taught me ~ how to treat the delicacy of the silk, how to move the paints and play with the divine accidents. I absolutely love it!

*Q. Your clothing line is beautiful! I am imaging that those wearing your art are smiling like you do. Such happiness you spread in the world!*

I smile when I paint and my desire is to flow this joy of creation into the world and touch as many hearts as I can so we all can remember who we truly are and what we came here to create. There is

such beauty here. At times it's very obvious, and at times, it is more like the river underneath some (at times) strange creations. Underneath, what beauty is there? What is the earth showing us and inviting us to? What can we all create here?

*Q. When is your next painting class?*

It's scheduled for Saturday, May 28, starting at 10am until 4pm. It is called, "The New Earth and We" — the name it whispered to me. It will be an exploration — not of blocks or obstacles, but painting based on knowing that now the space is open beyond the old walls. We will dive into a joyful exploration of what we can create, what we know and what can now *simply show up!*

△

**(See ad below for class details!)**



**This class is for artists of all levels of experience and all ages. We open the space for creativity together. Explore what you can create. We will relax, breathe, enjoy, journal and paint! Make space for the YOU that you have been waiting for!**

**May 28, 2022 10am - 4pm**

Location: Private residence  
in Montello, Wisconsin

\$250 per person (includes art supplies). Super-friendship-pricing: Bring a friend and you pay \$225 each (\$25 off)!

**For more information and to register:**

**<https://www.bettinamadini.com/workshops>**



## For Immediate Release ..... A Glimpse of Heaven!

Artist and Author [Jurgen Ziewe](#) has created, with Craig Pruess, a VR experience of Heaven based on his extensive research and out-of-body travels to that realm. Visit website [www.tinyurl.com/svwrmpfs](http://www.tinyurl.com/svwrmpfs) to experience Heaven for yourself!



We only have sight and sound as metaphors to represent that which is unfathomable, a state of consciousness that is so far beyond our sensory perception that visitors to these realms rarely find the words to give testimony. Perhaps words such as bliss, serenity, profound fulfillment, or homecoming may be used, but they mean nothing ~ they are just crutches and are quickly abandoned in favor of silence.

This is why this Virtual Reality project has been such a long time coming. It took me several months to piece together the visual tapestry and with the help of my good friend Craig Pruess, who had just completed writing the music score for a Hollywood movie, and who provided the divinely inspired sounds to accompany the experiential on the unique mystic journey.

The guided sound meditation through this virtual celestial palace is kept deliberately slow, so that you can swirl around and experience the homecoming while being transported through elevating levels of floating architecture.

This is a world where angel voices speak in color, their words surrounding and absorbing you, calling you home.

We live in a fragile world, where war and hardship, fear and worry have become a part of our everyday reality. Where lies, deception and untruths are peddled as fact by those we have chosen to take charge of our lives, but who are undermining our freedom, human rights and cohesion, as we continue and try to find certainty and safety in a transient world, believing it is somewhere “out there”. It is not and it never will be. It’s an illusion, because if the heart itself is not still and is not infused with love there can be no peace.

Peace is to be found in this moment, where we can stop the world, remind ourselves of our basic needs and what is real and important. Millions of people are driven from their home which have been burned to the ground by the tyranny of mental aberration, by fantasies and ideas which have no grounding in love or reality.

This virtual reality work was made possible by the generosity and kindness of my sponsors which enabled me to buy

cloud storage facility where people can download my virtual reality movies to their VR headsets for everybody to enjoy for free. I would like to thank my generous friends and sponsors who support my visual work. It enables me hire technical support to work and buy assets to perhaps shine a little bit of light into this darkness. So thank you all for being part of it. *(You can also download the VR version to your headset for an immersive experience from my website.)*

Watch for the final release of this VR experience, which is still being tweaked and others under consideration by visiting <http://magicfantasyart.com>.

If you like the sound track, my friend and music composer Craig Pruess, who is collaborating with me on this project by supplying the inspirational music score, you can find his work here: <http://heaven-on-earth-music.co.uk>. Craig scoops his divine sounds from his own inner experiences.

Δ

To learn more, please visit: <http://multidimensionalman.com>



# Black Tourmaline is Calling

*"Deep in the forest I must go to lose my mind and find my soul." - John Muir*

As I tuned into the May crystal ally of the month, Black Tourmaline, the above quote by John Muir echoed through my thoughts. Into the forest I went with a big ole chunk of black tourmaline. Over the years, I have come to know that when the crystals share this quote it is time to pause, slow down, and reconnect with not only nature, but also with myself.

Black Tourmaline is popping in this month with a reminder to do just that. This beauty is commonly known as a great ally for protection, tightening up our boundaries, and diffusing the abundance of electromagnetic frequencies in our environment. It is also a great ally prompting us to spend time in nature, to get a little playful, and for calling our energy back to self. Black Tourmaline illuminates the places and spaces where our energy has become scattered and depleted. It reveals the ways our scattered energy stops us from being fully present in our day-to-day life.

So how does our energy become scattered? When life gets busy, we give our thoughts to many different things. Our attention drifts from place to place. We get lost in planning and stuck in unresolved old story loops. As our energy slips from past to present to future and back again,

we escape the here and now. We feel less like ourselves. And we forget to pause, slow down, and reconnect with ourselves. This sounds so simple, right? It is. And yet the busyness of life takes over and our energy scatters quickly.

The thing is that when our energy is scattered, we lack focus and can feel a sense of worry, doubt, fear, overwhelm, exhaustion, and hesitation. This is when we struggle to maintain clear and loving boundaries. Life begins to feel chaotic and our usual clarity is muddy.

Black Tourmaline is showing up with some insight regarding how to call our energy back so that we may be fully present and crystal clear.

**1. Spend time in nature.** The more deeply you can immerse yourself, the better. Carry a piece of black tourmaline with you. Invite it to clear your thoughts and energy field as you lay down your worries and distractions.

**2. Pay attention to your energy and awareness with these reflection questions:** Where is your attention? How do you feel in your body? Are you fully present? What thoughts, ideas, experiences, or plans are distracting you?

**3. Do a little brain dump.** Write out all of the things that have your thoughts and attention. This may look like a list or several paragraphs. As you let them out of your mind and onto the paper, you will



Black Tourmaline in Feldspar and loose black Tourmaline Crystals.

begin to see the list differently and your energy may even feel different. Perhaps a bit lighter?

**4. Call your energy back.** You can do this by bringing your palms to your navel center. Take several deep breaths. Inhale through your nose. Exhale through your mouth. With each breath, notice your thoughts. Where do your thoughts drift to? Imagine they are a thread of energy. Follow the thread. As you arrive where it leads, imagine you can unhook the thread and lovingly draw it back to you. As it returns, anchor the energy within your navel center. Continue to breathe and repeat this practice. As each thread of energy returns, welcome it back and notice how much more present you are within yourself.

These are wonderful morning rituals and daily practices that will have you feeling in alignment, focused, and fully present for the magic of your life.

Δ

See ad on page 13 for more information. Join me in my Crystal Immersion Journey. <https://loriaandrus.com/crystal-challenge>



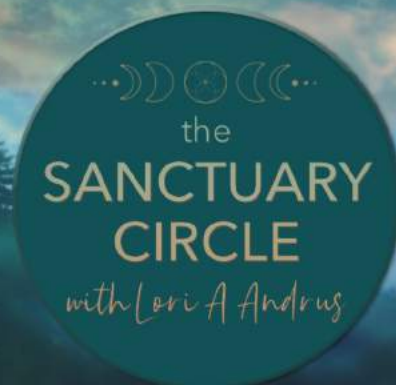
Black Tourmaline Photos: Lori Andrus





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

Known for asking spot-on questions, she invites her clients and students to explore the most intimate facets of their soul. Her creative online programs offer high level content and breakthrough lifestyle applications.

Lori hosts the Meet Me in Sacred Space Podcast where she shares practical ways to bring crystal wisdom and sacred practice into your everyday life.



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## Be as a **Flower** in a Timeless Universe

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."

Visit: [www.patsartfullife.com](http://www.patsartfullife.com) [www.patgullettdesigns.com](http://www.patgullettdesigns.com) [www.artisticwaytoenlightenment.com](http://www.artisticwaytoenlightenment.com)

**B**eing as a Flower in a Timeless Universe, without a watch, schedule, or deadline allows us to truly live in the present. Can you imagine being a part of Nature and just follow your instincts, feelings, and inner wisdom? Physics has no place for 'time.'

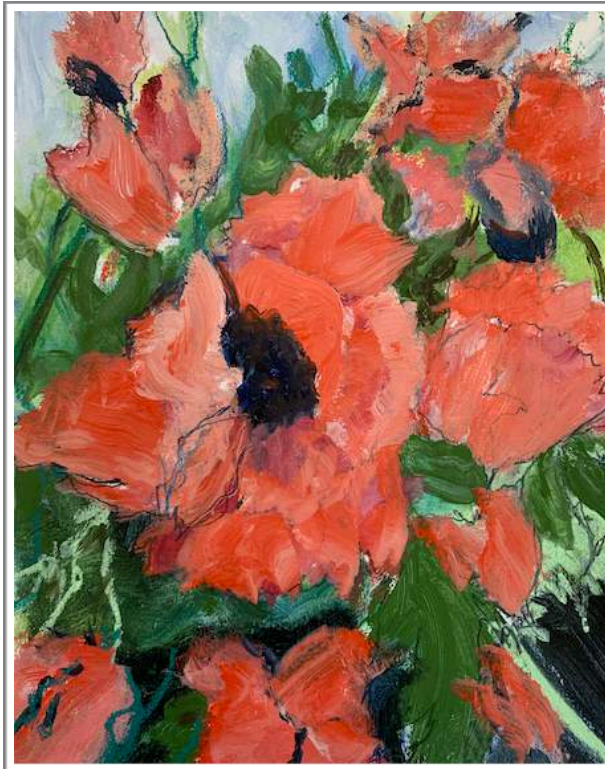
Time is an illusion, a man-made structure to help us make sense of life. Moreover, in quantum physics and relativity, we are agents with agency, meaning we can do things and see results of our actions. In this way, there are only events and experiences we have, with one leading to another. There is no flow. We created that to bring order to our minds.

First of all, if we were a flower, we would root, spread our deep fingers into the soil, and nurture our seed or bulb. *The inner work would come first.* Dark within the womb of the Mother, we live in the space between. We incubate, dream and energize making a strong foundation upon which to grow. I know with my house plants, I must be careful not to love them with too much water. That drowns the roots. Excess water, emotions, drama, or upsets of the world that I have no power over, just rot my roots.

Next, the plant must feel what is right before coming forth from the ground. An inner knowing tells if the weather is warm, sunny, or calm enough for a sprout to appear. Leaves so often have to curl themselves up to protect from sudden

squall, hail, or drought. The flower listens deeply, and trusts its instincts to thrive.

Like a flower, we must check the weather report of our lives. Sometime we must be patient, bide our time, explore, and discover our strengths before venturing out. This takes deep inner wisdom, asking our higher selves, our



Peach Poppies by Pat Gullett

inner wolf or owl, for direction and insight. Balance is needed between our inner dreams and our worldly creations. Being as a flower in a timeless Universe creates Trust in Self.

Thirdly, the flower 'feels deeply' when to unfurl its leaves and buds. Trusting itself completely, it grows, divines, and creates magic with air, dew, and all life around it. It breathes in sun and photosynthesizes to release brilliant fresh

air to the atmosphere. A flower knows where it belongs in the garden of life. Here, we find our happy place to live, exist and thrive. We love where we are and know this is exactly where we are supposed to be. Life should be as a flower growing to adulthood. A natural cycle of Nature, of our body doing what it loves, of connecting with like minded friends and of creating beauty, color, and light wherever we go.

Lastly, the brilliant, magical flower blooms in exceptional color, shape, and form. Above all, each one is unique with its own gifts to share. The Earth shifted when Flowers appeared. Like our eyes and limbs, flowers evolved old genes for new jobs. Some healed, others fed humans/bees/butterflies, others caught bugs, some became poisonous, each creating its own little world of beauty and love. They pollinated and spread world-wide, becoming the most sought after, and major source of food on the planet.

So let's pull away from time for a while and view life as a Flower, in cycles of events, one leading to the next. As we care for our roots, release deadly emotions, nurture our bodies with exercise and healthy food, we too will bloom in our own personal unique way to add to the mixed bouquet of the world.

Therefore, have fun with all you do. Do what feels right and be a conscious part of evolving Nature. Be present and experience a grand spirit in a body for this moment on Earth.

△





Over the course of this year, we are exploring each of the planets as the active, sub-parts of our personalities, each one corresponding with a chakra in our body system. The illustration below shows how the planets and signs align with our chakras. It's as if we each have the solar system within us. As above, so below!

**W**e are divine consciousness, eternally united with each other as the essence of unconditional love. When incarnating into physical bodies, we have tended to lose awareness of that. Our physical senses create an illusion of separateness, from each other and from all that is. We feel alone, with love seemingly being somewhere “out there”.

Yet each of us subliminally remembers and longs for the unity of love that we truly are. It is our inner Venus that experiences this longing. And because it feels like love is external to us, we stay alert to anything and everything in our environment that seems to offer a respite from our experience of isolation, some taste of love restored.

As babies, hunger impels us to reach out to mother for milk. A deeper hunger longs for mother's touch. Such physical connections are how we find love. Though often taken for granted, it is our physical senses that both create the illusion of separation and offer a pathway back to unity through the myriad positive, loving physical re-connections we experience.

Perhaps an object brings us a loving connection. We may find it beautiful, or it brings us comfort, convenience or pleasure, or we associate it with a previous loving experience. So we value it, want to possess it, keep it near to us. Other objects may do the opposite.

Later, when we visit the Libra expression of Venus, we will explore the



ways we connect to the deeper intangible experiences of relationship and love, primarily with people or animals and the souls they embody.

However, in Taurus, the focus of attractive Venus is toward self-reliance, with emphasis on the material world, including the money that enables us to attain what we value. Venus attracts the experiences of our physical senses through food, beauty, comfort and sensual pleasure. It is one profoundly important reason we choose to incarnate; to experience loving consciousness in new, interesting and ultimately delightful ways.

Some healthy attributes of our Taurean Venus include beauty, sensuality, artistry, resourcefulness, self-worth. Unhealthy attributes include self-indulgence, vanity, hedonism, laziness, possessiveness, and poor self-worth.

In your body, the energy of Venus sits in your 4<sup>th</sup> chakra, the Heart chakra. If you are in an appropriate place to do so, close your eyes and put your hand over your lower chest. Take a deep breath in and out. Notice the part of you that needs and values experiences of loving connection. Can you feel and appreciate the loving connections that come through your body, through each of your senses of touch? Taste? Smell? Sound? Sight? Do you diminish any of these, value them less? Are you aware of ways that on your own, without people or pets, you create loving connection with your environment, your home, your things, your money, your body?

To lend strength to your Taurean Venus, repeat the following affirmation: *“As a child of divine light and love, I am entitled to enjoy my body and I am inherently worthy of attracting to me that which brings me comfort, security, love, pleasure and delight. I love my body.*



*Though life may teach me limits and balance, it is never a reflection of my worthiness to receive.”*

Δ

**Barry Kerr is a certified soul-based astrologer with over 40 years of experience. Located in Sedona, Arizona, Barry offers remote astrology, energy healing and transformational coaching. Visit <http://www.chooseconsciousliving.com/>**



# Spontaneous Inspiration Happens!

Align with bold inner freedom, authentic creative expression and powerful wisdom when you work with Beverly to discover and resolve ancestral, womb time and early childhood influences that have been limiting your perspectives, beliefs and behaviors.



I experienced a wonderful spontaneous inner message that opened some magic in me. I was creating a list of people with the intention to call each of them when I noticed a change of energy and perception within me. I felt more peaceful and more present. It was comforting inner awareness and silence.

A message spontaneously emerged. “My energy is free... my energy is free.” The soft thoughts changed to a gentle inner chanting of the phrase, “My energy is free.” As I chanted this spontaneous inner message, I noticed I was feeling calmer, happier and was also appreciating myself. I rode this wave as it supported me to easily follow through on my day’s goals. I invite you to explore it for yourself... “My energy is free.” Dance it. Sing it! Explore this truth. Be open and aware, notice what spontaneously moves through and inspires you. Explore how it motivates you to move into right action that is lined up with what you want to create and complete that truly nourishes you.

**Clearly claim your intentions.** In our daily lives we can race around in our minds and bypass or override these spontaneous intuitive signs and messages, or not. These subtle affirmations are more than words or thoughts. They are deeply nourishing energy transmissions, organic and richly unique to serve you. So, turn up your inner listening to receive your unique, spontaneous subtle inner support.

I was clarifying my intentions and noticed the spontaneous repetitive thought, “I am accomplishing. I am

accomplishing.” I played with this flow of words as I followed through completing tasks with ease and enjoyment. It truly supported my focus and follow through. It helped to line me up with my true values. It was amazing.

**Focus on new possibilities and gratitude.** I was looking at the details of my ideal to-do list. I thought of a cascade of questions. What am I capable of accomplishing today? What choices are aligned with my goals? What choices are aligned with my highest vibration today? How can I be in my authentic power more fully with ease and grace? How can I get this done efficiently while having fun? In other words, I felt lost in a whirlpool of fear flavored with idealism! And the ultimate vulnerability request spontaneously came from me... **HELP!**

I took several deep breaths and in a few moments, feelings of overload subsided. New clarity came. I felt waves of gratitude and inspired choices and action easily flowed.

**‘Help!’ is a universal request.** Help! can be the most authentic and focused reasonable request possible. It is complete in itself and can be expanded to include more detail. Asking for help is self-loving. Genuine self-love and clarity can show up as a genuine request for help. When you are alone, (and you have not fallen off a cliff, fallen in your bathroom, or are in need of timely human support) who are you calling for help? Your wise self who is an expanded rich resource and guide to right action.

Ask and listen. Ask and watch. Ask and feel. Notice what images, thoughts,

perceptions, and awareness and next action step come to you.

Help is simplicity, yet it is a powerful request. Help me complete this efficiently. Help my body be optimally healthy. Help me find a solution. Help me express my most magnificent self today. Help me see what I haven’t been able to see, feel and hear. Help me receive the grace and good that are here, now. Help me to let go of what blocks me from love.

**That is a great moment to explore simplifying.**

How simple and direct can you be? How clear and focused can you be? Experiment and spontaneously verbalize a cascade of genuine requests to hear what you truly need and want. Notice what is at the heart of your need. Exercise these awareness muscles to quicken your intuitive capacities to focus your intention, attention and to inspired receive support. Here are some examples:

Help me to feel more love throughout my day. Help me release resistance to being loved. Help me open my heart. Help me love me. Help me be love.

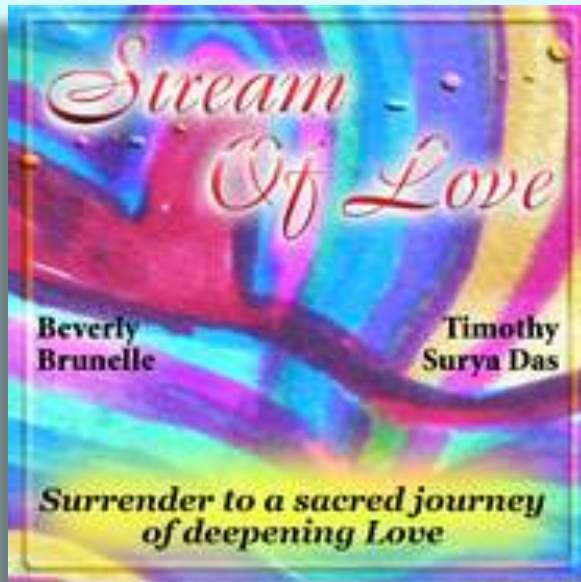
Change is natural. Be the curious explorer. Notice your spontaneous intuition and be willing to ask for help to resource new wise change.

△

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



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Experiences of a New Arrival Beyond The Veil

**Eat Your Flowers!** (The edible ones, that is!)

**The Astrology of Taurus**

Angel Talk:  
What Happens When You Pray For Someone?

**When ART Comes Alive!**  
An Interview With Celebrated Artist

*Bettina Madini*

"Moon Garden" by Bettina Madini

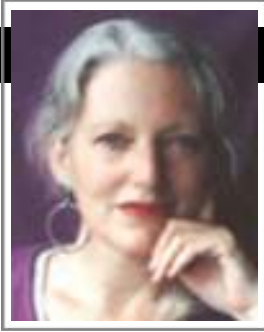
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## Food For Thought~ Patience

Kathleen Jacoby former editor of The Inner Voice magazine made her transition in April 2019. She has communicated to me that she is "sitting at the feet of the Masters learning more about the Greater Universe." We plan to publish her many articles that she left. This one was dated September 26, 1997

Something I've known forever has come up squarely in my face and brought me to a place of potential teeth gnashing and wringing of hands. When we want something to happen *now* and have to go through the natural process of waiting, we are asked to draw upon patience. (God grant me patience but hurry!) In our moment of want we find a clash between will and reason. Will wants to throw everything aside to gain its objective. Reason calls for calm and discernment.

Why do we have to have patience in the first place? Well, let's look at what it means. Webster defines patience as: 1. the bearing of provocation, annoyance, misfortune, or pain without complaint, loss of temper, or anger. 2. an ability or willingness to suppress restlessness or annoyance when confronted by delay. 3. quiet, steady perseverance: even-tempered care; diligence. 4. solitaire

When we place ourselves on a course of action, we are often swept away by the enthusiasm in our project. We feel unstoppable and as though all things are possible. When delays are encountered, they test the mettle of our conviction. They give us an opportunity to pause and *g a t h e r   o u r   i d e a s* again...reviewing and refining. When we are able to go along without any of the testing of our product (idea) we do not encounter the strengthening process that patience provides... because in the bearing of the frustration, we are showing our endurance. We are proving the worthiness of our objective, and we are demonstrating our own level of maturity.

Youth is impatient. This doesn't mean physical youth per se... it means a youthful action. And action is wonderful, but

without the necessary commitment and where-with-all to sustain delay behind it, the action and result are not fully embodied. Think of the time it takes for a baby to be born... nine months. Just because one decides to have a baby NOW does not mean that there are not the intended stages that must be traversed in order for the full baby to come to fruition. There may be

problems within the pregnancy, and sometimes there isn't enough life sustaining energy to allow the child to come to full term.

So it is with us. We can have the best of intentions. We can have the most fabulous ideas. But it is in the process of

unfoldment where the issues will arise, and it is here that our maturity is required. As we gird ourselves for the long haul, sustained in certitude that we are not going to be thrown by appearances ~ that we will indeed use those blocks or delays to

strengthen our resolve and effort, there is good reason for optimism. As we prove ourselves through time, life responds. And here we see the separation of the weak from the strong, not as in better or worse, but merely as a testament to the ongoing nature of reality. Only the strongest intentions can survive. Only the stronger plants will thrive. It is the process of selectivity so that the gene pool remains healthy and that the imagination pool yields its fertile ground through testing and refining. Patience becomes the great divider, separating the "men from the boys" so to speak.

So, when we are asked to demonstrate patience, let us view it as a gift. It is allowing us to demonstrate the fullness of our intention, to test the strength of our commitment and resolve.

Food for thought. ♥

*"God grant me patience...  
but hurry!"*—Unknown



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

Photo: ©Jane Erica Hutchison



# What We Do Makes A Difference

By Kathleen Jacoby



I am reminded of a true story told to me by an online acquaintance. She had heard a major "boom" on her front picture window years ago and went out to investigate. There, lying on the ground was a beautiful bird. It had smashed into the window and was knocked out. She didn't want to move it for fear of hurting it, but was aware that there were roaming cats in the neighborhood and that if left alone, the bird might be eaten.

So she sat with it, prayed with it, and talked to it. She spent the afternoon encouraging the bird to wake up and fly away, but it lay very still. There was a hint of breathing, so she knew it wasn't dead. Her husband tried to persuade her to come into the house, but she couldn't bring herself to leave the bird. He brought her a coat so she wouldn't get cold. It was fall and the days were shorter and cooler in Massachusetts. Finally, it was fully dark. She told the bird she had to leave it. She could no longer sit with it after her five hour vigil.

So, she stroked its wings and prayed over it once more, and lo and behold, its eyes opened! It made a little peep sound and shakily got to its feet. After a few moments, it re-oriented itself and flew away. Just like that.

She was overjoyed and felt that her time spent with the bird was not wasted, and that was the end of that ... or so she thought. The next spring, in the exact spot where the bird had been, an odd plant grew. It turned out to be a particular flower that she especially loved. She had no idea how it got there because she hadn't planted it. And then the next year, another beautiful flower appeared of a different variety — in the very same spot! The year following, an asparagus plant grew. She was constantly amazed, as were her neighbors who now came to see what the spring offering from the bird would be. She realized it couldn't be that bird who was bringing the gifts, because it couldn't have lived that long, but something was providing a 'gift of thanks' to her year-after-year for her compassion for a little bird who otherwise might not have lived.

And so, again I am reminded we make choices. We do what we do and life brings about results that vary in degree. But when we do something from the heart with no expectation, miracles can happen — just as they did for my online friend. Nothing is out of the realm of possibility.

△

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

Most people have not given the death and dying process much thought. Have you? What are your concerns? Have you lost a loved one or perhaps you fear your own death? We all have our worries and questions! In this discussion group you can freely express your thoughts and feelings, worries and concerns in an open, non-judgmental atmosphere.

**Location: ADRC of Door County**  
916 N. 14<sup>th</sup> Ave, Sturgeon Bay WI 54235

**Time: 1pm — 3pm**

**Date: May 19, 2022**

(every 3<sup>rd</sup> Thurs. of the month)

**Registration: Call ADRC to register. 920-746-2372**  
Space is limited to 15 people; can be any age over 18

**Hosted by Steve Freier and Marggie Moertl**

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

**Marggie** has many years of clinical experience within hospice and home care nursing and providing End of Life Doula services. She brings all of that with her and combines it with her deeply intuitive gifts.

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

*See you there!*





Botanical Bliss By Gigi Stafne MH., ND

## Springtime Flavor with Edible Flowers

In springtime we may appeal to all our senses by selecting edible flowers to add to our culinary dishes for extra flair. While not all flower petals are suitable for consumption, many are. I think you'll truly enjoy working with these botanical beauties in new ways.

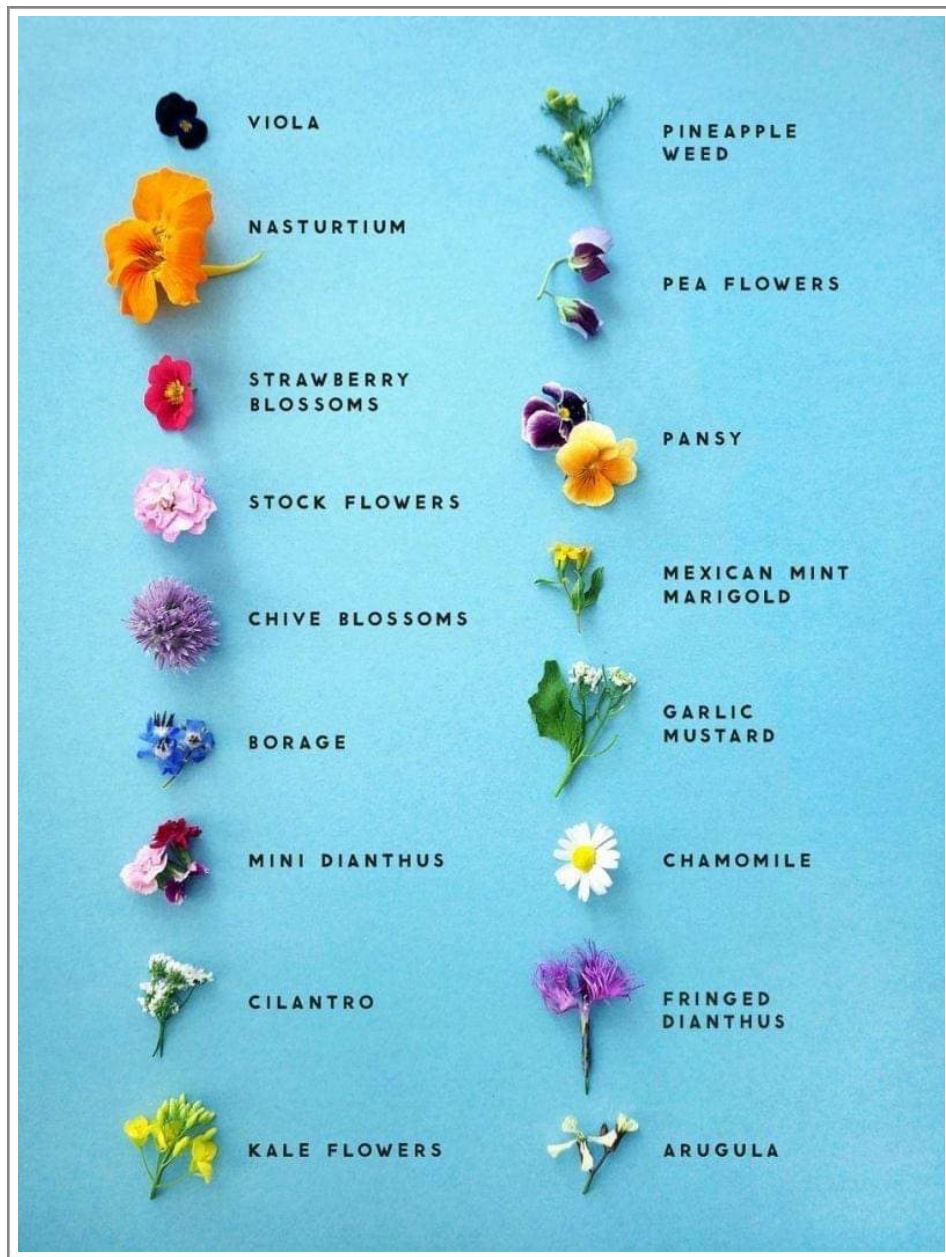
Cooking and baking with flowers has actually been a historic tradition including everything from Dandelion flowers in fritters to Wood Violets in syrups. Wild and cultivated flowers can be beautiful garnishing salads, cakes and other confections. Did you know some may also be ground and mixed into the recipes?

One of my favorites is Lavender blossoms ground into sugar cookies. There are so many creative uses. Try adding dainty viola flowers to ice cubes as you are chilling them. Nasturtium petals are tasty when added to spring rolls. I have even had an herbalism student add Nasturtium blossoms as a topping to pizza! One of the most magnificent uses of flower decor is when they are added to wedding cakes.

Within herbalism we infuse flowers into many botanical products: teas, tinctures, syrups, oils, oxymels, honey, vinegars and more. I truly enjoy adding flowers as beautiful garnishes to herb cordials, beverages and culinary delights. Edible flowers are beautiful botanical decorations with their delightful colors. Some of my favorites in this realm are wood violet, viola, cherry blossom, cornflower and dahlia.

You will want to educate yourself on flowers to avoid, as some are poisonous. That is the realm of Master Herbalism, so consider taking a workshop or class to learn more about plant precautions and toxicity.

Why not begin this spring by collecting some apple and cherry blossoms or even lilac flowers to decorate your special dishes? Other flowers to try would be



bergamot, borage, chamomile, chive, dandelion, daylily, hibiscus, nasturtium, ox-eye daisy, viola and wood violet.

There are so many to choose from! I hope that you will enjoy wild edible flowers this springtime. Happy meandering! Δ

Please Note: This article provides educational information for readers on natural and botanical medicine subjects. Content is not intended to take the place of personalized medical counseling, diagnosis and/or treatment by a physician. Herbs and other botanicals are classified by the Food and Drug Administration as food products, not medicines.



"...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



One of the most common uses of edible flowers is in salads. They add different flavors which may sweeten or spice up a salad, from Chive Blossom and Nasturtium to Dav Lily.

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# The Power of the Taurus Season

By Dana Claudat

<https://fengshuidana.com>

We've just started a cosmic season of feeling incredibly powerful, unstoppable and magnetic in so many ways. It's Taurus Season, and it's incredibly abundant.

Taurus Season started on the 19th, bringing so many earthy, grounded, rich, beautifying and rewarding themes to life!

While it's always a perfect time for self care and a deeper commitment to your biggest priorities, now may feel like an even more perfect time.

This Taurus Season also kicks off an epic series of Eclipses to shake things up in the most abundant ways, along with a very positive Mercury Retrograde (truly, so rejuvenating and amazing) and a Pluto Retrograde that brings loads of tangible manifestation to all of us.

Taurus energy resonates strongly with money and abundance, as you reap the rewards of the work you've done. You might create new plans to expand your wealth. Move your personal projects forward in deliberate and fulfilling ways. Light up your creativity with more joy. Connect to nature and to your true nature to align your life in the best ways for you. It's a season to learn to live with more ease, happiness and fulfillment. When we're connected to nature we deeply recharge, refuel, and shine brighter.

Refueling ourselves regularly is incredibly important, especially if you're looking to take a big leap forward. Even if you're feeling pretty great, extra time to recharge your space and your life can bring you more brilliance, along with the sparks and the momentum to manifest amazing things.

When your home is more connected to Nature, you'll tap into restorative Earth energy more easily. Open curtains to let

the cleansing energy of sunshine into your home. Burn some dried rosemary twigs to cleanse and ground your space. Add bowls of sea salt (nothing fancy needed) to your nightstands for a few days to recharge your bedroom energy.

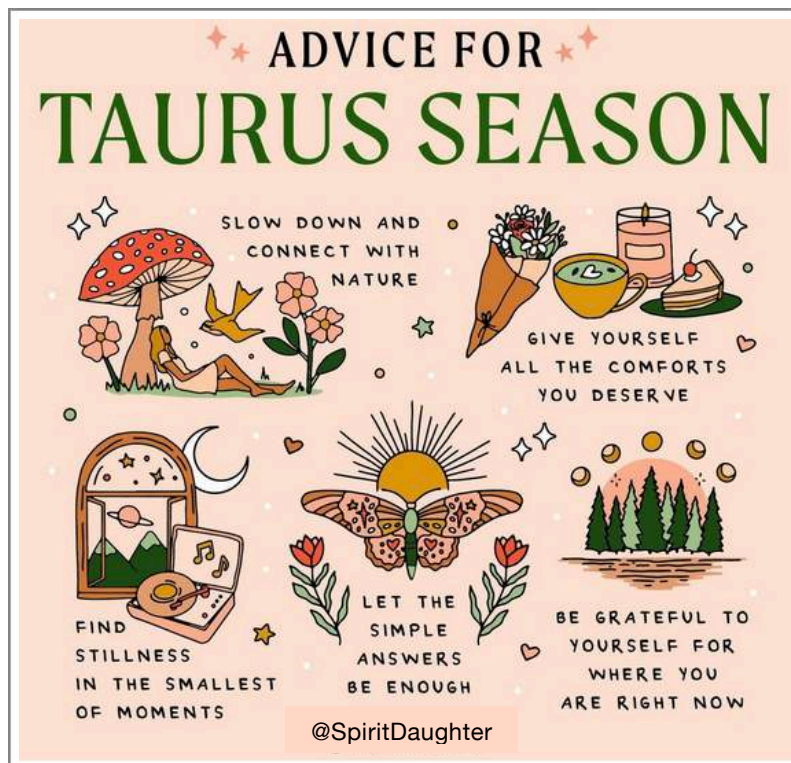
The easiest way to feel more powerful, confident and radiant is to love who you are and express that as freely as possible. Dress, eat, exercise and do all that you do every day in ways that feel great. Surround yourself with your favorite music, textures and flavors. Indulge in the simple things ~ something as easy as a playlist of your favorite songs in the background as move through the day can bring new flow to your life.

Spend time reading books that elevate your mind, meditating, visualizing positive outcomes or doing deep breathing. You can go deeper and set aside an hour or so every day to just indulge in these simple pleasures. Maybe

it's a nap, a walk, or time to work on art and hobbies.

Joy is a life supercharger! Decide to create more of what you want with more ease. The key is: connect to Nature and to your true Nature. Fill yourself up with love, energy, bliss and beauty. Connect to your home as a sanctuary, and to your whole life as a creative project. Focus on what you value most. Stay simple, stay grateful, and stay well-rested. Use all your beaming bright energy to make amazing things happen.

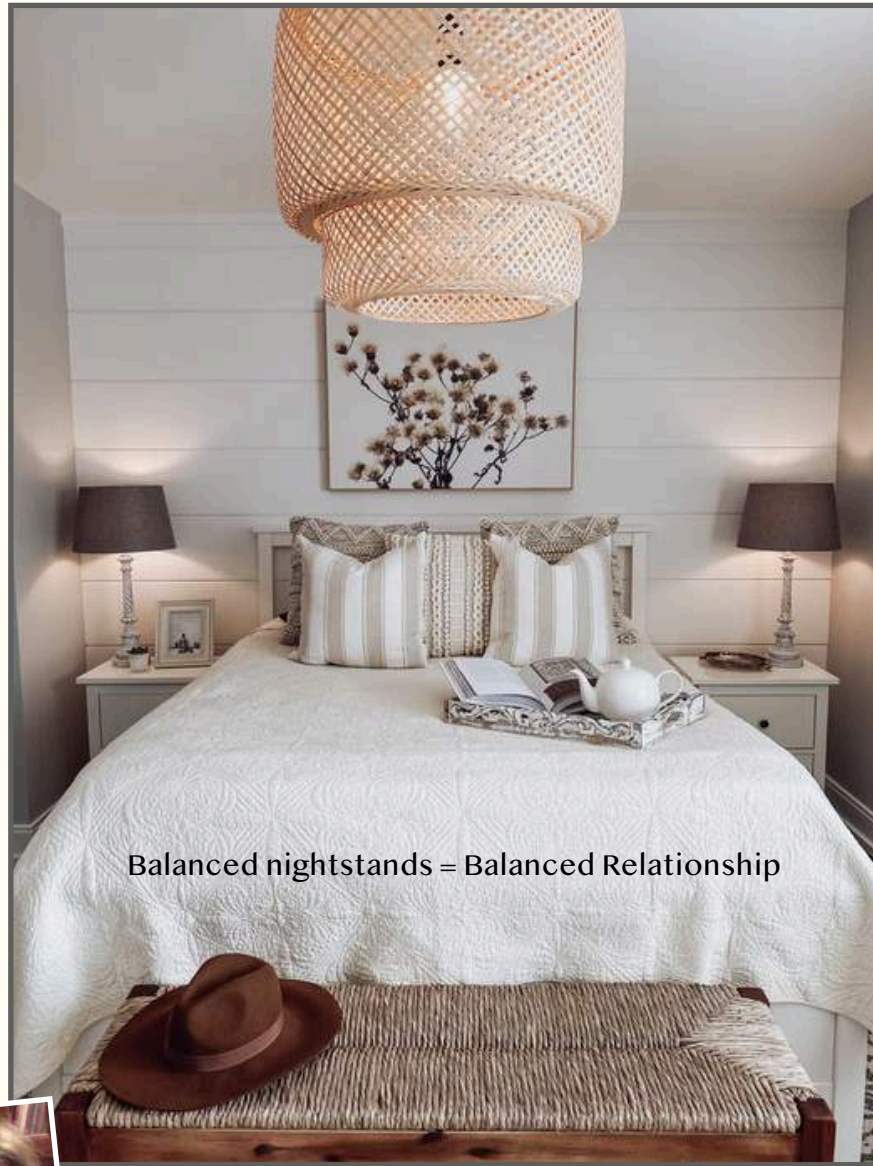
With every decision you make for your home and your life, you'll build lots of magnetic momentum. As you strengthen your commitment and keep moving forward, step-by-step, you'll see things coming together for you in perfect timing.





# Nancy Freier Designs | Essential Feng Shui®

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Balanced nightstands = Balanced Relationship

Photo by [Elleelien](#) on [Unsplash](#)



The design of your house and the furniture and decor in it directly affect your health, wealth and happiness. What I do is redesign your space based on the time-tested principles of feng shui. I use what you already own and love and often just rearrange things to bring about improvements in your health, wealth, and harmony in your relationships.

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# Dandelion:

## A Tenacious Medicine

Author Unknown

Hello, I'm a dandelion. A lot of people call me a weed but I'm a friend and have come to help you! When you see me, remember that I'm the only one who wants and



can grow in that particular spot. Because either the soil is too compact/hard, and I want to loosen it for you with my roots.

Or there is too little calcium in the soil. Don't worry, I will replenish that for you with the dying of my leaves. Or the soil is too acidic. But I will also improve that for you if you give me the chance. Or a mixture of the above reasons, of course.

I'm here because your soil needs my help so let me grow without disturbing me! When everything is fixed, I will disappear again, I promise!

Are you trying to remove me prematurely with my root? However meticulous you are, I will return twice as strong! Just until your soil is improved.

You can even tell by my growth at which stage my help is at. If my leaves are flat on the ground then I'm far from ready but if they all reach up then I'm already a long way on my way.

Something completely different is that I am 1 of the first bloomers in spring so I will announce spring / summer for you.

During the day when it's hot, I open my flowers but in the evening when it cools off I close them again quickly. In fact, if it's not hot enough during the day I won't open them at all!

My flowers are the first food for insects after hibernation and unlike most other plants, I have pollen AND nectar, not merely one OR the other! And I am generous with them!

My flowers are even delicious for you people by the way, did you know? I used to be called "honey (or gold) of the poor" because my flowers are so sweet in e.g. jam, sauce or salad! The internet is full of recipes — check them out.

But wait until the end of May or later before you start picking and even then, don't pick everything yet! The biodiversity and bees will be very grateful!

△

## What are Flower Essences?

Excerpted from [www.fesflowers.com](http://www.fesflowers.com)

Flower essences are liquid extracts used to address profound issues of emotional well-being, soul development, and mind-body health. They are part of an emerging field of subtle energy medicine, which also includes homeopathy, acupuncture, color therapy, therapeutic touch and similar modalities.

### Where and when did flower essences originate?

Although flowers have been used for healing for many centuries, flower essences in their modern form were first developed in the 1930s by an English physician, Dr. Edward Bach. He prepared 38 remedies, mostly from English wildflowers. In recent decades companies such as FES have researched new flower essences from other plant species.

### How are the essences prepared?

Flower essences are dilute, potentized herbal infusions or decoctions, prepared from wildflowers or pristine garden blossoms. They are made directly in the "laboratory of nature," where the four alchemical elements of earth, water, air and fire are found in harmonious balance. To this is added the fifth "quintessential" element of the sensitive awareness and attunement of the preparer. The fresh, dew-filled blossoms are gathered in the early morning of a clear, sunny day. Floating on the surface of a bowl of water, they are irradiated by the warmth and light of the sun for several hours. This process creates an energetic imprint of the etheric energy pattern of the flower in the water, embodying the healing archetype of that plant. This "mother essence" is preserved with organic grape alcohol and then further diluted and potentized to form the "stock" which is sold in stores and to practitioners.

△

## Dandelion Flower Essence and what it does:



**Positive Qualities** – Dynamic, effortless energy; lively, activity balanced with inner ease.

**Patterns of Imbalance** – Overly tense, especially in the musculature of the body, over-striving and hard-driving.\*

**To order a personal flower essence remedy** consisting of a combination of flower essences designed to address your personal issues, e-mail Nancy at: [theinnervoicemagazine@gmail.com](mailto:theinnervoicemagazine@gmail.com).

\* From the *Flower Essence Repertory*, by Patricia Kaminski and Richard Katz. Photo by Richard Katz.



# Why Am I Planting Weeds?

by JA Dioguardi

Kneeling on pebbly dirt  
in blue jeans and a shirt,  
I'm digging with one hand  
on California land.

Looking above, I see  
the branches of a tree  
whose buds are white and  
green,  
their flowers still unseen.

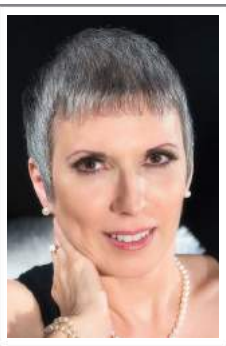
Breathing the springtime air,  
I notice ground that's bare.  
Below it, rhizomes hide;  
nutrition, they provide.

Why am I planting weeds  
instead of planting seeds?  
I'd much prefer to sow  
the seeds I want to grow.

Suddenly, I'm awake  
and gleaning my mistake  
in trying to ensure  
which seedlings would mature.

In planning out my plot,  
mistakenly, I thought  
the answer to each prayer  
is what would blossom there.

An unfamiliar sprout  
was sometimes weeded out.  
And now, I wonder what,  
in ignorance, was cut....



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

Though nothing's as it seems  
within the world of dreams,  
a mystic-minded sleuth  
can ferret out the truth:

Creative thoughts are seeds,  
at times, disguised as weeds  
that jaded eyes reject,  
but child-like hearts respect.

If on my patch of earth,  
I only scattered mirth,  
when watered from above, my  
yard would bloom with love!

What lies in fertile soil  
(devoid of human toil)  
was planted there by Source  
to aid us on our course.

Embracing the unknown,  
then Spirit's seeds are sown;  
the gifts of the Divine,  
with human faith, entwine.

Not knowing what's ahead  
fills human minds with dread  
when we replace the NOW  
with when and where and how.

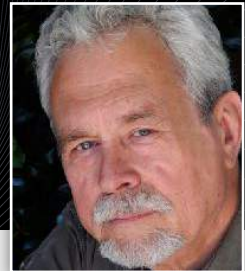
The skill that is a must  
is that we learn to trust  
that deep inside our soul  
lies Spirit's highest goal.

One's sacred path resides  
where joyfulness abides.  
Release regret and fear;  
the future's planted *here*.

from The Inner Voice Archives...

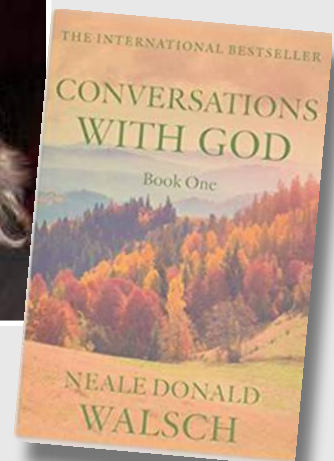
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*Timeless Topics Radio*



## A Conversation with Neale Donald Walsh "Conversations With God"

Host Steve Freier and Neale Donald Walsh discuss how he began talking with God. This is one of Neale's first interviews before he became a best-selling author of a series of books.



Listen here:

<https://youtu.be/kJLuU8nKo4A>

original air date: 8/22/95

Length: 46:55

# There's Beauty in Transformation

Originally published in the May 2020 issue of The Inner Voice

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.



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

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 continued. "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 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 on 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 is a Telepathic Animal Communicator, Intuitive, Reiki Master/Teacher and Artist. Find her on Facebook: [www.facebook.com/healingthroughanimals](https://www.facebook.com/healingthroughanimals)**

**For more information, see ad on page 27.**





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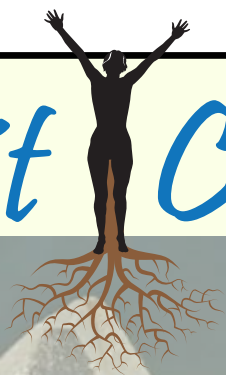
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## **Stone of the Month:**

Green Calcite helps to draw out inflammation and soothe the heart chakra. Very calming and serene.



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