

# The Inner Voice



A Source of Light For Unfolding Consciousness • Vol. 10 Issue 11 • November 2022

## The Alchemy of Gratitude

*Featuring...*

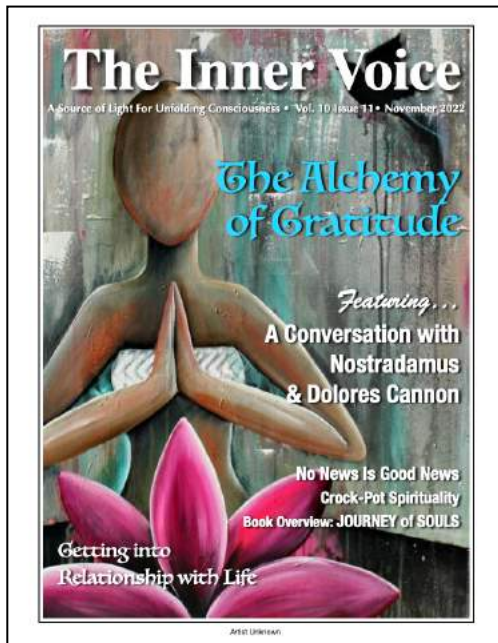
**A Conversation with  
Nostradamus  
& Dolores Cannon**

**No News Is Good News  
Crock-Pot Spirituality**

**Book Overview: JOURNEY of SOULS**

**Getting into  
Relationship with Life**

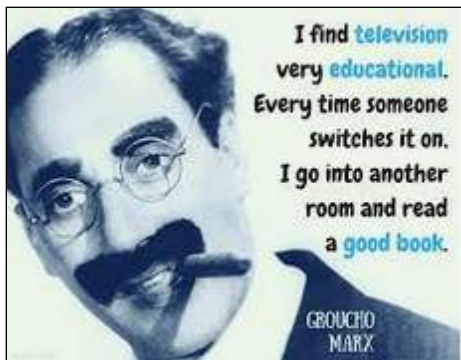




### About the Cover

I found this artwork on Tumblr. The site is in a foreign language and therefore I was not able to identify the artist, or know if prints are available. Check it out:

[TIV November 2022 cover art](#)



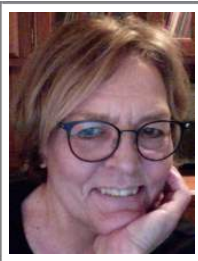
## In This Issue...

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

- 3 EVENTS at Golden Light Healing Retreat Center
- 4 Angel Talk: No News Is Good News
- 5 AD: Angel Guidance Readings & Book
- 6 Nostradamus Speaks with Dolores Cannon
- 7 Book Overview: "Journey of Souls"
- 8 AD: Life, Death & Afterlife Discussion Group
- 10 Thanksgiving Recipes & Memories
- 11 Steve's Creamy Potatoes Au Gratin Recipe
- 12 Practicing Mindfulness by Beverly Brunelle
- 13 Event: Energy Healing with Bev on Zoom
- Bev's Pumpkin-Infused Brownies Recipe
- 14 Let's Talk Crystals (Citrine) By Lori Andrus
- 15 Ad, Crystal Shaman School
- 16 Thanks for Giving By Kathleen Jacoby
- 17 November Flashback to the 60s
- 18 What We Need More Of by Joshua Becker
- 19 By Pat Gullett
- 20 Tuesday Teachings By Meredith Young-Sowers
- 21 Astrology Within: Scorpio By Barry Kerr
- 22 ACIM (A Course In Miracles): Spiritual Cooking
- 23 Message #46 by JA Dioguardi | Ad: Auto-Writing Class
- 24 Botanical Bliss: Gratitude of the Heart Chakra by Gigi Stafne
- 25 Ad: Green Wisdom | Ad: Book "Angel Guidance"
- 26 You're Already Living with Feng Shui Energy
- 27 Ad: Essential Feng Shui® | Alchemy of Gratitude
- 28 Lynn Schuster: Tips for Communicating with Animals
- 29 AD: Lynn Schuster Animal Spirit Talker
- 30 AD: Free Spirit Crystals



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Magazine Design



**Steve Freier**  
Co-Publisher  
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Consulting Editor

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*Thank You!*

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

We LOVE hearing your thoughts and ideas for future issues! Email: [theinnervoice@gmail.com](mailto:theinnervoice@gmail.com)



# Golden Light Healing

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Located 15 miles from Green Bay, Wisconsin



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

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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### ~UPCOMING EVENTS~

**TRUSTING YOUR INTUITION**  
November 10 or February 1  
6:00pm-10:00pm

**LISTEN TO YOUR BODY & HEAL YOURSELF**  
**WITH MATT SCHMIDT**  
November 12, 1:00-5:00PM

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

**NATUROPATHIC CLINICAL ASSESSMENT SKILLS TRAINING WITH GIGI STAFNE**  
April 15, 9:00-3:00  
(Lodging options available.)  
Acquire and practice gentle, non-intrusive assessments to help yourself, friends, family and clients. Learn tools and techniques that are ancient yet hold an important place in contemporary clinical CAM practices.



**REIKI LEVEL I TRAINING**  
November 26 9:00am-4:30pm

**REIKI LEVEL II TRAINING**  
November 27, 9:00am-4:30pm

**REIKI MASTER**  
Nov. 26 or Jan. 11, 2023  
9:00am-4:00pm  
Includes apprenticeship

### WHISPERS ON THE WIND SHAMANIC PROGRAM

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

Group #28: April 19-23, July 12-16, Oct. 4-8, 2022 and Jan. 3-7, 2024

*Are you searching for the meaning in your life? Would you like a deeper connection with nature and the spirit world? Please join us for an intensive training program in shamanism, energy medicine and self-transformation. We meet four times over 12 months. You will learn core energy healing techniques including power animal and soul retrieval, clearing of past life and ancestral imprints, connecting with the forces of Nature, ceremony & ritual and much more!*



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## Dear Readers,

A whopping 30 pages filled with gratitude (and recipes!) – from my heart to yours in honor of Thanksgiving.

Gratitude is quite possibly the best instant feel good remedy there is, and it's free to practice! If you don't know how to begin, turn to page 27 for some prompts ~ one for each day this month. After 30 days, keep the gratitude going. Finish out the year and begin again in 2023. Your life and attitude will most certainly change for the better, and you'll be grateful for that, too!

In deciding what we'd feature this month, Bev suggested we share our favorite Thanksgiving feast recipes. Mine is called, "The Only Way To Cook A Turkey." It comes from my late mother-in-law who clipped it from *The Milwaukee Journal* in 1959. Steve's "Potatoes Au Gratin" makes a perfect side dish. Top the feast off with Bev's "Pumpkin-infused Brownies" for dessert.

Diet next month. Now is the time to live a little and celebrate the alchemy of gratitude...that is, any magical power or process of transmuting a common substance (or attitude), usually of little value, into a substance (attitude) of great value. Happy Thanksgiving!

Nancy



Angel Talk™ By Nancy Freier

# No News Is Good News

For the last two years with the Covid-19 pandemic and the Black Lives Matter riots, among other stories in the news, I had unwittingly gotten myself into a funk of being glued to the tube watching TV news all day long. TV news is negative, frightening and seductive. It pulled me in and made me angry and frustrated. I felt helpless. What could I do to heal the scenarios I was seeing? And, I did not connect the dots that watching the news was the cause of my frustration.

I was angry because the problems in the world were in my living room. For the last year or so, the constant barrage of campaign ads also contributed to the chaos. Why don't the candidates save their money and hold intelligent debates rather than slander one another across the air waves? The news clearly invaded my personal space and made me feel like I personally needed to do something like stop the gun violence, or the evil antics of Vladimir Putin and others.

You see, I am still that peace-loving hippie from the 60s who simply wanted to stay informed, but instead created a bad habit. It reminds me of a woman I did a reading for. She was angry all the time from routinely going to her window to see what her annoying neighbors were up to. The

angels suggested she close the blinds and channel her attention on her own life and yard, and soon thereafter she lost her anger and became gentle in character. Being a publisher, I felt I needed to stay on top of what's happening in the world so, like this woman running to her window, I would turn on the tv news.

In September I developed a headache in or near my left eye that came on rather suddenly while watching Queen Elizabeth's six hour long funeral. I had always dreamed of going to London "to visit the queen" (LOL, like that was ever a possibility). So, I figured this was the closest I would ever get to being there.

I watched intently taking in all of the emotions, the scenery, the long ride to Windsor Castle, and finally the service and burial at Westminster Abbey. A few hours in, I stood up from my chair and felt a stabbing pain in my left eye. It was very scary! I worried, *what could be the cause?* It happened two more times that day. So, I drove myself to Urgent Care to have it checked out. That doctor sent me to an eye specialist the next day who determined it was 'dry eye' likely caused from too much screen time and ordered some medicated eye drops to take care of it.

I also checked in with a friend who did a scan and reported that it wasn't anything lethal. On another call with a faith healer friend who always connects-the-dots, asked me, "What is painful for you to see?" She suggested that my watching the funeral and negative tv news, is painful. She suggested that I might choose to watch the Hallmark Channel that airs only delightful stories with happy endings!

There it was. A wake up call to remind me that we humans create our health conditions by our thoughts, choices and behaviors, and by whatever else happens to be influencing us. *The pain in my eye was caused from watching painful news!* It got my attention to make important changes in my lifestyle.

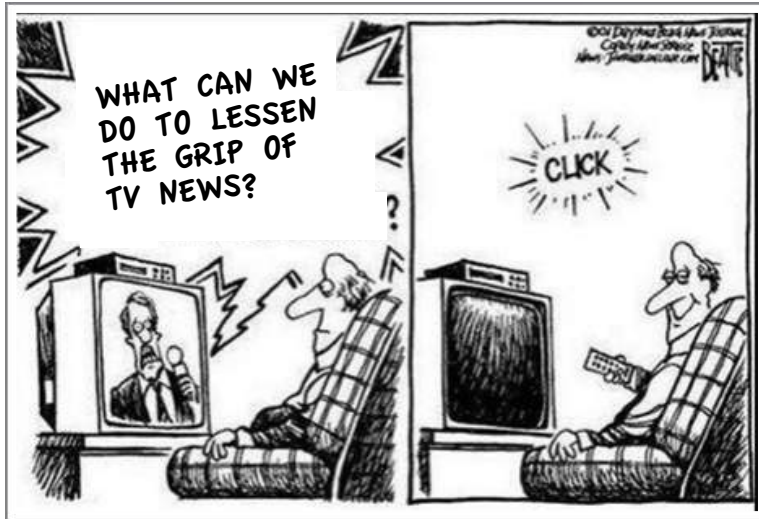
I am thankful for my brother Steve, an ex-news junkie himself, for sharing that he listens to beautiful classical music throughout the day. He has invited me into his YouTube Family Plan so I can likewise

Continued on page 5

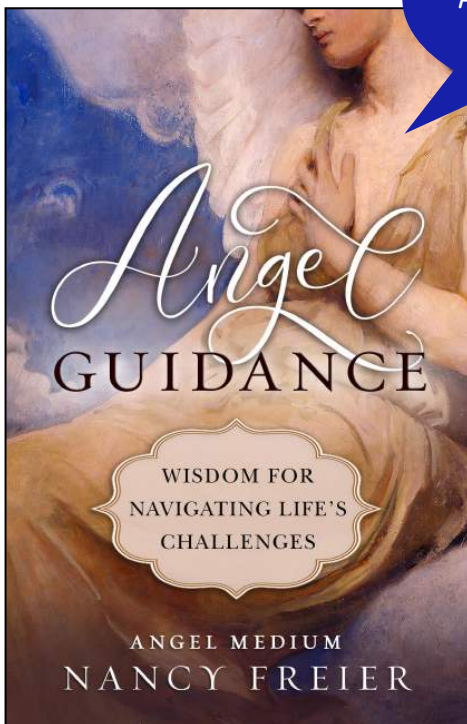
upgrade what I watch and listen to. Right now I am enjoying a nine-hour long recording of Mozart's beautiful piano sonatas. Listening is both calming and enlivening, and has brought a new joy to my life. From my longhair hippie days to languishing in longhair music, I have a renewed outlook and a happier disposition. Change the influencers and remember: No news is good news.

Δ

Nancy Freier spontaneously began channeling the Angels following the death of her fiancé in 1986. It awakened her inner voice that would lead her through the grief and onto a lifetime of doing readings for others. For a private reading, please see Nancy's ad on right. ♥



Nancy's book  
Angel Guidance is  
now available!



**Angel Guidance** is filled with the Angel's words of wisdom that will guide you to new possibilities. Their words will lift you above the fray and lovingly show you the way through life's challenges. [Click here to get book](#) Choose Kindle or paperback



## Angel Guidance Readings

### An Endorsement From A Client:

*I was fortunate enough to have an angel reading with Nancy recently and, though I didn't know much about angelic guidance beforehand, I was truly amazed at the results! I found the process (automatic writing) that Nancy uses fascinating, and was very happy with the way my questions were fully addressed and answered. And not only were my questions answered but the angels were so talkative that I received some "bonus" guidance that was very pertinent and resonant to my life.*

*I have had three channeled readings in my life from three different people and found it very interesting that, in all cases, the communication began with the greeting "Dear Ones." I think this is an important point because the messages have all had a similar spirit of endearment and love that one does not find very often in human company. The wisdom that was imparted during the reading helped me put to rest issues that I had been struggling with for many years.*

*I would highly recommend a reading from Angel Medium Nancy Freier. You will understand yourself, your purpose, and destiny much better ~ and you will be comforted to know how truly loved and supported you are in the angelic realm.*

– Barbara LeVan Fisher, Author of *The Spirit of Saint Hildegard*

### To Order Your Reading Contact:

[Angel Medium Nancy Freier](#)

<https://NancyFreier.com>



# Dolores Cannon: A Conversation with Nostradamus

Article Written By Jade Small



**Dolores Cannon** is someone who will undoubtedly go down in history. With all of her knowledge of hypnotherapy, it is no wonder that her work is being continued even after her passing. Her daughter, Julia Cannon, has taken the wheel, keeping her memory alive and strong. While she was still with us in this reality, Dolores had a hypnotherapy session during which she encountered the famous **Nostradamus**. Yes, the prophet has predicted many events since he died in the sixteenth-century. In the following article, Julia shares everything that transpired in that session. May it inspire you!

## A Brief History of Dolores Cannon

**D**olores was a family woman. She married her husband, Johnny Cannon, in the year 1951. He was a naval officer, which meant he was stationed all around the world. Dolores traveled with him, raising her children with naval standards along the way.

Later in life, Dolores discovered hypnotherapy. Although, it wasn't until much later that she realized the potential of tapping into past lives. Before that, she and Johnny used it to maintain healthy habits, like quitting smoking and eating healthy. In 1968, Dolores was approached by a doctor who had a patient he thought would benefit from hypnosis. She was a nervous eater, so he thought it would help calm her down. This woman was Dolores's first experience with past life regression. [Her full story can be read in Dolores's book, *Five Lives Remembered*.] Her hypnotherapy sessions were predominantly focused on past

life regression. Dolores wanted everyone to understand that she is not a psychic or a channel. She called herself "a reporter of Lost knowledge."

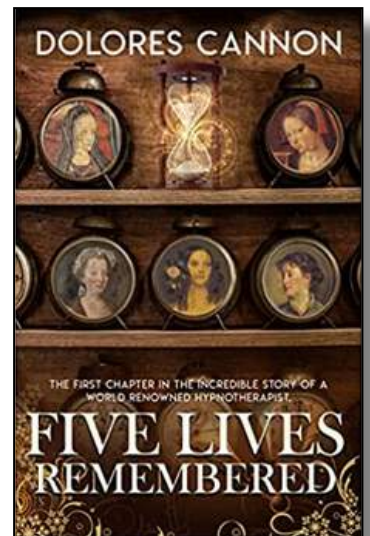
## The Dolores and Nostradamus Session

Most of Dolores Cannon's hypnotherapy sessions were centered on past life regressions where either she or her clients could tap into a past life. This was where she realized her ability to time travel. Although, most people would assume she literally time traveled, she simply induced hypnosis and "traveled" with her subconscious mind.

This is what happened in her session with Nostradamus. She traveled back in time, whilst under hypnosis, and contacted the prophet. The interesting part was that it happened by accident. It happened while she was working with a woman who simply wanted to know if she had a past life, but did not need therapy. During the session, she regressed to a past life where she was a student of Nostradamus. Then, at a random point in the session, the woman said that Nostradamus wanted to speak to you, meaning Dolores.

## A Message from Nostradamus

At first, Dolores reported feeling surprised by this, because contacting people from the past is not exactly conventional for hypnosis. In an interview that happened about 20 years ago, the



Continued on page 7

woman told Dolores that Nostradamus had a message for her. Dolores said, *"He [Nostradamus] had been looking for a link to the future because he could see that the prophecies he had written were not being correctly interpreted. And the time was coming where they were going to come true."*

After that, Nostradamus told Dolores to get his book of prophecies in ancient English and she must read them to him. He wanted to explain what they meant by providing the codes that were lost over the last four centuries. In a different session, Nostradamus informed Dolores that she would be able to contact him through any one of her clients. Which meant it was not specific to that one client. She would later describe this connection she shared with the prophet as if she had his telephone number. She was able to contact him at any given time. He even gave her a way to test whether or not she was talking to the right Nostradamus.

### What was Nostradamus like?

The man who foretold much of our future has been described a lot in the physical sense. Although Dolores described his eyes in a way that no painting can correctly portray. His eyes were "penetrating" and he had a very strong gaze. The interviewer then asked Dolores what he was like in terms of personality. She was very quick to mention his temper. He would get annoyed and frustrated if Dolores did not do the proper research.



Dolores said, *"He would tell me exactly where to go in the library to find the information."* If Dolores did not understand something he said, he would tell her he was *"appalled at her lack of education."*

Dolores described Nostradamus as having a *"very definite personality."* She compared him to the demeanor of a *"stern schoolmaster."* But, the thing that stood out the most about his character was that he was a male chauvinist. This was understandable, because during the time he was alive, women were uneducated, and not respected as they are in this current day and age.

### Why did Nostradamus code his prophecies?

During his life, Nostradamus made many predictions. They were written in a book but they have been immensely confusing because he wrote them in coded language. He explained to Dolores that he needed to do this to protect his work. During his

time, the church was in control of everything. Had they discovered he was predicting the future, he most likely would have been executed. This meant he needed to write his predictions in a coded language to throw the inquisition off. So, he created a language out of anagrams and puzzles.

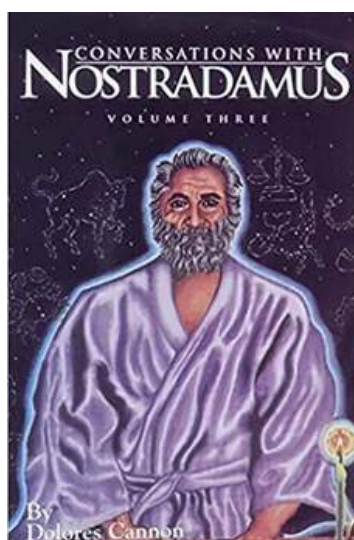
### Why did Nostradamus always predict doom and gloom?

Nostradamus had a mission on his mind. He wanted Dolores to translate his predictions as accurately as possible. Even though most of them are a bit depressing, as they predict terrible events in our lifetime. Nostradamus told Dolores: *"If I show you the most horrible things man can do to themselves, will you do something to stop it?"*

Dolores spoke about how Nostradamus saw time a bit differently than the rest of us. It was not of a linear fashion, but as something that has *many branches of possibility*. His predictions were of the worst-case scenario. The outcome is if no one did anything to better our lives on earth. Ultimately, Nostradamus believed humanity had the potential to change our future. We just had to know the future, in order to change. So, his mission was to predict the worst possible outcomes, in the hopes that we step up to the challenge and change our fate.

△

[Click here to see the video interview!](#)



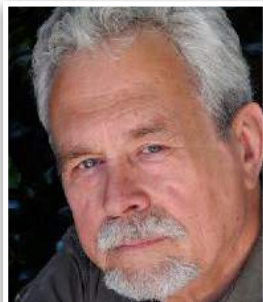
## What is Quantum Healing Hypnosis Technique®?

Dolores Cannon began her research of sacred knowledge and reincarnation nearly 50 years ago by fine-tuning her QHHT® method of hypnosis. By creating a safe and effective method that bypasses the chatter of the conscious mind and focuses on obtaining unlimited information in the Somnambulistic state, Dolores discovered *time travel is possible at any time or place to relive anyone's past lives*. Here are a few examples of the extraordinary results she and her QHHT® Practitioners alike have experienced with clients and subjects during their sessions:

- **Heal the Body** - Amplify the body's natural ability to heal itself.
- **Remove Karma** - Realign energies with family members and romantic partners.
- **Discover Answers** - Learn the answers to any personal mysteries.

Dolores Cannon has written many fascinating books about past life regression and the exploration of human consciousness. Featured here is one of them: [Conversations With Nostradamus: His Prophecies Explained, Vol. 3](#)





# Journey of Souls

## Case Studies of Life Between Lives

By Dr. Michael Newton

Books like this come along once in a lifetime. This was Dr. Newton's groundbreaking first book detailing what it's like living in the Afterlife. It is one of the great spiritual books of our time. Over three decades of in-depth research was conducted before this book was ready for publication. Why? The answer has everything to do with the fact that Dr. Michael Newton had been a life-long atheist before accidentally stumbling into an arena of consciousness which eventually came to be known as "Life Between Lives" or LBL via his hypnotherapy practice.

This discovery happened during the late 1960s when others were conducting PLR – Past Life Regression hypnotherapy. But since he was an atheist he resisted that particular practice until one day he regressed a client to locate the cause of a current life problem when she suddenly slipped into a time before her current life. Being a skeptic, he kept his findings to himself while conducting thousands more sessions just to be sure what he was witnessing was real.

Over the next thirty years he began to have dialogues through the eyes of his hypnotized clients where they were able to describe various aspects of their Life Between Lives. Dr. Newton didn't believe what he was finding at first, but eventually, through the eyes of thousands of clients he was able to build a working model of the Afterlife, an understanding of our connection to it and the possibilities of having the wisdom it offers within their current life rather than wait until the end to discover it.

As the decades rolled on he was able to obtain succinct answers to some of the Life's major questions such as: Why are we here on Earth? Where will you go after death? What will happen to you when you get there? Many books have been written about past lives, but there has been very little information about the existence of souls as they await rebirth.

When Dr. Michael Newton, a

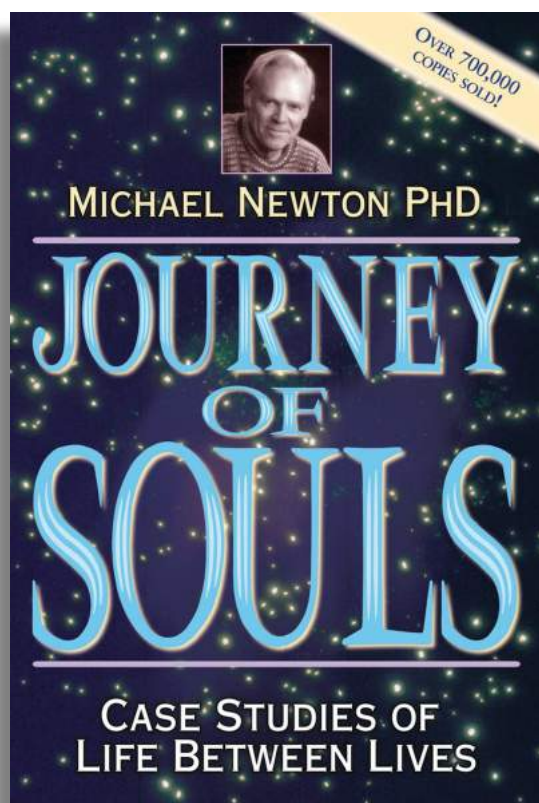
certified Master Hypnotherapist, began regressing his clients back in time he stumbled onto a discovery of tremendous importance: that it is possible to "see" into the spirit world through the eyes of his subjects who were in a hypnotized superconscious state. In this altered state they were able to describe what their soul was doing between Earthly lives.

In *Journey of Souls*, Dr. Newton narrates and comments upon 29 of his clients who movingly described what happened to them between their former incarnations on earth. They revealed graphic details about how it feels to die, who met them right after death, what the spirit world is really like, where we go and what we do as souls, and why we choose to come back in certain bodies.

Finding one's place in the spirit world initiates a deep process of healing because it provides a clear understanding for the wisdom behind important life choices. After reading *Journey of Souls*, you will gain a better understanding of the immortality of the human soul... and you will meet day-to-day personal challenges with a greater sense of purpose as you begin to appreciate the reasons for the events in your life.

*Journey of Souls* is a book that pulls you in from the very beginning. It provides very convincing proof that there is an Afterlife and it helps you to understand much of what to expect when you make your transition from this plane. The fact that Dr. Newton is a highly qualified doctor certainly adds massive credibility to the 'proof' factor of this book and makes it very hard to dismiss it

Continued on page 9







Dr. Michael Newton

as fiction even for the closed minded. It is exciting to have proof that you never die, only change form, while the core of who you actually are remains. Add to that the sense of love that you will experience in the Afterlife should go a long way to remove the fear of dying.

This book also brings comfort to those who have lost someone close to them; to know they are OK and not in some hell-like place which most organized religions have so successfully used to put fear in people in order to control them. There is so much we need to know about life's big picture and *Journey of Souls* provides a solid basis of understanding about what to expect as we prepare for the Afterlife.

*Journey of Souls* is a life-changing book which has changed the lives of hundreds, upon hundreds of thousands of people... get it [here on Amazon](https://amzn.to/3agweoq).

Δ

**Steve Freier is an Afterlife researcher and book reviewer of metaphysical topics. He is the author of "My Road To Healing - How I Ditched My Doctor's Advice and Healed Myself of CLL Stage 4 Cancer"**

available here: <https://amzn.to/3agweoq>

For more of his book overviews, visit:

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

Steve hosts an After Life Discussion Group in Sturgeon Bay, WI. See ad on this page for details.

Contact Steve at: [sgfreier23@gmail.com](mailto:sgfreier23@gmail.com)



"Thankfulness brings you to the place where the Beloved lives."

-Rumi

# Let's Talk About Death

## An Open Discussion About Life, Death and the Afterlife



Have you given death and dying process much thought? What are your concerns? Have you lost a loved one or perhaps you fear your own death? We all have our worries and concerns! In this discussion group you can freely express your thoughts and feelings in an open, non-judgmental atmosphere.

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

**Registration:** Call ADRC 920-746-2372  
Space is limited to 12 people (any age over 18)

**Location:** ADRC of Door County  
916 N 14th Ave. Sturgeon Bay WI 54235

**Time:** 1pm — 2:30pm

**Date:** November 17, 2022

(Every 3rd Thursday of the month)

*See You There!*



# Thanksgiving Recipes & Memories

Who doesn't remember the classic slogan, "Nothin' says lovin' like something from the oven, and Pillsbury says it best." The editors and I wanted to stir up some happy culinary memories from Thanksgivings-past by sharing a few of our favorite recipes. May you savor them! If you lack happy memories, make some new ones.

**The Only Way to Cook a Turkey** written by Richard Gehman originally appeared in The American Weekly Magazine inside The Milwaukee Journal – dated November 22, 1959. I got a xerox copy of it back in the 70s from my then mother-in-law who made it every Thanksgiving. I made it myself several times with all 34 ingredients! Try it, or, at least have fun reading it.

## The Only Way to Cook a Turkey

This article and sketch was clipped from The American Weekly Magazine dated Nov. 22, 1959.

*Crazy? Of course! But once you taste it you'll never cook one your way again.*

It is a rather sobering thought to consider, as a reasonably active writer approaching 40, that one might be remembered not what comes out of the typewriter, but for what comes out of the oven. Mention the byline above to most magazine readers, and you'll get blank stares. Mention it to anyone who has ever eaten a turkey cooked by me, and be prepared to put your fingers in your ears. The cheers, the ecstatic squeals, will be deafening.

There is only one way to cook a turkey, and it is my way. I did not invent this

way; Morton Thompson, the writer, did. He gave it to the world in a marvelously funny book called Joe, the Wounded Tennis Player, published by Doubleday, Doran and Co., Inc.

Over the years — about 15 — that I have been cooking a Thompson's Turkey, I have added a few variations to his original recipe. My additions add a couple of Pennsylvania Dutch touches to the compendium of Italian, French and Chinese cookery that this turkey is. The only thing that I have not been able to do is figure out a way to make it easier to make.

This turkey is work. It demands more attention than the average six-month-old baby. There are no short cuts, as you will see.

Get a huge bird, one weighing no less than 16 pounds and no more than 22. Get a hen, if possible, because she'll have more breast meat. A frozen bird will do, but if possible try to get a fresh-killed one. Have the butcher cut off the turkey's head to leave a tube of neck-skin, and have him peel back the skin and cut off the neck close to the shoulders.

This will give you a tube in which you can use left-over stuffing. Save the turkey's fat.

Rub the bird inside and out with salt and pepper. Give it a friendly pat and put it aside.

Chop the heart, gizzard and liver, and put them, with the neck, into a stew pan, adding a clove of garlic, a large bay leaf, 1/2 tsp. coriander and 1/2 tsp. salt. Cover with four or five cups of water and set it to simmering on the stove. This is going to be basting fluid later.

Get a huge bowl. Throw in it one diced apple and one diced orange, a large can of crushed pineapple, the grated rind of one lemon, and 3 tbsps. chopped preserved ginger (which you can get at a Chinese store or a candy shop). Add two cans of drained Chinese water chestnuts (nearly all groceries carry them these days).

Get another bowl. Throw into it 2 tps. hot dry mustard, 2 tps. caraway seed, 3 tps. celery seed, 2 tps. poppy seed, 2-1/2 tps. oregano, 1 well-crushed bay leaf, 1 tsp. black pepper, 1/2 tsp. mace, 4 tbsps. fine-chopped parsley (get fresh if you can, but dried flakes will do), 5 crushed cloves of garlic, 6 large chopped celery stalks, 4 large chopped onions, 4 headless and crushed cloves, 1/2 tsp. turmeric, 1/2 tsp. marjoram, 1/2 tsp. summer savory, 1 tblsp. poultry seasoning, 3/4 tsp. sage, 3/4 tsp. thyme, 1/2 tsp. basil, 1/2 tsp. chili powder, 5 good dashes of Tabasco, 1 tblsp.



Continued on page 11



salt and 1 tsp. monosodium glutamate (skip this if you like).

Wipe your brow, refocus your eyes and get a third bowl. Put in 3 packages of bread crumbs, and get them at a bakery if you can. Add 3/4 lb. ground veal, 1/2 lb. ground fresh pork, or sausage meat, 1/4 lb. butter and all the fat (first rendered) you have been able to pull out of the bird.

Get a fourth bowl, an enormous one. Mix all the contents of all the bowls in it. Mix it well. Sit down and have a drink until the ache goes out of your arms.

Stuff the turkey and skewer it. Put the left-over stuffing into that neck tube I told you to get the butcher to make.

In a mixing cup make a paste of the yokes of 4 eggs, 1 tsp. hot dry mustard, a crushed clove of garlic, 1 tbsp. onion juice, 2 pinches of cayenne pepper, 1 tsp. lemon juice, and sifted flour to make the paste stiff.

Turn your oven up to 500° F. When it is red hot put the bird in – breast down in a rack, if possible. Close the door. wipe your brow. Wait until the bird has begun to brown all over. Take it out and paint it all over with the paste. Put it back in, turn the oven down to 325° F., and wait wait until the paste sets. Pull it out again and paint it. Put it back. Keep doing this until you have no paste left.

Add a cup of cider to that stock that's been simmering on the stove. This is your basting fluid. This turkey must be basted every 15 minutes. Don't argue. Set your timer and keep at it.

The bird should cook for about five-and-a-half hours, and must be basted every 15 minutes all the time. Enlist the aid of friends, if necessary.

After it has been cooking for about two hours, you will wonder if I am crazy. It will be turning black. In fact, by the time it is finished, it will look as though

you've ruined it. Take a fork and poke at the black, cindery crust. Beneath it the bird will be a deep mahogany, with a lovely succulent skin. Stick a fork in it, and juice will gush to the ceiling.

When you take it out, ready to carve it, you will find that you will not need a knife. A loud sound will cause it to fall apart. The moist flesh will drive you crazy, and the stuffing – well, there is nothing like it on earth. You make the gravy just like you ordinarily would, and you add it to the giblets that were simmering in the basting fluid.

There is seldom any left-over turkey when Thompson's recipe is used. Even birdy eaters eat more than their share. But if there should be, you'll find that the fowl will retain its moisture for a couple of days. That's all there is to it. It's work – hard work – but its worth it.

Now let us all give thanks for Morton Thompson. Δ

## Steve's Creamy Potatoes Au Gratin

*I make this classic French dish every year for Thanksgiving. It's my favorite as either a main or side dish, and it's always a special occasion every time. The cheese sauce and the tender potatoes combine to make it a deliciously addictive experience. Experiment with different cheeses for variety. Prep time 30 mins; cook time 60 minutes, so it's ready in just 2 hours.*

### Ingredients:

- 4 russet potatoes, sliced into 1/4 inch thick slices
- 1 onion, sliced into rings
- salt and pepper to taste
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 2 cups milk
- 1-1/2 cups shredded cheddar cheese (or cheese of your choice)

### Directions

1. Preheat oven to 400° F (200° C). Butter a 1-quart casserole dish.
2. Layer 1/2 of the potato slices on bottom of prepared casserole dish. Top with 1/2 of the onion slices. Then layer the remaining potatoes and onions over that. Season with salt and pepper to taste.
3. In a medium-size saucepan, melt butter over medium heat. Mix in the flour and salt, and stir constantly with a whisk for one minute. Stir in milk. To avoid lumps, add milk a little at a time, stirring the mixture. Cook until mixture has thickened. Stir in cheese all at once, and continue stirring until cheese is melted, about 30 to 60 seconds. Pour cheese sauce over the potatoes, and cover dish with aluminum foil.
4. Bake 1-1/2 hours in preheated oven. Remove the foil toward the end to allow the top to brown a little. Let cool for a few minutes and serve.





## Invite Love in to Reveal New Possibilities

Love is gratitude. Love radiates and permeates in all directions and dimensions, out ward and inward. It is a marinade, an infusion that can create new possibilities. Love can seem amorphous, until the body and emotional sensations become so obvious that you melt into tears, open your heart, and the preciousness of life wakes up in you. Love can open reality to the awesomeness of being alive and aware in your body. Feeling love ignites presence, joy and consumes awareness. Love knows no distance, boundaries, nor time. Love heals, frees us and is always available.

You can invite the frequencies of love in with the intention to reveal new possibilities.

Is there a situation in your life that when you think about it, you feel tense, annoyed, judgmental, frustrated, sad, afraid, even angry? Perhaps you wish things were different but have no idea what to do, because you actually think it is mostly the other person's "fault". You probably have ideas of what 'they' should do differently. So far, is that creating healthy change? Are you interested in finding new options that will evolve the situation? If so, I invite you to experiment in a meditative self-reflective fashion.

Love comes in many flavors and forms. Some are obvious, some are hidden behind behaviors, body language or behind words. I invite you to put your conditioned ways of perceiving love aside for a moment and be curious, open to learning and willing to access new possibilities.

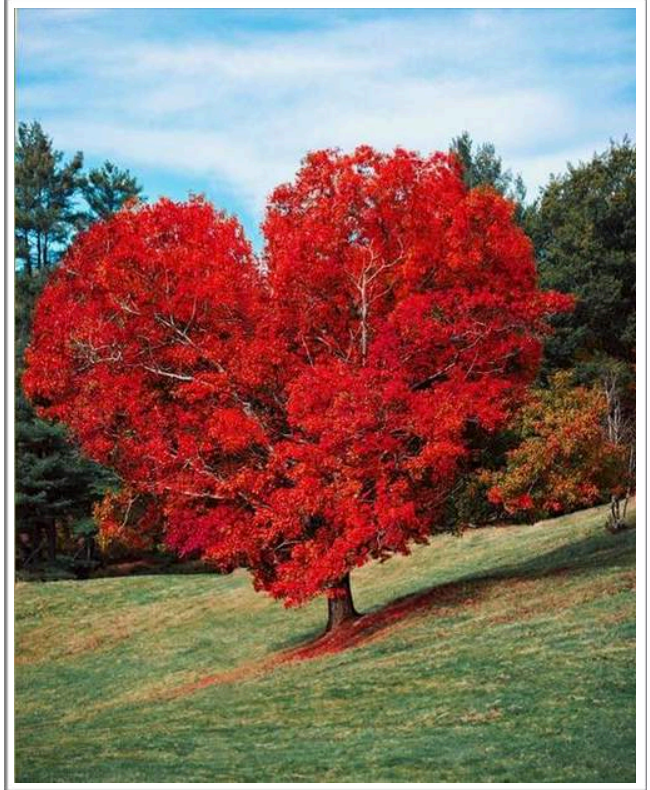
Recall a current situation or relationship where you feel concerned, frustrated or stuck. Choose something that you have a strong mental hold and strong expectations on. Notice any pressure in your mind, any tensions, contractions, or discomfort showing up in your body when you think of this.

Take a few deep breaths. With your intention and imagination, expand the energetic space you are holding these perceptions in. Again, notice any changes in your body sensations, emotions and mental awareness.

Now, invite the energies of pure love to infuse the newly expanded space. Give yourself time to relax into these new energies. Again, notice any shifts in your body sensations, emotions and in your perceptions of the situation or people involved. Ask: "What is love wanting me to know regarding this scenario?"

The more you relax your expectations, the more you will receive and perceive. It is helpful to record your insights for future reference.

You can experiment with inviting love into your relationship dynamics before you meet with a client, answer the phone, hang out with family or friends, with your intimate partner, with your children, anywhere you want to invite new possibilities. And ask~ "What is the new opportunity here?" Express your gratitude for the insights you receive.



Notice how the information feels to you and be wise in your response.

Sometimes I listen to the news while driving. I have actually pulled off the road to cry because there is so much inhumanity acting out on this planet. And what can I do? What can anyone do?

You got it~We can hold scared space and call in the mystery of pure love to infuse the situations, the people, animals and planet. We are not helpless. There are many dimensions we live in. It is to remember to collaborate and call upon the unknown, for the magic of love and new possibilities to emerge.

Family gatherings can have their own preconditioned realities. If you would like to bring some genuine fresh air into the mix, invite pure love in with the intention to be available to new possibilities and see what magic gets created.

△

**Beverly Brunelle is an Intuitive and pioneering energy healer. Book a FREE 30 minute 'Clarity Session' with Beverly to discover where and how you can create new possibilities in your relationships, your work and your wellbeing. Contact: [www.beverlybrunelle.com/contact](http://www.beverlybrunelle.com/contact)**



And for dessert on Thanksgiving try...

## Bev's Pumpkin-Infused Brownies

Choose your favorite Brownie mix:  
I like organic and gluten free.  
Follow directions on the package.  
Mix the wet ingredients~AND add an extra egg.  
Substitute your favorite nut milk for the water  
or dairy milk.  
Mix in 1 can of organic pumpkin. Blend well.

Add:

Dry brownie mix to blended wet ingredients.  
1 cup chopped walnuts  
1 cup you favorite chocolate chips (I like  
organic dark chocolate)  
Options: add  
1/2 cup chopped coconut flakes  
pecans instead of walnuts



Bake as directed on mix. ENJOY! These are super moist. Great with a scoop of yogurt, ice cream, coconut ice cream, etc.



*Would you like to clear the frazzle from family gatherings?  
Would you like to freshen your long-term relationships?  
Would you like to show up feeling more free to really be you?  
What do your ancestors have to do with all this?*

***Beverly Brunelle Presents ~***

## **A Master Energy Healing Session to Support Easeful and Empowering Change!**

- Learn how **Ancestral influences** may be at play in your current relationships
- Discover how **Energy Healing** transforms the past and lightens up your current ways of being

**Join Beverly for a FREE one-hour Group Energy Healing  
Session on Zoom  
Thursday, November 3 at 2-3pm CST**

**Click here to register: [www.beverlybrunelle.com/contact](http://www.beverlybrunelle.com/contact)**  
*Beverly will send you the Zoom link*



Let's Talk Crystals ~ By Lori Andrus

## Celebrate Abundance with Pyrite (a.k.a. "Fool's Gold")

This sparkly beauty is a powerhouse of energy. It's commonly known for the ways it enhances courage, strengthens confidence, and focuses energy towards a goal. Also referred to as 'fool's gold' because it has been mistaken by miners for actual gold, pyrite is a great ally for navigating our relationship with power and money.

Pyrite is no fool. It is rock solid and steady as it invites us to break free from limiting stories and beliefs about personal power and financial flow. It illuminates pathways forward and strengthens our sense of possibility.

Pyrite is a helpful crystal to have around when making financial decisions, pushing new edges, and trying to meet new goals. It will help you to stay present and confront challenges as they arise.

Years ago pyrite entered into my world in a rather magical and unexpected way. On a bright sunny afternoon I came across

a man standing next to a folding table filled with crystals in a quiet little courtyard in Cusco, Peru. Among those crystals was the finest collection of pyrite I have ever seen. Each piece sparkled brilliantly. And unlike many of the tumbled and polished pieces I was familiar with, these pieces of pyrite revealed the natural crystal formation. One by one I perused his collection and created a little collection of my own.

Finding his table felt like finding a pot of gold ... a special little treasure in the midst of the hustle and bustle of the city. I made a healthy purchase of pyrite and went on my way. That evening, when I returned to my hotel, I stepped into a ceremony and created a crystal grid featuring those new pieces. Many messages came forward. One that I have carried with me was the invitation to celebrate the abundance in my life.

Pyrite gave me a little class in abundance that evening as it invited me to

consider all facets of my life ... beginning with that particular trip to Peru. It was planned in less than ten days and was as much a surprise as finding the table full of pyrite. Abundance reflects the ways life



comes together in unexpected and magical ways to create a flow of joy, goodness, and delight. It needs to be celebrated.

As my time in Peru came to a close I circled back trying to find this kind man again to purchase a couple more pieces of pyrite. I never did find him. But the magic and wisdom from those pieces of pyrite has echoed through my life.

Abundance truly does show up in many ways. It lives within our relationships. It is present in our work and opportunities to collaborate with colleagues who inspire us. Abundance flows through healthy and satisfying meals, joyful conversations, rich time in nature, and so much more.

This month, Pyrite invites you to celebrate the abundance in our lives. When we celebrate abundance, we step into a flow of gratitude. It elevates our energy, helps us to focus on our most heart-felt desires, and further opens the pathway of abundance to flow.

Here are a couple reflection questions to get you started: What is my relationship with the word abundance? Where in my life does abundance feel free flowing? Restricted? What pathways of abundance can I celebrate?

Grab a piece of pyrite, sink into these reflection questions and let your heart overflow with gratitude as you celebrate the abundance in your life.

△

**Rise into your soul wisdom. Discover shamanic practices and crystal rituals for activating your sacred path. Begin today with the Crystal Magic journey: <https://loriaandrus.com/crystal-challenge>. See page 13 for more information. Find your crystals at Free Spirit Crystals, p. 30.**



Photos: Pyrite in the Garden & Pyrite at Point Beach (above right) by Lori Andrus





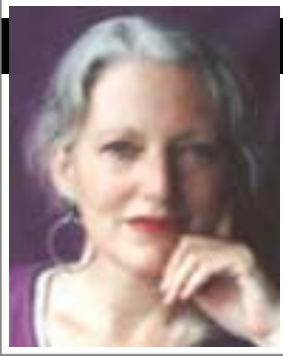
*Courageously navigate all facets of life.*

Your inner wisdom is a compass for navigating life's ups, downs, twists, and turns. Through sacred practice, ceremony, and ritual you cultivate trust in your inner voice . . . trust that empowers you to confidently share your true nature with others.

## Join Lori A Andrus in the **Sanctuary Circle**

*a sacred space to nourish your soul and reconnect with your inner wisdom*

**Learn more at [www.LoriAAndrus.com](http://www.LoriAAndrus.com)**



Seasons of the Soul By Kathleen Jacoby (1944-2019)

# Thanks For Giving

Scribed by Kathleen Jacoby in 2011. Kathleen is the former Editor of *The Inner Voice* who made her transition into spirit in April 2019. She has communicated to me that she is "sitting at the feet of the Masters" learning more about the Greater Universe.

The pilgrims who came in search of new life found hard going in this new world. They had little means for handling difficult situations with the demands of the Americas, and had it not been for the kindness of the native population, they would surely have perished. Once they learned how to plant and work the soil, they experienced good harvest and set a tone of gratitude that we have continued to commemorate throughout the centuries. It is one major holiday in America where gifts are not expected. It is one time when we spend a day to appreciate what we have rather than lusting after what we don't.

Yet, in Thanksgiving, there are many who feel disenfranchised, who look to the lack of family, poor health, lack of friendship, lack of the good things our country represents. It is to these that we must beam a light of understanding, for no matter what we have or do not have in our lives, the importance of thanks for giving is the gratitude we feel for life. The importance of being able to live in bodies and explore the depth of who we are at core is a major gift to us all. We are singular in form to polish the aspect that we represent in expression.

We are the result of our choices. We may not want to accept this when our choices have put us in positions that mirror lack or poor health, but if we are honest with ourselves and go back to the strands that have brought us to the current situation, we will see where we chose an experience that pressured us in some way to grow beyond the accepted idea of what we "should" be.

Instead of berating ourselves for "poor" choices, we can reorient our thinking. We can recognize that we are expressing aspects of life that don't necessarily conform to society's idea of what the good life is so that we develop greater awareness, greater empathy, more compassion, and understanding about the heights and depths to which humanity can rise or fall.

When we negate where we are through victimization or blaming others, we shortchange ourselves in the

deepening of our character. The important factor here is that we always have the God given ability to make different choices. If we have experienced limitation, we can choose to create from that space in a way that will bring us liberation.

Humans as free will beings are CO-creators. We have the capacity of using our imagination for whatever we choose. We have minds that create our reality based on our choices. We may be handed a fortune, or handed nothing. But our capacity is to create or destroy from where we are. Not from the past; not from the future, but right now. We are like those pilgrims who arrived in a world unknown to them. They experienced the trials and errors of their choices. But with time, and by opening to the help that was given by others, they learned how to plant seeds that would yield the crops that they needed to survive. Through human ingenuity, they not only survived, they flourished.

So did we. We thank God for our lives. We thank God that we are finding our way from survival to flourishing. Life is not an endurance race, it is an experience of thanksgiving, and that means right here, right now, no matter in what condition we find ourselves. Our choices are continuously creating our reality, and from each stage we have an incredible opportunity to grow and

deepen. When we choose to live gratefully, life presents possibilities that we haven't previously noticed, and help that we hadn't seen before.

Thanksgiving, therefore, is symbolic of much more than gathering with others. It is a gathering of ourselves to our Creator. It is the show of gratitude for everything we are and everything we have experienced. It is our salute to ourselves as pilgrims in a new land, moving through the hardships and being strengthened in the process. It is the bounty that represents our life experience, no matter what it looks like in the moment, and the knowledge that we are planting the mental seeds right now that will affect the quality of our future.

Wishing you a *Blessed* Thanksgiving!

△



PHOTO: ©Jane Erica Hutchison



# Big Yellow Taxi

By Joni Mitchell

They paved paradise  
And put up a parking lot  
With a pink hotel, a boutique  
And a swinging hot spot

Don't it always seem to go  
That you don't know what you've  
got 'till it's gone  
They paved paradise  
And put up a parking lot

They took all the trees  
Put 'em in a tree museum  
And they charged the people  
A dollar and a half  
just to see 'em

(Chorus)

Hey farmer, farmer  
Put away that DDT now  
Give me spots on my apples  
But leave me the birds and the bees  
Please!

(Chorus)

Late last night  
I heard the screen door slam  
And a big yellow taxi  
Took away my old man

Don't it always seem to go  
That you don't know what you've  
got 'till it's gone  
They paved paradise  
And put up a parking lot  
They paved paradise  
And put up a parking lot

©January 7, 1970  
Siquomb Publishing Corp



**The Pink Hotel** (Above): Although Joni Mitchell's own words suggest she wrote this song on Maui, the Pink Hotel she refers to is most likely the Royal Hawaiian Hotel in Honolulu. The romantic and legendary "Pink Palace" built in 1927, is the iconic landmark hotel on Waikiki Beach. Here, amidst serene gardens behind the coral-colored facade, you can still find the special ambiance of old Hawaii and its gracious island hospitality. The Royal Hawaiian has 526 beautifully appointed rooms, located in either the elegant Historic Building, or the modern Tower Wing. It also houses a unique koi pond, specialty gift shops, and restaurants with beachside dining. 🍍

## Footnotes to Big Yellow Taxi...

**Dave Donnelly**, a reporter for Honolulu's Star-Bulletin, informs us that: "Big Yellow Taxi" was written about Hawaii; and, the 'tree museum' Joni sang about where they charge you to see the trees, was Foster Botanical Garden. Photo on left was taken there.

**Fees to See the Trees? Foster Botanical Garden located at 180 North Vineyard Blvd. Honolulu, Hawaii posts this:**

- Adults \$5
- Hawaii Residents: \$3
- Children 6-12: \$1
- Children under 5: Free
- Annual Family Pass: \$25

(A bit more than "a dollar and a half just to see 'em" as the song goes.)





# Maybe the Only Thing We Need More of is Gratitude

By Joshua Becker

It is discontent that opens up our heart to many of the unhealthy habits in our lives. Materialism is, after all, the natural behavior born out of discontent with the possessions that we own. We live in a society that breeds discontent by defining the American Dream as owning bigger homes, nicer cars, and fuller closets. Advertisers foster this sense of dissatisfaction by promising greater happiness with their products. And too often, we foolishly fall into their trap without realizing it.

But there are other unhealthy habits in our lives born out of discontent. For example, dishonesty is born out of discontent with the truth. Greed is born out of discontent with our current supply. Substance abuse is born out of displeasure with the current state of our lives. Even many of the feuds in our families are born out of discontent with our closest relationships.

If discontent is the cause of many of our unhealthy habits, contentment is the cure. And if contentment is the cure, gratitude is the pathway to it.

**Gratitude provides proper understanding of our place in the world.** Gratitude is the feeling and expression of thankfulness for the actions of others that are costly to them and beneficial to us. By definition, gratitude requires humility. It requires us to admit we have been the recipient of something we did not deserve. And it calls us to admit there are no entirely self-made men or women.

**Gratitude assigns worth to those who rightly deserve it.** Whether I am thanking a parent, a spouse, a veteran, a teacher, a policeman, or a mentor who has invested into my life, my response of gratitude to their action gives the praise and worth to those who rightly deserve it.

**Gratitude directs attention to what we already have.** Gratitude always requires our attention to be focused on the

good things we already possess. It calls us to notice our blessings and take greater appreciation of them. As a result, our eyes are turned away from the things that are fostering the discontent in our hearts.

**Gratitude improves our overall well-being.** Scientific studies over and over again confirm what we already know to be true: Grateful people are happier people. Grateful people routinely report increased well-being, better health, healthier lifestyles, increased optimism, and a more positive outlook on life. Additionally, those who display a high level of gratitude are much more likely to have below-average levels of materialism.

**Gratitude is not a result of our circumstances.** I have lived my entire life inside the United States, but have led numerous groups of people to third-world countries. I can attest first-hand that gratitude is not a result of circumstances. I have met grateful people in some of the poorest neighborhoods in our world and I have met grateful people in some of the richest neighborhoods in our country. I have also met ungrateful people in both. Gratitude is a decision and a discipline — not a response.

**Gratitude opens the door to contentment.** Gratitude helps us better understand our place in the world. It pushes our praise to those who rightly deserve it. It causes us to focus on the good things we already have regardless of our present circumstances. It improves our well-being in almost every regard. As a result, it is the surest pathway to contentment.

And that being the case, maybe more gratitude is the only thing we really need.

Δ

Joshua Becker is a writer who is inspiring others to live more by owning less. He is the bestselling author of [The More of Less](#) and other books.



[https://www.youtube.com/watch?time\\_continue=10&v=UeTri8oLAZs](https://www.youtube.com/watch?time_continue=10&v=UeTri8oLAZs)

## Rethink Holiday Gift-Giving

Here is a YouTube video by Joshua Becker that will help you let go of the idea of over-buying and over-consuming on the way to living simply. It comes as a great reminder before over-shopping during the holidays.





# Having an **Attitude** of Gratitude

**A**ttitude of Gratitude, the act of being thankful for whatever comes your way, serves you well. Accepting all parts of yourself, brings balance. This is life. Events just happen, others do their thing, and how you 'interpret' these experiences creates your personal bliss, or stress.

I am grateful to be able to live a creative life. I love doing art, using photographs of the beauty around me as inspiration. Plus, the doing of art is my personal visual signature. I can come from a place deep inside, start with what I know I want to create, and then allow my imagination to guide my hand. Then, I have no idea where it will take me. It's letting the art have a life of its own.

Nature uplifts and inspires me. For example, I'm filled with awe at the phases of the Moon, and the passage of the stars. The gorgeous changing seasons highlight the black ravens flying through the golden fall leaves. I see beauty everywhere.

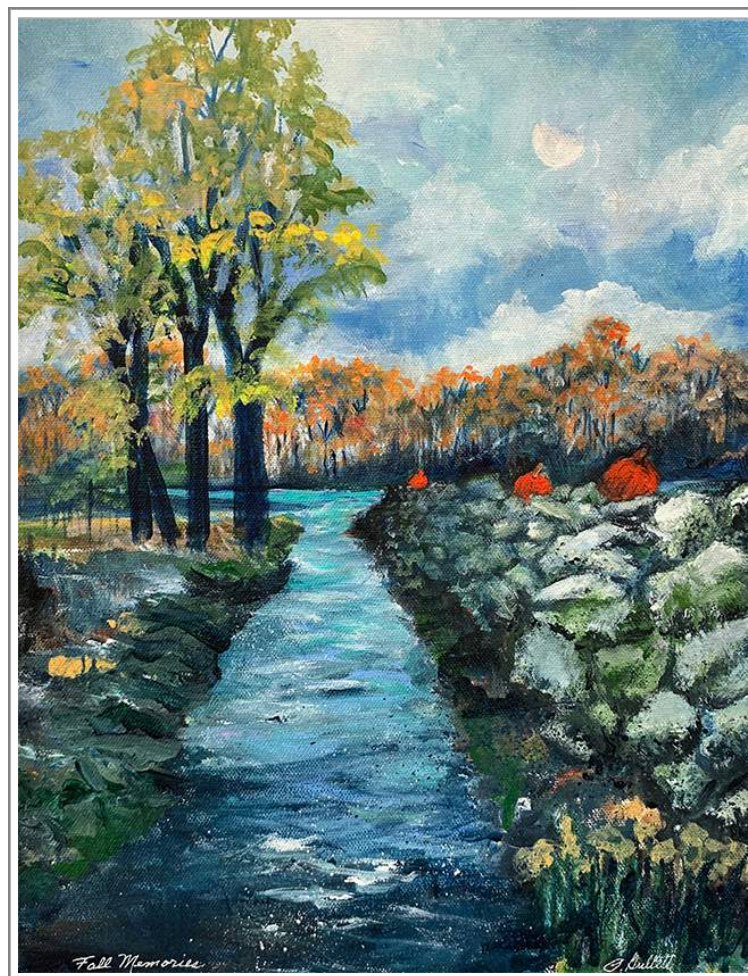
Life is change. Gatherings are smaller these days, with more quality time of interacting with each special person. Where I used to host parties and make a feast, cooking has become a community affair. Each person has their specialty to add to the mix. In addition, local restaurants may provide the main course, while we add a special flourish, like perfect Birthday flan or chocolate layer cake made from scratch. Keep it easy, fun, and special.

These days, my art is all about challenging myself to interpret my life today. Driving on scenic roads has become a great pastime to photograph beautiful forests, colors, rivers, and lakes. These become starting points for my mixed media paintings that I create each week. I start with a drawing, then let imagination take over. Magic time!

So, seek the beauty around you and be grateful for another day to live deeply. Consciously look with fresh eyes and interpret the magic that surrounds you each day. Be filled with light, peace, and gratefulness always.

△

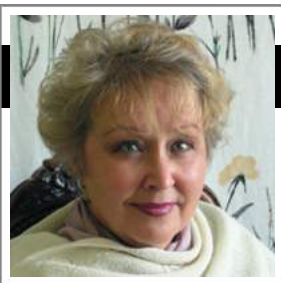
Discover Pat Gullett's **Art of the Dreamtime**  
[patgullettdesigns.com](http://patgullettdesigns.com) | [www.awegroup.net](http://www.awegroup.net)  
[www.patsartfulllife.com](http://www.patsartfulllife.com)



"Fall Memories" painting by Pat Gullett



"Leaf Lips" Photographer Unknown



Tuesday Teachings By Meredith Young-Sowers, D.Div

## Getting Into Relationship With Life Around Us

**H**ave you ever wondered why life can feel pretty good on one day and terrible on the next? What happens inside of us that moves us from good to bad and back again to good when events stay pretty much the same. This moveable thermometer of our emotional well-being is actually based on being in relationship.

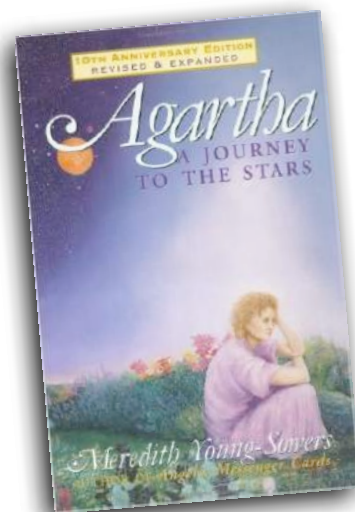
We tend to think of relationship as partnership or close friends. But relationship is an involvement, a focus on-what is in front of us. I have a relationship right now, for example, with the desk in front of me, the flowers on the side table, the books in the bookcase behind me, the chair beneath me and the trees I see out the window waving their brilliant leaves and on and on. In other words, we are in relationship with everything as well as everyone around us.

When we are Out of relationship — where are we? We're in our head, in our thinking. The more our thinking takes over, the less we're in relationship with life around us and in this moment. This is another way of saying *stay present and in the moment*. But that phrase can seem pretty vague. But when we realize that staying in relationship to life isn't based on good or bad things happening to us, but on our willingness to stay present—to stay with ourselves right here and right now.

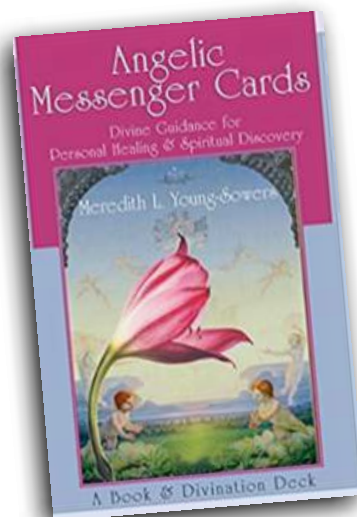
It is, after all, our ability to get into and stay in relationship with people and things—with all forms of life around us at each moment, which fills us with God's love and with a sense of being connected to Life. Lack of connection to life—drifting off into our thinking minds — what happened yesterday and plans for tomorrow — this all takes us out of relationship.

~ *Meditation* ~

*Take a deep, luxurious in breath. Now relax and breathe out. Breathe into relationship with the life around you. What's in front of you, next to you, behind you? What has depth, and color, and vitality? As you enter your world fully, you find the true sense of community and it all hinges on getting into relationship with life.*



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



**Angelic Messenger Cards: Divine Guidance for Personal Healing and Spiritual Discovery, A Book and Divination Deck**

### The Flower Fuchsia

Fuchsia represents: Deep love, grace, trust and healing. The flower gives off a subtle scent; is great for attracting various pollinators; and the flower's long, vibrant sepals entice bees and Hummingbirds.

#### Fuchsia colors and their meanings:

**Red:** Love, passion and romance; **Pink:** Femininity, sweetness and confidence; **Purple:** Royalty, luxury and elegance; **White:** Purity, innocence and new beginnings; **Orange:** Good taste, joy and enthusiasm. A potted Fuchsia makes a wonderful gift for showing you care.

#### My Soul's Delight - A watercolor by Dr. Meredith Young-Sowers

If you are interested in owning this original painting, e-mail Meredith at [mysowers@gmail.com](mailto:mysowers@gmail.com)  
Proceeds benefit St. Jude's Hospital for Children.



**Meredith Young-Sowers, D.Div. is a watercolor artist and Author of: Agartha, The Angelic Messenger Cards, Spirit Heals and Wisdom Bowls. She is the Founder of The Stillpoint Foundation and School.**





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 the chakra related to this month's planet.

**P**luto was discovered in 1930, between two world wars. It may be farthest from Earth and only a smallish planetoid, but its role in our inner astrology is profoundly powerful because Pluto is power itself; the power to transform, driving the cycles of birth, death and rebirth. It is our agency to create this reality and evolve.

Pluto rules the sign of Scorpio. In traditional astrology, Mars also rules Scorpio and Aries. In Aries, Mars is our human power, applied to independent survival and self-gratification. In Scorpio, Mars is our human power in the context of interdependency and intimacy with others. There, our ego must constantly choose to experience others as friend or foe. Do we vulnerably trust or do we defend through power struggles of emotional drama, manipulation, abuse and even violence? This is the front line of the spiritual warrior. These are the moments when our ego is challenged to surrender to a higher power.

Pluto reflects the channel we have to our soul's higher power. As loving consciousness, we are all unique, active agents of the one, unified power of divine source and we are therefore always creating our reality, individually and collectively. As we learn to

subordinate our ego's will to the wisdom of our soul's unity with divine will, we create more of what we all want: more love, more beauty, more joy. This is the understanding humanity so desperately needs at this time to take responsibility for our problems.

Through history, humanity has created reality primarily from ego perspective, using personal will power. Yet deep inside, we each sense a potential for greater power. In past lives, we have tended to give over that potential to higher human powers, be it family, church, state, or other authorities. At other times, we each have tried to access that greater power through wealth, status, and might. Along the way, we have learned painful lessons, about the shortfalls of ego power, gleaned important insights that arouse longings for a true higher power. Religion, psychology and spirituality point the way, but it really comes back to our own capacity to surrender our ego's will to divine will, thus creating from the field of unified unconditional love from which we spring as consciousness.

Some healthy attributes of our inner Pluto are an interest in discovering what is hidden, the occult, to probe the darker mysteries of our emotions and psyche, to understand the cycles of our reality, to feel at peace with aging and death, and to engage with others in vulnerable intimacy, trusting in love and inner truth as powerful guides to peaceful resolutions. Unhealthy attributes include fear of death, sex, or emotional intimacy, defensiveness, manipulation, abuse and violence.

In your body, the energy of Pluto sits above Mars in your 3<sup>rd</sup> chakra, the Solar Plexus. Put your hands there. Notice what feels small, fearful and wanting to defend or fight. Now notice that which feels confident of always being protected and guided in your actions. How often do you call on spirit to lead your ego? How comfortable are you in vulnerable intimacy?

To lend strength to your inner Pluto, try this affirmation:

*"I surrender my ego's will to align with divine will. Teach me. Show me. Guide me. Use me. I am available."*

△



**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. <http://www.chooseconsciousliving.com/>**



# Spiritual Cooking

Commentary on A Course In Miracles  
By Beverly Hutchinson McNeff

<https://www.miraclecenter.org/hear-from-you/>



November 24 is Thanksgiving Day in the United States. Now, while you may or may not be cooking, many of you will be enjoying food in some way, shape or form. This got me thinking about my favorite spiritual metaphor: *a crock-pot!*

I love cooking with a crock-pot. They are simply amazing! You can cook a delicious, complete meal all in one pot, as long as you plan for the time. The key is slow cooking. And I mean *slow*.

I remember finding a crock-pot recipe for scalloped potatoes (which usually takes about 45 minutes in the oven), but this recipe called for ten hours! I needed the space in my oven to cook something else, so I decided to give it a try. It was terrific! Tender potatoes and a crispy top, which I thought could only be achieved in an oven. Truly a crock-pot is a miraculous invention!

For a crock-pot to work, however, you have to be patient. You have to plan ahead with the meal or dish you want to make, then trust that the pot has it handled, as

you turn the heat setting to slow and the timer to ten hours.

A crock-pot is a good metaphor for our spiritual growth. We are each of us crock-pots cooking. There are times when we feel the love of God within us now, and we seem to be like a crock-pot cooking on high. Others of us might feel like we are barely registering “heat” as we struggle to remember our workbook lesson, or, as the day draws to a close, we feel as if we remembered nothing from the Course to bless our day. The fact is, we are always “cooking.”

The Course reminds us, “You can wait, delay, paralyze yourself, or reduce your creativity almost to nothing. But you cannot abolish it.” (T-I.V.1)

So, the next time you forget your lesson, seem to make a disaster of your day, or feel like a spiritual failure, remember you are “a mighty and able spiritual crock-pot cooking.”

We are holy children of God. This truth can never be extinguished. Perhaps it’s time to add that little ingredient to your

thinking, whenever you feel the day is a loss: remind yourself: “I am a holy child of God.” Adding this thought *will* help you. But, whether you remember it or not, you cannot stop the power and presence of God. “The Holy Spirit is not delayed in His teaching by your mistakes.” (Lesson 95) He is always there, whether you are aware of it or not. Becoming aware of this truth just makes life go a little more peacefully for *you*; it cannot add to, or diminish God. God Is, and that is it!

So, the next time you forget your lesson, or seem to make a disaster of your day, or feel like a spiritual failure, remember you are a mighty and able spiritual crock-pot cooking. And, when “you forget, try again. If there are long interruptions, try again. Whenever you remember, try again.” (Lesson 40)

Yummmmm, I think something wonderful is cooking. Happy day of gratitude! “I am a Holy Child of God. No body can contain my spirit, nor impose on me a limitation God created not.” (Lesson 114) Δ

## Advice from **María Sabina** a Mexican healer and poet...



*“Heal yourself with the light of the sun and the rays of the moon; with the sound of the river and the waterfall; with the swaying of the sea and the fluttering of birds. Heal yourself with mint, neem, and eucalyptus. Sweeten with lavender, rosemary, and chamomile. Hug yourself with the cocoa bean and a hint of cinnamon. Put love in tea instead of sugar and drink it looking at the stars. Heal yourself with the kisses that the wind gives you and the hugs of the rain. Stand strong with your bare feet on the ground and with everything that comes from it. Be smarter every day by listening to your intuition, looking at the world with your forehead. Jump, dance, sing, so that you live happier. Heal yourself, with beautiful love, and always remember ... you are the medicine.”*

**María Sabina Magdalena García** (July 22, 1894 – November 22, 1985) was a shaman and poet who lived in [Huautla de Jiménez](#) in southern Mexico. Her healing sacred mushroom ceremonies, called *veladas*, were based on the use of [psilocybin mushrooms](#). Her veladas contributed to the popularization of indigenous Mexican ritual use of [entheogenic](#) mushrooms among [westerners](#), though this was not her intent.



# Message #46

## From The StillPoint Within

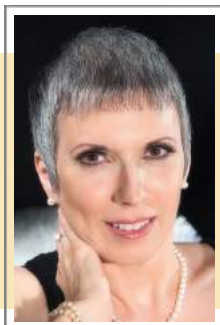
By JA Dioguardi

Life is a gift. Being born into this world of form is an opportunity desired by all sentient beings. Gratitude for whatever IS generates a magnetic, attractive vibration that draws in energy, people, and events that are most beneficial for one's growth. Acceptance of what is allows for the energy to flow; the refusal to accept one's current reality hinders the flow of energy and manifests in the physical form as illness, negative emotion, a dis-ease with life. In order to move forward from where one is and to attract positive, expansive energies, one must actually be present in his/her own life.

The act of acceptance and the feeling of gratitude for all that IS opens the door through which one enters into communion with Spirit. Through this conscious connection with the Divine, all things are possible. Desires can manifest beneficial and growth-oriented experiences; right-mindedness generates wave upon wave of positive emotion; feelings of love emanate into the cosmos, transforming darkness into light and lack into abundance by dispelling fear. It all begins with presence. As was said by a wise teacher: BE HERE NOW.

Whatever your current life situation, be present through acceptance. Trust that there is a reason for all that you draw into your world. Know that change is eternal; therefore, constant movement, though imperceptible at times, signifies life itself. Energetic flow is a natural occurrence; it is the way of non-resistance; it is the *easy* channel through which the river of life runs. Allowing is effortless; resistance requires effort, which humans perceive as heaviness. To feel unimpeded as you walk along your life path, think thoughts that uplift you, make choices that leave you feeling light, and form beliefs based on their "joy factor."

Life is not meant to be hard! Life is but an opportunity to expand the energy of Source through creativity, joy, and love. It is our resistance to change, which is constant and inevitable, that makes life feel burdensome. Shift your perspective by observing the quality of your thoughts, feelings, and actions; choose those which generate a feeling of lightness in your body and that inspire you to live fully in the moment—trusting that you are ever supported by the net of love woven by the Divine, of which we are each a unique expression. Connectivity and Love are one and the same. Individuals are born of All That Is, each connected to the other and to Source. Love truly IS all there is. Δ



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)

## Learn the Basics of Automatic Writing



### With Nancy, the Publisher of The Inner Voice

I teach the simplest way I know of for you to begin to communicate with The Other Side. In this one-on-one private class you will learn how to:

- Write using my step-by-step process of setting intentions, preparing the space and begin receiving messages
- Write a heartfelt prayer to welcome your angels, guides and departed loved ones.
- Ask quality questions and get quality answers
- Accurately discern the difference between who is talking with you ~ angels, guides, loved ones in spirit, even beloved pets
- Get past any blocks that might be preventing you from connecting with this deeply spiritual opening process.

My technique is easy to learn. All that is needed is your sincere desire to connect and a willingness to learn this "inner voice communication" process. Learn at your own pace with as many sessions as you choose. I've taught hundreds of people and I can teach you, too. **The Beginning Session** is 90-minutes with homework (for you to experience writing on your own);

then, a one hour follow-up session to discuss. We will meet on Facetime or Zoom. \$150 for both sessions.

Additional sessions will be available, if you choose.

E-mail: [Nancy](mailto:Nancy) to schedule!





# Gratitude of the **Heart** Chakra

**A**s you know, the Heart Chakra is considered to be the center of the emotional body in various natural medicine frameworks. It is the sacred space where we transmit and receive feelings of love, compassion, humanitarianism and gratitude. In clinical practice, I encourage people to support their cardiovascular system, but also the emotional and energetic aspects of the heart center.

There are various natural medicine practices that are effective in facilitating a stronger sense of peace, harmony and gratitude. I believe that supporting and nourishing the Heart Chakra does enhance compassion and empathy.

There are foods, herbs essential oils, flower essences and practices that are

effective facilitators for those who wish to open to trusting love, humanity and all sentient beings. There is even a sacred chant that promotes love and gratitude, *yam*. The sound is close to yumm.

## Heart Chakra Herbs and Plant Spirit Medicines to Consider

There are many herbs generally associated with the heart chakra. Of course, it is important to speak with your clinical herbalist or physician before diving into taking herbs, but here are some to consider for the heart chakra: Basil, Bergamot, Cacao, Cayenne, Garlic, Hawthorn berry, Jasmine, Lemon Balm, Motherwort, Peony, Palma Rosa, Rose and Rosehip, Violet flowers and leaves.

Some of my favorite essential oils to use

topically in roll-on applicators, anointing the Heart Center are: Bergamot, Lavender, Rose Rosewood, and Ylang Ylang.

## Flower Essences

to consider to promote love and gratitude are plentiful:

Beech  
Bleeding Heart  
Chicory  
Forget-Me-Not  
Gardenia  
Purple Crocus  
White Magnolia  
(among others)

Chakra is balanced by eating vibrant green foods and beverages, as well as these foods:

Apples	Kale
Broccoli	Spinach
Swiss chard	Dandelion greens
Parsley	Celery
Cucumber	Zucchini
Matcha	Garlic
Green Tea	Limes
Spirulina	Mint
Kiwi	Green grapes

For those of you who are attracted to the healing properties of **gemstones** you'll want to consider either green, pink, or others that resonate with your heart center:

Amethyst  
Ruby  
Green Aventurine  
Emerald  
Jade  
Rose Quartz  
Mango Calcite  
Rhodochrosite  
Pink Tourmaline  
Idocrase  
Girasol  
Chrysoprase

During this phase of life when we are faced with so many challenges, why not integrate a heartfelt, loving gratitude **affirmation** into your morning or evening ritual, as well:

*I give and receive love, forgiveness, and compassion to myself and others, effortlessly and unconditionally. My heart is filled with love and gratitude. I live in harmony with all sentient beings. I am love, I give love, I open to love.*



If you practice yoga, consider these poses to open and balance your Heart Chakra. Diagram from [www.7chakrastore.com](http://www.7chakrastore.com).

You may also find it interesting that the Heart

May your heart be brimming with love and gratitude this season!





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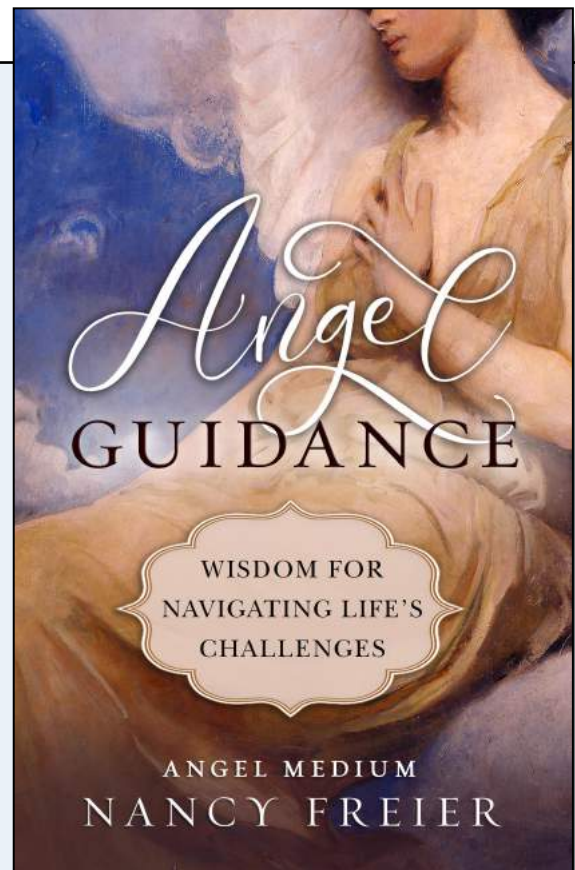
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## Spoiler Alert: You already live with Feng Shui energy. Question is: How's it working for you?

By Nancy Freier

First of all let's understand the principles of feng shui that everything is energy (chi); and, everything is interconnected with everything else by chi.

Chi, like gravity, is an invisible force you cannot see but you know it by its effects. It is everywhere-present. You don't have to believe in it for it to work. Chi is likewise everywhere-present and no belief in its principles is required. That said, there are things we can do to adjust the chi in the home or other spaces, to have it work in our favor and produce many benefits! That is what I do during a feng shui consultation in your home.

The goal of calling a trained feng shui practitioner to come to your home is for them to analyze and adjust the chi to be sure the energy flows correctly, thereby nourishing the space and those who live there.

My mentor, Author Terah Kathryn Collins, Founder of the Western School of Feng Shui® calls us the "Goldilocks Species." As human beings, we want our homes and furnishings to be — "not too hard and not too soft; not too hot and not too cold; but just right" — in terms of comfort, safety and pleasing to the eye. When we have achieved that, we are set to reap the magnificent promises of good health, greater prosperity including a flow of wealth, harmony in relationships with others in the home and beyond, and all good things that produce peace and happiness. Who doesn't want that?

Feng shui is all about home and hearth creating warm and welcoming and supportive homes that house not just our physical bodies, but our goals and dreams of what will come. It is not some weird foreign thing that came to America as a passing fad. It is not some obscure dictate

that says we must live with Eastern style furniture and art. It is about living with what we love no matter what style that is, and continuously staying conscious of what we share our space with.

When we have curated our furniture and collections of art and objects to what we love, and properly place every item in the most auspicious spot in the home that will serve to support us and what we want to achieve in life, we have succeeded in making our home a perfect, physical affirmation for what we want to achieve in life. Without a conscious effort of adjusting the chi so it nourishes and flows "just right," the results can be less than good health that can manifest in myriad ways — illness, depression, lethargy, fighting and arguing, and even such things as divorce and bankruptcy. Who would want that?

The house you live in already has chi flowing through it, or not. You are already living with its principles. The question is, how is it working for you, or not?

I have never seen a house or apartment building whose design, drawn up by an architect and built by a builder, where they were aware of chi flow. Modern home designs almost always have "poison arrows" created by sharp corners and odd, protruding angles in walls, countertops, ceilings even furniture. Knowing everything is energy: the walls, floors, ceilings, building materials used; patterns, colors, textures and shapes — and its all affecting those who live in the space, either positively or negatively. This is why



we need a conscious awareness of *what* we are living with.

Feng shui is all about correcting the flow of chi through the home. This is what the trained eye of the feng shui expert does. In my work I study the floor plan of the home you are living in to determine where the energy is flowing correctly, thereby nourishing you; and, where it is blocked by the building's design, or by clutter or by things that are improperly placed.

It is sad to see so many people living in homes where the chi is blocked, causing poor health and poor finances among other problems that I know are often times solvable by proper application of the principles of feng shui. It is the art of placement of one's beloved furniture pieces, art and decor, for then they enhance the chi flow that enhances their life! That is what I want for myself, and that is what I want for you, too.

I am grateful for this ancient, time-tested wisdom of "feng shui, the art of placement," that has been handed down through the ages, knowing we can make usually simple changes to our environment and the results are amazing. Who wouldn't want that?

△

**Get your home's chi adjusted.  
See Nancy's ad on page 27.**



# The Alchemy of Gratitude

30 days of prompts to acknowledge gratitude  
to help turn what you have into enough



- |   |  |
|---|--|
| <input type="checkbox"/> someone I am glad to have in my life           | <input type="checkbox"/> my favorite part of the evening               |
| <input type="checkbox"/> something I find great comfort in              | <input type="checkbox"/> my guilty pleasure (okay, name more than one) |
| <input type="checkbox"/> my favorite part of the morning                | <input type="checkbox"/> a good thing that happened today              |
| <input type="checkbox"/> a freedom I am grateful for                    | <input type="checkbox"/> my favorite thing to do                       |
| <input type="checkbox"/> an accomplishment I'm proud of                 | <input type="checkbox"/> something I love about each family member     |
| <input type="checkbox"/> a hidden blessing from a difficult situation   | <input type="checkbox"/> something positive about my body              |
| <input type="checkbox"/> an opportunity I have always been grateful for | <input type="checkbox"/> a challenge I am grateful for                 |
| <input type="checkbox"/> my favorite song/music (and why)               | <input type="checkbox"/> a compliment that made me feel good           |
| <input type="checkbox"/> a life lesson I have learned                   | <input type="checkbox"/> the best gift I've ever received              |
| <input type="checkbox"/> the biggest gift in my life right now          | <input type="checkbox"/> the item(s) I treasure most                   |
| <input type="checkbox"/> a future event I can't wait for                | <input type="checkbox"/> the people who mean the most to me (and why)  |
| <input type="checkbox"/> positive news I've gotten recently             | <input type="checkbox"/> my favorite part about nature                 |
| <input type="checkbox"/> my favorite area in my home (and why)          | <input type="checkbox"/> something that made me laugh today            |
| <input type="checkbox"/> a memory from childhood that makes me laugh    | <input type="checkbox"/> a book I loved reading                        |
| <input type="checkbox"/> something beautiful I saw today                | <input type="checkbox"/> my favorite memory                            |

## Harmony By Design

A unique interior design service that uses the dynamic quality of Chi to bring your environment into optimal harmony, comfort and balance.

If you have ever heard yourself say, "That problem started when we moved here," this is a sure sign that the building is implicated in causing current difficulties. Problems relating to health, finances, relationships, career, and many other issues have all been helped by expert Feng Shui advice. It is also an invaluable tool to enhance any aspect of your life which has become a focus for you and you would simply like to improve.

### What is covered in a Feng Shui consultation:

- \* Interior and exterior design and color schemes
- \* Furniture placement
- \* Bagua "cures and enhancements" (placement of mirrors, crystals, etc.) to adjust and balance the chi
- \* The effects that pictures, decorative ornaments, and other symbology in the space has on you

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# Tips for Communicating with your Animals and Guides

Lynn is a Telepathic Animal Communicator, Reiki Master Teacher and Artist. As the founder of Animal Spirit Talker, she is passionate about helping to strengthen the bond between animals and their human families. She inspires people to see, feel and believe that they can, indeed, communicate with their animals. For more information see Lynn's ad on page 27.

By Lynn Schuster

Personally, I believe that we are all capable of speaking telepathically to our guides, the angels and to the animals. I believe that we were born with this ability and that we were socialized to use our words. But if you are willing to open your mind and your heart, you too, can feel confident about the messages that you are receiving.

## How to Communicate with Your Animals

### Tip #1: Wake up and be grateful.

Gratitude is a powerful and positive emotion. Feeling grateful raises the energy vibration and clears the mind. Notice that when you feel grateful, there is no fear. By allowing gratitude in, imagination says anything is possible.

### Tip #2 Breathe.

The breath truly is the key to unlocking the mystery of Animal Communication. Breathe deeply. Concentrate on your breath. Feel your belly rise and fall. Imagine that you are breathing in love. As

you exhale, exhale love. When we breathe mindfully, we slow down, we live in the moment, the mind centers itself, mind chatter ceases and conversation with the animals begins. We move from the analytical left brain to the creative right brain.

### Tip #3 Peace.

It does not mean to be in a place where there is no noise, trouble, or hard work. It means to be in the midst of those things and still be calm in your heart.

Our minds think. That's what they do. And, when we are stressed, our minds think even more. But what if you could bring your mind into a place of non-thinking, even when there IS noise and chaos in your outside world? How DO you find peace inside your body? Meditate.

The word 'meditate' means different things to different people. For me, it's about being mindful and noticing what is happening right here, right now... Just noticing.

When your mind wanders, that's ok, just notice that your mind is thinking.

Without judgement, return to your breath, find the silence in your mind.

The more you practice, the sooner and more often your mind finds the state of non-thinking. As your mind finds silence, it connects with your heart. Your heart opens. This is peace.

### Tip #4: Imagination is real. Cherish it with all your heart.

The imagination sometimes gets a raw deal. When we were children, we were taught to use our imagination. If we were in a sticky situation, our parents or teachers would tell us to use our imagination to find solutions to whatever was challenging us. If we were in art class we were encouraged to use our imagination.

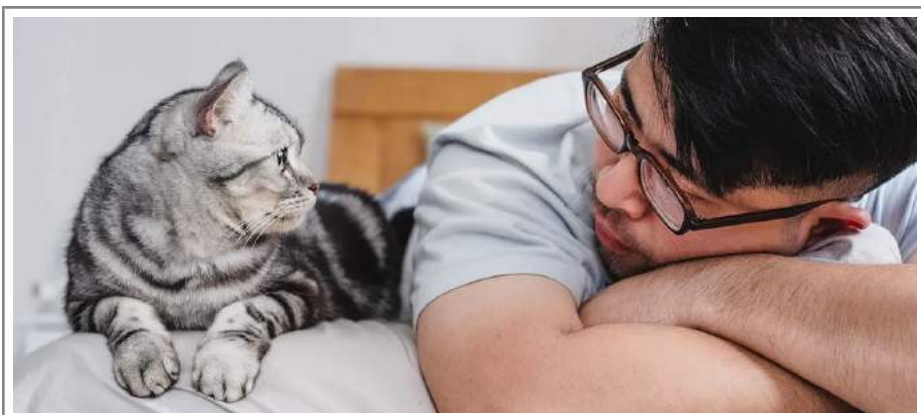
But, if you saw or felt something out of the ordinary, those same people may have discounted your experience by saying, "Oh, that's just your imagination." The truth is, our imagination is one of our most important and powerful tools. Everything begins in the imagination. We have to imagine a thing before we can bring it into the physical world.

Our imagination and creativity are located in the right brain. We analyze everything in the left brain. In order to talk to the animals, we must move from the analytical left brain into the creative and imaginative right brain. We must be in a creative or neutral space to talk to the animals.

Go to that innocent place within yourself. Feel enthusiasm, joy, and wonderment. You will find the animals there, too.

Δ

See Lynn's ad on p. 29 for her contact info.



A man and his cat (Getty Images / Kilito Chan)





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## Stone of the Month: Blue Lace Agate

Blue Lace Agate aids in calming anger and helps us to think before we speak. It teaches us that words create reality and so we should strive to use words that are kind and wise. It is a stone of peace, encouraging us to be tactful and to see both sides of every problem.

Blue Lace Agate helps us to communicate with the angelic realms and our own spirit guides. It is a wonderful stone for helping us to calm and center our thoughts, making it an excellent tool during meditation and prayer. It inspires us to live with remarkable grace and serenity. It is also an excellent tool for yogis and reiki practitioners.



**Diane Bloom, Owner  
Free Spirit Crystals  
Founder & Co-Director  
of Free Spirit School**



**4763 N. 124th St.  
Butler, WI 53007  
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