

The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 14 Issue 7 • July 2026

Our Summer FUN Issue...

Sreper: "The TIME of LIGHT is NOW"

Edgar Cayce: "The Importance of FUN"

What do SPIRITS do for FUN?

How to Create more JOY

The Power of PLAY

& more inside!

Connecting with SPIRITS:

A Message from Margaret Mead

The AFTERLIFE REPORT

Evidence



Presented By
Victor and Wendy
Zammit

Science



THE GLOBAL GATHERING and several other
FREE Zoom Groups are listed in the FRIDAY
AFTERLIFE REPORT published weekly.

SUBSCRIBE FOR FREE HERE:
www.victorzammit.com

Learn more about The Greater Reality as we
explore all things Spirit and the Afterlife. We
created this forum where people from the UK,
Europe, USA, South America and Australia can
share their experiences. For full details of our
groups visit: www.victorzammit.com/zoom



A bestseller!

BUY BOOK HERE:

Buy on amazon.com

Buy on amazon.co.uk

Buy on Barnes and Noble

BUY E-BOOK HERE:

* [Amazon Kindle](#)

* [Amazon Kindle UK](#)

* [Barnes and Noble Nook](#)

* [Apple iTunes](#)



**Join the FREE Weekly
Global Gathering!**

July 2026 Guest Presenters:

July 5: Cosmic Voices - Regina and Dan -
“Knock Knock. Who’s there?” Learn to
open the door to the unseen ~ and trust.

July 12: Medium Dr. Elizabeth Raver - The
work of May Benzenberg Mayer, a leader in
esoteric teachings, tools, and techniques.

July 19: Community Gathering where we
share our latest projects and explore new
ideas.

July 26: Cheryl Gorman: Finding joy,
purpose and magic in everyday life through
sacred practices.

Click <https://zoom.us/j/7595442928> to join the
discussion with like-minded people from around
the world. Held on Sunday @ 5PM EST/4PM CST
in the US: and 7AM in Sydney. For the time in your
city, click here> [World Clock](#).

View past Global Gathering programs here:

<https://www.victorzammit.com/archives/index.html>



Wendy Zammit Global Gathering Coordinator

Email wendyzammit@gmail.com



The Circus Rider, 1927 by [Marc Chagall](#)

Born Vitebsk (formerly Russian Empire, now Belarus), 1887; died Saint-Paul, France, 1985
 Oil on canvas; Signed, l.r.: "ChAgAll"
 Dimensions: 23.8 × 18.9 cm (9 3/8 × 7 7/16 in.)
 Credit Line: Gift of Mrs. Gilbert W. Chapman
 Reference Number: 1949.516
 ©2018 Artists Rights Society (ARS),
 New York / ADAGP, Paris
 For more information, visit: <https://www.artic.edu/artworks/118614/the-circus-rider>

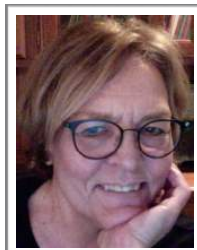
In this Issue...

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

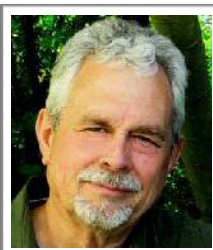
- 2 Global Gathering Schedule of Presenters & Zoom Link**
- 4 Ad: Angel Guidance Readings By Nancy Freier**
- 5 Publisher's Page / Dear Readers**
- 6 Angel Talk: The Time of LIGHT is NOW**
- 8 Art, Play and Mediumship By Susan Barnes**
- 9 Ad: Dr. Susan Barnes' Readings, Classes, and Lily Dale Events**
- 10 Why PLAY Matters By Steve Freier**
- 12 Edgar Cayce Readings on "The Importance of Having FUN"**
- 14 Lost Memories: Margaret Mead Channeled by Regina Ochoa**
- 16 Kids in a Tent Having a Séance By Dr. Liz Raver**
- 17 Ad: Readings by Medium Dr. Elizabeth Raver**
- 18 Next Level Manifesting By JJ Flowers**
- 20 A Tribute to Charles E. Schaefer, "the Father of Play"**
- 21 A Midsummer Night's Encounter By Daniel Drasin**
- 22 A Sacred Encounter Under the Stars By Denise Linn**
- 26 How to Create and Nourish Your Joy By Beverly Brunelle**
- 27 Soul Explorers Podcast Link**
- 28 What do Spirits do for Fun? By Susan Lander**
- 29 The Power of Play: Stitch Meditations By Liz Kettle**
- 30 Feng Shui Solutions for Kid's Rooms By Terah Kathryn Collins**
- 32 Pretend to be a Millionaire By Meredith Young-Sowers**
- 33 Ad: Essential Feng Shui®**
- 34 Ad: Psychic and Spiritual Services By Angela Zabel**



Lightlines Publishing



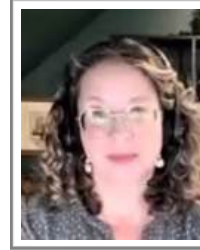
Nancy Freier
 Publisher
 Editor-In-Chief



Steve Freier
 Co-Publisher
 Website Design



Beverly Brunelle
 Consulting Editor



Sally Daniels Taylor
 YouTube Video Editor

The Inner Voice ISSN #1073-1814 ©1992-2001; e-version ©2012-2026. All rights reserved. This publication is offered as a source of inspiration, designed to uplift the frequencies of body, mind, spirit, heart, and home. It is not intended as a substitute for the guidance or care of qualified healthcare professionals. The views and opinions expressed here are those of the individual contributors and do not necessarily reflect those of the publisher or editors. We encourage you to trust your own inner voice for guidance and discernment on your path. May the insights shared here bring you blessings and inspiration.

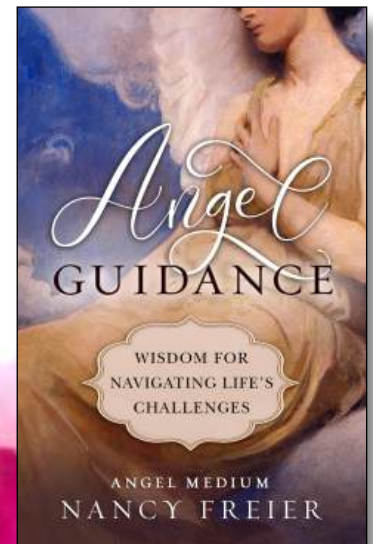
Writer's Guidelines and Ad Rate Sheet available upon request. Email comments to: theinnervoicemagazine@gmail.com

Angel Guidance Readings

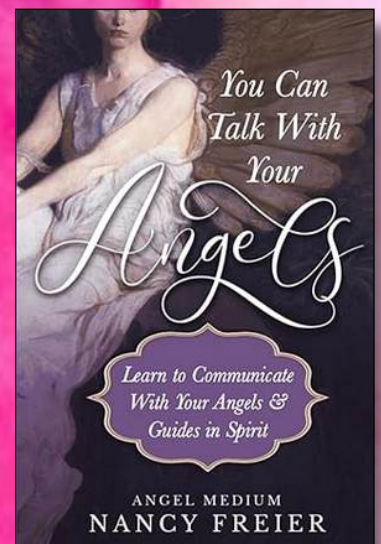
If you're feeling stuck, at a crossroads of a decision, or if you are simply ready for deeper insight ~ you can move forward with renewed confidence, peace, and trust with an Angel Guidance Reading. What currently feels confusing or heavy can become a source of wisdom, clarity and strength. Health readings have been compared to that of Edgar Cayce's. They are done in an altered state using an automatic writing technique inspired by the method developed by Author Ruth Montgomery.

Schedule Your Reading with
Angel Medium Nancy Freier

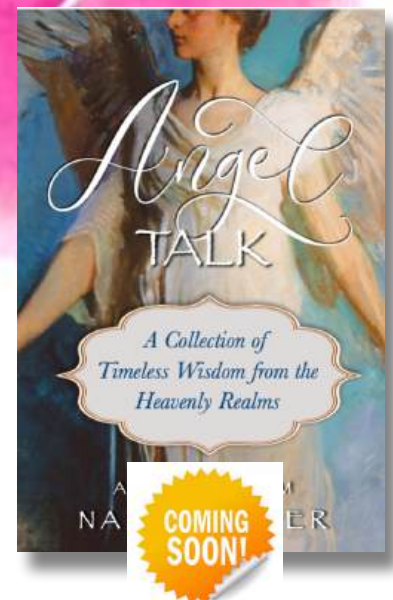
E-mail: NFreier@aol.com



[Angel Guidance: Wisdom For Navigating Life's Challenges](#)



[You Can Talk With Your Angels](#)



Blue Angel (1937) Marc Chagall

[Grief Opened A Portal to Angels](#)

A Podcast Interview with Nancy Freier
Hosts: Arline McKay & Joanne Macko

Comments From Our Readers...

"I am so over the moon happy with the insertion of Einstein's video in the June issue. Oh my goodness, I LOVE it! I actually got chills just listening to his voice. Fantastic idea! Thank you, thank you, thank you!"
 –Liz Raver

"Nancy, really nice (June) issue. I especially liked the section that you and Regina did on Ruth Montgomery. Also, the reading that Susan Barnes did with Gordon Phinn!"–David W.

"Nancy, You are Amazing! Each month you create something unique, visually and inspirationally. It is always a delicious read. You are a genius at this! Thank you for your commitment and creatively generous spirit." –Bev

E-mail your comments, article ideas, and questions for Angel Talk™ to:
theinnervoicemagazine@gmail.com
We'd love to hear from you!

Dear Readers,

This letter is brief this month because it's time for me to stop working and get this issue published! I can feel the call to go play—and I hope you'll answer that call, too.

So, put down your to-do list for a little while and dive into this issue as though you're stepping into a cool, refreshing pool on a hot summer day. Within these pages you'll discover inspiration for living more creatively, articles celebrating the power of play, uplifting stories, spiritual insights, and gentle reminders that having fun and nourishing joy is not a luxury—it is essential nourishment for the soul!

Whether you're painting, writing, gardening, dancing, traveling, spending time with loved ones, or simply rediscovering the wonder of being present, may these articles rekindle your imagination and remind you why you've come here: to create, to grow, to love... and yes, to have fun.

The Angels have a simple message this month: "Have fun doing what you do, and you will cultivate even more joy in your life. We promise!"

And as Dale Carnegie wisely said, "People rarely succeed unless they have fun in what they are doing."

May this issue inspire you to embrace the playful spirit within, and may your summer be filled with creativity, meaningful adventures, joy-filled success ~ and lots of laughter!

With Love and Blessings,

Nancy

*P.S. Please support our advertisers by utilizing their services, purchasing their books, and letting them know you saw them in **The Inner Voice**. Your love, encouragement and generosity help keep this light shining around the world. Thank you! ♥*



Don't miss an issue! Subscribe Today!

SUBSCRIBE HERE

Click link and enter your e-mail address. We never sell or share your information.

Consider a PAID SUBSCRIPTION!

Your support of this magazine means the world!

DONATE HERE

<https://www.paypal.com/paypalme/theinnervoicemagazine>

Suggested Donation: \$36 for 12 issues/year ~or choose an amount you like better. Donations help cover costs of the website, internet and other publishing fees.

Thank You!



The Time of Light is Now

Written By Nancy Freier

Q. Why do so many of us forget that we were created in the image and likeness of the Creator; that we each have within us a ‘spark of the Divine’ and we are here to create and have fun?

In response, Sreper offered these words of guidance:

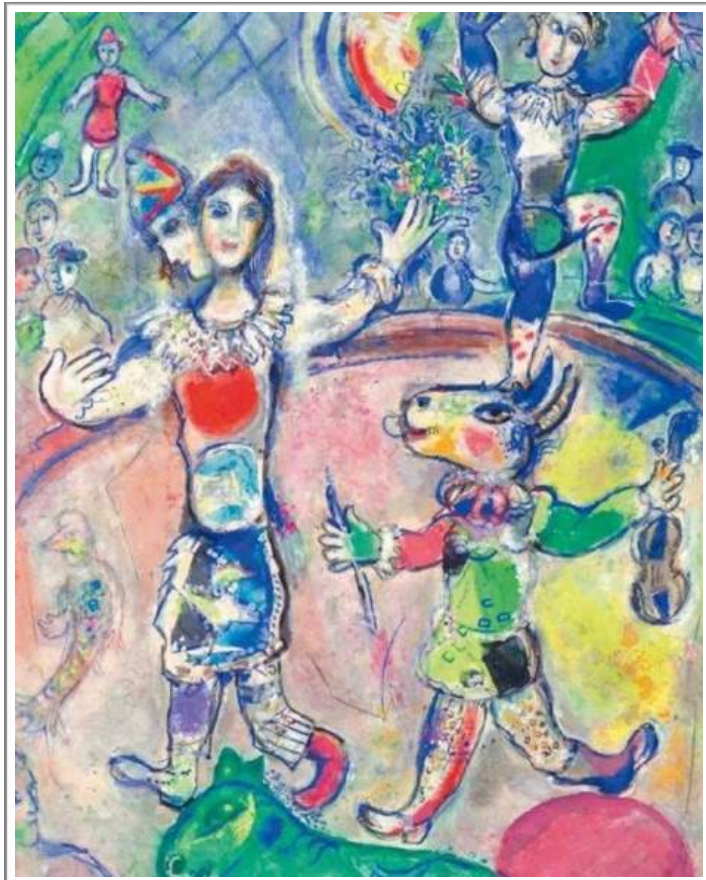
“We are always with you, lifting you into the Light of who you truly are. Many of you have journeyed far with us, and to those who are newly arriving, we say, Welcome. Come and join us as we move ever closer to the Great White Light.

Darkness is but an illusion. It is not real, for the Father of Light did not create it. It appears real only to those who have entered into its belief and then forgotten they have done so. Yet the Light comes to you again and again, patiently and lovingly, until at last you recognize it and choose it.

You celebrate this Light each Christmas, though many have forgotten the deeper meaning of that holiness. You have wandered far into the landscape of Earth, exploring realms of physical experience and creations of your own making. But now, the time of Light has come. Its purpose is to gently awaken you—to bring awareness to what you are thinking, believing, and creating.

We ask that you listen and share this message, near and far: The Light has come! The time to come alive in this Light is now. This is the dawning of a new awareness. The call has been echoing across the Earth for some time, and the change you have sensed is real. Look deeply within and you will find the glowing embers there. Within them is the new you. Within them is the Dawn of Light.

Each of you has chosen to be physically present for this moment in Earth's evolution. As you awaken your own flame, you awaken it in others. One by



In Marc Chagall's 'The Circus Arc-en-Ciel' (1970); joy, imagination, and creativity become a living expression of the Light within.

one, then thousands upon thousands, the world begins to glow—not as an outer spectacle, but as an inner illumination that whispers, 'Now I can see.'

Continued on page 7

Angel Guidance Zoom Group

Angel Medium Nancy Freier leads the group into a growing awareness of Angels and Guides in Spirit discussing the ways they communicate and guide us through life's challenges.

Next meeting is Saturday, July 11 • 1 pm CST

11am Pacific • 2 pm Eastern • 9 am Honolulu
Sydney: 6 am AEDT Sunday

[Click HERE to Join](#)



I laughed out loud when, in 1993 Sreper said: "We will be zooming enlightenment around the world!" And well, here we are!

You will come to cherish this Light and draw from it as a sustaining presence within you. It will awaken a joy long forgotten—a purity of being beyond anything you have known. All of this is part of a perfect unfolding, and we say to you with certainty: Light will prevail. Light always prevails.

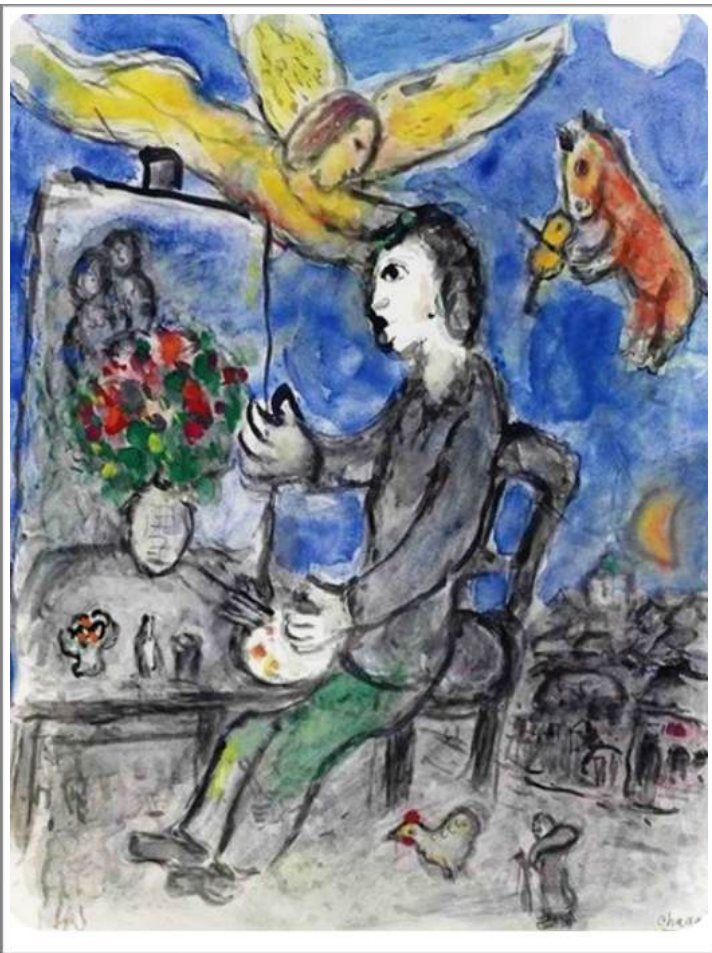
Release your fearful thoughts and dark imaginings. Let them dissolve into this Light, for within it there are no shadows.

And so, the choice is yours. Step fully into the Light. Lay your fears down. Be cleansed. Be cleared, and do not look back. Allow yourself to become the beacon you were created to be. Light will sustain you, and we say: shine your Light upon all you meet, helping them awaken, too.

And, oh, how we rejoice! This is the moment your soul has long awaited, and all of Heaven celebrates with you.”

Q. If this Light is ever-present, how do we engage it?

Sreper responded: “Human beings have absorbed ego patterns that have caused the Earth plane to fall out of balance. When you place your thoughts and authority in the hands of the ego—the lower self that knows only fear—you create a life shaped by that fear.



“L'inspiration de l'artiste” (translated to “The Artist's Inspiration” was created by Marc Chagall around 1980.

The ego sees only what is directly before it and cannot perceive the greater unfolding of *the Light*. It cannot understand love, forgiveness, or peace.

We come to remind you that you are not bound to the ego. The great gift of your life is that you have *choice*. You may follow the voice of fear, or you may choose to turn toward the Light within you—*the Presence of God*.

There is no need to battle the ego. Simply rise above it.

Draw back the curtain it has placed over your Light and remember who you are. To connect with the Divine is as natural as breathing. Reach for the Light and allow it to restore you to the state in which you were created. Life was never meant to be lived in fear. The pain you see arises from forgetting your truth, yet it is never too late to remember. The angels stand by, ready to lift you higher—beyond all suffering—and into the Oneness your heart remembers. Simply ask.

Inspiration and creativity are expressions of your highest Self. They flow from the higher realms of Light into your awareness, guiding your thoughts and actions into alignment with Truth. These moments are not accidental, they are divine.

Many have been taught to believe that life happens to them rather than through them. Yet you shape your life through your thoughts and beliefs. If you wish to change your life, you must be willing to change your beliefs. Remember, you are not there by accident. You are there to awaken, to remember, and to live in accordance with the Light within you. The time of Light is not coming—it is already here, quietly rising within you like dawn breaking after a long, dark night.

Each moment offers you a choice: fear or love, forgetting or remembering. And in every choice, however small, you are being gently guided back to yourself and into the Light. And remember, beloved ones, that the Light is joyful. It delights in beauty, laughter, music, and all acts of creation. Do not think that awakening must always be solemn, for joy is one of the highest expressions of the Light.

When you sing, paint, write, dance, garden, create, or simply allow yourself to play and laugh, you are allowing the Spark of the Divine within you to shine. Inspiration is a gift from the higher realms, and creativity is one of the ways the Divine expresses through you.

Do not underestimate the power of fun, for it produces joy and joy lifts your energy and opens doors. Follow what brings you delight and create something beautiful, for in these moments your soul is engaging in life *fully*.

As your joy increases, your Light shines more brightly, illuminating your path forward and lights the way for others, as well. In these moments when Heaven and Earth meet, you will remember that life IS sacred, and you have the power to bring more joy into your experience.”

△

Send your questions for Angel Talk™ to:
theinnervoicemagazine@gmail.com

Art, Play and Mediumship~ Entering the Creative Flow

Exploring the connection between artistic expression, flow, and spirit communication

Art and play are deeply connected through the creation of alternative worlds and freedom of expression. Many psychologists, philosophers, educators, and artists have argued that art grows out of the same creative impulse that drives play because play is exploratory, intuitively motivated, and promotes freedom of expression.

Art and play grow out of the same impulses.

When engaging in play, allow the mind to explore streams of consciousness and free association. When we enter this state, it is called 'flow.' Flow and free association are used in the creative process to allow one idea to lead into another. It is based on the positive aspects of the human experience—joy, creativity, and involvement with life. It is a positive psychological state that can be related to trance, mediumship, hypnosis, and mindfulness. Psychologists refer to this state as 'creative dissociation.'

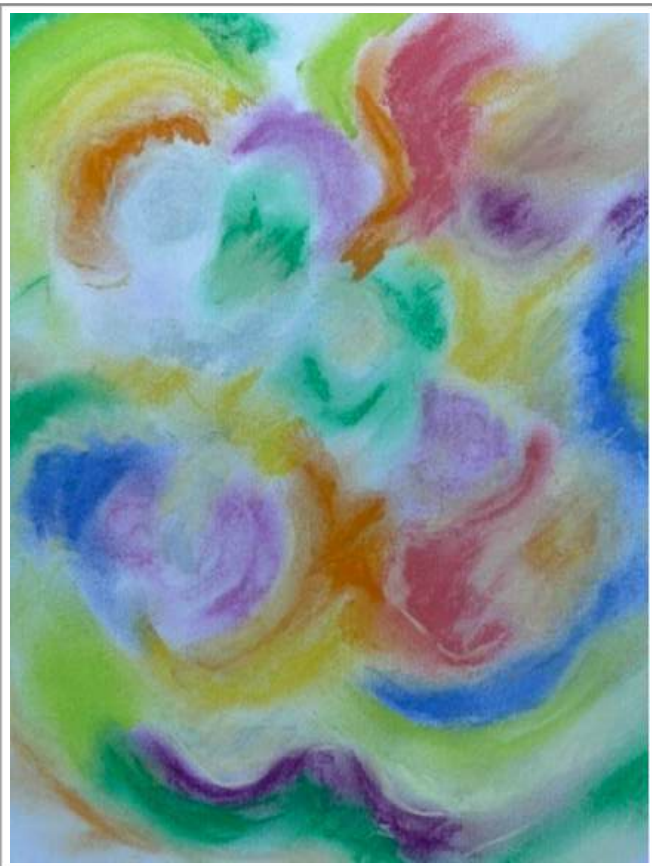
Creative dissociation is a mild, controlled form of dissociation that can facilitate imagination, creativity, artistic expression, problem-solving, and spiritual experiences. It does

not interfere with daily functioning. It occurs when a person's attention shifts away from ordinary awareness. They may become deeply absorbed in an activity, a fantasy, a memory, an inner experience, or psychic work.

Spirit artists and painters, when engaged in this state, can convey psychic messages to others. For example, trance artists work in the styles of deceased artists without conscious premeditation. This spontaneous mimicry, together with the mind's ability to imaginatively elaborate upon what is perceived, may be a central feature of the creative dissociative process. Dissociation is key for receiving mediumistic and psychic information on all levels.

The state of flow or creative dissociation can help produce images and symbols. Techniques such as automatic drawing, stream-of-consciousness writing, improvisational movement, and guided visualization can help shift attention away from analytical thinking and toward spontaneous expression or the flow state.

Continued on page 11



'Creative dissociation' paintings by Dr. Susan Barnes



Author Dr. Susan B. Barnes, CSNU Spiritualist Medium and Life Coach

Readings | Spirit Art Readings
Spiritual Counseling Via Zoom or Phone
e-mail: spiritartgallery@gmail.com
www.spiritartgallery.net / 585-314-9362

Plan Now! Women's Retreat: Reconnect, Renew, Rise!

A Lily Dale, NY Event • September 4-6, 2026
Presented by: Dr. Susan Barnes, Marie Ganz
and Gabriella Roberts-Cline

Step away from the demands of everyday life and immerse yourself in a sacred space designed for reflection, renewal, and empowerment.

Register today! www.lilydaleassembly.org

Comments from previous workshop attendees...

"Hugs and gratitude, my friend, for this incredible kickoff to the new season and bringing physical mediumship back to Lily Dale!"

Your dedication and passion truly shine through. I look forward to what's to come! Thank you presenters for the wisdom and talent that you freely share"
–Gabriella Brenda Roberts-Cline

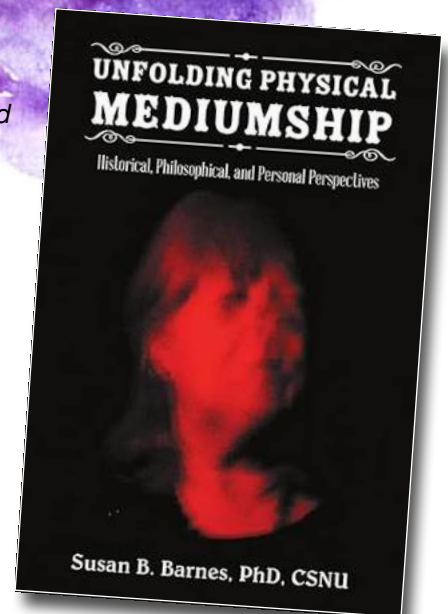
"Blessings and gratitude to you for an amazing symposium. To each and every attendee, your enthusiasm and beautiful presence equally contributed to the success of every moment we spent together. My heart is full, having shared space with old friends and new. May the shared wisdom continue to resonate as you continue along your paths." –Marie Ganz

"I am so thankful to you, Susan, Lisa, and Nancy for sharing your passion and wisdom! I love coming back each year and enjoy seeing friends again. You have created such a special community. Love it!" –Nancy Gamboian

"Thank you for a fun and informative class! I enjoyed every second!"–Lisa Claire

"What an incredible opportunity to learn and be blessed by healings. Thank you very much!" –Christine Landry Matamoros

"I love every moment I spend with Susan. I always learn something!" –Bobbi Snyder

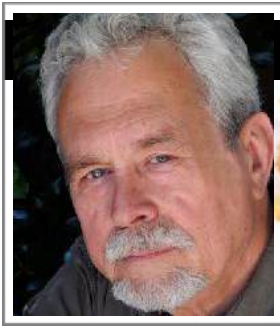


Get Susan's book here:
[Unfolding Physical Mediumship](#)

Free Zoom Classes Every 2nd and 4th week of the Month - e-mail Susan for link

Spirit Art
Tuesdays 9pm EST / 8pm CST

Mediumship Development
Sundays 1pm EST / noon CST



Written By Steve Freier

The Forgotten Gift: Why Play Matters for Both Children and Adults

When most people think of play, they picture children laughing on a playground, building forts, chasing butterflies, or inventing imaginary worlds. Play is often viewed as something that belongs exclusively to childhood—a pleasant diversion before the serious responsibilities of adulthood begin. Yet this perception overlooks a profound truth: play is not merely entertainment. It is an essential part of human growth, health, creativity, and emotional well-being throughout life.

In many ways, play is as necessary to the human spirit as food is to the body. For children, the importance of play is widely recognized by educators and developmental psychologists. Through play, children learn about the world and their place within it. They experiment, solve problems, and develop social skills. A child building a tower of blocks is not simply passing the time; they are learning about balance, cause and effect, patience, and persistence. A group of children engaged in make-believe games is practicing communication, negotiation, empathy, and cooperation.

Play also allows children to process their emotions. When a child reenacts experiences through dolls, action figures, or imaginary scenarios, they are often working through fears,

questions, and challenges in a safe and manageable way. Play gives children a language beyond words. It enables them to express feelings they may not yet fully understand.

Physical play is equally important. Running, climbing, jumping, and exploring help develop strength, coordination, and confidence. Children who engage in active play tend to develop healthier bodies and stronger self-esteem. They learn what they are capable of accomplishing and gain a sense of mastery over their environment.

Unfortunately, modern childhood is increasingly structured. Organized activities, academic pressures, and screen time often leave little room for unstructured, imaginative play. Yet it is precisely this free play that nurtures creativity and independent thinking. When children are allowed to invent their own games, solve their own problems, and explore their own interests, they develop qualities that no classroom lesson can fully teach.

What is often forgotten, however, is that the need for play does not disappear when childhood ends. Adults may no longer build sandcastles or play hide-and-seek, but the human brain remains wired for playfulness throughout life. In fact, many of the qualities that contribute to a fulfilling adult life—creativity, adaptability, resilience, and innovation—are strengthened through playful experiences.

Consider how many of humanity's greatest discoveries have emerged from curiosity and experimentation. Scientists, inventors, artists, and entrepreneurs frequently describe their work as a form of play. They explore possibilities, test ideas, and engage with challenges in a spirit of discovery. Playfulness allows the mind to wander beyond conventional boundaries and imagine new solutions.

Play also serves as a powerful antidote to stress. Modern adults often live under constant pressure. Work responsibilities, financial concerns, family obligations, and an endless stream of information can create a state of chronic tension. Play provides a much-needed release. Whether it involves gardening, dancing, painting,



Watch Steve's 6-part video: "The Power of Play"

<https://www.youtube.com/watch?v=XXyYQccegEk>

Continued on page 11

hiking, playing music, participating in sports, or sharing games with friends, playful activities help reduce stress hormones and restore emotional balance.

One of the most remarkable aspects of play is its ability to bring people together. Children naturally form friendships through play, but adults benefit in much the same way. Shared laughter, games, hobbies, and recreational activities foster connection and strengthen relationships. Families who play together often communicate more openly and create lasting memories. Friendships are deepened when people share enjoyable experiences rather than focusing solely on responsibilities and obligations.

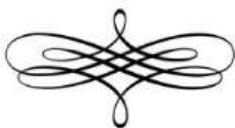
Play also keeps the mind active as we age. Research has shown that engaging in stimulating and enjoyable activities can help maintain cognitive function and emotional health. Crossword puzzles, card games, creative pursuits, and learning new skills all involve elements of play that challenge the brain and encourage lifelong learning.

Perhaps one of the greatest gifts of play is that it reconnects us with wonder. Children approach the world with curiosity and enthusiasm. A puddle becomes an adventure. A cardboard box becomes a castle. A simple question can lead to endless exploration. Adults often lose this sense of wonder as routines and responsibilities accumulate. Play invites us to rediscover it.

When adults give themselves permission to play, they often experience greater joy, spontaneity, and creativity. They become more flexible in their thinking and more resilient in the face of challenges. Play reminds us that life is not solely about productivity and achievement; it is also about experience, connection, and delight.

The great irony of modern life is that many people become so busy pursuing happiness that they forget to engage in one of its most reliable sources. Play is not a luxury. It is not a waste of time. It is a fundamental human need. Whether we are six or sixty-six years old, play nourishes the mind, strengthens relationships, stimulates creativity, and enriches the spirit. It teaches children how to grow and helps adults remember how to live.

In a world that often values efficiency over enjoyment and productivity over presence, perhaps one of the wisest things we can do is reclaim the simple art of play. The benefits are timeless, and the invitation is always open. All we need to do is say *yes!*



Steve Freier is a researcher of metaphysical subjects. He is the Copy Editor and Website Tech for The Inner Voice magazine. Questions or comments? E-mail Steve here: SGFreier23@gmail.com

Flow often occurs when the task is challenging enough to be engaging but not so difficult that it becomes frustrating.

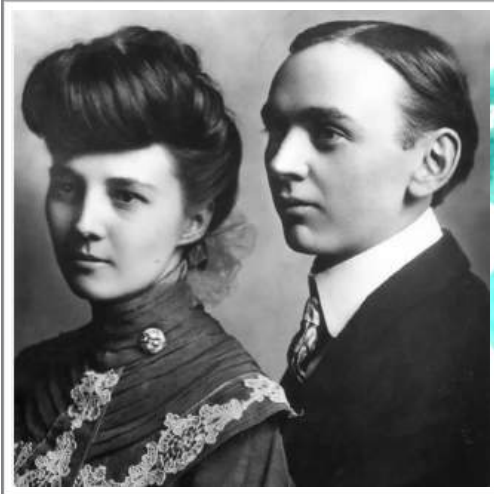
An art exercise for you to try: Ask a question and set the intention to receive an answer. Have a piece of paper and a pencil ready. Begin in a relaxed state of mind and allow the hand to move across the paper without a preconceived image or plan. Play with the lines, shapes, and patterns that emerge naturally. As the drawing develops, recognizable forms or symbolic images may appear. The goal is not artistic perfection but free expression. Be open to interpreting what the symbols and shapes may mean. Try to find an answer to your question in the drawing.

Another playful exercise is to set a 20-minute timer and create continuously by writing, drawing, or painting—without stopping, editing, or judging. The goal is not to produce a finished work but to maintain uninterrupted engagement. This often creates the conditions in which flow naturally emerges. Separate creation from evaluation. Give yourself permission to produce imperfect work. Resist the urge to edit, analyze, or compare while ideas are emerging. Allow your work to take on a playful life of its own.

△

Dr. Susan B. Barnes, CSNU is a Spiritualist Medium and Author of several books. She offers classes, readings and special events coming up at Lily Dale, New York. See her ad on page 9 for more information.





Gertrude and Edgar Cayce, circa 1903

Edgar Cayce...

20th Century Psychic and Medical Clairvoyant on: The Importance of FUN

Written By Elaine Hruska, MA ~ Photos edgarcayce.org

Note: The numbers/links reference various Cayce Readings and Resources.

Edgar Cayce ("Kay-Cee"), 1877-1945) has been called the "sleeping prophet," the "father of holistic medicine," and the most documented psychic of the 20th century. For more than 40 years of his adult life, Cayce gave psychic "readings" to thousands of seekers while in an unconscious state, diagnosing illnesses and revealing lives lived in the past and prophecies yet to come. But who, exactly, was Edgar Cayce?

Cayce was born on a farm in Hopkinsville, Kentucky, in 1877, and his psychic abilities began to appear as early as his childhood. He was able to see and talk to his late grandfather's spirit, and often played with "imaginary friends" whom he said were spirits on the other side. He also displayed an uncanny ability to memorize the pages of a book simply by sleeping on it. These gifts labeled the young Cayce as strange, but all Cayce really wanted was to help others, especially children.

Later in life, Cayce would find that he had the ability to put himself into a sleep-like state by lying down on a couch, closing

his eyes, and folding his hands over his stomach. In this state of relaxation and meditation, he was able to place his mind in contact with all time and space — the universal consciousness, also known as the super-conscious mind. From there, he could respond to questions as broad as, "What are the secrets of the universe?" and "What is my purpose in life?" to as specific as, "What can I do to help my arthritis?" and "How were the pyramids of Egypt built? His responses to these questions came to be called "readings," and their insights offer practical help and advice to individuals even today.

Many people are surprised to learn that Edgar Cayce was a devoted churchgoer and Sunday school teacher. At a young age, Cayce vowed to read the Bible for every year of his life, and at the time of his death in 1945, he had accomplished this task. Perhaps the readings said it best, when asked how to become psychic, Cayce's advice was to 'become more spiritual.'

Q. What did Cayce have to say about having 'Summer' fun?

A. Edgar Cayce didn't talk about summer fun in the traditional sense of a beach vacation, but he emphasized that laughter, playfulness, and wholesome surroundings are essential to spiritual growth and physical health. He believed we should not take life too seriously, advising people to find joy daily to keep a buoyant spirit. [1]

His teachings on cultivating joy and vitality focus on a few key philosophies:

Laughter as Medicine:

He emphasized keeping "genial, wholesome surroundings" and having "plenty of laughs," viewing humor and cheer as great ways to heal.

Embracing Youthfulness:

He stated that while bodies grow old, souls do not have to, noting that maintaining a sense of imagination, curiosity, and play keeps your energy vibrant.

"Keep the pineal gland operating and you won't grow old. You will always be young." –Edgar Cayce

Balance in Recreation:

He believed that taking time to unwind and balance your mind, body, and spirit prevents the stagnation of the soul.

Today, the principles of his holistic teachings live on at the **Association for Research and Enlightenment (A.R.E.)** headquartered in Virginia Beach, which hosts an annual **Summer Fun Series** featuring joyful activities like hula hooping, ecstatic dance, and sound healing. [1, 2, 3,]

Cayce speaks symbolically about maintaining spiritual awareness and mental vitality. Edgar Cayce's holistic wellness philosophy bridges the physical and the spiritual, emphasizing that specific daily routines directly shape our energetic health. He famously declared, "*Spirit is the life, the mind is the builder, the physical is the result.*" Rather than separate

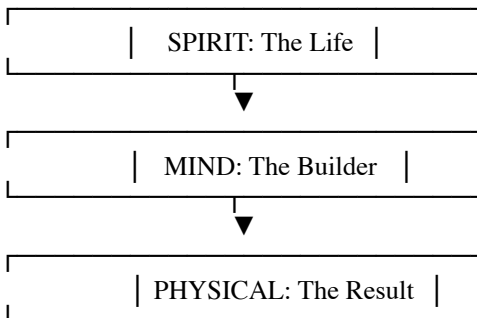
Continued on page 13



Edgar Cayce, a famous American psychic often called the "Sleeping Prophet". He gained notoriety in the early 20th century for providing thousands of trance-state readings on health and spiritual topics. Cayce's work is considered a cornerstone of the modern New Age movement. This undated photograph depicts him at his desk during his early career.



practices, he recommended an integrated routine of physical activity, mental focus, and spiritual connection.



Specific Physical Activities

Cayce believed that physical movement keeps the body's energy channels clear and coordinates the nervous system.

Walking and Swimming: He labeled these as the best overall exercises for total-body coordination. He strongly advised walking in the open air daily, regardless of the weather. [1, 2]

The Head and Neck Exercise: Done while walking or sitting, this gentle movement involves rolling the head to relieve tension along the upper spine and diaphragm. [1, 2]

Cat Stretching: Cayce frequently advised stretching like a cat before getting out of bed to maintain a flexible spine, which he linked directly to longevity. [1]

Core Mindset Practices

To master the mental "builder" aspect of health, Cayce suggested practical, pen-and-paper exercises to align daily thoughts.

The Ideals Exercise: Cayce told people to literally draw three columns on a sheet of paper labeled **Physical, Mental, and Spiritual**. Under each, you define your ultimate concept of good (e.g., kindness, balance, or a divine figure) and actively measure your daily choices against that list.

Healing Visualization: When undergoing any physical treatment or eating a meal, Cayce instructed individuals to use their imagination to "see" healing occur inside the body, increasing the effectiveness of the therapy.

Intention-Setting Affirmations: He recommended matching physical exercise with mental prayer, advising people to start movements with a mindset of becoming a cleaner channel for a higher purpose. [1, 2, 3]

Spiritual Attunement

Meditation vs. Prayer: Cayce distinguished the two by saying, "Through prayer we speak to God. In meditation, God speaks to us." He viewed meditation as a deliberate process of tuning the physical and mental bodies back into their spiritual source. [1, 2]

Good humor is encouraged

Cayce himself had a good sense of humor and enjoyed and appreciated it in others, as well. **Elaine Hruska*** said this of Edgar Cayce's readings:

"In the Edgar Cayce readings there are hundreds of references to the importance of joy, laughter, and mirth that come from having a good sense of humor."

"Cayce often encouraged individuals in their personal readings to cultivate a sense of humor ... to read the comics, and to appreciate the joking, optimistic side of life."

Employing a sense of humor at appropriate times and in appropriate ways... can also defuse an unpleasant situation. Several times the readings advised seeing the ridiculous in even the most sacred things.

Edgar's son, Hugh Lynn Cayce wrote in his book, *Healing With Humor*: "The sense of humor ... to work with, cultivate and develop ... can be of tremendous value."

"Edgar Cayce taught us to smile, even if it takes the hide off of us."

Additional Qs & As on page 25

Lost Memories: A Message from Margaret Mead

Connecting With Spirits By Medium Regina Ochoa

It was already 7:00 AM, and the early morning beckoned me outdoors for exercise before I started the day of computer work, household chores, and errands in town.

I select Tahitian Classics from my Spotify app, then head outdoors to walk the country road. The gravel road, hot sun, and light breeze will accompany me. Soon, my steps fall into rhythm along the dusty road. As I passed the cattle grazing in the nearby pasture, my mind wandered to a faraway, unfamiliar place.

Listening to the sounds of Tahitian voices, guitars and drums, I imagined floating across the Pacific. I breathe in the familiar smell of salt water and feel the winds on my face.

I pause, close my eyes, and listen to the island music. Instantly, I am swept away to the Islands of Oceania, where Tahitian dancers of a past era appear before me. Men and women, clothed in fine-gauge cotton wrapped loosely around their waists, dance to the music through my headset, and I sway with them as the rhythmic beat of distant drums calls out.

Suddenly, my wandering thoughts are interrupted by a word whispered into my mind: “Samoa.”

I recognize the voice; it is Margaret Mead. She lightly touches my forearm, then grasps my hand. “Let me show you paradise,” she says.

My thoughts follow her, as we swiftly fly over the Tahitian Islands westward to Samoa.

I hear the drums before I see anyone, their music floating above the mountainous jungle. The gravel road beneath my feet disappears. And a sandy beach and the blue waters of the Pacific replace my Nebraskan surroundings. It seems only an instant, yet I am there— present, in Paradise.

“I have brought you here to remember,” Margaret says. “This is the land of your people, the waters of Mu. Can you feel it?”

“Yes, I can,” I project inwardly. “I do feel it.” The all-too-familiar wave of memory passes through me—a full-body chill, even though the temperature is already pushing 80 degrees.

All my life, the Pacific waters have called me. I’ve spent many days at the edge of the blue-gray ocean, standing on the white beaches of Southern California. I yearned to follow the sun westward and to listen to the trade winds blowing through the trees of the Polynesian Islands.

Now, the music of Samoa flows through me.

“Remember,” Margaret tells me.,

“I do. I am here. “

“Is this my *home*, on Earth?” I wonder out loud.

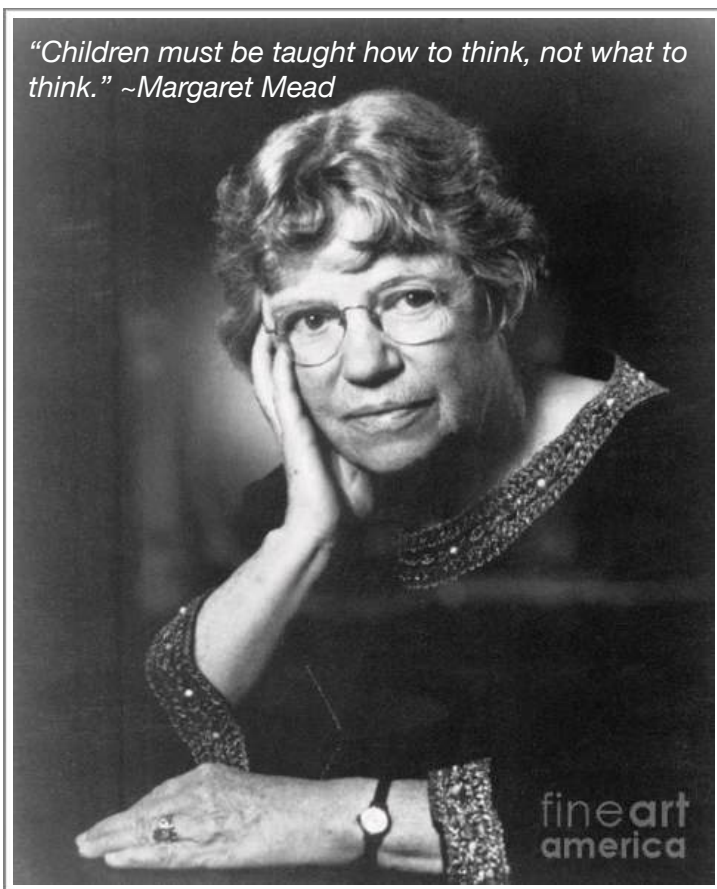
The pounding drums open my heart, and I remember. Water tumbles over granite rock faces in the island’s valley, and my emotions flow with it. The lush beauty reveals itself through the scent of greens, colorful blossoms, and damp soil beneath my feet. Brightly painted birds chatter among themselves in the trees, and I can understand their songs.

They welcome me home. I am here—in Mu, the lost continent of Lemuria.

Margaret Mead:

“I have brought you here to tell others of this place. Mu was once a land of significance to the earth and all her people. The indigenous call her Turtle Island. Mu held those who brought peace to a warring environment. It was through their music, their songs, which carried across the waters to the ears of those who listened. But so many chose another voice, one of technology and power. The clashes of these great spirits’ thoughts of peace or war broke the land, injuring Turtle Island. Mu slipped away, deep into the waters of the Pacific. Her music still emits from the land beneath the sea. She is still alive with the energies of Love, Peace, Calm, and Gratitude.

“Children must be taught how to think, not what to think.” ~Margaret Mead



Getty Images: Margaret Mead

Continued on page 15

Her surrounding seas teem with a multitude of creatures, helping them cope with the stress of humanity on their oceans, their home.

“It is my gift to you: bring this message to the masses. Turtle Island is home to all life— human, creature, plant, insect, or mineral, and air. Everything you see, everything you touch, every microbe in the air is life. How we go forward today will determine your level when you leave this lifetime. Please be aware, people. Open your minds, your eyes, your spiritual essence to experience all you have in every moment of every day. This is your home, all of Earth, not just the land your feet tread upon or where your memories take you— that favorite vacation, that moment of silence with a loved one, or when you are in conversation with God. Your home is here. Take care of her. She wishes all to feel her speak, experience the music in her breath. Turtle Island is home, and for so many, she is more than the big blue ball in the solar system. Her gift to the creation of all is to be a learning place, where life can begin to navigate and experience a love like none other. A mother’s love. As in birth, the comfort within a mother’s arms, searching for the breast to nourish, Turtle Island is our mother.

I have brought you to Mu to remember where you first entered your journey in this life as a spiritual being within the human form. Each of you has arrived on Turtle Island from another realm. Some are from faraway star systems, and others first came here as the animals of the sea. You know where your heart beats—those memories of self began.

All life on Turtle Island came from somewhere faraway. Look to the heavens, to the depths of the sea, on the wind, or in the fires where your Phoenix rises. Listen to the stories that stir within. Follow your open heart, for within you will find you are home. Go within.”

***Thank you for taking my hand,
Margaret Mead***

Margaret’s Message to Nancy Freier:

Dearest Nancy, I am ever so grateful to you for listening to me and directing your thoughts to July, to the image where you found my name. I was hoping I could get your attention. The angels directed me. They allowed me into your space, to bring a thought: Margaret Mead.

I wish to share the message (above through Regina) with your readership. I hope this is appropriate, as your angels assured me this is one way I can continue to serve humanity and Turtle Island, and to bring this message to others.

Upon my transition, I’ve returned many times to the South Pacific islands, Samoa, where I learned to live in my fullest capacity and to resist the patriarchal pressures of men’s wishes and women’s submission. I admire your gumption and your desire to serve the many who are so very hungry for your words of hope and kindness. I assure all that our path forward in this realm or the next, and after that, will lead us to the levels that serve us in love and light as we serve others.



Anthropologist Margaret Mead in her beloved Samoa

It is with deepest gratitude that the angels, my guides, and mentors have shown me a way to continue to serve. I wish for all mankind to open their eyes and see what we have before us, not only in this physical earth world, but also in the spiritual life force that gently directs us every day, bringing peace and joy and moving in love. One step at a time.

Thank you, Nancy. It is through the challenges you have endured that you have opened doors for so many to pass through, bringing them hope as they enter a new realm of living.

***In gratitude,
Margaret***

△

Nancy’s Note: I was surprised to learn Margaret had a message for me! I wondered what the connection with her could be, and why she wanted to come through to give me this message. Then, in my heart I felt the angels revealed our connection, which was likely rooted in a lifetime we shared in Lemuria, or Mu, as she referred to it here. As I type this, I have the chills remembering her as a beloved sister in that lifetime.

Regina Ochoa is a veteran psychic, medium and writer with over 60 years experience in spirit communication. As one of the Founders of <https://www.cosmicvoices.network/> Regina channels messages of healing, guidance, and hope from Spirit and writes the “Connecting With Spirits” column for The Inner Voice.





Insights ~ Written By Medium Dr. Elizabeth Raver

Kids in a Tent having a Séance~ What could go wrong?

Summer has finally arrived and life's demands seem lighter as we enjoy some well-deserved rest and recreation. As I feel a sense of letting go, I find myself laughing over crazy memories of pre-adolescent summer shenanigans and "things that go bump in the night."

During the 1960s and '70's, psychic ability and mediumship were discouraged; this was especially true for pre-adolescents and teenagers. No one wanted to end up in a local psych ward, called 'demonic,' or worst of all, labeled as a 12-year-old weirdo by one's peers. Yet, in a beautiful stroke of irony, it was my generation that fell in love with the campy, gothic television series *Dark Shadows*. In fact, across America after school let out, many households contained children, pre-adolescents and teenagers glued to televisions watching the shows' wide assortment of unsavory characters. This included, but was not limited to vampires, werewolves, witches, voodoo, spell casting, thunderstorms, trance states, ghosts, cemeteries, crypts and the dysfunctional Collins family. I won't even mention how many of us had a crush on Barnabas Collins. However, judging by the comments of some of our moms, at least some local housewives were also attracted to that tragic, yet beloved, vampire.

Dark Shadows had been a major influence in sparking our fascination with the occult. Keep in mind that none of us even knew the word 'occult' existed, how spell it, or its meaning.

In any event, one summer night a group of about six neighborhood kids and I decided to have a séance. We gathered after sundown in the backyard tent that my father pitched for us to play in. None of our parents had any idea that we were about to use the tent as a séance room. In fact, I doubt our parents even knew what a séance room is. Come to think of it, neither did we! To us, it was just a tent for pre-adolescents engaged in chaotically fun stuff and without parental overlords. As for our parents, they viewed the tent as a place to get us out of their hair when school was out.

After sitting down in a circle with legs crossed, we appointed a fearless group chieftain worthy of leading us in our venture to contact spirits. To be clear, this happened over 55 years ago so my memory is hazy. But, with a little poetic license I recreated our procedure as follows:

Group Leader: *Ok. Everybody, concentrate! This won't work if you don't concentrate or you if don't believe in it. You gotta believe in this, otherwise the spirits won't show up.*

We fiercely concentrated in a way that only sweaty pre-teens about to partake in forbidden phenomena can concentrate. After all, pre-teen ability to focus on anything is quite a feat. Each one of us wholeheartedly pushed aside any doubts that might possibly interfere with our effort to connect with disembodied spirits. A few minutes passed ...



Scene from "Overnight in a Tent" ~ Francesca and Leah YouTube channel.

Group Leader: *Spirits, if you are here, give us a sign please.*

Incredibly, we hear the rattling of a chain. I wasn't afraid but I do remember asking myself, why is this spirit rattling a chain? Chains are for prisoners. This spirit should be making a different kind of sound, something that makes more sense. I was a little bit disappointed, but at least we heard something.

Group Leader: *Ok, that's a spirit letting us know they are here.*

I don't remember what happened next, but we probably called it a night. However, a few nights later we again gathered in the séance-tent for another attempt at the forbidden fruits of spirit communication.

Continued on page 17

Group Leader: *Ok. Everybody, concentrate! This won't work if you don't concentrate or you if don't believe in it. You gotta believe in this, otherwise the spirits won't show up.*

Again, we carefully concentrated on the task at hand. The anticipation was so thick that you could cut the air with a knife. Then, we heard the slow opening of what sounded like a squeaky screen door.

Group Leader: *Ok, that's a spirit letting us know they are here. Spirit, give us another sign!*

We were so excited that we could barely breathe!

Voice: Youuu guuuyys ... Popcooorn!

Argh!!! Everyone groaned. In one split second, all efforts at connecting with the world of spirit were cruelly dashed. The voice was my very much alive-on-earth little brother calling us to come and get popcorn.

Every time I think of this story, I laugh to myself. However, I do wonder about my brother's perfect timing! It begs the question if our guardian angels and spirit guides had a hand in this. If so, what a humorous way to discourage us adolescents from playing around with something we were not yet ready for. The truth is, that we never really needed to contact spirits in a séance; our spirit guides and angels were already there with us, looking out for our welfare and keeping us out of trouble. As for the rattling chain? I'll leave it to you to decide.

△



Connect Beyond Our Physical World

Connect with Elizabeth Raver, Ph.D. in Psychology

Psychic-Medium, Spiritual Intuitive Life Coach, Researcher & Author



Looking for clarity, comfort or a deeper connection?

Dr. Liz offers evidential mediumship and spiritual life coaching to help you bridge the gap between our world and the world of spirit. Whether you are seeking a message from a loved one, or guidance from your spirit guides, Dr. Liz provides a safe, supportive space for your journey.

Convenient sessions available via phone or online!

E-mail: ravelizabeth516@gmail.com

Text: 203-400-9212

DrLizMedium.com

Join my Free Online Mediumship Discussion Zoom Group the last Thursday of the month!

[Psychic-Mediumship Exploration Series](#) Next meeting is Thurs., July 30, 8:30 pm EST / 7:30 CST



Next Level Manifesting

Why is this happening?

Every event, thing, and each and every person and animal in your life was **chosen** – chosen by you for your soul’s evolution. You are on the school of Planet Earth. There are no accidents here. This is especially true for any problem that shows up in your life.

Think of a problem in your life and now recognize that you chose this exact problem. Even the most difficult traumas were agreed upon. This exact difficulty or set-back you are currently facing is an invitation to learn and grow your soul by transcending it or by eliminating it.

All difficulties are an invitation to discover how you manifest reality and how to eliminate or transcend the problem. If you do not accept the first invitation, you will be presented with a flashier invitation; you will soon discover a bigger and more troubling problem.

Flashier Invitations

Flashier invitations most often arrive in the form of a physical problem or health challenge. This occurs when consciously acknowledging the problem is too painful. You literally feel as if you cannot bear the emotional weight of the difficulty.



For instance, out of billions of examples, here is one from my correspondence just this morning:

Gary loves his wife Shelly dearly. Shelly has an adult son with vague but significant mental problems that prevent him from independent living. Gary deeply resents supporting his wife’s adult, able-bodied son. Yet he knows how much Shelly loves this young man; Gary understands both Shelly’s



helplessness and worry. He knows that if he shares his emotions, it will devastate Shelly.

Gary suddenly developed serious back problems. All physical ailments are caused by emotional pain that we cannot face. People manifest health challenges to avoid looking at the greater pain. Even chronic physical pain becomes the easier choice.



How to Overcome the Boulder Blocking Your Path

1. **Connect to the love of God/Source:** All healing takes place in love. You cannot heal without love. When humanity moves to its full potential and we are all holding a vibration of love, we will be healed.

Continued on page 19

Melchizedek’s Metta Meditation: A Step-by-Step Guide

2. **Specific exercises** like yoga, martial arts, swimming in natural waters, and pranayama. These open the energy channels in the body and enable an easier connection to God.

Pranayama: Breathing Exercises



3. **Connect to Mother Earth**, the mother waters, and all the beautiful beings held in her light. Mother Earth is a powerful gateway to God/Source Light.

Nature as a Gateway to God: 3 Mind-Expanding Practices

These practices alter your consciousness and begin transforming you. They amplify your light and connection to God/Source. This in turn opens doors and eliminates the obstacles on your way up.

4. **Ask for Help. Connect to your Spirit Guides.**

Three: Meet Your Spirit Guides

In addition to fostering a connection to your Guides, there is nothing on God’s green Earth more transformative and helpful



“Spirit Guides”
Images in this article were submitted by JJ Flowers.

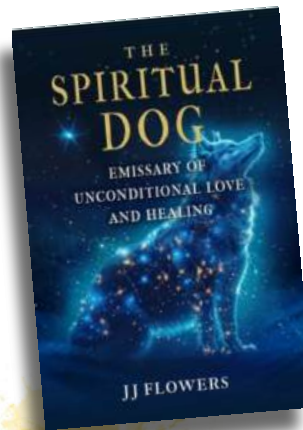
to us than connecting to High Light Beings. Here’s a tip: helping you is their greatest joy.

Three Sources of High Light

A Word from Seth: The light being Seth (as channeled by Jane Roberts) once mentioned that the religion that comes closest to presenting the greater reality is Buddhism, but he added the one thing Buddhists get wrong is the idea that to be alive we must suffer. No one has to suffer. Suffering is always optional.

The Path Forward: God is the One force; one source. God is the energy of love and creation. God is the animating force of consciousness. God is ALL THAT IS. Nothing and no one can ever be outside of God. Love is a vibrational octave. At higher ends of the scale, it transforms all suffering. As we move into the vibration of love, we learn to unravel our knots. The very first step is asking: *Why did I choose this?*

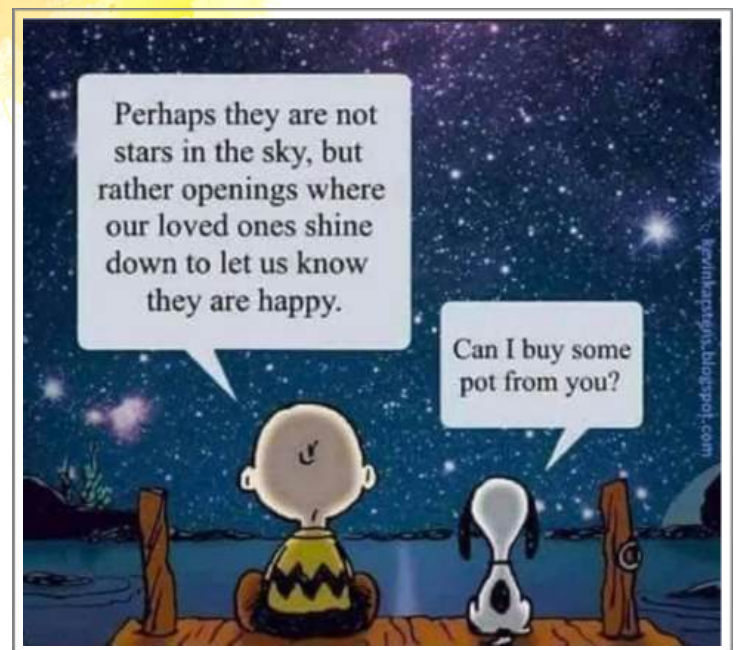
△



For more of JJ Flowers writings, visit: <https://jjflowers.substack.com/> www.jjflowersbooks.com

As a special gift, I’m offering a free animal reading with every purchase of my book, *The Spiritual Dog*. If you’d like a glimpse into your own animal companion’s soul, this is for you. To claim your reading: Send a picture of your companion, along with their name, age, info about housemates (human & animal), and anything else you’d like to ask, Email: jaejflowers@gmail.com

~ For the FUN of it ~



Play Is Not a Luxury~ It Is Essential

American psychologist **Charles E. Schaefer**, (1933-2020) widely regarded as the “*Father of Play Therapy*,” devoted his career to demonstrating that play is fundamental to children's emotional, social, and cognitive development. His work raises an important question: If play is so vital to learning, why has it become increasingly absent from our schools?

Although educators recognize the importance of recess and early childhood play, academic pressures continue to push play to the margins. One retired educator recalled asking her daughter, a student at one of New York's top science high schools, "What's your favorite class?" Without hesitation, she replied, "Recess."

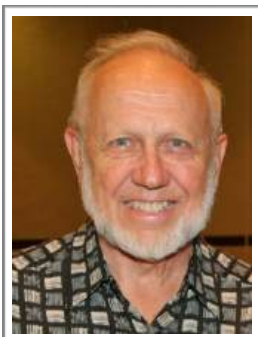
Her answer speaks volumes. Recess is often the only time children are free to explore, imagine, create, and simply be themselves. If much of the school day has become a "play desert," we should not be surprised that anxiety, depression, and emotional distress among young people continue to rise. Like plants deprived of water, children cannot flourish when deprived of opportunities for joyful exploration.

Play is far more than entertainment. It is nature's way of helping young minds learn, adapt, solve problems, and build healthy relationships. It nurtures curiosity, resilience, creativity, and independent thinking—qualities every child needs throughout life.

Rather than viewing play as a break from learning, we might begin seeing it as one of learning's greatest allies. By bringing more play into our classrooms and daily lives, we create environments where children don't merely absorb information—they thrive.

As Schaefer understood so well, play is not a distraction from education. It is one of its most powerful teachers.

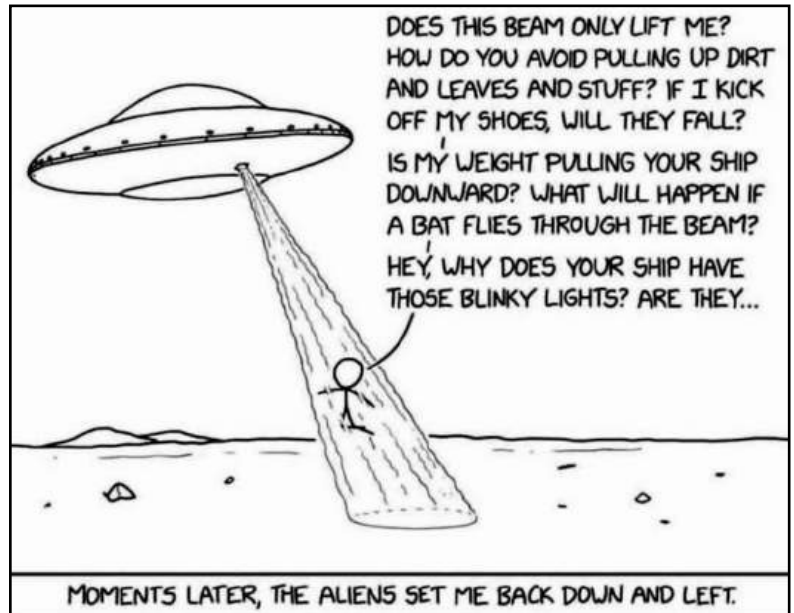
△



"We are never more fully alive, more completely ourselves, or more deeply engrossed in anything than when we are playing."

— Charles E. Schaefer

~ For the FUN of it ~





A Midsummer Night's Encounter (Part One)



It was mid-summer, some time in the early 1970s. A friend who was working on the construction of a Tibetan monastery in Sonoma County (about an hour north of my home in the San Francisco Bay Area) had mentioned that his crew had been seeing strange lights in the sky at night.

Naturally I was curious. So on a warm evening my friend Anna and I packed a picnic dinner and drove up to the construction site, which was situated on a hill about 4 miles inland from the Pacific Ocean. We found the place and pulled into a dusty parking area next to a huge pen bustling with chickens. But when I switched off the ignition we were stunned to find ourselves in a bubble of absolute and total silence. I mean Absolute. Total. It doesn't get more silent than that in the vacuum of space.

We both sat there, looking straight ahead. We didn't even look at each other or acknowledge what we were experiencing — it was so blatantly extraordinary. I'd heard about such things but the actual experience was truly amazing.

Shortly some people came along, broke the silence, and showed us around the place. Then we drove out, explored the area, and found an open field where we could make camp for the evening. From that spot you could just see the ocean to the West.

As night fell, I mentioned to Anna that I'd recently had a conversation with an apparent group of ETs during a Ouija-board session conducted by a psychically talented friend. They said they had been exploring our planet for about 200 years, provided some intriguing details, and gave us three of their names.

Just as I mentioned the name of the group's main communicator (who had been introduced as "a scientist") Anna and I witnessed three very bright flashes in the sky, precisely where we were looking, toward the Western horizon. They were nothing remotely like airplane lights. We were surprised and delighted.

About an hour later we were lying on our backs looking straight up at the sky. Once again I mentioned the name. Once again, three bright flashes! Then we saw a small, bright light moving among the stars in a sharp zigzag pattern from west to east, which eventually blinked out and disappeared.

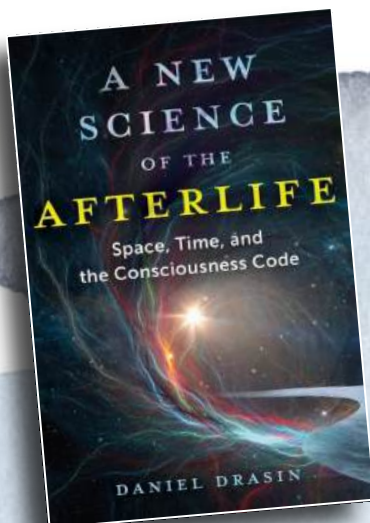
That was enough summer fun for one long evening, so we returned home to digest the experience.

A few weeks later we drove back to the same spot and made camp again for the evening. This time Anna had brought some cannabis. I'm hyper-sensitive to weed, so when presented with an unfamiliar stash I begin with a micro-toke and wait to see what happens. Done. Now, within 30 seconds I found myself uncontrollably drowsy and falling asleep. "Anna, what's going on? I'm falling asleep! Can't help myself..." She responded, "I don't know, Dan, this has never happened to me." ...

The next thing I knew, at least a quarter-hour had passed. I was wide awake and Anna was asleep, with her body twitching as if she were having a strange dream. I let her wake up naturally.

What she told me she'd experienced during that time will have to wait for the next installment because I've exceeded my allotment of words. :-)

'Til next time...!



Daniel Drasin is the Producer-Director of **CALLING EARTH**, a 90-minute documentary on afterlife communication via modern electronics. bit.ly/callearth. There's a 5-minute trailer at bit.ly/callearth-preview. **SCOLE: THE AFTERLIFE EXPERIMENT** is at bit.ly/scolemovie.

Dan is the Author of **A New Science of the Afterlife: Space, Time, and the Consciousness Code**, available on Amazon bit.ly/Aftlife. Learn more at dandrasin.com.



From My Heart To Yours By Denise Linn

The Time Is Now: A Sacred Encounter Beneath the Stars An Extraordinary True Story That Changed Everything

Written By [Denise Linn](#)

There are moments in life that divide time into before and after. Moments so extraordinary that they become woven into the deepest fabric of our souls. Moments that forever alter the course of our lives and expand our understanding of what it means to be human in a mysterious and living universe. This is the story of one such night.

I don't expect you to believe what I'm about to tell you. In truth, if someone else told me this story, I might have difficulty believing it myself. Yet what I am about to share is absolutely true. This happened nearly 50 years ago, and even after all these years, it remains the single most remarkable event of my life. It profoundly changed our lives forever.

David and I were newly married and living in San Francisco. One Saturday, we drove north along the coast so David could fish at the mouth of Alder Creek. While he cast his line into the river, I spent the afternoon sitting on a cliff above him, watching pelicans plunge into the sea. The air was soft, the sky brilliant, and my heart was full.

As the sun sank into the western horizon in a blaze of gold and crimson, David's joy matched my own. He had just caught his first steelhead.

By the time we packed our old 1956 Ford truck and began the drive home along the winding Jenner coast, darkness had settled over the ocean. Above us stretched an endless tapestry of stars. Sitting on the ocean side of the truck, I gazed out over the sea, marveling at the beauty of creation and feeling profoundly grateful to be alive.

Then I noticed something strange. One "star" wasn't behaving like a star at all. It would stop. Then dart forward. Stop again. And then make an impossible 90-degree turn, moving from above the ocean toward the land.

"David," I said, "there's a star that's acting strangely."

"Huh?"

"It keeps stopping and changing directions."

He barely looked up from the road.

But after watching it for several minutes, an unexpected certainty arose within me.

"David, I think it wants us to turn around."

"Are you kidding?" he replied. "It's late. We've got a long drive home."

Yet the conviction inside me only grew stronger.

"We have to turn around."

After much grumbling and more than a little skepticism, David reluctantly swung the truck around.

And then the light moved.

Now it appeared on the inland side of the road. Again, it would stop abruptly, then move farther inland.

"Oh my God," I whispered. "It wants us to go inland."

"What?"

"Don't ask me how I know. I just know."

From where he sat, David still hadn't seen what I was seeing, and understandably, he was skeptical.

Then, almost as if by design, a narrow country road appeared.

"There!" I exclaimed. "We need to turn down that road!"

David swerved onto the small road, and suddenly the light was directly ahead of us. It still appeared like a brilliant star—but now he could see it too.

The atmosphere inside the truck became very quiet.

Finally, David pulled to the side of the road.

"I'm not going any farther."

"We have to."

"No."

"You're afraid," I said.

Almost sheepishly, he smiled and replied, "No, I'm just tired, and it's late."

From his perspective, we had already ventured far beyond what made sense, and looking back, I can't really blame him. He was trying to be practical while I was being pulled by something I couldn't explain.

Still, I wasn't ready to leave.

So I climbed out of the truck and walked into the middle of the field.

Standing beneath the stars, I lifted my arms toward the heavens and simply said,

"Welcome." (I didn't know what else to do.)

Instantly, the light—which had seemed as distant as the stars themselves—silently surged downward. Within seconds, it hovered just above the trees. It was enormous, perhaps thirty or forty feet across, unmistakably saucer-shaped, with lights glowing around its rim. And it made no sound whatsoever. None. It simply floated there in the night.

Continued on page 23

I turned back toward David. He was leaning against the truck, nervously pulling on his beard—a habit he had whenever he was anxious—and calmly eating peanuts.

Looking back, I think that was simply David's way of staying grounded in the midst of the unimaginable.

Even now, remembering it makes me smile.

I turned back toward the craft and suddenly felt something I can only describe as a telepathic connection—as though soft tendrils of awareness were gently reaching into my mind.

There was nothing frightening about it. The feeling was loving. Kind. Gentle. Curious.

Silently, I thought, "If you can hear my thoughts, blink your lights."

The lights blinked.

At that moment, my thoughts drifted back to a near-death experience I had endured as a teenager. It had been called a miracle that I survived. Ever since then, I had wondered why I had been spared. Perhaps I had been saved for a reason. Perhaps I was meant to be of service.

As the connection deepened, one prayer repeated itself within me:

Help me be of service to others.

Help me be of service to others.

Help me be of service to others.

I knew—absolutely knew—that whatever intelligence was present could hear my plea.

Then, in the stillness of the night, we heard the distant hum of a small airplane. Immediately, the lights around the craft disappeared. Instead, a red light and a green light flashed—perfect imitations of the position lights of an ordinary aircraft. And then, with breathtaking speed, it silently shot upward and vanished into the heavens.

David and I stood speechless.

After a few moments, I felt another unmistakable nudge.

Whatever intelligence had been present seemed to want us to continue down that lonely road.

But David had reached the limits of what felt comfortable and prudent to him.

"I'm not doing it," he said gently but firmly. "I don't know what that was, but I think we've seen enough. We're going home."

I was frustrated.

As he started the truck, I reluctantly climbed in beside him, and during the drive back to San Francisco, we had perhaps the biggest disagreement of our 53 years together.

At the time, I thought he was simply afraid. But looking back all these years later, I can appreciate his caution. We had no framework for understanding what we had witnessed, and he was doing what loving husbands often do—trying to keep us safe. While I felt that whatever we had encountered was kind and wise, David felt that caution was needed. Perhaps we were both right.

The next morning, however, we made up. And two hours later, I knew I was pregnant. I knew it with such certainty that I went outside and announced it to the elderly Italian women who gathered every morning on the front steps of our apartment building to sun themselves and chat. They were delighted. Though I wasn't even two weeks pregnant, they immediately began bringing me baby gifts.

Continued on page 24



Image from Denise Linn's Facebook page.

Here's the extraordinary part... Because of the severe injuries from my near-death experience, doctors had warned me never to become pregnant. They said that if I did, I should terminate the pregnancy because carrying a child would likely kill me. But after that night, I knew. I knew everything would be all right.

And it was.

Without that encounter, I never would have dared become pregnant. I would never have had our magnificent daughter, a being filled with integrity, compassion, and grace. And we would never have been blessed with our two beautiful grandchildren.

Looking back across the decades, I have come to realize that perhaps the greatest miracle of that night was not what appeared in the sky. It was what appeared in my heart. For in that silent encounter beneath the stars, I discovered something I have spent the rest of my life trying to honor—that we live in a universe infinitely more mysterious, more compassionate, and more wondrous than we can possibly imagine. And that when we approach the unknown with humility, curiosity, and love, life has a way of revealing miracles we never knew were possible.

Why am I sharing this story now?

Not because I need anyone to believe me. And not because I claim to have answers. After all these years, I still don't know exactly who—or what—we encountered on that long-ago night beneath the stars.

I only know how it felt. It felt kind. It felt wise. And somehow... it felt familiar.

Perhaps the universe is far more alive than we have imagined. Perhaps consciousness extends far beyond the narrow boundaries we have drawn around it. Perhaps the same Creator who fashioned the stars, the oceans, and the pelicans diving into

the sea has filled the cosmos with forms of life and intelligence we have barely begun to understand.

Or perhaps this story is not really about beings from distant worlds. Perhaps it is about remembering that we live in a sacred and enchanted universe.

Perhaps it is about realizing that mystery is not something to be feared, but something to be embraced. And perhaps it is about understanding that we are never truly alone.

Lately, I have felt a subtle shift in the frequencies around us—a quiet stirring, as though humanity is standing at the threshold of something new. The old certainties are crumbling, and the walls between worlds seem thinner than they once were.

Whatever unfolds in the months and years ahead, I believe one thing above all else: We are being invited to expand. To open. To wonder. To remember.

And perhaps, like I did on that quiet country road nearly 50 years ago, we are being asked to lift our eyes to the heavens, open our arms, and whisper one simple word— "Welcome."

Because maybe the greatest discovery awaiting humanity is not that we are being visited. Maybe it is that we are finally becoming ready to recognize that we belong to something infinitely larger, infinitely wiser, and infinitely more wondrous than we have ever dared to imagine.

And perhaps, in the end, all true encounters—whether with angels, signs, ancestors, or beings among the stars—have always been leading us toward the same realization: That love is the universal language.

And that the time is now.

And perhaps there is one more thing I have come to understand.

On that long-ago night, one young woman stood beneath the stars with her arms lifted to the heavens, opening herself to the mystery. And one young husband stood beside an old pickup truck, pulling on his beard, eating peanuts, and making sure his wife got home safely.

One was opening to the mystery. The other was anchoring it.

And perhaps, looking back, both were expressions of love. To me, that may be the greatest miracle of all.

Δ



Denise Linn's spiritual journey began at age 17 after a near-death experience that led her to explore global healing traditions, including those of her Cherokee ancestors, Aboriginal elders in Australia, and Zulu healers.

She is an internationally renowned teacher in personal and spiritual development. She is the bestselling author of Sacred Space and the award-winning Feng Shui for the Soul. She has written 19 books published in 29 languages, appeared on major television networks worldwide and has taught in 25 countries. <https://deniselinnseminars.com/>

[Sacred Space By Denise Linn](#)

Additional Advice from the Cayce Readings...

Q. Any other advice for the body at this time?

A. Keep in as cheery and as active a mood as possible. Always see the funny side. Laugh at every condition that comes. For this will make for a great deal better environment for the whole of these changing influences and forces. [480-30, F 24, 12/18/36]

Cultivate the ability to see the ridiculous and retain the ability to laugh. (Edgar Cayce Reading 277-1)

Read comic papers. Study all those things pertaining to the humor of all the wits, and learn to repeat them and say them; not merely as something as an entertainment, but in which there is a story; and they may be a [very] helpful force...to raise the hopes of others. And in raising hope, in inspiring others...and in raising the vibrations in [one]self." (3197-1)

Q. Are all the suggestions which are given to the body before and after the readings, the best for the physical and mental forces of the body?

A. When regularly given as has been outlined, and in the proper places, they are correct ... but do not attempt to make for such changes as to meet an emergency unless you know what the emergency is! You wouldn't borrow a butcher knife to shave with! (294-171, M 56, 2/1/34)

~For the FUN of it ~



Don't forget, make three people laugh every day! (798-1). To be able to see the fun, the ridiculous, in the most sacred experiences...is an attribute seldom found in many individuals. [2775-1, M 49 (Farmer), 7/1/42]

See the humorous side of every situation. Read humor that is of the nature to cause one to enjoy life. [3234-1, F 24 (Music Teacher), 9/23/43]

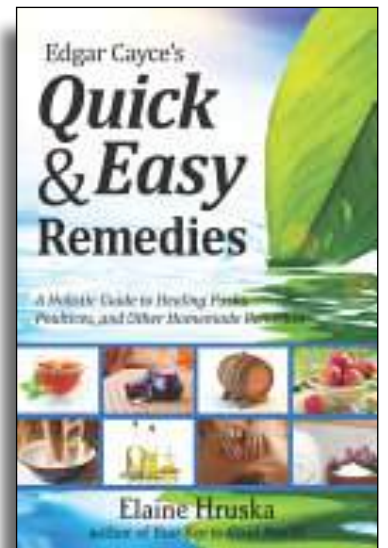
See more of the ridiculous or the funny side of every activity. And keep the constructive thoughts in creative activity always. [2298-1, M 46, 7/3/40] (3)

A good laugh, an arousing even to what might in some be called hilariousness, is good for the body, physically, mentally, and gives the opportunity for greater mental and spiritual awakening. (2647-1)

The greater saving grace of the entity may be said to be its ability to laugh at adversity when others would cry; to be able to make a joke of the most sacred things as well as those that are in the realm of the ridiculous. [1999-1, F 31 (Divorcee, Religious Preference: "None"), 9/13/39]

Keep those abilities to see the funny side of everything. (2572-1, F 11 (Protestant), 8/10/41)

One without a sense of humor or the ability to get mad is not worth very much. [2576-1, M 56 (Writer, Widower, Protestant), 8/22/41]



△



Elaine Hruska, MA is a therapist located in Houston, Texas. She holds her MA in transpersonal studies from Atlantic University and is considered an expert on the Edgar Cayce health readings.

Elaine trained under Harold J. Reilly, who created the Cayce/Reilly Massage, a particular style of Swedish massage he developed from information suggested in the Cayce readings. Elaine is one of small group of people who had the opportunity to work directly with Dr. Reilly at A.R.E.'s headquarters in Virginia Beach, Va. She is the author of "Your Key to Good Health: Unlocking the Power of Your Lymphatic System" and "Edgar Cayce's Quick & Easy Remedies" (pictured).



How to Create and Nourish Your Joy

Joy is movement! Are you willing to nourish the energies of joy within you, even if you have limited perceptions of what wakes up your joy? Take a few deep breaths and invite an expansion of awareness and creativity for you to tune into the subtler energies of what turns you on, lights you up, and wakes up your senses to joy. Curious inquiry can birth new possibilities.

How can you expand your joy wings in your mind to perceive new ways of enjoying yourself, your relationships, work, life, your time here? All this being free of spiritually bypassing your feelings, desires and truth. Free of bowing to should's and ought to's, and other's expectations of you, as well as your own.

What does your Essence want you to know regarding what honestly brings you inner joy and how to share it with others? What are you focused on? How do you feel in your body when you are focused on that? What else is present (perhaps a bit hidden in plain sight) that is truly calling you to move forward from and into your joy?

Joy is an inside focus! I noticed I felt irritated with the people dynamics around me. I stopped and got curious. I

realized I was caught in the loop of expecting them to think like me, act like me and have the same awareness to the details that I found important.

Once I realized I was actually the cause of my irritation I took some deep breaths and shifted my focus to relax my internal environment. I let go of my ideals of perfection, of needing to control, and started finding things to appreciate. I felt lighter. New perspectives of engagement came alive as well as new joy within me. I made a conscious choice to take responsibility for my inner environment and noticed how it positively affected the outer experience.

Joy is not frivolous! Joy is a powerful energy. It can be uncomfortable to face, yet freeing. Joy can come from being more honest with yourself, acknowledging your true "yes" and "no". Honoring your unique heartfelt wisdom, for your own sake, not to be narcissistic or selfish, but to respect yourself and your life.

You have a right to not feel joy! All emotions are precious. We as humans have the capacity to feel a wide variety of emotions. Sometimes we don't even know what we really feel. With curiosity we can be at choice to expand our awareness of

Continued on page 27

Raise Your Vibration!



*Discover and clear unconscious limiting influences.
Free up your unique wisdom, creativity and passion.*

It's time to fully bloom!

Schedule your session!

www.beverlybrunelle.com

Beverly Brunelle
Intuitive Channel
Master Energy Healer
Author

Experience my work on my YouTube channel:

<https://www.youtube.com/@beverlybrunelle3981>

Nourish Your Joy from page 26

when we are lost in an emotion. Acknowledging what is present helps it move, opening space for what else is present and what else is possible. Relaxing into compassion for our unique journey can support a shift of focus and an opening into the treasure of the silent richness within.

Create a joy brainstorm journal!

Free your curiosity and creativity. Explore new freedom to brainstorm simple, easy, crazy, wild, fun experiences you could engage in that wake up joy in you. Ideas: Redecorate your room. Do your computer work at a cafe. Do art. Call a friend. Plant a garden. Declutter. Go through your stash of photographs. Take a historical tour. Play or go hear music. Dance. Cook something new. Have a party for no reason!

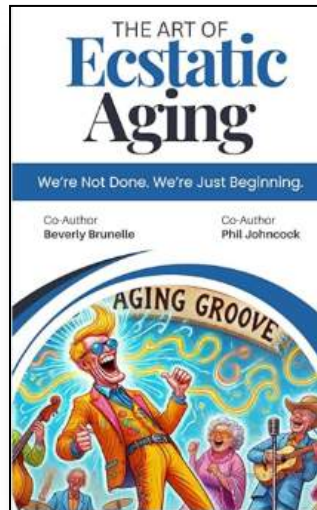
You may ask: This focuses on doing...what about *being*?

Spontaneous joy! You don't need to wait for the "right" outside circumstances to feel joy. I invite you to notice moments of spontaneous joy that you experience within, today. With intention, attention and gratitude they will expand and even overflow into the lives of others.

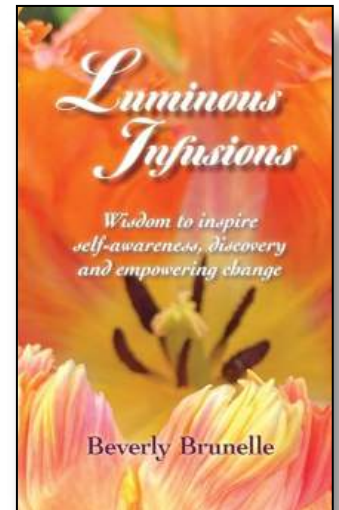
△

About Beverly Brunelle: For over 35 years Bev has served as a professional Intuitive, Master Energy Healer, Channel, Teacher and Speaker. She clears people, pets, businesses, homes and properties of interfering energies to align them with their greater potential. See ad on page 24.

Bev is the international bestselling co-author of [Share Your Brilliance](#) and author of [Luminous Infusions](#) and [The Art of Ecstatic Aging: We're Not Done. We're Just Beginning](#).



[The Art of Ecstatic Aging: We're Not Done. We're Just Beginning](#)



[Luminous Infusions](#)



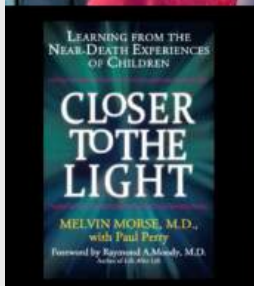
Soul Explorers Podcast with Hosts Gary Langley and Sally Taylor

In this episode, [Dr. Melvin Morse](#) talks about how he became a researcher of children's Near Death Experiences. Learn more about Dr. Morse and his work at <http://www.melvinmorsemd.com/> and at <https://www.isscusa.org/>



Get in touch with Sally and Gary at: soulexplorerspodcast@gmail.com

Follow Sally's Facebook Group: "The Thinning Veil" and Facebook page: Sally Taylor - Psychic Medium





What Do Spirits Do on The Other Side?

By Susan Lander

People often ask me, “What do spirits do on the Other Side? What do their daily lives look like?” The answer is: they can do pretty much anything they want to. They are not limited by the constraints of time, space, a human body or money. They can look any way they want, any age they want, and any gender they want. They don’t have to worry about gaining weight. They can eat—or not. They don’t get sick, and if they are sick before they pass, they can spend time at healing centers on the Other Side so their energy can be repaired.

They can manifest homes to live in, in whatever type of environment they choose (I would choose beaches and palm trees for sure). They do a lot of what we do for fun on earth. They spend time with friends and loved ones, go to plays, concerts or other cultural events, and have a job if they want. They have all kinds of relationships, including a special soul mate, which may be a romantic-type relationship.

Spirits study and learn new skills and try to better themselves, and they continue to be of service to others after they leave earth. In fact, new information such as medical advances is sometimes infused to people living on earth, so they can help people who are still incarnated here.

When spirits feel it’s time, they may incarnate again on earth or some other place, often incarnating along with the same group of spirits over and over again. These spirits play different roles in our lives during different lifetimes. I believe that these are the people who we meet and feel as if we’ve known them forever.

It’s very hard to wrap our human brains around these concepts, but suffice it to say that spirits live a very wonderful life. The Other Side is their true Home. Earth is just a place they come to visit.

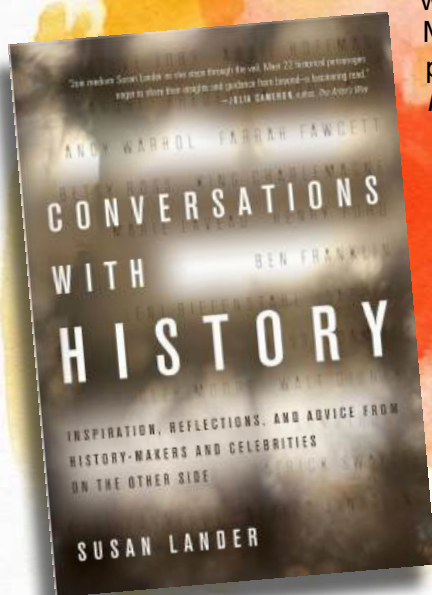
△

About Susan Lander: I am a lawyer, writer, and psychic medium who spent twenty years in the legal field before transitioning to the next phase of my life’s journey: as a medium and a writer of metaphysical books. A lifelong psychic and a message medium, I am able to see, hear and feel spirits, and to transmit their enlightening and inspirational messages from the Other Side.

I honed my teaching abilities on metaphysical subjects while leading two monthly spiritual and psychic development groups in New York City for many years: the Spiritual Salon at East-West books, and Six Sensory New York, a long-running group affiliated with spiritual teacher Sonia Choquette.

Website: <http://susanlander.us>

Facebook: <https://www.facebook.com/susanlanderauthor/>



We followed the ups and downs of their lives in the media. We know about their mistakes, their struggles and their joys. But have you ever wondered how celebrities and public figures such as Andy Warhol, Mahatma Gandhi and Steve Jobs would reflect on their lives since they passed? In an unprecedented reading experience, *Conversations with History* sheds some light.

As a psychic medium, I interviewed 22 spirits who were famous (or infamous) during their time on earth. Ranging from 600 BC to 2011, these renowned personalities—Ben Franklin, Abbie Hoffman, Frederick Douglass, Andy Warhol, Farrah Fawcett, Betsy Ross, Charlemagne, Gandhi, Henry Ford, Marie Laveau, Leni Riefenstahl, Sappho, Albert Einstein, Nostradamus, Dudley Moore, Walt Disney, Eva Perón, Louis Armstrong, John Belushi, Patrick Swayze, Kurt Vonnegut, and Steve Jobs—have returned to share their most important messages with us.

Book By Susan Lander

Inspiration, Reflections and Advice from History-Makers and Celebrities on the Other Side (Released by Hay House, Inc. on August 11, 2014)



The title of this inaugural column was inspired by a video my brother Steve Freier created years ago called [The Power of Play](#). Its message is that play has the power to transform us. Featured this month is Textile Artist, Liz Kettle. www.textileevolution.com - the birthplace of Stitch Meditation®

Slow Stitching~A creative, mindful practice that brings joy

Making art brings us back to ourselves. I *know* that everyone has a creative genius at their core. The problem is we have gotten disconnected from it in our modern world. Now, more than ever, we need to connect back to our creative heart.



Making art and creating with our hands, connects us to our soul – to our deepest emotions and allows us space to process and release stress. It connects us to each other and our environment. Δ

[#doitfortheprocess](#) [#meditativestitching](#) [#activemeditation](#)
[#handstitch](#) [#mindfulstitching](#) [#stitchmeditation](#) [#intuitivestitch](#)



The struggle of allowing pleasure just for the sake of pleasure. Not everything needs to be productive.



I have learned to love the incredibly and gloriously messy parts of life as much as the smooth sailing easy parts. They balance each other and it is in the struggle that we grow.

I struggle to use commercial prints in my work - especially in my meditations - because they tell their own story to tell.



Feng Shui Solutions for Kid's Rooms

Written by Terah Kathryn Collins

Most of the children's bedrooms I see are neon bright and busy, busy, busy. It's no surprise when the parents remark that their child never settles down. In almost every case, the child is being overstimulated by the bedroom decor. Feng Shui observes a direct correlation between the epidemic of hyperactivity in our children and the way their bedrooms are decorated.

When you really think about it, could you relax in a bedroom overflowing with toys and accentuated by bright primary colors and action figures swooping across every surface? This is a room that's perpetually awake and active. Instead, we need to tuck our children into the tranquil embrace of a cozy, serene bedroom that encourages them to calm down and get the rest they need.

Colors to Sleep By

When choosing colors for a child's bedroom, keep in mind that the best bedroom colors are found in the skin tones of all the races: pearly beiges and tans, creamy cocoas, blushing pinks and peaches, subtle yellows, pale violets, and earthy reds.

There are a wide variety of warm pastel colors, as well as more pigmented rich tones such as coral, chocolate, butter cream, terra-cotta, cinnabar, raspberry, aubergine, burgundy, copper, gold, and bronze. Pure white, gray, black, blues, and gray greens can create a gorgeous look, but when they dominate, they make the room too chilly.

Replace bright primary colors such as fire-engine red, cobalt blue, and day-glow yellow with warm rich pastels or rich colors such as lavender, peach, butter cream, and cocoa. Change art and decorative themes that are flying, falling, driving, or running around the room to a motif that is tranquil and calm.

Continued on page 31



Include self-esteem boosters that are frequently updated, such as a bulletin board for their latest creations, or easy-to-change frames displaying their artwork. Serenity is the keynote here. When you calm the bedroom down, you'll calm your child down, too.

Possessions to Sleep By

Children's bedrooms can easily become overcrowded with toys, games, equipment, and collections. Every item that speaks of activity contributes to keeping the room *awake*. Display a selection of comfort toys, such as stuffed animals and dolls, and store their action-oriented toys out of sight in trunks, closets, and cabinets.

Children outgrow clothes, toys, and interests quickly, so it's an ongoing task to keep their possessions current. Teach your children that when they let go of the belongings they've outgrown or lost interest in, they make room to receive the new things they'd really like to have.

Family Photos, Mirrors, and Bedroom Pets

Unlike the master bedroom, it's a good idea to keep family photos near the child's bed. Photographs of parents and other family members communicate love and security to a child. Children are often very sensitive to the activating influence of

mirrors. Be sure to curtain, cover, or remove mirrors in their bedrooms, especially when children aren't sleeping well.

Pets living in a child's bedroom, such as hamsters, lizards, turtles, and fish, need to be checked on a regular basis. Unfortunately, I've seen the dank green leftovers of aquariums and starving hamsters in bedrooms where the child had promised to take good care of them. This is not only cruel to the pet, but it depletes the energy in the house. Keep an eye on your kids' pets, even when it's their responsibility to provide pet care.

Siblings to Sleep By

When children share a bedroom, give each child a distinct place within the room to call their own. It may be half of the room, a table and chair, a toy trunk, a closet, or a bureau. This keeps each child's individuality defined and helps them learn how to respect other people's space. Bunk beds can be used as long as both children are happy with them.

What may have been a snug retreat for a child can change 'seemingly overnight' into a claustrophobic box as the child gets older. Be sensitive to children outgrowing their bunk beds and rearrange the room accordingly.

△

Terah Kathryn Collins is the author of six books on Feng Shui and the founder of the Western School of Feng Shui®. For more information please visit www.WesternSchoolofFengShui.com.



PHOTOS: Four ideas depicting thoughtful and eye-pleasing ways to create separation in shared bedrooms. It is essential that each child or occupant have his or her own space to call their own. If that isn't possible, designate different times of day where they can have the room to themselves to study, play or create art.



Have Fun Pretending You're A Millionaire

You May Discover You're Richer Than You Think

What will you do with the money, what will you buy, how will you share it?

I've always been impressed with those megabuck winners who keep their lives pretty much on the same track after they've won. Certainly, they upgrade things - but some of them really seem to have their feet on the ground. Perhaps they sense that while having a lot of money can bring all manner of enjoyment, still having more doesn't mean enjoying it more.

Enjoyment then is what we're after, isn't it. Whether it comes as a check for a million dollars or a sweet note from someone we love, or a notice from the doctor that the results of our recent tests are normal. Maybe enjoyment today is being able to get out of bed, or being able to smile or even remembering the name of someone we love.

Find something to celebrate today. Recognize the delight of having something worth a million bucks and let that enjoyment settle inside.

Who knows, the more you enjoy what you have, the more of that same thing can come your way.

~ Meditation ~

Take a smooth, soft breath deep into your body and putting your hand over your heart, enjoy that it's beating in this moment to keep you alive.



A Call From a Friend

My Friends are important to me as I'm sure yours are to you. Having friends keep us from feeling lonely. Having friends helps us know who we can call if we're in trouble or worried. Having friends who understand what we're saying can be life-saving - they love us whether they think we're right or wrong.

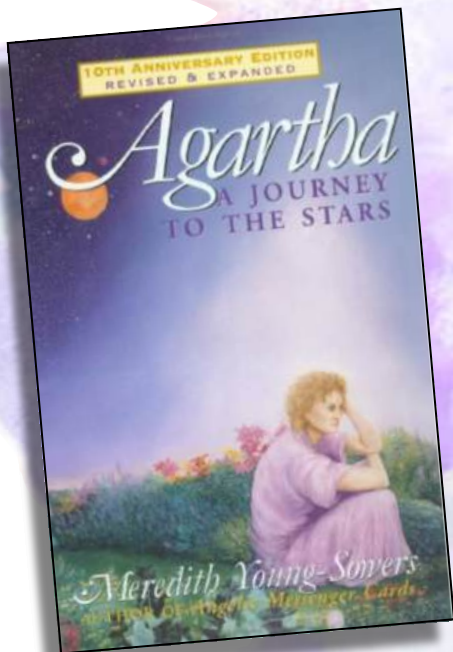
I like to think that we can also be our own best friend. When I'm thinking something really upsetting, I can imagine the same loving voice of my best friend replaying within me. Slowly I can even begin to honor my efforts or those of others. Or perhaps I can find the courage to say what I really mean to a loved one or walk away from a power struggle.

I like to imagine that God-the great lover of all beings-also plays the role of my best friend. Sometimes God says warm and comforting things to me and sometimes God tells me that I need to make amends for something or that I need to "get over myself" and understand something from a different perspective.

Listening inside is not only helpful but extremely useful in finding meaningful and real guidance for your life.

~ Meditation ~

Take a quiet breath and as you place your hand over your heart, imagine calling out to your best friend inside and ask for what you need.



Meredith Young-Sowers, D.Div. is the author of the classic "Agartha: A Journey to the Stars" and several other books, including Spirit Heals, Wisdom Bowls and the ever-popular Angelic Messenger Cards. E-mail Meredith here: mysowers6@icloud.com

Agartha: A Journey to the Stars

An oldie and a goodie, the author recounts her inner communication with Mentor, an angelic advisor who offered divine wisdom on such subjects on the meaning of Love, the Conscious and Superconscious mind, and the correction of the Earth's imbalances. It's never too late to read this spiritual classic.

Essential Feng Shui® Solves Problems



When you create an environment that makes your heart sing and supports health, happiness, prosperity and peace, you have achieved perfect feng shui for yourself.



porterartquild.com



Nancy Freier
Essential Feng Shui® Consultant
Practical, Effective Solutions for Home & Business
On-Site & Virtual Consultations
Email: NFreier@aol.com
Now is a perfect moment to begin your journey!



Teacher ♥ Coach ♥ Medium

ANGELA ZABEL



“From the time I was a child I’ve seen and communicated with other forms of consciousness, many of whom I soon discovered were people who had passed. As I got older and my understanding grew, I realized that my own family members were coming through, as well, bringing me peace and comfort with their continued communication. Understanding the value of the guidance they offered is what led me to the realization that what I do could be of help to others. Not only in offering people the opportunity to communicate with their loved ones, but helping them understand that we are spirit too, which is what makes the communication possible.”

“Personal growth is my passion. Spiritual growth is my calling!”

Online / Phone / In-person Sessions are available!

**Book Your Session
with my Online
Scheduler at:
angelazabel.com**

Services Offered:

- Guidance ~ Mediumship ~ Oracle Cards
- Soul-to-Soul Spiritual Coaching
- Group Sessions
- Classes and Retreats

Angela Hosts the Edge Talk Radio Show Every 1st & 3rd Thursdays

<https://www.angelazabel.com/edge-talk-radio>

Available on Podcast Networks, YouTube and listed in *The Edge Magazine*.

July 1, 2026 July 15, 2026

Leadership From Panic to Powerful,
Author Tess Fyalka, Illinois

When Your Authenticity Leads the Way
with Author Carolyn Brouillard, Tennessee

August 5, 2026

Healing Beyond Limits with Healer, App
Creator, Frank Buelow, Wisconsin

You’re Invited to Join the Amplified Universe!

July Membership Meetings:

Tuesday, July 7 and Thursday, July 23 - 6:30pm CST

The Benefits of joining:

- Guidance as we navigate the new world
- Two ‘live’ Zoom meetings per month
- Amplify your personal frequency and vibration
- Hear perspectives from my non-physical team
- Connect with a like-minded community
- A vast library of subject matter that’s continually expanding
- Deep dive into specific subjects each month
- Ask your questions and hear what others say
- Expand your consciousness
- Build a supportive community together for personal and universal expansion by spending time in a high vibration, supportive, loving, healing energy.

Join Today!

Learn More at: www.AngelaZabel.com

Email: AngelaZabelLLC@gmail.com