

# The Inner Voice

A Source of Light For Unfolding Consciousness • September 2020

On the Bubble...

**Staying Sane  
in an Insane World**

Surviving the Eye of the Storm

Your Key to Financial Freedom

Agreeing to Disagree

...and more help inside!



# Golden Light Healing

DREAM • EXPLORE • DISCOVER • GROW

Here's a Partial Listing of Our Upcoming Events. Check our website for more and for details! [www.GoldenLightHealing.net](http://www.GoldenLightHealing.net)



### Your Hosts

**Amy & Dave Wilinski**

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[info@goldenlighthealing.net](mailto:info@goldenlighthealing.net)

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

### Golden Light Healing Retreat

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

We offer workshops and sessions in Shamanism, Reiki, Mediumship and Psychic Development. Our mission is to empower others to connect with their own healing capabilities and psychic intuitive gifts.

Our Retreat Center is available for customized personal retreats, company team-building workshops, or for group rental. We also offer Spiritual Journeys around the world to sacred sites. Please join us in Peru, Ireland or Scotland as we sit in ceremony in ancient ruins.

### MEDIUMSHIP TRAINING

**October 10-11, 900-400.**

Workshop Fee: \$295 *Lunch included.* Would you like to learn how to connect with the spirit world? I invite you to join us for this amazing two-day Mediumship Training Workshop. This course will teach you a variety of techniques to connect with souls who have passed on. During this highly experiential class you will learn to make those connections with the spirit world and how to give an evidential reading.

Lodging at Golden Light healing is available.

### DEEPENING YOUR MEDIUMSHIP

December 4-6, Friday 630-930, Saturday 900-800, Sunday 900-400.

### REIKI LEVEL I TRAINING

Sept 7 or Oct 16, 900-430.

### REIKI LEVEL II TRAINING

Sept 27, 900-430.

### REIKI MASTER TRAINING

September 26 or October 15, 900-400.

### MUSHROOM FORAGING WITH

### MATTHEW NORMANSELL

September 6, 1200-300. Fee \$50

### SHAMAN'S MESA WITH JOSE LUIS HERRERA FROM PERU

**September 10-13, 2020**

*Are you a mesa carrier? Wondering how do deepen your connection with your mesa? Want to better understand the Peruvian cosmology from which this shamanic tradition sources from?* Join us as Peruvian international teacher, Jose Luis Herrera, assists participants in further developing their relationship with their mesa. Learn to move beyond the personal to the collective. This training will teach you how to weave ceke lines between your kuyas and forces of nature and deepen your connection with the Peruvian medicine traditions.



### DISCOVER NATURAL APPROACHES TO LYME DISEASE with Gigi Stafne

**Friday, September 18**

**12:30 – 3:30pm**

*~followed by~*

### HERBAL APPRENTICESHIP WORKSHOP

**Take A Walk on The Wild Side: A Guided Herb Plant Identification with Gigi Stafne**

**Friday, September 18; 4:00–6:30PM**



## Whispers on the Wind Shamanic Program

Group #22 ~ Sept 30-October 4, 2020; December 16-20, 2020

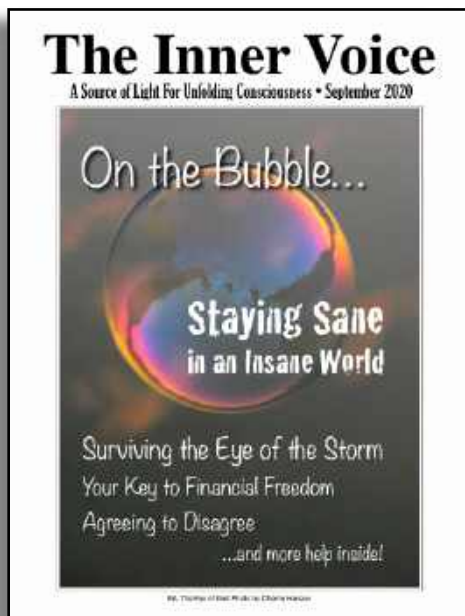
March 17-21, 2021, June 9-13, 2021

Group #23 – begins January 20-24, 2021

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

## RA, the Eye of God

Photography by Cherrie Hanson



An unexpected thesis of my original intention came after my Bubble photos were exhibited. It seemed that the characteristics of a common soap bubble were unrecognizable when they were out of context. I always had to explain that the bubbles were floating on water, and the the sky above, reflected

on the water, was the background of the image. How do we observe the details of our environment, and how does art expand our experience of everyday objects?

The alchemy of air, water, and soap film creates an endless variety of reflective, luminous globes. Mother Nature's mood varies the background tones and graphic surface of the delicate bubble membrane. Bubbles have a short life span; mere moments to dazzle those who are paying attention. Their circular shapes symbolize wholeness, unity, and infinity. I was compelled to record the existence of these simple, yet profound spheres of light.

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### Lightlines Publishing

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Nancy Freier  
Publisher &  
Editor-In-Chief



Steve Freier  
Website Design Tech  
& Video Producer

### The Copy Editor position is open!

If you are "metaphysical," have a wonderful way with words, and have a few hours a month to lend us your talents, please send us an email.

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



September 2020

Dear Readers,

Life can be so exasperating! I admit I am not always filled with love and light, nor do I first go to the highest plane possible and talk with my guides in spirit. Sometimes I get angry and frustrated that life doesn't play out the way I wanted it to. Then, I remember, 'Oh yeah, must be a lesson my soul wanted me to learn!' and that gives me some leeway. But honestly, I don't always want to be learning something.

This issue is all about learning...and 'Alchemy: the changing the frequency of thought; altering the harmonics of matter; and applying the power of love to create a desired result.'

So, welcome to class! And if we are in Earth school to learn what our soul signed up for in admissions, and we change the frequency of our thoughts higher above the fray – instead of going into battle kicking and screaming – lets remember to choose grace and willingness and make the lessons easier on ourselves.

This issue offers peaceful resolutions to problems such as: ease in handling changes brought on by the pandemic; how to deal with difficult relationships; how to move through pesky money issues; how to conger up courage in the face of danger, and more for passing the grade.

Prayer is key, so mark your calendar for Unity World Day of Prayer September 9-10. Virtually join thousands of others [www.unity.org](http://www.unity.org) for this year's theme "from fear to faith." Your light is needed!

Blessings,

Nancy, Publisher

Angel Talk™



# Staying Sane in an Insane World

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

**Q. Sreper, there is a lot of insanity happening on the Earth including the upcoming election and the pandemic. What can one do to help and also remain calm and peaceful?**

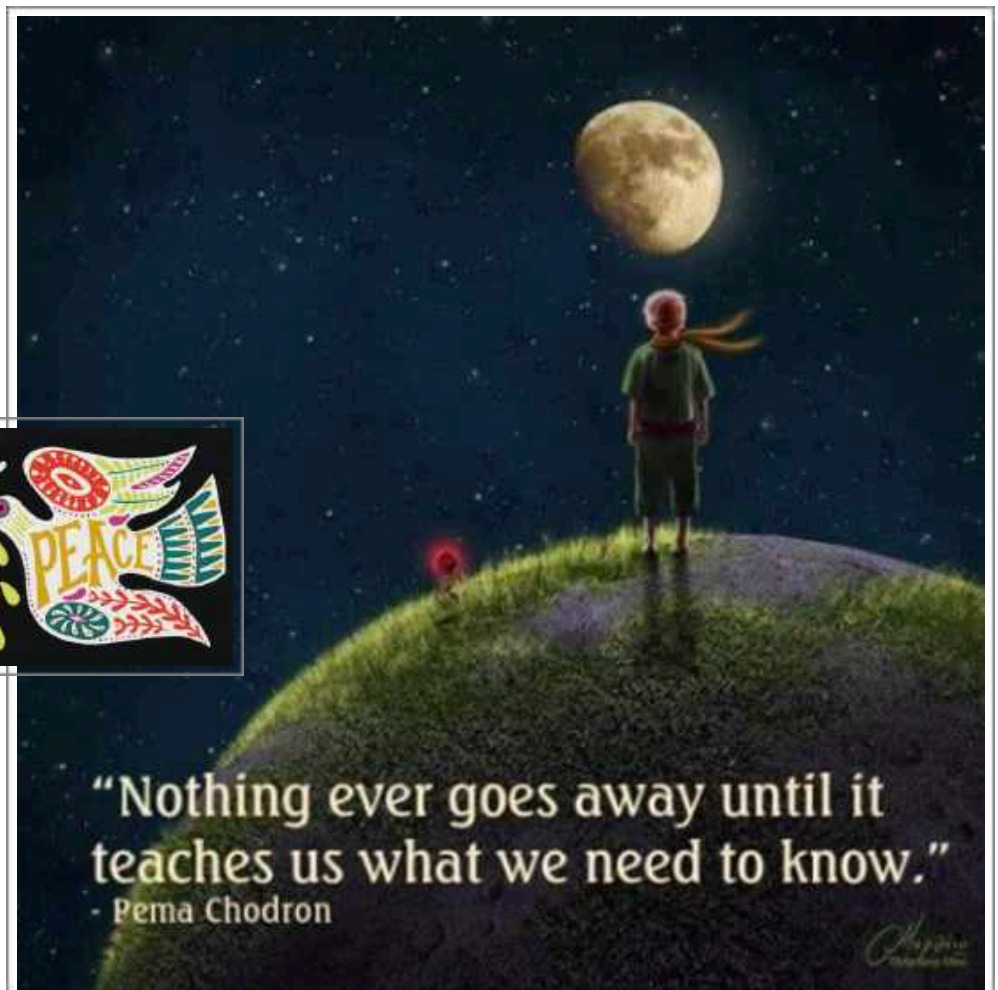
The "insanity" that you are experiencing is the result of humanity's collective, anticipated Earth changes along with prayers for change emerging into one giant calamity. Life is a continual stream of change regardless of the impact it has your life, but it seems to be even more

pronounced now because of your networks and airwaves criss-crossing the globe and coming into your home, into your devices – your tv, radios, internet, phones, etc. and into your consciousness.

One of the frustrations you are feeling is that change has been ongoing since the beginning of Creation, however, humans are much more aware of everything that is happening due to the robust media broadcasting everything across your planet.

For the most part, it is too much news of mostly negative energy impacting the

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human body and that is not healthy. Your bodies were not designed to take on the stressors of the world. You're frustrated because you're aware of the stressful situations occurring across the globe, but there is little you can do to change what you see on the movie screen of your life. We sympathize with you for this state of the world and for taking all this on, and offer some solutions as to what you can do.

1. Evaluate the stressors affecting you and sort them by personal (something you can do something about) and worldly (something you cannot directly do something about). Staying aware of what is happening in the world without taking it on is the key. For the worldly stressors, pray for the people involved that the Light of Heaven be showered upon them.
2. Seek to understand the bigger picture that is being played out. Meditate and ask your angels and guides to come into your heartmind to calm and inspire you. Ask to 'see as God sees' and raise your intuitive awareness to embrace what is being shown to you.
3. Develop your connection to the Divine (in whatever term you use for this innate, blessed cord between you and the rest of the Universe). If you doubt your connection, go
4. Go in peace and extend the benefit to all of humanity. Divine Providence is always moving us in the direction of our greater good by the same Intelligence that makes the world turn, the sun to shine and the flowers bloom. Be open to discovering the peace bubbling up within. Ride the wave above the craziness by offering your peace to everyone at all times. *A Course In Miracles* instructs us to teach peace in order to have peace. That is doing the work of the angels.

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## Inquiring minds want to know... what is an Angel Reading?

A reading addresses a question or a situation that you ask for a higher perspective on so you may learn the lesson it brings. The Angels and Guides in Spirit, et al., answer your concerns with their wise and loving counsel. They also help you make important or tough decisions. Some have described readings as the "next-step move" because they tend to light your way so it is clear.



### What is an Essential Feng Shui consultation?

There are 3 Basic Principles: Everything is energy; everything is inter-connected and everything is constantly changing.

An Essential Feng Shui consultation includes an initial analysis of how your existing home and floor plan is affecting you. Then, I properly place your furniture and physical items according to feng shui principles that will enhance the results you desire!

*"Nancy's skill-set helped me raise my chi and make important shifts that not only increased my income and business, but exponentially improved my life." –G.H.*

## Nancy Freier Intuitive Consultant | Medium

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Associate Degree Interior Design 1972 • Professional Reader/Medium since 1986  
Essential Feng Shui® Consultant since 1999 • Publisher of *The Inner Voice* since 1993  
Author "*Heaven Help Me!*" • Author & Instructor "*You Can Talk To Your Angels*"



# This is the Key to Your Financial Freedom

This is a critical time on Earth. During this “forced time-out” and our preparation for a NEW Planetary Reboot, the obsolete patterns of lack and poverty, as well as the destructive patterns of greed and corruption, are being pushed to the surface in ways that are painfully and dramatically getting everyone’s attention.

In the midst of the chaos, the Beings of Light in the Realms of Illumined Truth are reminding all of us how very easy it is for us to reclaim the Covenant of God’s Infinite Abundance which we made with our Father-Mother God prior to our embodiment on Earth eons ago. That Covenant promised that everything we would need to sustain our Earthly Bodies such as sunlight, air, water, food and material for clothing and shelter would be effortlessly provided to us by the Elemental Kingdom. In return, the Sons and Daughters of God would be free to use our creative faculties of thought and feeling and our Life Force to add to the Light of the World without distraction. This would help us in the process of learning to become co-creators with our God Parents.

Tragically, once we fell into the abyss of separation and duality we forgot about our Covenant with God. Our fear-based ego developed a belief in lack and limitation which reflected on the Elemental Kingdom. Eventually, we developed poverty consciousness and ended up creating a monetary system that caused us to block the flow of Abundance from our Father-Mother God.

Prior to our fall from Grace, we did not function within a monetary system. Therefore, money was not a factor in

whether or not we had the things we needed to survive. Once we developed the oppressive mind set of poverty we believed money was necessary in order to barter for the things we needed to sustain our Earthly Bodies. Now, having money seems to be the only determining factor in whether or not we are financially free. No matter how much prosperity we have in other areas of our life, if we do not have money we are not financially free.

We have probably all heard about this essential KEY to our Financial Freedom, but we have often rejected it because of the manipulative way in which it is usually presented. Before I was shown the bigger picture and decided to set aside my preconceived skepticism and take the chance of experimenting with this information being given to me by the Company of Heaven, I too rejected this concept. I AM delighted to say that after experimenting with this information in my personal life decades ago, I proved the Truth of this information to myself beyond a shadow of a doubt. For this reason, I ask you to please set aside any preconceived notions you may have about this subject and just read this information with an open Heart and Mind.

First let’s briefly talk about the Universal Law that determines the ebb and flow of our money. Money is just energy and every particle and wave of energy in the physical plane is subject to the Laws of Physics, which are reflected in what is known as the Universal Law of the Circle.

The Law of the Circle is another way of describing the Outbreath and the Inbreath of our Father-Mother God. The Law of the Circle is demonstrated in the activities we refer to as cause and effect, radiation and magnetization, reaping what we sow, action and reaction and giving and receiving. There must always be a balance between these two activities. If these two activities are not balanced, a block is created that limits the flow in either the Outbreath which is the energy we are sending out, or the Inbreath which is the energy flowing back into our life.

What is blocking God’s flow of Abundance for most people is that they are using all of their energy and their Life Force to make money in order to buy the things they need just to sustain their Earthly Bodies. These are the very things that our original Covenant with God promised to effortlessly provide to all of us. All we needed to do in return to fulfill our part of the Covenant was use our energy and our Life Force, in ways that would add to the Light of the World.

When we spend all of our Life Force to make money to pay for the things that our Father-Mother God and the Elemental Kingdom already provided to us for FREE, it means we are not balancing the Outbreath and the Inbreath of our Life Force which blocks the flow of God’s Abundance.

Remember, *like attracts like*. If we want to increase the flow of money in our life, we must fulfill our part of the Covenant with God by using our money to add to the Light of the World. It is just that simple. When we are only spending

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Key to Financial Freedom from page 6

our money on our bodily needs a block is created that keeps us trapped in poverty. In order to remove this block we need to use a portion of our money in ways that add to the Light of the World. THIS, Precious Heart, is the KEY to Financial Freedom.

Our problem is that we have been working hard and spending all of our money to pay for our bodily needs. If we want to attain Financial Freedom, we need to give an additional portion of our money back to God in ways that add to the Light of the World. I know that when we are financially strapped the thought of having to spend more money in other ways can feel overwhelming. But if we truly believed and accepted that by doing this we would increase the flow of money back into our life, we would not hesitate to do it.

I realize that leap of Faith is sometimes difficult, but take some time and contemplate this Truth. Hopefully, you will feel motivated to experiment with this vital KEY to your Financial Freedom. If you do, this is the best way to begin the process.

First of all, decide in what way you would like to use a portion of your money to add to the Light of the World. Imagine that you are wealthy and that you have all of the money you need. What would you like to financially support that you feel would benefit Humanity and the Planet the most? There are literally thousands of people, places and organizations that would fulfill this requirement. Which of these options make your Heart sing? That is where you need to start donating your money. When your money is supporting something that makes your Heart sing, it

is much easier for you to Trust the process and to release your donation without fear.

Next, your attitude and the consciousness with which you donate your money to add to the Light of the World are very important. Before you give your money to whomever or wherever you have chosen to give it, consciously affirm in the recesses of your Heart Flame:

“This money is a Gift of Love that I AM giving back to my Father-Mother God in appreciation for my Gift of Life.” Then take a moment to truly FEEL the Gratitude and Love you have for our Father-Mother God and your Gift of Life. Maintain that attitude and consciousness with every single donation you make.

△

[View full Vlog archive](#)



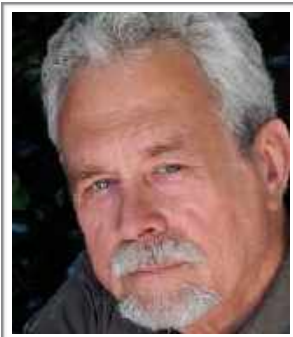
***A Gift for YOU.....***

***FREE e-Book ~ “It is Time for YOU to Be Financially FREE!”***

The need of the hour is motivating people in new ways and making them more receptive to the Sacred Knowledge being shared from On High. For this reason, we at Era of Peace would like to make our booklet “It Is Time for YOU to Be Financially FREE!” – available as an E-Book to be downloaded from our website FREE of CHARGE. Available in English and Spanish. Just click on the link below and follow the prompts. You will be asked for your information as though there will be a charge, but there is NO CHARGE and the book can be instantly downloaded.

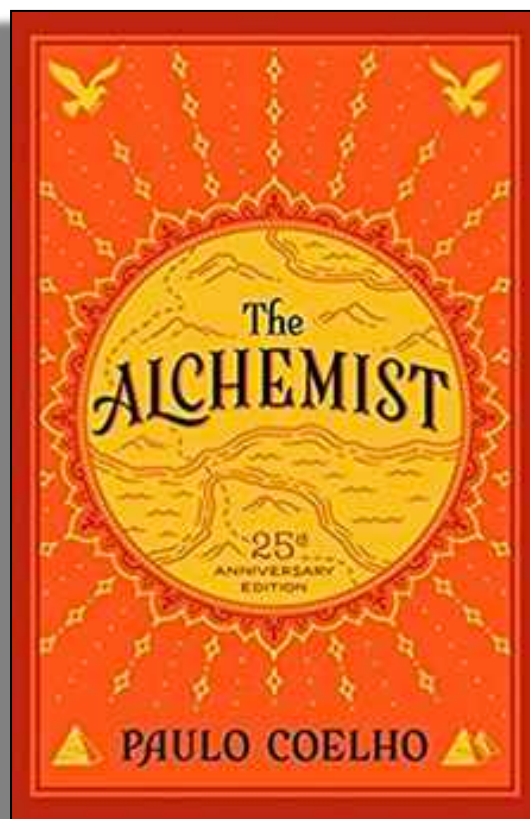
<https://eraofpeace.org/collections/ebooks/products/e-book-in-english-it-is-time-for-you-to-be-financially-free>

*God Bless You, Patricia Cota-Robles*



# The Alchemist

By Paulo Coelho



**Highly recommended! Get it on Amazon!**  
[https://www.amazon.com/dp/0062390627/ref=cm\\_sw\\_r\\_em\\_apai\\_rNrfBjK9J3QT](https://www.amazon.com/dp/0062390627/ref=cm_sw_r_em_apai_rNrfBjK9J3QT)

Do you feel that you may be on a journey or a spiritual quest in this lifetime? If so, *The Alchemist* by Paulo Coelho just might resonate with you.

In mid-August I made a long three day journey in my 13 year old Chevy Colorado pickup truck while pulling a 2,000 pound cargo trailer, loaded with my essential belongings from Colorado Springs to the Fox River Valley in Wisconsin where I was born.

Since the CD player in my truck no longer worked, I decided to sign up for Audible on Amazon. When you sign up they give you two free audiobooks to start with. There are many to choose from, but I decided to listen to a classic written in 1988, *The Alchemist* by Paulo Coelho, along the way. I thought it might be an appropriate choice since the book is about the journey of Andalusian shepherd boy named Santiago, who believing a recurring dream to be prophetic, asks a Gypsy fortune teller in the nearby town about its meaning. The woman interprets the dream as a prophecy telling the boy that he will discover a treasure at the Egyptian pyramids.

Along the way the young man eventually decides to give up the safety and security of being a sheep herder, and had the urge to ask a local woman to be his wife and to settle into that lifestyle. However, the Universe had other intentions for him. After meeting with a gypsy fortune teller, he met an old king named Melchizedek, the King of Salem, who tells him to sell his sheep, travel to Egypt, and introduces him to the idea of a 'Personal Legend' – or what you have

always wanted to accomplish. *“Everyone, when they are young, knows what their Personal Legend is.”*

Early upon his arrival to Africa, he meets a young man who claims to be able to take Santiago to the pyramids. Unfortunately, being a country bumpkin, he finds out that he has placed his trust in the the wrong person and you can probably guess how that turns out. Being broke and destitute in a faraway land is not the ideal situation any of us would relish, however he is then forced to dig deep into his spiritual reserve to find a way to recover.

Somehow he meets the owner of a glass crystal shop and volunteers to clean all of the crystal glasses in the window, and in exchange he earns a little money and eventually helps the man expand his business. After about a year he has enough money to either return to the familiar security of his home and purchase twice the amount of sheep that he originally had and start over there, or to continue on his journey to seek his Personal Legend and Fortune.

So I think you get the gist of the story. As he goes along he has a series of similar adventures where he is compelled to make an intuitive decision about what to do and which direction to take. He does eventually meet up with *The Alchemist* and another wise advisor or two.

I won't reveal the rest of the story because part of the joy in reading this

book, or in my case listening to it, is that you will most likely recognize parts of Santiago's story with some of your own experiences in life. The book has also been made into a movie which you can find on YouTube for free if you want to experience it in that form.

I found *The Alchemist* to be enlightening and was the perfect book for me at this stage of my life as I'm journeying to an entirely new experience from what I have been used to for the last 20, or even 40 years!

As one reviewer stated, *“The Alchemist is a fantastic book and the storytelling is beautiful. The choice of words are impeccable, full of wisdom and philosophy. I totally loved it. The story is very enchanting and bursts with optimism which I think is very important in our lives. The book shows that the journey to your destiny is as important as the destiny itself. I love how the book emphasizes on*



*the importance of faith, hope and spirituality through the story of an ordinary boy. I think this book appeals to everyone because we all have dreams and sometimes we just want someone to tell us that they may come true. Overall, "The Alchemist" is a very exciting fiction novel and it deserves a space on everyone's bookshelf."*

**Other reviewers said...**

*It's a brilliant, magical, life-changing book that continues to blow my mind with its lessons. [...] A remarkable tome."* (NEIL PATRICK HARRIS, ACTOR)

*"it changed my whole life. I realized of all of the people who had conspired to get me to this place."* (PHARRELL WILLIAMS, MUSICIAN AND SONG-WRITER)

*"A wise and inspiring fable about the pilgrimage that life should be."* (M. SCOTT PECK)

*"A beautiful story with a pointed message for every reader."* (JOSEPH GIRZONE, author of Joshua)

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**About Steve Freier: Steve is a researcher of metaphysical subjects and professional video producer specializing in personal and promotional videos in YouTube fashion. He recently moved to Door County, Wisconsin. Contact: [sgfreier23@gmail.com](mailto:sgfreier23@gmail.com)**



The shape of bubbles symbolize wholeness, unity, and infinity. These simple, yet profound spheres reflecting light and life, are mirrors of everything that exists within the visual field. People who own Bubbles, printed on metallic paper, enjoy the morph of color and shadow that change as light moves through the room. They are wonderful for contemplative meditation because they float just as they do in nature, they appear wet and shiny because of the luminescent paper they are printed on.

Bubbles, Ink is a seven year photographic anthology of soap bubbles in flight over a summer lake. The images were born in nature, not photoshop, and given life in ink and paper. Casting bubbles across the water became an annual, immersive, research project.

Cherrie Hanson was born in Milwaukee, Wisconsin in the 60's to naturally artistic parents. Against their advice, but under their influence, she studied art, film, and photography at University of Wisconsin-Milwaukee. Since 2008, Cherrie's Bubble images have been shown at multiple Milwaukee Gallery Night locations, including the prestigious VP Gallery in the Third Ward. Several Bubble images were awarded 2nd place and "Judges pick" at "Photo Midwest; Wisconsin Waters" show in 2008. And in September of 2015, the Bubbles graced the cover of The Inner Voice Magazine. Her largest acquisition was to Mandel's penthouse lobby at The Point in the Third Ward. Most Bubble images belong to individual art collectors all across the United States and in UK. Cherrie Hanson currently lives and works in Milwaukee, Wisconsin. The name of her business is BUBBLES, INK.

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**More bubbles can be found at:**  
[www.bubblesink.photoshelter.com](http://www.bubblesink.photoshelter.com)  
**Prints can be purchased through Cherrie at:**  
[cherriehanson@yahoo.com](mailto:cherriehanson@yahoo.com)





The energy the last week (of August) was overwhelming, down right strange and extraordinarily intense. I felt a deep shift in my solar plexus like an unrelenting overturning of the tides in my gut. I felt like I was without an anchor, and had nothing to offer; a complete blank slate inside a cocoon. The outer 3D reality felt increasingly unreal, almost like an unfunny, cosmic satire with all its exaggerations and extreme polarities compiled with the heavy crush of the struggling underlayment of primal fear.

I am *hearing* that life is morphing in the physical very fast now. We are in the void vacillating between realities and this is what it will feel like for a while. It's not an easy place to be traveling through, especially for empaths and sensitives.

I am shocked to watch my intense reactions to the outer world's illusions. This isn't the way I usually react to things. It feels like a huge power surge inside that will not tolerate anything that is not truth, or out of alignment anymore. It is like I hit my proverbial line in the dirt. I hear more Light and Truth is coming in very fast now, and what we were okay with yesterday might not be okay with us today. But the weird thing is that I don't know what my truth is with my mind. It is old, left-brain programs of the past. Yet this internal surge within seems to know exactly what the truth is. It is pure intuition without any bounds. It surges through me like an alien power that has more control over me than I do over it. It is a bit scary to feel this much energy, and I AM used to big energy.

So, I think to myself, do I let all this out? Is it

too much for my nervous system? Am I just learning to embody and balance this new incoming wave of energy? When I ask the Star Elders for answers about these mind bending, unpredictable times and polarities, they simply say to "surf the center" within all the world's diverse perspectives, and to "stay in the eye of the storm." Easier said than done.

When I ask about the power that is coursing through my chakras like a freight train, I hear this is what we all have been asking for! This is the beginning of the birth of our true awakened self in the physical world, and the true self within us that is created in God's image. And, this power feels alien to us. We might feel out of control or overwhelmed. We have not felt our true awakened self embodied in our physical form in this lifetime, and maybe in many life times. We have been dumb-downed by old programming of many past generations for safe keeping. We needed to keep this power hidden to avoid persecution in the past, but it seems that those days are over. The time is right and the collective consciousness is able to anchor it now. So hang on!

I also have been experiencing the bridging of our dreamtime with multiple realities, thus creating what feels like time shifts, or loops and dimensional leaps. We

are now circling back to the original Earth template that has no contamination in creation, unlike the one we are diverting from. Dreamtime is very different, as I feel like I am awake while asleep, aware and learning from past events and history, and intending and preparing for the future.

I find myself working with many other souls on deep core issues. Some of these people I know in this reality, and others I have yet to meet. I wake up tired. We are reassessing our deepest history while simultaneously envisioning and building our future. This is making us feel uncomfortably full and empty all at the same time.

This is what it feels like to be entering spherical time, when we wake up in a new day and need to reassess our life, our focus and what actions we take. Each day we are directed to start all over again. I feel like I am moving at light speed while standing still. This is because we are shifting so fast that we do not have time to anchor in any one place anymore. And that is the point – not to anchor just yet.

We need to keep clearing and letting go of the past while entering the future. It is not a good time to make big moves unless it is something you have been cooking on for some time. We cannot get into our left brain with this process, although we will try unsuccessfully. All this, in this time, is boiling down to living in each moment, free from past expectations and open to new, incoming energy that we asked for.

Self care is so very important now. Be kind to your body with the food you take in and remember to breathe and to surf in the center in the eye of the storm. Δ





## Flower Power: Penstemon Essence ~ Building Inner Stamina & Resilience



Penstemon: "In the midst of chaos I am calm."

**"In the midst of hate, I found there was, within me, an invincible love. In the midst of tears, I found there was, within me, an invincible smile. In the midst of chaos, I found there was, within me, an invincible calm....no matter how hard the world pushes against me, within me, there's something stronger – something better, pushing right back."**

**By Patricia Kaminski of Flower Essence Services**  
<http://www.fesflowers.com>

*Penstemon davidsonii* is one of the remarkable plants that grow in rugged mountain terrain above the tree line. For nine months or more of its annual cycle, this resilient plant is blanketed by snow; and then during the three months of its brief growing period, it is assailed by howling winds and pelting rain, and riveted by lightning and thunder. Yet, miraculously amidst all these forces one finds in high summer, the ethereal tubular blossoms of the *Penstemon davidsonii*, resplendent in hues of violet-purple. Its leaves are not hardened by all that it endures, rather they are soft and succulent, storing precious reserves of water-imbued life that prevail against its harsh surroundings.

As in the eloquent expression of Camus (above quote), one feels that within the Penstemon flower, "no matter how hard the world pushes against me, there is something stronger pushing right back." Penstemon flower essence helps the soul to kindle the same force from within its deepest life source. It is a flower which certainly speaks to our time as humanity is called upon to

**Editor's Note:** I have loved flower essence remedies since I was first introduced to them in the 90s when I studied the work of Dr. Bach of England who developed what became known as the Bach Flower Remedies®.

In a book called, "Flower Essences" by Machele Small Wright, she describes them as, "*Liquid, pattern-infused solutions made from individual flowers, each containing a specific imprint that responds in a balancing, repairing, and rebuilding manner to humans on their physical, emotional, mental, spiritual, or universal levels.*"

For a limited time, I will include a flower essence remedy FREE with every reading ordered from me. One remedy bottle consists of 4-5 flower essences that are personalized to address your issue.

Email [NFreier@aol.com](mailto:NFreier@aol.com) for more information!



face numerous challenges, from a world health pandemic, to numerous natural disasters, and social upheavals.

**Penstemon helps the soul tap into reservoirs of will that may have not been previously recognized or utilized.** For instance, this was the main flower essence used for nearly a year to help a middle-aged woman reclaim her life when she lost her job and then soon after, her husband in a tragic accident. She described, "I came from a family where the men played the strong roles and handled money and decisions. I replicated the same in my marriage. When things got tough or too stressful, my pattern was to melt into a puddle of tears or escape with a box of chocolates. When I started taking Penstemon, something in me triggered a different response. I began to feel I could figure it out, and put one more step in front of the other. I felt like the little engine that could, chugging up the mountain in the classic children's story."

Penstemon is very beneficial for those who must recover and rebuild against insurmountable odds. It is frequently used for those in rehabilitation, who may have lost a bodily part or critical function such as neurological damage from a stroke and must build completely new brain patterns. It is helpful for children who are born with disabilities and must summon a grit and determination to achieve what other children take for granted as a normal course of development.

For example, it was a highly significant flower remedy for an athletic woman who endured a tragic spinal cord injury that left her paralyzed from the waist down. In the early months of her recovery she experienced deep pain and anguish along with suicidal tendencies. Penstemon flower essence helped her reclaim her former athletic grit, but now focused in a completely new way to master her physical condition and develop new abilities. She now helps others coping with similar life altering injuries.

△





# 2020: A Transformational Opportunity

By Salina Rain

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email: [astro@salinarain.com](mailto:astro@salinarain.com)

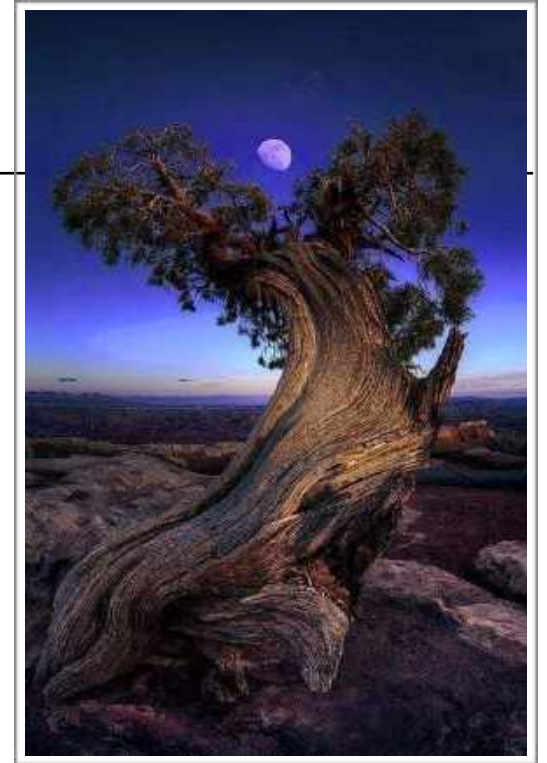


Photo: Saliha Unal  
Over 600 year old Juniper tree.

Mars made its first of 2 squares to Saturn, exact on August 24, an aspect that ensures we are making the right boundaries and limitations for ourselves in order to get the most done. Mars, which will retrograde for 2 months starting Sept 9, will also form 3 squares to Jupiter and Pluto this Fall making it a crucial time for clarifying where our true passion lies and what we are willing to do to pursue that.

The Mars-Saturn high tension square in effect right now brings conflicts between wanting to charge ahead but also needing to make sure we're going in the right direction. Step on the gas, put on the breaks we often like to call this pattern, which can make movements fairly awkward as we figure out how to adjust to the requirements its making of us. If encountering daunting obstacles at this time that's our signal to stop and consider thoroughly what needs re-negotiating, or if we're even on the wrong path.

Cranky moods and out-of-bounds anger, depression, frustration can arise to expose where we most need work. We'll have another chance to get it all right at the end of September in the last Mars-Saturn square, challenging us to move beyond old limitations with bold self-assurance, but the Sacred Warrior planet will not move direct for the final 'all clear to go ahead' until November 14. It should also be noted that Mars travels very closely at this moment to Eris, goddess of discord and ultimately a master of negotiating conflicts. This proximity brings any and all old bones to pick to the fore, while the opposition of these two to relationship-oriented Juno means our closest alliances are on the hot seat. Time to take seriously the need to listen deeply to each other and allow differences to surface without precipitating painful rifts.

Venus in nurturing Cancer opposes Jupiter in well-ordered Capricorn though supporting all efforts at connecting and providing mutual support for all. Restrained and competent Virgo Sun is challenged by Sagittarius Moon at this lunar turning point to incorporate our wildest dreams, along with the very practical steps we're taking day-to-day to manifest them. It's actually more of a stepping out of the way to allow what

wants to emerge from the depths of our being. That is where the wildest and most creative impulses are to be found.

Saturn also in a tense aspect to North Node indicating the major adjustment needed in the

collective at this time to get past the massive polarization and impulse to judge each other as to what "side" each of us belongs to. There simply are no sides, but our incredibly effective and pernicious MSM and political actors are hell bent on making us think there are, the players in this scenario representing the most negative and control-seeking qualities of Saturn, the ultimate Teacher. Are we sovereign beings in charge of our personal ethics and how we respond to those around us, or are we subject to the cynical, war-mongering manipulations of the most out-of-balance beings to walk the planet?

Meanwhile, Chiron, the planetoid that bridges such artificial constructs and immerses us in the multi-dimensional aspects of reality, forms a Grand Fire Trine with Vesta, protector of the sacred within us, and the horizon-broadening Sagittarius Moon. No time to waste with bickering, blaming, defensiveness, narrow-minded judgements, or states of denial. Our time on this planet is short if we're not up for the transformational opportunity of 2020.

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# A Good Word from Author Denise Linn

Can you feel it? Something is adrift in the world. Of course, there's the devastating

pandemic and the political and social upheaval that is affecting us all globally, but there is also something else occurring. From a spiritual perspective, right now there is a crack between the worlds ... and it is widening. Emerging in my meditations and in my dreams, I can feel this occurring.

It seems that the world is at a kind of precipice. Even the heavens seem to echo this. Early this morning, I saw the amazing Neowise comet in the North Eastern sky. It was so big and so bright! (Comets, throughout history have signified the upheaval and the death of old structures, ideas and patterns, before the birth of the new.)

To explain what's occurring, I need to take a step back. Here's some background. The reality that we normally experience isn't the only realm; there are other dimensions... they are spiritual

dimensions. There is great value in entering into those realms; however normally the journey is arduous. In ancient times, it was usually only the shaman, seer, mystic, oracle, or visionary that could travel through the crack between worlds. They would take the journey to bring back wisdom and healing for their people.

For those ancient people, preparation for the journey was essential. They would embark on intensive purification ceremonies and rituals to prepare themselves. The more profound the purification, the clearer the messages they could gather on the other side. As technology advanced, it became more difficult to step through the veil. For example, when I spent time in the outback with the Aborigines of Australia, I was told by an elder that it's getting harder and harder to find the dreamtime pathways. He said they are disappearing because of the rise in technology and the death of the old ways.

However, something remarkable is occurring right now during this global pandemic. We have entered into a time like no other. The veil is thinning and the crack between the worlds that had almost closed as a result of our modern Western culture, is widening for a short while. There will never be another time like this in our lifetime. The opportunity for a profound spiritual reset is now available, but only for a short time.

As old patterns, structures, and beliefs are upended, a new energy is flowing. (Think of a stagnant pool that looks clear for the top six inches, but beneath there's lots of stagnant, fetid debris. When fresh, clear water floods the pool, the water looks murky and chaotic, but after a while you can see to the sparkling golden sand at the pond's depth.)

I URGE you to take advantage of this time. Complete old patterns in your life in the next couple of months. Release old beliefs and "stuff" that no longer serves you. Here's what I suggest you can do in your personal life:

1. Clutter clear (inner and outer) as if your life depended on it. Clear out old patterns that don't serve you. Release relationships that drag you down. Clear your home of anything that you don't use or love. (It clogs your energy!) Clear anything that clogs your time.
2. Purify and clear the energy of your home. Clean every surface and countertop. Space clear every room and also your personal energy field.
3. Detox your body.
4. Hold a clear intent in regard to your future.

These are things that you can do on your own during this incredibly difficult, but auspicious time to take advantage of this spiritual opening.

△



[https://www.discover.hayhouse.com/unlimitedaudio\\_hhr\\_podcast#!/show/soul-coaching](https://www.discover.hayhouse.com/unlimitedaudio_hhr_podcast#!/show/soul-coaching)



# Love the Home You're Living In

By Joshua Becker, an excerpt from [The Minimalist Home: A Room-by-Room Guide to a Decluttered, Refocused Life](#)

I shake my head at those home makeover shows that are so popular on TV. You know, a couple who are discontented with their home invite a design expert to come in and evaluate the situation. The couple nervously agree to stretch their budget as far as possible to make as much of a change as they can. Then a renovation team takes over, carrying out repairs and upgrades (there's always an obstacle that arises and creates drama), and after that the designer stages the house with new furniture, store-bought decorations, and this year's color scheme. Finally the homeowners come back for the big reveal and get teary-eyed at their house's new look.

I shake my head because, even though their house may look nicer, the homeowners typically wind up with just as much stuff as they had before, maybe

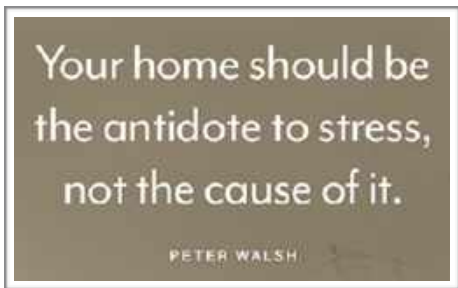
even more. That's all stuff that may be getting in the way of how they want to spend their days more than it's contributing to the pursuit of their goals.

I wonder, after the initial dopamine zap from the redecoration, are their lives really any different?

Is their home more personal and life giving to them now, or is it just more pleasing to the eye?

Or worse, will their renovated home require more time and money and energy for upkeep than it did in its previous form?

Very few of us get picked to be on TV's home makeover shows, yet most of us who have a house or apartment go through something similar with our own homes. We're disappointed in our living space. We've spent a lot of money buying stuff for our home—and a lot of time



organizing, cleaning, and maintaining that stuff. And nevertheless, in the rare times we have left to simply enjoy the home, it doesn't feel like the place we really want to live in. What do we do then?

If we don't just give up hope, we most likely double down, continuing to look in all the wrong places for help. We pay attention to commercials and visit showrooms and scroll through shopping sites online, and we decide that we need more stuff or better stuff, with a different organizing and decorating plan. And



A modest house can be far better to live in and manage than a great big newly-built house.



when we take our best shot at making our living space better, it's...well, it's somewhat better in some ways, but it still doesn't give fundamental satisfaction or kick off any lasting life change.

What if the problem isn't that we don't own enough stuff or aren't managing our stuff well enough?

What if the problem is that we're living in the homes that advertisers and retailers want us to have instead of the homes that deep down we really want and need?

I'd like to suggest that what the huge majority of people in my own country—the United States—and other countries need if we are going to be content with our homes and start living more fulfilled lives is a minimalist makeover of our homes.

Are you willing to explore that idea for your home—that there is more joy to be found in owning less than we can ever find in accumulating more?

I know from years of experience that by getting rid of the excess stuff in every room, you can transform your home so that you feel not only free from the stress of so much clutter around you, but also free to live a life focused on what you

want to do with your limited years on this planet.

### Consider the Benefits of a Minimalist Home:

**1) A minimized home is a better place to come home to.** Without all the clutter, you'll find that your home is more relaxing and less stressful. With fewer things competing for your attention, you'll appreciate more and make better use of what you have. You'll be able to focus more on the people and activities in the home that bring you joy. I know some people fear that minimizing their home will make it feel cold and impersonal, but I assure you, through minimizing, you'll feel more at home than ever. It will be a place you anticipate returning to at the end of every day or relaxing in for a weekend.

**2) A minimized home is a better place to go out from.** After you minimize, you'll be buying less stuff and spending less on repairs and maintenance, leaving you with more cash in your bank account—what I call a “minimalism dividend”—that you can use for other purposes. Even more important, because you'll be spending less time and energy cleaning, organizing, and

taking care of your possessions, you'll have more time and energy left over for dreaming and planning for the future. With these extra resources, you'll be better prepared to go out into the world, whether it's for a day's work, an evening's entertainment, traveling, or a life-changing adventure.

By doing a minimalist makeover of your home, you can set out on a new course toward better fulfilling your purpose and potential in life.

△

**Joshua Becker** is the WSJ Best-Selling author of [The More of Less](#) and [The Minimalist Home](#). He has appeared on numerous media outlets including The NYT, WSJ, USA Today, and CBS.





# Ideas for Practicing Self-Love

Thinking about self-love and self-care is a daydreaming pastime in these crazy days. The flashes of what life would be like when the day started early and super-well-rested with lots of gorgeous food and fresh flowers and all those incredible wellness routines we all read about if we're into the subject of self-love and personal growth and all this good stuff of wellness.

It was my own daydream that my life would look like an exotic Instagram account with all kinds of optimized lifestyle raining down on every day, and, more important than gorgeous bathtubs and scenic, exotic hikes, that there would be great ease involved in all of this.

And: it wasn't really easy at first to figure out why it wasn't easy to achieve. If you've held one of these thoughts in mind – a reverie about morning exercises, meditations, creative writing with bulletproof coffee, making art for fun, dressing up joyfully and sort of easily moving through the day in a spirit of flow and smiles – and you can't quite

get there, I feel you. As a friend said this morning, "I love *thinking* about self-love but *doing* it is the thing that's important."

Today, let's get into the self-loving lifestyle that is actually do-able! If you force wellness and self-care into your already-packed life it becomes less love and more duty. It's also likely the first thing you abandon when things get busier.

I hear people talking about how they *must* take a salt bath, squeeze in yoga classes to the point of arriving late – in stress and leaving in a panic to get to the next place. I've seen diets done by relatively healthy people in the name of wellness that turn people paranoid about every bite of food they eat. This is, in my mind, a part of the reason why it's so easy to believe that a lifestyle full of dreamy self-love in action far more carefree, exciting and full of gorgeousness – may not be for you ... but it is. I know it is. I felt exactly the same – "it's maybe just a fantasy on Instagram to live this way" – until I found a road to make self-love more of a lifestyle. It didn't happen overnight, it's not perfect, but it's so powerful!

**Here are my two basic ideas: Make room in your life for you.** If you are living in a home stuffed with stuff, surprise yourself with how much you can let go. It's energizing and freeing.

**Organize what's been neglected.** Emails, technology, your desk, car, wallet or finances? Notice that organizing these things don't look like a peaceful yoga retreat, enjoying a perfect smoothie or a detox bath, but this is why I used to discount them in the category of practicing self-love.

I believed that the superfood smoothies and brilliant walking hikes would just transform life, and for a few days or even weeks they would – until I got busy. I ran out of reishi mushroom powder, forgot to get groceries, woke up late and missed my hike and then... I would be out of salt for my bath and boom! –bye-bye wellness routine and so long self-care!

It's really hard to keep up with new routines if your foundation is wobbly. With a clear house and an organized life, it's easy to do things like make caramel sauce out of almond butter for my organic fuji apples, mix up detox baths of crystals and flowers and all kinds of other potions, take long walks, and complete a spiritual practice before the rest of the day begins. It's not easy when there's just no room for what you long to do. This is deep self-love. See how much more time you'll have when you're organized. How much peace of mind you have when you're on top of things. How much more room you have to think about and experience the 'new.'

Make room. Get organized. And revel in creative, beautiful, love-fueled days.

△

Read more by Dana at:  
<http://www.fengshuidana.com/>





## Essential Feng Shui Is A Miracle Problem Solver

- ◆ I've seen couples go from divorce proceedings to reconciling their differences and happily staying together.
- ◆ I've seen people go from dead-end jobs to getting promotions and salary increases.
- ◆ I've seen children with ADHD heal the disorder and be contented.
- ◆ I've seen salespeople who didn't want to travel 90 percent of the time be able to stay home 90 percent of the time without changing jobs they loved.
- ◆ I've helped business men and women make important decisions that resolved key issues in their organization and increase the bottom line.

### What can I do for you?



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**Intuitive Advisor &**  
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- \* Assoc. of Arts-Interior Design
- \* 1999 Graduate of the Western School of Feng Shui®
- \* Over 30 years of happy clients!



### When is the best time to call on the feng shui expert?

- ◆ When you want to increase your prosperity, enhance your relationships, boost your health or upgrade your life in any way.
- ◆ When you're designing and building a new home or office.
- ◆ When you're remodeling or adding on to an existing structure.
- ◆ When you are choosing – or selling – an existing home, business, or a piece of land.
- ◆ When your life feels 'stuck' or has changed in some way since you moved into your current home or office – changes such as: a marriage, divorce, birth, death of a loved one, a child moves to college, a change in career direction, etc.
- ◆ When you would like to simply clear the clutter and bless the structure you live or work in to assure your goals are supported.





# How to Create Your Own Art World

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

How to create your own art world begins with consciously doing art as your tool to transformation. Choose to take the artist's path because of who you become in the process. You shift thinking to feeling, being mindful that your goal is to let go, [touch intuition](#), and play again.

Doing art takes you to your inner world and changes

ugliness to beauty, confusion to clarity, and dark to light. Imagine the kind of world where you would like to live. This is your sanctuary, your safe haven to express your feelings, heal pain, and make it personal.

Secondly, doing weekly art like we do in *Dragonfly Art & Mentorship Program*, stretches your artistic muscle. You develop trust in the creative process, and therefore trust in yourself. Confidence grows and you begin to discover and really know who you are.

Thirdly, you look at the world around you with new eyes. It becomes the Source of inspiration for your art. This gives meaning to your creations and



"Thunderhead" by Pat Gullett Acrylic and oil pastels, mixed media.

makes them truly personal. Art becomes your visual diary of your life. It brings you into the present without worry over the future, or grief over the past. Now is your moment of power.

Also, we look at why we create. Some live for art, others do art to live. I do both. Art has always been my passion, and a huge part of my life. Then I found teaching art as a way of sustaining me with a direction. We all need to fit in somewhere and being an art teacher become my way through.

So, create your own art world. Devote yourself to igniting the spark of creative exploration. Forge your personal artistic path on the journey of life. Discover

yourself, your purpose, and your way, using art as your tool on the journey.

Support what you love in your world. The arts, music, dance, meditation, all bring balance to your life in this changing world. It's a healthy, happy way to live and make life memorable.

Are you ready to become an artist? Join my [Dragonfly Art & Mentorship program](#), at a new low price this month, for community, for direct access to me,

for short videos to hone your techniques and skills, for inspiration and satisfaction in your creative human life. It's play time, easy, and personal.

What does your New World look like? What have you included to make it richer, meaningful, and more personal to you? How do you bring yourself into the present? I'd love to know. How are you becoming the *Visual Storyteller of your Life*? Make the choice to create magic today!

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**Join us at [Dragonfly Art and Mentorship Program](#) to keep the creative juices flowing with clarity, guidance, and inspiration. You deserve it!**



# Keys to Generate Conscious Change



For some of us, this time of covid-19 resembles a womb time where we shelter in place, focus deeper within and discover unique opportunities to become more aware of ourselves and generate significant change. We are separated from our normal daily activities, environments and people. This sudden separation provides space for deep introspection on how we relate to ourselves and each other. I've noticed seven keys to generate significant conscious change...

**Observe.** Covid-19 is providing a reset time to observe unconscious trances we are living in. These trances of outdated beliefs, automatic ways we react and

communicate have origins in our past, yet they are currently playing a large role in influencing our present sense of self, our relationships and even our health.

**Take Responsibility.** If we each take personal responsibility to observe and question old beliefs and behaviors, to really listen to our internal monologues and how we relate with others, we can each choose to create radical changes in our inner and outer lives and the world.

**Become one of the many.** Each of us are key instruments in the evolutionary shift in consciousness that is in progress right now. It is time to meet changing realities of living responsibly and ethically with the earth and with each other. Then when we are united in intention and action the power of one becomes exponential in creating a significant shift in conscious evolution.

**Accept.** In order to make significant shifts it is key to accept ourselves, honor our life journey and acknowledge the past. We do not need to agree with the past, nor even understand it. It is important to be honest with ourselves and to power up our capacities to make new wiser choices.

**Observe and ask questions.** Each day we have the opportunity to birth ourselves into a new world yet to be known. Typically each day, we have plans, expectations and needs. Before we launch into breakfast what if we ask our inner wisdom and intuition curious questions to help us access significant

creative possibilities? What is my intuitive guidance today? What fresh new energy, perspectives and actions can I birth today? Where is my energy and focus best invested today? What is important for me to know today? What is my part in humanity's evolution today? Enjoy creating inspiring questions to birth the shifts in consciousness that want to come specifically through you.

**Be willing to be uncomfortable.** We can attempt to stay safe by perpetuating old ideas, attitudes and behaviors. We can choose to not truly listen to and see ourselves. We can choose not to change, even though these ways of staying safe can be very uncomfortable,

A friend recently shared a vision of safety as being in a comfortable coffin. Where she was filled with fear. She could not access her intuition, inner wisdom and what was hers to add to humanity. She had a strong sense of being trapped, stuck, and confined, yet comfortable. She felt caught in the tension between safety and fear. That's a strong image and an interesting partnership of safety and fear. Fear is uncomfortable, and there is plenty happening to stir it up with covid, climate change and world politics.

**Be willing to choose.** Fear can keep us in a coffin, avoiding change, or we can choose to make an enlightened shift into womb time, where we can gestate new realities, give birth to new creative options that change how we think, relate and actually co create a healthier, more honest and caring humanity.

△

**Beverly Brunelle is an Intuitive Energy Shaman and Teacher. Visit: <http://www.beverlybrunelle.com> or email: [draemonbab@yahoo.com](mailto:draemonbab@yahoo.com) to schedule a private session.**



"And like the moon, we must go through the process of emptiness to feel full again." Artist unknown.

# Ask The Inner Voice

e-mail your questions to: [theinnervoicemagazine@gmail.com](mailto:theinnervoicemagazine@gmail.com)

*Q. How can I accept others when their view of the world, namely religion and politics, differs from mine?*

Tuning into the angel's wisdom over the years has changed me. And if you tune into this vibration you lift yourself up into thoughts of love and light, it will change you, too by obliterating such differences of hate and dark.

Lately I've been thinking about the belief systems people have in this world. I would assume there can be as many beliefs as there are people. Here in America we have the right to freely believe whatever we choose. Problems begin when someone tries to change someone else's belief, or they feel their way is the correct way. This is how wars begin.

My religion, as it were, is to love and let live. I am not bothered at all by what, or who you choose to believe as your creator, or your destiny after life on Earth. Just let me believe what I choose. That way, we can always get along. The key to peace is to stop judging the people in your family and the people around the world. Love one another is the First Commandment and if you believe 'the Word,' or if you are an atheist, it is gold to you on Earth and is the key to the Kingdom of Life, Peace and Love.

Try this. Contemplate your life in this moment. Look out across the landscape of your mind, Imagining it as the smooth surface of a lake, calm and serene, or do you look out across your life and see ripples emanating from a problem that is disturbing your peace? What is it saying to you? Is it someone trying to change you in some way, or is it you trying to change someone to think like you?

Stand in your power. You are a spark of the Creator; a facet of a perfectly cut

diamond. All are equal. No one is better, or more than another. And you are not less than another. Everyone has their own place on life's disco ball. Creation is incomplete without you. If you feel 'less than' we remind you that you hold a sacred place in Creation that no one else holds.

If you feel off or cutoff, call yourself home to yourself. Call on your angels and in quiet stillness, contemplate the vastness of the Universe. See yourself as a star in the night sky, moving perfectly in a grand orchestration with every other star, equal, and in their own lane.

Everything moves in synchronistic order and deep meaning. Ask to see your lesson and your mission. Where have you given your power to someone, or something? Where has someone placed their power, or their opinion on you?

Disconnect from what disturbs your peace and tranquility causing ripples on your lake. Pull the plug from that socket and plug back into you and *your* truth. Seek not to change anyone and do not allow anyone to change you. This is the key to restoring peace in you and on the Earth.

△

—Nancy Freier & Sreper, Angel of the Great White Light aka The Inner Voice



Photo: Limekiln Lake, Chain O' Lakes, Waupaca, Wisconsin

“  
*Look out across the landscape of your mind, imagining it as the smooth surface of a lake, calm and serene... Disconnect from what disturbs your peace and tranquility, causing ripples on your lake.*  
”





*“When you are very attached to your beliefs conflicts can arise. Respecting another’s right to believe differently than you is a way to release your attachment to a belief grounded in egotism, and view the other person’s viewpoint with respect.”*

*– The Mastery of Self by Don Miguel Ruiz Jr.*

## How Do We Agree to Disagree When the Stakes are High?

### By Pamela Hughes

How very sad if we don't agree on things whether it's religion, politics or whatever it is that we can so easily disown our families and friends... we fight, we kill one another, we go to war when it all begins *within* you and me finding a path to harmony within ourselves whether others believe the way we do or not.

Now I ask, how are we going to upgrade our consciousness as a planet if we can't learn to live with our differences? How do we live together as one human race with our differences? None of us think or feel exactly alike and we never have no matter what country we live in.

Throughout our global history we have warred and sparred as just mentioned over religion, politics and whatever else we could find to kill over our differences and opinions...but how do we progress from a planet of warring to one of *allowance* of different views, beliefs and opinions, especially now when it appears that our country and our world are pulling apart at the seams.

I may be moving out of my comfort zone and beyond the limb, but I've read over and over that other, more highly evolved civilizations living elsewhere don't war, don't starve, don't age, and definitely don't believe in sickness or death. It's not within their mental construct. Maybe that's the key.

They govern themselves from within and see themselves as “One” like drops of water within the ocean all coming from the same Source.

If any of their sisters or brothers get off track they are lovingly helped back on to become a part of the “Whole” again. They strongly believe in the whole and oneness mentality. Whether you believe in this or not it's certainly worth giving some time and thought to. How do we get there from here?

Δ

*Please take a moment to listen to my song “We Are One” on YouTube!  
Link is below.*

<https://www.youtube.com/watch?v=JrTCm-n0dU&feature=youtu.be>





Animal Spirit Talker

Healing Through  
Animal Communication

920-495-7224

Lynn Schuster

**Telepathic Animal Communicator**  
***Animal Communication Expert & Teacher***  
***Sturgeon Bay, Wisconsin USA & the World!***

***Connect With Your Animals!***

- Learn if they're in physical pain, have fear or anxiety, and how you can help them
- Understand their behavioral issues, and how to change bad habits
- See how they're doing with any changes such as new food, or exercise routine
- Find out if they are ready to transition, and what they need from you
- Discover what your rescue animal's lives were like before they came to live with you

**I work remotely, meaning we can talk on the phone from anywhere in the world!**  
**Schedule a Private Animal Communication Session!**

**[www.animalspirtalker.com](http://www.animalspirtalker.com)**

***Sign up for your FREE REPORT: Life-Changing Messages From 10 of My Favorite Animals!***





## LUX ETERNA HEALING

HEALING YOUR MIND, BODY AND SPIRIT TO LET YOUR INNER LIGHT SHINE.

# AWAKEN. EMPOWER. HEAL.

**I use an intuitive combination of the following techniques:**  
Reiki, Energy Work, Chelation, Tibetan Pulsing, Transpersonal Development, Crystal Balancing & Healing, Cellular Memory Release, Lymph System Drainage with Crystals, and Balancing the Central Nervous System.

- \* Heal from the inside out.
- \* Experience freedom from mental, physical and emotional blocks.
- \* Transform limiting beliefs into ones of expansion & growth.
- \* Learn to choose love over fear by listening within.



### **Ann Ruane**

**Reiki Master, Certified Energy & Crystal Healer  
Owner/Sole Practitioner at Lux Eternal Healing  
Author of "Fall in Love with the Whispers of Your Heart"**

**[www.LuxEternaHealing.com](http://www.LuxEternaHealing.com)**

**[ann@luxeternahealing.com](mailto:ann@luxeternahealing.com)**

**Appointments available in person  
or virtually (Zoom, Skype)  
Monday-Friday | Online Scheduling Available  
Located in Pewaukee, WI**



# Free Spirit Crystals



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## **Stone of the Month: Fire Agate**

Fire Agate is the alchemist's stone which helps to transform you from one place in your life to where your soul is asking you to live.



**Diane Bloom is the Owner of Free Spirit Crystals and the Founder and Co-Director of Free Spirit School**

**Hours:  
M-F 11:00-6:00  
Saturday 10:00-4:00  
Closed Sunday**

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