

# The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 11 Issue 12 • December 2022

Inside...

Light Body Activations  
Stefanie Finn

Many Colors of Light  
Beverly Brunelle

Testimony of Light

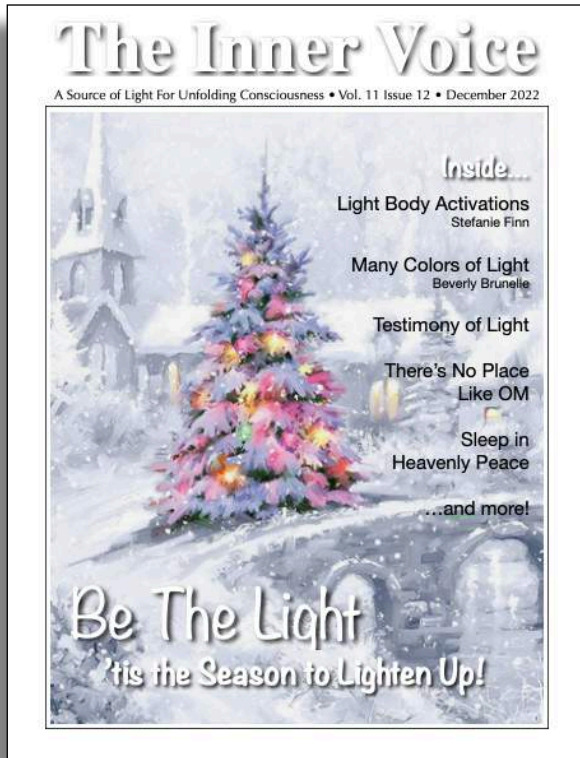
There's No Place  
Like OM

Sleep in  
Heavenly Peace

...and more!

Be The Light  
'tis the Season to Lighten Up!

## About the Cover...



The cover art is entitled “Christmas Bridge” and prints are available through The Macneil Studio. It is canvas art that arrives ready to hang, with hanging accessories included. No additional framing is required. Order Art Print #MNS213 here: [www.icanvas.com](http://www.icanvas.com)

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The Inner  
Voice



*Thank You!*

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

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





# Golden Light Healing

DREAM • EXPLORE • DISCOVER • GROW

Located just 15 miles from Green Bay, Wisconsin

## ~UPCOMING EVENTS~

### TRUSTING YOUR INTUITION

February 1, 2023 6:00pm-10:00pm

### LISTEN TO YOUR BODY & HEAL YOURSELF WITH MATT SCHMIDT

April 8, 2023 1:00-5:00PM

### MEDIUMSHIP TRAINING

December 17-18, 9:00am-4:00pm

### INTRODUCTION TO IRIDOLOGY WITH GIGI STAFNE

April 14, 6:00-9:00PM \$111

Iridology is a natural medicine modality and technique that identifies patterns, colorations, markings and other characteristics of the iris that can be examined to determine information about a patient's systemic constitution, health and dis-ease patterns.

### NATUROPATHIC CLINICAL ASSESSMENT SKILLS TRAINING WITH GIGI STAFNE

April 15, 9:00-3:00.

Acquire and practice gentle, non-intrusive assessments to help yourself, friends, family and clients. Learn tools and techniques that are ancient yet hold an important place in contemporary clinical CAM practices. Lodging options available.

## WHISPERS ON THE WIND SHAMANIC PROGRAM

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

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

## ANCIENT CELTIC IRISH SHAMANISM WITH AMANTHA MURPHY

March 18-20, 9:30AM-5:30PM. Lodging options available. Join Irish teacher and author, Amantha Murphy, from Ireland as she shares these ancient Celtic traditions

### REIKI LEVEL I TRAINING

February 3, 9:00am-4:30pm

### REIKI LEVEL II TRAINING

Contact us to schedule a date

### REIKI MASTER

January 11, 2023

9:00am-4:00pm

Includes apprenticeship



### Your Hosts

**Amy & Dave Wilinski**

**920-609-8277**

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

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 private group rental. Lodging options are available.

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



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## Dear Readers,

This issue of *The Inner Voice Magazine* is here to shine the light and spread the joy! Grab a warm beverage and give yourself some enriching time during this busy season to read, reflect, nourish and be inspired by all the offerings in this issue.

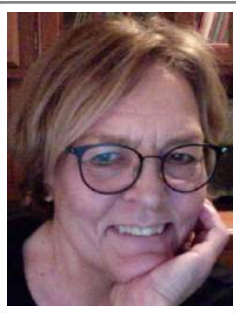
As 2022 comes to completion, I am filled with gratitude for all the lives we've touched, thanks to the dedication of the contributors and readers like you. Producing a magazine is a team effort and it would not exist without all of you.

*The Inner Voice* is a result of love, creativity and dedication... and a compassion to provide help and inspiration to people. I am amazed that I've been creating this magazine for over 21 years! Thank you for being our 'invisible' support team by reading and sharing TIV with your friends all these years! Please keep sharing the magazine and call on our advertisers whenever a need arises. We are all deeply grateful for you!

December is a season of holidays and celebrations in every culture worldwide. I believe we all want peace and love no matter how it is expressed. Let's be reminded in this season of Light, to 'Be the Light' and to see the light in one another. May the loving glow of the season remain long after the holidays!

Nancy

## Angel Talk™



By Nancy Freier and the Angels of the Great White Light

**Q. All I really want is peace, love and happiness. Why all this pain, disease, and chaos in life?**

Dear Ones, we remind you that you are presently enrolled in earth school, the place in the universe (university) that your soul ventured into to learn great lessons of worth and to know and feel love. Therefore, if you did not have lessons in learning these things, what would be the point?

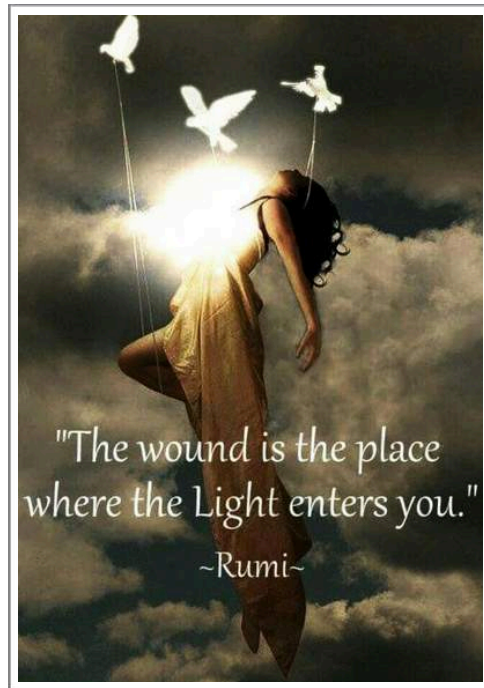
We stand by what we've always said, that pain is your greatest teacher because pain gets your attention like nothing else can. It awakens you to knowing something is amiss, and needs correction. And it is up to you to choose differently.

Have you heard the term *lighten up*? Choose a different reaction. Instead of asking why is this happening to me? Ask, what is this trying to teach me? When you understand that everything happens for a reason, and serves a purpose in your life, your energy around things will change.

We, the Angels of the Great White Light are standing by at every moment to guide you in new directions wherein you choose light and love and forgiveness over anger which is what the ego offers you. At any moment, you can become still and tap into the higher mind for new options. We are with you always to help you choose to be a joyful learner.

**Q. I am feeling a lot of anger lately and it seems to be affecting my capacity to see a bright future for myself. What can I do?**

# The Angels Shine a Light on Your Questions



Whenever you feel angry, take a deep breath and calm yourself down. It is a common human reaction, even your Master Teacher Jesus of Nazareth got angry.

Even though it's frustrating, we say you are in the spin cycle of letting go of anger and moving into peace. The wash or forgiveness/correction cycle is finished and the spinning has begun. This is where all the leftover threads of anger and unforgiveness of any perceived wrongs in your life, and wrongdoings that others have done to you that have frustrated you, are winding down the drain into nothingness and released. We say there is no need for you to stop the flow of release to reexamine any of them. If you hang on to anger it will fester and cause even more physical problems.

Call on us, your Guardian Angels, to cut the loose and hanging threads of these worn out anger garments. Call on us to shine the light of higher consciousness on you this

Continued on page 5



new day, and you will see that those stains have disappeared and your mind is free of angry residue. It's that simple, but not always easy disciplining the ego voice. Remember that anger hurts you, so let it go as quickly as you can. Choose peace instead, and choose it every time you have that decision to make. Give it to the Holy Spirit to handle, and let it be.

***Q. If the Heavenly Realms are so wonderful, why do souls choose to incarnate on Earth again and again?***

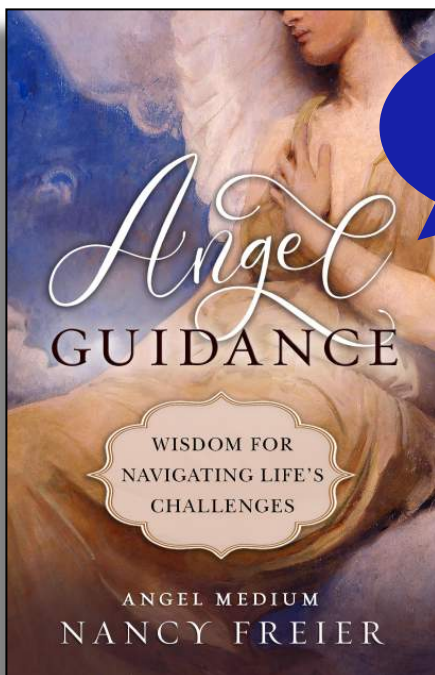
We say that the reasons are many and there are no short answers to your question. But suffice to say that souls incarnate in a physical body to learn lessons, and experience what things feel like. The channeled material called *A Course In Miracles* describes the descent into the physical realms as a fall from Grace that happened by your ego wondering if there was another place of existence other than the perfection of Heaven that God had created for you. With that thought that some call "the big bang" you fell to the lower realms (Earth) and began your incarnation cycle of let's say, climbing the ladder back up to Heaven. We call this karma.

Karma is the unwinding of the original thought of separation from your true state of Grace, or Eden. In ACIM it states that you could return to Heaven in an instant if you would simply choose it. And you choose it by forgiving the error that there could be something other than what God created.

△

**Send your questions for the Angels to answer in this column to: [theinnervoice magazine@gmail.com](mailto:theinnervoice magazine@gmail.com). Private readings are also available. Please see ad on right to order.**

**Nancy is also offering her unique "Learn Automatic-Writing" classes online. See ad on p. 16 for more information. ♥**



**Click [HERE](#) to get book!**  
Kindle or paperback

**Angel Guidance** is filled with the Angel's words of wisdom that will guide you to new possibilities. Their words will lift you above the fray and lovingly show you the way through life's challenges.



## Angel Guidance Readings

### An Endorsement From A Client:

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

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

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

**– Barbara LeVan Fisher, Author of *The Spirit of St. Hildegard***

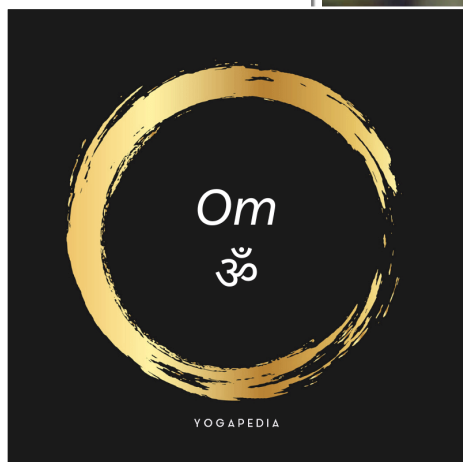
**Order Your Reading today!**

**[Angel Medium Nancy Freier](#)**

**<https://NancyFreier.com>**

# There's No Place Like OM for the Holidays... or any day! Here's the correct way to Chant OM and why you want to.

By Devakar Sandhu



During the chanting of [Om](#), or *Aum*, silence is maintained between two consecutive utterances. The state of silence is a state of [consciousness](#) known as [turiya](#). This is a state of bliss. And it is this state when one's identification with the [Supreme](#) happens.

(You may be wondering, [How do I prepare for being in silence?](#))

Before you begin [chanting](#), find a calm space. Sit in a comfortable position. For maximum comfort, sit cross-legged with an erect back. Make sure you are comfortable in your clothes. Wear loose clothes in light shades so that you feel free and not held back. Immense comfort is required for letting the channels of your body flow freely.

Now, here are the steps to take to correctly chant Om:

1. Turn your left palm up and keep it close to your navel. Place the back of your right hand onto your left palm. Maintain this position for the rest of the steps.
2. Close the eyes and get into a relaxed mode. Make sure both your body and [mind](#) are at ease.
3. Feel the vibrations that run through the body.
4. Once you have paid attention to the sounds and vibrations in your body, breathe in and count to five. As you exhale, count to seven. As you practice more,

you will be able to breathe in and breathe out for longer durations. This should be repeated thrice.

5. As you breathe out for the third time, chant "AAAAA" and feel your abdomen vibrating.
6. Breathe out completely and simply relax.
7. Then take a deep and slow inhalation. As you breathe out, chant "OOOOO" and feel your chest and neck vibrating.
8. Breathe out completely and relax again.
9. Exercise a slow and deep inhalation. As you breathe out, chant "MMMMM" and feel your head and neck vibrating.
10. Exercise exhalation, followed by relaxation.
11. Again, exercise a slow and deep inhalation. Utter Om as you breathe out. You should spend 80 percent of your [breath](#) chanting "A-U," and only 20 percent should be devoted to the syllable "M."
12. The chanting of Om should initially be done for three times. Slowly, you can work your way up to nine times.
13. As soon as your meditation ends, start breathing normally and spend five minutes concentrating on the breath.





# The Benefits of Chanting OM

Chanting Om can tune you in to yourself ~ and the Divine

By [Aimee Hughes](#)

When you say OM, what do you feel? Say it 10 more times, now what? Everything in the universe is vibrating energy. Your body, plants, trees, celestial objects and light are, at their most fundamental level, all composed of energy.

When you chant [Om](#), you are creating vibrating sound energy, thus tuning in to your inner [Self](#). The sound, Om represents is the same as you, and the universe around you.

**Om is believed to be the sound of universal creation.** What Om means and why its so often chanted in [yoga](#).

## What Is OM?

The significance of Om is difficult to grasp and explain. It is a [mantra](#) with such great symbolism and power that you need to allow yourself time to really [meditate](#) on its meaning.

But how do you go about this? Begin by simply chanting Om repeatedly, with [awareness](#), and the appreciation will come. It is through the repeated chanting of Om that you move into a meditative state and begin to engage with Om on a level deeper than that of the intellectual [mind](#). Only once you experience Om in this way can you begin to appreciate its sacred power.

As [Swami Vivekananda](#) explains: “Om represents the whole phenomena of sound-producing. As such, it must be the natural symbol, the matrix of all the various sounds. It denotes the whole range and possibility of all the words that can be made.”

## A-U-MMM

When you chant Om, you are chanting sounds that are the root of all verbal communication between humans. Om is composed of three [Sanskrit](#) letters, *aa-uu-ma*, or A-U-M, which sound like *awe-oo-mmm* when chanted.

All articulated speech and language sounds are created in the space between the back of the throat and the lips. When

chanting A-U-M, you will find the A sound is created at the back of the throat, the U rolling forward into the upper palate, and the M with the lips.

The three sounds are also said to represent the three states of consciousness:

- A is the waking state
- U is the dream state
- M is the state of deep sleep

Chanting Aum, or Om, invokes all possible states of consciousness. The Sanskrit symbol for Om is also believed by some scholars to pictorially represent these three states. (See OM symbol above). The largest, lower curve represents the A of wakefulness, the middle curve represents the U of dreams and the small upper curve is the M of deep sleep.

## The 5 Benefits of Chanting Om

**1. OM helps you to connect with your true essence on the deepest level.**

**2. OM calms the mind.**

Even putting any spiritual or philosophical allusions aside, chanting has a positive and calming effect on the brain and central nervous system. Chanting Om brings you into the present moment and gives you an anchor to remain mindful.

Om breaks through the chatter and cleanses the negativity, replacing it with a beautiful sense of clarity and unity. It acts almost as a detox for the mind.

**3. OM brings you into your body.**

When you chant the A-U-M sound, the vibrations reverberate through the chest then the throat and skull. This gives you an immediate sensory connection with the energy of the body and can help you to feel more in tune with yourself and your physicality, to the [heart](#), [throat](#) and [crown chakras](#), which are the chakras related to higher [consciousness](#), exactly the states you hope to connect with through yoga.

**4. OM connects you with others.**

When Om is chanted in a class, the sense of togetherness and community created through that shared sound can be incredibly powerful. You are literally bringing your energy together with that of the other individuals in the class.

When all the individual Oms come together to form one cohesive Om, you find your place in the universe and can begin to acknowledge the extent to which separation between individuals is an illusion.

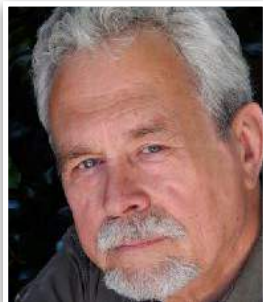
Not only that, but you are also connecting with the ancient yogic tradition of chanting Om, building a bridge between your practice and the rituals of those who have chanted it for thousands of years.

**5. OM marks the beginning and end of practice.**

Our lives tend to be busy, chaotic and often stressful. Yoga and meditation can provide valuable opportunities to step away from the noise and move into mindfulness concentration and awareness. However, it can be hard to switch immediately from the dynamism of daily life into a meditation practice. Chanting Om can be an effective way to provide a chance to pause and reflect, allowing for a moment of reflection on what has taken place.







# Testimony of Light

## An Extraordinary Message of Life After Death

By Helen Greaves

**T**estimony of Light is about life after death—and the amazing story of a friendship that endured beyond the veil. When Frances Banks died on November 2, 1965, her friend Helen Greaves was by her side. Then, one evening, some three weeks after Frances' death, Helen sensed her presence. This encounter marked the beginning of an extraordinary contact between them from either side of the veil. Moving and inspiring, this book is a testament to the enduring power of their friendship and offers an important message to us all — that the death of the body is but a gentle passing to a much freer and fuller life.

It is so rare to discover a book that awakens so many profound truths in one's

own heart. *Testimony of Light* is a powerful, candid view of life after death as experienced by Frances Banks (formerly Anglican Sister Frances Mary) and communicated to Helen Greaves via mental telepathy. The communion between these two women (who were close friends before Frances Banks died) was achieved as a natural outpouring of their mental telepathic skills which were developed over the years of their friendship. Telepathy is a more direct and reliable form of communication than your everyday forms of mediumship and the scripts were later authenticated by those who knew them both and who were familiar with their individual writing styles.

For many this book will be 'an eye opener' on many subjects of a spiritual nature. If you are frustrated living in a world of hype and lies, then *Testimony of Light* is one book you can truly learn from. If you are led to read the book, it indicates that you may have come to a stage in your life where you hunger for spiritual freedom and are ready to question your earthly existence in an animal body.

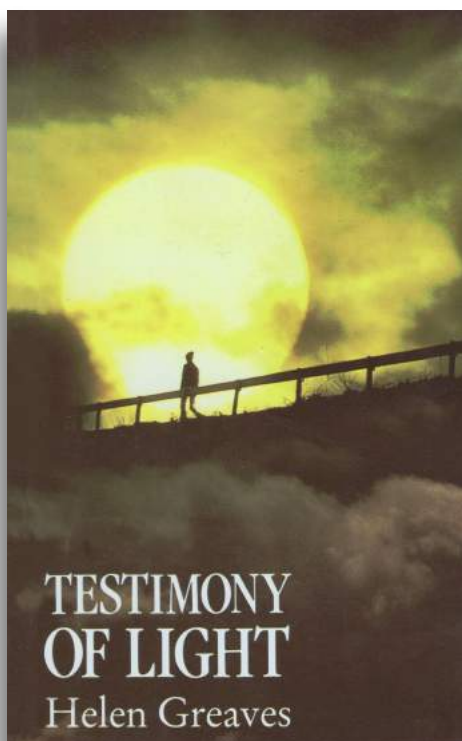
The aspect of the book that struck me most was its overall honesty. I recall how the newly departed ex-nun told her friend Helen, "I did not see Jesus." That had a profound impact on me because it confirmed that when we make our transition there will be a basic similarity to the world we just left, not what many religions preach about the fairy tales of seeing Jesus, the heavenly gates, sitting on clouds singing praises, strumming harps, etc. She described cities and said

people seem to go about their business as if they had jobs. I have read many similar accounts which confirm her observations.

One of my absolute favorite stories concerns a former Nazi official who had somehow been rescued and lifted out of the dark bondage of a hell of his own making to the hospital setting (where Frances worked) where he had dwelt since the end of the last war (WWII – over 20 years ago by 1965). Part of his healing story was intertwined with that of a Jewish woman who obviously had suffered as a result of the Nazis and now had to learn to forgive him before she could move on. And part of her journey was to assist him in healing! This may not seem fair at first glance, but the truth is that we are all connected in some fashion and in the long run cannot escape from the consequences of our hateful thoughts and actions.

Professor Stafford Betty, who actually teaches a class about the Afterlife had this to say about the book: "This is the most plausible, most interesting, and most inspiring afterlife account I've ever read, and I've read a bunch of them. A fine intelligence is at the helm throughout. One of the book's special assets is the many descriptions of people she meets over there, some of whom live in the 'shadows'—or what we might call hell. Hope is held out for everyone, but cheap grace is not to be found: your experience over there is calibrated to your moral and spiritual maturity in this world. The book is a riveting appeal to live life wisely before death. You will want to after reading this very remarkable book. I'm a

Continued on page 9







The late FRANCES BANKS, M.A.  
(formerly Sister Frances Mary of the Community of  
the Resurrection, Grahamstown, South Africa)

college professor, by the way, and it is the crown jewel of my death course. Religious fundamentalists and diehard atheists often detest the book. Most people in between love it. That in itself is a great advertisement.”

Even though Frances was a sister (Frances Mary) in the Anglican Church for 25 years, her experiences after death reach beyond the dogma of hers or any religion, and embrace the universal. With vivid descriptions of her experiences, Frances Banks shares story after story in what she describes as a half-way house where she assists newly arrived souls to adjust to life free from the restrictions and distractions of having lived in a physical body.

This book makes you look forward to dying and being on the other side, and encourages the reader to prepare now for the life to come. It's a beautiful work. Count yourself blessed if you discover this book and blessed again if you read it. Such a gift! [Get it on Amazon.](#)

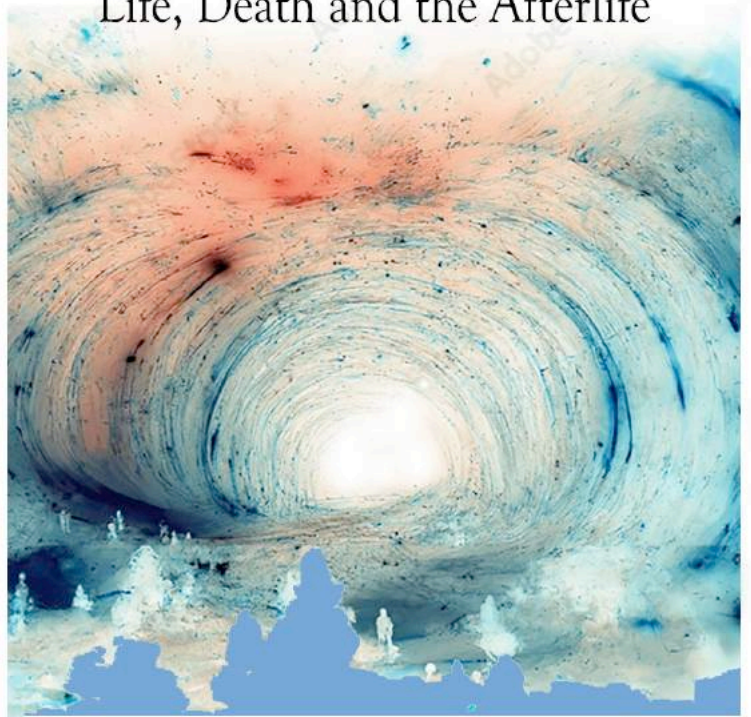
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**Steve Freier is an Afterlife researcher and book reviewer of metaphysical topics. He is the author of “My Road To Healing - How I Ditched My Doctor’s Advice and Healed Myself of CLL Stage 4 Cancer” available here: <https://amzn.to/3agweoq> For more of his book overviews, visit: [www.myunobstructeduniverse.com](http://www.myunobstructeduniverse.com) Steve hosts an After Life Discussion Group in Sturgeon Bay, WI. See ad on this page for details. Contact Steve at: [sgfreier23@gmail.com](mailto:sgfreier23@gmail.com)**



## An Afterlife Discussion!

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



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

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

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

**Location:** ADRC of Door County  
916 N 14th Ave. Sturgeon Bay WI 54235  
**Time:** 1pm — 2:30pm  
**Date:** December 15, 2022

(Every 3rd Thursday of the month)

*See You There!*



# Many Colors of Light

**Beverly's intuitive energy work supports people to discover their clarity, wisdom and power to make wise choices and empowering changes that are aligned with their true values. Schedule a free 30 min clarity call. [Beverlybrunelle.com/contact](http://Beverlybrunelle.com/contact)**

**W**hat color do you think of when you hear a reference to the word *light*? Have you ever noticed how different colors of light influence how you feel?

People most commonly think of white light as their go to. I think it is time to actively expand our perceptions and resources, for there are many frequencies of light. We can naturally see the colors of a rainbow. Other light frequencies we need special tools to see, like with kirlian photography. And more frequencies of light are beyond our visual capacities. But, some may not be beyond our sensing capacities when we refine our sensitivity to perceive in new ways.

Color and light can stimulate energetic responses in our body, mind, awareness, emotions and consciousness.

A simple and enjoyable way to experience various possibilities of colors of light frequencies is to listen to my guided heart light meditation. It is a free gift offered on my web site: [beverlybrunelle.com](http://beverlybrunelle.com). During the guided meditation journey I create a sacred space for you to relax and invite the light in the heart space within, to grow in its' glow. I invite the light to expand with every breath, and to gently fill the body with its delicious heart light marinade. When I ask clients

and students what colors they perceive their heart lights to be, they offer a great variety of reports. They see, sense, or feel pinks, fuchsia, blues, lavenders, greens, golds, and many new colors that have no names.

Each time they listen to the heart light journey, they notice different and unique colors show up that are more healing,

loving, and calming to meet the needs of that specific moment. The more the person relaxes their expectations, the more they are able to sense, feel and see the refined energies and color tones of the heart light within them. Each person receives their own unique healing frequencies of light, and with each frequency there are unique sensations and insights that are activated in the body and emotions. Check it out for yourself! It's a delightful experiment to explore the different colors of light that show up in your body, along with the wisdom they expose.

The unseen light is most revealing. Our bodies store information from our early development and also from our ancestral sources. We are each an energy encyclopedia of wisdom, creativity, trauma, beliefs and pure potential. When we call upon the highest frequencies of light to reveal our hidden agendas and ancestral patterns, we can discover a great power to create dynamic and wise healing throughout the family tree.

You have probably heard of auras. An aura is an energy field that shows up around both living and non-living beings, which is made up of different colors of light frequencies. Auras are unseen to the naked and



Above are some examples of Kirlian Photography.

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Many Colors of Light from page 10

untrained eye. Yet, the presence of various colors of light emanating from the body has been captured with a unique process called Kirlian photography. Light holds information that we can interpret as we tune in to receive its' messages.

The Light of our Essence is our unique higher light frequency that informs us of new possibilities that are typically beyond our regular ways of perceiving ourselves and our life situations. You just have to ask. You can call it magic or miracles; synchronicity or luck. I believe it is time for us to make this practice of calling in the highest light of our Essence, the new normal way of approaching life.

There are many color frequencies of light. I feel it is important to expand our capacities to explore and experience the effects of the various frequencies of the highest light in our daily lives, for the simplest and for the most complex of situations. The highest light is a rich source of new information and new possibilities at this time where we indeed need new clarity to make new choices and take new action.

△

**Listen to Beverly on the  
London based podcast...**

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with Kiran Kumar**

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After 50"**

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<https://podcasts.apple.com/gb/podcast/you-are-not-invisible-after-50/id1649033920>

**SPOTIFY:**

<https://open.spotify.com/show/Oy3yi5pzY3Nlqe3WGUZmIm?si=yfCLJ5w3S-Oul5JAODjkQA&nd=1>

**Please check her out on  
Episode #10  
Available by Dec. 12**



## From The StillPoint Within By JA Dioguardi



### A Reflection of Light

We are each a reflection of Light,  
passed through the prism of Soul into form.  
When blindly bound by the goal to be right,  
false perceptions will make us conform.

We must, instead, shine the truth at our core  
into dazzling exhibits so bright  
That the images formed  
(when viewed through the heart)  
are refracted from basic white  
into colors that then take flight!

Humanity's art  
springs from limits transformed,  
and its mystic design will unite  
us all through knowing celestial rapport.

Every life's an electrical storm  
that's charged by Source so that love can ignite.  
Passed through the prism of Soul into form  
we are each a reflection of Light.



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



Let's Talk Crystals ~ By Lori Andrus

# Bring Soulful Closure to 2022 with Sodalite and Fluorite

**A**s 2022 comes to a close, two crystal allies guide us to bring soulful closure to the year: Fluorite and Sodalite. Together, they help us close the door to what is complete and open our hearts to the infinite, unseen potentials for life.

Focusing fluorite helps us see the past year clearly; to recognize all that we have accomplished, experienced and moved through. Along the way it brings a wave of compassionate presence so that we may honor and lay down what is complete and create space for the ideas, dreams, and visions that are ready to emerge in 2023. Dreamy sodalite invites us to drift into unseen realms where infinite possibilities reside. It opens our heart to the dreams meant for us to bring to life.

The energy of this crystal pair can be overwhelming at times. They are persistent. They believe in the beauty and power of our dreams. They know the naturalness of dreaming. They know the fulfillment we experience as we move toward our dreams, gently bringing them to life. Most importantly, they encourage us to be persistent in the pursuit of our

dreams by nudging us forward and encouraging inspired action. They also know that it is natural for things to pop up as we pursue our dreams: challenges, disappointments, emotions, resistance, fear, doubt, hesitation, unworthiness, insecurity, and so much more. From time-to-time, these are the things that we let stop us. Fluorite and Sodalite remind us that they are actually opportunities to summon new levels of courage; to grow, heal, and evolve. Reflection is a wonderful way to see our experiences with a fresh perspective, recognize our growth, lay down what is complete, and create space for what is on the horizon.

As we near the winter solstice and the close of the year, it is a wonderful time to listen within. The energy of the season supports a dreamy vibe of reflection and open hearted connection with self, spirit, and all of life.

Schedule a bit of alone time. Light a candle. Burn your favorite incense. Put on some soft, reflective music. Prepare a warm beverage. Grab your journal and a pen. Set a piece of fluorite and sodalite beside you and sink into this end of year reflection



Heart-shaped Fluorite

ritual. What was amazing in 2022? What was challenging in 2022? How are you seeing or experiencing your life in new ways or differently at the close of 2022? What patterns, stories, beliefs, or ways of being shifted for you during 2022?

What new insights, deeper understandings, or nuggets of wisdom have you gleaned through your experiences this year? What seeds, ideas, hopes, or dreams have you planted in your life that you intend to nurture in the coming year?

Is there anything that needs to be honored, released, and completed as this year comes to a close?

Next, if it feels right, create a little ceremony or ritual to honor your experience of 2022. Release what is complete. Celebrate what you received. Create space for the magic of the coming year.

△

**Rise into your soul wisdom. Discover shamanic practices and crystal rituals for activating your sacred path. Begin today with the Crystal Magic journey: <https://loriaandrus.com/crystal-challenge> LoriaAndrus.com**



Sodalite





# Lori A Andrus

artist. ceremonial guide. wisdom teacher.

## Online + In Person Events

*Connect with the sacred. Explore your inner wisdom. Remember your light.*

**Journey Jewels Online Jewelry Show + Sale** - December 4th - December 8th (online)

*Shop Lori's consciously handcrafted crystal & stone jewelry. Shop at [JourneyJewels.com](http://JourneyJewels.com)*

**2023 Crystal Forecast** - December 18th, 10am ct. (online)

*Join Lori as she taps into the collective pulse for the coming year and connects with the monthly crystal allies.*

**Winter Solstice Ceremony** - December 21st, 6pm - 7:15pm (online)

*The Winter Solstice marks the longest night of the year. Join Lori for this soulful event & savor the dreamy energy in ceremony.*

**Crystal Soul Fusion** - January 6th, 6pm - 7:15pm (in person at Balance SoundSpace in Manitowoc)

*Embark upon a soulful journey to connect with your voice of inner wisdom. Experience messages from the crystals as Lori weaves together the sounds of the drum, rattle, and native flute to carry you on a soulful quest.*

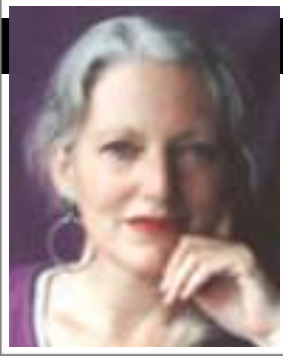
**The Foundations of Ceremony** - January 31st - February 28th (5 week online training)

*This highly experiential class will open your heart to your unique medicine as you explore your relationship with the sacred through the art of ceremony.*

**The Sanctuary Circle** - Ongoing. A sacred space to nourish your soul & reconnect with your inner wisdom.

*Join Lori for virtual Full Moon Ceremonies, New Moon Community Calls, inspirational messages, a growing library of guided meditations, crystal insight, sacred practices, and soulful resources.*

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



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

# Replacing the God of War with the God of Peace

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

**C**rime and punishment in America is based on the God of War concept and it leads to the same recidivism repeatedly, just as the Middle East is engaged in the same eye-for-an-eye engagement because they are wedded to the God of War. What does this mean, the God of War?

It is the Old Testament judgmental deity who elevates one group over another and inflames them to war against all that defile its identity, or grip of power. This is a relentless ‘god’ who never rests until vengeance is extracted. The problem is that this god is viewed from several different perspectives — each claiming to be the only true inheritor of its divine stamp of approval. Yet there is no pleasing this god. Its lust for revenge is legendary. All one need do is read the Bible, or other religious texts. A never-ending fear-based loyalty is demanded and extracted. The penalty for disloyalty is death — often through torture.

When one strips away the indoctrinated level of fear, one has to ask — “How

could this god have created the universe?” The answer is ... it did not. This is a subservient god to the ego-based identity of the tribal hierarchy. There can only be one king, one dominant figure, and the rest is subservient to that figure who rules by force and innuendo. Instilling fear and holding ruthless justice over one’s head can hold a tribe together, but it leads to resentment, bitterness, disregard for life, and it stifles the true potential inherent in all humans — the divine gift of creativity, love, and compassion.

As long as we worship at the feet of the God of War, Earth will continue to go through the ravages we see of one group against another ‘in the name of God’ (or Allah, Justice, etc.) As long as we allow this patriarchal view of god to lead the way, our road is filled with slings and arrows, because that is the only way this god controls.

In this new millennium, we’ve moved into a new vibration and the possibility is to depose this warrior deity and replace ‘it’ with the force of life, love, light, and forgiveness. This is the creator God that Jesus spoke of, the one who asks us to turn the other cheek, to love our enemies as ourselves, to forgive them for they know not what they do.

This ‘new’ God seeds life abundantly. This is the verdant green God that brings us the lilies of the field and the rich forests and flowering meadows. This is the God that clothes and feeds the Earth in light and love. This is the One who holds us in the palm of His hand and comforts us in times of trouble. This is a compassionate God — the only one who could forge creation into the living beauty that it truly is.

Until we claim and acclaim this Creator God, we will sadly continue to extract an eye-for-an-eye and a tooth-for-a-tooth until the world is littered with the corpses of an insatiable war god who knows no peace. ♥

## From A Course In Miracles: XI. The Peace of Heaven

(ACIM, T-13.XI)

1. Forgetfulness and sleep and even death become the ego’s best advice for dealing with the perceived and harsh intrusion of guilt on peace. <sup>2</sup>Yet no one sees himself in conflict and ravaged by a cruel war unless he believes that both opponents in the war are real. <sup>3</sup>Believing this he must escape, for such a war would surely end his peace of mind, and so destroy him. <sup>4</sup>Yet if he could but realize the war is between real and unreal powers, he could look upon himself and see his freedom. <sup>5</sup>No one finds himself ravaged and torn in endless battles if he himself perceives them as wholly without meaning.

2. God would not have His Son embattled, and so His Son’s imagined “enemy” is totally unreal. <sup>2</sup>You are but trying to escape a bitter war from which you *have* escaped. <sup>3</sup>The war is gone. <sup>4</sup>For you have heard the hymn of freedom rising unto Heaven. <sup>5</sup>Gladness and joy belong to God for your release, because you made it not. <sup>6</sup>Yet as you made not freedom, so you made not a war that could endanger freedom. <sup>7</sup>Nothing destructive ever was or will be. <sup>8</sup>The war, the guilt, the past are gone as one into the unreality from which they came.

(ACIM, T-13.XI.1:1-2:8)



“There are some who bring a light so great to the world that even after they have gone the light remains.”  
-Author Unknown

PHOTO: ©Jane Erica Hutchison





# The Art of Sacred Balance

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

**S**acred Balance is about finding your inner light. The world out there is chaos, distractions, and deep rabbit hole labyrinths, that pull you in. You find yourself drained of energy because these are things out of your control. Now more than ever, is the time to step back from helplessness, and consciously move forward in light and power.

Like the Alchemists of old, we must be the magicians who turn the rocks of life into pure gold. Luckily, there are steps to follow to come back to ourselves. This is the inner journey to rediscover what really matters to us, to shift our focus, and to mindfully set a new course of action.

First of all meditation, stream of consciousness writing, or at least quiet time, tells the Universe you are ready to nurture your Self. Some find this in journaling, working with flowers, or cooking from scratch. Others feel exercise, yoga, or dancing is the way. Of course creativity, making art, painting, sculpting, crafting are wonderful ways to pull away from the world out there, and form a sanctuary for listening. Look for something that takes you away from 'thinking,' and into the realm of 'listening' for whispers of inspiration.

I enter my sacred temple of creation, otherwise known as my studio, my personal space to imagine, create, and grow. Each morning begins with stream of consciousness writing. When it came to balance, I wrote all about ravens and rabbits. They are my Above and Below, flying free and being grounded, as well as my inner spirit guides and outer physical companions in the neighborhood.

Secondly, create a ritual for yourself to get into the feeling of exploring the unknown. Unwrapping a new canvas, setting out my tools, pastel pencils, favorite brushes, and palette create a place for new creativity. It's an exciting time.

Ritual must involve your favorite things and immerse all the senses. Light a candle, burn some incense, play instrumental music, wear your favorite clothes and jewelry to create a warm, peaceful mood. Making a cup of tea or coffee, as well as consciously eating wonderful chocolate, are fantastic rituals to begin a path of discovery.

My painting above, Sacred Balance, became exciting as I realized the background for the critters needed to be a Circle within the Square, the symbol long known to be Spirit within the Body. Then the magic number 7 appeared as the total number of ravens and rabbits, forming a Triangle within spirit.



Sacred Balance by Pat Gullett

Sacred Geometry would lead our eyes to the Source, the flowing wisdom of Light.

Sacred Balance is doing the Great Work.

Thirdly, you must be the maker, the creator of a new way. Move the energy, your focus and attention, to how you really choose to live. Realizing the chaos of the world is really your teacher, consciously transforms your focus and knowing as you learn what you really want in your life. See chaos as the dark that illuminates your Light. It is the Yin to your Yang. Now, consciously, with intent, create the future you desire. This is Transformation, Alchemy, at its highest level.

I found myself filled with a lightness of being, a bright happiness at realizing and seeing the world in a new way. I've discovered my Sacred Balance, my Light within, as well as a way to live, flow, and flourish.

So, discover the wisdom that dreams your future into Being. In quiet time listen for answers, create your personal rituals to feel the energy, and be the Magician, manifesting magic with your conscious choices and Sacred Balance.





**By Dana Claudat**

Most winter solstice celebrations aim to release darkness in favor of light. It's a fitting way to end the year and make way for new beginnings. The winter solstice means something special to people and cultures everywhere. It's a reminder of how we're all children of the same universe.

**T**he Winter Solstice has been celebrated since ancient times as a way to connect with Nature, build tighter bonds, make wishes, and welcome in the days of more light ahead. Some ideas for celebrating this auspicious day include:

*\*Light candles. They are a big part of the solstice that is a celebration of light! Make a wish as you light each candle.*

*\*Grab some Nature: fresh branches, pine cones, berries, potted evergreens or other seasonal nature items and bring them inside to your dining table, kitchen or other areas where your family gathers.*



*\*S-t-r-e-t-c-h! Stretching activates the 'wood energy' in your body and that promotes the energy of positive change.*

*\*Write down your wishes ~ tons of them. Write and write and write and write. These are thoughts to plants as seeds that the December New Moon will energize.*

*\*Tell people you love them. Giving gifts is also traditional during the Winter Solstice.*

Pick one, do them all, or do your own. This is a wonderful time to celebrate, connect and bring more light to your life. If you want to make this extra-special you can take some time to release the old stuff you've been lugging around in your memories. These simple ways to release the past can get you going in a wonderful new direction!

Δ

**DIY Celebrations and 'Make A Fresh Start Ideas' adapted from Dana Claudat. [www.fengshuidana.com](http://www.fengshuidana.com)**

## Learn the Basics of Automatic Writing!



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

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

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

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

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



**E-mail: [Nancy](mailto:Nancy) to book your session now!**



## Potpourri

*Down near the bottom  
of the crossed-out list  
of things you have to do today,  
between 'green thread'  
and 'broccoli' you find  
that you have penciled  
sunlight.*

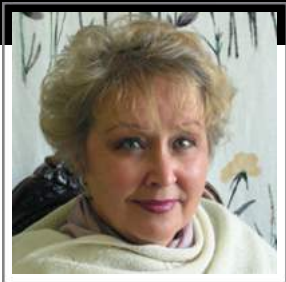
*Resting on the page, the word  
is beautiful, it touches you  
as if you had a friend  
and sunlight were a present  
he had sent you from some  
place distant  
as this morning  
to cheer you up,  
and to remind you that,  
among your duties, pleasure  
is a thing  
that also needs accomplishing.*

*Do you remember?  
that time and light are kinds  
of love, and love  
is no less practical  
than a coffee grinder  
or a spare tire?  
Tomorrow you may be utterly  
without a clue  
but today you get a telegram,  
from the heart in exile  
proclaiming that the kingdom  
still exists,  
the king and queen alive,  
still speaking to their children,  
to any one among them  
who can find the time,  
to sit out in the sun and listen.*

**~ Tony Hoagland  
Earthschool Harmony**

*I pray to the birds because they  
remind me of what I love  
rather than what I fear. And at  
the end of my prayers, they  
teach me how to listen.*

*~ Terry Tempest Williams*



Tuesday Teachings By Meredith Young-Sowers, D.Div

## I Am Forever Spirit

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

**A** while back a colleague referenced a phrase I had not heard before — “forever spirit.” She said it was an aboriginal phrase meaning “we are spirit” rather than “we have a spirit.”

This is one of the most difficult concepts for any of us to hold because, with our normal linear perception, things are objects. There is an “us” and then everything else is “other.” So it’s easy to feel that we have a Spirit, rather than we are *forever spirit*.

I think in these difficult times when we see so much death happening from natural disasters such as with hurricanes and earthquakes, and hearing about deaths on the news every day, it is somehow reassuring that we are forever spirit; and, that our physical bodies don’t just die, but that we live on.

There has been so much written over the millennia about what happens when we die, but I still come back to my own spiritual teacher Mentor’s suggestion, that there is an observation mode when we first leave our bodies; where we collect ourselves, and get used to the new terrain, so to speak. While we are aware of our previous life, it only registers

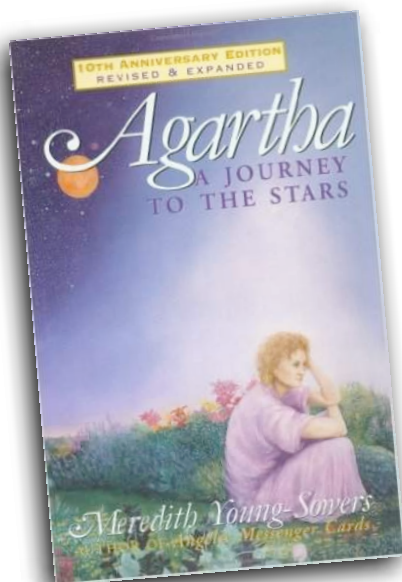
through the people we’ve loved and the people who have loved us. Love is the only tracking device.

Then, when our own True Self chooses, we relax into the Great Universal Consciousness, our Expanded Self, and merge with the Great Sea of All That Is. Then, miraculously at some point, we awaken and are drawn back toward another physical incarnation, picking up a new personality and the familiar stories, traits, and challenges we’ve been working on all along.

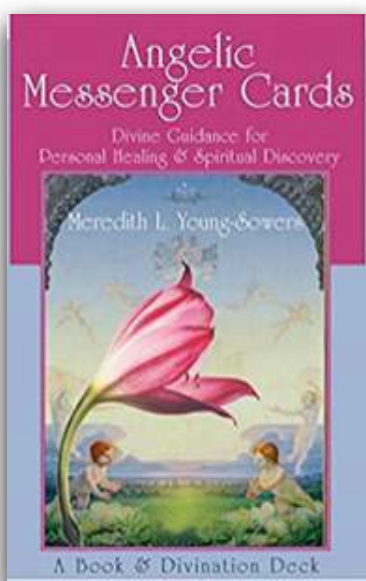
When I see death and destruction and hear about the painful physical challenges of those I love and within my own family, I try to hold in my mind that there is more than we can see and know with our personal view, and that we are all — and are always going to be... forever spirits.

~ Meditation ~

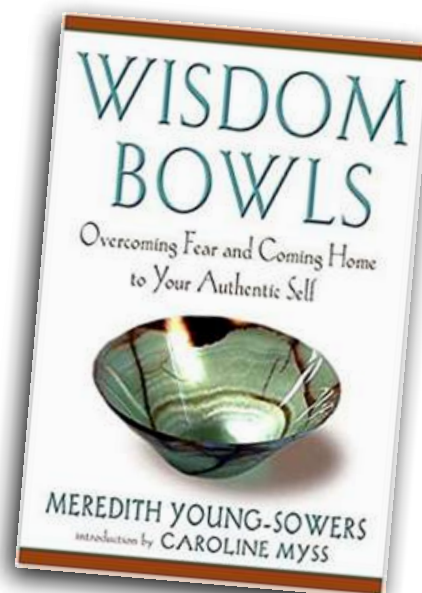
***As you place your hands over your deep heart with me today, say to yourself, “I am a forever spirit – I am a forever spirit – I am a forever spirit; and, I will live on, and on, and on.”***



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



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



**Wisdom Bowls: Overcoming Fear and Coming Home to Your Authentic Self**



# ASTROLOGY WITHIN By Barry Kerr

## JUPITER – Expanding Awareness

Rules: Sagittarius

Element: Fire

Over the course of 2022 we explored each of the planets as the active, sub-parts of our personalities, each one corresponding with a chakra in our body system. The illustration below shows the chakra related to this month's planet, Jupiter.

Jupiter represents the part of us that knows, albeit subconsciously, that we are really spiritual beings having human experiences. We each have this inner knowing, and from the moment we are born into these dense, physical bodies, with all the illusions of separation and limits, our inner Jupiter remembers being whole and infinite. Thus begins the subliminal longing to realize that truth as our experience in this world.

As children, this gets expressed as the joy of adventure and fearlessness of taking risks. This continues as enthusiasm for travel, philosophy, new perspectives, and new opportunities for growth. Over time, life's challenges and complexities inspire us to seek understanding and meaning. Thus religion, spirituality and metaphysics begin to resonate. These are ways we attempt to see, with our mind, past life's illusions, seeking reconnection to the reality of our spiritual identity.

Jupiter rules the sign of Sagittarius. Sagittarius is the part of the journey through the zodiac in which our ego, after surviving the dark and threatening crucible of transformative Scorpio, is reborn, ready to live a new day, in a new way, more conscious of being a servant to the higher soul, to spirit. This is the emotional and psychological alchemy that inspires our inner Jupiter to grow past our ego's limited and childlike views and begin to ask adult questions about reality and our place in it. Sagittarius invites that exploration and fuels the path of the truth-seeking Jupiter.

If I can survive death, what does that mean? What meaning does that give to life? How shall I now live? In finding the answers to these questions and more, our journey gives our life deeper meaning and brings us closer to discovering a higher sense of earthly purpose. The next sign of Capricorn will help us give definition, structure, and impact to that purpose.

However, if our ego has not yet embraced the rewards of spiritual awakening, then Jupiter's natural longing for truth remains clouded by the dense illusions of separation, created by

the limitations of our body's five senses. Our ego will still think and act primarily from fear and is drawn to the limiting beliefs, the philosophies, and the religious dogmas that resonate with that fear.

Our sense of worldly purpose will then of course spring from that limited perspective and meaning. Capricorn and Saturn, waiting on the horizon, will deliver us tough love through lessons of accountability, consequences, and discipline, thus providing karmic fuel for our next journey through the cycle.

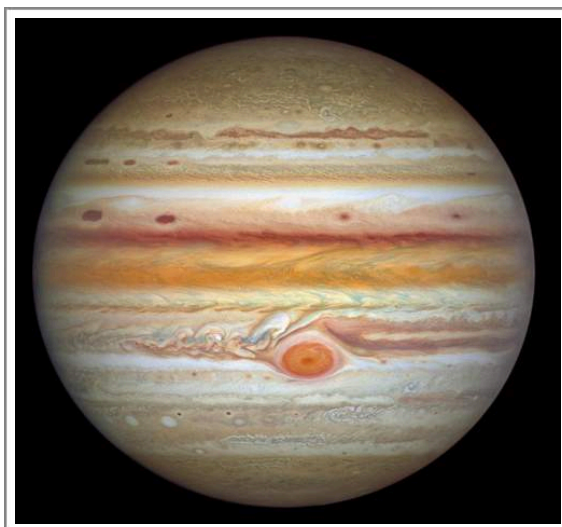
Some healthy attributes of our Jupiter include travel, adventure, exploration, deep questioning, seeking truth and wisdom, optimism, generosity, listening to intuition, teaching. Unhealthy attributes are over-indulgence, arrogance, dogmatism, excessiveness, unrealism, preachiness.

In your body, the energy of Jupiter sits in your 2nd chakra. Close your eyes and put your hands over your lower belly. Take a deep breath. Remember the feeling of being a little kid waking up to a new

summer day, excited to go out and play, feeling anything is possible.

To lend strength to your Jupiter, try repeating the following affirmation: *I am a spiritual being of consciousness. I have come into this body to explore and learn about this physical dimension. Ultimately, as a soul, it's an adventure, a joyful expansion of the love, goodness, and beauty that I am.*

△



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



# Light Body Activations

## A Channel by Stefanie Finn from “The Mighty Angels”

Stefanie Finn is a channeler of “the Mighty Angels” and an Ordained Minister of [A Course in Miracles](#), a writer, speaker and spiritual guide. Look for more from her in future issues of The Inner Voice. [www.StefanieFinn.com](http://www.StefanieFinn.com)

**L**ight Body Activations are the huge theme right now. The precise activation of the star of David is here. There are wise angels in your midst. There is a collection of showers coming forth on this place. It is a soirée of light.

The Cardinals will embrace you this Christmas because of the lovely light language codes that they attest. They frequent a

high vibrational status. Sail mightily heavenward now, this is your pilgrimage plan.

The star frequencies of David are blasting toward you now, now, now, and now. They are equated with your kismet. These new plans will seem to fall from the sky.

Erode new inroads now. In the midst of the segregation and the heart-wrenching torments of society, your sparkle will shine throughout eternity.



- A standoffish approach is best when there are any kind of reprisals going on.
- Light Body activations are the huge theme right now.
- This is the largest frequency enabler of a lifetime.
- The Star of Gabriel is helping with these new plantings.
- Extreme testing can be part of this, but do not be in fear.
- This is the awakening of the light in your mind. This has nothing to do with cells and bodies, and everything to do with the Christ Light being activated in your glorious mind.
- Your contribution to the entire cosmos has been sparked through this event; this Merkabah landing into your mind.
- This is like cosmetic surgery, but for your mind. A God-infusion here, and A God-infusion there, nip, tuck, and you're done.
- The silent star of Bethlehem is upon you, and it is calling your name.
- Your light has been pronounced from the heavenly realms, because you have chiseled out the star within your mind.

All the late night and early morning ‘terror streams’ have been lovingly set aside like bad food on a plate, so that a shimmering glory of sunshine, and the Mexican jumping beans of joy can beam into your mind like long-forgotten golden pellets from Heaven. Hereto we say to you: *“You are loved, you are showered with shavings of eternal joy, and you are blessed.”*

Δ





## You Shine

As you tread softly through the prisons  
and the fox holes in the deserts  
You shine  
As the risky business of life  
seems to snare you in a trap  
You shine  
As innocence seems to flounder  
like a fish on the beach  
You shine  
Like harps playing through the corridors of hell  
You shine  
You are frozen in His Mind  
like a startling array  
of shimmering diamonds  
There is nothing going to stop  
His Mind from piercing through  
the madness of insanity  
As fractured minds refrain from joining and are perplexed by  
all the mad and tall tales they tell themselves  
You shine  
Your mind is a clear channel for the other way  
You too have sought for other ways through the stars and  
galaxies and the minds of men  
You have screamed from the top of your lungs the denial of  
the truth  
You have told all the stories your brothers are telling you now  
You have released your need to be right because you would  
rather have the brightest spot occupying your mind  
As the star of Bethlehem is the cosmic transmitter  
remarking brightly across all states  
Your mind is now being used  
as a cosmic transmitter for God's light, truth and Justice  
In you is all of Heaven. (ACIM, T-25.IV.5:1)  
And so it is.

## Trailblazers

Trailblazers are now becoming strengthened  
by their experience.  
They are seeing shadows as igniters of light.  
They are leaving trail mix behind them,  
to feed others who will walk behind them, with their light.  
They are the stargazers and the horizon busters. They collect  
Pilgrims like pockets emptied and ready to be filled to the max.  
They are equated with the Star-master, Sirius.  
There is never a weakening, but a strengthening through  
experience. Experience is the great contributor to your mission.  
We are the way-showers and the truth tellers. We announce from  
the star Sirius this newsflash:  
There is a pristine solution to every problem. Explore the truth  
in this, and you will be free.  
Never regard yourself as unfairly treated or imposed upon. As a  
problem appears to throw a sack of potatoes on your back, and  
proposes to demolish every single miracle mindset you have  
achieved up until now, we offer this solution to your mind:  
Offer a "tailgate" to every opposing thought the ego can throw  
at you. In other words, instead of letting it (ego) become  
strengthened in your mind, watch its presence become  
diminished as you watch it drive away in your mind, like a set of  
fading tail lights.  
And you will be left sitting in the car with your Thought  
Adjuster, or the Supreme Corrector of your thoughts, as you  
drive off into eternity.

**With much love,  
Stefanie Finn**





Botanical Bliss By Gigi Stafne MH., ND

# The Mutable Body

## Soften, Open, Release and Lighten Up!

**W**ithin natural medicine there is a framework and set of guiding principles entitled, The Natural Laws, which are basically predictable patterns in nature. While they pertain to the natural world, the Natural Laws also pertain to humans. We are the microcosms of the macrocosm, after all. One of these guidelines relates to Homeostasis, another the Law of Attraction and Repulsion, the Healing Crisis and others. My health tip this month pertains to one of these Natural Laws: The Mutable Body.

Mutability or the Mutable Body is a concept that basically states all in nature is capable of continual morphing, mutating, shifting and transitioning. We humans are constantly in states of fluidity, flux and flow. Nature shifts seasonally and so do we within various phases of our lives. On an energetic or vibrational level, we shift more rapidly than our physical cells do. Changes happen very quickly on the molecular level and most of us do not even consider what occurs in a single moment. I like to consider this question: how would life change, and humanity heal, if we became attuned on a more momentary level of subtle energetic shifts? I believe we would become more acutely aware that we're mutable beings, capable of elevating to a lighter level.

Imagine, visualize your body as a shifting, morphing energetic being.

### What might mutability mean?

We know that when a person experiences discomfort, pain, illness, or an accident, the body tenses, holds breath, and various physiological functions cease to function momentarily (sometimes longer). Subsequently, the course of harmony and health within the body can be altered. Especially if this type of holding or hardening occurs on a repetitive basis. More 'hits' to the body!

Again, what implications does this have? However, what would it look like if we engaged intentionally in breathwork, slowing the process of negative energetic imbalances, even releasing them immediately from our body?

We may begin to shift healing significantly. We may elevate into lighter beings.

### A Helpful Breathwork Mantra

Consider trying this breathwork exercise and mantra. Sit in a calm, comfortable position in a relaxing environment. Take 3-5 slow belly breaths. Inhale and exhale, slowly and deeply. Once you've slowed your breathing, add to this exercise the following three simple words: soften open release. Soften your entire body. Relax and open your body, imagining and knowing that you are a permeable, mutable being. Release all emotional and physical toxins that have entered your energetic being.

Apply this breathing exercise along with the soften-open-release mantra, each time stressors fly at you throughout the course of your day. As you begin to make a practice of this, releasing toxins immediately, you will radically reduce the chances of toxic harm to your body, both short and long term.

This may simply be done within minutes. May you gently move into a lighter space and place in life. As the famous poet Rumi stated: Don't you know yet? It's your light that lights the world.

Gentle healing to you this season!





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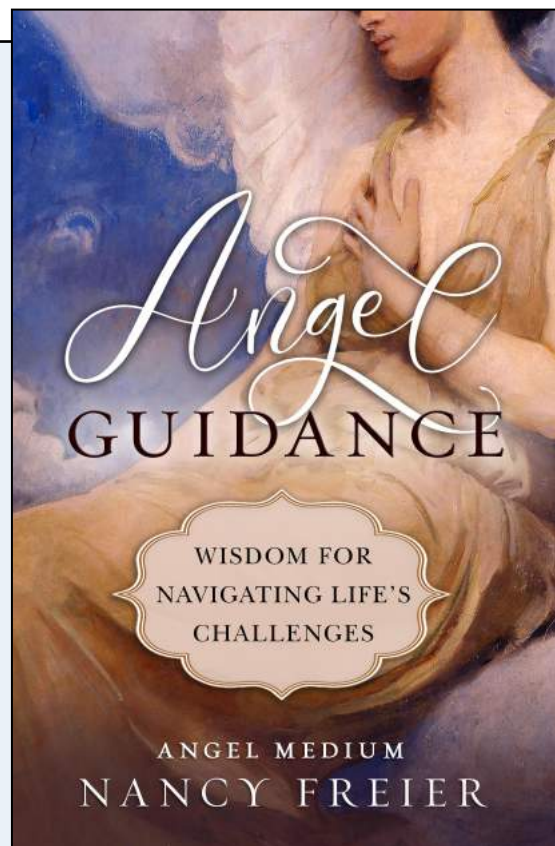
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# Sleep in Heavenly Peace with Feng Shui

By Gabriele Van Zon



**H**abits can be nasty little critters that hold you captive with everything you do. They creep into behavior patterns and involuntarily become monsters of addiction. Are some of these habits keeping you from getting the sleep you deserve? Feng shui is your secret helper to turn nasty habits and dull routines into sacred rituals with a few insights and adjustments.

Much has been written about healthful sleeping aids and pharmaceuticals to knock you out. Feng shui experts chime in with the standard cures of placing your bed in the power position, taking mirrors and televisions away from bedrooms and adjusting décor to be calm and soothing. We would like to add a bit of sassy feng shui and set the stage for late night and early morning rituals.

Let's start with a set of questions: Are electronics, iPhones, iPads haunting you during the night? Are street lights, head lights, blinking towers and neighborhood flood lights sending a glare through your windows? Is sha qi (poison arrows)

coming at you from the glow of power buttons, smoke detectors, carbon monoxide detectors, chargers and computers?

## Feng shui rituals for nocturnal bliss:

- Write your list for tomorrow's agenda, and clear your mind of all those have to's.
- Turn off all your e's and i's.
- Put tape over glowing power buttons.
- Allow extra time to unwind from the day's adventures and events.
- Dim the lights.
- Soak tired muscles and aching joints in a tub of bath salts and aromas.
- Indulge in your most relaxing libation... ginger tea, Chamomile tea, or some red wine? Warm milk? Hot chocolate?
- Install black-out shades and your bedroom will be a cave of darkness.
- Build your nest for comfort with king size head pillows; a soft bed roll under your knees, a body pillow to lean on, perhaps a down duvet.
- Use a pillow prop for your glow light e-reader. No blue light emitting devices!

- Experiment with reading uplifting literature instead of murder mysteries and thrillers.
- To calm fidgeting nerves, hold a rubbing stone. Fluorite or amethyst are best.

## Feng shui morning rituals to set the stage for daytime bliss:

- Allow extra time to wake up slowly.
- Transition from sleep mode to wake mode with dimmed indirect lighting.
- E-candles, set to light up a little before wake-up time, send a soft glow through the darkness.
- First, irrigate the brain with a cup of clear water. At 75 percent water, and deprived of moisture during the night, it needs replenishing.
- Flush toxins out of your system with green tea. Tea leaves in a glass tea pot are mesmerizing as they unfold to emit a subtle aroma.
- Nature sounds or happy music will set the tone for the day's best intentions.
- Have a dialogue with your bedroom! Let it 'speak' to you about your personal needs for rest and relaxation.
- Are your pictures and decor objects sending positive messages?
- Is there a soft rug underfoot as you step out of bed?
- Please note that we have not said a word about turning on TV or radio. World news can wait until you have mindfully focused on productive and creative desires for the new day.

Scientific American in May 2013 suggested: "Rituals may be more rational than they appear. Why? Because even simple rituals can be extremely effective."



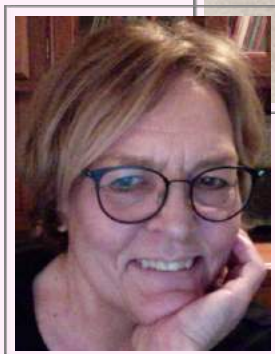
*"It may be that you are not yourself luminous, but that you are a conductor of light. Some people without possessing genius have a remarkable power of stimulating it."*

—Sir Arthur Conan Doyle



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# 'Tis the Season For Light

By Terah Kathryn Collins

Terah Kathryn Collins is the author of six [books](#) on Feng Shui and the founder of the Western School of Feng Shui® in San Diego, CA. For more information about Essential Feng Shui®, or to attend a Feng Shui [Training](#) Program or event, please visit [www.WesternSchoolofFengShui.com](http://www.WesternSchoolofFengShui.com)

‘Tis the Season when short days and cool temperatures beckon us to spend more time indoors. Feng Shui sees the winter season as a time when the Fire element, represented by the sun, is low and needs to be “stoked” in our homes to nurture our health and happiness. To do this, we warm and brighten our interiors with lighting and other Fire-related enhancements.

Candlelight is an instant mood-maker and brings out the best in people’s skin tones. Transform a room by lighting it entirely with the luminous magic of candlelight. With safety always in mind, hang candleholders on the walls and old-fashioned candelabras from the ceiling to fill the room with an enchanting glow. Group pillar candles, tea lights, votives, and tapers together to create multitiered ‘banks’ of illumination.

Use reflective trays and holders to multiply and magnify the light. Choose one candle color for an elegant look, or a variety of colors to capture a more playful casual atmosphere.

The fireplace symbolizes the heart of a home, as it warms a space and inspires the feelings of comfort and safety. In Feng Shui’s elemental cycle, the Wood element intensifies the Fire element, making the heat and light they produce together particularly pleasing on a long winter’s night. Avoid leaving the ashes of a previous fire on display for any length of time, as this connotes the

loss of warmth and light.

Another classic way to capture the dynamic relationship between Wood and Fire is to arrange boughs of evergreens or other plant material with items in the Fire-related color of red. Mix red ribbons, candles, flowers, ornaments, and other decorations with seasonal greens to create your own beautiful display.

Soft lamplight brings a comforting ambience to every room. Turn glare into glow by installing rheostats, or dimmers, on lamps and light switches throughout the house. If you’re now living under the bright glare of fluorescent lights, consider replacing them with more versatile and appealing track or recessed lighting. Or, add alternative lighting such as well-placed task lights so that the fluorescents are rarely used.

Expand your repertoire of seasonal decorations to include photographs of, or tokens from loved ones. Celebrate your relationship with the people you care about and draw them close throughout the winter, as they symbolize the emotional Fire of human bonds that warm your home with cherished memories.

Winter is the time to create spaces that encourage personal renewal and social intimacy — a time to get to know yourself and others better. This is the season to light the candles, cozy up around the fire, sip something delicious from a steaming mug, and share stories with your favorite people. Keep the home fires burning and enjoy the many warm experiences winter brings to life.

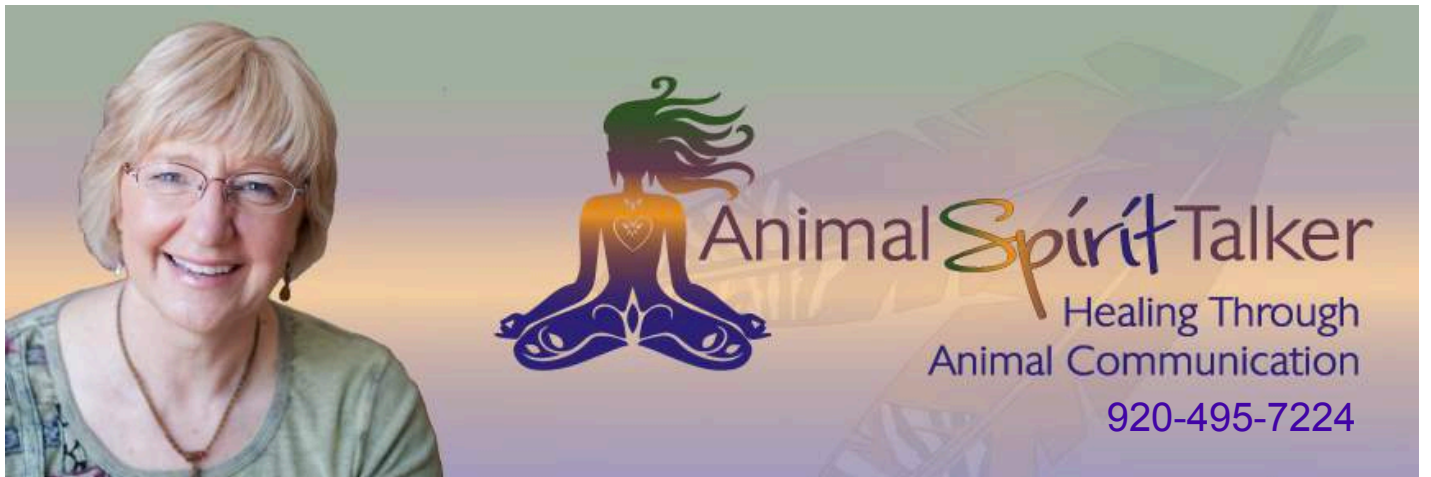


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