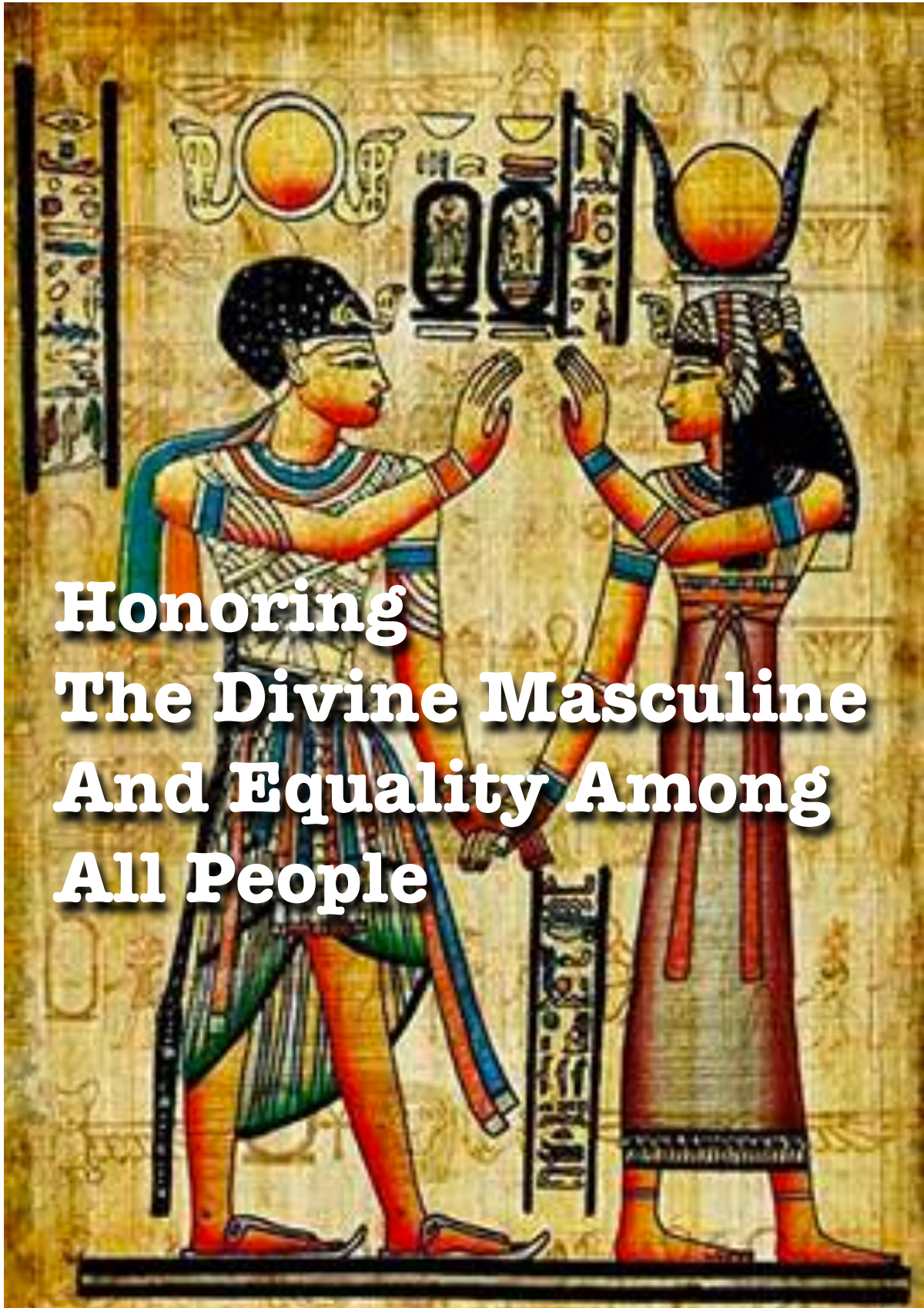


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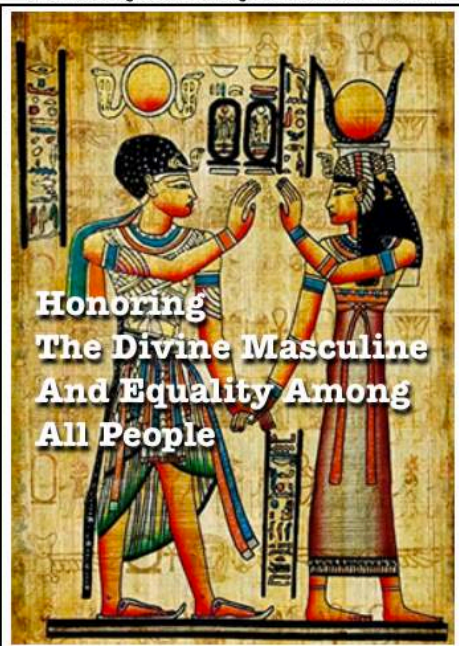
A Source of Light For Unfolding Consciousness • June 2021

**Honoring
The Divine Masculine
And Equality Among
All People**



The Inner Voice

A Source of Light For Unfolding Consciousness • June 2021



Featured this month is Ancient Egyptian Wall Art available thru Amazon. Click link below.

[OFILA Ancient Egyptian Painting 3x5ft Pharaoh Queen Ancient Egyptian Mural](#)

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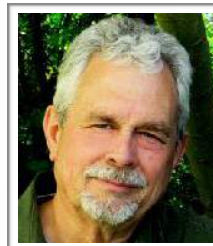
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The Inner Voice

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Nancy Freier
Publisher
Editor-In-Chief



Steve Freier
Co-Publisher
Website Design
Videographer



Grace Olson
Copy Editor

The Inner Voice Magazine intends to serve as inspiration for healing body, mind, spirit, heart and home. The information in this publication is not meant to replace the advice of healthcare professionals. We aim to bring through the highest vibrational information we can find. 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 your path. May your life be blessed by reading and sharing this magazine.



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Here's a Partial Listing of Our Upcoming Events Check our website for more events and details!

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THE HERBAL APPRENTICE WITH GIGI STAFNE

July 24-25, 10:00am-4:00pm

QIGONG RETREAT WITH LORRIE FORMELLA

August 27, 9:00am-4:00pm

MEDIUMSHIP TRAINING

August 21-22, 9:00am-4:00pm

AWAKEN YOUR INTUITION!

August 14, 12:30pm-5:00pm

TRUSTING YOUR INTUITION

August 15, 12:30pm-5:00pm



DRUM MAKING WORKSHOP

with Dave Wilinski

July 17 or Sept. 5, 12:30-5:00pm

REIKI LEVEL I TRAINING

June 4 or July 18, 9:00am-4:30pm

REIKI LEVEL II TRAINING

June 21, 9:00am-4:30pm

REIKI MASTER TRAINING

June 5 or August 28, 9:00am-4:00pm.

Includes apprenticeship.

ANCIENT IRISH SHAMANISM WITH AMANTHA MURPHY FROM IRELAND

November 1-3 or November 6-8, 9:00-6:00pm



Join us as we welcome Amantha Murphy from Ireland! Explore the ancient Irish shamanic traditions as Amantha shares the ways of the Celts, Goddess and the ancient Tuatha de Danann. The way of the Celtic Shaman is rooted deeply in tradition and allows us to walk between worlds ~ recognizing the interconnectedness between all living beings.

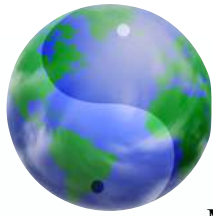
WHISPERS ON THE WIND SHAMANIC PROGRAM

Group #23: July 28-August 1; November 10-14, Jan. 5-9 & April 6-10, 2022 and **Group #24:** Dec 15-19, March, June, Sept, 2022

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June 2021

Dear Readers,
This month we
take a look at
the Divine

Masculine to give
balance to last month's
issue about the Divine Feminine.

And, I am as surprised as you
are at featuring Genesis Chapter 1
~ the Story of Creation in the
Angel Talk column this month.
Those pesky angels persisted, and
when I asked, "Really? Everyone
knows that story." They said, "No,
not really." And even so, we need
to be reminded that we were all
created equal. I am not entering
into any debate about Creation vs.
the big-bang theory. I am simply
following the angels' prompting to
retell the story. They said, "Let's
all go all the way back to the
beginning and remember all men
were all created equal." May we
see the beauty in both males and
females, and understand each has
a unique role in the world. It's a
beautiful story that always fills me
with wonder.

We welcome back Barry Kerr
and his monthly Astro-Outlook
column. June is all about Gemini
with a link to read the other signs
and what to expect this month.

Please note **The Inner Voice
Bookstore** is associated with
Amazon. That means when you
buy a book using the links we
provide, we make a small
commission that helps offset our
publishing expenses ~ with no
additional cost to you.

As always, feel free to forward
this magazine to all your friends
and spread some good news
around the world! May we all find
peace, contentment and balance
this month ~ and if you're a dad,
we wish you a Happy Father's
Day!

Nancy

Angel Talk™



All Souls Are Created Equal

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

Let's journey
back in time ~
all the way back
to the story of
Creation as it
appears in the
King James

Version of the Bible. It is a beautiful story
regardless if you follow it, the big bang, or
another theory of how this all began.

If you have been reading this column
for any length of time, you know that I am
"spiritual, not religious" although I choose
to follow the tenets of the Golden Rule.
With that said, I continue.

After creating the heavens and the earth
God saw man's need for a companion so
He created woman. I believe the Creator's
intention was for both males and females
to be equal; each having their own unique
role to fulfill with the rest of Creation.

**Genesis 1: In the beginning God
created the heavens and the earth.** ² Now
the earth was formless and empty,
darkness was over the surface of the deep,
and the Spirit of God was hovering over
the waters.

³ And God said, "Let there be light,"
and there was light. ⁴ God saw that the
light was good, and he separated the light
from the darkness. ⁵ God called the light
"day," and the darkness he called
"night." And there was evening, and there
was morning—the first day.

⁶ And God said, "Let there be a vault
between the waters to separate water from
water." ⁷ So God made the vault and
separated the water under the vault from
the water above it. And it was so. ⁸ God
called the vault "sky." And there was
evening, and there was morning—the
second day.



⁹ And God said,
"Let the water
under the sky be
gathered to one
place, and let
dry ground
appear." And it

was so. ¹⁰ God called the dry ground
"land," and the gathered waters he called
"seas." And God saw that it was good.

¹¹ Then God said, "Let the land produce
vegetation: seed-bearing plants and trees
on the land that bear fruit with seed in it,
according to their various kinds." And it
was so. ¹² The land produced vegetation:
plants bearing seed according to their
kinds and trees bearing fruit with seed in it
according to their kinds. And God saw
that it was good. ¹³ And there was evening,
and there was morning—the third day.

¹⁴ And God said, "Let there be lights in
the vault of the sky to separate the day
from the night, and let them serve as signs
to mark sacred times, and days and years,
¹⁵ and let them be lights in the vault of the
sky to give light on the earth." And it was
so. ¹⁶ God made two great lights—the
greater light to govern the day and the
lesser light to govern the night. He also
made the stars. ¹⁷ God set them in the vault
of the sky to give light on the earth, ¹⁸ to
govern the day and the night, and to
separate light from darkness. And God
saw that it was good. ¹⁹ And there was
evening, and there was morning—the
fourth day.

²⁰ And God said, "Let the water teem
with living creatures, and let birds fly
above the earth across the vault of the
sky." ²¹ So God created the great creatures
of the sea and every living thing with
which the water teems and that moves
about in it, according to their kinds, and
every winged bird according to its kind.

Continued on page 5

And God saw that it was good. ²² God blessed them and said, “Be fruitful and increase in number and fill the water in the seas, and let the birds increase on the earth.” ²³ And there was evening, and there was morning—the fifth day.

²⁴ And God said, “Let the land produce living creatures according to their kinds: the livestock, the creatures that move along the ground, and the wild animals, each according to its kind.” And it was so. ²⁵ God made the wild animals according to their kinds, the livestock according to their kinds, and all the creatures that move along the ground according to their kinds. And God saw that it was good.

²⁶ Then God said, “Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals,^[a] and over all the creatures that move along the ground.”

²⁷ So God created mankind in his own image, in the image of God he created them; male and female he created them.

²⁸ God blessed them and said to them, “Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground.”

²⁹ Then God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. ³⁰ And to all the beasts of the earth and all the birds in the sky and all the creatures that move along the ground—everything that has the breath of life in it—I give every green plant for food.” And it was so.

³¹ God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day. ∞

Footnotes:

3 a Cited in [2 Corinthians 4:6](#)

5 b Literally day one

6 c Or a canopy or a firmament or a vault; also in verses 7, 8, 14, 15, 17, and 20

26 d MT; Syriac and over all the beasts of the earth

27 e Cited in [Matthew 19:4](#) and [Mark 10:6](#)

Then, we were given the Golden Rule by which to live ~ to love yourself as God loves you; and as children of the same Father, to love one another and treat everyone as you would have them treat you. I believe that means with love and respect, honoring every one.

All souls were created the same and are equal in the eyes of our Creator regardless of gender or race. If we have a problem with one group or another, it stems from the ego that has “edged-God-out.”

The difference among humans is that we each come into life (Earth school) with a unique set of circumstances that we chose as a way to learn the curriculum that our Higher Self or Soul wanted us to learn. We have also been blessed with certain gifts that include a connection to our Guardian Angels who guide us throughout our life, although most of us have forgotten this connection to the Divine.

So, I close with this reminder: Sreper, and all of the heavenly angels are standing by, awaiting your call.



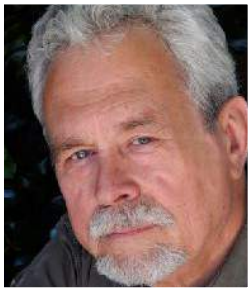
Nancy Freier “The Angel Medium”



Do you wonder why something is or isn't happening in your life, or what lessons you might be learning? Perhaps you'd like to hear from a loved one in spirit? Ask the Angels anything and they will answer you. Readings are done through an automatic-writing process (no need for you to be present) ~or~ we will meet up on Skype or Facetime by appointment and do it “live.” e-mail: NFreier@aol.com

Author: “Heaven Help Me!” Revised & Expanded book coming soon
Visit my all-new website www.NancyFreier.com for more information

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Alec Harris The Full Story of His Remarkable Physical Mediumship

By Louie Harris

There are many skeptics today who feel that physical mediumship is fake. I can understand that attitude simply because the ability to produce such phenomena is extremely rare indeed. If you don't know, physical mediumship encompasses the ability of the medium to become a facilitator of manifestations of deceased individuals, under controlled conditions, to manifest in 3D in such a way that the observers cannot only see them and carry on a conversation, but also be able to touch them as well. Their bodies are built up from ectoplasm from behind a curtain and they are then either partially or fully materialized depending on the amount of energy in the room, partly supplied by the sitters.

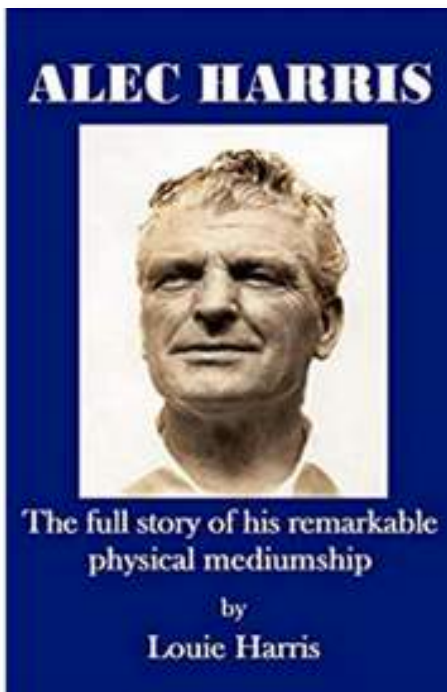
After reading this book you will have experienced enough phenomena via the accounts of Louie Harris to hopefully be at least open to the idea that there just may be a few sincere and gifted individuals on Earth who actually have the ability to perform as a physical medium. Granted, even if you are knowledgeable about the phenomena, you probably also know that talented physical mediums are few and far between, but the ones who are, are beacons of light to the rest of us. Alec Harris was one such individual.

As the result of a very fortuitous set of circumstances, this more recent account of the story of the life of Alec Harris written by his loving and supportive wife, Louie Harris sees the light of day as of 2015, 35 years after the first abbreviated version of the book, under the title "They Walked Among Us" was first published in 1980. The full version had languished in yellowing manuscript pages from the day it was written. It is clear, based on the evidence presented in this book, that Alec Harris belongs in the very front ranks of physical mediums.

In the beginning, when Alec first became aware that he had mediumship inclinations, he resisted developing his abilities further. In fact, as a young man he was extremely skeptical of all things psychic, yet he became one of the world's most brilliant materialization mediums. And if it weren't for the constant pushing, prodding and support of his wife, Louie,



it never would have happened. Why? Because in order for Alec's mediumship to develop, it required the regular discipline of weekly séance sessions with the support of a small regular committed group of like-minded individuals. And to make the process even more difficult, these sessions were scheduled in the evenings after Alec had labored for a long 12 hour day. And, it must be stated that for true mediumistic phenomena to occur, Alec would have to be in what is known as a "deep trance" state. In other words, he would not be conscious of what was going on. Fortunately for Alec and Louie, they attracted committed and protective Spirit Guides who ran the show from the Other Side. The main controlling guide was an American Indian named White Wing. He was in charge of all the circle's Spirit Workers. I don't know why it is, but I have read about a few other British mediums who, for some reason, have also worked with American Indian guides. Perhaps they are more spiritually advanced than the rest of humanity! There are many wonderful accounts of families reunited across the veil of death with old friends, even conversing in foreign



Alec Harris- The Full Story of His Remarkable Physical Mediumship

languages unknown to Alec including some ancient languages.

Here is an excerpt from the preface of the book by Eric Hatton, a former president of the Spiritualists National Union. *"At a house in Manor Way, Cardiff, we were privileged to be part of the portrayal of eternal life, through the mediumship of Alec Harris. This humble man who had no academic background, and whose sole purpose was to serve others, allowed himself at great*



American Indian Guide White Wing Guide
Sketch by Alec Harris

personal sacrifice to be used for physical phenomena which equated to any recorded in biblical times. It was absolutely mind-blowing to witness, after the state of trance was entered, many aspects of physical mediumship were portrayed. Amongst these was the manifestation in red light of one spirit guide after another, in ectoplasmic form, which upon inspection were as tangible and solid as we who were present. Not only were there guides, but also spirit friends who embraced loved ones in the room. To witness such touching moments was the greatest of privileges. As the séance drew towards a conclusion, to see spirit friends walk amongst us, with Alec Harris clearly visible in the cabinet, almost defied belief. Yet it was so."

Imagine meeting a loved one again or someone who you thought was dead and long buried forever. To be able to touch their hand, to feel their embrace, to hear their words and most importantly to see their happy and smiling faces. This book tells us how this happened many hundreds of times for those attending the materialization circles of Alec and Louie Harris. This is an absolutely amazing book about one of the greatest materialization mediums ever. If you are looking for evidence of survival after death, then this is a must-read! I highly recommend it! [Alec Harris- The Full Story of His Remarkble Physical Mediumship](#)

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**Steve Freier is a researcher and reviewer of metaphysical books. He is also a professional video producer specializing in personal and promotional videos in YouTube fashion. He resides in Door County, Wisconsin.
Contact: sgfreier23@gmail.com**



Jolkim, Russian Guide ~ Sketch by Alec Harris



Spirit Children ~ Sketch by Alec Harris



Healing Toxic Masculinity By Accessing the Divine Masculine

By Barbara LeVan Fisher, Author of "The Spirit of St. Hildegard"

In the modern world, we often lose sight of the fact that we all have masculine and feminine aspects to our psyche. When integrated, these two opposing energies can be viewed as a marriage or sacred dance. When the two forces are out of balance, all of creation suffers.

With the rise of patriarchy in the last six thousand years or so, male energy has been valued far more than female energy. This has played itself out as a struggle for male domination, which has given rise to the "demonization of the feminine." Rather than a sacred dance, the two forces become enemies. What most of us in the West do not understand is that this is primarily an inner, spiritual battle that exists in our individual brains when the inability to balance these dynamic forces leading to forms of extreme dualism. This has given rise to extremist groups all over the world and has caused no end of oppression, suffering and death.

So how do we heal this imbalance? It begins with each one of us. The great Swiss psychiatrist, Carl Jung, wisely advised: "Know thyself and know thy psyche." Jung represented these two subconscious archetypes as



Anima and Animus Source: Internet

"science vs mysticism," "reason vs imagination" or "conscious activity vs the unconscious."

In many eastern philosophies, the symbol of yin and yang illustrate this concept—Yin represents the receptive (female) principle and Yang the active (male) principle. When balanced, yin and yang are complementary rather than opposing forces which interact to form a dynamic system in which the whole is greater than the assembled parts. This

*"Only the integration of the healthy
Sacred Masculine and a resurrected Divine
Feminine can save us from our destructive ways."*
— Rev. Matthew Fox

plays out in our individual lives when we strive for a balanced psychology and lifestyle. When our yin is balanced we are in touch with our inner strengths and weaknesses. We develop a nurturing

attitude toward ourselves and others which leads to bonding, connection and compassion. When our yang is balanced we are able to function powerfully in the world and develop the courage to follow our visions, dreams and destiny.

One of the most powerful ways to heal both masculine and feminine energies within ourselves is through creative acts. The concept of the creator God has historically been woven throughout all forms of religion, spiritualities and philosophies. If we are to believe we are created in the likeness of God/Goddess, then we must embrace our divine creativity with passion and determination.

The Rhineland mystic Meister Eckhart wrote, "We are all meant to be mothers of God ... for God is always needing to be born." This means we are all meant to give birth—to be intimately involved in the creative process of bringing heaven to earth—in divine cooperation with all of life. As Rev. Matthew Fox says in his book, **Creativity**: "To speak of creativity is to speak of profound intimacy. It is also to speak of our connecting to the Divine in

us and of our bringing the Divine back to the community. This is true whether we understand our creativity to be begetting and nourishing our children, making music, doing theatre, gardening, writing, teaching, running a business, painting, constructing houses, or sharing the healing arts of medicine and therapy."

What this requires is to make an active commitment and intention to balance ourselves. This can be accomplished with simple disciplines such as using affirmations, taking risks with confidence, listening to our intuition, setting goals to accomplish our dreams, making self care a priority and learning to stand up for ourselves and others. We can also work with masculine teachers, archetypes, and deities via dreams, journaling, tarot, astrology, meditation, prayer and chanting. In other words, be willing to take bold and balanced action. When we do this, we create the possibility of a better, more compassionate and intelligent world. As we become more balanced, the world becomes more balanced, in the words of the great author Leo Tolstoy, we "add our light to the sum of light."

The co-founder of New World Library, author and teacher Marc Allen has used this mantra for most of his life with tremendous success: *"In an easy and relaxed manner, in a healthy and positive way; in its own perfect time, for the highest good of all."*

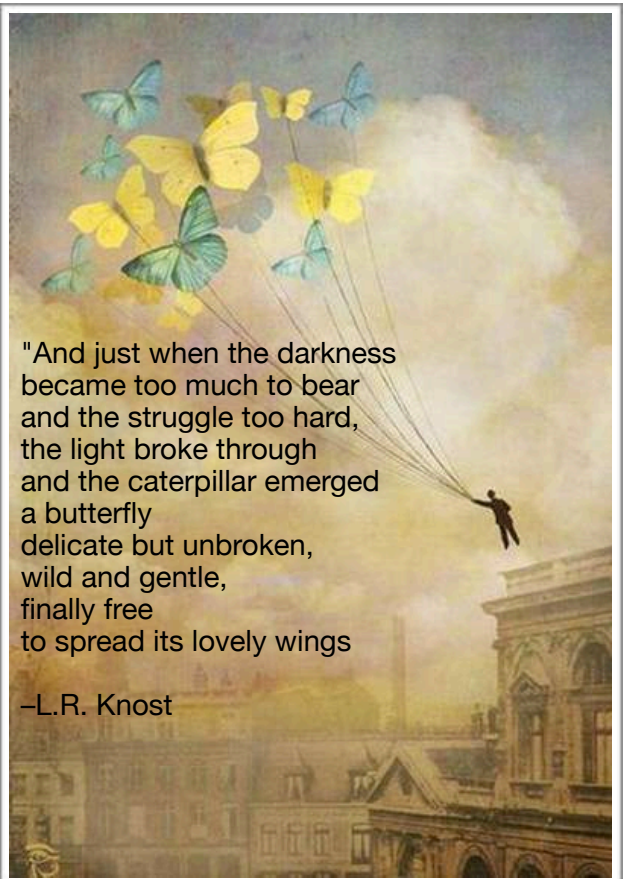
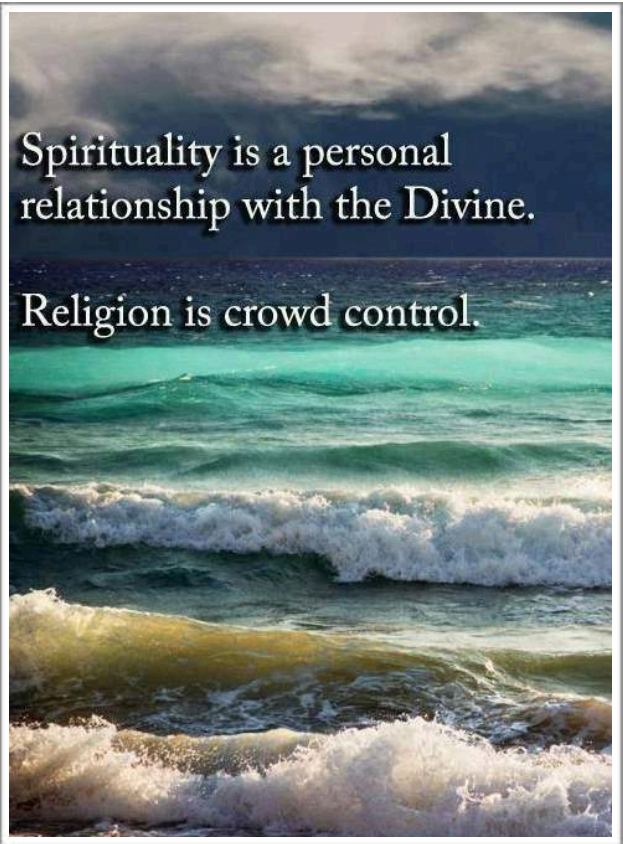
Allen teaches his method of setting goals or affirming your intentions in his book and seminars, [The Magical Path: Creating the Life of Your Dreams and a World That Works for All](#). He and his company model this balance in all that they do and the books they publish have had a profound impact around the world.

This Father's Day is the perfect time to make a new commitment to healing the masculine energy in your own life. In this way we become warriors of love rather than protectors of our insane, dysfunctional ego. When we open our hearts to the deep reality that masculinity can represent healing, unity and wise protection, we open a portal to the healing for all of creation.

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Barbara LeVan Fisher has worked in book publishing and advertising design for over 30 years. With clients around the world, Barbara has designed over 20 New York Times best-selling book covers for such celebrated authors as Deepak Chopra, Ram Dass, Marianne Williamson, and others. Barbara lives in Fairfield, California with her border collie, Prudence. For more information visit: www.levanfisherdesign.com





INNERVIEW By Cherrie Hanson

The Keys to Happiness

“By cultivating attitudes of friendliness toward the happy, compassion for the unhappy, delight in the virtuous, and disregard toward the wicked, the mind-stuff retains its undisturbed calmness.” –Yoga Sutras of Patanjali, #33

This “sutra” is one of almost 200 from the primary text of Yoga, or Raja Yoga. Sutras are verses, or threads of wisdom, guiding and enlightening, similar to scriptures of the Bible, Qur’an, or Torah. The sutras are expanded upon by the teacher or student, contemplated, and practiced.

It’s important to understand that the principles of the sutras are not religious or philosophical, rather they are based in universal human truths. In Peter Hayes’ book, *The Supreme Adventure*, he clarifies this idea. “Reading the works of such masters as Patanjali, one is struck by their modern-or more precisely, timeless-point of view. Their outlook is scientific, not ‘religious.’ Their words are not a catechism of what they believe, but a report of what they’ve seen and heard, like the log of an expedition. The only difference is that these spiritual explorers traveled within: their laboratory was the human body; their microscope, meditation; their object of study their own inner Self.”

During the expedition of my life, I have come across hurtful people. Unfathomable actions, impossible to forgive or forget. Raised Catholic, I was taught to forgive, turn the other cheek, and find compassion for the haters. The 33rd yoga sutra contains an element of self protection and a more sustainable way to find peace:

“Have compassion for the unhappy, and disregard toward the wicked.” In other words, there are those in this world who are turned away from the light, their energy is contrary to the good, and being near these people is not healthy. It’s not that you would wish them any harm, or shouldn’t pray for their souls, but it’s okay to choose not to be involved with them.

And if that person were a family member, close friend, or spouse, those choices could be difficult and complicated. If you distanced yourself from a sibling, parent or spouse, outside pressures might request that you work it out. Yet, to retain undisturbed calmness of your mind, it’s important to surround yourself with love and light. The evolution of your soul is guided and managed by the choices you make alone. This may not always be favorable to others, but if they love you, and that love is real, they will respect your decision. To maintain a state of peace, indifference toward those who you cannot help, and those who do not want help, it is the best position to take. We are not meant to be each other’s saviors, instead we are responsible for our own journeys. What a relief.



Patanjali calls these attitudes

keys: friendliness, compassion, delight, and disregard. And the four locks are: happy people, unhappy people, the virtuous, and the wicked. When you encounter any of these locks in your life, these keys will help you handle each properly, and the serenity of your mind will be continuous.

When you meet someone who is happy do not become jealous or critical, your negative feelings will only harm you. When you find someone who is unhappy, realize they have their own path or karma to work out in this life. Be merciful and compassionate, lend a helping hand, and foster your own goodness helping another. When you find virtuous people, delight in crossing their path and cultivate their great qualities. And lastly when you come across the wicked, realize they will not be open to advice or council, let them go until they can find their way back to the light.

“These four keys should always be with you in your pocket. If you use the right key with the right person you will retain your peace. Nothing in the world can upset you then. Remember, our goal is to keep a serene mind.” –Patanjali

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Cherrie Hanson is Program Director at Interfaith Conference of Greater Milwaukee, a 50-year-old nonprofit organization consisting of 22 member faiths and denominations. An explorer of human diversity, she creates programs that foster understanding, mutual appreciation and social causes. Cherrie is also a fine art photographer, vocalist and musician who uses talent as a means to attain individual authenticity.
www.bubblesink.photoshelter.com



Though true for everyone, the following information will feel more relevant to you if your Sun, North Node, Chiron and/or a group of other planets are in Gemini on your birth chart.

What Is Gemini's Intention?

After Taurus grounds our spirit into the physical world, and we build security, we are ready to look around, awaken our curious mind, and connect to our surroundings, including people. OMG, Gemini! Where do I start?

Our inner Mercury, ruling Gemini, is our rational mind, designed to process information through our five senses and "make sense" of our environment. Its instinctual function is to discern danger from opportunity. From this limited view, the world appears to be fractured; everything and everyone separate from everything else. Our lower human mind forgets that ultimately, all is divine oneness. So, within the illusion, it learns all it can, about whatever it can, categorizing data, good or bad, in order to better survive.

This is basic to Gemini, however Gemini's spiritual intention is to become aware of the countless ways that spirit manifests through dualities, thoughts, forms, and relationships. In Gemini, we learn how to learn, think and communicate. If we are conscious, we learn tact, logic and objective listening. We seek facts and alternative perspectives, asking questions to learn how others think. Fully conscious, we strengthen our ability to make objective decisions and actions, communicate internal dichotomies, and use non-

threatening approaches to expressing our ideas. When our minds can also integrate emotional awareness, we keep a positive outlook on life and people, delighted and fascinated with the diversity we see. This is prep for our own creativity.

Our unconscious Gemini will tend toward indecisiveness, waiting for more and more information, and trusting other's perceptions before our own. We tend to gossip, guess what others are thinking, or say what others want to hear as misguided attempts to establish connection. Logic overrides our deeper, intuitive truths and we get stuck in our heads.

What Needs Healing and Growth?

Our Gemini ego, if wounded in youth, can feel unable to communicate well with others, inept with words, or even unintelligent. There is a social uneasiness, not fitting in, or not perceiving the connections between things and people that others seem to see. We may feel uneducated, slow or stupid compared to others.

This can lead us to either worship and/or belittle those who we see as better in this way. We may hide our real talents in order to not be compared to others, and through self-deprecation, form alliances with others we perceive as safe. We may withdraw socially, living with our own internal dialogue.

What Can I Do This Month?

To heal and evolve your Gemini self, pay attention to your stream of thoughts. Where is your attention at any moment? Now where? And now? And so on. Are there patterns to this? This may be a clue

to your unique form of intelligence and expression, different than others. Do you value your intuitive truth? Or do you cancel it out with logic? Notice who you admire or denigrate for their intellect or communicative expression. Do they mirror those aspects of yourself you have yet to acknowledge and embrace?

More things to do: Follow your curiosities. Read, write, and ask questions. Sign up for that class. Or teach it! Grow your communication skills. Communicate a deeply guarded emotion or intuitive truth to someone who will listen. See how well you listen to someone else do the same.

To see how this month of Gemini affects your own Sun sign, [click here](#).

Δ



Barry Kerr is a certified soul-based astrologer with over 40 years of experience with an international clientele. He and Kristine Gay, a licensed psychotherapist and transformational energy coach, are owners/practitioners at their Choose Conscious Living Center in Sedona, Arizona. Barry offers astrology, energy healing and transformational coaching by phone, Zoom or in person. Visit [their web site](#) for more information or email Barry@ChooseConsciousLiving.com



The Source of All Life

The Source of all Life has been recognized as the vast Sea, the Mother Ocean, with never-ending waves upon the shore, by nearly every ancient civilization. Furthermore, traces of our Earth Mother, Amphitrite, Sedna, Yemaya, Oshun, or Mithra are carried in the salt water of our womb and tears.

What are we made of? Are we the stuff of stars, mostly water, with lots of space in between? Does the space hold the energy/spirit, while the body becomes the keeper of memory? When my body throbs or aches, to me, it's the throwback to some past hurt, and injury long gone. The discomfort is a protection, a reminder, keeping me from doing it again.

I tell it it's OK. I've got this. You can move in ease and flow again. Also, I drink a lot of water to flush out the rough spots and keep all parts moving. In Truth, [water is our biggest necessity in life](#). Our bodies are up to 60 percent water. As a result, the Moon and tides affect us strongly. Water aids in our digestion, regulates body temperature, flushes out wastes, and lubricates joints. The Body depends on it in every way.

The Ocean calls to me, especially when summer arrives. This painting, Emerald Sea, had to highlight the Sea, Ocean, Mother of us all, so I gave it its own frame of flow, light, words, and color. Plus I did something I used to do in all my paintings back in Chicago: I added real objects from nature to augment the art. Shells become part of the frame. They are a tactile reminder to the senses to remember the beaches I have known and loved. Memories of vacations, family, fun, and soothing flow of the sea, tumble into my mind.

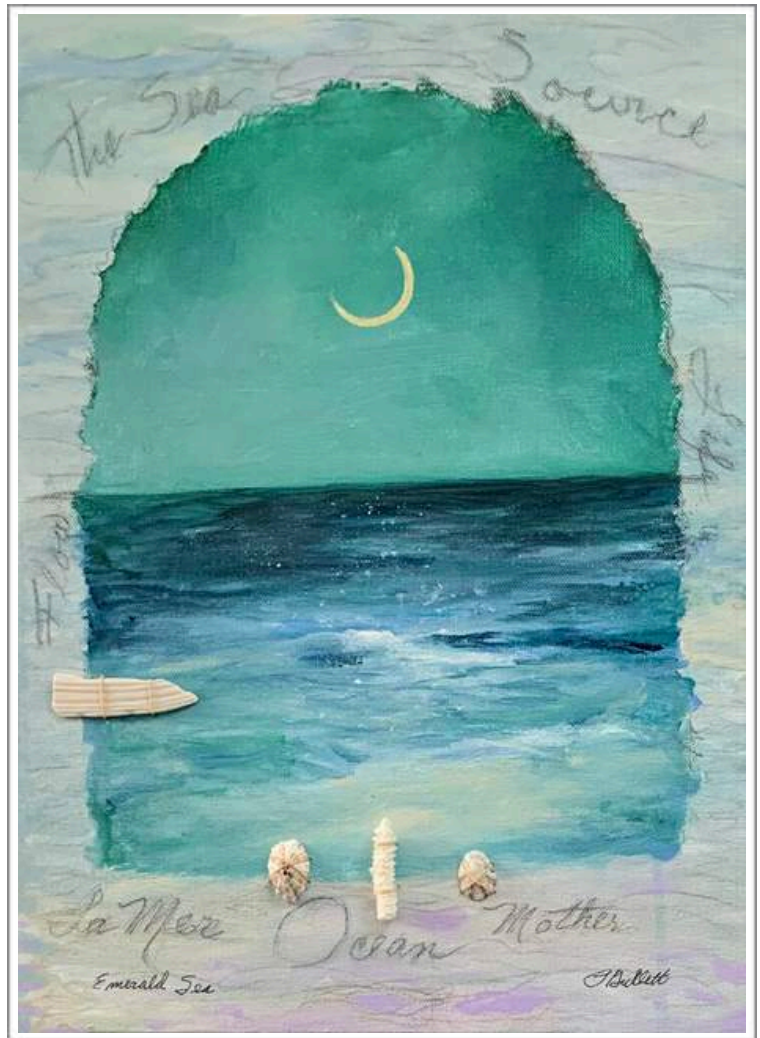
The Source of all life is a shapeshifter. In addition, Water exists as vapor, in the ocean as saltwater, while it flows in rivers, lakes, icecaps and glaciers as fresh water. Trees make their own rain. Transpiration is a part of a tree's life as it takes moisture in its roots, gathers on leaves, and evaporates into the atmosphere becoming rain.

Water works its magic daily to enable life to thrive each day. Emerald Sea is my homage to the Mother of us All. [Follow your feelings](#), move your body, and find a passion. These feed our soul in health and spirit.

△



Michelangelo: God creating Adam



Pat Gullett: Emerald Sea, The Source, Our Mother, La Mer

Pat Gullett is an artist and instructor in Connecticut. "The woods, hills, shores, and wildlife are my inspiration. My art reflects and transforms my life. I am a painter, mixed media artist, jeweler and guide on the inner journey." Visit: www.patsartfullife.com • www.patgullettdesigns.com www.artisticwaytoenlightenment.com



There's a New Paradigm of Self-Love Emerging

I have noticed themes of self-love, self-honesty and self-acceptance arising in my work with clients and in my own personal life. The old habits of self-judgment can be so insidious they sabotage our sense of self, creative potential, and our relationships.

I don't remember being guided as a child, into healthy self-acceptance, being truly honest with myself, or loving myself. I do remember hearing comments about others like: She sure does love herself. They are so vain, so selfish, so proud or so self absorbed ~ all usually expressed with condescending tones.

I believe we all experienced varied messages during our childhood delivered straight up or indirectly. Sometimes we internalized our own unique interpretations of what we witnessed. What we thought we *should* believe in order to belong. Our childhood interpretations may have led us to believe: "I don't deserve. I am not good enough. I'm not worthy. I don't matter. I am not safe to really show up." Or, our interpretations caused us to cope by becoming pushy, demanding, and manipulating. These recipes for self-denial, not being able to see, feel and know ourselves honestly, have been unconsciously informing us throughout our lifetime.

It is imperative to update our internal navigation system to create a new world where self-love and self-honesty with open hearts and minds are key. Where we live a new normal of heightened awareness to not override our feelings, insights, intuition, and inner truth. Where we are naturally curious and available to new, higher intelligent creative insights, options and possibilities.

We have been conditioned to live in self-denial, numbness and avoidance. The strong symptoms can look like people

pleasing strategies where we get lost in assumptions and seemingly follow the other. We choose to negate our own needs and desires. If we are honest with ourselves this may come from manipulation to gain acceptance and a place of importance. But resentment builds when we deny ourselves our own presence in the relationship.

There is a new paradigm of self-love emerging. The old perceptions and interpretations of self-love are profoundly changing.



A Meditation on the New Emerging Self-Love and Self-Acceptance

You can read this guided meditation, then close your eyes to explore the experience that is inspired by it; or, you can take a few deep breaths, relax and slowly read this guided meditation being curious and open to what it stirs within you.

There is a beautiful heart light shining within you. Take a few deep breaths. Invite that heart light to become brighter, softer and fuller with every breath. Notice the colors, sensations and even the sounds of your unique heart light. Now, invite your heart light to gently expand and flow through your entire body until you are filled with your special heart light... Notice new sensations and images. On the next out breath, invite your heart light to expand beyond your physical body to



Photo: Courtesy Beverly Brunelle

embrace you in a magnificent orb of heart light. Relax into this pure love marinade and notice what you notice.

What is your heart light wanting you to know regarding loving yourself? Accepting yourself? Where can you be more honest with yourself? With others? What will bring you more present with yourself? Listen, feel, see and sense what comes to you. When you feel the meditation is complete, thank your heart light. Invite it to come into your heart and rest there. Be sure to journal your insights.

Thank you for expanding your heart light and bringing more love and honesty to yourself, the planet and humanity.

△

Beverly Brunelle is an Intuitive Energy Shaman and Teacher. Visit: www.beverlybrunelle.com; e-mail: dreamonbab@yahoo.com to schedule a private session.

What is the Divine Masculine?

Traits of the **Divine Masculine** include logic, reason, action, firmness, survival, loyalty, adventurousness, strength, and rationality, according to www.BeyondTheOrdinary.com

Meanwhile, the **Divine Feminine** encompasses intuition, nurturing, healing, gentleness, expression, wisdom, patience, emotions, and flexibility. Here's The Difference Between Them.

By Elizabeth S. Mitchell

No matter our gender identity, we are all a mix of both masculine and feminine energies, and each has a divine purpose toward helping us reach our highest purpose. When our own masculine and feminine energies are out of balance, we can experience inner conflict, difficulty making decisions, and crises of a spiritual or emotional nature. Similarly, when these energies are out of balance in a greater sense on the scale of a whole culture or society, that is when we experience conflict, power struggles, and other symptoms of this energy imbalance. But what encompasses the Divine Feminine versus the Divine Masculine, and what roles do they play in our inner lives?

Male energy is direct and projects outward with decisive, positive action; it secures, strengthens, and “has a giving nature.” Female energy, on the other hand, is cyclical. It's directed inward, it nurtures and assures, and it “has a receiving nature” (via SacredLightAlchemy.com). Traits of the Divine Masculine include logic, reason, action, firmness, survival, loyalty, adventurousness, strength, and rationality, according to BeyondTheOrdinaryShow.com. Meanwhile, the Divine



Images: Shutterstock



Feminine encompasses intuition, nurturing, healing, gentleness, expression, wisdom, patience, emotions, and flexibility. These energies are even demonstrated in our bodies; the left side of the brain is considered “more logical and analytical”

and is responsible for reasoning and language; it is therefore associated with male energy. Meanwhile, the right side of the brain is believed to be the “more artistic and spiritual” side and is responsible for addressing one's emotions; it is therefore related to the feminine.

How the two energies complement each other

The Divine Feminine is what allows us to just “be.” It is powerful, loving, and caring, and allows faith, trusting deep inner knowing and higher intuition. It allows us to take our time with observations. “She” discovers her way from the inside, by feeling wisdom, love, and freedom from within. She is “magnetic” and “attracts everything she wants” simply by knowing that it is already hers; this allows for the manifestation of her dreams. The Wounded Feminine, on the other hand (the feminine energy when it is not in its full power or has been

continued on page 15

subject to trauma), demonstrates desperation and neediness, according to SacredLightAcademy.com.

The Divine Masculine is what allows us to “do,” to take decisive action, but not aggressive or angry action despite what we might assume. Instead, it is based in open, loving, and faith-based action. The masculine listens to the Divine Feminine's knowledge, receives her intuitive wisdom with openness, and then acts on that knowledge with confidence. This action is based in knowing that we are a part of something much larger than ourselves.

It is masculine energy that unites the world in love and “personal authority.” It is “he” who looks out for, protects, and provides for “his” community, family, and those in need. The Wounded Masculine perverts this by creating conflict when fear has overtaken faith, and “he” feels the need to prove a sense of worth due to feeling unworthy of inclusion or love.

How these energies manifest on a societal scale

In our current society, we are experiencing an imbalance between the masculine and feminine energies; our world (especially the Western world) has leaned too far in the direction of the masculine energy, and without enough feminine energy to balance it out, a great deal of the Wounded Masculine is playing out on the world stage, responsible for conflict, violence, and unhealthy competition in many forms. By injecting more feminine power into our individual lives and into our communities, we can (and, in many cases, already are) slowly tipping the scales back toward a healthy balance. This will help to alleviate the current dynamics that dominate not only global interactions but personal ones, in which we see the codependent Wounded Masculine tangling with a needy Wounded Feminine (via SacredLightAlchemy.com).

As we each seek to heal our own inner wounds and traumas and better incorporate a balance of these energies, we can each step more fully into our own power, living lives led with love and spreading that love outward like a healing wave.

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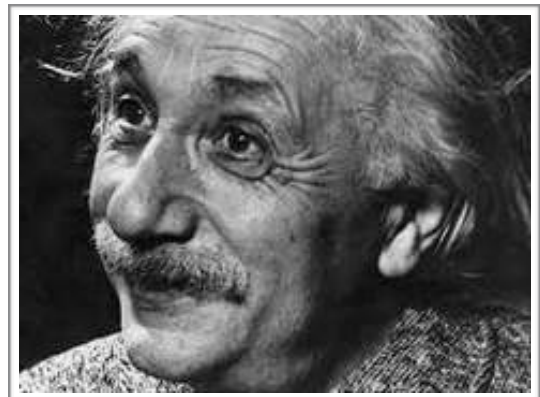
Potpourri



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

—**María Sabina, Mexican healer and poet**

“We are slowed down sound and light waves, a walking bundle of frequencies tuned into the cosmos. We are souls dressed up in sacred biochemical garments and our bodies are the instruments through which our souls play their music.” — **Albert Einstein**





Message #13

From the Still Point Within

By Jo Ann Dioguardi

Opening the heart to receive the love available to us occurs when we are present. Acceptance of what is and trust in the wisdom of Source allows love to flow to us and for us to receive. Although this flow of love is ever present, it is up to us to open to the energy of receiving love in all of its manifestations. Abundance, companionship, joy, and serenity are all facets of the energy of love.

The focus on doing—the masculine expression of human beings—is more prevalent at this time on planet Earth than is the feminine expression of attraction. Believing that one must do *in order to* receive is a misinterpretation of the dual nature of the same energy. Achieving a balance between both aspects allows energy to operate harmoniously. Both the yin and the yang, the feminine and the masculine, are required on planet Earth. Currently, the masculine expression is creating an imbalance in nature. We need to allow ourselves to attract in equal measure to taking action. Receptivity and activity work together synergistically, creating the

appropriate balance necessary for manifestation.

Become aware of your beliefs about abundance. Have you come to accept a need for *hard work* as the path to achieving success (which you also equate with abundance)? Have you forgotten the art of allowing, the feminine nature of attraction, which is an important aspect of your being no matter if you are in a male or female body? The dual nature of our reality provides avenues of expression for both the feminine and masculine aspects of energy; both are required in order to live in a way that is perceived as comfortable and abundant. Constantly taking action to get what it is that you require and/or desire might satisfy the ego's need for an appearance of control; however, without opening to receive from a state of both gratitude and trust, manifestation is impeded.

The equilibrium necessary for flow is the key to life in the land of duality. Neither one side nor the other of an energy's expression is capable on its own of achieving tangible results. When aware of what you perceive as a specific

lack in your life situation, look to where you are disallowing flow; look to where you are in a state of resistance. By focusing on either attracting or taking action to the exclusion of the other or in a disproportionate manner, you prevent manifestation. Walking the middle road, so to speak, invites serenity, abundance, and joy. Living in a state of equilibrium is achieved by awareness and allowance of the opposites that comprise the energy of this planet—our current reality.

Be at one with All That Is while enjoying the abundance of our physical home! Give and receive in equal measure. Action plus attraction equals manifestation.

△

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



"I pray to the birds because I believe they will carry the messages of my heart upward. I pray to them because I believe in their existence, the way their songs begin and end each day—the invocations and benedictions of Earth. 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, "Refuge: An Unnatural History of Family and Place"



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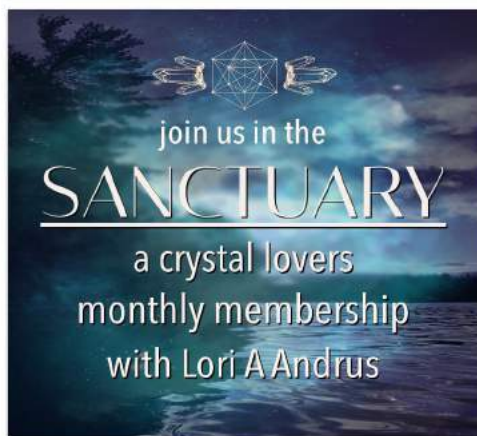
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Lori A Andrus is the founder of the Crystal Shaman School. She is an artist, soulful traveler, and practitioner of crystal shamanism. With great joy and deep commitment, Lori artfully blends her background as an occupational therapist with nearly two decades of study in the areas of spirituality, earth-based healing, ceremony, and crystal wisdom.

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

Lori hosts the Crystal Shaman Life Podcast where she shares practical ways to bring crystal wisdom and sacred practice into your everyday life.



How This 10-Minute Routine Will Increase Your Creativity

Channel your thinking to make achieving your goals inevitable. By [Benjamin Hardy, Ph.D.](#)



Getty Images

“Your subconscious mind works continuously, while you are awake, and while you sleep.” –Napoleon Hill

Your subconscious never rests and is always on duty because it controls your heartbeat, blood circulation, and digestion. It controls all the vital processes and functions of your body and knows the answers to all your problems.

What happens on your subconscious level influences what happens on your conscious level. In other words, what goes on internally, even unconsciously, eventually becomes your reality. As Hill further states, “The subconscious mind will translate into its physical equivalent, by the most direct and practical method available.”

Consequently, your goal is to direct your subconscious mind to create the outcomes you seek. Additionally, you want to tap into your subconscious mind to unlock connections and solutions to your problems and projects.

Here's a simple routine to get started

Ten minutes before going to sleep:

“Never go to sleep without a request to your subconscious.”

–Thomas Edison

It's common practice for many of the world's most successful people to intentionally direct the workings of their subconscious mind while they're sleeping.

How? Take a few moments before you go to bed to meditate on and write down the things you're trying to accomplish.

Ask yourself loads of questions related to that thing. In Edison's words, make some “requests.” Write those questions and thoughts down on paper. The more specific the questions, the more clear will be your answers.

While you're sleeping, your subconscious mind will get to work on those things.

Ten minutes after waking up:

Research confirms the brain, specifically the prefrontal cortex, is most active and readily creative immediately following sleep. Your subconscious mind has been loosely mind-wandering while you slept, making contextual and temporal connections. Creativity, after all, is making connections between different parts of the brain.

In a recent interview with Tim Ferriss, Josh Waitzkin, former chess prodigy and tai chi world champion, explains his morning routine to tap into the subconscious breakthroughs and connections experienced while he was sleeping.

Unlike 80 percent of people between the ages of 18-44 who check their smartphones within 15 minutes of waking up,

Waitzkin goes to a quiet place, does some meditation and grabs his journal.

In his journal, he thought-dumps for several minutes. Thus, rather than focusing on input like most people who check their notifications, Waitzkin's focus is on output. This is how he taps into his higher realms of clarity, learning, and creativity--what he calls, “crystallized intelligence.”

If you're not an experienced journal writer, the idea of “thought-dumping” may be hard to implement. In my experience, it's good to loosely direct your thought-dumping toward your goals.

Consider the “requests” you made of your subconscious just before going to bed. You asked yourself loads of questions. You thought about and wrote down the things you're trying to accomplish.

Now, first thing in the morning, when your creative brain is most attuned, after its subconscious workout while you slept, start writing down whatever comes to mind about those things.

I often get ideas for articles I'm going to write while doing these thought-dumps. I get ideas about how I can be a better husband and father to my three foster children. I get clarity about the goals I believe I should be pursuing. I get insights about people I need to connect with, or how I can improve my current relationships.

Conclusion:

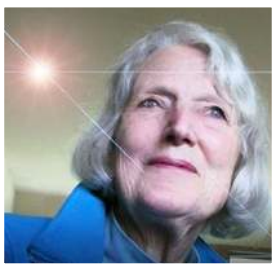
“A man cannot directly choose his circumstances, but he can choose his thoughts, and so indirectly, yet surely, shape his circumstances.” –James Allen

Mental creation always precedes physical creation. Before a building is physically constructed, there's a blueprint.

Your thoughts are the blueprint of the life you are building one day at a time. When you learn to channel your thinking--both consciously and subconsciously--you create the conditions that make the achievement of your goals inevitable.

You are the designer of your destiny. This simple routine will help you crystallize where you want to go, and how you will get there.

Δ



Thoughts About God and Us

The illusion of separation is what you battle over and over again. You tear yourself apart with the agony of aloneness, the fear of conquest, the vanquished. Bereft of possibilities, you sit in a huddle on the floor alone, small and insignificant.

When you are empty of your clamoring and supplication ~ the chatter of your intruding fear thoughts, there is stillness. In that very moment and second in time, I can enter because you have set all guards aside and opened to the possibility of nothing. It is then that everything can come into Being, and as you allow the possibility of Being to Be, you are filled with wholeness and unity. Only when you allow the mind to form attachments is this gift that is so freely given subverted to uses that relinquish its possibility, for the gift is given without reserve and must be freely received, without attachment.

As you allow yourself to be owned by states of consciousness, material status or relationship, you have lost your ground of Being. Then the process occurs again and again to return you to the natural state ~ a rich soil so vast that there is no need to form barriers because there is plenty for all. Know this and practice the presence of Being. You will ease your journey and allow Me to filter through with love and light and

joy that brings a sense of loving humor to the so-called absurdities and perplexities of life. It is a refined yet simple act of acceptance.

So if you find me through a burning bush or through a 50,000 year old entity, it makes no difference. Your age deals with exploration of space and you seem to be fascinated with the disembodied aspects of Being. If you find me in a cave or by speaking to animals or a grasshopper, the message of truth may still be the same because my form is meaningless. I am beyond all form and the form you perceive me as is not what I am, but an understandable bridge to your minds and hearts.

So do not judge anyone's methodology of finding Me, whether it is through traditional text or new age mediums. The message is the important clue to my authenticity. In all ways it weaves a picture that contains a truth leading you on a strand to insight. Platitudes and phenomenon are merely window dressing. The nuggets or pearls are found in the unweaving of messages that formulate a strand to Me ~ a progression of thought and feeling that causes an unfolding process within you leading to unification. That is Truth.

△

Editor's Note: Kathleen Jacoby was the editor of *The Inner Voice* magazine until her transition in April 2019. She recently communicated to me that she is "sitting at the feet of the Masters" learning more about the Greater Universe. We plan to continue her "Seasons of the Soul" column as she inspires us.

Your Voice ~ Comments from Our Readers ~



"Your magazine is outstanding and I am always looking forward to the first of the month for the treasures I'll read in it!" –A.P.



"Thank you for sharing the words of your inner voice with the rest of us. The serendipity of the messages never ceases to amaze me!" –M.B.

*"I've been reading *The Inner Voice* since the 90s when it was in print. I absolutely love the angel's messages! Such serendipity, as they never fail to guide me through something I am struggling with. Thank you!" –Sandra W.*

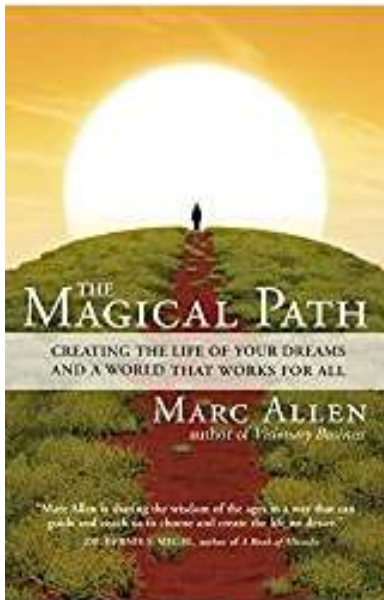
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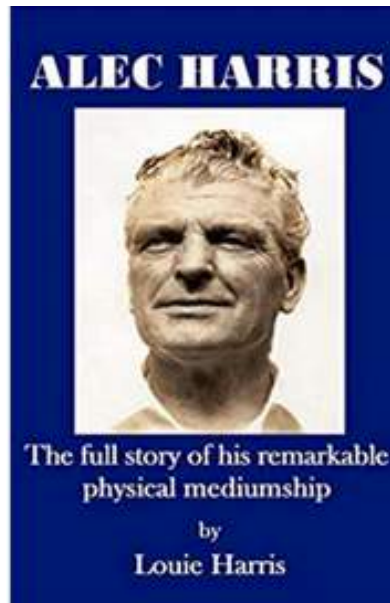


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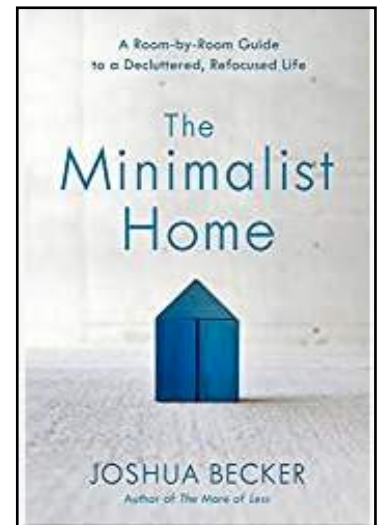
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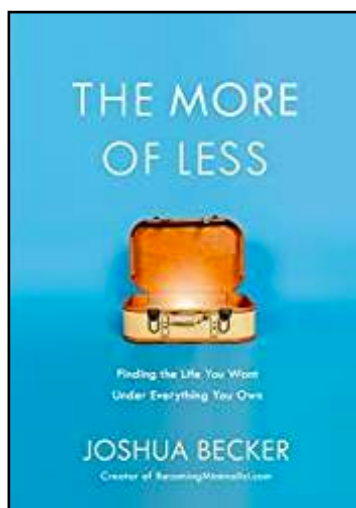


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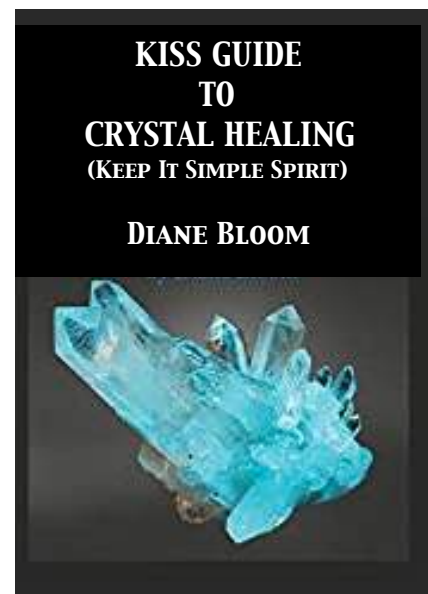
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The Stranger I Kept Avoiding

By [Tom Brown](#)

For most of my life, my identity has depended on an endless collection of things to prop it up: my name, my “biography,” my partners, home, job, bank balance... It was on their fragile and temporary support that I relied for my security. So then when I went to prison and was stripped of everything, I didn’t have any idea what my identity could be.

Without the familiar props, I was focused on just myself, a person I did not know, an unnerving stranger with whom I had been living all the time, but never really wanted to meet. I had filled my days with countless distractions and activities to ensure that I would not be left in silence with this stranger.

Finally, I met this stranger in a prison cell. No longer could I use my computer, my TV, and every

gadget and activity I could think of to divert my attention. All that was left for me to do was face myself.

At long last, layer after layer of resistances and denials were peeled away, and what was left was a tenderness I had not known before. When my core was finally reached, everything was felt in a new and deeper way.

I learned that seeing one’s own unwanted behaviors and claiming them, declaring them, and owning them is a first step that many never take. It’s too painful. When we share our painful experiences, though, others see themselves there as well. And they, too, will move closer to healing. When we lay our life open and allow our flaws and frailties to be known, our magnificence shines through, too, and through our example, others are healed. Through the sharing of our pain, others are relieved of theirs. Through our experience, others have hope.

Δ

Evolution 4,000 Years Later





Ask Everything You Own~ “Why do I have this?”

Ask yourself, with every thing you own, *Why do I own this?* When you do, you will be surprised at the answers.

In my own life, it was the question of “*Why?*” that forced me to uncover and evaluate many of the unhealthy motivations that were contributing to my over-accumulation in the first place. Once I knew them, I was better equipped to overcome them.

For example, one of the first areas of my home that I chose to minimize was my closet. When I did, I noticed all sorts of different styles and colors and fits of clothing, many of which I no longer wore.

Of course, I am not alone in this—many of our closets are filled with items we no longer wear. Our over-filled closets have nothing to do with functionality.

Why do we own closets full of clothing and so much more than we need? Is it because we love them all or because we need that many shirts or shoes? No, of course not.

We buy them because we are trying to keep up with changing fashions—the same

changing styles that the fashion industry tells us we need to remain in style.

Similarly, when we look in our living rooms, we notice all kinds of decorations and knick-knacks cluttering our shelves. Why do we have them? Because we love them and they tell the story of our lives? Doubtful.

Instead, we bought them because they were on sale, they matched the couch, or those built-in shelves needed something on them. In each case, we buy things and keep them, not because they benefit our lives, but for some other intention.

This question “*Why do I have this?*” makes the process of decluttering easier and holds benefit for almost every item we own: Why do I own these CDs, that piece of furniture, these toys, these old electronics, those books? Once we determine “the why?” we are better equipped to answer the “what now?”

Asking why forces us to stand face to face with questions of motivation and impulse. It requires us to confront the reason behind the actions. In fact, the question offers opportunity wherever it is asked:

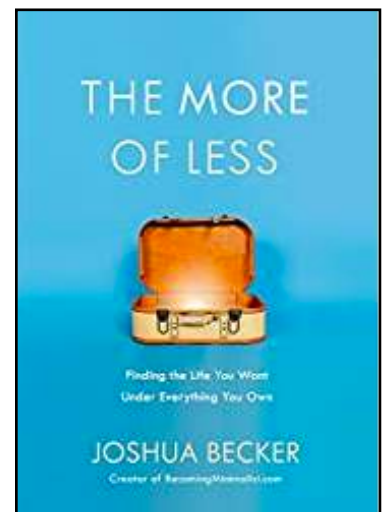
- What is the first thing you do in the morning? *Why?*
- What are the unhealthy habits in your life? *Why are they there?*
- What worries do you carry? *Why is that so?*
- What fears do you have? *Why do you have them?*
- What struggle points do you have in your marriage? *Why?*
- Do you enjoy your work? *Why or why not?*
- Are you getting ahead financially? *Why not?*
- Are you content with your life? *Why or why not?*
- Are you happy? *Why or why not?*

With each question, you journey deeper and deeper into your heart. That’s why the question “*Why do I have this?*” forms the basis for your best decluttering efforts going forward.

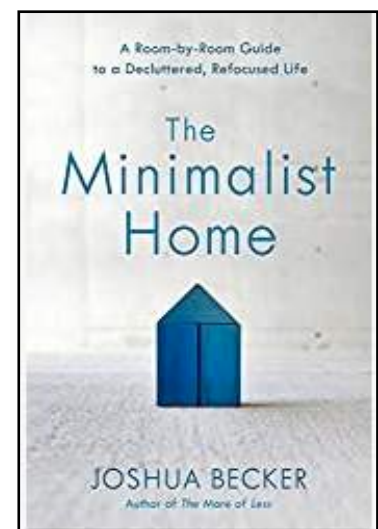
This question—along with *Do I need it?*—will open up new ideas about what items and habits to keep and what to remove.

And ultimately, isn’t that goal? To remove things entirely from your life that you no longer need... so you can begin living the life that you want.

△



[The More of Less: Finding the Life You Want Under Everything You Own](#)



[The Minimalist Home: A Room-by-Room Guide to a Decluttered, Refocused Life](#)



Feng Shui is NOT a religion

No belief system in it is required for it to work.



My interior design work is based on time-tested Essential Feng Shui® principles otherwise known as “environmental psychology.” When these design principles are applied to your home, the energy flows properly bringing you peace, tranquility, comfort, joy, improved health, harmony in relationships and an increase in cash flow ~ among other amazing results. I work with your personal style, tastes and goals.

Here's what some grateful clients have expressed...

“You did a feng shui assessment of my home when my major career goal at the time was to complete the novel I was working on and get it published. You offered many suggestions and I am thrilled with the results! My home is organized, clutter-free, and every area of my life has been enhanced by having gone through this process. So many positive changes have happened, not only in my life, but my book is at the publisher! I am grateful for the work you do and would recommend your services to anyone looking to make positive changes in their lives.”

–Amanda L., Appleton

“Nancy has an incredible capacity to open the flow of a room. Her eye for creating a nurturing space is amazing!”

– Jennifer L., Appleton

“My bedroom looks marvelous; so serene and welcoming. The painting is done, artwork is hung, and I couldn't be happier. Thanks!”

– Peg A., Green Bay



What can feng shui do for you?

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1999 Graduate of the Western School
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Wisdom from our Native American Brothers



For the Lakota, kinship with all creatures of the earth, sky and water was a real and active principle. In the animal and bird world there existed a brotherly feeling that kept the Lakota safe among them.

The animals had rights -- the right of human protection, the right to live, the right to multiply, the right to freedom, and the right to our indebtedness -- and in recognition of these rights the Lakota never enslaved an animal and spared all life that was not needed for food and clothing.

This concept of life and its relations was humanizing and gave to the Lakota an abiding love. It filled their being with the joy and mystery of living; it gave them reverence for all life; it made a place for all things in the scheme of existence with equal importance to all.

From Wakan Tanka, the Great Spirit, there came a great unifying life force that flowed in and through all things ~ the flowers of the plains, blowing winds, rocks, trees, birds, animals ... Thus all things were kindred, and were brought together by the same Great Mystery.

~Chief Luther Standing Bear ~ Shared from [Ecological Consciousness](#) Facebook page.

Man must love all creation or he will love none of it.

One thing to remember is to talk to the animals. If you do, they will talk back to you. But if you don't talk to the animals, they won't talk back to you, then you won't understand, and when you don't understand you will fear and when you fear you will destroy the animals, and if you destroy the animals, you will destroy yourself.

– Chief Dan George

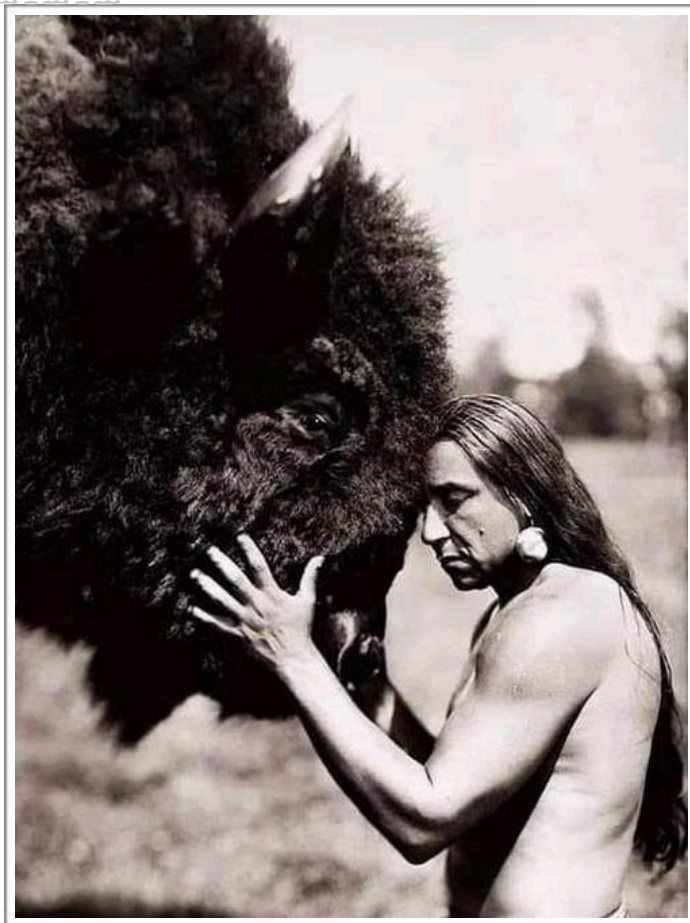
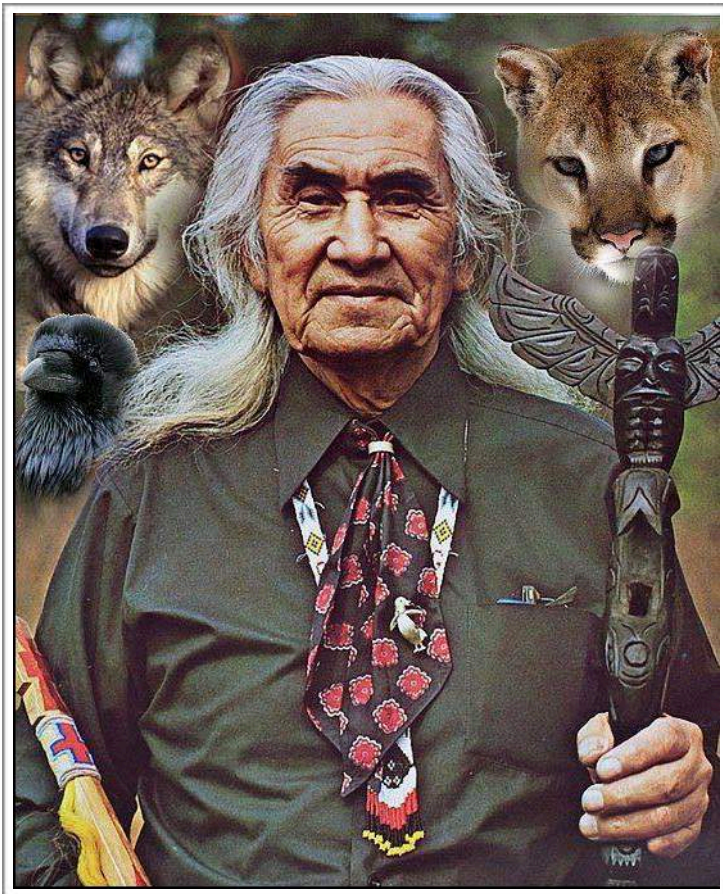


Photo by Shane Balkowitsch



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