

# The Inner Voice

A Source of Light For Unfolding Consciousness • July 2020

*Celebrating Freedom  
From Our Personal and Global Past*



# Golden Light Healing

DREAM • EXPLORE • DISCOVER • GROW

Here's a Partial Listing of Our Upcoming Events...

Check our website for more! [www.GoldenLightHealing.net](http://www.GoldenLightHealing.net)



Your Hosts, Amy & David Wilinski  
920-609-8277

[info@goldenlighthouse.net](mailto:info@goldenlighthouse.net)  
[www.GoldenLightHealing.net](http://www.GoldenLightHealing.net)

**Golden Light Healing Retreat Center** is an oasis of peace and healing nestled amid 200-acres of prairie, fields and forest just 15 miles from Green Bay, Wisconsin. We offer workshops and sessions in Shamanism, Reiki, Mediumship and Psychic Development. Our mission is to empower others to connect with their own healing capabilities and psychic intuitive gifts. Our Retreat Center is available for customized personal retreats, company team-building workshops, or for group rental. We also offer Spiritual Journeys around the world to sacred sites. Please join us in Peru, Ireland or Scotland as we sit in ceremony in ancient ruins.

**THE HEART OF SHAMANISM—**  
A Virtual Workshop July 7, 700-900 PM \$44

**DEEPENING YOUR MEDIUMSHIP**  
August 28-30, Friday 630-930, Saturday 900-800, Sunday 900-400

**AWAKEN YOUR INTUITION!**  
August 27, 500-1000 PM

**REIKI LEVEL I TRAINING**  
July 16, 900-430

**REIKI LEVEL II TRAINING**  
July 30, 900-430

**REIKI MASTER TRAINING**  
September 26, 900-400

**TAKE A WALK ON THE WILD SIDE:**  
A GUIDED PLANT IDENTIFICATION HIKE WITH GIGI STAFNE July 17, 530-800 PM



**DRUM MAKING WORKSHOP WITH DAVE WILINSKI** August 19, 930AM-130 PM \$195

## Mediumship Training July 11-12; 9am-4pm

Would you like to learn how to connect with the spirit world? You are invited to join us for this powerful 2-day Mediumship Training where Amy Wilinski will take you step-by-step through building the skills needed to give a mediumship reading. During this highly experiential class, you will learn to make those connections with the spirit world and how to give an Evidential Mediumship Reading!  
**Workshop Fee: \$295 Lunch included. Lodging available.**

## Plant Magic, Medicine & Mythology with Gigi Stafne July 18-19, 2020

Join us for an intimate, engaging weekend of magic, medicine and mythology! Delve deeper into Plant Spirit Medicine and Herbs as Shamanic Relations. Cultivate relationships with sacred herbs of your bioregion and the plant allies of your ancestors.  
**Workshop Fee \$275.**

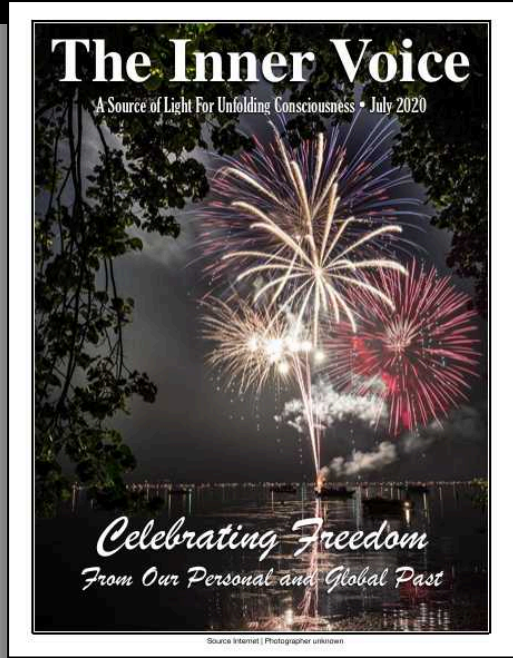


**Lodging Options:**  
\$30 camping, \$55 Shared Cabin, \$100 Single Cabin Room + tax. Includes 1-night lodging, 1 dinner, 2 lunches & breakfast.

## Whispers on the Wind Shamanic Program

**Group #22:**  
**Sept 30-October 4, 2020; December 16-20,**  
**March 17-21, 2021, June 9-13, 2021**

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



Dear Readers,

We need your help. If you enjoy reading *The Inner Voice*, we ask you to please share the link with the people in your life so they can enjoy it, too! [www.theinnvoicemagazine.com](http://www.theinnvoicemagazine.com)

Reminder ~ It is FREE to subscribe ~ however, your donation in any amount helps cover our website fees and other publishing expenses. It's easy to donate ~ just click here:

<https://www.paypal.me/theinnvoice>

Your kindness is appreciated!

Thank you!

The Inner Voice Staff

## Inside this issue...

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

2 Ad, Golden Light Healing

4 Angel Talk: Mindfully Creating the Life You Want

5 Ad, Angel Mediumship Readings

6-7 Book Overview By Steve Freier: "Your Life After Death"

8-9 We are each a facet of the Creator By Heather Hope

10-12 Astro-Outlook for July 2020 by Salina Rain

13 The Tao of Dana by Dana Claudat

14 Request for Reader's Feedback

15 Ad, Nancy Freier Essential Feng Shui®

16 Healing the Body: Turmeric

17 Bev Brunelle: Practicing Mindfulness

18 Pat Gullett's Creative Corner

19 Ad, Ann Ruane – Reiki & Other Intuitive Skills

20 Reiki Heals Gail Tail, the Cat

21 Ad, Lynn Schuster Animal Communicator

22 Ad, Free Spirit Crystals



### Lightlines Publishing

ISSN#1073-1814 ©1992-2001; e-version ©2012-2020. All rights reserved. Published on the 1st of the month. Submission deadline: 25th of previous month. Writer's Guidelines and Ad Rates available on request.



Website: [www.theinnvoicemagazine.com](http://www.theinnvoicemagazine.com)

E-mail: [theinnvoicemagazine@gmail.com](mailto:theinnvoicemagazine@gmail.com)

Like us on Facebook • "The Inner Voice"



Nancy Freier  
Publisher &  
Editor-In-Chief



Steve Freier  
Website Design Tech  
& Video Producer



Shanti Forte  
Interim Copy  
Editor

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

July 2020

Dear Readers,

*In case you haven't been told "I love you" lately, I am saying it to you. This issue comes to you from my heart with a sincere wish it blesses you (and the rest of the planet) through any crisis or predicament you are experiencing. Give yourself some love and be patient with yourself like you would with an infant. These are tough times for everyone. No doubt we are all in this together to face our issues and heal from what we've created. The good news is we are healing, for that is the way of nature. This issue offers ways you can rise above the fray and recreate the life you truly dream of. You are not alone ~ I am with you on this journey.*

**We'd love your feedback!**

*Look for the link at the end of every article, click and let us know what you like about The Inner Voice and what you'd like to see more of in future issues. We'd love to hear your thoughts.*  
xoxox,  
Nancy, Publisher

Give us your feedback! email:  
[theinnervoicemagazine@gmail.com](mailto:theinnervoicemagazine@gmail.com)



Angel Talk™



# Mindfully Creating the Life You Want

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

Meditation is a practice of going within one's self and accessing higher states of consciousness, not common to the state of mind we are used to in our everyday life. There are a number of different meditation practices a person can follow that are perhaps as unique as we are. These techniques are known by various names, but when practiced, help the meditator achieve relaxation and healing on the subtle levels.

As different as the various approaches are, the ultimate goal of meditation is to experience an inner sense of calm and wellbeing- to have that peace and joy spill over into our daily life.

Sreper, Angel of the Great White Light said, "Understand that you function on more levels of reality than you are aware of. Although these levels are not apparent to you in your normal consciousness, they exist just the same. You can attain these higher levels, commonly known as the alpha state, just by your desire to do so. Then, by following a practice of meditation that works for you to go deep within your consciousness, you are able to access the Divine in a communication process present within you."

Angels are messengers for God. They exist on "higher" planes of consciousness and vibrate at a higher rate of speed than the physical plane. This is why we cannot normally see them with our eyes. The angels have instructed us, when we meditate, we actually raise our vibration to meet theirs, making communication with them possible.

You may be meditating and not be aware that you are. In addition to sitting comfortably, stilling the mind of its chatter, people can also enter a meditative state when they are engaged in an activity

they enjoy. Some examples of these are being active in sports. You can meditate while golfing, swimming, walking, or jogging. Being engaged in an activity in which the body is busy and the conscious mind occupied, frees the higher mind to listen. You may also experience meditation while you are fishing, knitting, sewing, crafting, painting, writing, driving to work, taking a shower, scrubbing the floor, or routinely washing the dishes – to name a few activities.

One of the benefits of meditating is to cleanse the mind of unwanted, negative thoughts. Sreper says, "All thoughts create." If we are experiencing something in our lives that we don't want, we need to pull that thought out by its root like a weed in a garden. Through meditation, we can access the creative mind within and re-create what it is we desire.

In meditation we can be the observer of our life and let go of unwanted mental images that are creating unwanted scenarios. It is a very basic principle that requires absolute diligence, yet we humans have a tough time accepting it because our ego minds do not want to accept the responsibility of our creations. The ego would much rather blame someone or something for its predicament.

In our darkness (unenlightened state) and for eons of time, we have blamed God or something outside of ourselves for everything that goes wrong in our lives. We cannot fathom the notion that we have created our disease, or the ills of the world – personal or global, but the angels say it's time we accept the responsibility. It is the first step in switching gears and turning our lives into a new direction. The good news is if

Continued on page 5

Angel Talk from page 4

we've created what we're experiencing, then we can recreate those things we'd rather experience.

The second step is to forgive ourselves and be at peace with what we have created. Starting right now we can begin anew. Choose to be at peace within yourself knowing you have always created the highest and the best for yourself and the world with the knowledge and awareness you held at the time you created it – just like we are in the creative process right now, with all the awareness available to us right now as I write this, and as you read this.

Let us also take note that God, by whatever name you choose to call the Creator – represents the highest of all creative thought, heals all wounds and (according to *A Course In Miracles*) has already healed whatever we are going through!

How can that be if we are still suffering? The angels answer by saying, "If you are hanging on to something and have regret,

*know that it has been your choice to hold on to it and have regret. Suffering is not of God. And because the regret has come to mind today, know that it is simply time to let it go. Take responsibility for your creation of it and step up to the Light. Join Us in the higher realms of creative thought in Heaven where We are. Do not accept the reality you made in place of God's perfect peace. If it causes pain and sadness, why would you accept it?"*

So, this is our Clarion Call for us to wake up. It's time to wipe the sleep from our eyes and walk a new path. "Walk away from your bed into the light of the

*new day. Whether you perceive Light or dark; whether you are at peace, or at war – it is your choice to choose what you will see and have from this time going forward. Your personal power can move mountains. We ask for your awareness of this, and for the wisdom to make the highest possible choices for yourself right now. Those choices are always peace, love and healing, which will be the results of your highest pursuit – for you and for all concerned," Sreper said.*

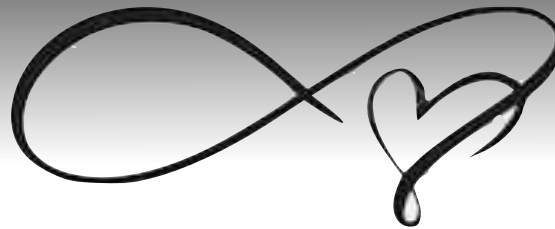
Personally, I feel I am on a new path of creating my life fresh and new, as Sreper suggested. I have only taken a few steps on this new journey of becoming totally aware of what I am creating for my life and weeding the garden, and it feels good. I feel like I did when I was 18 and ready to conquer the world. I am full of joy and wonder – like a child in a brand new sandbox. Δ



To comment on this article, email: [theinnvoicemagazine@gmail.com](mailto:theinnvoicemagazine@gmail.com)



*Need Answers? Get A Reading!*

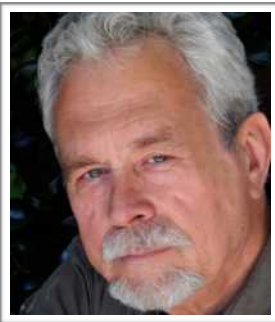


The Angels of the Great White Light specialize in offering a clear perspective on any situation troubling you, large or small. Their wish is to guide you through it so you may learn its lesson, forgive, release, and heal. Countless people have been helped by the Angels' guidance over the years of my taking down their dictation. It's good "Heartmind Medicine."

**Angel Mediumship Readings Since 1986**

[NFreier@aol.com](mailto:NFreier@aol.com) • [www.NancyFreier.com](http://www.NancyFreier.com) • [www.theinnvoicemagazine.com](http://www.theinnvoicemagazine.com)

Readings are done remotely using an automatic-writing technique I developed over the years, inspired by Ruth Montgomery and Edgar Cayce. Angel Counseling sessions on Skype or Facetime by appointment.



## Your Life After Death: The Joseph Communications By Michael Reccia

Steve Freier is a researcher of metaphysical subjects and The Inner Voice website design tech and Mail Chimp publisher. Steve is also a professional video producer specializing in personal and promotional videos in YouTube fashion. Contact Steve here: [sgfreier23@gmail.com](mailto:sgfreier23@gmail.com)

If you only read one spiritual book in your lifetime, make it this one. Whether you like it or not, life is a one-way street. Each of us is going to die ...or are we? According to the ancient, highly evolved spirit communicator of Atlantis 'Joseph,' life continues and progresses onwards into the Infinite, and there are countless opportunities and wonders waiting for us beyond physical 'death'. It's interesting how this book was 'written.' It came via the trance mediumship of Michael G. Reccia in the north of England.

In my opinion, after reading perhaps over a hundred similar books on the Afterlife, this book possibly represents the most comprehensive account ever written of just what lies ahead for each of us after we leave the earth and our physical bodies behind.

This book was delivered, along with seven other books in the Joseph series, by an advanced soul, Joseph, who has lived in an enlightened sphere of Reality 'beyond the veil' for thousands of years. Whether you're a spiritual seeker or simply curious as to what is going to happen to you after your time here has come to an end, the internationally acclaimed book *Your Life After Death* will prove a fascinating and enlightening read. You'll never look at the next life, or, indeed, the one you're living now, in quite the same way again.

It's unfortunate that the world's religions are so deeply unaware of the truth of what happens after we die. It's almost as if there is a dark conspiracy to keep human souls in the dark and trapped by what Joseph calls 'the Field.' Indeed, if you get into the Joseph series of books, which build on one another, you will start

to wake up to the depressing reality that we are all fallen angels and somehow eons ago separated ourselves from God/Source/Creator and went off on our own thinking we could 'do it better.' Joseph details this in a book titled, "*The Fall*," which follows next after *Your Life After Death*. The Fall is a deep dive into how we got into this mess.

So why should YOU be concerned about what might happen to you after your body dies? Major religions would give you the simple idea that if you were good in your Earthly lifetime you would go to "a place" called heaven. And conversely, if you were bad, you might find yourself in a place called hell! To some extent this is true, however, it is much more complicated than that.

Where you find yourself in the initial stage of the Afterlife is based on your vibrational level of consciousness. At first you will likely find yourself in one of a few Transition or Cleansing Zones. A Transition Zone is designed to match your Earthly state of mind so that it is not a shock to your psyche. For instance, if you died while lying in a hospital bed, you might find yourself in a hospital bed in the Transition Zone on the Other Side until you are able to realize that you had made the transition. After that you might find that you had no need for a body or you might create one that is younger, beautiful and healthy!

On the other hand, if you were a truly evil person, a murderer, torturer, rapist, etc. your transition might lead you to a lower astral world of darkness where you would suffer the consequences of your overall vibration until you could no longer stand it and you cried out for help from

the Angels, Jesus, or God. This situation might go on for a long time as we measure it, years or decades, although time is relative in these realms. In the Afterlife, you will be attracted to other souls based upon the principle of 'like attracts like' based on your vibrational level of involvement.

At some point after you arrive and find yourself situated you will most likely experience a Panoramic Life Review, which will allow you to not only look at the significant actions of your most recent Earth life and also how you affected others. This review might also include a review of All your past lives, as well.

Without enlightenment – knowing the truth of why we are here living an Earthly life – after we die we might eventually find ourselves being drawn back to begin yet another Earthly existence. This is commonly known as Reincarnation. Most people who believe in reincarnation think it is a good thing and that your next life will be either good or bad based on how well you behaved in your previous lifetimes. Here I refer to Karma, which, in Hinduism and Buddhism, is the sum of a person's actions in this and previous states of existence, viewed as deciding their fate in future existences. The good news, according to Joseph, is that we do not have to return to Earthly life! However, the catch is that for most of us, we are almost irretrievably drawn to want to come back.

Why would we want to return when there are higher, more glorious realms awaiting us? The answer Joseph gives is that most souls feel that there may be some 'unfinished business' that must be attended to. Since most souls are part of a

Soul Group, and we tend to incarnate lifetime after lifetime, playing different roles each time, such as father, mother, son, daughter, perpetrator, victim, etc. These roles are supposedly agreed upon before birth for various reasons. However, Joseph sees multiple lifetimes via reincarnation as a trap. He tells us that we will never be happy while searching for it on Earth. He tells us that the way out for good is to focus on what he calls our “Heart-Mind” vs. our “Head-Mind” (Ego). He says that the more we can operate from our Heart-Mind, which also means living and being in a Love-Centered consciousness, then if enough of us do that, we can turn the Earth experience around.

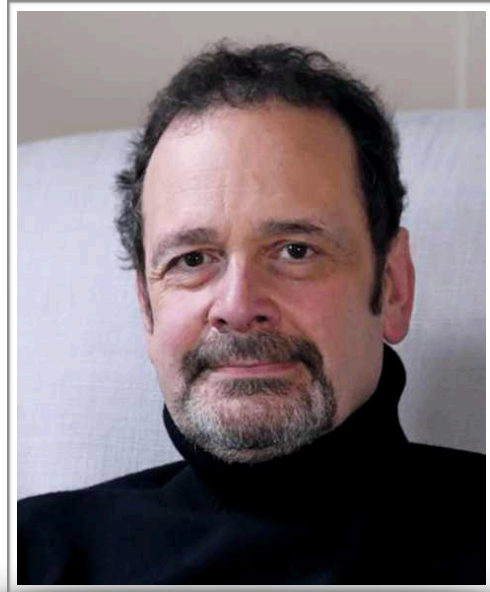
To give you some idea of how far humanity has fallen; Joseph describes Atlantis having a different technology, using 'particle physics' to move objects, able to move and rearrange buildings with the power of mind, heal without touching, and so on. However, at some point there was some kind of cataclysm, when it all went to people's heads and changed them. There was a lot of pain, there was a lot of death, which was caused by these people suddenly creating dark things, dark thoughts that previously didn't exist on the Earth. It changed the nature of how animals looked at each other, and the vibrations were absorbed by the flora and fauna. The earth became a more aggressive place...

“I tell you the Earth that I knew is vastly different from the Earth that you know – just a pale shadow of how it used to look. Mistaken thought has done all that, has caused the havoc, the chaos... It is arrogance to suppose that your people are the first people; that your civilization is the first civilization. It is not.” This was the Fall, and is the origin of human problems - an idea that Joseph returns to often. Another concept is a sort of mental Force Field around the Earth made up of humans' thoughts and passions, and which as a result is mainly negative. This 'Field' distorts our thinking, and we let it attract us back into life again and again.

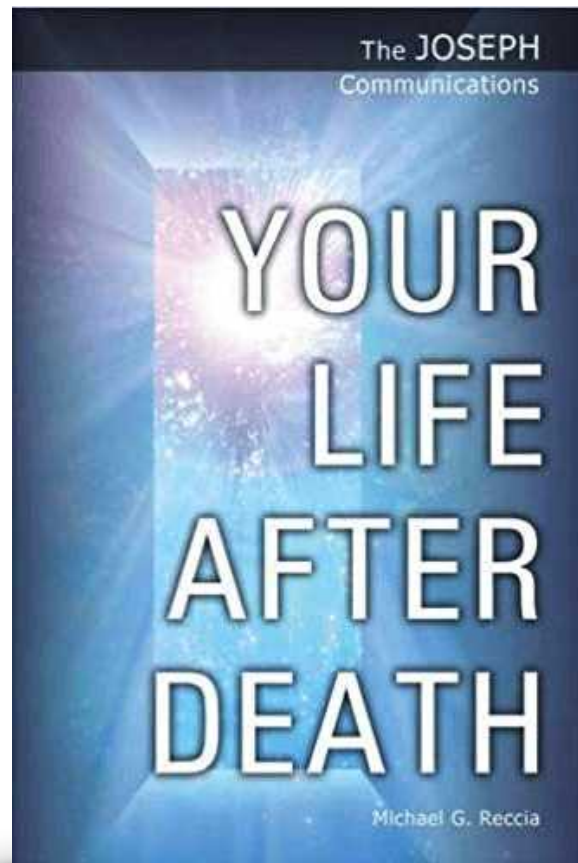
If you've read the Seth series by Jane Roberts and Michael Newton's *Journey of Souls* and *Destiny of Souls*, then *Your Life After Death* will take you to the next level, and then some. It is, in my opinion, the best book on the planet on this topic. Why do people live their lives and die without knowing what's going to happen to them when quality information is readily available? BUY IT, READ IT and PASS IT ON!



To comment on this article, email:  
[theinnervoicemagazine@gmail.com](mailto:theinnervoicemagazine@gmail.com)



[Short interview](#)  
with Author Michael Reccia



[Your Life After Death](#)



# We are all Facets of the Creator ... a Mirror on the Disco Ball



## By Heather Hope

We are all facets of God, like one square of a disco ball. The square that is you, can get fogged up or dirty, but it can always be cleaned. The source of our square, where we are connected, is always clean, pure and radiant. To the extent that people are unhealthy reflects how many layers of residue have accumulated on their square. There are different flavors of layers as well. There are emotional layers, physical health layers and spiritual layers. Whether we clean our mind, body or spirit we do them all. There is no separation.

The issue comes in when we identify who we are by the layers of residue that has built up, as opposed to the diamond disco ball within. The debris creates the lens through which we see the world. We mistake the lens for the world. It is not actually the world that is the problem, but the debris through which we are looking at it. The debris begins to accumulate when we look away from the light of the Divine. It is a shadow that we create when we turn away from our true essence and source of our infinite power. Ultimately it is not about cleaning the debris but about recognizing the perfection that always exists within. But most people need a jump start to get from outer identification to inner knowing. It can be too far to

get from a place of the complete sense that we are our debris to a sense of knowing the perfection of our own essence. Unpacking the debris, doing healing work, is the way back home to our inner truth.

There are illusions of separation that arise when we see our reality through the debris-filled mirror. There are fears that we are being judged, in the wrong place at the wrong time, and fears of facing the world alone. When these illusions are no more, then we step fully into the light of consciousness – or recognizing the diamond that is the all. Start by getting to consciousness for the duration of one breath. It is amazing! Then maybe tomorrow two breaths, and then five... Then you will find more spaces in your life to remember the diamond, creating

little islands of consciousness throughout your day.

Cleaning and clearing debris can become like an addiction but in a positive way. The more we clear away, we get the opportunity to rediscover who we are. It's an upgrade. Stepping toward the light is an upgrade. Ask the diamond for the path and you will be led on the diamond path. You will know that you have arrived when you have a constant sense that you are doing the right thing at the right time, always in step with creation.

The different flavors of debris: mind, body and spirit can be cleared by intentionally reprocessing each memory, essentially erasing the imprint. Detoxification is the process of clearing body debris. Toxicity is the underlying cause of every illness. When the body is overburdened by toxins, the immune system cannot function properly and can even turn on itself creating autoimmune issues.

Zeolites, are a safe and easy way to unburden the body of toxic buildup. Detoxification ultimately creates a closer connection between you and your body. As you love and honor your body, then you find the eternal love and honor that resides within the body. With this, you find a sense of gratitude for the way the body beautifully houses your spirit and assists you in completing your divine purpose here on Earth.

When we recognize that we are each one of the mirror squares of the diamond (which has no end, and is a



Continued on page 9

**Heather Hope has a Master's degree in Professional Counseling. She specializes in Spirituality Integrated Counseling, Brainspotting and Past-life Regression Therapy. In addition, Heather has had a 3 year apprenticeship as a Shamanic energy healer including training in Peru. She is the Director of a nonprofit organization called "One Love Wellness Center" located in Appleton, Wisconsin. Heather operates her practice on a sliding-fee scale. She can be reached at 920-221-6112 or at [onelovecounseling@gmail.com](mailto:onelovecounseling@gmail.com)**



part of the all that is and always will be), we realize that there is nothing to fear. It is ultimate community and eternal oneness with The One. This also brings into our awareness that all of humanity, plants, animals, Mother Earth is our family. It is us. We are it. The separation is an illusion.

When our awareness is on our inner diamond we can more easily see through the illusions of fear. The abandoned sense, “I cannot do this all alone” is part of the illusion. That is almost a joke. It is not even possible that we could do something by ourselves because we are part of the whole. We cannot have an existence separate from it. In turning to our inner truth, we recognize that there is nothing to judge. We have always been connected to source and always will be and there is nothing else that really matters.

We could never get lost. We are still attached to our source. We are like a piece of a moving puzzle that always remains intact. We just get to move around. We can never be at the wrong place at the wrong time. Something else is in that place until you get there. You are always right where you need to be within *The One*. We are our home, like a turtle, we carry it with us wherever we go.

The frequency that we emit, positive or negative (life or death) spills over to the puzzle pieces around you, as well. There is no neutral frequency, you always emit either positive or negative. Just like you are either moving towards the light of the diamond or moving towards the crustiness on the window, there is no standing still. You choose which wolf you feed; moment by moment, thought by thought, action by action.

Aristotle stated, “Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act, but a habit.” Each moment, each thought, each act of going within and connecting with Source creates a habit of diamond awareness. With every decision we go toward life or death. This includes the decision about what we put into our bodies. Foods that have no life energy do not feed our bodies the life energy we need.

Manifestation is the process of connecting to the diamond, and then within the Oneness finding the frequency of whatever it is that you are seeking and connecting with it. Befriend it, ask it to come and visit you in this reality. Whatever you are seeking is also seeking you. There is an etheric cord between you and what you desire. You only need to recognize the connection, the loving relationship that exists outside of time and space to bring it into this dimension.

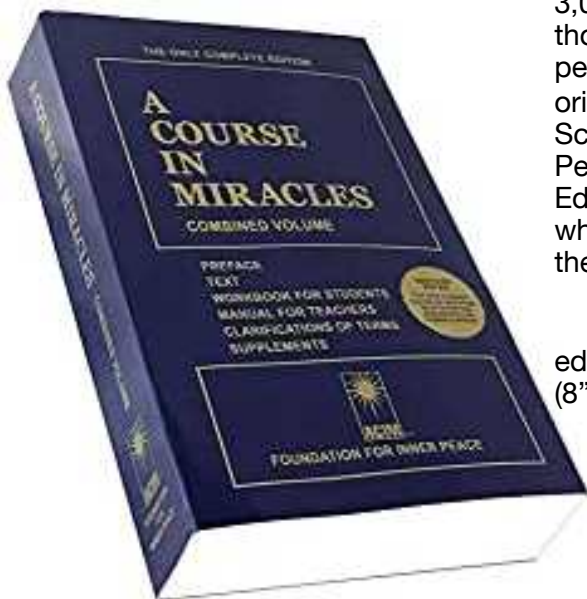
An added benefit of focusing on our inner light is that it then expands that light around us, thereby acting as a shield and protection from darkness. When we are light, darkness cannot get in. As long as the light is on, the darkness may never enter.

Heaven is within the heart. We are always attached to it. If you think of a seed, it is being nourished by the soil, the rain, the water, the wind...everything in its community. May all beings awaken to the truth of their own heart and to their eternal connection to their infinitely-loving Creator.

Δ

To comment on this article, email: [theinnervoicemagazine@gmail.com](mailto:theinnervoicemagazine@gmail.com)

## A COURSE IN MIRACLES



The Course, as it is published in this edition and used by 3,000,000 students worldwide, is a complete self-study spiritual thought system that teaches forgiveness as the road to inner peace and the remembrance of God. This is the only complete original edition of **A Course in Miracles** that the Scribe, Dr. Helen Schucman, authorized to be published by the Foundation for Inner Peace in 1975. Other books with titles such as ‘The Original Edition’ or the ‘Unedited Edition’ contain unsanctioned material which Dr. Schucman deleted since it was not meant to be part of the published Course.

**A Course in Miracles** is available in 25 languages, the English edition is available in hardcover, softcover (9”x 6”) and paperback (8”x 5”) and on Kindle.

[A Course in Miracles: Combined Volume](#)





# Time to Reset and Re-think: Power, Purpose and Process

By Salina Rain [astro@salinarain.com](mailto:astro@salinarain.com)

As July 2020 begins, six celestial bodies in our solar system are retrograde with two more about to turn in apparent backward motion in the first week and a half while Trickster Mercury will turn direct. That's a powerful amount of review, remember and re-group we're compelled to go through this summer of the most crucial problems of human existence in need of immediate remedial action by the latter part of this year.

**All the planets and asteroids involved combine to create a significant time for us to pause and reflect on where we are, where we've been and where we're going, both personally and certainly in the species-wide crisis we find ourselves immersed in.**

**Neptune's retrograde pivot on June 22 initiated months of re-thinking the poisonous elements we have saturated our world with and the relationship between that reality and the current pandemic that is being blamed on a virus alone.** Neptune rules delusions, self-deception, personal and collective addictions, smoke screens created by those in power to distract the masses. As well, **Neptune offers us the option to surrender our illusions, see through the smoke screens and feel our way toward what is most true and essential to our lives.** The letting go required of all our favorite fantasies about ourselves and our world is fairly breathtaking during the coming months. But nothing less is required of us than total divesting of the artificial reality we've lived with over

vast periods of time, the one that orders our world in hierarchies of the worthiest, the less worthy and the very least worthy, not only within our own species, but in all the magnificent array of species we share this exquisite blue-green jewel of a spaceship with.

**Venus just changed directions as well, moving to direct motion on June 24 completing the interior phase of the major work we've all had to do around improving the ability to communicate and connect with heart and mind merged in all our social and most intimate relationships.**

Venus in Gemini continues through the first week of August helping us re-learn how to breathe with life, love and innate wisdom while releasing the culturally ingrained habits of judgements of self and others and blindness to the beauty of human diversity. In "*Dismantling Racism Workbook*" (2001 Tema Okun and Kenneth Jones <https://www.dismantlingracism.org/>) these qualities are presented as endemic to white supremacy (also I would say patriarchy); perfectionism, defensiveness, quantity over quality, worship of written word, paternalism, either/or thinking, power hoarding, fear of open conflict, individualism, progress-is-bigger-more, objectivity, right to comfort.

**Venus now opens up the opportunity to sort through these givens as we re-think our whole world paradigm.** Venus in Gemini urges us to laugh at our own foibles and those of our fellow beings, as

humor is one of the most healing remedies available in such polarized and angry times. This comes up especially in matters where either/or thinking is even more prevalent of late.

The situations most dangerous to us now have been coming for a long time and have developed through many layers and levels of power plays; political, economic and "science" based. The so-called experts we seek crucial information from are too often the very same people who have gained their positions through going along with an ever-increasing corporate agenda, i.e. not for the benefit or wellbeing of all. Our job is to work harder at discernment and remember always to follow the money. **Uranus in Taurus for the last couple of years has been helping with that very important matter, as it reveals some of the most earth-shaking facts about our economic system, one that's been developed to benefit the few while devastating larger and larger areas of our planet through war, plunder, chemical pollution and ongoing genocide of the world's Indigenous populations.** We can no longer pretend that civilization as we know it has been a benefit for all. Uranus in Taurus also shows us the way between now and 2026 to re-order the world economies in universally-just ways, inclusive of all peoples and all species, while creating radical shifts in how we use our abundant planet's resources. This includes re-learning from those earth-based cultures still in existence how to

Continued on page 11

care for the biosphere that births and sustains all life. Nothing less.

**Mars, the Sacred Warrior or unbalanced aggressor, the planet that activates our passion, motivation, physical energy and sense of right direction, has entered its own fiery home sign Aries by the 1st of this month and will be there into 2021, over 6 months in total.** This is due to Mars' retrograde pass between early September and mid-November when it will turn direct, a very long time for us to be impacted by its most fiery passage. Aggression, belligerence and highly impulsive behaviors can be expected while at the same time we can take the opportunity to learn more about skillful assertiveness, acting from personal ethics free of guilt or undue influences and allowing our passion to arise from the soul level.

As a collective, we're going through a crucial phase where matters of war, invasions of sovereign nations and exclusion of whole groups from the common good must be examined and replaced with concern for the rights and welfare of all. How we get there is dependent on our individual participation in these processes, requiring courage and risk, both of which are in abundant supply from Mars in Aries.

**Jupiter-Pluto's 3rd meeting in late June has been bringing to the fore uses and abuses of power, authoritarianism, beliefs about who has the right to choose matters of life and death, from issues of personal autonomy to world leaders using their authority to kill whole groups of people.** Death is a huge theme with these two planets as we face the reality that our species may be at its end, and even worse of our own doing. But the severity of these realities should not be a reason for giving up or succumbing to depression or pure



escapism, but rather a call to claim our reason for being and act on that every day in one way or another.

**Again, our world view is up for radical re-consideration as consensus reality falls apart from the weight of its own massive dysfunction. This leaves us with all possibilities wide open!**

We are innately creative beings and have been largely denied that aspect of ourselves in relation to how much we have subscribed to the prevailing paradigm which tells us only certain people or kinds of are special, creative, intelligent, worthy. As we simmer in the cauldron of Transformation, we must individually take every opportunity to reflect on our role and how we feel about the structure of our lives so far, as the universal energies at work push, support and nurture us through the necessary changes.

**On July 4 at 9:44 pm PDT Full Moon Lunar Eclipse occurs for the last of**

**three eclipses in a row with major impact for the rest of this year. This one arrives at the 14th degree of Capricorn, right on the USA's natal Sun, and will consequently instigate the next big shift in our nation's global role and position of authority. It's unravelling in fast progression as all the truth of who we are and who we have been as a nation is revealed, to those of us who have lived the white privilege dreamtime since day one to the whole world's revelations that U.S. is no longer in charge of its senses, if ever it was.** Of course we've not been beloved in many places for a long time but this is a further, rather steep decline in the esteem in which we've been held. As a nation we've left a lot of trails of devastation and misery as it all comes home to roost in present time. Group karma meets personal karma.

**A Cardinal Grand Cross characterizes this lunation with Mercury-Sun-Vesta, Moon-Pallas-Jupiter, Juno and Mars-Chiron as the four points of the square aspects.** In the D.C. chart this cross resides at the cardinal points of the pattern making its influence even stronger. There's much to be done, and much to be considered before we take any action, both personally and together. What are our best purposes and most dedicated disciplines now, with whom are our strongest alliances and what are the boldest remedial actions that we can take? Family, home, career and the balance between these areas of life are prominent concerns.

**Saturn has slid back into Capricorn in its retrograde pass, bringing up even stronger the awful theme of authoritarianism and how far we've let that overtake our national experience.**

Continued on page 12

We have the opportunity to reverse this situation but it cannot be done by playing the game with the same old rules, the ones that never worked in the past and will certainly not bring good results now. We clearly have insanity, greed, unethical and immoral actions and lack of concern for the good of the People as the prevalent qualities in our national leadership. **This eclipse sets loose revelations and crucial insights about the tangle we've gotten ourselves into and the actions we must take to set ourselves free.** This applies again both individually and collectively.

With Vesta, Mercury and Sun merging the sorely missing elements of the feminine, of nurturing, connection, mutual caring and respect are brought forth. The uprising represented by *Black Lives Matter* will not go away; its impact is growing as the local, national and global power dynamics shift, assured by the outer planet patterns and the call to accountability on all levels in all areas of personal and public life.

**Chiron, the Rainbow Bridge between matter and spirit, the representation of the multi-dimensional aspects of our being, turns retrograde on the 11th while making a wide, challenging square to Mercury, the Traveler between the Worlds, which turns direct on July 12th.** This gives both bodies increased impact as they change directions and in a rather tense relationship to each other. Words have power especially now, and can be used to wound or to heal. Perhaps especially painful news at this time and certainly by the 14th when Mars joins Chiron in the sign of raw emotion, anger, aggression and activating renewed courage. **Instead of being victims of the past, it's time for re-birthing from a place of bold self-validation, affirming the soul's purpose which is the very foundation of courage.** We're all starting off on a new path of one kind or another as our world



Egyptian Art: Horus Weighing the Soul

shifts and changes in unpredictable ways, requiring a level of comfort on our part with the inevitable impermanence of life. **Over the coming months, Chiron takes us on a wild and inspirational journey into the as yet unexplored dimensions of our reality. Best to hang on for that ride.** For people born March 27 to 31 this will be an especially exciting phase.

**New Moon arrives at 10:33 am July 20 at the 29th degree of Cancer.** This is our annual beginning for all things ruled by that sign as well as the start of the next lunar cycle as Sun and Moon perform their monthly marriage. Cancer's realms are about family, tribe, domesticity, comfort and security, nurturing, emotional sensitivity and psychic perception. When we're out of balance, we can become needy, grasping, overly protective from a sense of too much vulnerability.

**Sun and Moon oppose austere Saturn at this lunation making us particularly susceptible to feeling left out, neglected, or lacking in some way.** The way to address those imbalances is to make sure we're taking care of our own needs rather than mostly deferring to other's needs. Also relevant is the opposition of the

Lights to the potent Jupiter-Pluto combination that commands our attention to matters of life and death, power dynamics, unsavory realities we'd rather avoid and the awful consequences of beliefs we must finally lay to rest.

**Utter transformation is what we're involved in, requiring utter surrender in many ways.** Our openness to new arising alternatives for the path ahead is one of the necessities. As we navigate this summer's disquieting storms, and on the other hand deceptively quiet periods, we must keep in mind whatever is going on beneath the surface is of ultimate significance.

Sabian symbol for this New Moon reads: "A Greek muse weighing newborn twins in golden scales. The intuitive weighing of alternatives." (Rudyhar)

△

**Salina Rain offers in person or phone sessions to help you navigate your life path with greater skill, wisdom and right timing.**

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

707-668-5408 (voice mail)

707-672-9164 (text message)

To comment on this article, email: [theinnervoicemagazine@gmail.com](mailto:theinnervoicemagazine@gmail.com)



# Don't Adapt to the Energy in the Room Influence the Energy in the Room

## By Dana Claudat

This year is about being the kind of influencer that matters most: acting as a catalyst to change the world around you. While we can't change/control/dictate the actions of other people, nor would we want to, we can become the positive influence that lifts life higher everywhere we go. It's time to be even more of the magic wand that you are!

How do we become greater positive influencers of others? As with all things, I've got no definitive answer. But, I know, for me it starts with my energy. When I'm the highest and lightest, I feel unstoppable in how far I can turn up the dial of the energy around me— no sage wands or resins required!

That said, all the sage wands, the energy clearing tools, crystals and rituals have their place in facilitating daily magic-making. So, you can grab yourself a smudge stick or a vacuum and get the good vibes flowing even brighter around you at any time!

That said, you can't exactly walk into a restaurant or your office with a Tibetan singing bowl and a pile of sage to burn. So, knowing that you, yourself, can clear space with your high, light and happy presence, all alone, on its own, is epic.

Keeping yourself in that high place is everything. Amping up my own energy is taking me down a few new roads lately.

I've been following the signs I see, and letting that energy move me. I've even been getting messages from the street art flashing at me on the walls in Los Angeles as I walk by them!

### Self-Care X 5!!!!

When I first saw this sign I thought, "It's time to do the next level of nutrition I've

been wanting." I had finished the [Medical Medium's Liver Cleanse](#) a few months earlier and really loved it. It may or may not resonate with you to do any type of cleanse, but it really hit home for me after a year of tons of action and energy starting to droop. Afterward I felt really awakened, fresher and more *cause* rather than *effect* over my body than I have in a long long time.



So, now I have a shopping cart online full of barley grass juice powder, adaptogenic chaga mushrooms and a few brilliant immune boosters that are a part of my next phase in energy. While the supplements are great, the real stuff is mountains of veggies to juice and fruits to gather every week at the Farmer's Market, including piles of cilantro for salads and smoothies, tons of celery and all the squash of the season to indulge, fully. After I finish typing this, I'll be getting a new tray of micro greens ready to grow (\*a micro-green growing kit was the best

wellness gift I've ever received) and I'm super-excited for all of this!

Is there something you're craving? That's usually the first place to look when wanting to make a shift to a higher level. If you're craving it, there's something to look at and to start indulging right now.

### Intuitive hits are brilliant!

As I was making cauliflower fried rice that looked pretty good, I had a flash of some fresh green onions that were in the produce bin. Everything was done – cooked, seasoned, ready to serve – and for some reason, I had to chop up a bunch of green onions and give it a stir before serving. Those fresh green onions turned something good to great – a layered taste explosion!

Those flashes of insight come to us in all different ways – street signs, art, songs on the radio, social media posts, coincidences, dreams – you name it. Intuition can just slip through in all kinds of moments. Follow those flashes and you'll be led to new paths, insights and ideas.

If you've been ignoring some intuitive hits and signs and flashes, you can start following them now. Stay spacious so that you can actually follow your intuitive brilliance.

Of course, clear your clutter. All of it. And get in the practice of staying clear of clutter once you get there. Take your time and build solid habits to clear it all.

But also, on top of the actual physical clutter, start to clear the kinds of clutter of ideas and energetic chaos that leads us to self-criticism, self-doubt, negative assessments of our lives and our worth, and most tricky of all, damning self-comparisons.

continued on page 14

All those energy blocks have no space in your life as a catalyst. All of that self-generated negativity does not belong in your days as a positive influencer of the world!

We all have these moments, but let them be moments, not the chorus of a song we sing to ourselves far too often. As you start finding more space within yourself, more space in your life, more awareness of all that is your bliss and more of that bliss that brings you energy, your frequency increases and your whole life reflects that shift.

You'll see more people smiling back at you. You'll hear more pleasant news. Your cup will be more full and you'll have more energy to share. You'll find more solutions. You'll think about the greater good.

Staying in the flow of self-care, following your intuition and creating more clear space in life are my most



cherished practices to expand and expand some more. Even a tiny bit of a positive influence outside of me makes the day infinitely more rewarding.

Together, can you imagine how much we can do for the planet and everyone on it? Of course you do!

Fill yourself up and radiate that joy everywhere you go. You may not be able to change everyone and everything just by feeling better, but that bright energy is a huge catalyst to keep you going as we work toward solutions.

△

You can learn more about me here:

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

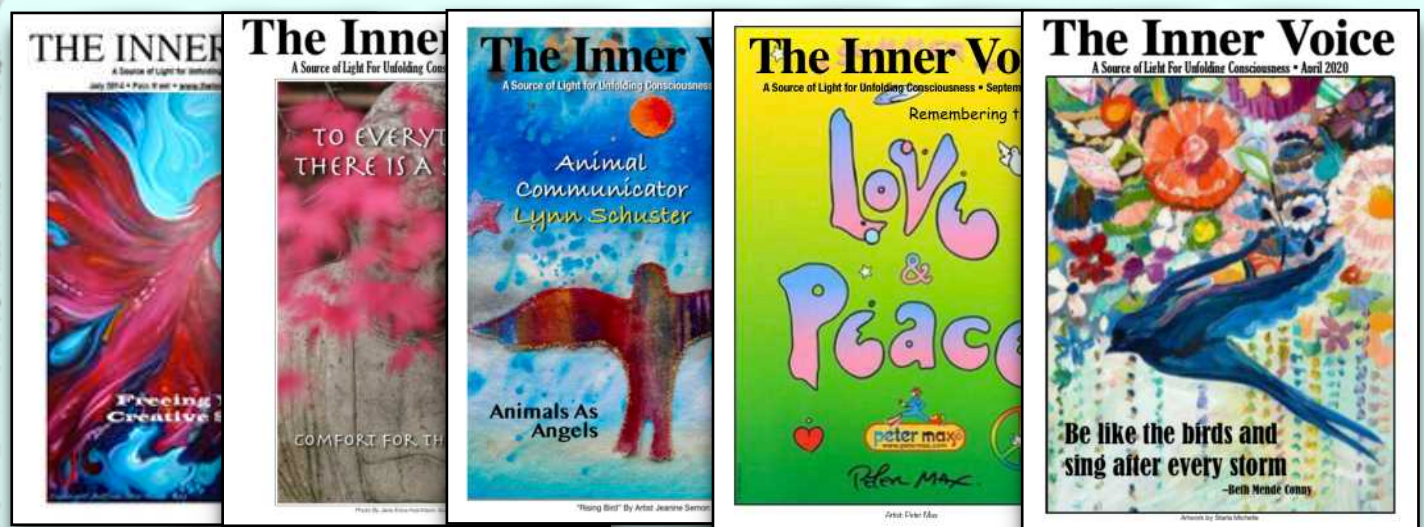
Feel free to contact me any time at

[dana@fengshuidana.com](mailto:dana@fengshuidana.com).

You can also stay in touch on

[Facebook](#) & [Instagram](#).

To comment on this article, email: [theinnvoicemagazine@gmail.com](mailto:theinnvoicemagazine@gmail.com)



If you enjoyed the articles in this issue, please click [theinnvoicemagazine@gmail.com](mailto:theinnvoicemagazine@gmail.com) and tell us!

Forward the link to all your friends so they can enjoy it, too!  
[www.theinnvoicemagazine.com](http://www.theinnvoicemagazine.com)



**Tip:** “Feng shui-ing” your home, office, condo, apartment, basement family room or any other space is not a “once-and-done” philosophy. The chi is alive and continuously on the move, bringing with it changes that need to be acknowledged and embraced. Then, we need to change along with it by updating our space(s) accordingly. It’s all part of the transformational process and the nature of life.



**Nancy Freier**

**Intuitive Interior Designer &  
Essential Feng Shui® Consultant**

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

**Contact info:**

[NFreier@aol.com](mailto:NFreier@aol.com)

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

*Testimonial:*

*I had a client who absolutely loved teepees and wanted to create one as a space in which to do her meditation practice, yet she felt she shouldn't thinking it may be “weird.” It turned out she had the perfect space in her master bedroom to create a teepee, and after some coaxing, she did it! Soon thereafter, she reported that her life and interests “zoomed ahead into a new territory” – one that she had previously only dreamed of. She thanked me for the encouragement to make her dream a reality.*



Photo: Internet

## ★ Turmeric Smoothie

- 1 cup hemp or coconut milk
- 1/2 cup frozen pineapple or mango chunks
- 1 fresh banana
- 1 tablespoon coconut oil
- 1/2 teaspoon turmeric
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1 teaspoon chia seeds
- 1 teaspoon maca (optional)



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

Image Source:  
AscensionKitchen.com

## A Word From Anthony William the 'Medical Medium'

**Turmeric** is a natural wonder in the healing world and has been used as a powerful anti-inflammatory, antioxidant, antiseptic, and antidepressant since ancient times. The main component in turmeric, curcumin, has phenomenal anticancer properties and has been known to help to inhibit prostate, skin, colon, mouth, esophageal, lung, stomach, pancreatic, liver, and breast cancer.

**Turmeric** is also a known blood purifier and helps to soothe respiratory ailments, improve liver function, support the circulatory system, regulate menstrual cycles, prevent cognitive diseases such as Alzheimer's, and heal gastrointestinal disorders. Turmeric significantly decreases inflammation that is attributed to arthritis and other autoimmune disorders such as lupus, irritable bowel syndrome, fibromyalgia, and chronic fatigue syndrome.

**Turmeric** also helps the body to digest proteins and fats as well as to regulate blood sugar for diabetics. Its

antioxidant properties have beneficial anti-aging effects and its anti-fungal, antibacterial, antimicrobial properties aids in healing skin wounds and abrasions, as well as inflammatory skin irritations such as psoriasis and eczema.

**Turmeric** is available as a powder, capsule, tincture, tea, spice, and/or ointment. Supplementing with turmeric or adding it to your diet will provide benefit for your whole body, and is one of the best things you can do for prevention, repair, and longevity. Δ

To comment on this article, email:  
[theinnervoicemagazine@gmail.com](mailto:theinnervoicemagazine@gmail.com)

## ★ Benefits of Turmeric

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

- Prevents Cancer
- Relieves Arthritis
- Controls Diabetes
- Reduces Cholesterol Level
- Immune Booster
- Heals Wound
- Weight Management
- Prevents Alzheimer's Disease
- Improves Digestion
- Prevents Liver Disease

*Turmeric should not be used by people with gallstones or bile obstruction.*



### Turmeric Tea Recipe

#### Ingredients:

- 2 tbsp turmeric
- 1/4 cup water
- 1 cup milk or soy milk
- 1 tsp almond oil
- honey, to taste

#### Preparation:

Stir together the turmeric and water in a small saucepan. Bring to a simmer and allow to cook, stirring, until a thick paste is formed.

Use 1/2 to 1 tsp of this turmeric paste for each cup of Golden Milk tea. Add turmeric paste, milk, almond oil and honey to saucepan and reduce heat to low. Bring milk just to a boil then remove from heat. Whisk briskly or blend if you prefer a frothier drink.





# Dream New Possibilities into Being



Summer time is a natural reminder to bring forth the creative power of LIGHT into our everyday experiences – relationships, health, work, finances, decisions, expectations, conversations. Everything. Like eating and breathing, Divine Light is an essential evolutionary element to incorporate into our lives.

The nature of Light is revealing, Divine Light opens us up into a timeless, spacious mystery where more options and wisdom are accessible and possible.

Start by inviting the Light into your thinking, seeing, hearing and perceiving. Our brain is a unique, private place where ancient and modern worlds of reality and imagination coexist and sometimes clash; worlds of the past, worlds of (what appears to be) the present, and worlds of possibilities of the future. Our heads and the energies that influence it, are filled with ideas of what we want, what others want, cultural influences, religious influences, expectations, and more.

## From Assuming to Ascending

There is no limit to the pure creative evolutionary movement Divine Light energizes into the complex mix of human conditioning and potential. If you want to explore your inner or outer mental and emotional weather, or expected relational forecast, invite the Divine Light in to shine its transformative power. It will highlight (pun intended) unconscious, deeper feelings, fears, and emotional areas of family conditioning that are unknowingly being lived out. You will discover forgotten heartfelt joys, desires, hurts and hopes.

Outdated beliefs that insidiously run your daily trances of anger, resentment, self-pity, self-abusive and bullying attitudes all can transform in the presence of Divine Light. The Higher Light essentially enlightens your

perceptions and experiences. It wakes you up to deeper truths and new choices from an expanded range of options of higher frequencies. New potent freedom blossoms within you and in your world.

## Shine Your Light

Our essential being is Light. It is vital to our wellbeing to include the power and mystery of Light into our natural flow of daily living. Life is a compilation of frequencies that are not fixed, not set in stone. Each moment is a point of pure creative potential. Invite rays of Divine Light into your body, mind, spirit – to shine through you on your daily journey.

The energy of this Divine Light is always available. It heals. It presents clarity, new options and new direction. When we want wisdom, insight, change – Divine Light is our ally. Take a moment

to receive this Light right now. Experiment opening to a higher potential.

Create a comfortable place where you can be quiet for 10 minutes, or more. Have writing resources ready and set a timer for 10 minutes. Clarify your intention. Where in your life do you want clarity, insight, new options? Write out your intention, let go of all expectations and just be curious.

Close your eyes. Invite the Divine Light to shine on the situation or relationship. Notice your breathing and give your spine some easeful movement. Feel the subtleties of Light marinating in your being. Notice what subtle thoughts, images and impressions come into awareness. Breathe. Rest deeper into the Divine Light and your inner experience. When the timer goes off, thank the Divine Light and record any pearls of wisdom and new perceptions that came to you. How does this shine new light on your original intention?

Life is a science experiment filled with nano seconds of continual creative opportunities. You can believe what came before you and expect the same, or you can jump into the flow of Divine Light energy that is penetrating everything and open yourself up to new opportunities.

Light is actually a deep human need. Become a curious life scientist by making daily invitations to it. Experiment with evolving your relationship with this Light and dream new possibilities into being.

△

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



To comment on this article, email: [theinnervoice@gmail.com](mailto:theinnervoice@gmail.com)



# How to Create True Intuitive Art

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

Six Steps to creating true intuitive art brings you into your heart center. Following this path brings you home. This is the land of deep healing, self trust, more courage and clarity. This is where I want to create art every time.

**1. Accept that everything is changing,** and that's to be expected. Especially when it comes to your art. Artists are visionaries, and when you are true to the process, the art shifts with life. Be gentle with yourself and accept change. Create something even without inspiration.

**2. Acknowledge that new habits take you to your inner guide.** The best place to find answers is within your soul. Your heart's intuition and your gut survival instincts, have the same cells as your brain. They learn, grow, and connect to each other. All your answers are there. Trust them.

**3. Know that doing art is an inner journey to balance the outer world.** The inner landscape holds our power. Being an artist at least three times a week creates a practice. Plus, you develop a rhythm that your consciousness and body count on to feed your soul.

**4. Art gives you focus.** Meaningful art draws upon your life. Every time you enter your studio, you bring in memories, emotions, conversations, and images from the world. Leave them at the door. Your sacred space should be the filter to keep out the 'noise' as you open to the spacious, timeless place to create. Make your personal space your safe haven.

**5. Choose art as an essential component to be nourished.** Art creates good body chemicals that release stress, pain, and sadness. You are in charge of having a healthy body, mind, and soul. Look to how things feel to find your direction.

**6. Intuitive art flows.** Creating from your intuition touches deep questions about your life, feelings, and beliefs. Do art to keep moving forward. You don't want to know where you're going. Instead, experience this now moment of power. Today is all that matters in life.

## Three ways to get to that authentic place of true creativity

First of all, create enough of whatever you do to move past your basic go-to habits. We each have a vocabulary of art sourced deep within our memory – colors we love, techniques we admire and subject matter that draws us in. Ask yourself what can you do differently to create a new experience? Can you shift to a four-inch-wide brush to apply color? How about working larger? Smaller? Pastels instead of paint? What would shift the habit into new territory? Create a series of pieces done in this way, seeking out the next new thing you can try.

Secondly, create personal art. Instead of painting from a picture, look for your intuition to guide you. The imagination is a wonderful resource if we learn to trust ourselves and dive deep. Not every piece is a masterpiece but the canvas can always be painted over and re-used. We either create the art we love, or we learn something new about ourselves. Always journal about what painting the piece taught you. What did you like doing and what was frustrating? It's all about the process. I find the pieces I struggle with, when left alone, tell me what they need, and I end up liking them the best of all.

Thirdly, when art gets 'hard' take a picture of it and put it aside. 'Hard' means you've slipped into thinking mode that doubts, questions, compares and calls on other people's opinions. You fall out of



Painting by [Sharon Roszkowski](#) a member of Pat's Dragonfly Art Club.

*flow.* Taking a picture and seeing it in another format, often highlights exactly what it needs. Keep the good parts, and don't be afraid to play with the rest.

The most important thing in all of creating is to never stop. There was a time in my life when I couldn't paint. I lost my focus. I took a different path and found a passion in making and teaching jewelry. This went on for nine years before I found my desire to paint again. I couldn't paint the way I used to. I had changed, and so had my approach to art changed. But new doors opened along with new techniques that I loved.

When you're ready, you'll find your way. Just keep moving forward. As the brilliant writer Anne Lamott says, *It's why you were born.*"

Δ

To comment on this article, email: [theinnervoicemagazine@gmail.com](mailto:theinnervoicemagazine@gmail.com)



## LUX ETERNA HEALING

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

# AWAKEN. EMPOWER. HEAL.

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

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



### **Ann Ruane**

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

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

[ann@luxeterahealing.com](mailto:ann@luxeterahealing.com)

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

# Reiki Sessions Heal A Cat Named 'Gail Tail'

By Lynn Schuster, Animal Communicator

Gail was having trouble keeping water down. Patty described Gail's situation this way, "She is a senior cat, 17 years old. She regurgitates quite a bit of water but is able to keep food down. Otherwise she is healthy and active. I am concerned that she may have digestive issues. Can you help her?"

We set up two 15-minute Reiki check-in sessions. As I began Reiki with Gail, she said, "I see deeply into your soul." And, like a gentle massage, I could feel her energy radiating deep into my face, throat and heart. Gail was definitely checking me out! She didn't want to talk about digestive issues though, and said, "It's very intimate and I need to get to know you before I show you more." I deeply honored that.

Instead, I tuned into Gail's chakras and sensed that she was balanced energetically. She told me she is responsible for, in her words, "Keeping this ship upright." Gail showed me she is very good at observing and holding space for her human, Patty, and the menagerie of other animals in the household. She showed me how she grounds herself. I sensed her energy is like the stones Black Onyx and Black Obsidian.

I continued to share Reiki with Gail until I saw her walk away from me. It appeared that she was done. Patty did inform me that Gail

is a no-nonsense kind of girl.

Before I let her go completely, As I asked her, how can I be of service, the image of a bowl appeared in front of Gail. I imagined that I was pouring Reiki energy into the bowl. The bowl filled with what looked like thick, rich milk. I interpreted it to be the healing White Light associated with Reiki. Since there is no linear time with Reiki, Gail could come and "drink from the bowl" whenever she pleased.

As I prepared for our second Reiki session, I saw that Gail was already waiting for me. This time, she was a willing participant. I saw her rubbing up

against my right ankle. She told me to "get the lead out, and let's do this!"

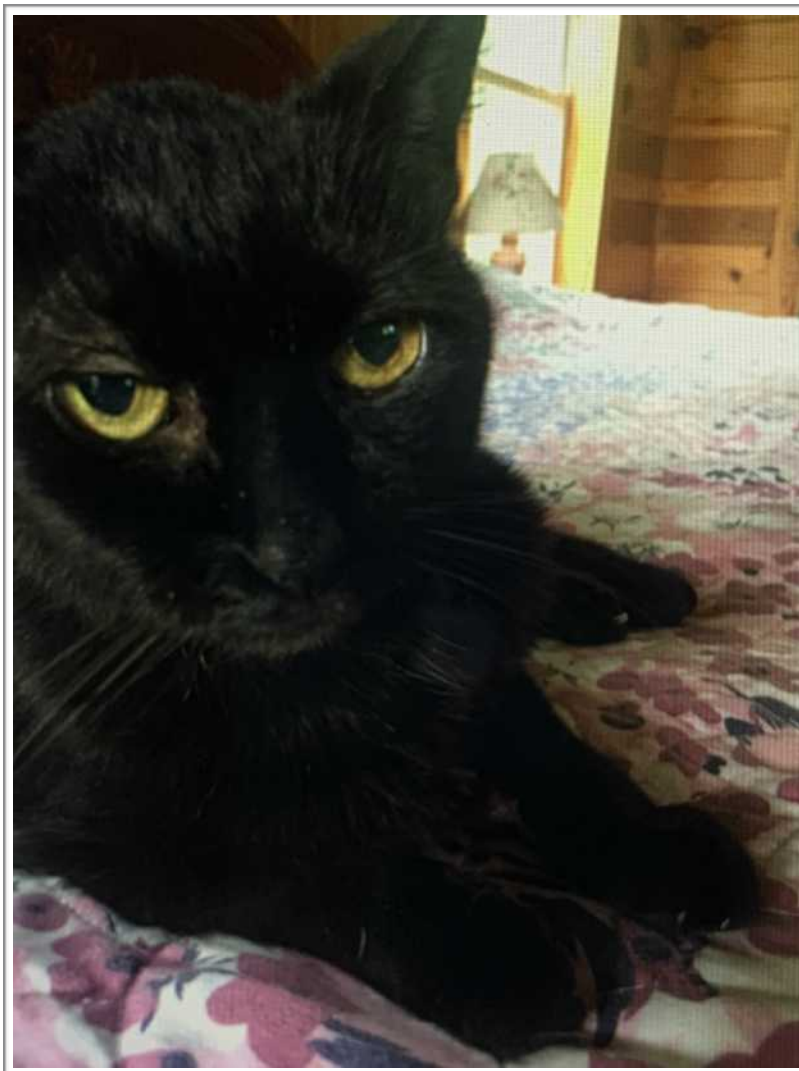
Settling in with her, I saw her jump up on my lap. This time, we talked about her digestion. She explained, "It feels like there is a little flap (of tissue) in my lower throat. It's there to keep "stuff" from coming up when it's not supposed to. Food feels heavy enough to push the flap down when I eat, but sometimes water isn't dense enough, so the water sits in a funny place, tickles my throat, and it comes back up."

Gail told me that it's not annoying to her when she throws up, but she does like to let "her girl" (Patty) know about it by voicing her opinion. What she doesn't like, is that she has to take care of the same business twice. (Drink more water.) As we finished, I saw several layers of what looked like fluffy white cat hair floating up from Gail's body. I'm not sure what she released, but I heard her say, "I'm really blissed-out right now!"

I recently checked in with Patty and Gail and asked if Gail was still regurgitating water? Patty replied, "It happens infrequently now, whereas before it was a major concern." She also noted that Gail is thriving. "She is my mouthy treasure and does not suffer in silence," Patty concluded.

I then thanked Patty for inviting me to participate in this healing for her kitty, Gail Tail.

△



Gail Tail, a 17 year-old 'senior' cat, benefits from Reiki.

To comment on this article, email: [theinnervoice@gmail.com](mailto:theinnervoice@gmail.com)



Animal Spirit Talker

Healing Through  
Animal Communication

920-495-7224

Lynn Schuster

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

### ***Connect With Your Animals!***

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

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

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

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



# Free Spirit Crystals



**We offer over 100 types of stones, books, incense, sage, jewelry, oils, candles, cards and more!**

**We hold Classes and Sessions on:  
Crystal Healing, Energy Healing with Crystals,  
Reiki Attunements, Astrology, Numerology,  
Tarot and more!**

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

***We ship stones just about anywhere!***

**Stone of the Month: Raw Blue Azurite and Green Malachite** tend to grow together and provide a powerhouse of fresh energy. If you've been feeling stagnant, stiff in the joints, or just plain bored, an azurite/malachite blend can help by enhancing flexibility of thought, stimulating creativity, calming an overactive voice, relaxing tight muscles and bringing renewed focus and compassion to your own heart.



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

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

**4763 N. 124th St.  
Butler, WI 53007  
262-790-0748**

**[freespiritcrystals@gmail.com](mailto:freespiritcrystals@gmail.com)**