

The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 11 Issue 5 • May 2023



**Flower
Power**

Remembering Lemuria

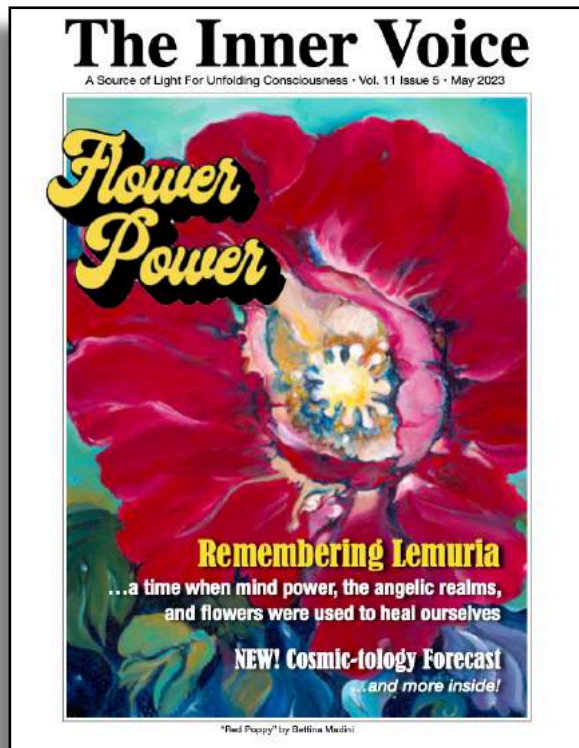
...a time when mind power, the angelic realms,
and flowers were used to heal ourselves

NEW! Cosmic-tology Forecast

...and more inside!

"Red Poppy" by Bettina Madini

About the Cover



"Poppies are among my favorite flowers! In Italy, they are considered lucky flowers! They are resilient and so joyful! I cannot resist painting them!"

Fine art limited edition prints on paper can be found here: <https://bit.ly/3KD4MzQ>

If you are looking for a fine art print on canvas, contact Bettina at bettina@bettinamadini.com. Her paintings are available for collecting at www.BettinaMadini.com and www.BettinaMadini.art

See our interview with Bettina starting on page 12!

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UPCOMING EVENTS

WHISPERS ON THE WIND SHAMANIC PROGRAM

Group #29: Aug 2-6, Nov 8-12, 2023 & Feb 7-11, May 1-5, 2024

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

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May 28 or June 21
9:00am-4:30pm

REIKI LEVEL II TRAINING

May 29 or June 20
9:00am-4:30pm

REIKI MASTER

May 27 or June 20
9:00am-4:30pm
Includes apprenticeship.



AWAKEN YOUR INTUITION

July 29, 9:00am-1:00pm

TRUSTING YOUR INTUITION

July 29, 2:00-6:00pm. \$111

THE HERBAL APPRENTICE WITH GIGI STAFNE

July 22-23, 2023, 9:00-4:00pm

POWER OF RELAXATION WITH YOGI ASHOKANANDA

September 1, 6:30-8:30pm

SELF-HEALING & AWAKENING WITH YOGI ASHOKANANDA

September 2-3, 10:00am-5:30pm



Register online now for our Workshops and Sessions! www.glh.as.me

Dear Readers,

Welcome to the May issue blooming with Flower Power!

I was guided to explore the origin of flower essences in the book, *Flower Essences and Vibrational Healing*, a channeled work by Gurudas. Reading it stirred memories of a past life as a flower essence practitioner in Lemuria, or Mu, said to be a lush and beautiful land where everyone lived in peace and harmony. The Lemurians remembered their inherent connection to Nature and used their mind-power and the angelic realms to create flowers and plants to heal diseases as they arose in that long ago world. Real or mythical, some say Lemuria was the Garden of Eden.

Angel Talk this month is dedicated to this research. I share it because let's reawaken our intrinsic mind-power. Try a flower essence remedy. I can prepare one for you and perhaps stir your own memory of when I prepared one for you back in Lemuria!

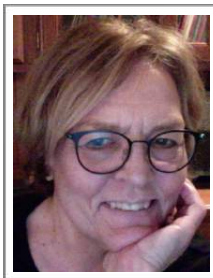
In among the bouquet of articles this month is my interview with celebrated Artist Bettina Madini, a painter of flowers and JOY!

Herbalist Gigi Stafne says, "Eat your flowers!" and shares some beautiful cuisine.

New this month, we are excited to welcome "Cosmic-tologist" Andria Nikoupolis Weliky, our new astrologer. She is providing her insightful and delightful "Cosmic Forecast" so we can better navigate life in the cosmos!

So, fasten your seat belts and prepare for reading all of the rich and delicious content!

Nancy



Angel Talk™

Lemurian Flower Power Healing with Flower Essences

By Nancy Freier and the Angels of the Great White Light

This month's Angel Talk column is dedicated to the history of flower essences, how they were used and why. Flower essences are not an invention of modern science, or medicine. In both Lemuria and Atlantis, flower essences were used extensively. Much of the following article is from the book, *"Flower Essences and Vibrational Healing,"* a channeled work by Gurudas. Please enjoy the history lesson.

The angels brought me to this modality many years ago in my work with clients and I want to share the amazing story of the history of flower essences as well as their effectiveness in healing. This will be of special interest if you are into gardening and natural healing on the subtle levels.

The people of Lemuria (or Mu, as it is often referred to) some 500,000 years ago were alleged to be whole, perfect and complete unto themselves.

According to the book, *"Flower*

Essences and Vibrational Healing" by Gurudas, "The inhabitants of Lemuria were completely self-contained, being in harmony with each other and the with the harmonics of nature. All communication occurred on the level of the mind through telepathy, and only in the latter stages of Lemuria did the ability to form sounds and speech develop...that is, to make sound using vocal cords."

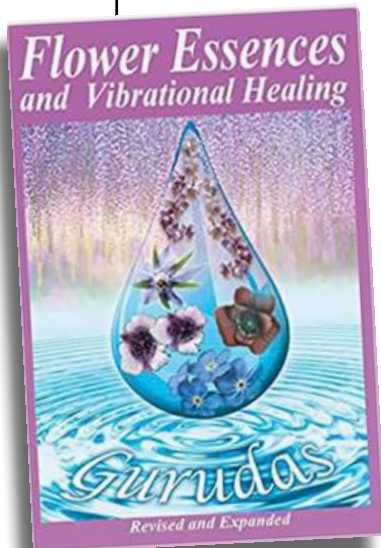
"The destruction of Lemuria and the end of this idyllic, harmonic existence with Nature took place when the desire for knowledge of the material world became the stronger driving focus, throwing most of us out-of-touch with the dynamic inherent forces in Nature."

"In the era that followed, the Atlanteans lacked the intuitive abilities of their Lemurian predecessors. Their main focus was on advancing technology to mimic what they had 'lost.'" [Editor's Note: Much like what is happening on Earth today.]

Plant forms were developed for specific purposes in Lemuria through hybridization and thought-projection, with help, of course, from the Angelic realms. In ancient Lemuria, all gardening and botanical techniques were accomplished on the mental level. Lemurians were gardeners who knew how to use their mind energy to shape the various plant forms which would address their purposes and ultimately benefit from them.

Although it was in the original plan that souls were to remain forever in their natural 'angelic' state, souls eventually moved too close to what I like to call 'the edge of physical manifestation' and became fascinated by the endless diversities of creating numerous alternative realities. We, as our soul-selves looked over that edge, or ledge (that some call 'the veil') and got too close to the workings, of and the beauty of the design of the Earth plane. With our free will and child-like curiosity (and not paying attention to how close to the edge we were), we fell, and down, down, down in vibration we went to the Earth plane and took on a physical body to be a part of this fascinating and intriguing experience to play in the clay; in the sandbox we now find ourselves in.

When many souls 'fell' and became trapped in the 3rd dimension, God



Continued on page 5

answered and manifested as Spirit here on Earth in specific, intelligent patterns to guide and shape these souls. This plan was to establish a specific relationship between the many plant forms and the human form, and with this development, plants were eventually used as enhancement for man's growth on all levels of body, mind and spirit.

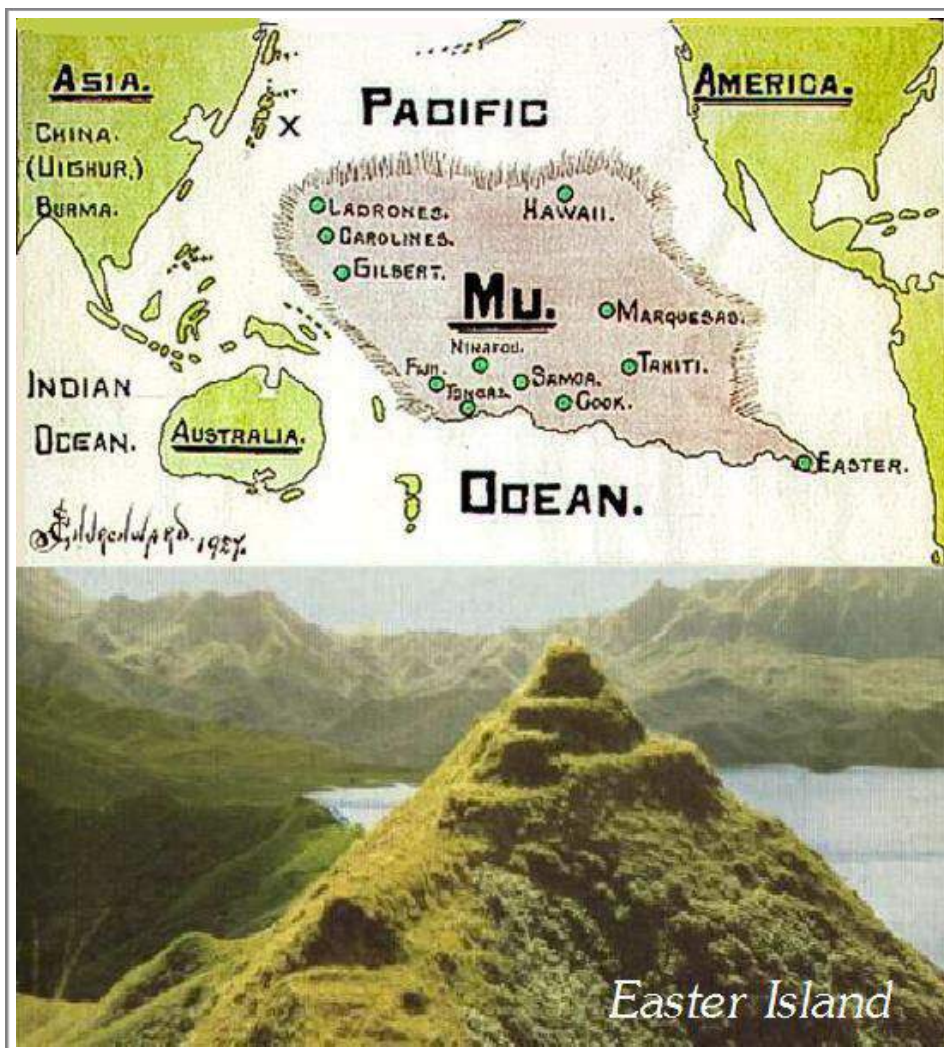
For example, when the need to speak manifested, the Lemurians created a flower through mental-telepathy to help them develop their speaking ability; it was most likely Trumpet Vine that still helps ease speech problems today.

Without getting too deep into the study of science, or evolution, there is plenty of documentation of plant life and how it directly corresponds to the development of our physical, human form, and for that purpose.

“You would find that first there was the Great Creator or the first Great Spirit who created all things within the universe through natural laws and events. The flow of evolution was of such a nature so as to bring forth balance and harmony within all the planes of existence.”

“Then there was the creation of souls to go forth and create diversity as amongst that one original creation. Those souls, having moved close to this plane as such with the abilities of projecting through the time flows, saw the diverse potential and alternative realities that souls could bring forth upon this plane. It was not in the original plan that there would be the fall of spirit onto this plane, for souls were to remain in the angelic state, which is the natural order of things. Even without the intervention of these souls certain animal, mineral, and plant forms developed according to the natural dynamics of the dimensions as they manifested on this plane.”

“Ages ago humanity fell into this plane basically from curiosity and pride. Individual souls got too close to the physical plane, and gradually they got attached to the workings and designs of it. Many felt they could reshape the environment, including the many animal, plant and mineral forms, in manners



Source Internet: An artist's rendering of the ancient world showing Lemuria as 'Mu' in the Pacific Ocean that includes the Hawaii an Islands and whose southeastern tip is Easter Island. Ancient Atlantis is thought to be where the Atlantic Ocean is.

superior to that created by God.” [This was said to be the first great karmic error.]

“While it was not part of the original plan for souls to fall to this plane, it was indeed originally ordained that many mineral, plant and animal forms would become established on earth. The earth was to be a park or Garden of Eden which many souls from above could look down upon to see, admire, and be taught. When many souls decided to take physical bodies in the earth plane this was allowed to happen. We are all born with free will, for it is not God’s wish that we follow His Laws as slaves or servants.”

“Before humanity fell onto the earth plane it was understood on the angelic planes that this fall from spirit would take

place, so many plant forms were shaped in relationship to what was understood would become the developing shape of people on the physical and subtle anatomical levels. This is the *doctrine of signature* — there is a relationship between the anatomy of people and the shape, color and texture of many plants. In this relationship lie many clues as to how these plants can be used in healing and conscious growth.”

(Note: It has been said that the *doctrine of signature* originated with Paracelsus in the 1500s. He was a prominent alchemist who is credited with a number of original discoveries in science and medicine.)

How flower essences were used in Lemuria

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Angel Talk from page 5
“Individuals in Lemuria lived and saw things on luminous levels, even as there are those today who observe the human aura, or those who practice acupuncture, or who study the significance of Kirlian photography. These resources were available to the Lemurians.... These properties that were seen were the healing beneficial effects upon the individual human forms. So sensitive were the Lemurians that by only approaching the bloom they would observe radical alterations within the structure of the aura, the bloom and the transference of energy. This became as clues in Lemurian society to understanding the principles of energy healing stored within flower essences.”

“They generally used flower essences to evolve in spiritual consciousness. It was not critical to healing their physical forms, for little disease was found amongst them. When consciousness proceeds the material follows therein.”

“Although a great error occurred when souls ages ago attempted to alter God’s plan for the development of mineral, animal, and plant life on earth, this was not the case with the Lemurians’ extended development of the doctrine of signature by the deliberate shaping of individual plants and flower essences to better assimilate their medicinal and spiritual values. They merely added details to God’s plan.”

“It is really a matter of working with, not against, the evolutionary plan as established by God. Once it was understood that many souls would fall to

this physical plane, a plan was manifested from the higher planes so many souls could learn their lessons, and gradually reach a state of evolved consciousness in which they could, on their own, make a choice that there was no longer any need to return to this physical plane... *Releasing the spiritual and medicinal properties stored in flowers is one of the great keys to unfolding God’s plan on the Earth plane.*”

“You would find that the essence of healing and conscious growth was the most predominant thought in Lemuria. Healing was considered harmony. There was a symbiotic link, placed between the body physical, as a temple, and the outer world, which was the direct reflection of the individual’s thought forms. Through continuous meditations, various biochemical plant forms began to evolve. To heal the self, all the individual had to do was to have a basic knowledge of the anatomy of the physical body, and it’s esoteric psychology. The person could then easily identify various plant structures on the basis of the doctrine of signature, with the intended application of healing within the self. This began to be the essence of the foundation of the vibrational principles, that you term as healing with flower essences.”

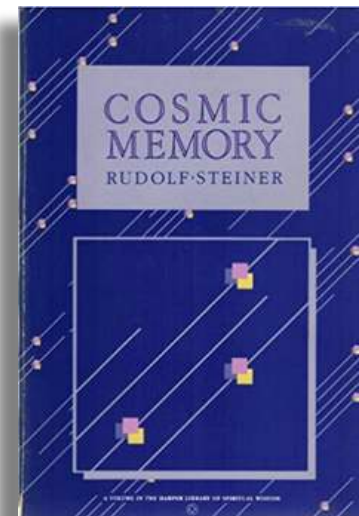
“The Lemurians were, for the most part, content to live close to nature, so their intuitive and spiritual states of consciousness were highly developed. The average lifespan in Lemuria was several thousand years. People left their physical

body when on a soul level they felt enough life experiences had taken place in that particular incarnation. Flower essences were used, primarily for spiritual growth, and for regeneration of physical body tissue.”

This was the Garden of Eden and every plant and flower was given into service for mankind. Just ask any deva or nature spirit, who by the way, still holds guardianship over the keys to the Gates of Eden knowing one day we would come looking for them.

Δ

*Rudolph Steiner, *Cosmic Memory: Atlantis and Lemuria* (New York Harper & Row, 1981) available on Amazon



FLOWER POWER



What is a flower essence remedy?

Flower essences are potentized flower extracts that address the mental and emotional aspects of wellness. They are first and foremost a ‘therapy for the soul’ or ‘consciousness in a bottle.’ The remedy comes in a one-ounce dropper bottle that contains a combination of flower essences selected from Dr. Edward Bach or Flower Essence Services. Each essence conveys a distinct imprint, or etheric pattern of healing that are selected (with guidance from the angels) for your unique needs. What makes them so effective is they address the root cause and vibrationally restore balance at that level. For example, they can restore joy; calm anxiety; help you focus; ease grief, and so on. They are highly effective and safe to use. (They are NOT essential oils.)

For more information, or to order a remedy, e-mail NFreier@aol.com



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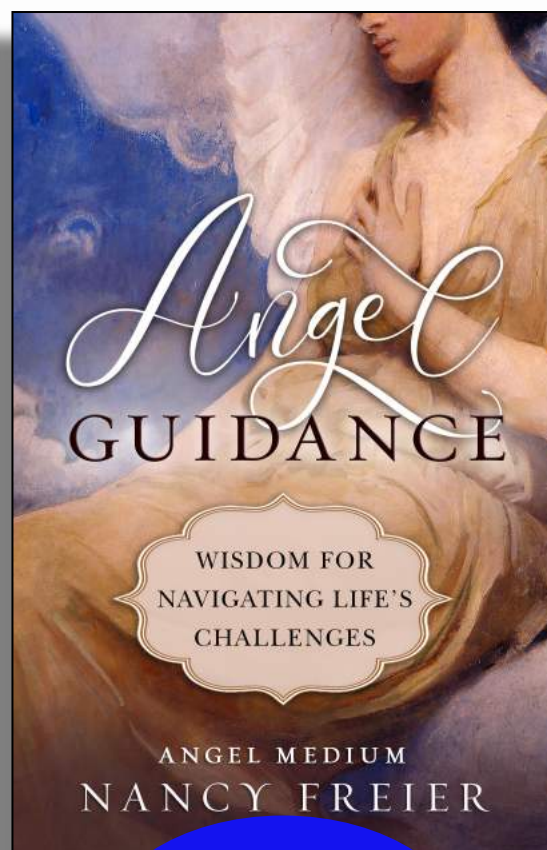
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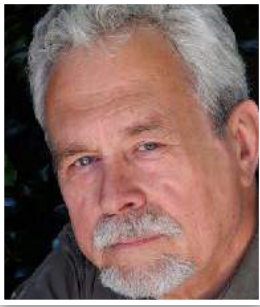
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Nancy's book!

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Dancing with Angels in Heaven: Tidings of Hope from the Spirit Realm

By Garnet Schulhauser

D*ancing with Angels in Heaven* is the fifth book in the pentalogy of the author's encounters with his spirit guide, Albert. Garnet Schulhauser is a lawyer is going about his everyday life when he encounters an intriguing homeless man. As Garnet tries to dismiss him, the homeless man mentions something personal and intimate about Garnet's life that a stranger shouldn't know. Curious, Garnet begins a conversation with the man and soon learns that Albert is actually Garnet's spirit guide and he soon discovers that Albert is on a mission from the Spirit World to awaken him to the more important higher aspects of life.

In this, his fifth book in the series, the author recalls a trip to the Spirit Side to observe an orientation class about planet Earth for souls planning to incarnate. In this session, souls learn about the origin of the universe, the true nature of souls, the preparation of Life Plans for each new incarnation, the purpose of a human journey on Earth, the role of spirit guides and guardian angels in our lives, the joyful transition of souls back to the Spirit Side in the afterlife, and the illuminating aspects of the life review we will all enjoy after leaving our bodies behind.

The book affirms that God (Source) does not make rules for us to follow and does not judge or punish souls for what they did on Earth, which means that all souls return to the Spirit Side regardless of what they did during their lives.

In the Spirit Realm, he was thrilled to meet several famous historical figures, including Albert Einstein, Marie Antoinette, and Mother Teresa, who recalled the wisdom they had gained from their lives on Earth.

On the Earth plane, the author travelled to the underground caverns in Area 51 where he saw the spacecraft that crashed near Roswell, New Mexico in 1947, along with the bodies of the little aliens who perished in the mishap. Albert confirmed to the author that these aliens are one of several advanced and benevolent ET races who

have been visiting our planet for eons.

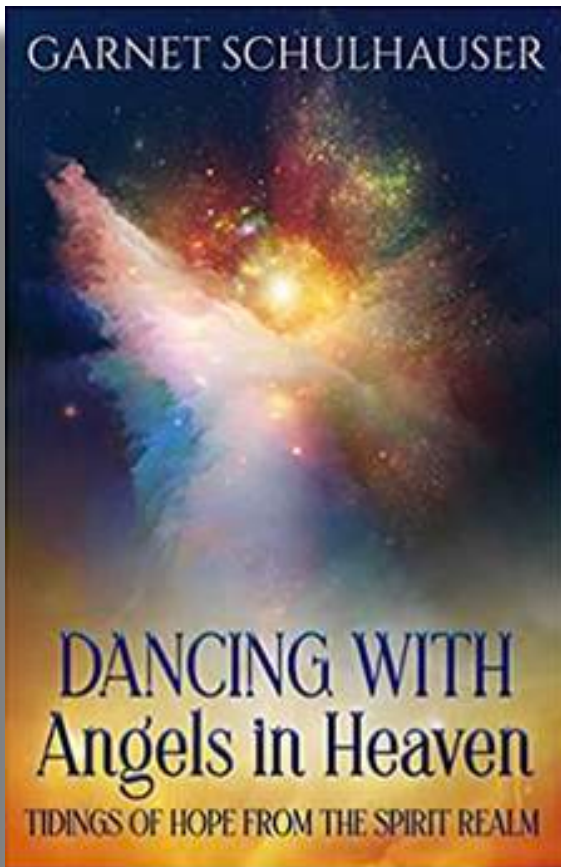
The author describes an astral excursion to a distant planet inhabited with intelligent reptiles who are able to convert energy from their sun into sustenance for their bodies, as well as a trip to Earth in a parallel universe where humans learned to drastically reduce pollution by developing a technique to teleport people and goods from place to place without burning fossil fuel.

His most fascinating experience was listening to a conversation with three wise Masters, Jesus, Mohammad, and Moses, who discussed returning to Earth someday as a much needed messiah to lead humans onto the path of spiritual enlightenment.

Albert's sage-like revelations to life's big questions is a must read for both novice and advanced spiritual seeker alike. Albert deals with sensitive issues such as the death of a young one in a compassionate, yet clear to understand manner... hopefully bringing comfort to those coming to terms with their mental/spiritual anguish. Other topics addressed include the timing of a passing from a soul's perspective — answering natural questions such as physical pain at the moment of death and the moment of a soul's entry into the physical body. He also explains the interrelationship between mind, body, spirit and our personal, collective relationship with God.

Albert's clear explanations of complex issues are nectar to those seeking spiritual knowledge. We hear it straight from the 'horse's mouth' — from someone who has visited the higher side of life; offering proof positive that we all survive physical death and that life is

Continued on page 9



immortal. Dealings with organized religion with their subjugation and control elements may be, at first, uncomfortable with some. So take a fresh look and see Life from Albert's point of view... it will all make sense! In conclusion, Schulhauser's books are a concise reference for anyone seeking answers to the meaning of our earthly lives and our relationship with the Greater Reality. It debunks some old notions on subjects which were considered taboo – advocating free will and free thinking for a new age of consciousness.

I've been studying all kinds of spiritual books for decades and this book series answers most of the common spiritual questions with clear and concise answers about how and why the Universe works the way it does and is very consistent with most of the other writings in the numerous books I have read.

Get this book on [Amazon](#)

Δ

**Steve Freier is an Afterlife researcher and book reviewer of metaphysical topics. He is also a professional video producer and was a radio show host. He resides in Door County, Wisconsin. Email: sgfreier23@gmail.com
www.myunobstructeduniverse.com**

Doctors

Channeled By Stefanie Finn



Many doctors mean well, but they don't understand *wellness*. They understand protons and neutrons and cellular structures according to their laws of physics, but they don't understand wellness according to Universal Law.

In science, they ramble through trying to make sense of all their limited counterparts. Confusion ensues, and no real healing can take root. The more they learn and study about the doctrine and science of disease, the more they believe in it. And the more they believe in it, the more it shows up.

Into this madness a teacher of God appears. If they could only see the wonder of their "soulular" structure such healing would come through their hands... not only as energy and light, but rather as ecstasy and truth.

The folly of the separated ones are limiting and dangerous to those who come to them for mercy, truth and healing. But there is great hope on the horizon as more and more souls find the light within. This is creating an energetic shift in the whole of humanity. And humanity's Self will be seeking healing within their own hearts and minds, where all healing ultimately resides. The structural elements that make up disease and strife go away and disintegrate in the presence of glorious Love.

Love's Structure of this most holy moment is the only thing to be strived for. Love is the only presence that heals. And, in its glorious presence and simplicity so it will be.

This is well-being. And it's all we need to know.



Stefanie Finn is a channeler of the Mighty Angels, an Ordained Minister of [A Course in Miracles](#), writer, speaker and spiritual guide. <https://stefaniefinn.com>



Steve Freier has been researching death, dying, NDEs, OBEs and the Afterlife for over 20 years. He has read and/or reviewed 100s of books and videos on these and other metaphysical topics. With a passion to share what he has discovered, he is the Moderator and Host of: **Life, Death and the Afterlife**, an open discussion group. In-person meetings are held at the **ADRC of Door County, 916 N. 14th Ave, Sturgeon Bay, WI 54235, on the 3rd Thursday of the month, from 1-2:30pm.** A zoom group is coming soon. Contact Steve for more information: sgfreier23@gmail.com

Steve's remarkable healing journey: **"My Road To Healing - How I Ditched My Doctor's Advice and Healed Myself of CLL Stage 4 Cancer"** is available here: <https://amzn.to/3agweoq>

Greetings!

I would like to introduce myself and express my gratitude for being able to convey the voice of the cosmos here in The Inner Voice Magazine! My name is Andria and I am a Wisconsin resident and native. As a professional astrologer, certified in the branch of Hellenistic Astrology through Nightlight Astrology, I have been taking clients for personal growth consultation readings for two years. I am also a member of the Astrology Hub, a global community of astrologers, since 2019, and attend and work for ISAR, International Society for Astrological Research in Colorado.

I am a dancer, bringing a lifetime of dance and yoga training with over 30 years as an instructor, a cosmologist for over 20 years, and an aspiring herbalist with a passion for food as medicine. This triad blending of movement, natural beauty, and astrology is the foundation of my holistic wellness coaching practice, Emerald Lion Alchemy. I am continually inspired by nature, and I celebrate in all, the connection, balance, and oneness we can all strive to practice and incorporate every day. I hold in high regard, honor, and respect for those I work with, for myself, and for our Dear Mother, Planet Earth.

My relationship with Astrology is a form of divination, reflection, and regular engagement with the cosmos. My favorite quote from Hermes Trismegistos: "*As above, so below; as within, so without*" speaks to the nature of astrology as being fractal and layered, thus we see the display of energies or qualities of the macro and micro, meaning metaphorically the planets are within us and everything is connected. May we dive in and explore the depths of the cosmos and our connection to it. Through a better understanding of the whole, we can deeper integrate and work with the energies as they present themselves, thus dancing with, and cultivating peace within the habitat of our own zodiacal wheel and our relationships here in Earth School.

~ Andria



By Andria Nikoupolis Weliky

The Sun is seated in the proverbial meadow, a garden of paradise, surrounded by the sacred cow, grazing, frolicking and buzzing with life. Wishing all my Taurean Babes, a most happy, healthy and abundant, solar return!

Happy Beltane! While dancing around the Maypole and celebrating life, you may notice that the total solar eclipse we just had on the 19 of April at 29° Aries 50 minutes is not far behind in our rearview mirrors. In fact, with all eclipses the energies can be felt six months prior and six months post. Eclipses represent great beginnings and great endings. You may notice the distorted rumbling playing rather loudly under the symphony of spring. The volcanic under current can speak to the discomfort that accompanies the ending of something and like the statement, "When one door closes, another one opens," we are being asked to surrender, and be open to the gifts that want to present themselves in our lives. To that, this eclipse packed an extra powerful punch with the square aspect from Pluto, inviting us to take a serious and deeper look at what needs to release. We are asked to find the balance point between yin and yang, work and rest, create and reflect. Where can we delegate or recruit and lean on helpers to better harmonize?

Pluto stationing on the 2nd is adding more emphasis for the need to purge, it's where we lift up the floor boards to

MAY 2023 Cosmic Forecast

reveal the rot, or what isn't for the greater good. Slow moving Pluto, freshly in Aquarius since March, will be rewinding throughout the entire month in the very early and potent degrees of Aquarius. The recent dip back in March is giving us a teeny tiny taste of what this energy may bring. A 250 year journey around the Sun means we haven't had Pluto in the temple of all things relating to the nervous system, humanity, technology, air and invention since roughly 1773. We know there was a bit of revolting happening back then and as these cycles repeat, similar flavors and conditions are once again raising the volume on the power to the people. More on this to come.

With Mars in Cancer and the approaching lunar eclipse in Scorpio, on the 5th, this is reinforcing the need to continue clearing out and cleansing what needs to be purged, a wonderful time to bring our attention to the body, the womb, and the greater body, Gaia, Mother Earth. There is a call here to protect what is sacred, asking inside, what are you most passionate about and protective of? With Mars in Cancer, may we be protective of the mother and her waters. This mission or focus is also supported by Saturn in the Piscean Ocean.

Reinforcements come by way of the messenger, Hermes, aka Mercury roller skating backwards through the temple of the sacred bull.

Continued on page 11

The ground is rich for planting! Planting seeds of new regimes and rituals for self-care is critical right now. In Traditional Chinese Medicine (TCM), Spring is when the liver and gallbladder are at high tide. These organs work hard to process, break down and filter the potential opulent and decadent feasts in temptation at Venus's buffet table. Coming back to balance, we invite in Scorpio, benefiting from a spring cleanse. Taurus governs the throat, neck, ears and thyroid. Some supportive thyroid foods include papaya, blueberry, and dark leafy greens, to name a few. Some plant teachers for the season include dandelion and fennel, great for liver support and digestion. (Note, this is not medical advice, please check with your doctor if you have questions in these areas.)

On the May 8, Venus, the host of Taurus, will be moving from Gemini to

Cancer, a lovely flavor for tiptoeing through the tulips and celebrating the mother and rebirth. Jupiter, planet of expansion, will transition from Aries to Taurus. Once again, magnifying the need for self-care and highlighting Earth-focused belief systems, resources, values, including those personally and globally. Jupiter wants to ask you, "What are your values and beliefs around Earthly resources, and do they align with your practices?"

On the 21st of the month assertive Mars will move into the lion's den bringing an agenda of bravery and ca-ca-courage! It's a great opportunity to stand in your "I AM" statement and take center stage. Maybe there is something you've been wanting to do, but you're hesitant? Now would be a great time to take action on the messages of the heart.

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The Sacred Cow by Zen Jen Aldrich



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ART in Bloom ~ A Journey Into COLOR



Meet Bettina Madini - one of my top picks for art on the cover of The Inner Voice.

I met Bettina several years ago after she gave the Keynote at the Dare To Be Aware Fair in Milwaukee. It was a highly inspirational, creative, joyful and meditative experience all rolled into one dynamic presentation in which she not only spoke, but played her lap harp and sang. Over the years I have featured her paintings on the cover of this magazine to spread the joy of them with the world.

In addition to her paintings and prints of her paintings, her art has evolved into the creation of a clothing line she calls, "Magical Bodies."

Now you can feel the joy in your home and wear the joy on your body!

See page 2 for information on ordering a print of "Red Poppy" and other paintings. Visit her website to see all of her work!

<https://www.bettinamadini.com/>

Interview conducted by Nancy Freier

Q. Tell the readers about your background? When, where and how did you begin painting?

Bettina: Thank you for this opportunity to share my work and my joy! I was born in Berlin, Germany surrounded by a loving family with great protection instincts. Former West Berlin had just been isolated and insulated (like an island) for two years, and the political tensions were great. The little cheerful child that I was grew up in the garden that my grandparents had been cultivating for my mother, so she would always have fresh fruit and vegetables. In the center of a big city, in the midst of a cold war, I sat underneath fruit trees in the grass and ate fresh berries. It is where I learned to grow a garden, harvest and preserve food.

How did I get so lucky? Living within the confines of a wall in my home city carved in me a drive for freedom and a

desire to live life with joy and gusto. I learned to thrive on contrast and, later on, marveled at impressionistic and expressionistic art, especially searching for color and light. I started drawing very

*"Art saved my life
and welcomed me with
open arms."*

early on, to the delight of my grandmother who encouraged me and marveled at anything I produced.

My parents were very concerned about my future, with all these artistic talents, and they steered me into what they called a safer life in the financial world. I majored in business and marketing at the University in Berlin and moved to South Germany and then to Luxembourg where I could, to my delight, live in and express

the French language that I had studied at university. It was here that I discovered the Conservatory of Music, and shortly after in 1992, the School of Contemporary Art. I immersed myself in them after work and on the weekends. Art saved my life and welcomed me with open arms.

Q. Your style is, if I can borrow your phrase, simply magical! The colors you choose are from another reality. Your paint strokes invoke movement that give me glimpses into heaven. Give us a peek into your world and share your process with us?

Bettina: I have been so incredibly lucky to meet wonderful teachers. Each one gave me the gift of free expression and color. At the School of Contemporary Art, my teacher Jean-Marc Tosello, educated me in Kandinsky's color theory. I learned to sense color with my body. We moved through each color individually, and he

Bettina Madini from page 12

would always ask me; 'Is the painting done?' 'What do you sense is missing?' 'Where do you notice this in your body?' The gift of questions I now pay forward in the painting classes that I facilitate.

In the studio of the art school, we would nail our canvases onto the wall and just start painting without constrictions. I had space to unfold and expand surrounded by other artists with immensely different ways of expressing. In New York City, at the National Academy of Fine Arts, again I found wonderful teachers and guides in Susan Shatter, Sharon Sprung, Wolf Kahn and Henry Finkelstein. I learned so much more about color! I'm currently studying with Ronnie Landfield at the Art Student's League of New York City, and my journey of growth has been catapulted yet into another dimension!

In a way, it is all about color. Color invites me on a journey, and the entire process feels like a dance. I don't think and I don't 'do' composition. The composition composes itself together with my body, brush, water and paints. My style is color. ~ Raspberry Red, Cadmium Yellow, Phthalo Blue or Green, Raw Sienna, Sap Green, mixing them and creating an infinite palette of joy. The earth and her elements are magnificent!

Q. What does a day in the life of Bettina look like? What inspires you?

Great question! You would think that as an artist I'm painting 24/7, right? Well, it's not true for me. I might actually get bored. I personally need to have ten projects at least so that I don't create undesirable things from boredom.

I document my paintings, meaning I take pictures. I create greeting cards which I print one-by-one. I also design my wearable art and work on my computer in design software. I create, maintain and feed my several websites and my art print shop, social media posting, blogging, and writing I prepare and organize my workshops, write newsletters and stay in touch with my collectors and audience. It's a full-time fun-job! I literally have to



In her Montello, WI studio, Bettina is wearing her "Magical Bodies" leggings.

make sure that I keep moving between that part of my art business and my studio. In my studio, I will simply be... no thoughts, just breathing. I love it all!

I grow the flowers that I will then paint. I love cooking and preserving food. My time spent in my grandparent's garden years ago comes full-circle. I often think of them and send my gratitude to them wherever they are now.

Q. I understand you give art classes?

Yes, I offer art classes designed to open spaces, to undo the mindset where we

think we cannot be creative. As soon as we have this urge, or a jealous moment when we see someone perform or create art, there might be something there for us to look at. A lot of us desire to create art and avoid it at the same time. In my classes, I offer tools that can uncover this inner conflict and take it out of existence.

Q. That's terrific! Over the years, I see that your art has magically become clothing that women can wear. How did you turn your art into wearable art?

Continued on page 14

Bettina Madini from page 13

A friend of mine said, years ago, 'Bettina, people have to be able to wear your art!' With these words, she sent me on a journey of curiosity and question. I searched and asked many questions, tried, failed and kept going. Eventually, I found my team, and we make quality wearable art. I love making things that you don't find anywhere else. In high school, I always made my own costumes for carnival from scratch. Found pieces of fabric in stores, leather, beads, ruffles, and I sewed it together with my mom's old sewing machine, and voila! ~magic!

I came across silk painting some years ago. At first resisting the dive into yet another medium, I then gave in and purchased silk paints and fabric. I discovered the magic of it!



Bettina is relaxing with two of her paintings.

Q. Your clothing line is beautiful. Such happiness you spread in the world!

I smile when I paint and my desire is to flow this joy of creation into the world and touch as many hearts as I can, so we all can remember who we truly are and what we came here to create. There is such beauty here. At times it's very obvious, and at times, it is more like the river underneath some (at times) strange creations. Underneath, what beauty is here? What is the earth showing us and inviting us to? What can we all create here?

Q. When is your next painting class?

It's an online class on Saturday, June 3, 2023, starting at 10am until 3pm. It's an experiential workshop where we explore, paint and dive in ~ a joyful journey into what we can create, what we know and what can now simply show up! We will use acrylic paints.

△

A promotional graphic for an online painting workshop. It features a photograph of Bettina Madini smiling and painting on a canvas. Overlaid on the image is the text 'Paint with Bettina!' in a large, elegant script font. Below this, the date and time 'Sat. June 3, 2023 10am — 3pm' are written in a bold, sans-serif font. Further down, a paragraph describes the workshop as an experiential online session where participants will explore, paint, and dive into their creativity using acrylic paints. At the bottom, contact information is provided: 'E-mail Bettina at bettinamadini@hotmail.com for details and to register for your online painting adventure!'.

For Immediate Release... A Glimpse of Heaven!

Artist and Author [Jurgen Ziewe](#) has created, with Craig Pruess, a VR experience of Heaven based on his extensive research and out-of-body travels to that realm. Visit website www.tinyurl.com/svwrmpfs to experience Heaven for yourself!



We only have sight and sound as metaphors to represent that which is unfathomable, a state of consciousness that is so far beyond our sensory perception that visitors to these realms rarely find the words to give testimony. Perhaps words such as bliss, serenity, profound fulfillment, or homecoming may be used, but they mean nothing ~ they are just crutches and are quickly abandoned in favor of silence.

This is why this Virtual Reality project has been such a long time coming. It took me several months to piece together the visual tapestry and with the help of my good friend Craig Pruess, who had just completed writing the music score for a Hollywood movie, and who provided the divinely inspired sounds to accompany the experienter on the unique mystic journey.

The guided sound meditation through this virtual celestial palace is kept deliberately slow, so that you can swirl around and experience the homecoming while being transported through elevating levels of floating architecture.

This is a world where angel voices speak in color, their words surrounding and absorbing you, calling you home.

We live in a fragile world, where war and hardship, fear and worry have become a part of our everyday reality. Where lies, deception and untruths are peddled as fact by those we have chosen to take charge of our lives, but who are undermining our freedom, human rights and cohesion, as we continue and try to find certainty and safety in a transient world, believing it is somewhere “out there”. It is not and it never will be. It’s an illusion, because if the heart itself is not still and is not infused with love there can be no peace.

Peace is to be found in this moment, where we can stop the world, remind ourselves of our basic needs and what is real and important. Millions of people are driven from their home which have been burned to the ground by the tyranny of mental aberration, by fantasies and ideas which have no grounding in love or reality.

This virtual reality work was made possible by the generosity and kindness of my sponsors which enabled me to buy

cloud storage facility where people can download my virtual reality movies to their VR headsets for everybody to enjoy for free. I would like to thank my generous friends and sponsors who support my visual work. It enables me hire technical support to work and buy assets to perhaps shine a little bit of light into this darkness. So thank you all for being part of it. *(You can also download the VR version to your headset for an immersive experience from my website.)*

Watch for the final release of this VR experience, which is still being tweaked and others under consideration by visiting <http://magicfantasyart.com>.

If you like the sound track, my friend and music composer Craig Pruess, who is collaborating with me on this project by supplying the inspirational music score, you can find his work here: <http://heaven-on-earth-music.co.uk>. Craig scoops his divine sounds from his own inner experiences.

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To learn more, please visit: <http://multidimensionalman.com>



Commit to Your Purpose with Garnet

As we enter into the month of May, Garnet takes center stage as our crystal ally of the month. This lovely invites us to do the same. Yes, my friend, it is time to step in!

Garnet asks: Where are you hiding in your life and in your work? Why are you staying silent when you have something meaningful to say? And, most importantly, are you ready to commit to your sacred path and sense of purpose.

Garnet asks for commitment. This sounds so obvious, but all too often we waver on the precipice of our own greatness because an old story or limiting belief has us tethered to the past.

Garnet is showing up this month ready to support us in creating clarity. It pulls back the veils and opens our hearts to tightly held dreams and desires. It helps us to unravel the stories and patterns of limitation that have been holding us hostage and preventing us from making a wholehearted commitment to our soul purpose.

I don't often talk about soul purpose. I feel like there are a lot of confusing narratives and beliefs about what soul purpose is. Sadly, and all too often, I see people chasing illusions and perhaps even a destiny that is meant for someone else entirely. When this happens, everything in our world becomes misaligned and we uproot

from the earth, we uproot from our lives, and we uproot from the destiny that is awaiting us.

All of that said, each of us has a unique talent and gift to share. We experience and see the world in different ways. Our souls long to be wholly expressed and shared. This can be within our circle of friends, family, pets, colleagues, neighbors, clients, community, etc. We may feel called to express ourselves in big ways or in small ways.

The challenge is that sharing ourselves in ways that are authentic and natural, requires us to be deeply rooted in our life, in our path, and in our purpose. We need both a connection with the earth and to feel fully present and alive within our own body. Our roots are our foundation. They create stability and nourishment. Without a stable root system, we become

lost in the ideas, dreams, and expectations of others.

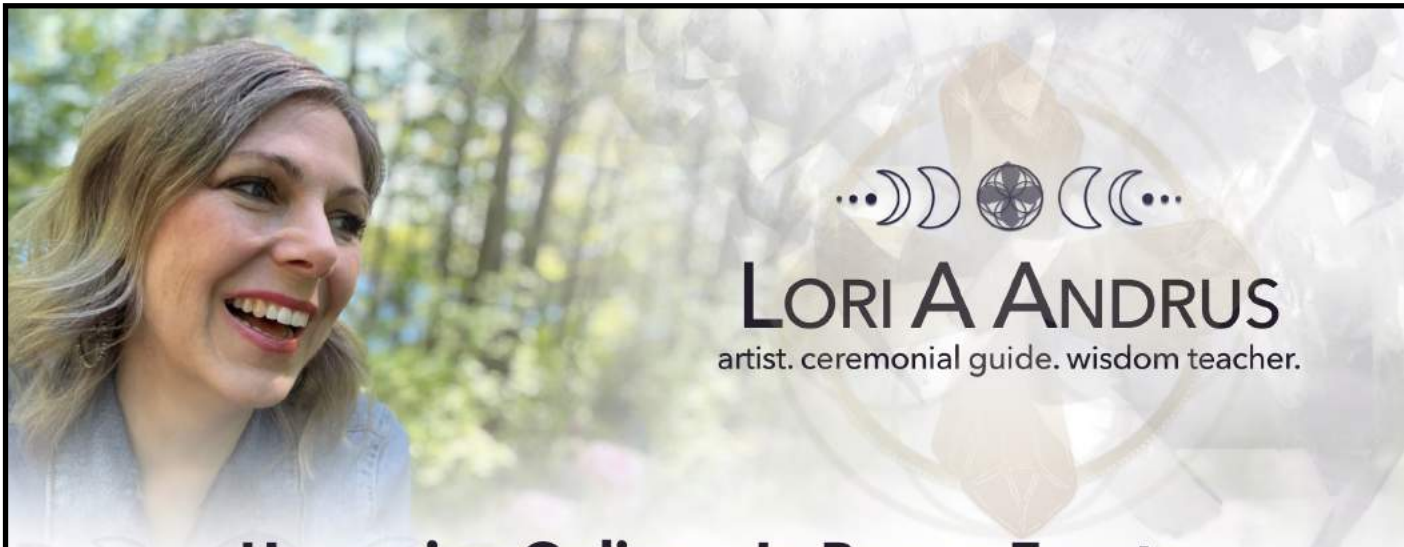
As Garnet shows up this month, it asks us to release the ways we have been tethered to hopes and dreams that are not our own. It invites us to let our true dreams rise to the surface, to claim them, and then root deeply into the earth so that they may grow and become fruitful in our lives. Ahh yes, Garnet asks us to commit to our dreams.

Here's a simple way to do that.

1. Carve out a bit of time to meditate with a piece of Garnet. Light a candle. Burn your favorite incense. Put on some soft music. Get comfortable and begin.
2. Hold a Garnet crystal at your heart center.
3. Ask the Garnet to bring awareness to the dreams, ideas, and expectations that are not yours.
4. Take a deep breath. Invite Garnet to support you in releasing these pieces back to the earth.
5. When you feel complete, thank your Garnet for its support. Place it upon the earth (or in the soil of a house plant) for 24hrs and let it release as well.
6. In the coming days, spend time journaling. Reflect upon what has been released. Take note of the new ideas and possibilities that begin to emerge. Let yourself root into the earth and plant the seeds of these ideas. This is your soul sharing its wisdom.

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LORI A ANDRUS

artist. ceremonial guide. wisdom teacher.

Upcoming Online + In-Person Events

Explore earth-based spirituality, practice, and healing.

Journey Jewels Spring Boutique Pop-up Sale - June 1 - 4 (online only - JourneyJewels.com)

Shop Lori's fresh spring jewelry designs. Each piece is lovingly handcrafted to inspire your sacred journey. Spring collection features one-of-a-kind pendants from Lake Superior and Lake Michigan, crystals, stones, and truly unique design.

Amplify Your Light - Sacred Creation Retreat - August 10 - 13 (in person - Sanctuary 906, Houghton, MI)

Activate a new level of self expression and energetic alignment during this four-day forest retreat. You will sink into ceremony, connect with forest wisdom, and create a unique, personal talisman to amplify your inner light.

The Sanctuary Circle - Online. Ongoing.

Attune to the monthly crystal allies. Nourish your soul. Reconnect with your inner wisdom. Gather in community for Full Moon Ceremonies and New Moon Community Calls. Navigate collective themes and energies through inspirational messages. Sink into sacred practice through a vast library of guided meditations, crystal insight, sacred practices, & soulful resources.

Meet Me in Sacred Space Podcast - Available on Apple Podcasts, Podbean, Spotify, & other podcast apps.

Press pause on the busyness of your day-to-day life and reconnect with your authentic self during episodes that explore crystal wisdom, sacred practice, ceremony, ritual, and soulful travel.



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Managing Anxiety in a Good Way

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

The first time I heard the phrase; “*Staying Grounded*” it felt more like a negative than a positive. Staying grounded seemed to suggest that I had to give up my ‘wings’ to stay stuck on the ground like a plane that had been grounded due to bad weather.

As I was pressing Mentor, my spiritual teacher for answers about ways to manage anxiety, he said, “*Agartha, stress that comes from anxiety is a natural part of human nature. It isn’t unnatural even though it is uncomfortable. It comes from the mind that wants to control the uncontrollable, and so there is anxiety. There is always anxiety. The challenge for human beings is to take action where required and appropriate, but to manage anxiety through enhanced connection with one’s true and original nature, with Spirit.*”

As I considered Mentor’s words, I thought how often we are overcome with the desire to figure things out. The idea of “not doing,” as in sitting in meditation, brings up a strong resistance to spiritual practice. Why? Because we think Spirit has no imagination, isn’t creative, it’s just serious God stuff. We think Spirit is an appendage, rather than our core. We think meeting spirit each day means doing something hard rather than softening to meet our true selves.

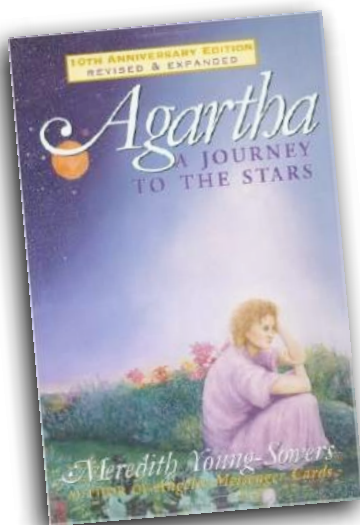
Continual mental efforts to solve problems or reduce anxiety is a trap. It only perpetuates the racing of our thoughts. Not trying to figure things out actually gives rise to our genuine creative natures. Problems are solved and anxiety reduced when we’re looking the other way. Looking the other way means lightening up and finding joy in our morning practice. When meditation seems impossible, allow your creative

side to show you “new delights.” If you’re going to face anxiety and call it out for what it is – *Just Fear in an Overcoat* – then you need to be fed with your own creative delight.

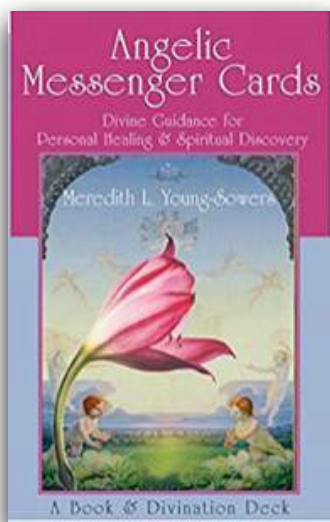
So, create an area that is your quiet space. Let it reflect the colors and contents that are meaningful to you now, not what you think should be there. Bring in plants, light, new color — fun and music, whatever feeds your heart and helps you relax. Paint, write, draw, imagine, allow, forgive and just be with yourself as you are. You’ll find anxiety diminishes and joy arises. This is also spiritual practice.

~ Meditation ~

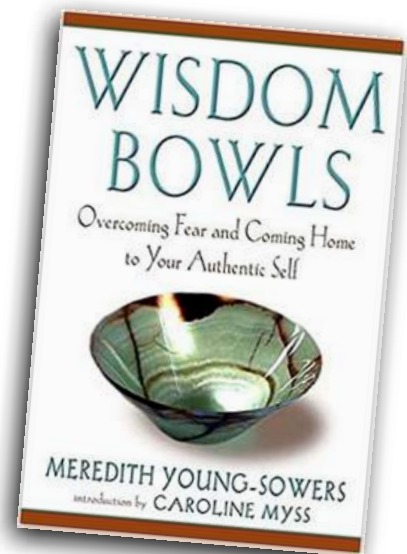
Take a breath & put your hands over your deep heart ~ your touch point with spirit. Let thoughts soften & your true creative-self rise up to meet you & carry you through the day.



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



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



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



Be as a **Flower** in a Timeless Universe

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

Being as a Flower in a Timeless Universe, without a watch, schedule, or deadline allows us to truly live in the present. Can you imagine being a part of Nature and just follow your instincts, feelings, and inner wisdom? Physics has no place for 'time.'

Time is an illusion, a man-made structure to help us make sense of life. Moreover, in quantum physics and relativity, we are agents with agency, meaning we can do things and see results of our actions. In this way, there are only events and experiences we have, with one leading to another. There is no flow. We created that to bring order to our minds.

First of all, if we were a flower, we would root, spread our deep fingers into the soil, and nurture our seed or bulb. *The inner work would come first.* Dark within the womb of the Mother, we live in the space between. We incubate, dream and energize making a strong foundation upon which to grow. I know with my house plants, I must be careful not to love them with too much water. That drowns the roots. Excess water, emotions, drama, or upsets of the world that I have no power over, just rot my roots.

Next, the plant must feel what is right before coming forth from the ground. An inner knowing tells if the weather is warm, sunny, or calm enough for a sprout to appear. Leaves so often have to curl themselves up to protect from sudden squall, hail, or drought. The flower listens deeply, and trusts its instincts to thrive.

Like a flower, we must check the weather report of our lives. Sometime we must be patient, bide our time, explore, and discover our strengths before venturing out. This takes deep inner wisdom, asking our higher selves, our inner wolf or owl, for direction and insight. Balance is needed between our

where it belongs in the garden of life. Here, we find our happy place to live, exist and thrive. We love where we are and know this is exactly where we are supposed to be. Life should be as a flower growing to adulthood. A natural cycle of Nature, of our body doing what it loves, of connecting with like minded friends and of creating beauty, color, and light wherever we go.

Lastly, the brilliant, magical flower blooms in exceptional color, shape, and form. Above all, each one is unique with its own gifts to share. The Earth shifted when Flowers appeared. Like our eyes and limbs, flowers evolved old genes for new jobs. Some healed, others fed humans/bees/butterflies, others caught bugs, some became poisonous, each creating its own little world of beauty and love. They pollinated and spread worldwide, becoming the most sought after, and major source of food on the planet.

So let's pull away from time for a while and view life as a Flower, in cycles of events, one leading to the next. As we care for our roots, release deadly emotions, nurture our bodies with exercise and healthy food, we too will bloom in our own personal unique way to add to the mixed bouquet of the world.

Therefore, have fun with all you do. Do what feels right and be a conscious part of evolving Nature. Be present and experience a grand spirit in a body for this moment on Earth.

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Peach Poppies by Pat Gullett

inner dreams and our worldly creations. Being as a flower in a timeless Universe creates Trust in Self.

Thirdly, the flower 'feels deeply' when to unfurl its leaves and buds. Trusting itself completely, it grows, divines, and creates magic with air, dew, and all life around it. It breathes in sun and photosynthesizes to release brilliant fresh air to the atmosphere. A flower knows



LOVE QUESTING~ Love changes our experience



Love can be a very unique quest into the unknown inner worlds of ourselves. It is for adventurers who are willing to see themselves truly, feel themselves deeply, and discover new ways of perceiving the complex and intimate journey of living. Great courage, integrity, and commitment are needed to ride the tides of emotion and physical sensations that reveal the true heart.

Love is a complexity of the Highest Light. It transforms the unimaginable into self love.

The Highest Light of Love shines on that which is calling for conscious awareness, freedom and evolution. It uncovers soul secrets, ancestral stories, early childhood conditioning and beliefs unconsciously claimed as our own guidance system for life. This Light of Love reveals what has become unrecognizable through generations of living and forgotten agreements, which today limit our capacity to really be here now. The mind will deny this. The High Frequencies of Love will infuse and empower new possibilities that satisfy its'

quest to expand its' experiences through each of us, as humanity initiates new realities and relations.

There is no true map for this quest of Love. When we map quest Love, we may be shown where we are not present, where we are hiding, where the mystery of adventure lies. We may be shown where we were blind, innocent, ignorant, manipulative or traumatized. Where we were less than truthful, mean, arrogant, shy, creating our own and others' personal hell.

Love Questing shows us where to love ourselves. Love shines on the innocent moments of self defying decisions, of choosing to feel empowered from a young unworldly mind. It also reveals the deeper truth, deeper presence that can transform judgment and separation into deeper alignment with our true Self. Love is a potent marinade of Self revelation of the precious existence and Being that we each are and from where we have come. The Quest can be humbling as we begin to see our inheritance and how we are the same as those we have judged.

Sometimes it takes unexpected emotional pressure to touch into what is stored in the heart of hearts and free it into the world of transformation. Love Questing can reveal treasured moments that have been forgotten, where gems of our dreams, desires, creativity, sincerity and truth are waiting to be found and loved into life once again.

Say what is in your heart to say.

Love Questing comes with evolutionary warnings. Be aware of sudden episodes of genuine appreciation, more authentic heartfelt communication



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Continued on page 21

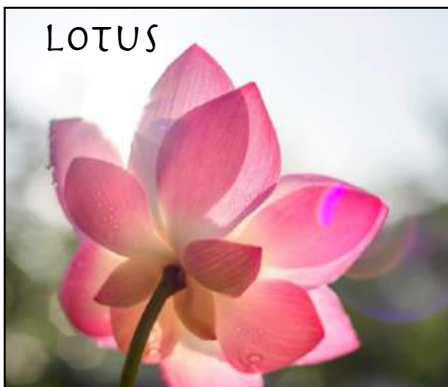
and connection, a new sense of inner peace and self acceptance. Resistance may turn into curiosity and enthusiasm. New worlds of possibilities may appear abundantly. New insights, understanding, compassion are often surprising side effects. A new sense of vulnerability within and feeling more truly YOU may rise up and permeate your experience. You may stop in the middle of old habits and choose a new direction. Feelings of overflowing joy, love, and the sacredness of all life may radiate from you.

Enlightened awareness wakes you up into the reality that you are receiving the love you always wanted. Love is coming from you and to you at the same time. High Love is also coming in from the Highest Frequencies of Light. Some call it the Divine. You are that. *You are love.* Love loving love. Love yourself genuinely and you will genuinely love others. You will know their journey is also requiring great courage.

Love Questing... Searching for love, to find it is right here, within, and all around you, all of us, all the time.

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Beverly is an Intuitive, Pioneering Energy Healer, teacher and author. Her specialty is shifting ancestral and early developmental trauma and limiting influences to free you to know and live more true to yourself and to shine your true magnificence. Request a FREE 30 min clarity call! www.beverlybrunelle.com/contact



Lotus is symbolic for myriad reasons for many different cultures across thousands of years. For more information visit: <https://gtslivingfoods.com/blogs/latest/flower-power-the-lotus-and-its-meanings-throughout-time>



Evidence of the After Life

Something was getting in the way and preventing the sale of my house. I say this because the house was recently renovated, showcase perfect, and in a fantastic location. Yet, something was blocking the sale. Dowsing, a type of divination, seemed a viable option for determining possible reasons behind this strange phenomenon and a session was initiated to find out just what was going on. Much to my surprise my deceased husband's energy also arrived that day and was "talking" through the person who had conducted the dowsing.

I believe that we do not die; that our souls live on after the death of our bodies, but this outburst was shocking. It was the catalyst to my "re-birth" as I made a vow then and there to clear away any negative debris in my life and put it all behind me once and for all. There was one more message that my husband passed along to me that day that confused me for a while. It was the name of a record album.

To help you understand the significance of this message, I'd like to explain that I had asked that songs be the primary method of communication between my husband and me after he crossed over. I had heard of the many ways in which departed souls attempt to connect with us and one key piece of advice that I gleaned from my reading was that we can request a way that will make sense to us, and I chose music. Many times I'd turn on the radio and a song relevant to a question or state of mind would be playing, but the most interesting use of song would be by way of the satellite radio in my vehicle. Often I would receive an intense feeling to pay attention to the song title being shown on my car's display. At no time was this more apparent than on the drive home after visiting with my husband's sister. We had been reminiscing about her brother and song-after-song acknowledged our conversation. It was truly an amazing validation of this method of communication!

The album mentioned that day was the Cat Stevens' *Tea for the Tillerman*. After studying the songs on this album, I quickly realized the significance of my husband's message. The songs told of my husband's new journey in the Spirit Realm and of mine on the earth plane! The songs reflected my pain and of his concern for me. By way of this album, my husband was able to let me know that he was still here and that he knew of my struggles.

One last validation of this incredible communication came to me when I realized that the album cover depicted an almost identical scene to the one on my husband's urn ~ an urn I had chosen because the artwork represented my husband's love of the journey here on earth, and of a new path ready to explore. Little did I know at the time how profound that choice would turn out to be.

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Excerpt from "Revelations of a Singing Bowl" (2012) by Maureen Lancaster. Free abridged version available at Apple Books.



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

Restoring the Garden on Earth

Kathleen Jacoby, former editor of The Inner Voice magazine, made her transition in April 2019. She has communicated to me that she is “sitting at the feet of the Masters learning more about the Greater Universe.” She left a wealth of writings and this is one of them.

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

In alluding to the Garden of Eden, if humans truly come to understand what we are a greater part of, we are going to have this unbelievable garden on the planet. And we will be so happy. We will have happiness we have never even touched upon because we are going to be integrally linked and connected to everything and everyone. —There will be no separation. Sky, earth, trees, water. All of it as one incredible unified system.

We will move back into a state of fluidity that we had at one point, maybe in the times of these etheric step downs dimensionally. I think the Lemurians may have been from that group where they were really not bound in physical form as densely as we are or as grossly as we are.

But the key is to have this fluid motion in this dense state. We can do it. And as we attune, we are going to become lighter bodies. Even though we are dense physical beings, we do not have to be as solid. There will be a lighter element to us. And we will be charged with light particles. But our choices reflect

whether we are going to be taking in light or whether we are retracting it, whether we are separating ourselves from it.

Every time we make a choice that separates us, that's when we want to go home and have the drink, we want to go take a hit off the cigarette, we want to go have a big meal, go out and buy new toys because we're bored. Every single time, that is the result of choices that take us further away from what we're all yearning for, which is this return to home. And home is not some place in the sky. It's not being dead, because we are already in a sense deadened, it is coming again to be enlivened and to come to the space where everything interpenetrates. It's like making love. It's like the whole idea when we're out of body and we're making love with everything. This is what we can do in body.... Make love with life. We create a loving atmosphere. And as we create this atmosphere, what we have then is celebration. And life becomes not only the garden, but the symphony. It's the dance. It's all of it.



Speaking of Poppies...

Poppy ‘Super Bloom’ Brings Crowds to California Hillsides



Beautiful wildflowers fed by persistent rains are painting Southern California's deserts in a wave of color. This year's so-called [poppy super bloom](https://flowerpowerdaily.com/the-poppy-super-bloom-brings-super-crowds-to-hillsides-in-california/) is shaping up to be among the best ever. Six times the amount of rain has fallen in the desert regions compared to last year. The news has led to a kind of panic for people who want selfies, proof that they have been to the super bloom, what some are calling a once-in-a-lifetime experience.



<https://flowerpowerdaily.com/the-poppy-super-bloom-brings-super-crowds-to-hillsides-in-california/>

How was your dreaming?

By Robert Moss

mossdreams.blogspot.com



When we study the vocabulary of dreaming, cross-culturally, we come alive to ways of seeing and experiencing the larger reality that I believe were shared by all our ancestors. For example, for the Makiritare, a dreaming people of Venezuela, a dream is literally a “journey of the soul” (*adekato*). In ancient Assyria, a dream is a “zephyr” slipping through the crack between the door and the lintel to breathe in your ear, like a puff of wind. In ancient Egypt, a dream is an “awakening” and for me, that is the best of all definitions.

In good Old English, a dream is “merriment” and “revelry” of the kind you might encounter from downing too many goblets in a mead-hall. But by Chaucer’s time, the same word, with a different, Northern derivation, can also imply an encounter with the dead. As in Northern Europe (German *Traum*, Dutch *droom* etc) the word “dream” we have inherited is linked to the Old Germanic *Draugr*, which means a visitation from the dead.

The old Iroquoian word *katera'swas* means “I dream” but implies much more than we commonly mean when we say that phrase in English. *Katera'swas* means I dream as a habit, as a daily part of my way of being in the world. The expression also carries the connotation that I am lucky in a proactive way – that I bring myself luck because I am able to manifest good fortune and



Illustration: Assyrian Lamassu in Red by Robert Moss

prosperity through my dream. The related term *watera'swo* not only means ‘dream,’ it can also be translated as ‘I bring myself good luck.’ One of those early Jesuit missionaries, Father Jean de Quens noted on a visit to the Onondaga, that people are told they will have bad luck if they disregard their dreams. If you want to get lucky, in this conception, you had better learn to dream.

My understanding of what is possible through dreaming was deepened immensely when I dreamed of an ancient shaman, also the Mother of the Wolf Clan of the Mohawk people, who used the term *ondinnonk*, which took some decoding. I discovered — after studying Mohawk and some Huron — that the term means “the secret wish of the soul, especially as revealed in dreams”. This, I learned, was the key to an ancient practice of dreaming for soul healing, in which a community task is to gather round the dreamer and try to help her understand what the soul wants, as

revealed in dreams — and then to help her take action to satisfy the soul (rather than the ego) and keep it in the body where it belongs.

What a pity we don’t greet each other in the morning in the style of another indigenous dreaming people, the Wayuu of the Guajira peninsula in Colombia. They don’t say, “Good morning” or “Hi” or “How’s it going?” They say, *jamaya pü’lapüin?* Which means “how was your dreaming?” -or, “What did you dream?”

Lapu is both their word for a dream and the name of a deity.

Michel Perrin, a French ethnographer who lived with the Wayuu and describes their shamans “dream practitioners” (a better term for real shamans than many I have seen) reported a caution from this dreaming people... “When you no longer dream, that is a sign or consequence of grave illness. You are almost dead because when your dreams vanish so do all traces of the soul.”

Δ



Botanical Bliss By Gigi Stafne MH., ND

Eat Your Edible Flowers!

May is a perfect time to appeal to all the senses by selecting edible flowers to add to our culinary dishes. While not all flower petals are suitable for consumption, many are perfect for extra flair. I think you'll enjoy working with these botanical beauties in new ways!



Use edible flowers such as Chive Blossom, Nasturtium and Day Lily to sweeten or spice up a salad.

Cooking and baking with flowers has actually been a historic tradition including everything from Dandelion flowers in fritters to Wood Violets in syrups. Wild and cultivated flowers can be beautiful garnishing salads, cakes and other confections. Did you know some may also be ground and mixed into the recipes?

One of my favorites is Lavender blossoms ground into sugar cookies. There are so many creative uses. Try adding dainty viola flowers to ice cubes as you are chilling them. Nasturtium petals are tasty when added to spring rolls. I have even had an herbalism student add Nasturtium blossoms as a topping to pizza! One of the most magnificent uses of flower decor is when they are added to wedding cakes.

Within herbalism we infuse flowers into many botanical products: teas, tinctures, syrups, oils, oxymels, honey, vinegars and more. I truly enjoy adding flowers as beautiful garnishes to herb cordials, beverages and culinary delights. Edible flowers are beautiful botanical decorations with their delightful colors. Some of my favorites in this realm are wood violet, viola, cherry blossom, cornflower and dahlia.

You will want to educate yourself on flowers to avoid, as some are poisonous. That is the realm of Master Herbalism, so consider taking a workshop or class to learn more about plant precautions and toxicity.

Why not begin this spring by collecting some apple and cherry blossoms or even lilac flowers to decorate your special dishes? Other flowers to try would be bergamot, borage, chamomile, chive, dandelion, daylily, hibiscus, nasturtium, ox-eye daisy, viola and wood violet.

There are so many to choose from! I hope you will enjoy wild edible flowers this spring!

Δ



Pansies add pizzazz to salads.



hlphoto / Shutterstock.com

For more recipe ideas, visit: <https://www.goodnet.org/articles/9-flowers-you-eat-enjoy>

By Karen Carasco Abler

The fact that it is the schools that are the most frequent targets of shootings is worth noting. Our school system is fairly brutal to growing hearts and minds. Too much pointless regimentation, outdated grading and testing systems, mind numbingly boring curriculum, and not enough creativity and individual attention of the nurturing kind. Overworked, stressed teachers, crowded classrooms, constant fears of judgment or bullying, inadequate funding for dreary facilities, etc.

Consider the phrase "being schooled." Feel the tension? The tragedy of innocent brilliance being "corrected" and trained into an arbitrary pattern of docile behavior?

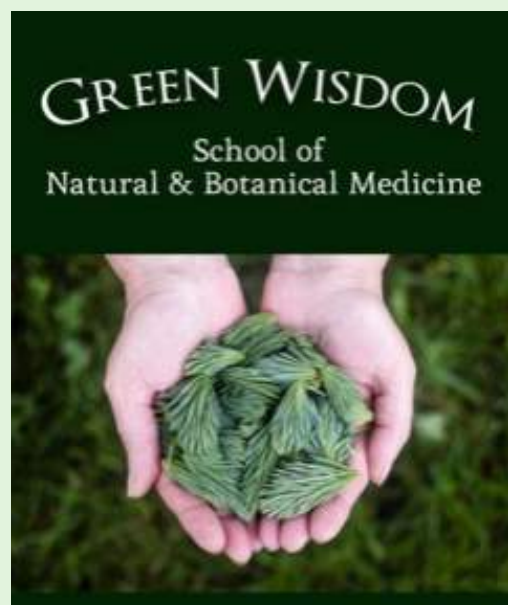
Instead, imagine a wonderland learning environment, connected to nature, using all the mental health science and knowledge of how our environments affect us at every sensory level. What if our schools were the most exquisite and fantastic spaces, with so much creativity and hands-on exploration that everyone would want to be there whenever they could. Beautiful architecture, filled with art, music, plants, community, lightness and laughter. Modern learning theory applied in futuristic programs. Children would cherish these places, and the happy staff, and would have a completely different opinion of them as they grow and mature into healthier, more balanced adults. I'll bet they would become the very LAST place anyone would want to have revenge upon.

This is obviously a simplistic summary of the radical changes needed; in the interest of brevity I've left many very crucial finer points unsaid. Yet, can we at least consider other, possibly even more effective remedies

for the horrific situation our school children are enduring besides beating our heads against the Sacred Cow of the Second Amendment?

Δ

Karen Carasco Abler is an administrator at The Western School of Feng Shui® and an occasional contributor to The Inner Voice. information@wsfs.com



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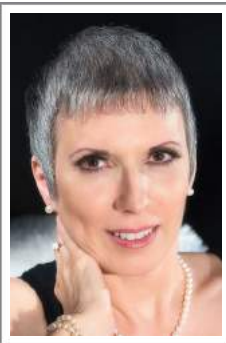
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About JoAnn Dioguardi in her own words: "I am a Cosmic Consultant for Change whose mission is to help others see the possibilities available to them so that they are inspired to create a joyful life that honors the intention of their soul. I inspire,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



And She Whispers...

By JA Dioguardi

There are times I ask the Goddess,
who abides within my heart,
for answers to higher questions —
Mystic wisdom that She can impart.

Once I feel Her rise within me,
In my mind, I see Her smile.
She's privy to all that could be;
She has access to everyone's file.

And She whispers the secrets of sages
Though I hear only what I'm to know.
She divulges Her wisdom in stages
And relates what's most needed to grow.

While requesting facts and figures,
there are times She will reply
though having the gift of prescience
Doesn't mean that She has to comply.

If my mind is filled with chatter,
what She says might not be heard;
when filtering through gray matter,
One can easily miss what's conferred.

And She whispers her guidance with
kindness,
Knowing frailties, in mortals, reside.
Self-identity signifies blindness,
Yet expansion of Soul turns the tide.

As the years go by, I listen
Much more often than I ask.
With Goddess, I sit in silence
Since serenity lowers my mask.

Once I'm free of noise and worry
and we're sitting face to face,
Her counsel is far from blurry;
All the pieces can fall into place!

And She whispers of how I am cherished,
that my purpose is sacred and true,
that when all misconceptions have
perished,
I'll be certain of what I'm to do.

And She whispers, "The earthly illusion
That sustains separation must die.
When humanity values inclusion,
You'll see life through the Goddess's Eye."

Δ



What's Your Story?

By [Marc Allen](#)

Every family has its own long,
winding story
And the funny thing— the odd,
peculiar, and amazing thing—
is that the story can be a comedy

or a tragedy or a soap opera or a hero's journey
all depending on how the story is viewed
and told by the story teller

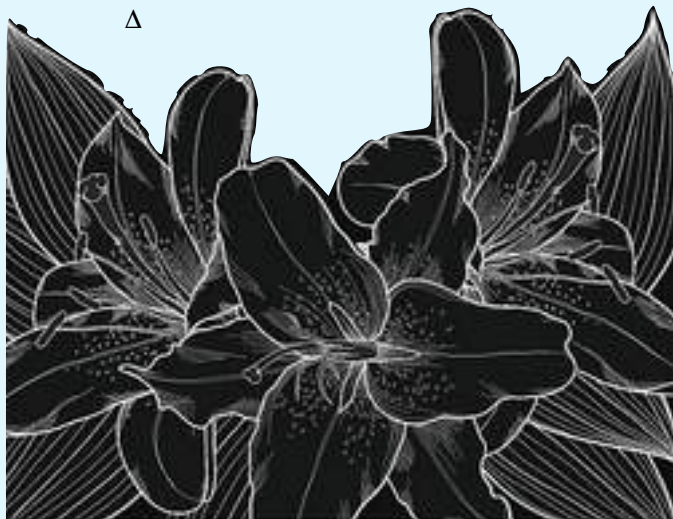
We create our own past
the same way we create our own present
and our future

They're all created in our imagination
So, what's your story?

I don't want to hear another tragedy
where you're a victim of forces beyond your control
I don't want to hear another soap opera
where you're suffering for what happened
long ago in your painful past

I want to hear your hero's journey
where you triumph over all circumstances
where you rise to the challenges of life
and become the master of your fate
I want to hear the stories of the masters,
the teachers, the visionaries
who help make the lives
of all those around them
lighter, brighter
fulfilling and fun

Δ



Landscape Tips to Boost Your Home's Curb Appeal

By Amanda Amato <https://www.byamadesigns.com>

Improving your home's curb appeal entails highlighting the character of your home and important exterior features to create an inviting property. Regardless if selling or not, there are many tips to boost your curb appeal. This article will focus on feng shui tips to boost your curb appeal so you can attract more luck and opportunities to your home.

Maintaining your home's exterior is essential to increase the value and create a welcoming appearance. Whether you are looking to sell or refresh your home, these feng shui tips to boost your curb appeal can be applied.

First, let's discuss *what Feng Shui is*.

Feng Shui is an ancient Chinese practice of creating balance and harmony in an environment and for those who inhabit the home. This practice can be applied to both interior and exterior environments. Creating balance and harmony in your home involves tuning into the home's (and homeowner's) energy, assessing the layout, and observing the items in the environment. Certain energetic disturbances can be cured or balanced with feng shui remedies, which I will mention later. Feng shui is not a religion and can be used by anyone who studies or practices the ancient art.

Create A Welcoming Front Entrance

It is no surprise that you should have a welcoming front entrance to boost your curb appeal. First impressions, both good and bad, last for a long time. It is important that the front entrance creates a positive first impression, as the visuals we first see affect us subconsciously.

If the first thing you see is

beautiful and uplifting, that will help maintain a positive attitude. If first thing we see is an unkept front porch and dead plants, that energy will make us feel tired or drained.

TIP #1: Add a welcome mat to greet entering guests. In Feng shui, welcome mats retain good energy, but as people wipe dirt from their shoes before entering the home, replace your welcome mat as needed. **TIP #2:** Lighting at the front entrance is another good way to create a warm welcome, especially at night. Symmetry is recommended. Lights should always be in good working order.

Bold Front Door

In Feng Shui, the front door represents the "mouth of the home" which faces the world and feeds energy into the home. To encourage positive energy and prosperity flow, it is important to keep the front door

in good condition and that it is visible from the street. Painting the front door a bright color can attract positive energy to those who live there.

You have likely seen many red front doors, but why red? In Chinese culture, red is one of the most auspicious colors and is a great choice for your front door. Since the front door faces the world, this is the intention that we are setting for the world to see.

If you hate the color red, I recommend choosing another shade that doesn't trigger an adverse reaction. The color of your front door should be one that uplifts you thereby allowing positive energy to enter with you.

Create A Clear Path

While it's important to have a welcoming entrance and front door, having a clear path to get to the main entrance is of equal value. A beautiful pathway starts preparing the journey to follow and welcome a healthy flow of energy in the home.

It is essential to have a clear path that connects the sidewalk to the street to the house. Ideally, the pathway leading to the front door should have a wavy shape as this allows energy to gently flow into your home as opposed to straight paths. If you have a straight path, add planters or lawn ornaments to create moments to pause and slow the energy entering the home.

Low vs. Fast Energy

Think of a trickling stream with the water flowing over the rocks. The sound is very soothing. Think of water coming down in a straight path, like a waterfall or running faucet. The sound is forced as there are no obstructions in the path to slow it down. Energy approaching your home





along the path is similar to the flow of water. If you have a curvy path, the energy approaching is like the meandering stream, gentle and serene. A straight path to the front door is fast and forceful which could heighten angst.

Spruce Up Landscaping

Many professionals, including Realtors, will agree that sprucing up your

landscaping is a great way to boost curb appeal. In Feng Shui, flower beds and plants represent growth and vitality. Plants increase your home's positive energy which feels welcoming to others.

While bright and vital plants increase positivity, dead plants represent the opposite. Landscaping that is not maintained shows the lack of care and positive life force needed to support the home and those who inhabit it. This can have a draining affect on those who enter the home.

Proudly Display Your House Numbers

In Feng Shui, the house number gives a name to your home and creates an energetic bond between the home and its owners. House numbers should be large and visible from the street to welcome opportunity and honor your home.

If your house number is difficult to find, your home could be easily missed which symbolizes missed opportunity.

When displaying your house numbers, they should be hung straight or slope upwards to the right to represent positive uprising energy.

Visible Mailbox

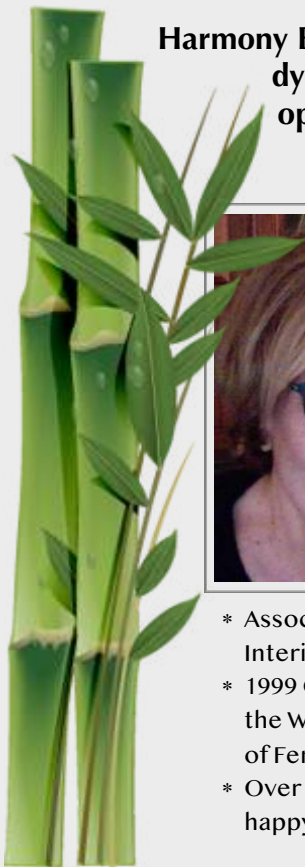
Last but not least, your mailbox should be visible from the street and in good working order. In Feng Shui, mailboxes represent how the world communicates with you. To attract good news, plant flowers around your mailbox to ensure it is easy to see, and so opportunities never miss you. With that said, if you have a small mailbox, swap it out for a larger mailbox to increase larger opportunities.

I hope that you have enjoyed my feng shui tips to boost your curb appeal. If you did, please share the ideas with a friend or a realtor who may be selling a home. It could increase their luck!

△

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Traveling with Miss Maggie

By Lynn Schuster

I have been working with my good friend, Julianne and her dog Miss Maggie for several years. This conversation began like many of our other conversations, but it expanded into a beautiful healing for both Maggie and Julianne that I could never have predicted.

The reason Julianne scheduled was because she and her husband planned to travel for four days. Miss Maggie would be joining them. The last time they traveled, Maggie wouldn't eat. In the past, Maggie told me that she is afraid of feeling nauseous and getting sick.

When I talk to the animals, I always ask for guidance from the Divine. My guides suggested that I take Maggie to the Akashic Records. If you are not familiar with them, they contain all information for every individual who has ever lived.

More than just a journal of events, the Akashic Records hold every word, deed, thought or feeling that has ever occurred during each lifetime. The Akashic Records are interactive in that they have a tremendous influence upon our everyday lives, our relationships, our feelings, belief systems, and potential realities we draw toward us.

Maggie had never been to the Akasha before so I explained to her what the records are, and how the Akasha appears to me. I told her that the Akasha is located in the Upper World. Breathing deeply, I imagined that we were taking a White Light elevator upward. Instantaneously we were standing in front of the library. Once inside, Miss Maggie began to sniff and explore the lobby.

When she was comfortable, a door opened and a staircase appeared. As we went down the stairs, we noticed that with each step down, it was getting darker and damper. We descended into a moist, smelly, dark cellar. We realized that this is where Maggie's fear lives.

I asked Maggie if we could turn on the lights. As I asked the question, the lights on the ceiling automatically illuminated the cellar. What we saw, was that we were not in an old damp, musty cellar after all. With the lights on, we could see that we were in a clean, dry basement with a new cement floor and foundation. Maggie discovered that most of her fear is an illusion. All she needed to do, was *to ask for illumination* and she would be able to see her situation from a clearer point of view. She exhaled a sigh of relief.

With the illumination and new found courage, it was suggested that we visit her life before she was born. We knew that Maggie's mom was a stray and that when she was found, she was very pregnant. What we did not know is that Maggie's mother was afraid of being homeless. Not only was she afraid that she would not be able to feed and find shelter for herself, but what about her unborn puppies? Where would she have them and how could she keep them safe? How would she have the strength to feed them?

Through talking to Maggie, we found out that her mother was abandoned by her people because she was pregnant and they did not want to be responsible for the puppies. They put her in the car and drove a good distance from their home. They let her out of the car and drove away.

Not only did this trauma happen to Maggie's mother, but it also happened to Maggie and her pups. Each puppy could feel the trauma of abandonment that her mother felt in the moment that she was left to fend for herself. They felt her fear as she looked around for some familiar landmark, but there were none. The puppies knew that their mother was doing everything she could to find a solution to her situation. They also felt the relief that



their mother felt when a kind samaritan brought her to the Humane Society.

Maggie and her siblings were born safely in a warm place surrounded by many helping hands. From here, I saw that we were not only helping Maggie to release her fear of abandonment, but we were also witnessing her mother's trauma as well.

A light came on and Maggie could see where she was holding her mother's piece of trauma. It appeared as a splintered piece of her mother's soul. As Maggie extracted the piece of her mother's soul from her spiritual body, we saw that a clearing was happening for Maggie and for her mother as well.

As Maggie was experiencing a Soul Extraction; and, her mother was experiencing a Soul Retrieval. Maggie's mother accepted this gift from Maggie, and as she did, we saw that Maggie's grandmother, her great grandmother and her great, great grandmother were cleared of something as well! There was a White Light Clearing five generations long!

In real time, Julianne felt unconditional love flow from her heart to Maggie's heart. About a week later, I received this message from Julianne:

Hi Lynn, We just got back from our trip and Maggie did great. She ate at least twice a day ... not always the whole meal, but at least half, which was great! Thanks again! - Julianne

Δ

Lynn Schuster is a Telepathic Animal Communicator, Intuitive, Reiki Master/Teacher and Artist. See her ad on page 31.



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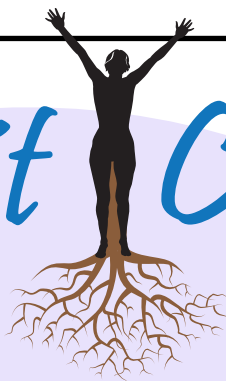
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