

The Inner Voice

A Source of Light For Unfolding Consciousness • September 2021

A Harvest of Healing Energy

Astrology of Virgo

The Afterlife Codes

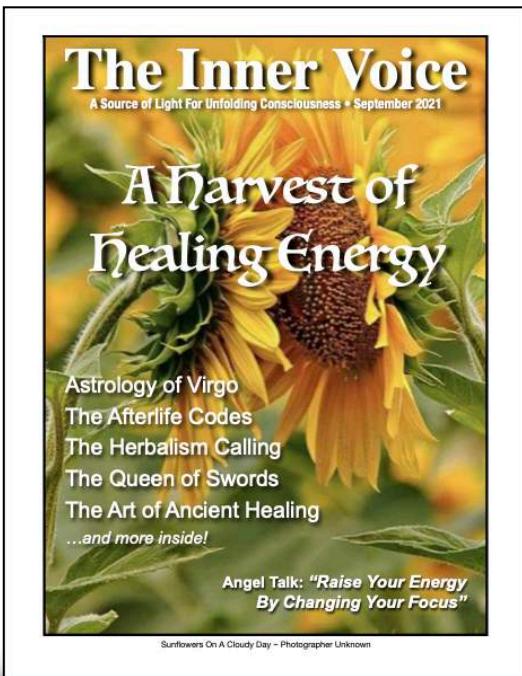
The Herbalism Calling

The Queen of Swords

The Art of Ancient Healing

...and more inside!

**Angel Talk: “Raise Your Energy
By Changing Your Focus”**



Nature's perfection is amazing and has so much to teach us. Fact: Sunflowers, during the day, follow and turn their "face" toward the sun. In other words, they chase the light. But what happens on cloudy and rainy days when the sun is covered by clouds? Sunflowers turn toward each other to share their energy.

On cloudy days, some people also lose energy, and become sad and depressed. Instead, how about following the example of the sunflower? Let's turn toward one another for energy and support on cloudy and rainy days. Spread sunflower goodness and it will come back to you.

Another way to raise your energy level is by practicing gratefulness. Do this everyday! See 1:27 minute video on

<https://www.youtube.com/watch?v=4qEbkRZYN9c>



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ISSN #1073-1814 ©1992-2001
e-version ©2012-2021
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Deadline: is the 25th of the
previous month. Writer's
Guidelines and Ad Rates are
available on request.



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Subscribe for FREE! You will receive an e-mail on the 1st of every month announcing the new issue has been posted. We do not sell, or share our mailing list, and you may unsubscribe at any time.

The Inner Voice Magazine intends to serve as inspiration for healing body, mind, spirit, heart and home. The information in this publication is not meant to replace the advice of healthcare professionals. We aim to bring through the highest vibrational information we can find. The opinions expressed are not necessarily those of the publisher, or editors. We encourage you to listen to your own inner voice for guidance and direction on your path. May your life be blessed by reading and sharing this magazine!

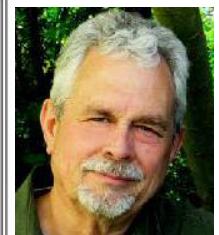
Inside This Issue...

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

- 3 Events at Golden Light Healing Retreat Center
- 4 Angel Talk: Raise Your Energy By Changing Your Focus
- 6 Book Overview: The Afterlife Codes
- 7 Affirmations for "Tending the Mind"
- 8 The Queen of Swords by Cherrie Hanson
- 9 Message #30 from the Stillpoint Within by JA Dioguardi
- 10 The Herbalism Calling by Gigi Stafne
- 11 Ad: Your Sacred Body - An Event by Gigi Stafne
- 12 A Path To Freedom by Kathleen Jacoby
- 13 Astrology of VIRGO by Barry Kerr
- 14 The Art of Ancient Healing by Pat Gullett
- 15 Practicing Mindfulness with Beverly Brunelle
- 16 Let Your Light Shine with Citrine by Lori Andrus
- 17 Ad: Lori Andrus' Crystal Shaman School
- 18 Ad: Subscribe to The Inner Voice
- 19 Potpourri: "Conjectures of a Guilty Bystander"
- 20 Celebrate Today by Ann Ruane
- 21 Ad: Lux Eterna Healing with Ann Ruane
- 22 Creating Sanctuary for the Soul
- What feng shui is truly all about by Terah Kathryn Collins
- 23 Ad: Essential Feng Shui® Consultations
- 24 What the Animals Say about Reincarnation by Lynn Schuster
- 25 Ad: Lynn Schuster Animal Communicator
- 26 Free Spirit Crystals: The Benefits of Manifestation Crystals



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Golden Light Healing

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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.

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Your Hosts

Amy & Dave Wilinski

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www.GoldenLightHealing.net



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

www.GoldenLightHealing.net

YOUR SACRED BODY WITH GIGI STAFNE: Botanicals for Balance and Self Nourishing Care

September 25-26, 10:00am-3:00pm
(Read Gigi's article in this issue!)

MEDIUMSHIP TRAINING

October 30-31, 9:00am-4:00pm

TRUSTING YOUR INTUITION

September 5, 12:30pm-5:00pm

COMMUNITY FIRE CEREMONY

Sept 15 or Oct 7, 8:00pm. Free

DEATH & DYING WITH JOSE LUIS HERRERA

October 7-10. Open to mesa carriers.

YOGA CLASSES WITH HUNTER WILINSKI

\$15 Mon. and Wed. evenings, 6:30-7:30pm.

Swastha Sequence with Hunter Wilinski.

A sequence different from anything offered in the area. Create alignment in your body, mind and spirit with this 60-minute nourishing flow, suitable for all levels. Although the bones of the sequence do not change from class to class, you can guarantee that no two classes will be the same as there is always room to add creativity and challenge.

REIKI LEVEL I TRAINING

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

REIKI LEVEL II TRAINING

October 24, 9:00am-4:30pm

REIKI MASTER TRAINING

October 2, 9:00am-4:00pm.

Includes apprenticeship.



**DRUM MAKING WORKSHOP with Dave Wilinski
Sept. 6, 12:30-5:00pm**

SEIDR NORSE SHAMANISM WITH IMEDLA ALMQVIST FROM THE UK

Dec 1-5. Time: 4pm Wednesday; 2:30pm Sunday.

Join UK international author and teacher, Imelda Almqvist, for Seiðr/Fornsed & Norse Shamanism. This 4-1/2 day introduction course covers a large field of spiritual and mystical traditions where we will explore the indigenous ancestral pathways and spiritual wisdom teachings of Northern Europe.

WHISPERS ON THE WIND SHAMANIC PROGRAM

Group #24: Dec 15-19, March 9-13, June 8-12, Sept 7-11, 2022

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 & ritual, and much more!

**Register now for our Workshops and Sessions online!
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September 2021

Dear Readers,

This issue is a harvest of healing energy. First of all, the Angels show us ways we can raise our energy, page 4. Then, what could be better news than to know our energy (Soul) lives on after death? Read Steve's book review "*The Afterlife Codes: Evidence of the Survival of the Soul*," page 6.

Cherrie Hanson takes a look at some thought forms that perhaps need to be cut from our psyche, in her article *The Queen of Swords*, page 8. A new contributor, Herbalist Gigi Stafne teaches us about plant-spirit-medicine, page 10. These are just a few of many ideas to read and integrate into your life this month.

"*Everything is energy; and, energy is everything.*," as stated by Albert Einstein, is also one of the main tenets in feng shui. We understand that everything we live with has an energy, or chi, that either raises or lowers our personal chi by our associations with the item. One of the first things I do when working with a client is to do a walk-thru where we begin to sort out and remove the things that lower their energy. If you don't love or use an item, what's it doing in your house? Read more by feng shui expert and author, Terah Kathryn Collins on page 22.

Last but not least on my mind as I put the final touches on this issue, is the horrible unrest in Afghanistan. I recall a meme that circulated on Facebook a while ago of a little girl standing in front of a mirror asking, "*Why can't everyone just get along?*?" My sentiments exactly! The only answer I can offer is this. War goes on due to a state of *unforgiveness* over what has happened in the past. If only we could forgive all of history and all of the mistakes that were made ~ *every one of us and every one of them* ~ and go forward in peace with a clean slate... our world would most certainly change and we would all get along ~ just like that little girl wished. Yeah, if only...

Nancy



Angel Talk™

Raise your energy by changing your focus

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

This "dictation" from the Angelic Realms was taken outdoors at Lake Ivanhoe, Wisconsin on a beautiful summer day. What I heard and felt was distinctively different from the messages I receive typing at my computer. While I was listening to what the angels and elementals had to say to me that day outside in Nature, I noted I also saw and sensed their light and playful presence! It was an energy-lifting experience of the best kind.

H ave you ever wondered where energy comes from, or how you might replenish it when you feel tired or depleted?

I asked the Angels and they began by saying, "Energy emanates from the Creator (the One Source known by many names) and emanates as waves as it pulses from the center of all Creation. Energy is the glue that holds the universe together and connects everything in perfect, Divine orchestration, and in perfect harmony. To cultivate more energy in your body or life, place your focus on what you wish to create and purposely see, feel or imagine more energy. See yourself as the prongs of an extension cord and plug yourself into Source. To recharge, spend time in nature.

The prevailing stress on the planet can be too much to take on without submersing yourself in the Source of all creation. Take a time-out and immerse yourself in nature's richness. This is fuel in your tank!"

Just then a Dragonfly landed on some tall grass in front of me. The Angels continued, "See the dragonfly right now before you as he flies above the rich green grass. His message is 'break through illusions.' Use your imagination and be like the Dragonfly. Fly free and feel its delight; and then, create that lightness in you! It is vitally important to you on Earth to spend time in nature where your energy level is naturally replenished and subsequently raised to higher levels (of joy). It is also where you can be keenly aware of Our Presence; where the energy feeds your heart and soul.

"Energy is Everything and Everything is Energy."
—Albert Einstein

Your fulfillment is at hand and we say, 'rejoice' for this is the energy you have created. See it, believe it, and breathe it in.

There is a higher level of energy coming to Earth now. Be open to receiving it and learning ways to adapt to it. Break through the illusions around energy that you have held in the past. That is the message Dragonfly brings.

You need only center yourself in this Light, this new Dawn, the Source of All Life through which all things come. Everything you need for your grand experience there is provided for you.

So, we ask you, 'What do you think you lack if Source has given you everything? What is it that you fear?'

Your work on that plane is to give up all (ego) ideas of hatred, harm, destruction and death that you have ever held, for in Truth

these things do not exist. Stop focusing your energy on these things, for whatever you focus on creates. This is the rule of your universe.

We have said this before and we say it again, your world is an illusion. You can create whatever you want. You can experience anything that you want to experience. Just become conscious of what it is you want and direct your intention and energy on seeing it and accepting it.

Stop fueling the flames of fear. This is the hell of your forefathers who didn't know they had the gift of Light. Their dark footprints left a path on Earth; and we say, forgive them and let this go.

Continued on page 5

You are still in what we refer to as "the dark age"; but, you can renew your commitment to the Light right now, and the Light will come. The lesson is to go forward through your fears. Take charge of them by facing them; and as you do, they dismantle and disappear just as quickly as darkness vanishes the moment you flip a light switch.

Fear may seem to have its hold on you, and on the planet at large; but, that is merely an illusion held in place in your mind. Fear has no reality at all except where you would energize it by your thoughts. So, let go of these dark ideas and fearful thought-forms.

Step into the Light and leave the dark toys behind. They are there for your choosing, as it is what makes your world of learning complete on that plane. It is after all, a world of contrast; a world of dark and light, and a world of choice. Choose darkness and there is no room for Light. Choose Light and you will over power all darkness. You hold the power to choose and we say choose wisely.

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"Swamp Party" Prints available at:
paintwithdiamonds.com

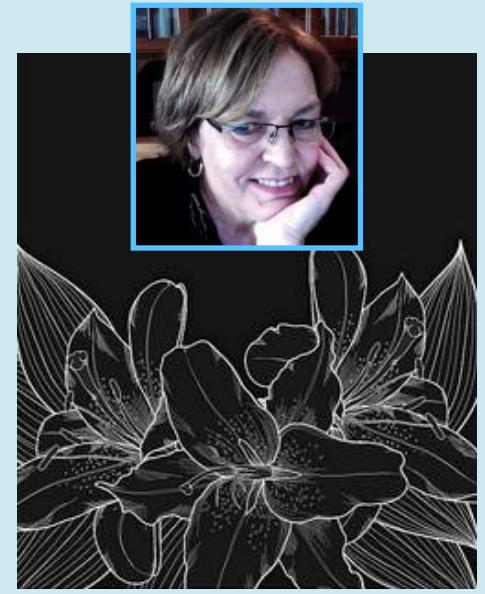
What would you like to ask the Angels?

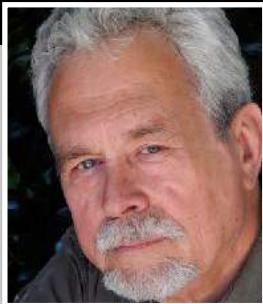
The Angels await your call to connect with them. Assigned to each and every one of us at birth, they know "the Grand Plan" for our life. Our Guardian Angels stand by ready to help us understand the challenges we face. They lovingly explain the lessons we came here to learn, answer the questions in our heart while also pointing the way to go on our path to true healing.

Nancy Freier
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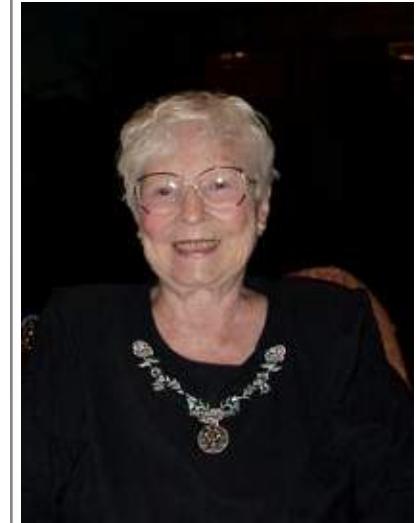
The Afterlife Codes

Searching for Evidence of the Survival of the Soul By Susy Smith

For many years I have been aware of Susy Smith (Born 1911 – Passed 2001) who was an author of thirty books about the paranormal, the afterlife, ghosts, and just about anything in that genre. Since I did not have much of an idea about who Susy Smith really was I decided to purchase and read her final book, *The Afterlife Codes*. The title is a bit misleading because only the introduction and the first and final chapters deal with the author's plan to provide a public internet registry which people could use to record a secret code or short phrase to later be communicated from the Afterlife to a sensitive person with mediumistic ability to prove their continued existence. At first I thought it might be a trudge to read though 242 pages simply dealing with codes, but fortunately the book is actually an interesting autobiography.

Susy Smith's childhood was unsettled due to frequent moves. After her father's death in 1933, Susy married but later divorced and then lived with her mother until her mother's death in 1949. Since then, she has generally lived alone. Her loneliness led Susy to the paranormal. In 1955 Susy had some success in contacting her deceased mother via the use of a Ouija board and this initiated Susy's interest in the paranormal. Later this skill developed into automatic writing.

Desiring to learn, Smith worked briefly with Dr. J. B. Rhine's Parapsychology Laboratory at Duke University in Durham, North Carolina. This association, together with many years in newspaper work, have had a lasting influence on Smith's writing. In the mid 1960s Smith received grants from



the Parapsychology Foundation, which enabled her to prepare her first published books. Since 1965 when her writing began to provide a modest living, she has traveled and lectured widely.

Smith's works fall roughly into two categories: those reporting psychic occurrences and secondly, those about herself. Because Susy was deeply impressed by the methods utilized in Dr. Rhine's laboratory, she has striven to bring similar objectiveness and precision to her writings. She rarely expresses her own opinions, but instead simply presents the material she is reporting on in a lucid fashion and leaves the readers to form their own conclusions.

Smith has made a unique literary contribution. Her many works documenting psychic events and processes have brought an extraordinary amount of information on this subject to the public arena, in simple, intelligible language.

It was a very engrossing book because I was able to learn a lot about her personal private life which by the way

was very difficult. In addition to her relationship problems she suffered an infection which caused her to lose two inches of one of her legs which meant that she would be disabled for the rest of her life culminating in her final years living out of a wheelchair.

The sum total of all her experience studying the paranormal culminated in her Big Idea which was to have people who are currently living their 'final chapter' create a secret code or phrase and register it with a website managed by Dr. Gary Schwartz.

As luck would have it, in her later years she was befriended by Dr. Schwartz who is Professor of Psychology, Medicine, Neurology and Psychiatry, at the Laboratory for Advances in Consciousness and Health at the University of Arizona – Tucson, and over the next few years Susy was able to develop her Afterlife Codes idea; a website database to register Afterlife Codes for any senior individual who wanted to participate. The code would then be registered and then encoded so it

Continued on page 7

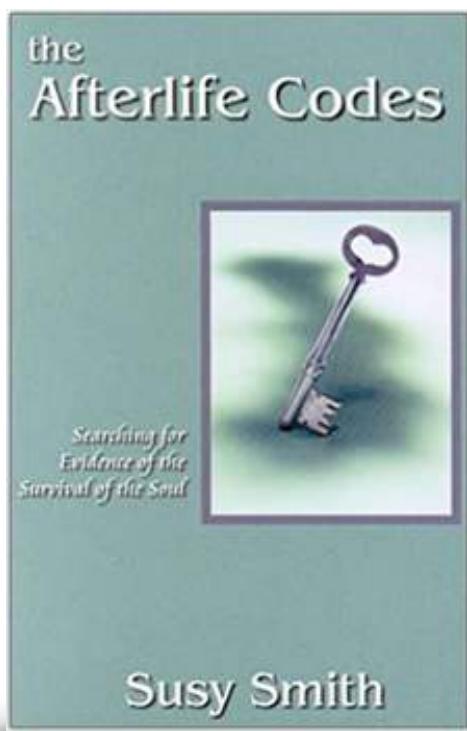
was not available to anyone in the public. Then when that person died they would try to transmit their special Afterlife Code to an individual with mediumistic talent who would be able to pick up the code and match it with what was secretly recorded in the database. If this could be accomplished it would provide evidential proof of the afterlife!

Was the Afterlife Codes project successful? The book was published in 2000 and Susy Smith passed not long afterward on February 11, 2001. Immediately after Susy's death Dr. Schwartz set up sessions with two well known mediums, not telling them that Susy had just passed. He was hopeful that one of them could reveal Susy's secret Afterlife Code. What he got was the phrase, "*I don't walk alone,*" which sounds like something Susy might have said due to two factors: 1) She lived alone for most of her adult life and hated it and 2) She had a disability — one leg was 2" shorter — which meant she walked with a walker. The phrase sounds like something Susy might say now that she was in the Afterlife, because now she was surrounded by friends, and could now dance!

However, even after I conducted further research into what happened, I was not able to. The project and website was shut down in 2011. That said, I found the book to be a fun and informative autobiography.

Get the book here: [The Afterlife Codes: Searching for Evidence of the Survival of the Soul](#)

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Steve Freier is a researcher and reviewer of metaphysical books. He is also a professional video producer specializing in personal and promotional videos in YouTube fashion. He resides in Door County, Wisconsin.
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For Our Mental Garden...

Affirmations for Tending the Mind

By Kathleen Jacoby (4/5/44-4/16/19)

When we recognize that the mind is like a garden, we become aware of the necessity to care for it tenderly. As we tend it, so will it flourish. If we ignore the ritual of daily nourishment, the mind will grow of its own volition...moving towards that which is least demanding. As we learn the principles of gardening, we can translate them to the growing of mind, for the mind swells with loving discipline. It is ennobled through structures that offer parameters for constructive growth, and blooms in response to the efforts made to that end.

A mind that is tended daily through prayer, meditation, and affirmation has greater likelihood of becoming fertile ground for successful outcomes. When the mind is left untended, it grows like a weed, opportunistically drawn to outlets of least resistance, and in this, there is margin for error. The mind is much too powerful and precious a resource to leave to chance. We must learn to become master gardeners, creating a setting where the most fragile seeds can grow with assuredness.

As we till the soil, we prepare the mind for growth. As we plant seeds rich in potential, we merge idea and physical receptivity together. And as we put in the necessary effort through emotional intent...we have completed a necessary three-part process to engage mind in constructive activity. Without the idea, there is nothing around on which to work. Without the physical receptacle, there is no vehicle for expression. Without emotional participation, there is no fuel for the development of the concept being birthed.

Let us become *Mind Gardeners* who create a bountiful harvest within our own Being, and in so doing, we have much to share with everyone else!

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The Queen of Swords

An old adage came to mind as I searched for new kitchen knives, "She wasn't very bright so we sent her to beauty school." Assessing the ergonomics of the handles, blade densities and suitable lengths, I considered my accomplished dexterity with sharp instruments.

A haircutter's scissors are designed to slice through hair like butter. There is a confidence and marksmanship to wielding such implements, similar to a surgeon, dentist, chef, or tradesman. The revelation of my proficiency revealed that I hadn't untrained myself from thinking in terms of that erroneous, antiquated cliche, and that my skills could be measured to any profession requiring the depth of responsibility that comes with removing or permanently altering the human body. And, the job requires a license to practice and professional liability insurance.

Perhaps the reason the career has stayed underdeveloped and low paying suggests a societal unworthiness and devaluing. Where did the assumption that cosmetologists have a lack of intelligence come from? We know it is a mostly female, creative, nurturing, serviced-based industry. Did anyone ever say, "He wasn't very bright so we sent him to barbering school?"

Truth is, the job requires several forms of intelligence, such as interpersonal and intrapersonal, spatial, logical, and kin-aesthetic. Beyond subjective talent, you can be a great technician but unsuccessful without good

business acumen. Statistics show that five years into the career, ninety-eight percent fail and move on to other things. It is a position of authority and expertise, with no title or compensation concurrent with the serious responsibilities it holds.

The intense involvement with vanity and mental health requires a makeshift trial and error psychology to handle potentially neurotic, perverted, or insecure clients. Even people who possess healthy self esteem can sit front of a mirror too long and degrade

into self criticism and disappointment.

And because results rest on the practitioner's shoulders, it's also necessary to communicate clearly, listen and follow instructions while diplomatically guiding clients to safer shores of reality. The negotiation is delicate. Being a true art form, there is much gray area; there is no perfect outcome. I only accepted clients who were referrals to control who I wanted to serve, rather than spinning the roulette wheel, but that is very unusual.

The adage seems to nod at the "beauty" and pink collar aspect of a job that has always been considered "women's work." In recent history, corporations have tried to franchise and monetize the salon industry around a corporate ideology, generated by male CEO's hoping to cash in on the quick and cheap crowd. However, the overhead costs of regional and national managers, branding and maintaining chain salons, doesn't work in the salon market. With stylists who trade independence for health benefits, doing the hard work but making much less than their corporate handlers, the top down model isn't working. The turnover at these salons is dramatic, likely due to the fact that the fast, itinerant clients lose the depth of relationship that is developed with independent practitioners.

Businesses like salons are strengthened by those bonds. Historically, people will often stay with less talented stylists



because they really like them, or feel a loyalty after swapping private and personal stories.

There is not much written about my profession in terms of being a distinguished business. Stylists, as entrepreneurs of businesses would have plenty of wisdom and anecdotes to tell about the microcosm of salons. There's an untapped treasury such as the unspoken code of ethics between stylists, clients personalities enlarged under the magnifier of ego, jailhouse rules played out among tired and stressed co-workers, and some secrets only unloaded within the intimacy of the chair.

Moving into a new profession after 33 years in the hair biz, I surrendered my decades long campaign of fair pay and respect for hairstylists. The stereotyping and sexism are still with us.

I fought hard for all of us who were bright enough, who will continue to suffer the discounting of incredible skill and be marginalized by the importance of "male's work."

The solution to cut the charge on these incorrect perspectives, is to check one's own buy-in or agreement. For example, if you believe that being younger, or thinner, or a certain race is better, nothing will change. I've learned that it's more necessary to prove it to yourself. The suffering comes from allowing the influence, whatever it may be, to cause you to lose your sense of value.

In tarot, the Queen of Swords can be viewed as a model of self-sufficiency, independence and intelligence. She faces towards the future, with her left hand raised as if to receive, and in her right hand, she holds a sword up high and straight, representing her desire to find the truth in all matters. Her true motive is to refine the world, to upgrade peoples' understanding — so that everyone can have the space they need to become fully themselves.

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Cherrie Hanson is Program Director at Interfaith Conference of Greater Milwaukee, a 50-year-old nonprofit organization consisting of 22 member faiths and denominations. An explorer of human diversity, she creates programs that foster understanding, mutual appreciation and social causes.

Cherrie is also a fine art photographer, vocalist and musician who uses talent as a means to attain individual authenticity.

www.bubblesink.photoshelter.com

Message #30

From the StillPoint Within

By JA Dioguardi

Adjustments to the vibrational patterns on planet Earth are affecting human beings in a variety of ways. Some are becoming more aggressive in their behavior; others are turning their focus inward in order to maintain balance. Many are becoming more motivated to pursue their dreams by moving forward on their chosen paths, and still others are simply readying themselves to accept and then utilize the vast changes about to take place.

How this is experienced by each individual on a physical level varies, as well. Changes in sleep patterns are occurring for many; for some, heightened awareness of dreams and altered states of consciousness are happening more often. For others, emotions not commonly occurring are now being experienced. Also, different thought patterns are bringing about new beliefs that, at times, shock the reasoning minds of those who are personally experiencing this shift as well as those who are witnessing change in others.

Contrary to how it might *feel* from day to day, what is occurring is not insanity or illness. Rather, it is the beginning of a more sane way of life, which acts like a balm of healing ointment on an old wound that's been reopened by a sudden movement toward freedom; freedom from want, freedom from fear, freedom from stagnation, and the freedom to be of service to mankind through creative self-expression. Each of us has unique gifts and a mission meant to enhance and expand the world in which we live. The pain of withholding those gifts is becoming far greater than the comfort we derive from maintaining the status quo and remaining as we are. Stability is desired, yet changes must first come about that allow what is no longer needed to be released so that health and wholeness can occur. Destruction is simply the other side of creation, and what is no longer beneficial to the Whole must be destroyed so that new growth can begin. Chaos precedes the structuring of a new Earth and a more evolved way of being. And, whether we consciously acknowledge it or not, each of us in his or her own way is participating in this revolution toward evolution.

Be kind and patient with yourself as these changes rearrange your corner of the world. Have trust in the far-reaching power of inspired action; remain steadfast in pursuing your life purpose.

Know that the wisdom of *All That Is* is ever moving each individuated unit of the Whole toward enlightenment.

Δ



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



The Herbalism Calling... Plants Are Our Primary Teachers

By Gigi Stafne, Naturopath and Master Herbalist

www.greenwisdom.weebly.com

Bend and bow low to the ground with the herbs in furrows, fields and forests. Listen intently to their subtle, green whispers. Hear the healing secrets of our ancestors. In herbalism, you will instinctively know when to be silent and understand what the plant spirits, sentient ones, are asking of you and humanity, not simply what can be taken from them. Keep your ears to the ground, open energy meridians, listen and speak in the archaic green tongue — a language older than human words.

What the plants may ask of you is to be a translator; and, to walk the Medicine Path with fearlessness, immense courage, compassion and a strong heart. You may be labeled a freak, quack, hag or green witch ~ someone who lingers at the fringes. Face such resistance as a green-spirited warrior. Be true to yourself and the plants. Have compassion for those who have fear in their hearts, but do not breathe that fear into you. Hold your roots in the ground. Maintain a stance of truth, integrity, true power. Keep your sense of humor and humility, too.

You know who you are in this world, herbalist. It is likely that you realized from a young age that being with the plants is a

true calling. At some point you may have shunned your plant friends, walked away from nature or herbalism, having been told it was all a waste of time, education and a crazy, non-credible career choice. True Heart-Centered Herbalism will call you back home.

Herbalism is a most honorable healing art and vocation. Perhaps a wise elder, teacher, ancestor or medicine person nudged, encouraged and apprenticed you. Maybe you've been on a solo recollection path of traditional plant wisdom. Certainly, the plants have been your teachers for an entire life. All these diverse paths converge into oneness: *the Spirited Pathway of Herbalism*.

By this decade, you are coming together in unison with others in green circles practicing the healing art of herbalism to help heal the human tribal circle and restore a deeper connection with Gaia, since there is such great urgency to do so. Now more than ever, the healing and restorative art of herbalism is imperative, as it is one of the best means of understanding the complex planetary web of relationships between humans and plants.

The intuitive art of herbalism requires finely tuned senses, opening of archaic intuitive channels that you previously may not have been aware of or utilized. Now, plant spirit medicines will appear voluntarily: within your dreams and visions, in your cultivated gardens where you did not seed or plant them. They are rambling restless ones that magically appear in human-altered spaces. They are the wild ones. Herbalists are much the same way.

Herbalists are Wilders

Making green medicines brings great joy to you ~ creating your own unique garden or herb apothecary like no other. This is not a competition. These botanicals are simply your own pure, personal medicines. You will know to carry your healer's tools with you at all times.

Have an open heart, head and hands. Herbalists know the plants of their ecosystems intimately, because these are the true, primary foods and medicines of the people. What you need is right before you.

Is Herbalism your calling?

Being on-call in a contemporary world will mean attending to both physical and spiritual emergencies. Just as a doula attends to precious human births, you will assist as an herbalist attending many births, lives and deaths, alongside people and plants, being a supportive guide creating spaciousness for spiritual emergence.

You will engage in helping humans heal themselves, from youth to those in magical wisdom years. Teaching children in nature, playing with the plants, using herbs and flower essences with elders or



others as they transition through the birth-life-death-rebirth cycle.

In Herbalism, you are called to be an Earth Guardian, knowing that if Gaia is injured or degraded, energy shifts, and humans and all sentient beings feel the consequences, illnesses, imbalances within their own bodies. Community fragmentation—physical, social and cultural ills will surface.

So, defend nature wholeheartedly. Know there is no hierarchy. We are all parts of the whole ecosystem, this precious cosmos. States of denial and disconnection can no longer be, for they are signs and symptoms of societal sickness. Be a teacher of emotional, energetic and spiritual awareness instead.

As you age into deep wisdom, you will feel your herbalism skills sharpen, not diminish. Your plant connections, land relationships, and ancestral wisdom will be invaluable when the human tribal circle is struggling and trying to survive in (non)civilized ways that people previously constructed. You will be called to walk in both worlds simultaneously. Do so with grace, wisdom and true power. Enjoy this journey with the Plant Spirit Medicines.

△

Gigi Stafne MH, ND is a clinician, educator and writer within ecological, health justice and natural medicine fields. She is Director of Green Wisdom School of Natural & Botanical Medicine in the Upper Midwest United States and Ontario, Canada. She is a former Executive Director of Herbalists Without Borders International, addressing issues of health and social justice globally, and remains a national/international trauma trainer to date. Read more here: www.greenwisdom.weebly.com



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A Path To Freedom

We struggle to achieve, to strive toward something, to control, and to make things reflect what we want them to be. We have a notion that we are free to do whatever we want, but the bottom line is that we live in a world filled with illusion and millions of mindsets all vying to predominate, each reflecting from its own vantage point and historical context.

The illusion is that we have freedom to do and be whatever we want, but in truth, there is enslavement to systems, families, tribes, etc., until we recognize earth for what it is: reform school, penal colony — whatever type of description that speaks of attraction/sorrow. For it was attraction that drew us here, and it is attraction that keeps us bound in scripts that repeat themselves over and over again until finally we make a minor adjustment in our way of seeing the world that causes a shift. Then we go on to the next point of view that finds its reflection in the world around us, mirroring what we believe and what we choose to project.

Earth as reform school is not meant to be taken as a harsh statement or judgment — but rather a point of liberating view, because if we truly look at life with the lens of no script, we see that we have become enmeshed in a story that isn't necessarily true. We also see that everything born into this realm goes through a death process. In essence, there is no permanence. Each may have a different life cycle, but in the end, everything dies, so being tied to results or momentary wants can only lead to disappointment, or desire for something else when the thrill is gone.

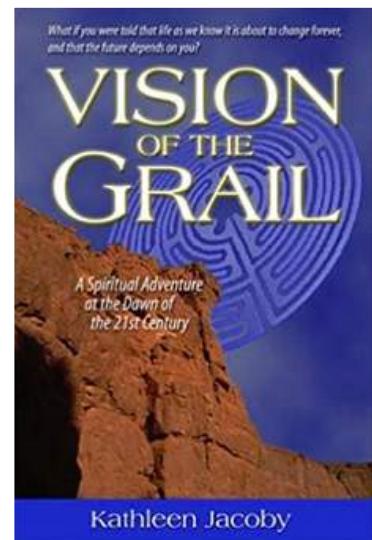
This is the planet where we get a chance to work through our illusions, and the true opportunity here, actually, the only

opportunity is to wake up and recognize that freedom is internal, an inside job, and that we have the birthright to release ourselves from the cycle of suffering that is caused by our constant attachment to desires.

The insatiable need for position, power, status, money, perfection, and all the things that go with it can only last for a certain amount of time. A new car becomes last year's model in less than twelve months. New clothes lose their newness after several wearings. That huge screen TV will be old technology before we've even finished paying for it, and the relationship we just had to have will become a real person before we know it with all the complexity and humanness that real people present. The beautiful body or strong physique gives way to age, and soon we get old as every generation has before. The only way out of this insatiable round of wants, needs and other forms of attachments, is in.

In dealing with our frustrations, the only reaction that saves us is love. *Love your enemies* is a brilliant concept because it changes the whole tenor of our connections. I've used it with neighbors with whom I have had disagreements. Once I turn the energy to loving — praying for them without my own agenda — something happens that softens the relationship and my own attitude within it. My need to be right only keeps me locked in an isolated and hardened position, softened only through compassion.

Compassion and kindness and all the other life affirming qualities begin with us. We must give ourselves the gift of gentle acceptance and then we can share it with others. If our cup isn't filled, we cannot give to others. Depleted resources cause us



[Kathleen Jacoby wrote Vision of the Grail ~ A Spiritual Adventure at the Dawn of the 21st Century. Click on link above to purchase at Amazon.](#)

to be stingy, because there isn't enough to go around. We cannot give to others what we are unwilling to give to ourselves, and the way we give to ourselves is by opening to the incredible internal resource that waits upon our welcome. When we ask for help from this invisible realm of Love, it is given. Ask, and you shall receive.

We are the ones who have to be willing to knock, be willing to ask, be ready to receive. And once done, to go back again and again to the wellspring of provisions — strengthening ourselves in light and the benefits of being in Love rather than anger. When we do this; and, when we feel the worthiness of freeing ourselves from our own error consciousness, or the implanted scripts that we inherited from our family, culture, religion, media, we are on our way to freedom. It is possible. It is probable. Only the time we take to find our way to this amazing state of grace is in our hands, and it's up to us to finally have enough of the sorrow or disappointments to look for a different way — a way that awakens us to a worthwhile life.

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

VIRGO – LIVING IN THE PERFECT IMPERFECTION

Dates: Aug 22 - Sept 21

Ruled by: Mercury

Element: Earth

Here's the link to your sign through the year in VIRGO
<https://astroadvisor.wordpress.com/2017/08/31/your-sign-through-the-year-in-virgo/>

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

What Is Virgo's Intention?

In the grand scheme of things, what we are doing here, as spirit in human form, is learning how to be conscious co-creators in this time/space dimension we call the physical world. This requires that we pay attention to how this world works, practically, on every level. Hello, Virgo!

It is the Virgo in us all that focuses attention on the details in our experience. Virgo's spiritual intention is to get it right, to create life to the highest orders of potential. Thus, when we are in our Virgo self, we might be fussy, particular, and critical, as we are sensitive to every thing that falls short of wholeness and perfection. The world is giving us feedback so we can improve our selves, our lives and to serve others by improving theirs.

In this process, our Mercury minds take in and analyze a cascade of information about how everything around us and inside of us works or doesn't work. In affect, Virgo is our inner scientist, applying logic and cool-headed reasoning to our experiences and our relationships. When we do this well, we arrange our daily habits and lifestyles and society in earthy ways that maintain our health and wholeness, that ground us to the practical boundaries of life, and find

useful service. When we do this poorly, we cut off feelings, suffer illnesses, create work and relationship problems, and/or lose spiritual perspective and connection. Or we cling to lofty spiritual concepts and ignore how they apply to the material world (ie, "We are all one" spiritually, ignoring that we are all one on the material plane, too. Think pandemic, environment)

What needs healing and growth?

The wounded Virgo in each of us feels incomplete, scattered, fragmented, disconnected and/or impure. Something is wrong physically, emotionally, mentally or spiritually and we need to "fix" or "get rid" of it. This can be experienced as physical illness, hyper-anxiety, over-analysis, obsessive worry, obsession with details, faultfinding, perfectionism, "being right" and inflexibility. There is a nagging sense of dissatisfaction that longs for wholeness and order.

To heal our Virgo selves, we need to learn to appreciate that though this world appears to our logical minds to be chaotic, fragmented and disconnected from order and spirit, it is actually always in perfect spiritual balance and harmony; and so are we. With this polar perspective (Pisces/Neptune), we can accept, love and serve ourselves, others and the world as they are, appreciating we are each on a unique journey back to conscious wholeness as co-creators. Our job is to pay attention and learn to co-create with more wisdom, faith, mastery and love.

What Can I Do This Month?

To heal and evolve your Virgo self, pay attention to how you participate with others. Do you act on your feelings of compassion? Serve others effectively? Or just judge and criticize? How much does your mind analyze and categorize, notice details, trying to make order out of disorder? This is what our minds are designed to do, but it needs balance with our heart and intuition. Is your mind helping you create healthy routines, or causing obsessive and harmful habits? Or do you rebel against routines and order because you are disappointed with the world? Are you living primarily in your head, a mental cloud of disconnect from feelings, or are you grounding into your body and to the earth, feeling your feelings, and taking care of yourself?

Δ



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



Creative Corner By Pat Gullett

The Art of Ancient Healing

The Art of Ancient Healing goes back thousands of years. We have scripts, carvings, and diagrams of healing rituals that influence us today. We continue to learn so much as archeologists investigate and piece together paths and ceremonies at known ancient baths, ruins, and temples.

For example, the English town of Bath was named after the ancient hot springs naturally rising from the land. In use since the beginning of time, the Romans built Aquae Sulis, a huge Temple and Spa Complex in AD 60. People came from far and wide to bathe in the healing, mineral fed, warm waters. They worshiped the goddess Sulis Minerva. A reconstruction of this sacred site can be visited today with its columns, arches, and oil fed lamps.

Even before Rome, 2400 years ago, Ancient Greece had Asclepius, a physician surgeon who seemed to work miracles. He taught his followers to heal a patient's mind, body, and soul. He eventually was made a god Divine Healer, with 300 healing Temples following his practice. Pilgrims came from miles around, hoping to be admitted to the miraculous retreats.

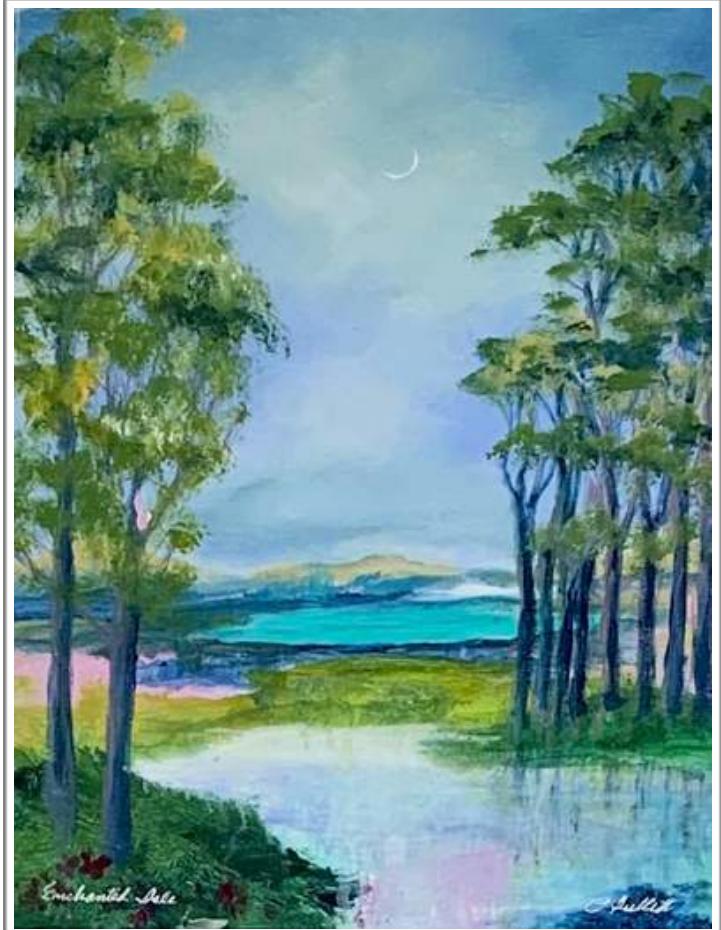
After being interviewed, a person would enter the sacred sanctuary to be purified with a series of baths, then purged of digestive impurities over a number of days with a natural cleansing diet. Next, creating music and art purged their emotional body. They spent time walking the sacred paths, gathering offerings for the gods to grant them healing. Prayers and verses were recited to uplift and ease their minds.

Each night, they entered Dream Therapy. Incubated in a private cave alcove, incense smoke filled the air, as hallucinatory foods opened their doors of perception. Patients would record every image, action, and dream experience, since this is where their healing appeared. Physician priests would interpret their dreams and create a prescription for them to follow. Mystical, ritual, and sacred, each made their own journey to magical wellness.

The Art of Ancient Healing Influences Us Today

Today, we can make pilgrimages to hot springs out west. Ojo Caliente in New Mexico provides individual pools with each casita to languish, renew, and refresh mind, body, and spirit. Another, this one near Ouray, Colorado, is Weisbaden Hot Springs & Lodgings with a large pool of soothing, continuously flowing natural hot springs.

I follow these same steps in my own personal healing. A detox diet sets the pace for me to get back in alignment. My emotional purge is painting with colors and images that soothe my soul. Lately, my bodywork is physical therapy, targeting my hands, wrists, and shoulder. My shower becomes my spa of healing



Enchanted Isle ~ my dreaming place to imagine, create, light, heal, and step away from the world.

waters after doing a careful workout to broaden my range of motion, strengthen my hands, and treadmill my whole body. A morning meditation sets me straight as I make a mindful gratitude list of all that works and uplifts me. A notebook next to my bed helps me keep track of strange dreams and images that flow in throughout the night.

Start by not calling in the word 'pain'. Give it a new name. Mine is Little Bear. Talk to it as though it's something outside of you that just came in one day, and can just as easily leave. In its place I see brilliant, beautiful light, and colors of gold and turquoise. Visualize yourself in the future flowing with ease, comfort, and health, doing all the things you love. Then bring that image in for today, this moment of time. Time is not set in stone. We are all moving, shifting, evolving particles that can return to health and happiness in this now moment of power. Make it so!

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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.



Practicing Mindfulness By Beverly Brunelle

Super Seed Your Life To Generate Potent Change



Every moment is pure potential for planting super seeds of consciousness to harvest new ideas, responses, behaviors and possibilities not yet imagined. It seems that now more than ever we are being strongly invited, actually challenged, to update and upgrade our capacities to actualize our creative potential for healthy change in all areas of our lives.

Look around you. Note your health, relationships, and responsibilities. Be honest with yourself. Where do you feel limited, stuck, or frustrated? What are your aspirations, your availability and commitment to being a dynamic co-creator of new growth, evolution and healthy change? Where do you start?

Meditate. Ask questions. Your answers are within. What area(s) of your life is calling for evolutionary movement now? What is in your way of becoming more receptive to new possibilities? What simple new step can you take today? How does this relate to the larger scale of humanity and the planet?

It is key to see clearly *what is*. We cannot always see ourselves clearly and it

can be revelatory to ask close friends whom we respect and feel safe with, to give us honest feedback about how they see and experience our presence.

It is important to ask and be willing to learn what we have not previously been fully aware of. Also, be humble to receive another's seeing of us, no matter the content. Notice expectations and inner feelings as these new perspectives are expressed. Note where we can't relate, what we resist, and what triggers or even surprises us. Be open for deeper, curious discussion and revelations. Give it all time to digest and reveal its treasures.

We need each other to reveal new points of view and to remind us: that we are not alone, that life, as it is, encourages us to develop our capacities to generate healthy change within ourselves and our relations, that we have more impact than we have previously imagined. When we consciously focus our intention, develop our skills *and* take new action we become super seeds of evolution generating a mega shift in consciousness because our ancestors, the present and the future are all simultaneously influenced.

We are unconsciously being motivated by our ancestral influences: their dreams, secrets, unfinished business, and unresolved emotions. These are sources of our unconscious patterns of perceiving, interpreting, and reacting in our lives. Our automatic communications and behaviors are our ancestral past currently living through us. We have the potential to be the harvest of their earlier super seed desires for change. When we activate ourselves as updated super seeds of our lives we also activate the healing and

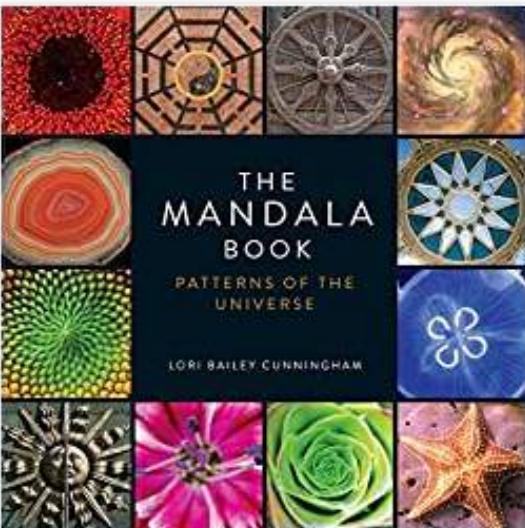
evolutionary movement of those who came before us as well as super seed the future with new possibilities to thrive because we are all connected.

I have noticed themes with my clients of being loyal to their self-limiting beliefs, attached to blaming others, and unwilling to entertain new options. These honest reactions can be doorways to potent change. In sessions, we discover and acknowledge the intelligence of the original chosen beliefs and perspectives. We then disentangle personal invested energy from the outdated origins, (which may have been from early life, from ancestors or even beyond). Clients report feeling lighter, calmer and more present. They experience expanded access to inner wisdom. They receive new insights, clarity and functional possibilities to make new evolutionary choices. Their next steps are to continue to ask questions, to listen deeply and to notice what's new in their perceptions, actions and interactions.

Are you curious what choices you are making that are automatic, expected, assumed? Where do you go numb in accessing what's true for you? Where do you go resistant or blank in being aware of new options? What doorway is here before you? When you ask your inner wisdom insightful questions and listen more deeply, new super seed choices and actions arise to move you though self-limiting doorways into worlds of new possibilities and potent change.

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Beverly Brunelle is an Intuitive Energy Shaman and Teacher. Visit:
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e-mail: dreamonbab@yahoo.com



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Let's Talk Crystals ~ By Lori Andrus

Let your light shine bright with Citrine

The message “It is time to come home” echoed through my dreamtime. As the rest of the details of my dream drifted away, this phrase lingered. It reverberated through every facet of my being. I knew I needed to pay attention.

Over the previous months, my husband and I spent a good bit of time deeply immersed in nature. During that time, our sense of home shifted. We were living out of our camper on remote land in the Upper Peninsula of Michigan. We had some delightful amenities, but we spent most of our time outside, getting to know the land and simply being.

As our time in the woods was winding down, we noticed how our sense of home had shifted from a specific place to feeling at home within ourselves.

I feel like a sense of home is shifting for many of us right now. While this dream message may sound like an invitation to return to our physical home, it felt like an invitation to know the richness of being wholly present and at home within myself. This invitation felt personal, but it also felt collective.

Throughout this year we, as a collective, have been moving through many changes, changes calling us home to ourselves. You have likely noticed this within yourself. Perhaps you have been trusting your intuition, slowing down, or being more present in your day-to-day life. You may have been feeling inspired to explore your spirituality or creative nature. Perhaps you called up the courage to make changes you had been long considering. Yes, we are being called to come home to ourselves, to feel confident and comfortable in our own skin, to allow our inner light to shine brightly.



The message of Citrine is inviting us to do just that. It’s a simple message ~ one that seems so obvious that you may even want to simply skip over it. I totally get that. I felt that way, too, as I sat to write this month’s message. I thought to myself, isn’t that the whole point of a spiritual journey; and, of life? Yet the reality is, this is not as easy as it sounds.

So, how do we come home to ourselves? Here are a couple suggestions:

1. Carve out time for reflection. Give your thoughts and your voice the freedom to be expressed. Spend time journaling. Keep it simple and consistent. Try reflection questions such as: How am I feeling today? What is feeling amazing? What is challenging me? Where are things flowing in my life? Where am I feeling stuck?

2. Immerse yourself in sacred practice. Sacred practice opens the gateway between self and spirit. It creates a pathway of connection that supports us in getting us out of our busy minds and into our body. Try creating an altar space, making a sacred object, or selecting an

oracle card from a favorite deck. Let your sacred practice become a time and space to listen to your inner voice of wisdom.

3. Spend quality time in nature. Nature is an incredible healer. It gives our mind, body, and spirit a great reset. The earth has a natural rhythm. When we spend time in nature, we sync up with that rhythm. Don’t overthink this one. Just carve out time in places where you feel yourself exhale, expand, and root deeply into the earth.

4. Create daily rituals. Routines are great allies for disengaging the fight, flight, freeze, and fawn response. Rituals are sacred practices done in a routine like manner. They help soothe our overly active mind, giving it pause. It is through the repetition of ritual that we open the doorways to our inner worlds welcoming the wisdom and insight of our soul.

As you move through this month, I spend time with you. Get to know you. Fall in love with you. Delight in the light within you, and allow that light to shine brightly in the world. Let us delight, in your light, with you.

Δ



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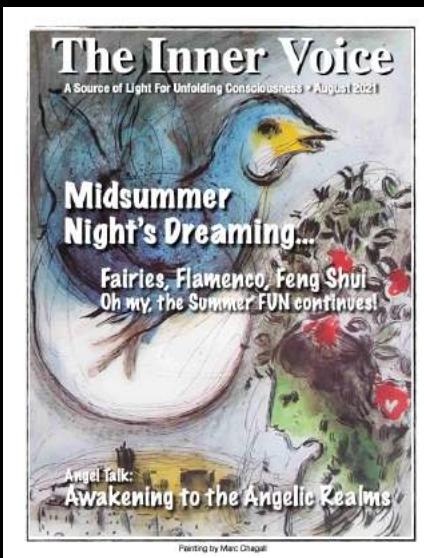
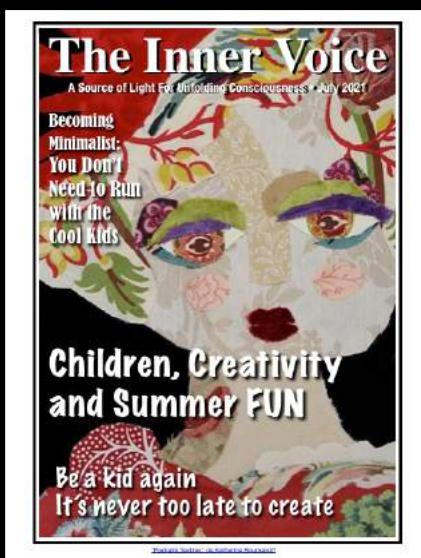
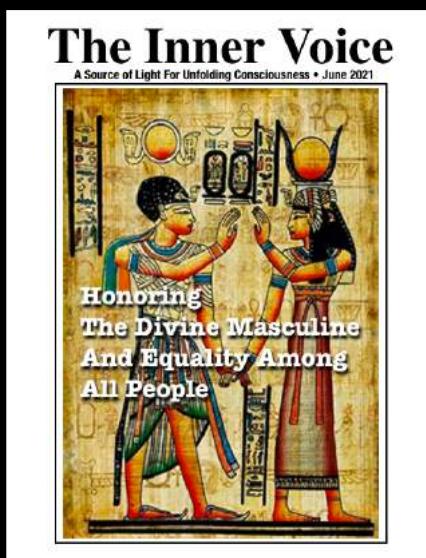
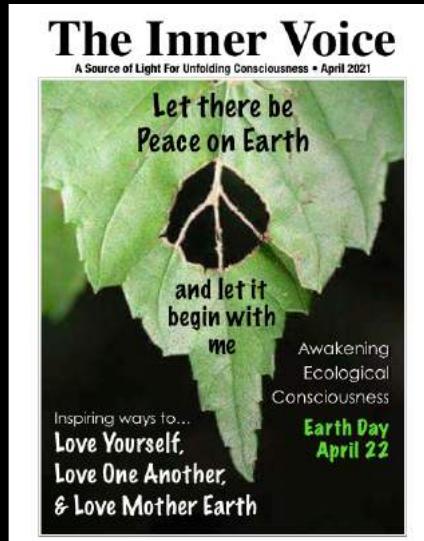
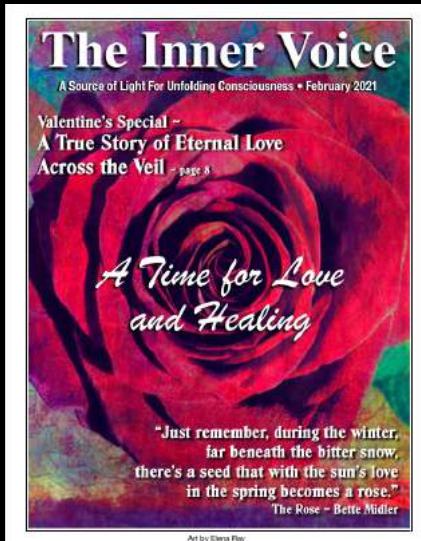
Lori A Andrus is the founder of the Crystal Shaman School. She is an artist, soulful traveler, and practitioner of crystal shamanism. With great joy and deep commitment, Lori artfully blends her background as an occupational therapist with nearly two decades of study and practice in the areas of spirituality,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

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

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



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Conjectures of a Guilty Bystander

By Thomas Merton



In Louisville, at the corner of Fourth and Walnut, in the center of the shopping district, I was suddenly overwhelmed with the realization that I loved all these people, that they were mine and I theirs, that we could not be alien to one another even though we were total strangers. It was like waking from a dream of separateness, of spurious self-isolation in a special world...

This sense of liberation from an illusory difference was such a relief and such a joy to me that I almost laughed out loud... I have the immense joy of being man, a member of a race in which God Himself became incarnate. As if the sorrows and stupidities of the human condition could overwhelm me, now that I realize what we all are. And if only everybody could realize this!

Editor's Note: Could this possibly be the path to inner peace, and ultimately world peace?



But it cannot be explained. There is no way of telling people that they are all walking around shining like the sun.

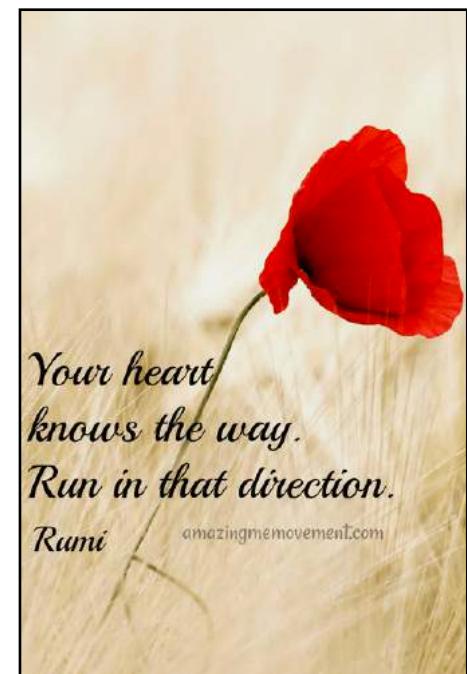
Then it was as if I suddenly saw the secret beauty of their hearts, the depths of their hearts where neither sin nor desire nor self-knowledge can reach, the core of their reality, the person that each one is in God's eyes. If only they could all see themselves as they really are. If only we could see each other that way all the time. There would be no more war, no more hatred, no more cruelty, no more greed...

But this cannot be seen, only believed and 'understood' by a peculiar gift.

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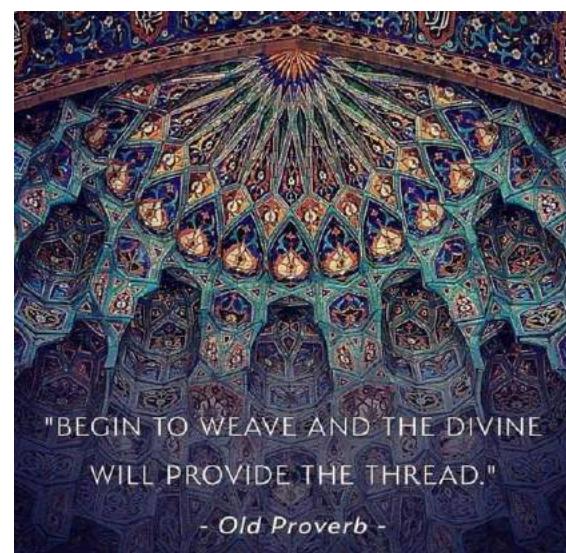
Thomas Merton, [Conjectures of a Guilty Bystander](#)

[Read more quotes from Thomas Merton](#)



**“ Sadness is
but a wall
between two
gardens. ”**

Khalil Gibran



Thomas Merton, born in Prades, France on January 21, 1915, was one of the most influential Catholic authors of the 20th century. A Trappist monk of the Abbey of Our Lady of Gethsemani, in Kentucky, Merton was an acclaimed Catholic spiritual writer, poet, author and social activist. Merton wrote over 60 books, scores of essays and reviews, and is the ongoing subject of many biographies. Merton was also a proponent of inter-religious dialogue, engaging in spiritual dialogues with the Dalai Lama, Thich Nhat Hanh and D. T. Suzuki. His life and career were suddenly cut short at age 53, when he was electrocuted stepping out of his bath.

Celebrate Today ~ It's A Day To Savor

By Ann Ruane



Today is a day to celebrate. It's a day to savor because you are here to experience it. That, alone, is worth celebrating. Your day doesn't need to unfold perfectly and as planned in order for you to be kind to yourself.

It is worth it to take that in. Your day doesn't need to unfold perfectly and as planned in order for you to be kind to yourself.

Each day presents you with experiences that

foster your strengths as well as ones that encourage growth. The gift lies in your awareness around how you choose to see and respond to your day.

Have you ever paused to consider what it means to be good to yourself? What does that mean or look like to you (not what everyone else tells you it should look like)?

Here are some ideas of how you can foster being good to yourself...

Pay attention to your self-talk. If something goes a direction other than planned, or you do something you deem as 'stupid,' how do you talk to yourself? Do you blame yourself for how things unfolded or do you take a breath and encourage yourself to go with the flow? Being good to yourself would include the latter, full of patience and acceptance. Savor your ability to adjust and redirect.

Pause. Do you ever give yourself permission to take a break from your routine? As much as routines are helpful, they can also become rigid and confining. For example, if you exercise daily and one morning you decide you need a break, do you allow yourself the break or do you push yourself through it? Being good to yourself includes celebrating your consistency

while paying attention to the needs of your body and taking a break. This concept can be applied to many different situations throughout your day. Maybe you need a 5-minute pause from the intense focus at work. Or maybe you are drained from your day and don't feel like cooking. Celebrate the accomplishments you have throughout the day and be good to yourself.

Practice self-care. Self-care means different things to different people. Regardless of the definition for you, step into some form of taking care of yourself. Self-care might be body work (massage, energy work, acupuncture), journaling, meditation, prayer, or a walk in nature. It may carry other meanings for you, too. Whatever resonates most deeply within you for some 'take care of you' time, do that. Self-care celebrates being good to yourself and loving yourself enough to receive some TLC.

Breathe. Breathing fosters a reset of the busy brain and reconnects you to your body. Feeling the breath move the body brings some relief from the tension held in the body. The deep

breath, itself, is offering goodness. Mindful awareness of the breath reminds you to take your foot off the gas and ease up on the pressure, especially self-induced. When you bring balance to your body through the breath, it can feel like you took a power nap. Talk about goodness!

There are as many ways to offer goodness to yourself as there are people in this world. The intention of these ideas is to remind you of the big impact a little gesture of kindness can have on you. When you love yourself enough to offer simple gestures to yourself, you are increasingly able to offer that kindness to others.

Savor the gifts you bring into each day and celebrate the opportunity to share them with others. What can you celebrate about today? How have you been good to yourself today? What have you done to be of service to others today while still being good to you?

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Ann Ruane is passionate about guiding people to know and love themselves. Through her work as an intuitive integrated energy practitioner at Lux Eterna Healing, Ann translates messages from the body to foster growth and healing, revealing the light held within. Ann finds respite and inspiration in nature and playing piano. Discover more at www.LuxEternaHealing.com





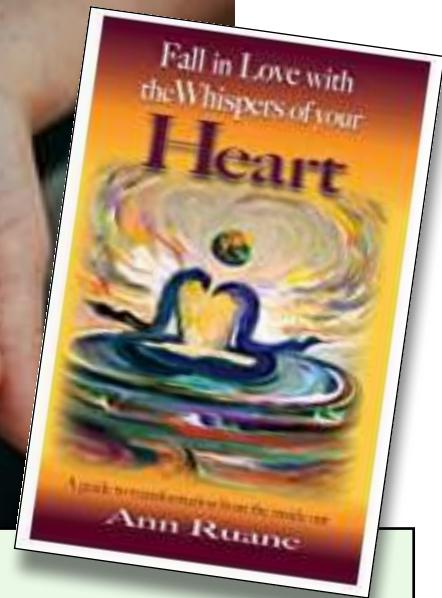
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Ann Ruane

Reiki Master, Certified Energy & Crystal Healer
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Author: [Fall in Love with the Whispers of Your Heart](#)

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Creating **Sanctuary** for the Soul

What feng shui is truly all about

風
水

When was the last time you happily sat beneath fluorescent lights or on a cold metal chair? Feng Shui, the study of how to create human-friendly environments, observes that our surroundings are constantly making an impact on us.

When you're open and sensitive to energy, you are often the first to wilt in an unpleasant place. Your energetic sensitivity emphasizes the importance of knowing how to maintain your balance, especially in an environment that could cause you stress. When you cannot change your outer surroundings and there is nothing you can do about the discomfort of your body, it's vital to have an inner sanctuary that holds your balance in place.

A sanctuary, whether it exists within or without, has an archetypically pleasing and inspiring atmosphere. While a sanctuary in your home may be constrained by budget, square footage, or the design preferences of others, a sanctuary within has no such constraints. In fact, you can truly have it be exactly the way you wish!

To build your inner sanctuary, begin by visualizing a place composed entirely of the colors, images, aromas, sounds, and textures that you love. You are the creator here. What would you include in your sanctuary that piques your senses, nurtures your heart, and honors your connection with spirit? You may wish to include a place where you could meet with your inner helpers and guides. Take time to construct a space with all its details, knowing that you can change it whenever you wish.

One of my favorite qualities in the world is iridescence. I associate it with the ethereal beauty that glimmers in hummingbirds and dragonfly wings.

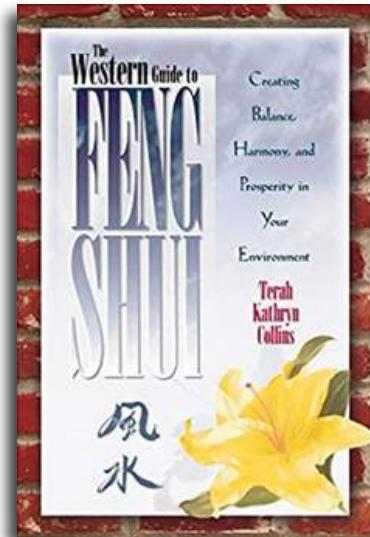
In the physical world, such iridescent materials are often expensive or impractical, but in my inner sanctuary I can have it everywhere. I envision an outdoor pavilion

with spectacular iridescent silk couches and pillows in every jewel-tone. There is a light jasmine-scented breeze that is animated with birds, butterflies and nature spirits. Cheetahs (my totem friends) lounge peacefully, while my inner guides infuse the space with love and wisdom. Crystals catch the sun and throw rainbows across every surface. Low, round, intricately carved tables hold fruit in hand-hewn bowls, and a vibrant abundance of flowering plants adorn the space. Colorful tropical gardens surround the pavilion while a waterfall pours its music into a natural swimming pool. As I breathe life into my inner sanctuary, it takes on a life of its own and breathes life into me.

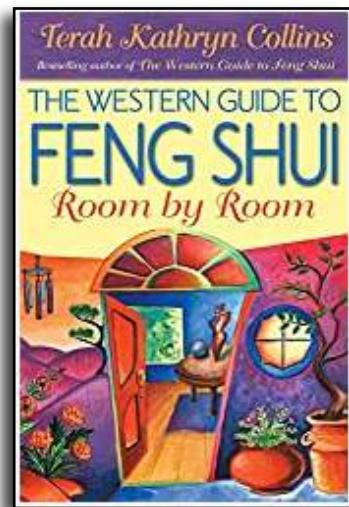
This 'make-believe' place soothes my heart and restores my connection with the unseen levels of life, especially when outer circumstances are challenging. For instance, during a recent trip I shared several uncomfortable hours with others waiting in a crowded terminal for airplane repairs. While many people paced and complained, I 'hung out' in my inner sanctuary, feeling the presence of my guides, and absorbing all the inner beauty I was surrounded with. When I arrived home, I realized I felt completely different from what—I usually do after travel delays. Instead of being drained to the marrow, I felt grateful and blessed. My inner sanctuary had provided me with an oasis when my outer environment wasn't able to do so. My sensitivity to my surroundings had been assuaged in the only way possible during that time — from within.

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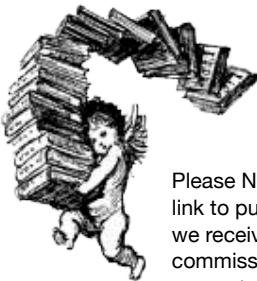
Terah Kathryn Collins is the author of six books on Feng Shui and the founder of the Western School of Feng Shui®. For more information visit www.WSFS.com



[The Western Guide to Feng Shui for Prosperity](#)



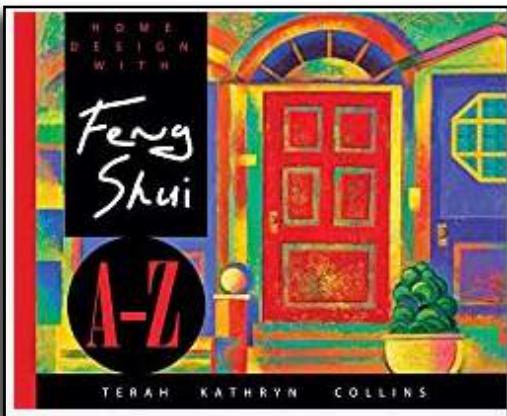
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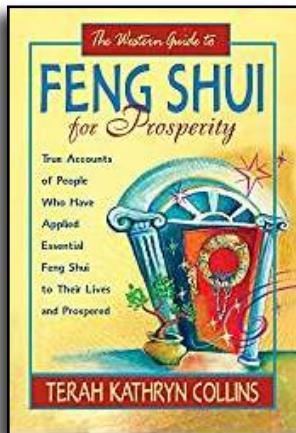
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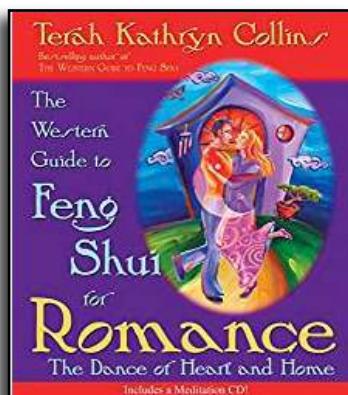
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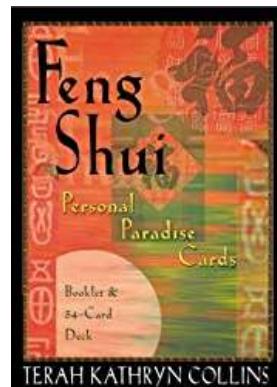
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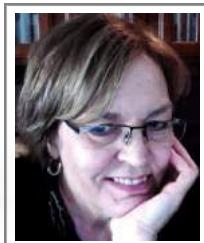
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What The Animals Tell Me About Reincarnation

By Lynn Schuster, Animal Communicator

It is interesting that over the course of the last few weeks, many of my clients have asked me about reincarnation. They are wondering if, after their animal companions pass, do they have a desire to come back to be with their people. The answer is oftentimes, yes!

On the subject of reincarnation, I believe that all souls live forever and that when we incarnate into each lifetime, we choose to come back to Earth School. We come to Earth to learn, gain wisdom, raise our consciousness and as a result of all of that, we raise our soul's vibration. Our souls are constantly evolving.

When I imagine what God is, I see a huge White Light in the cosmos. I also see that our souls live in this Light. The Light is the vibration of Love. The highest, most unconditional love that exists in the Universe. When we choose to reincarnate, the Divine Light of God releases the souls that wish to return to earth. To live on earth, our souls must lower its heavenly vibration in order to remain in the bodies that we have chosen.

I also believe that we travel in Soul Groups. Oftentimes, we reincarnate together. Our animals can be part of our Soul Group and therefore, we travel with them as well as reincarnating with our human companions. We choose different roles in each lifetime, depending on what our "major" is. (Like going to college, each semester, we choose different courses to round out our curriculum. Some of the courses we take are in our major course of study while others are simply general requirements.)



"Cat's Cradle" Oil on board by Vanessa Cooper. <https://www.whitespaceart.com/artworks/vanessa-cooper/cats-cradle/>

A friend posed it to me this way: What if, before we incarnated into this life, we sat around a table in our favorite coffee shop in the ethers and decided that we would help each other discover more about ourselves and our feelings? We sign contracts with each other. Someone in our soul group says, "I love you so much. I will teach you about love." Someone else says, "I love you so much. I will teach you about courage." And someone else says, "I love you so much. I will teach you about jealousy," and so on. Then, when we incarnate, we experience spiritual amnesia. We don't remember the conversations we had with each other in the ethers. If we did remember, we would probably want to turn around and go right back home!

We are born, and we live our lives. Sometimes we follow through with the contracts that we created and at other times we re-negotiate them. I believe that

when we die, we go back to Source Energy. The Divine is all loving. "Heaven" is a place of pure love. The love vibrates so high that we can't hold it in these physical bodies. It is so big, we can only get glimpses of the expanse of it all. In our lifetimes here, we are working towards bringing this loving presence to Earth and raising the vibration to be more in alignment with the high, loving vibration of the Universe.

It has been my experience, both with animals and people, that when we ask to talk to them after they have transitioned, they are very pleased to connect with us. Even after they have transitioned, they hold a loving space for us. We are still traveling together with our companions, both human and animal, because we are in the same Soul Group.

Your animals would very much like to create a conversation with you after they have transitioned. They leave it in your hands to choose if you would like to do so, or not. Remember they are in a place of pure love and there is no judgment. They have ascended and are in a place of pure unconditional love. They will, at some point, return to the Earth School for another go around at life, perhaps appearing to you as that new kitty or doggy in the window,

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Lynn Schuster is a Telepathic Animal Communicator, Intuitive, Reiki Master/Teacher and Artist. Find her on Facebook: www.facebook.com/healingthroughanimals See ad on page 25.



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