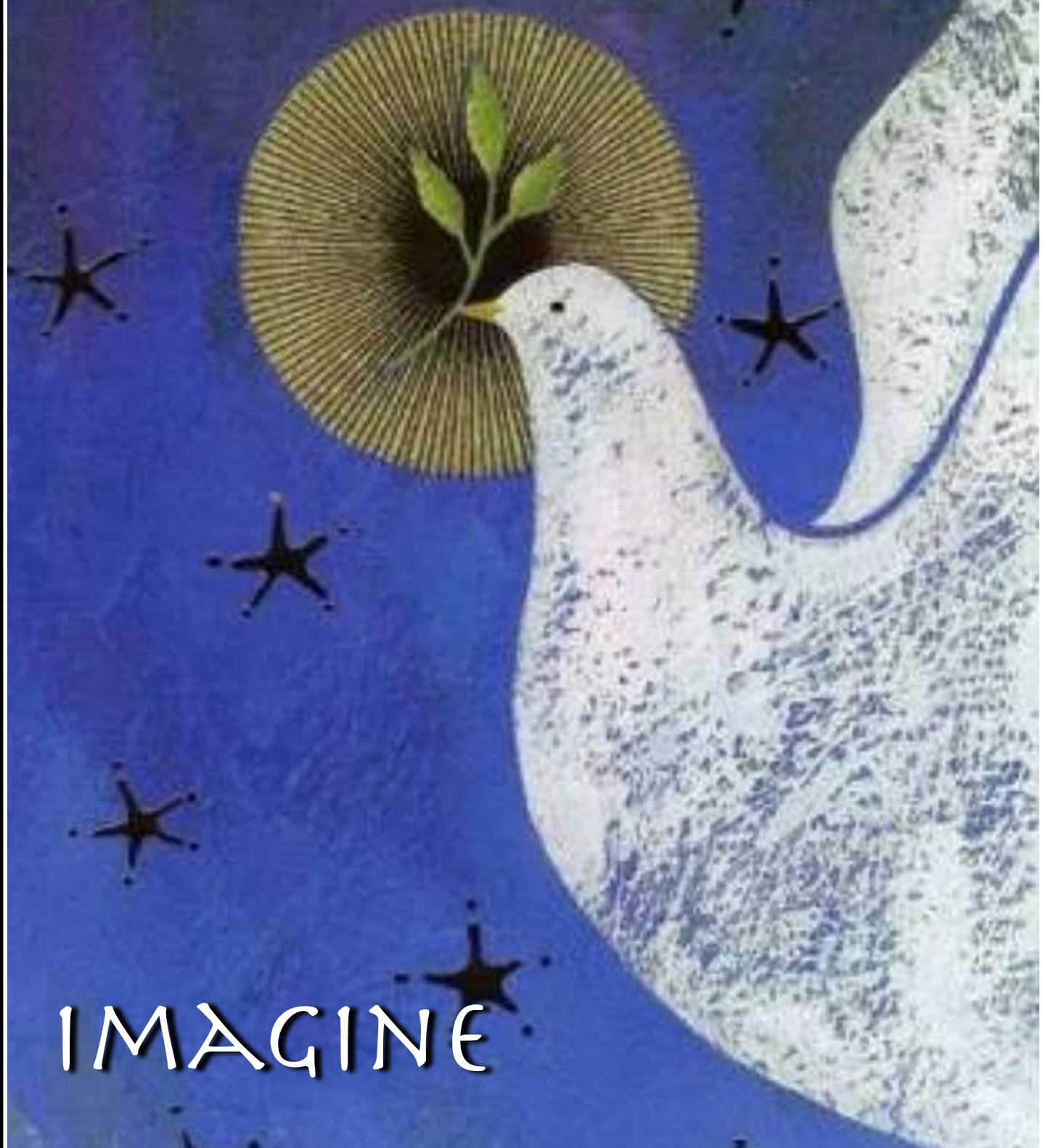


The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 14 Issue 1 • January 2026



The AFTERLIFE REPORT

Evidence



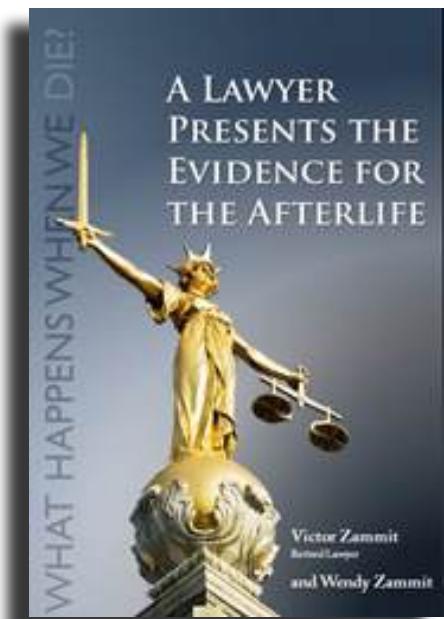
Science



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Victor and Wendy
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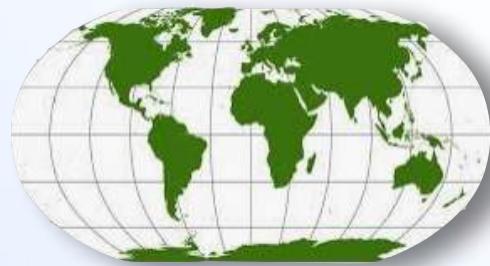
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January 11 • Global Gathering Community - a chance for our regulars to highlight their current projects and seek collaborators.

January 18 • Claudine Varesi "25,000 ET Contacts in Peru"

January 25 • Sonia Rinaldi and Don Marsh, "The ZuzRen Communications" and the children's books he has dictated.

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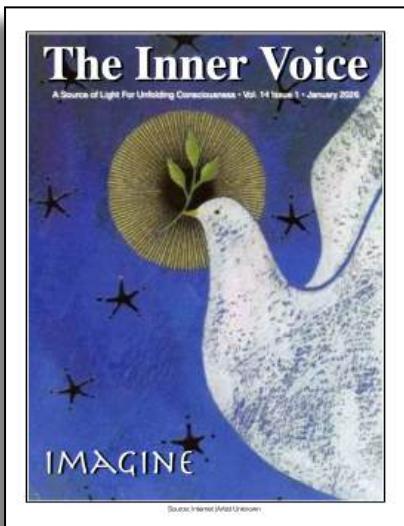
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Global Gathering Coordinator

Wendy Zammit wendyzammit@gmail.com



Imagine
 there's no heaven
 It's easy if you try
 No hell below us
 Above us, only sky
 Imagine all the people
 Living for today – Ah...
 Imagine there's no countries
 It isn't hard to do
 Nothing to kill or die for
 And no religion, too
 Imagine all the people
 Living life in peace – You...

You may say I'm a dreamer
 But I'm not the only one
 I hope someday you'll join us
 And the world will be as one.
 Imagine no possessions
 I wonder if you can
 No need for greed or hunger
 A brotherhood of man.
 Imagine all the people
 Sharing all the world – You...
 You may say I'm a dreamer
 But I'm not the only one
 I hope someday you'll join us
 And the world will live as one

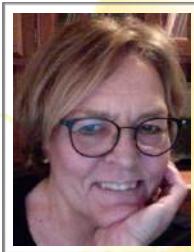
Source: LyricFind

Songwriter: John Lennon

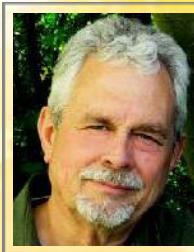
John Lennon's *Imagine* delivers a powerful message of global unity, peace, and humanism, asking listeners to envision a world without the barriers that divide us, like countries, religion, possessions, or greed – and to live as one, sharing the world in harmony and “living for today.” It’s a utopian plea for a world free from conflict, hunger, and prejudice, encouraging people to join the dream of universal brotherhood and a common humanity.



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Writer's Guidelines and Ad Rate Sheet available upon request. Email comments to: theinnervoicemagazine@gmail.com

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Angel Guidance Readings often reveal a meaningful past-life experience held within the Akashic Records that is influencing your present life. Then, through the loving perspective of the Angels, these experiences are brought into awareness—so their wisdom may be understood, integrated and released.

If you feel called to explore what your soul is ready to reveal, these readings offer loving guidance and clarity.

**Angel Medium
Nancy Freier**

E-mail: NFreier@aol.com

www.theinnervoicemagazine.com/

New Year Reading Special

Enjoy a one-hour LIVE CHAT with the Angels by appointment on Zoom or Facebook and pay any \$\$\$ amount you choose after the Reading. Offer good thru January 31, 2026.

Art: | Kerri McCabe “Her Divine Light”



Readers' comments:

Hi Nancy, Your Inner Voice is Magnificent! I'd love to share it on our Facebook page and on our webpage, if you'd send me a link to do so. Your commitment and your contribution to people's well-being shines brightly! – T.K. Collins

“...a beautiful New Year for you and *The Inner Voice* magazine! May the love you give return a hundred fold... a thousand fold!” –R.C. Brooks

“Congratulations for everything you do. I just heard about *The Inner Voice* and am very impressed!” –Martine

We'd love to hear your thoughts! E-mail your comments, article ideas, and questions for Angel Talk™ to: theinnervicemagazine@gmail.com

Click link below to listen to Nancy's Interview on “Beacons of Balance” Podcast - conducted by Hosts Arline McKay & Angel Artist Joanne Macko.
[Grief Opened A Portal to Angels](#)

Dear Readers,

Bestselling author Caroline Myss—a renowned spiritual teacher and mystic known for her work in energy medicine and consciousness—once wrote:

“Facing personal truths and purging yourself of addictions or manipulative habits require strength, courage, humility, faith, and other qualities of a soul with stamina, because you are not just changing yourself; you are changing your universe. Your soul is a compass. Change one coordinate in your spiritual compass and you change your entire life's direction.”

What a perfect thought to carry with us into the New Year.

Whatever plans, hopes, or intentions you are holding for the year ahead, this issue is overflowing with inspiration to help you set your course, stay aligned, and bring your intentions to life. And if you've tried before and stumbled along the way, take heart—take a breath, and begin again.

Within these pages, you'll find angelic guidance for the New Year, along with insights from Medium Dr. Susan Barnes and Medium Dr. Elizabeth Raver. Beverly Brunelle shares her expertise on raising your personal energy to support healing.

And that's just the beginning.

Enjoy *Setting Intentions for 2026* from Medium Gordon Phinn. Discover what author William Buhlman has learned through five decades of out-of-body exploration—and learn his OBE method for yourself.

Steve reviews *The Power of the Spoken Word*, reminding us how deeply our words shape our lives. You'll also love Meredith's *Spiritual Elegance*,

Kathleen's *Seeds of Awakening*, and so much more.

There is truly an abundance of wisdom here to inspire a vibrant, intentional and abundant New Year—so I'll step aside and let you dive right in.

With blessings for the year ahead,,




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The Power of Intention

What We Believe We Create – Aware of It or Not

A Message from Sreper, Angel of the Great White Light

The angels remind us that every thought creates on some level—and when a thought is held long enough, it eventually takes form in the physical world. Each thought is a thread of energy, and over time those threads are woven into the tapestry of our lives. Whether we are manifesting a dream, healing a relationship, or restoring our health, intention is always the golden thread at the center of creation.

Look around you. Everything currently present in your life—your home, your work, your relationships, your health, even your challenges—began as an intention, formed either consciously or unconsciously. These experiences did not arrive by accident; they were drawn into being by the threads you have been weaving all along.

Most people insist they never intended illness or hardship, yet the truth remains: there is a subtle, unseen connection—like a golden filament running beneath awareness—linking our repeated thoughts and beliefs to their eventual manifestation. Even when we cannot see this thread, it is still at work, steadily weaving itself into form.

Take a deep, compassionate look at your life and notice what is unfolding around you. What you see is the result of earlier thoughts and beliefs. This alone is proof that the process of creation is real. The angels now urge us to become conscious of the threads we are choosing—and to deliberately weave anew.

The beauty and power of a New Year is that it offers us a fresh loom. The angels encourage us to raise our vibration and choose peace, love, and harmony as the golden threads we intentionally carry forward into the pattern of the year ahead.

Take an honest and moral inventory of your thoughts and attitudes—an important step in the AA recovery process. Gently release the strands you no longer wish to carry into the coming year. This may include forgiving yourself for past choices, disappointments, or limiting beliefs. As you clear these old threads away, you

create space for new dreams to be woven in their place.

If you need help envisioning your future, consider creating a vision board. Gather images and words that represent what you truly desire and place the board somewhere you will see it daily. Allow these images to impress themselves upon your consciousness, strengthening the threads of intention you are weaving. If you desire better health, choose images of vitality and movement. If you long for a beautiful home, select images that reflect that vision. Whatever you desire, intend it clearly and boldly.

You may also strengthen the weave by writing your dreams and wishes in a journal and reading them daily. Post affirmations where your eyes will regularly land. State your prayers before sleep—a powerful time when the subconscious gathers and knots intention into form. The written word anchors your focus and quiets the arguing ego. When the ego speaks up, gently say, *“Thank you for sharing. That may have been true in the past, but this is the thread I am choosing now.”*

Call upon your Guardian Angels for guidance. Ask, and they will help you follow the thread your soul longs to trace. If you are unsure how to hear them, simply ask that they influence your thoughts. Ask, what would bring me true joy and purpose at this time in moving forward?

Sreper said: *“Release your excuses. Forgive your past attempts that were unsuccessful, then take a new step toward your goal. You can do this. Have faith in yourself and trust that we will always guide and inspire you along the way.”*

A fundamental principle of life is that everything is constantly changing. We suggest you stop comparing your weave to another's. Their pattern is theirs alone, and comparison only weakens your focus and your fire. You came to Earth to fulfill a specific mission—the one only you can complete. Step into the New Year holding the golden thread of



“There is an unseen thread connecting our thoughts to form.” —Sreper

continued on page 7

your hopes and dreams. Follow the quiet inner voice of your heart and trust that it will reveal the divine pattern of your life, and move forward, one step, and one stitch at a time.

Q: Many have stated they feel left out or alone in life perhaps due to beliefs they've held in the past. How can they create connection, community, and support?

We say, begin again with intention. Clear away the tangled threads of past experiences and release the thoughts that bound you to loneliness or separation—conditions you no longer choose. Honor yourself for moving forward. Give yourself credit for the courage it took to come to the Earth plane to experience the rich complexity of growth and learning. Honor your choice to be in a body, to feel deeply, and to walk through the full spectrum of emotions. It is the reason you are on Earth and we say it is no small undertaking! You agreed to enter the physical realm, and we honor you for that commitment.

Your lessons were designed by your Oversoul and your Guardian Angels with one great purpose: to learn to love yourself. When you incarnated, you also received the ego—meant only as a temporary lifeguard, not the weaver of your destiny. The ultimate remembering is this: Love is the fabric from which you are made. It is the golden thread running through the divine tapestry—meant to be extended outward, connecting you with others and with Source.

January is a sacred pause in the weaving. It invites you to revise the pattern and consciously choose again what you would have going forward. Reflect gently: Where did you drift away from last year's intentions? To whom—or to what—did you hand over your power?

This reflection marks the first step in coming home to yourself and reconnecting with the true Plan for your life.

Please know we are always here, ready to help you pick up the thread and begin again.

Δ



Angel Guidance Zoom Group!

Angel Medium Nancy Freier leads the group into a growing awareness of Angels and the ways they communicate and guide us through life's challenges.

Next meeting is Sat. Jan. 10 • 1 pm CST

11 am Pacific • 2 pm Eastern • 9 am Honolulu
Sydney: 6 am AEDT Sunday

[Click HERE to Join](#)

A Prayer for the New Year

Adapted from *Angel Guidance* by Nancy Freier

*Let this year be filled with Light,
and bless each and every soul who passes through
this year, this life.*

*May I be willing to contribute to the harmony of the planet,
to see only the highest good at work in all things.*

*May I touch another's heart exactly where it needs to be touched,
lifting both of us to a precious place within.*

*Let me be willing to see only good unfolding in my life.
And should I forget I wander from this goal—*

*That I begin again and start each day with prayer,
willing to make any changes, willing to release what hurts me,
even when I cannot yet see what hurts me.*

*Bless my life with God's Love,
and help me recognize that it is this Love
that guides me through difficult moments
into peaceful resolve, where only blessing remains.*

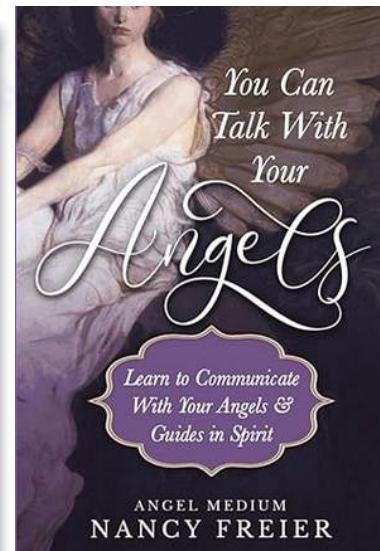
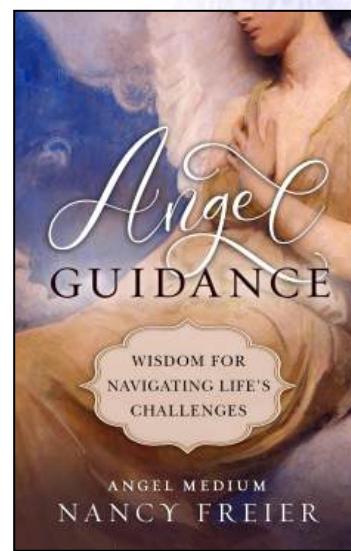
*Let me remember that I have choices—
to choose what You would have me choose.
Do not let me slip into despair or confusion—
not even for a moment.*

*Instead, may I cling to Your Peace, Love, and Harmony
allowing them to fill my life this year
and be expressed through me always and in all ways.*

*And Dear God/Universe, I ask to express my love fully
in this bright and glorious New Year*

*And when the year draws to a close
may my heart be full and overflowing—
with even more Peace, Love, and Healing
to give tomorrow.*

And so it is.



[Angel Guidance: Wisdom For
Navigating Life's Challenges](#)

[You Can Talk With Your Angels](#)



IDEALS Beyond Resolutions

Insights from the Edgar Cayce Readings

New Year's is a time to set resolutions and create intentions for the year ahead. It is a tradition in which a person resolves to continue good practices, change an undesired trait or behavior, and accomplish a personal goal that will improve their life. This practice has a fresh start effect, making people feel they can "wipe the slate clean" and separate their past failures from their future potential successes. Edgar Cayce's teachings on the power of the mind and the nature of ideas can provide a powerful framework for understanding and setting resolutions and intentions for ourselves.

A recurring theme in the Cayce readings is the idea that Mind is the builder. Reading 262- 28 stated, "*Spirit is the life, Mind is the Builder, and the physical is the result.*" In the Cayce readings, this idea is not just a metaphor for positive thinking. It is a description of a literal 'spiritual philosophy' in which the mind serves as the bridge between the infinite energy of the spirit world and the tangible reality of the physical one.

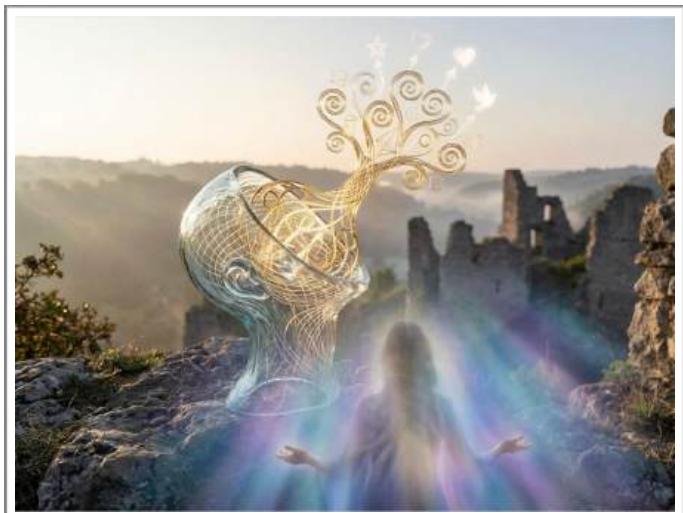
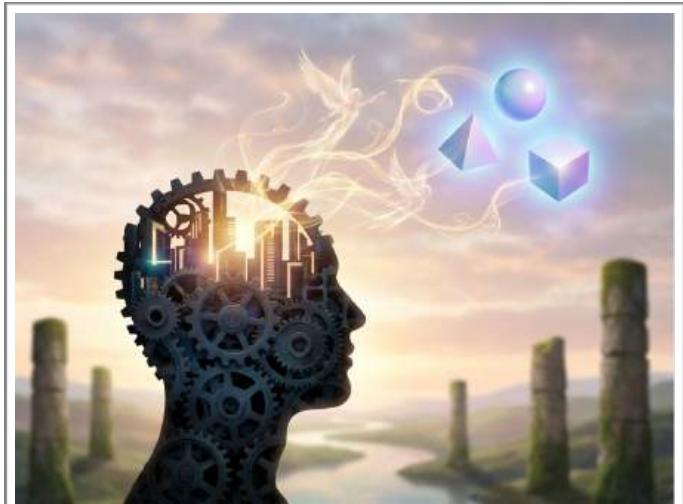
Spirit is the power source, "Life Force" or creative energy behind all physical actions. The mind is the architect behind these actions. Mind shapes spiritual energy into patterns, thoughts, and intentions. Physical is the result of how the body interacts in your environment, becoming the finished product of what the mind has been building.

The mind is always building something, whether you are conscious of it or not. For this reason, Cayce emphasized the importance of choosing an Ideal. "*The body sets its ideal, whether that which is wholly of the material or that which is well-balanced spiritual, mental and material condition*" [Reading 4366-2].

Ideals are not goals. A goal is a destination, such as losing weight or changing jobs. In contrast, an ideal is the spirit in which you travel toward that destination. For instance, if you set an ideal of service, you can be kind and better help others. However, if you have no ideal, a goal can lead to selfishness or disappointment. Trying to be loving, kind, and considerate to others is always a good ideal.

In the Cayce readings, there is a relationship between the concepts of an ideal and setting an intention. It is one of the foundations and applications. While modern spirituality often starts with intention, Cayce argued that an intention is only as effective as the ideal that underlies it.

The ideal is the compass that sets the direction, while the intention is the specific task. Ideals are long-term and foundational; they rarely change. Thus, an ideal would be a continuous New Year's resolution reaffirmed each year, rather



Ideals are set with spiritual intentions grounded in ideas of life, love, and truth, bringing forth structures that inspire community, harmony, and a positive living environment.

than setting new ones. Resolutions can change with your mood, but an ideal remains a constant.

Most important, ideals are rooted in the soul's relationship to the Divine. It acts as a corrective force, reminding you to realign your intention with a higher purpose. By focusing too much on our own desires, we can become entrapped in materiality and forget our connections to our divine origin. Making a resolution to set an ideal can help you create a stronger spiritual connection with the divine. And the energy to do that is prevalent now.

Δ

Get a Reading with Medium Dr. Susan B. Barnes.
See ad on page 9 for information.

Author Dr. Susan B. Barnes, CSNU

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UNFOLDING PHYSICAL MEDIUMSHIP

Historical, Philosophical, and Personal Perspectives



Susan B. Barnes, PhD, CSNU

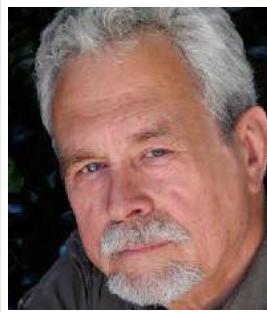
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Spirit Art

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Mediumship Development

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The Power of the Spoken Word

Our Words Have the Power to Change Our Lives!

Book by Florence Scovel Shinn

Reading *The Power of the Spoken Word* by Florence Scovel Shinn felt like being gently but firmly reminded that my words—and the thoughts behind them—are far more powerful than I had been giving them credit for. At its core, the book taught me that speech isn't just communication; it's a creative force. What I say, especially when spoken with feeling and belief, actively shapes my experiences, circumstances, and even my sense of peace.

What I appreciated most about Shinn's work is how practical it is. She doesn't stay in abstract spiritual theory—she brings everything down to daily life. Through affirmations, stories, and biblical references, she shows how faith, intuition, and conscious speech can be used intentionally to change outcomes. The message is empowering: I'm not at the mercy of chance or circumstance. I'm participating in the creation of my life every time I speak.

One idea that really stayed with me is her teaching that words act like "wands." That metaphor made me pause and become more aware of how casually negative language can slip into everyday conversation. According to Shinn, the subconscious mind takes words literally, which means repeated complaints, worries, or fearful statements can quietly work against us. On the other hand, affirmations spoken with faith impress the subconscious and set positive change in motion.



Fear is another major theme in the book. She describes fear as "inverted faith," which helped me realize that fear is still belief—just pointed in the wrong direction. Instead of fighting fear, she encourages replacing it with faith and trust in Divine Intelligence. The affirmations she offers for this are simple but powerful, and the stories she shares show how people moved through anxiety by changing what they believed and spoke aloud. In one case, a person replaced fearful statements with affirmations of divine protection and strength, such as acknowledging God as their refuge. As their language changed, so did their emotional state, and situations that once seemed threatening resolved themselves without harm.

Intuition also plays a huge role in her teachings. Shinn refers to it as the "still small voice" and the direct line to divine guidance. She contrasts intuition with the reasoning mind, which often relies on past experiences and limitations. Learning to trust intuition—even when it doesn't seem logical—was presented as a key to aligning with what she calls the Divine Plan; The belief that there is a perfect design for each of us, and that fulfillment comes from cooperating with it rather than forcing outcomes. She recounts stories of people who followed intuitive prompts that made no logical sense at the time—such as going to a certain place or contacting a specific person—while affirming

Continued on page 11

divine guidance aloud. These intuitive actions often led directly to jobs, financial help, or solutions they had been seeking. Shinn emphasizes that spoken acknowledgment of divine guidance clears the way for intuition to operate.

Prosperity and Abundance are discussed not just in financial terms, but as states of consciousness. Shinn emphasizes that peace and prosperity go hand in hand, and that true supply comes from trusting God—or Infinite Intelligence—as the source, rather than external conditions. Giving, generosity, and gratitude are portrayed as spiritual laws that keep abundance flowing. The real-life examples she includes made these ideas feel achievable, not idealistic. Shinn tells the story of a woman who was constantly affirming poverty—talking about bills, shortage, and how hard things were. She was advised to stop verbalizing lack and instead affirm that she was divinely supplied and that her needs were met in perfect ways. Once she changed her language and held to it, unexpected money and opportunities began to appear. Shinn uses this example to show that spoken words set powerful forces into motion.

Another lesson I took to heart was the importance of nonresistance. Shinn teaches that anxiety, force, and constant effort can actually block solutions. Letting go, trusting, and allowing Divine Intelligence to work often opens doors in unexpected ways. This approach felt like permission to stop struggling so much and allow things to unfold with greater ease. In one example, someone was struggling intensely to make something happen—whether a relationship, job, or financial outcome—and nothing was working. Shinn advised them to stop forcing the issue and instead speak affirmations of trust, such as declaring that the

right outcome was already established by Divine Intelligence. Once resistance was dropped and the language shifted to trust and surrender, the situation resolved itself, often in an unexpected but better way.

Throughout the book, Shinn interprets biblical stories metaphysically, treating them as lessons about consciousness rather than literal history. Stories like Daniel in the lions' den or Jehoshaphat's victory become powerful illustrations of fearlessness, faith, and trust in divine guidance. The way she blends scripture with affirmations made the teachings feel timeless and immediately usable.

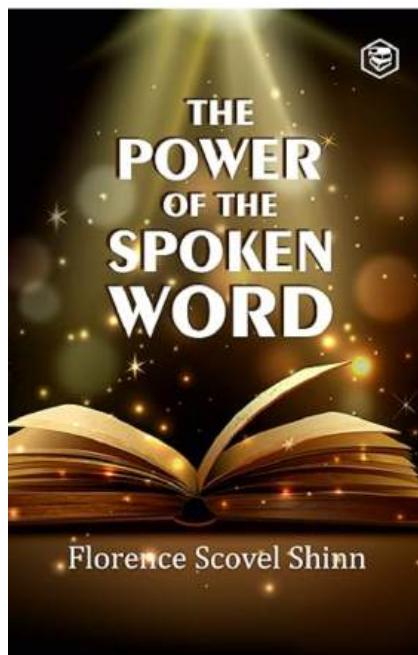
Across all these examples, the consistent lesson is that words are not neutral. Shinn shows again and again that spoken language, when charged with belief, impresses the subconscious mind, aligns a person with divine law, and produces results that appear outwardly as coincidence—but are, in her view, the natural outcome of spiritual cause and effect.

By the end of *The Power of the Spoken Word*, I came away with a deeper sense of responsibility for my inner and outer dialogue. The book reminded me that faith builds, fear destroys, intuition guides, and words set everything in motion. More than anything, it encouraged me to speak with intention, trust divine guidance, and remember that my life responds not just to what I do—but to what I consistently say and believe. Find book [HERE on Amazon](#).

△

Steve Freier is a researcher of metaphysical subjects and is the editor and website tech for The Inner Voice magazine.

Read more of Steve's Overviews here: <https://www.theinnervicemagazine.com/overviews>.

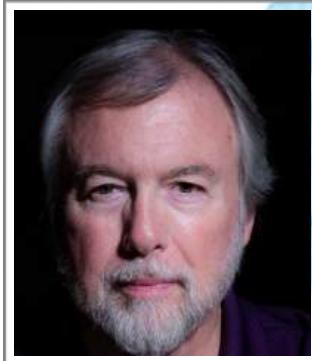


I'm a big fan of the "GPS Theory" when you miss a turn, your GPS doesn't judge you, it recalculates. No matter how many detours you take, it finds another way forward. Life works like that too. You'll make mistakes, but your destination doesn't vanish. The route just changes.

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What I've Learned from Five Decades of OBEs and the Exploration of Consciousness

Experiencing effective inner exploration is much more than just doing a daily (meditation) technique. It is often the result of doing many small steps to open your state of consciousness to your full potential.

Developing deep relaxation is essential – Mind awake, body asleep. Progressive relaxation, deep meditation, self-hypnotic countdowns and various brain sync sound technologies have all proven to be effective relaxation approaches.

Select a time when your surroundings are calm, without any distraction (phones on silent) for about 45 minutes.

Focus on your OBE intention and not on your body during all shifts of consciousness.

Remaining calm and detached during all shifts of energy, vibrations or sounds is an unspoken superpower. Don't be distracted by any sounds, voices or energy surges.

Examine and purge your state of consciousness of all lingering fear-based beliefs. Yes, this process is challenging but important. Our lingering fears are a major block to the effective exploration of consciousness.

Inner Energy Work... Immediately before your OBE technique, practice a deep relaxation/inner energy movement preparation method for a brief time. For example, central channel clearing, meditation, opening of energy centers - pulsing inner energy head to toe, (shown in the graphic on the left). Experiment with what works best for you.

Wake back to bed... Early morning, nap time and upon waking during the night are effective exploration times because you are already deeply relaxed.

Ideally create a special meditation space for your daily practice. I have used a sofa for decades. Many people include special motivational images, incense, soft music and brain synchronization into their personal process.

During all altered states, say the following statements to enhance your state of consciousness. Your state of consciousness will determine your dimensional reality and your perception capabilities. For example, say: *My loved One Now! Past Life Now! Astral Now! Healing Now! Higher Self Now!*

Have a Clear Plan. Focus on a specific, single goal/intention for each experience. Do a daily Exploration Method in your



"We are not physical Beings. Many people lose this and become obsessed with the physical nature of reality and they forget we are only visitors here. Some people might find this shocking, but we're not humans either. We are conscious energy using form for our experience." ~ William Buhlman

Continued on page 13

designated meditation area. Even if it's just ten minutes as you drift to sleep. Daily practice helps to program your consciousness, so you are open to and remember your nonphysical experiences.

Use a simple, repeatable Exit Protocol – Always focus away from your body. Use a silent, powerful exit command, such as, "Door Now!" Roll Now!" Keep it simple and repeatable. Make it an automatic response.

Research and read about astral projection/OBEs from reputable sources. Avoid all fear-based propaganda, beliefs and people!

Surrender and flow with all inner energy changes, (the vibrational state) don't analyze or focus on your body during energy surges, vibrations or inner sounds. Save all analysis for after the experience. Be aware that many people do not experience the vibrational state at all.

Develop patience and perseverance; many give up too soon! It took me 24 days of dedicated daily practice of the Target Technique to have my first self-initiated OBE.

It's normal to click-out (briefly lose awareness). OBEs are a temporary shift/transition of consciousness from our outer dense body to one of our inner energy bodies, don't fight the process by focusing on your physical body.

During your exit move ten feet or more from your body and then upgrade your awareness with a silent affirmation such as "Clarity Now!" Silently repeat this affirmation as needed during your OBE to enhance your awareness.

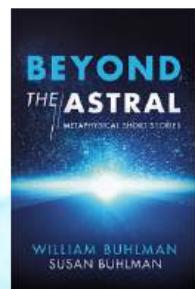
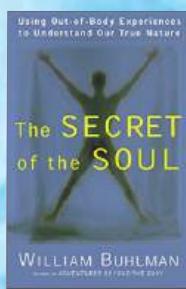
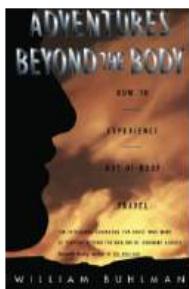
Use your dreams as a launch pad of consciousness. Program yourself to demand, "Awareness Now" during all dreams.

Maintain a written journal. Even minor shifts of inner energy and dreams can be a sign of progress. Writing sends a strong message to your subconscious that your experiences are important to you.

I enjoy and surrender to all aspects of the vibrational state, including temporary sleep paralysis. I have found the vibrational state to be personally healing. I love it! Have fun and enjoy the entire process. Visit <https://www.astralinfo.org>, for more tips.

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About William Buhlman and his books. (Links to buy his books are in the text below.)



For years of extensive personal out-of-body explorations gives William Buhlman a unique and thought provoking insight into this subject. His first book, **[Adventures Beyond the Body](#)** it chronicles his personal journey of self-discovery through out-of-body travel, and provides the reader with the preparation and techniques that can be used for their own adventure.

He has conducted an international out-of-body experience survey that includes over 16,000 participants from 42 countries. The provocative results of this survey are presented in his book, **[The Secret of the Soul](#)**. This cutting edge book explores the unique opportunities for personal growth and profound spiritual awakenings that are reported during out-of-body experiences.

His third book, **[Adventures in the Afterlife](#)**. William was inspired to explore the afterlife as a result of his confrontation with mortality following a cancer diagnosis in 2011. His lucid dreams and OBEs during his treatment and recovery provided mind bending visions that were so illuminating that he felt compelled to journal his experience. Insights that are provided in this book will assist the reader to navigate the many thought responsive environments in the afterlife.

[Beyond the Astral](#) is a collection of short stories exploring consciousness through out-of-body experiences and lucid dreams, revealing insights about human potential and spiritual journeys.

[Higher Self Now!](#) reflects on the actions we can take today to enhance our transition from a physical environment to the non physical world. With his wife, Susan, William wrote this book with the deep desire to help inform readers about the continuing reality of our existence and all that it implies. Over the past two decades William has developed an effective system to experience safe, self-initiated out-of-body adventures. He conducts an in-depth 4 week online workshop titled, **[Adventures beyond the Body, Mastering the Out-of-Body Experience](#)**. As a certified hypnotherapist, William incorporates various methods in his workshops to explore the profound nature of out-of-body experiences and the benefits of accelerated personal development. Through lectures, workshops and his books the author teaches the preparation and techniques of astral projection and spiritual exploration.

William Buhlman brings a refreshing look to how we can use OBEs to explore our spiritual identity and enhance our intellectual and physical lives. William is best known for his ability to teach people how to have profound spiritual adventures through the use of out-of-body experiences. His books are currently available in ten languages.

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What if Enlightenment has Long Ears and Wears White Gloves? Wascally Wisdom from a Wabbit

By Cheryl A. Page, Scientist & Mystic

Christmas Eve feels like the exact right moment to confess something mildly heretical—and completely honest: Some of the most profound spiritual wisdom I've ever encountered did not come from a monastery, an ashram, or a solemn retreat center with uncomfortable cushions.

It came from a gray rabbit I've loved since childhood. A *wascally wabbit* called Bugs.

Bugs Bunny is the quintessential comedian—and, in my book, the quintessential mystic. In fact, he's the mystic I aspire to be.

He never panics. Never clutches pearls. Never collapses into existential dread.

He stays cool while chaos cartwheels around him, kisses his enemies square on the lips, and asks the most enlightened question of all time:

“What's up, Doc?” Which, let's be honest, is just a cartoon version of my own spiritual question:

What if? What if this moment isn't a problem? What if the drama isn't in charge? What if reality is far more permeable—and playful—than we've been taught? What if joy is actually a strategy?

Bugs never serves reality. Reality serves Bugs.

And that, my friends, in my humble opinion, is advanced-level spirituality.

Some of my students have been struggling—and emailing me about their struggles—with my thoughts on JOY as a spiritual strategy. And I, in turn, have struggled with how to make this as plain as possible.

Here's the simplest way I know how to say it:

Joy isn't something we merely *feel*.

It's something we choose to *be*.



Bugs Bunny lives the **frequency** of JOY, which is far more elemental than the fleeting emotion of joy. It's a stance. A posture. A way of moving through the world unhooked from fear.

I recently stumbled upon a delightful old *Huffington Post* article—*Everything I Needed to Know About Spirituality I Learned From Bugs Bunny!*—and found myself nodding, laughing, and feeling oddly validated. Not because it's profound in a heavy way, but because it's profound in the lightest way—the kind of wisdom that slips past our defenses wearing a grin.

Perhaps this article will shed the light I haven't yet been able to shed for some about my approach to *JOY-as-strategy*. Joy is a key tool in the mystic's toolkit.

What if, Doc?!

This piece isn't mine—I happily credit the author and link to it below—but it captures something I deeply believe: *Joy is not a bypass. Humor is not a distraction. Levity is not spiritual immaturity. Sometimes, it's mastery. And in my lived experience, JOY is the fastest way to get “five bars” of spiritual cell service to the Spirit World.*

So if your nervous system could use a breather... If your soul could use a wink... If now feels like a good time to loosen your grip and remember that you can't kill a toon... Come take a hop down the rabbit hole with me—and Bugs Bunny.

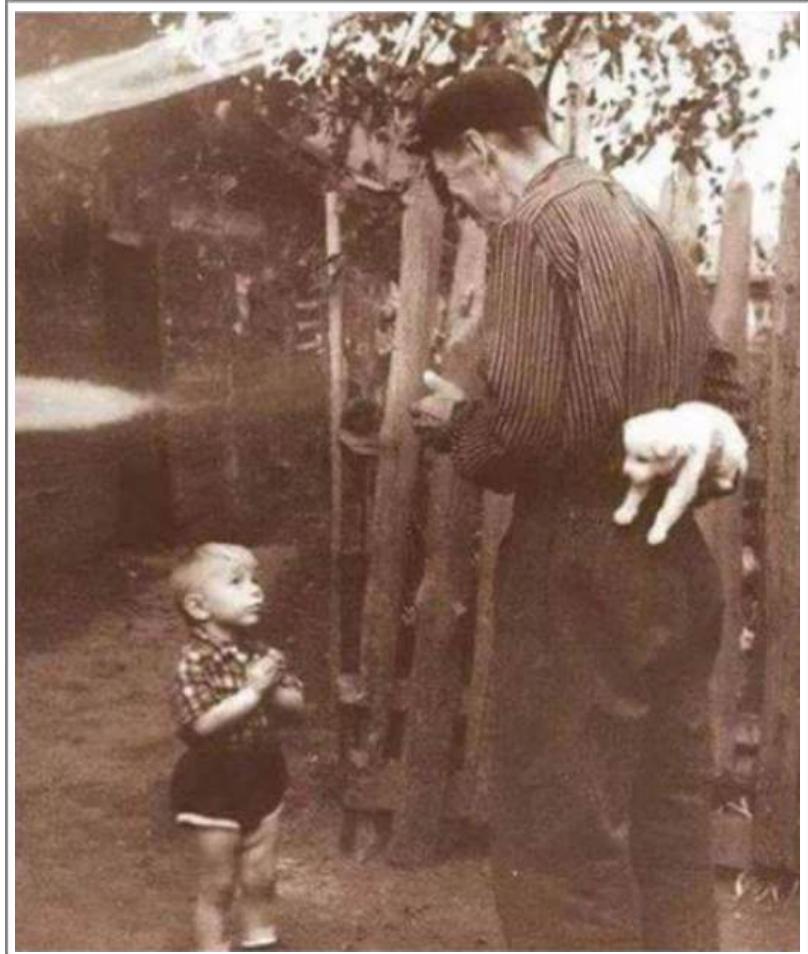
What's up, Doc?

In JOY, Cheryl & Bugs

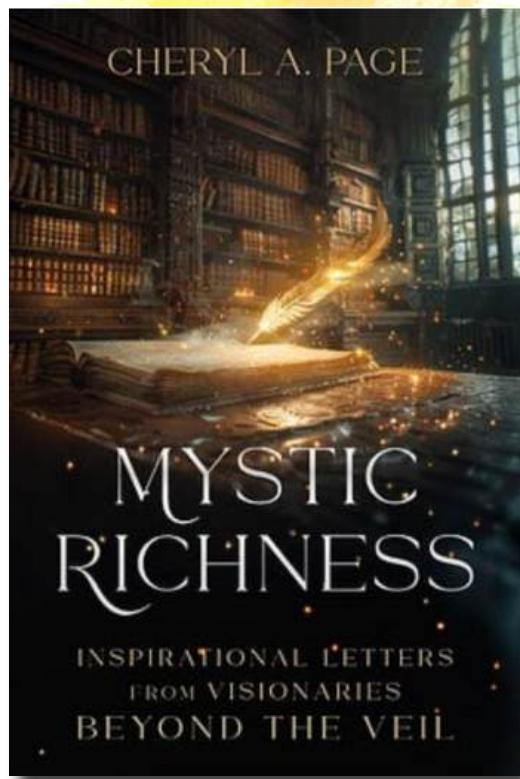
P.S. This is joy with teeth. Wisdom with a wink. Mysticism that doesn't take itself too seriously—and therefore goes deeper.

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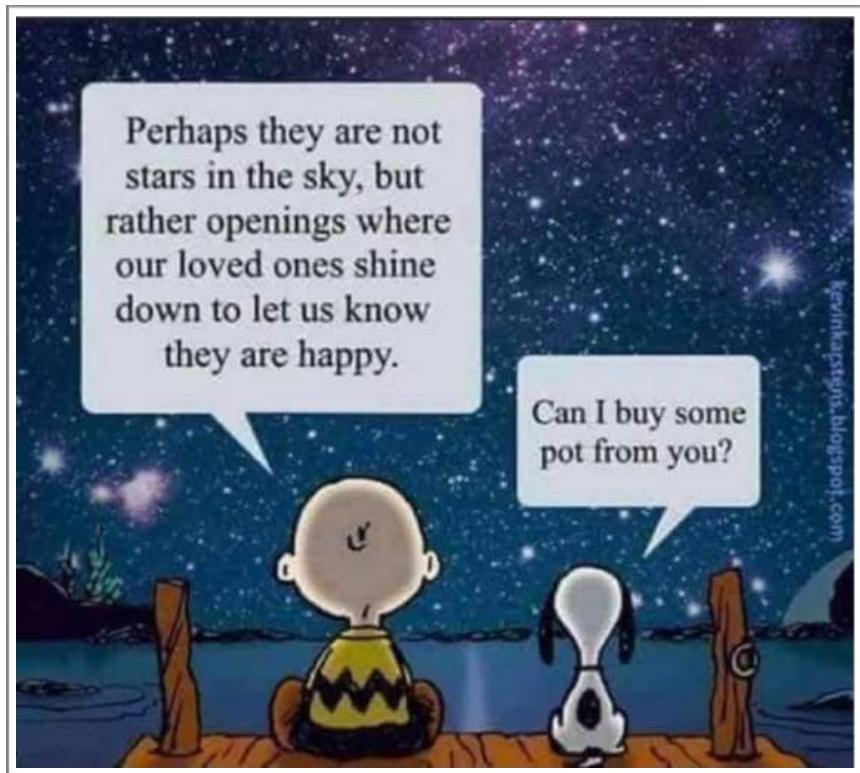
~ For the FUN of It ~



This photo from 1955, was called,
“A few seconds before happiness.”



Get Cheryl's book here:
[Mystic Richness](#)





We Are Three-Fold Human Beings

Greetings and wishes for a wonderful 2026! Will you be making a New Year's resolution? If your experiences are like mine, you probably won't be since commitments to resolutions usually don't last very long. From my perspective, most New Year's resolutions are unrealistic because they do not have a solid foundation from which real changes can be made. New Year's resolutions are like treating the symptoms instead of the causes.

Perhaps, in the long run, it's more productive to focus on self-development. The concept of "three-fold man" can be helpful in this endeavor because it consists of three main components quintessential to human development.

In keeping with modern practices, I will replace the word "man" with "human" for inclusivity of all genders, sexes, races, cultures, etc. A quick AI google search indicates that the concept of "three-fold human" contains three inseparable, deeply interconnected parts: body, heart, and mind. This is a wholistic theological philosophy seeking for balance between all three components. The phrase "three-fold man" is associated with Thessalonians 5:23, in which Paul states *...and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.*

Christianity is not alone in asserting that human beings are comprised of two or three main components. For example, Hinduism's Ayurvedic medicine practices balancing three doshas: Vata (physical), Pitta (mental), Kapha (emotional); Taoism's Tai Chi incorporates the integration of body, mind and spirit; Judaism believes that the body and soul are indivisible; and Buddhism views the heart-mind relationship as quintessential to consciousness itself.

In modern times, there is plenty of research looking at the effects of emotions and thoughts on our physical body. I am confident in writing that every single organ of our physical body either benefits or suffers from our emotions and thoughts. The sympathetic nervous system (fight or flight response), immunity to disease, cardiovascular health, gastrointestinal health, respiratory and muscular-skeletal structures; each of these reflect the state of our inner emotional and mental life. The body and emotion are separable.

The body is like a vessel that it is comprised of physical matter. It plays a quintessential role in life because without a physical body, life on earth is not possible. As this vessel moves about earth, it experiences the material world surrounding it while simultaneously carrying within itself an inner world of



AI image depicting a 3-fold human – body, heart and mind.

emotion and thought. It is the body that makes possible the five sensations of seeing, hearing, touching, scent, tasting and tactile experiences. Out of the three-fold human parts, the "body" is the most dense and least subtle.

"Heart" refers to emotions which are naturally subtler and less dense than matter. Emotions are responsible for a wide range of behavior; they are the driving force behind great acts of courage and love. Unfortunately, emotions can also drive people to commit atrocities. Those whose emotional development is less mature, risk being subservient to their own passions. However, with emotional maturity, self-government over one's emotions inevitably develop.

The concept of "mind" is more complicated. Often associated with thoughts, decision making, reason and logic, the mind is in fact, much more. In its purity, it is the closest of the three components to the concept of "Spirit" (as spelled with a capital "S"). Spirit is like a divine guiding force associated with God, Great Spirit, Source, Infinite Intelligence, or whatever term one prefers. Within "mind" there is volition, i.e., choice, without which we would not spiritually grow while on earth. It is the least dense, most subtle, and most abstract of the three components. "Spirit" and soul differ in that the soul is more like consciousness; an awakened soul guides us to "Spirit."

Over a lifetime of experiences, emotional reactions morph into self-controlled responses. This is why many older adults seem immune to negative drama like gossip, sensationalism, greed, avarice, hate, lust, etc. Energetically, a spiritually developed mind has a high vibrational frequency.

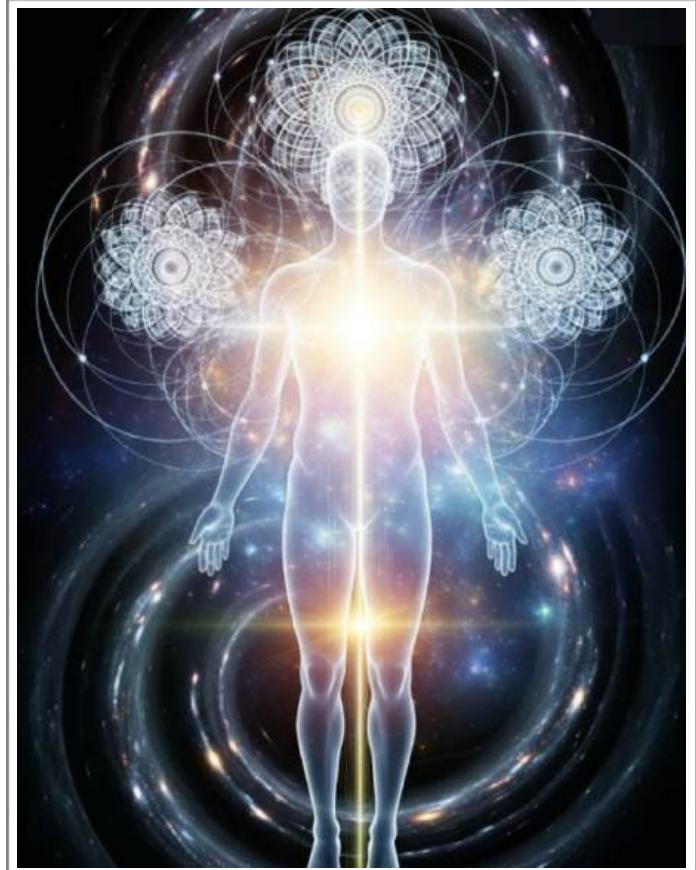
Continued on page 17

Self-development and self-mastery encompass the greatest journey a human being will ever take. By understanding ourselves, we understand others. Through insight, we acquire the most precious of all gems, i.e., wisdom. Through mindfulness, our way of thinking and feeling mature. We transform into a different being than the one we were when younger. As we perceive the world differently, others perceive us differently. Our earth school was created with pure perfection, even if we humans cannot always understand how.

We chose to be born on earth knowing we would live within a framework of body, heart and mind. Each one of these parts is quintessential to our human development. To emphasize one component over the other upsets our equilibrium, “ungrounds” us and invites fixation. If we focus too much on physicality, we become too materialistic. If we focus too much on emotion, the development of our mind suffers. If we focus too much on intellectualism, we become emotionally disabled. It is in the balance of the three-fold human that spiritual development is had.

The American spiritualist, Andrew Jackson Davis, once said, “In all things keep an even mind.” In other words, no matter what life throws at you, good, bad or neutral, remain grounded within your own three-fold human. In that light, let’s skip New Year’s resolutions! Instead, let’s work on becoming wiser through experience. Let’s become masters over our own lower nature. Let’s LIVE fully within our own three-fold human makeup.

Δ



Elizabeth Raver, Ph.D. Psychology Spiritual Intuitive Life Coach, Writer and Author

- **Spiritual Coaching • Energy Work • Workshops & Classes**
- **Psychic Mediumship Readings**
via Zoom / phone / in-person (Connecticut)
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“I am dedicated to the understanding that communion with those in spirit is a natural and normal part of life. Mediumship, when properly understood and practiced, can be experienced as sacred moments leading to love and wisdom.”

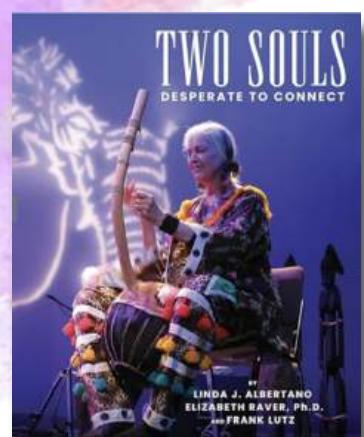
Questions for Dr. Liz?

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DrLizMedium.com

Join Liz's Free Online Mediumship Zoom Discussion Group:
Psychic-Mediumship Exploration Series 4th Thursday of each month, 8:30 pm EST.



Read about what life is like in the world of spirit! Read **Two-Souls Desperate To Connect**, a book Dr. Liz co-authored with Frank A. Lutz and Linda J. Albertano



Enjoy Being YOU in the New Year

New Year, New You? Maybe, or maybe it is a profound opportunity to stop holding yourself back from your authentic self that has always been here, to be bold, to expose your genius and enjoy you really being YOU!

The creative energies in this New Year support deeper self-awareness, expansive self-honesty, and heartfelt self-appreciation so that more of you come to life.

The inner doors are open to deeply look within. Discover, or rediscover your loves, passions, genius qualities and curiosities that you had in your growing years before you lost touch with yourself. Social expectations and “adult” life can do that.

These unique personal qualities truly have not been lost. Starting today, you can approach each moment as a miracle moment, as a new beginning. Take your personal existence to heart.

Dear reader, every moment is a point of power to activate your creative powers in ways that have never been experienced before. Let yourself be surprised! You are naturally a magical being. We all are. It is indeed time for us all to own and to live as dynamic magical beings on a daily basis and boldly be true to ourselves and our partnership with our Divine Essence.

This is not a fluffy dream statement. It is an invitation to move out of the trances we have been conditioned to live in and to explore the multi dimensions of our existence and what potent changes this brings to life.

Take a moment to contemplate the qualities you had as a child that are still alive, perhaps quietly, within you now that are truly dynamic, intuitive, insightful, creative and joyful to experience. Take note of your current genius skills and qualities.

Ask: where can you give yourself more freedom to perceive, honor and utilize these qualities, skills and passions with your sense of self, your relationships, work and life?

In my book Luminous Infusions, a daily guide to your own inner wisdom #43 is titled ‘Love Yourself Well.’ It reads: “...value your existence and the grace of your journey. Make not your origins wrong. Deny spirit within you no longer.” Now is the time for an organic pivot into living the reality of your wholeness. The uniqueness of your life journey has expanded and strengthened the current of your heartfelt radiance. Take a few deep breaths and feel into this for yourself.

Your life, just as it has been, is sacred. Your humanness is intimately partnered with your Divine Essence Energy. Life is now calling for a deeper merger, commitment and action honoring this magically powerful relationship.

Continued on page 19



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Enjoy Being YOU from page 18

An Experiment... Look directly into your eyes in the mirror. Relax your body, face and eyes. Breathe. Notice thoughts that arise. Let them pass. Come back to your breath. Invite your Essence Energy to come forth with ease, grace and clarity. Notice body sensations. Invite your Essence to show itself throughout your day, to clearly wake you up from the limiting trances you have been blindly living in.

Take some deep breaths. Notice insights, impressions. Thank yourself and your Essence. Journal pearls of wisdom. At the end of the day, reflect on how your Essence showed up for you.

The more you experiment and track this the more you will wake up to the intricate existence of your Essence living more gracefully, creatively and powerfully through you. You will begin to look for miracles and magic as the new normal.

Life is inviting each of us to wake up from limiting trances, to acknowledge, explore, express and enjoy being our truly unique selves.

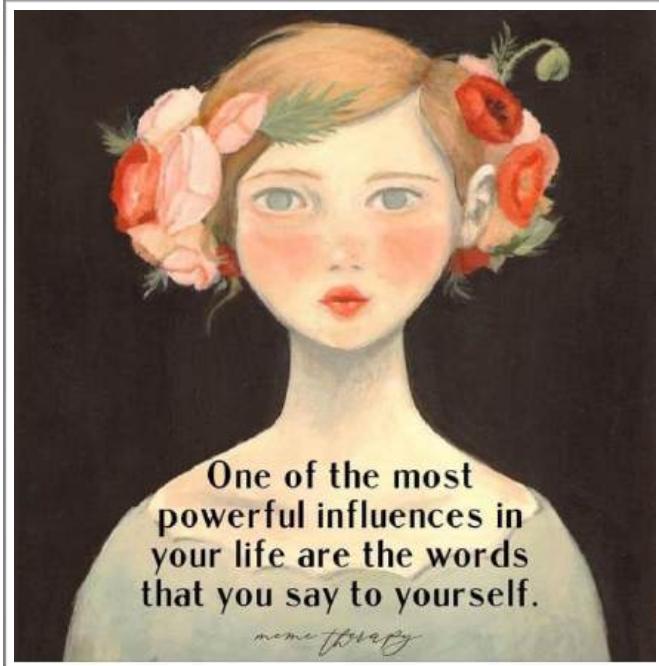
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Beverly Brunelle offers personal, relationship, business and property energy readings, clearings and higher alignment sessions. For over 35 years, Beverly has supported clients and students to fuel the fire of mysticism within and awaken higher consciousness into their everyday lives. "We are each and all capable of much more potent creative change and expanded consciousness than we know. We must continue to raise our frequency in order to own our super powers to explore new possibilities."

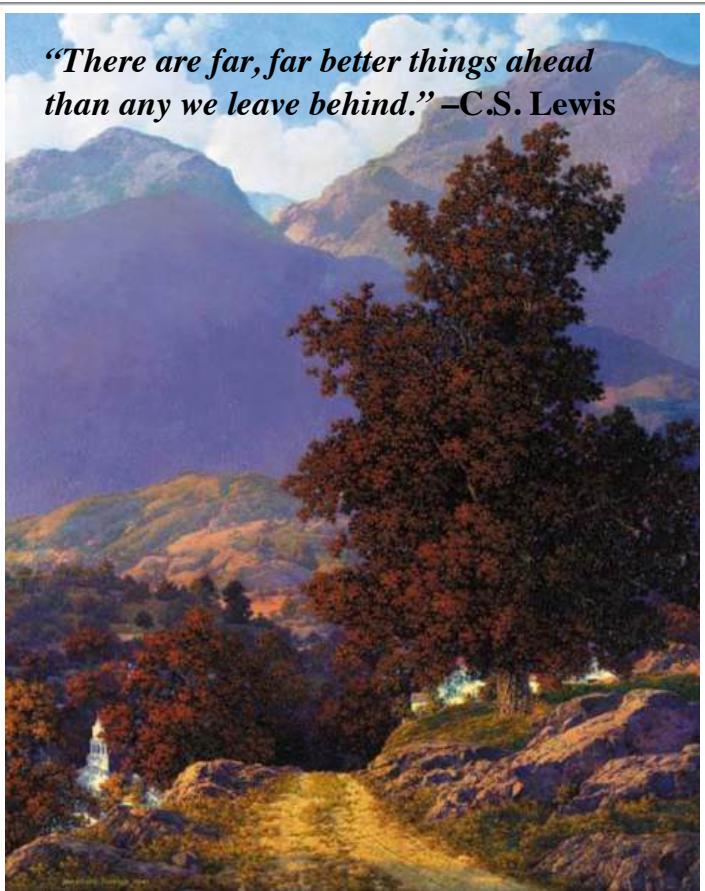
www.beverlybrunelle.com

<https://www.youtube.com/@beverlybrunelle3981>

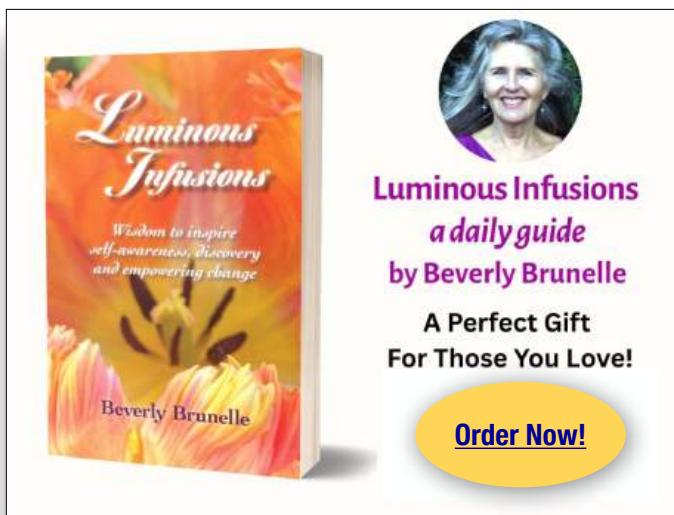
beverlybrunelle888@gmail.com



"There are far, far better things ahead than any we leave behind." –C.S. Lewis



Art | Maxfield Parrish: Road to the Valley, 1943.





Beatles' Song Sparks A Light to Live By

A Message from George Harrison

“Will you still need me? Will you still feed me, when I'm 64?” —Paul McCartney

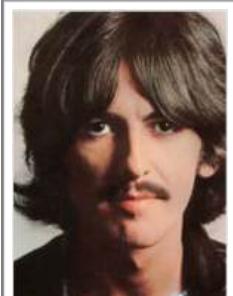
This song had been playing in my head all morning. In fact, I am sure it was in the background of last night's dreams. I awoke to the music floating in the background.

The coffee, e-mails, a shower, and still it played on. Exasperated, I called out to whoever put the Beatles' music in my head. An answer snaps back, “George Harrison.” Though the shower was hot, a chill rained down over my skin.

I didn't know which of the Beatles wrote the song, yet, certain it wasn't George. Still damp from the shower, I sat at my computer and curiosity nudged me to type, “When I'm 64?” I clicked on the YouTube video that popped up, closed my eyes, and listened.

In that moment, I wasn't alone. George Harrison was near, singing along to the video. The words were memorized from years of performances. As the video ended, I shook my head, wondering. What is all this about?

“You must get out of your head, Regina,” George gently said. “I have a message.”

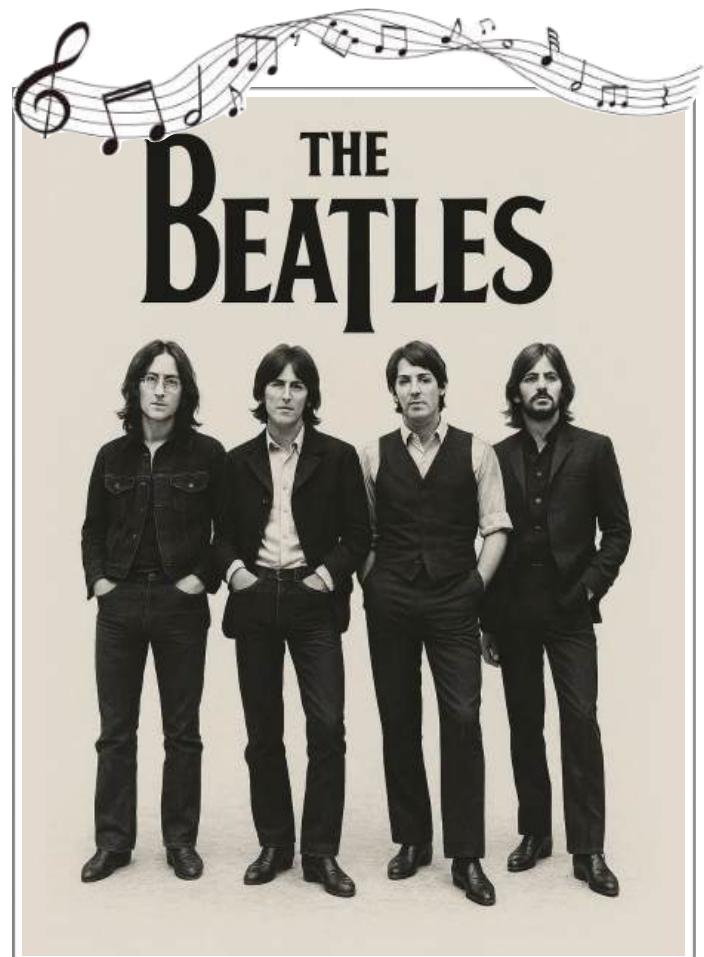


“I'm not a big shot over here; I'm not a famous celebrity. I'm not a special musician or lyricist. I'm George.

You see, here we are all celebrities, all important, and all quite extraordinary. We are a part of a whole, and without this part, well, the whole would be missing something, now wouldn't it?

I spent nearly my entire life preparing to cross over, making it easy on my spiritual being to transition from my famous persona to the spirit-soul of who I am. What a delight to discover I was prepared. I merely slipped out, ready to engage with the soul.

But I brought the song to you so you would listen to the words. The lyrics were written by Paul when he was just a kid, and he could see so far into the future that his words resonated across the demographics and ages of so many when it finally debuted. Though the words speak of a love between man and woman, I bring them to you because they ring true for all



For a delightful montage featuring film clips of George Harrison's life and career, check out [this YouTube video](#).

beings. Love has no age limit, no boundaries, no constraints. It just is.

I understood this when I still hung out with the mass of humanity, yet nothing prepared me for the experience of love in the place where I exist today. Humans incorporate love into a jargon of affection, compassion, and empathy, but it is much more. In this space, we are all celebrities, all musicians, all artists, writers, and such. We can include any number of attributes to our name, and still, that would not even come close to who we become as spiritual beings.

I wish to share with those reading this that you, too, are a celebrity in our eyes. You carry a light that touches many, the words and actions of a spiritual being dwelling deep within. Your soul celebrates each time you recognize another light in the room, on a walk, at the grocery store, or on stage.

Continued on page 21

We were famous to so many because we were happy; we had found each other and thus celebrated our light together. Our music as The Beatles was, and is, a direct result of that celebration. The energy emitted when the four of us were together was extreme, intense, and even detrimental — especially as our ego grew with each gain.

So, why am I here? I wish everyone to know that the light within will make a difference in a world filled with fear and paranoia. I ask that each one of you sit quietly and hold space for your light, your spiritual essence, to glow brilliantly.

When this occurs, your thoughts clear away. And then, there is guidance. Your guides can come. They can show you a way to quell the anguish.

Rinse off the toxicity of others' words and thoughts. Sing your tune, fill it with joy, and shout it out. It is a courageous move to stand out in a dark space where all can see you, but that is the point. Be the light, let others find you, and touch your candle so their candles can burn bright.

It is a slow movement, but it only takes one. And there are many of you whose light is burning brightly. Don't hide it anymore. Be courageous. Brave. The light will be successful,

If you are looking for results, ask your ego to step away, for ego guides us to seek affirmation for our deeds. Results come — one way or another. Just keep burning.

When you are past the age of earthly matters, you can see just how amazing your light shines.

Don't be dismayed by the dark chaos. It is the challenge you are learning to deal with in the humanity of our species. Crazy as that sounds, we did choose to be here, on Earth, at this time.

Δ

Regina Ochoa is a seasoned psychic medium and writer with over 60 years of experience connecting with spirits.

As a founding voice of the <https://www.cosmicvoices.network> website, Regina Ochoa shares channeled messages of healing, guidance, and hope.



George Harrison (1943–2001) was an English musician, singer, songwriter, and music and film producer who achieved international fame as the lead guitarist of the Beatles. Sometimes called "the quiet Beatle," Harrison embraced Indian culture and helped broaden the scope of popular music through his incorporation of Indian instrumentation and Hindu-aligned spirituality in the Beatles' work.



Angels Are Among Us

Written By Lynn McLaughlin



It was a blizzard winter night in Wisconsin, and my daughter and I were driving home from her dance lesson. At five years old she was still small enough to require a booster seat. We approached a main intersection with caution but we had the green light. To my right I saw a car traveling much too fast for conditions and it began to swerve as it crossed through their red light.

I remember screaming, "No!" and braced myself for the impact. The car was positioned to T-bone our vehicle at the passenger's door on the right — exactly where my daughter was boosted in. I waited for the impact but found that the other car had shifted and nudged us parallel to it! Our car ended up on the sidewalk on the other side of the street. The speeding car proceeded to hit another car head-on that was traveling in the other direction.

As our car came to a stop, I began crying hysterically and turned to see that my daughter was alert and unharmed. It was then that I heard her small voice say, "Mama, did you see that?"

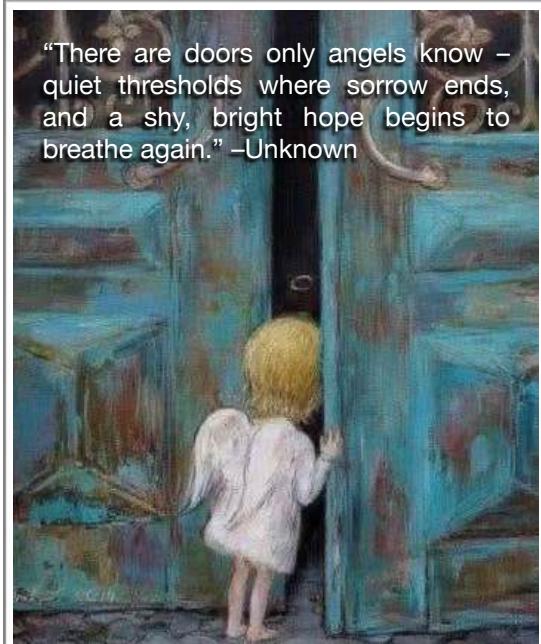
"See what?" I said through my tears.

"The angels pushed us out of the way!" she said.

I remember replaying the scene many times in my mind knowing that only a miracle could have changed what was destined to happen. "Yes, they did, honey."

Because we were unharmed and our vehicle minimally scratched, I was able to help the woman in the vehicle that was hit. She took shelter in our vehicle and I shared my daughter's angel story. We all received the gift of hope, comfort and a grateful heart that night, gently delivered from the angels.

Δ





Seeds of Awakening

Written By Kathleen Jacoby

One of the most important things for each of us is to awaken from the illusion that our lives are preordained and that we have little influence over them. We all come into this life with a script—a set of circumstances and experiences designed to unfold our character and abilities. For those whose early scripts were seemingly easy, subtler lessons may arise later in life. For those whose beginnings were challenging, the tendency may be to assume life will always remain that way. Yet for both groups, the key is to discover the inner realm beyond appearances. Often, it is through suffering that we awaken to our true light.

Years ago, my mother faced a horrendous gut condition that was not properly diagnosed until just two months before her death. She spent seven months in the hospital and a nursing facility, and her weight dropped to 75 pounds. During that time, she had an out-of-body experience, emerging from it with a complete understanding of life and its purpose. She came to a deep conviction that God was real—and that she was an integral part of that Being. She described her life as a tight bud waiting to open, and this experience finally allowed her to bloom. Remarkably, she said that if she had to endure all the pain and suffering again to gain that insight, she would do so willingly. This was her prelude and seed of Awakening.

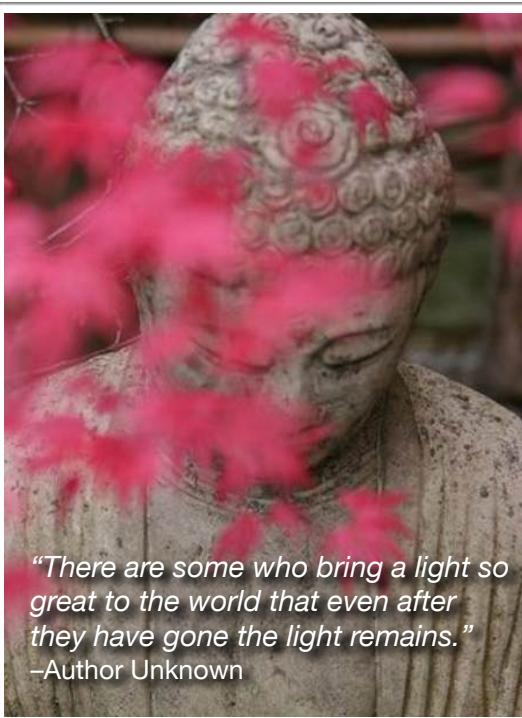
Suffering comes in many forms. A friend was imprisoned unjustly for a period of time, yet during that confinement, he gained profound clarity about his life and calling. He made it his mission to teach and support those who had no hope, helping many inmates earn their G.E.D.s and encouraging them through dark hours. His time in prison became not only an awakening for himself but a service to others. When he was released, both guards and inmates were saddened to see him go, as he had made a lasting difference in their lives. He emerged even more enriched and committed to his role as teacher and healer.

Someone very dear to me suffers from debilitating ailments and, in the process, has endured great fear and worry about leaving her young daughter without a mother. One day, when her five-year-old asked to go to church, she agreed, seeking a shared spiritual foundation for their family. On a walk with her dog, overwhelmed by feelings of inadequacy and fear, she suddenly heard a quiet, new thought: *“Give your life to God.”* It was a simple message, yet she listened. She realized that trying to control and fix everything in her life had not worked. She awakened to the recognition that her life belonged to the One who created her. From that moment, her ailments lessened, and she engaged with life in renewed ways—focused on service rather than self-concern.

In each of these cases, awakening follows suffering. Often, it is only in moments of despair or exhaustion that we stop fighting and open ourselves to something greater. When we recognize our belonging to a power beyond ourselves and allow that relationship, we are reborn and revitalized. We shift from protecting an image to enriching life through giving and service. Service to life is our calling—it is a matter of discovering how best to use our unique gifts and abilities.

As we begin this New Year, let the seeds of awakening take root in us. We need not suffer to wake up; we simply need to make space for our highest selves to emerge. Embracing the magnificence we truly are can be both our challenge and our opportunity this year. Imagine the impact we can have on our world when we do.

Δ



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

Photo: © Jane Erica Hutchison

This column honors the enduring wisdom and soulful reflections of our late Editor, Kathleen Jacoby. Her writings were originally published in her “Seasons of the Soul” newsletter and are republished here in loving remembrance.



Setting One's Intention at the Start of the New Year

Setting one's intention in the midst of life's many duties and choices can be more demanding than one might prefer. Whether its compiling a to-do list for the day or settling on a theme for a meditation, or deciding, amongst the many options for that night's astral travel destination one which seems either next-in-line or maybe just doable. It's all about finding the intention and exercising it.

Perhaps the choice of focus eludes you and you settle for a general survey of the home or garden you find yourself in, allowing your self-consciousness to dissipate into an embrace of the all the sentience you see about you, that quiet thrum of gentle reminders that replaces the "I" with the chorus of "we." That immersion, when achieved, can be quite the blessing. Sometimes we get close, dipping our toes in the water but falling short of the swim we imagined or recalled. The frustration encountered can act as barrier or a goad to further attempts. Bumps on the inner journey, we make the best of them.

Assessing any moment's availability of usable energy can also be a challenge. Sometimes we have more than we suspect and others much less. Running out of steam half way through can tantalize us with a taste of the finer things without satisfying the deep inner hunger that yearns for transcendence. We fall back to regroup and strive for another day.

Which brings up another issue: does the energy of effort assist in our strivings or help build another wall around the isolated ego barricading it in with the pride of partial accomplishment? Pardon my provocation but it often seems like a double edged sword. Perhaps an answer would be: using effort to build up a head of steam to power the meditation/intention/

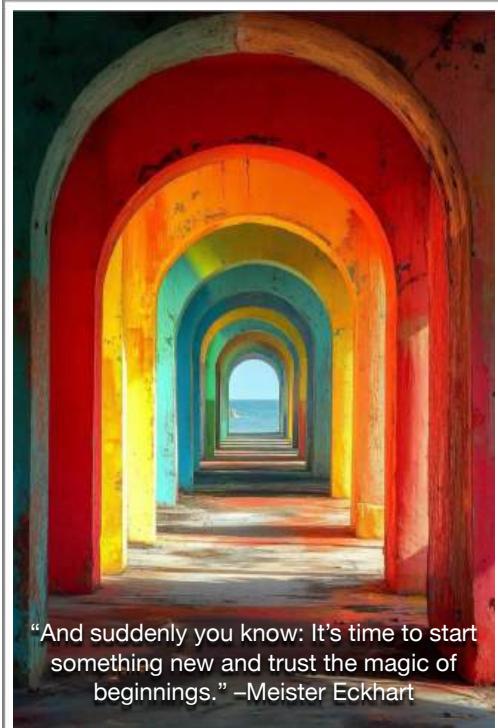
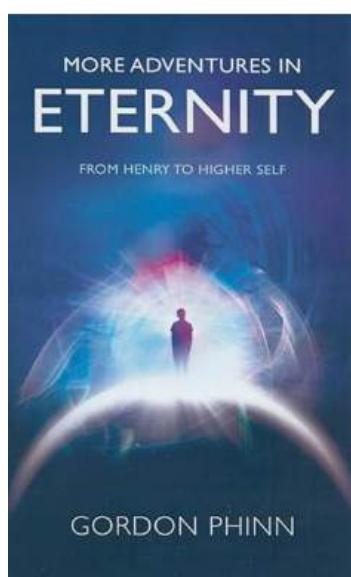
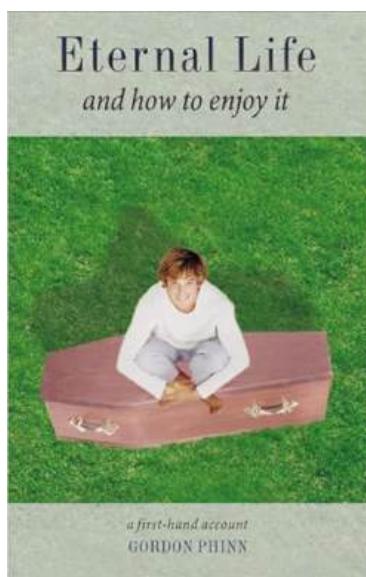
projection and then once launched, letting it all go to see where the drifting takes you. The inner journey is replete with such paradoxes, the shuffle of two steps forward and one step back and maybe a third sideways as you move to find a balance.

Firstly, excavating an intention from the pile of ambitions; secondly setting it on a pedestal so that it can be seen clearly; thirdly not over-identifying with the intention, this can lead to praising yourself and not the goal. Meeting the spirit you have selected, healing the wounded at a distance, finding that oasis of peace within a busy day: all of these can charm the ego out of all proportion. You have to remind yourself that aspirants have gone through such stages for centuries as they stumbled towards the graduation you are yourself seeking.

Some suggest that the lesser intentions such as those to be kind, cheerful or compassionate to all you may meet are not so prone to ego pitfalls. When exercising those options one can more easily melt into the crowd and make your heroism anonymous, a state not without its advantages in the quest to deprive the ego of its glamours.

Δ

Gordon is a Canadian writer and psychic known for his explorations into the afterlife, reincarnation, and out-of-body experiences. He shares his insights through his blog, "Another Word of Gord" where he discusses topics related to spirituality and metaphysics. He describes himself as a 'writer, psychic, out-of-body traveler, and guru without all the BS.' Two of his notable books include: [Eternal Life and How to Enjoy it](#) and [More Adventures in Eternity](#)



"And suddenly you know: It's time to start something new and trust the magic of beginnings." —Meister Eckhart



Spiritual Elegance is an Attitude

Its the ability to rise above the fray with gentle kindness and compassion

Written By **Meredith Young-Sowers, D.Div**

In thinking about the consciousness shift underway in our world, it occurs to me that unless we reframe the anger, fear and disapproval of others – the game of sustaining our planetary home and all beings, is lost.

Years ago in my book, *Agartha*, my spiritual teacher, *Mentor*, likened humanity's call to affect a consciousness shift to that of a yoyo that had been dropped to the bottom of the string and was waiting to be retrieved. While there was, and still is, energy to move ourselves and our planetary home into a new direction of becoming more compassionate, and creating peace – we need to take action!

Even though our planetary crisis and the immediacy of the problem before us was a frightening thought, it was easier to set it aside back in 1984 and think somehow, someone would pull us through this pivotal period in our human evolution.

Perhaps we thought there would be directives coming from enlightened ones on our Earth and beyond who would take away the fear and magically bring peace. But truly, you and I know now that the change can only come from within us and others whose hearts are open – and who are willing to address the challenge every day.

How do we awaken this inner light and knowing within ourselves and others...or can we? Do we stand back and hope that with enough lifetimes, we'll all eventually find our spiritual connection to ourselves and each other? If this is the case, we're

all in trouble because we don't have hundreds of years. We are being called to compassionate action *right now*.

What kind of mentoring, sharing, supporting and helping is required to assist this process of consciousness change to a level where atrocities simply will not be considered an option, where greed and selfishness will not take over our good sense and good heart?

It comes down to realizing that elegance – spiritual elegance – is an attitude. We carry this potential attitude

within us – every being loves something. Our work as light workers is to encourage spiritual elegance wherever we can and within ourselves. Every attitude and action counts – no exceptions.

Holding ourselves fully accountable spiritually is a tall order and one that none of us is perfect at accomplishing. Yet the attitudes we feed are the attitudes that grow so it is not enough to be in our deep hearts when we're praying and meditating but rather to bring our spiritual elegance into the daily exasperations.

Spiritual elegance comes from an awakened deep heart where we default to an inner knowing that loving is always better than fearing, retaliation and resentment. Spiritual elegance is what the great role models showed us—Jesus Christ, Gandhi, Martin Luther King, Rosa Parks, for example. Now we must bring that potential greatness down to the level of our lives with our families and with our jobs because our potential is no less than theirs.

For each of you who choose a more thoughtful, honest and cooperative way to respond to your challenges – bravo! For those of you wanting a different kind of environment for your children and grandchildren and are doing something to make life better today – bravo! For those of you who trust in a different outcome both personally and globally, beneath all the fear and anger and terror in the world, bravo!

Spiritual Elegance is what we all share – it is the thread that ties us 'deep heart to deep heart.' Although this spiritual impulse lives within us, we must call on it not once, but over and over, again until it becomes second nature. We must lift our eyes from the pain in front of us to a reality of inner knowing that can and will manifest if we each do our part – until the consciousness shift becomes a reality.

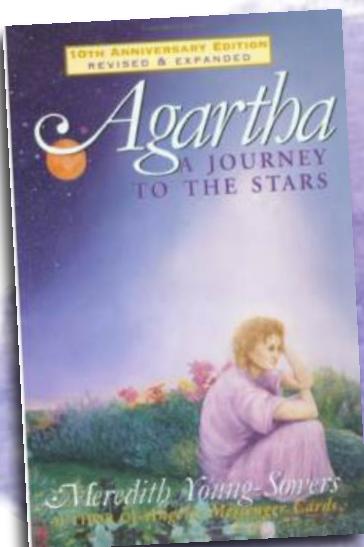
Make today the day you take seriously your part in the grand scheme of this consciousness shift whether, or not, you have a dime to your name or a position of authority that you think will influence others. Influence others by first influencing yourself and let your spiritual elegance – the ability to rise above the fray in greater kindness and compassion – be your order of the day.

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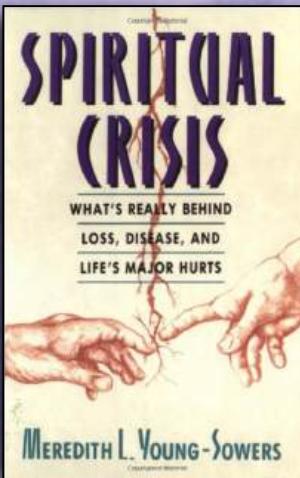
This article was originally published in *The Inner Voice* in the January 2015 issue and is reprinted here with permission.

Meredith Young-Sowers, D.Div, Watercolor Artist, is the author of the classic "Agartha: A Journey to the Stars" and several other books, including the ever-popular Angelic Messenger Cards. See page 25 for more. Contact Meredith: mysowers6@icloud.com

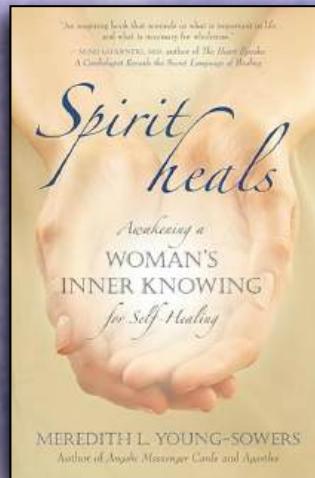




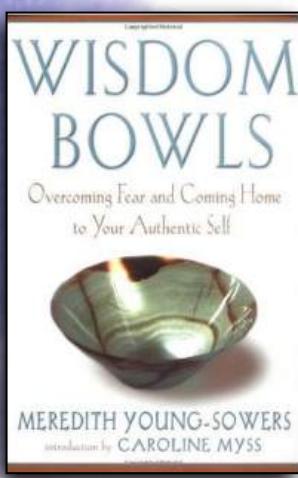
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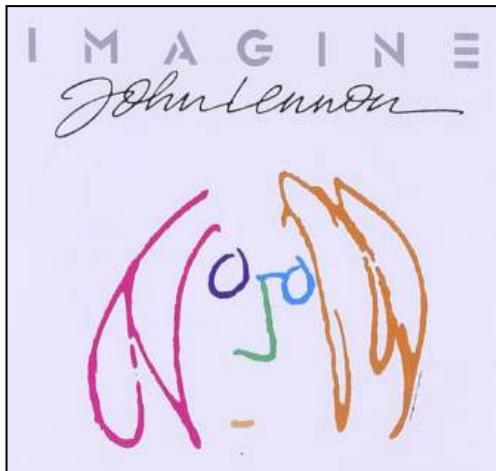
[Spiritual Crisis](#)



[Spirit Heals](#)



[Wisdom Bowls](#)



“Peace is not something you wish for. It’s something you make, something you do, something you are and something you give away.”

—John Lennon

12 ZEN PRINCIPLES THAT WILL TRANSFORM YOUR LIFE:

1. Focus on one task at a time
2. Move with intention and presence
3. Finish what you begin
4. Eliminate the unnecessary
5. Create breathing room between activities
6. Build meaningful rituals
7. Assign time to what matters
8. Spend moments in stillness
9. Smile often and serve kindly
10. Turn cleaning and cooking into meditation
11. Reflect on what is truly essential
12. Choose to live lightly and simply

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How to Get Our Lives Back

Written By **Mona-Michelle**

Deep down we know it's true. This isn't just about cell towers, or vaccines, or Epstein, or Roundup or greedy corporations or bad science. We have pulled ourselves so far from the rhythms of the Earth that we've forgotten we ARE the Earth.

But here's what I know. We're not helpless. Not even close. The moment we remember that we're made of sunlight and soil and sound and cycles, we start to turn the tide. We don't have to burn it all down to fight back. We start by coming home to our body. To the Earth. To the ancient ways that never needed a charger or a software update.

Start your mornings outside. Get your bare feet on the ground even if it's just for five minutes. Let the sunlight hit your naked eyes before you ever look at a screen. That morning light is medicine. It tells your body it's safe. It sets your hormones right. It feeds your mitochondria and clears your head.

Want to know how we can can get our lives back? Turn off your Wi-Fi at night. Unplug the smart junk. You don't need your fridge talking to the internet. You don't need Bluetooth in your pillow. You need quiet. You need dark. You need stillness when you sleep. That's when your body does its holy repair work. Let it. Give it the chance.

Eat real food. Wild if you can. Simple. Unprocessed. Foods that don't come with labels or barcodes. That aren't grown with glyphosate and haven't been tampered with, genetically. Drink clean water, not the stuff in plastic bottles, or coming from your tap. Get a filter if you need to. You are water, and your water is killing you, numbing you, making you sick.

Throw away your Tide. Your Crest. The air fresheners. The fabric softeners. The chemical soaps, shampoos, lotions, cleaners. They are toxic. They poison your body every single day. Your skin is your largest organ. It drinks in whatever you put on it. If it's poison, and most of it is, it's poisoning you. Fast sometimes. It gives your system the rest it's been begging for. Let the body burn through the gunk that's piled on us... and that we have willingly consumed. Fasting is how we empty out what doesn't belong and make space for light to come in.

Build your house like a sanctuary. Use wood and stone and natural fabrics and plants. Bring back incandescent bulbs. And

beeswax candles. Wrap yourself in the things that breathe, like wool, silk, linen, and hemp, and that don't buzz and disrupt your electromagnetic field, like nylon, rayon, polyester and the other plastics do.

Play music. In 432 Hz. Sing. Out of tune is fine. Hum. It resets your vagal nerve and calms you down.

Dance barefoot on the kitchen floor... Or better yet, barefoot in the grass!

These are not silly things. They're how we recalibrate the field. Your field. The collective field.

Talk to your neighbors. Teach your kids. Share what you know with gentleness, not fear. The fear isn't ours. We lose sovereignty when we are divided and panicked. But when we speak with love and clarity and calm, it cuts through the fog like a tuning fork. Be that tuning fork.

And don't forget to laugh and cry and pray and rest. And look around and be grateful for all of the things you've taken for granted. All of it heals. All of it builds your frequency. When you're in coherence, your body becomes a signal that can't be jammed. Your cells remember how to sing. It's biology, man! It's physics! That's REAL power.

Yeah. The game seems rigged. But we don't have to play. We make our own game now. One rooted in Earth, the earth's food, light, breath, rhythm, love, and truth.

And the best part? It's already inside us! It's already around us. Our mother earth is waiting with open arms, ready to support us, to provide for us. She is yearning to connect. She welcomes the prodigal son home.

Let's walk it together, barefoot and fierce. Let's plant gardens and share our harvest. It's time for you, for me, to remember our power. It's time to step into our roles as creators. It's time for us to turn on our light. As I learned by living in the south for a lot of years, when I flipped the on shed light, the roaches would scatter! Darkness has no safety in light. The lighthouse guides the boats to safe harbor.

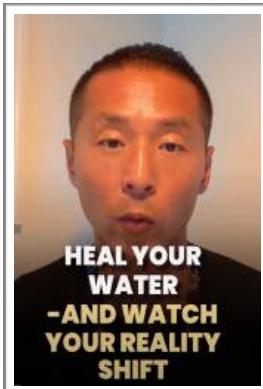
We came here for this time, beautiful souls. Stand up. Unite. And, most of all... Turn on your light and LOVE!

Welcome to *our* New Earth! It's ours to create!



Charge Your Water for Optimum Health

By Samuel B Lee

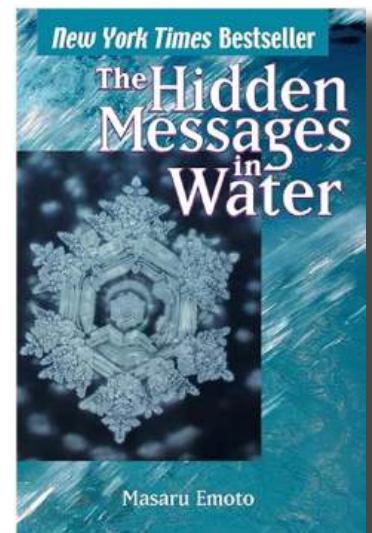


We are up to 75 percent water weight. Dr. Emoto proved in his book, *The Hidden Messages of Water*, that water absorbs our words and takes on the frequency of the words and emotions we just spoke. If we heal the water, the water will heal us, and the water is listening.

How to Charge Your Water

Hold the glass in your hands. Take slow, deep breaths of the frequency of gratitude into your heart. Then breathe that frequency from your heart through the meridians (energetic freeways) into your arms, into your hands and into your water. Then repeat, "Water is life. Thank you, thank you, thank you." Then drink the water. Your body will absorb the frequency of the words you just spoke. Heal the water and the water will heal Us. We are water.

Δ

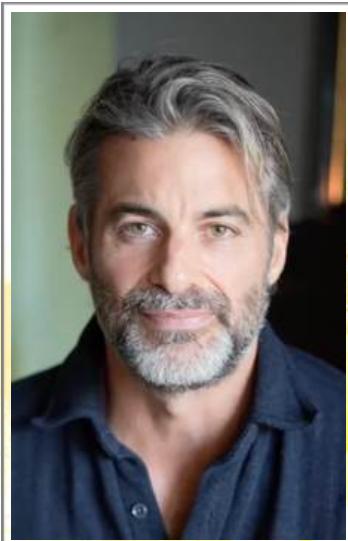


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Living Well: The Legacy We Leave

Written By Joshua Becker

“To live long is almost everyone’s wish, but to live well is the ambition of a few.”—John Hughes

Think for a moment about the people who have left a positive, lasting impact on your life. Some may have lived long lives, others short. Yet almost all of them shared one thing in common: they lived well. Their lives were likely marked by qualities you admire—kindness, generosity, warmth, and joy. Perhaps they developed particular talents or skills, honed through dedication and effort.

These individuals remind us that the fullness of life is not measured by the number of years we live, but by how well we live the years we are given. As the philosopher Seneca once wrote, “Life is long if you know how to use it.” Our legacy does not depend on fame, wealth, or status—it is shaped by how intentionally we live.

Those who have influenced us positively came from all walks of life. Some had financial means; others did not. Some were outgoing and lively; others quiet and reserved. Some were highly educated; others learned primarily through experience. Some endured hardship and adversity, while others seemed to glide through life with ease. What united them was not circumstance, but choice. They made the most of their days—and left a legacy worth following.

The encouraging truth is that this kind of legacy is available to all of us. And it matters that we realize this, because

there are people—seen and unseen—who will be shaped by how we live.

So how do we shift our focus from merely adding years to our life to enriching the life in our years? How do we live well?

While the exact path will look different for each person, there are universal principles that can guide us.

1. Believe It Is Possible

No meaningful achievement begins without belief. Regardless of your past, you can still live the rest of your life well. Hope opens the door to transformation.

2. Define Your Purpose

A clearly defined purpose gives direction to our decisions and meaning to our days. If your purpose feels unclear, seek quiet and listen inwardly. Clarity deepens as we move forward.

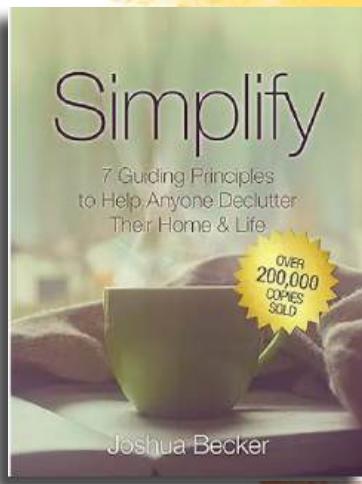
3. Live Intentionally

Intentionality means choosing to live according to what matters most. While we may drift at times, returning our focus to what truly matters helps us realign.

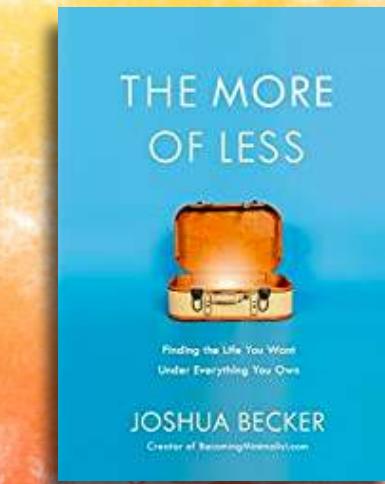
4. Love and Give Generously

A life rooted in love, generosity, and service leads to deeper fulfillment. Love not only gives meaning—it multiplies.

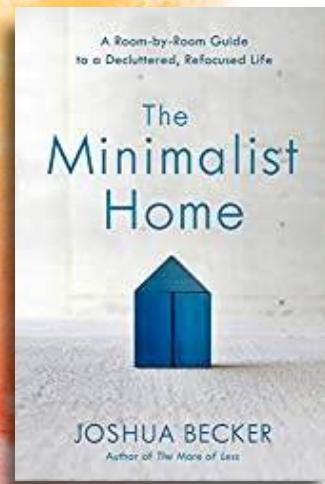
Continued on page 29



[Simplify](#)



[The More of Less](#)



[The Minimalist Home](#)

5. Work Hard for What Matters

Meaningful work, especially work that serves others, offers fulfillment money alone cannot. Diligence done with purpose becomes love in action.

6. Make Every Day Count

Time, once spent, cannot be reclaimed. Seeing each day as a gift invites presence and gratitude.

7. Take Care of Yourself

Your body is the instrument through which you serve the world. Caring for it enhances your ability to live fully.

8. Embrace Life's Lessons

Adversity is a powerful teacher. When we choose learning over defeat, hardship becomes a refining force.

9. Choose Happiness

Happiness is not something to postpone. Gratitude and attention to small joys create lasting contentment.

10. Practice Solitude

Time spent in quiet reflection or prayer reconnects us with what truly matters.

11. Pursue Virtue

Living with integrity, compassion, courage, and honesty brings inner peace and quietly inspires others.

12. Stay Curious

Curiosity keeps life expansive. Every person and experience carries something to teach us.

13. Simplify Your Life

Letting go of excess—externally and internally—creates space for meaning.

14. Nurture Your Spiritual Life

Tending to the soul brings grounding, perspective, and depth, connecting us to something greater than ourselves.

Living well is a gift—to ourselves, to those we love, and to the world around us. Perhaps the greatest accomplishment is not success as the world defines it, but the quiet fulfillment of having lived fully, faithfully, and with intention. May that be the life we seek.

Δ

Joshua Becker is known for his work on minimalism and intentional living. He is a best-selling author of several books including, [The Minimalist Home](#), [Simplify](#) and [The More of Less](#).

From the Book:

Wintering, The Power of Rest and Retreat in Difficult Times

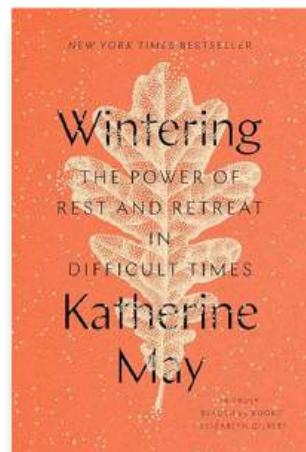
By Katherine May

Plants and animals don't fight the winter; they don't pretend it's not happening and attempt to carry on living the same lives that they lived in the summer. They prepare. They adapt. They perform extraordinary acts of metamorphosis to get them through.

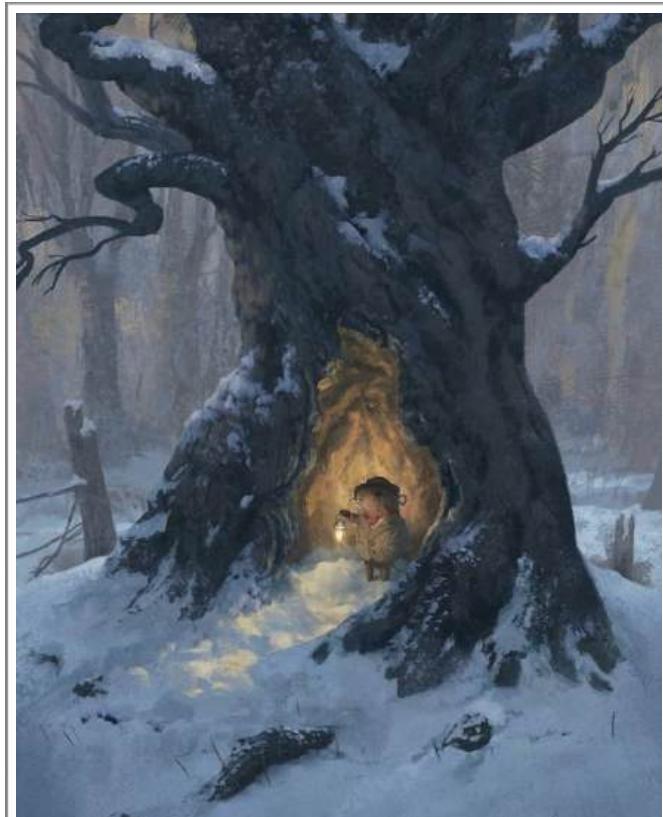
Winter is a time of withdrawing from the world, maximizing scant resources, carrying out acts of brutal efficiency and vanishing from sight; but that's where the transformation occurs.

Winter is not the death of the life cycle, but its crucible. Once we stop wishing it were summer, winter can be a glorious season in which the world takes on a sparse beauty and even the pavements sparkle. It's a time for reflection and recuperation, for slow replenishment, for putting your house in order. Doing those deeply unfashionable things; slowing down, letting your spare time expand, getting enough sleep, resting...

Δ



<https://amzn.to/49dlcLH>



art | Andy Walsh



Let's Harmonize the Kitchen

Feng Shui Tips for Flow and Grace in the Heart of the Home

In feng shui, the kitchen is one of the most important rooms in the home. It represents nourishment on every level—physical, emotional, and spiritual—and is closely tied to abundance, vitality, and the sense of being supported in life. When the kitchen's energy flows smoothly, it quietly supports health, ease, and prosperity. When it doesn't, we may feel drained, rushed, or unsettled without understanding why.

The good news: small, intentional shifts can create powerful energetic changes. You don't need a remodel—just awareness, care, and a willingness to bring harmony to the heart of your home.

Clear the Energy

Clutter is stagnant energy. Keep countertops clear, wipe surfaces, and release expired food, unused gadgets, or chipped dishes. What you keep around your food becomes part of the energy you ingest. A clean kitchen invites clarity, nourishment, and care.

Honor Your Stove

The stove symbolizes abundance and life force. Avoid storing items on top of stove. Keep stove clean and use all burners if possible, but not all at once. Simple, mindful cooking activates prosperity flow. If the stove is either not working or if it is rarely used, make the repairs. Renewed attention to the care of the stove can shift blocked abundance.

Balance the Elements

The kitchen naturally combines fire (stove) and water (sink, dishwasher) energies. When these clash—like a stove right next to a sink—tension can arise. Add a wood element: a cutting board, a plant, or a green towel helps harmonize the flow. Feng shui is about balance, not perfection.

Light and Visual Flow

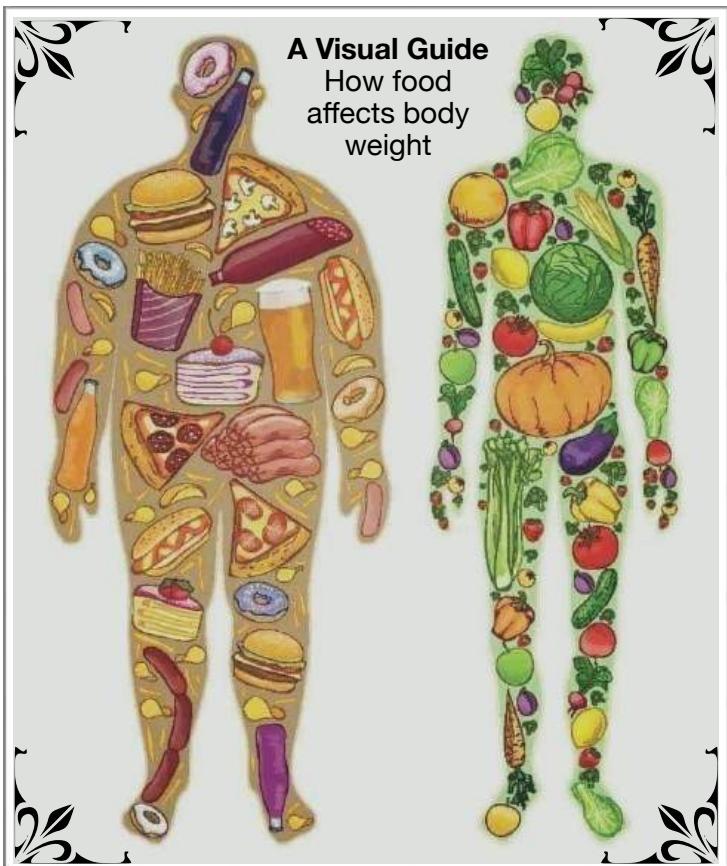
Good lighting lifts energy instantly. Let in natural light, or use warm bulbs. Notice what greets you when you enter: clutter, trash, or piles of mail set a stressful tone. Surround yourself with nourishing visuals—a bowl of fresh fruit, flowers, or a meaningful object signals abundance and care.

Organize with Intention

Grouping similar items together, keeping pantry foods visible, and storing heavier items lower creates calm and ease. Organizing your kitchen supports smooth daily routines and can even spark emotional release as stagnant energy shifts.

Repair and Maintain

Dripping faucets, broken drawers, misaligned cabinet doors, or flickering lights, quietly drain energy. Addressing repairs signals



If you intend to eat healthier and reach your ideal weight this year, the above image is a quick reference for what to eat.

self-respect and restores energetic flow, letting the kitchen support your well-being.

Cook with Awareness

The most important feng shui tip: bring presence to your cooking. Gratitude, calm, and attention transform meals into energetic blessings for everyone who eats—including you.

Your kitchen is more than a functional space; it reflects how you nourish yourself and others. With simple care and mindful adjustments, it becomes a quiet ally—supporting health, harmony, and abundance in your life.

Δ

Contributor Nancy Freier is an Essential Feng Shui® practitioner and interior design consultant based in NE Wisconsin. She offers insights on creating harmonious living spaces for residential and commercial clients—in person or via Zoom. See ad on page 31 for more information.

Nancy Freier Essential Feng Shui®



Bring Life and Color to the Kitchen...

The energy in your kitchen reflects the energy in your life—so let's invite flow, balance, and abundance to the heart of your home.

Plants, herbs, bowls of fruit, and fresh flowers bring vitality to the kitchen while introducing the wood element, which symbolizes growth and renewal.

Soft earth tones, warm neutrals, gentle greens, and creamy whites help ground the space, creating a calming, supportive environment. Bold colors can be balanced with soothing tones to prevent overstimulation. For a subtle feng shui boost use blue or black plates, as they may help curb overeating and support mindful portion control. Red stimulates appetite and is why it is often used in restaurants.



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February 4 - The Prosperous Path with Business Strategist Amy Robeson, Tennessee

February 18 - Health Reimagined using AI with Longevity Health Founder Hunter Ziesing, CA

March 4 - Circle of Light Transformation: Shifting Realities with Channel Georgia Jean, IL/AZ

March 18 - Fear of Growth Mindset with Mindset Expert, Dr. Albert Bramante, New York

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