

# The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 12 Issue 2 • February 2024

## *Love Across the Veil*

*Scientist & Medium Cheryl Page*

*Real-Time Communication with the Dead*

Love Ever After  
How My Husband Became  
My Spirit Guide

BE Your Magnificent Self!

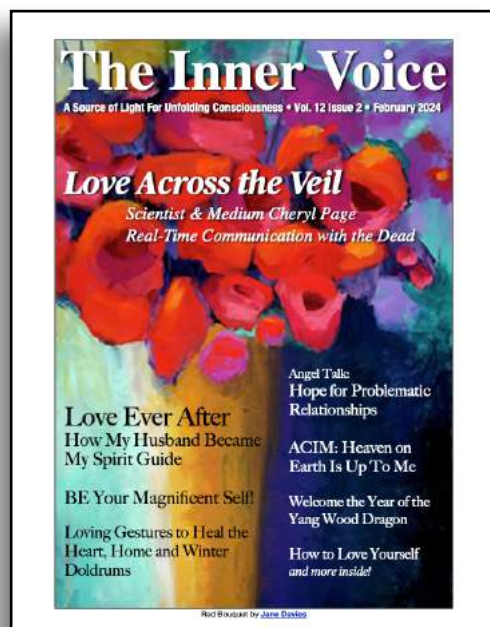
Loving Gestures to Heal  
the Heart, Home and  
Winter Doldrums

Angel Talk:  
Hope for Problematic  
Relationships

Welcome the Lunar Year  
of the Dragon

How to Love Yourself  
*...and more inside!*

## About the cover...



**Jane Davies** is a full time artist working in collage, painting, and encaustics. She offers workshops at her studio and nationwide, focusing on helping people to find a personal and playful approach to creating. Beginning as a potter in the early nineties, Davies gradually transitioned into freelance art, using painting and collage as her medium. For the past several years she has put most of her efforts towards teaching, writing,

and having fun making art. She is the author of three books on collage and mixed media, one on ceramics, and has one DVD on painting and collage techniques.

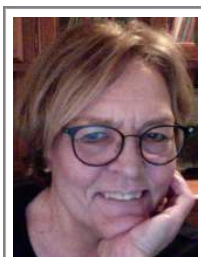
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## In This Issue... *Inspirations for Healing Body, Mind, Spirit, Heart & Home*

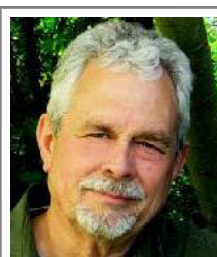
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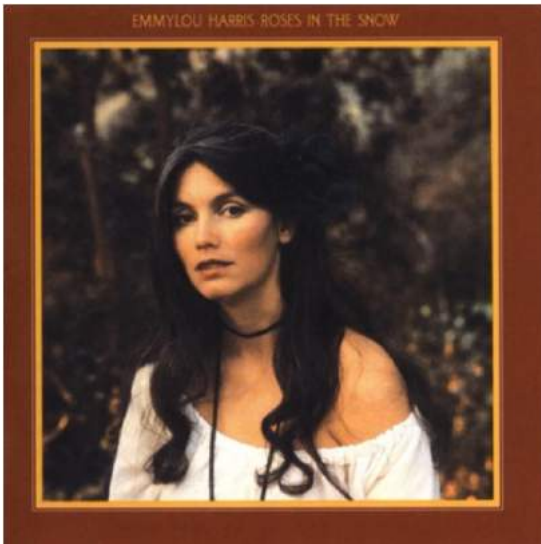
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What would you love to read in future issues? Email your ideas to us! [theinnvoicemagazine@gmail.com](mailto:theinnvoicemagazine@gmail.com)



## ~Letter from the Publisher~



Roses in the Snow by Emmy Lou Harris

*I met my darlin' in the springtime  
When all the flowers were in bloom  
And like the flowers our love blossomed  
We married in the month of June  
Our love was like a burning ember  
It warmed us as a golden glow  
We had sunshine in December  
And threw our roses in the snow*

*Now God has taken my darlin'  
And left me with a memory  
A memory I will always cherish  
Are these last words he said to me  
Our love was like a burning ember  
It warmed us as a golden glow  
We had sunshine in December  
And threw our roses in the snow*

*My darlin's buried on the hillside  
Where all the wild spring flowers grow  
And when winter snows start fallin'  
On his grave I'll place a rose  
Our love was like a burning ember  
It warmed us as cold winds blow  
We had sunshine in December  
And threw our roses in the snow.*



### **Dear Readers,**

*A photo of Roses in the Snow inspired me and this issue. It stirred a memory. I knew I had heard that phrase before. Oh yeah, it was an old favorite LP album by Emmy Lou Harris. (See album cover on left.) So, I followed that thread of inspiration and googled the song lyrics. (See sidebar).*

*The power of Love is truly amazing. Just look to nature and see how flowers push up through the ground, the snow, ever reaching toward the light in order to bloom and fulfill their potential. We, too, push through challenges always reaching toward the light to nourish our soul and to grow spiritually.*

*Along the way we are ever reminded that Love is who we are. And, if Love is eternal, we must be eternal. We go on forever even after we leave the physical body and cross to the Other Side of the veil.*

*This issue is all about LOVE featuring several very heartening stories of those who have crossed over to the Other Side and found a way to communicate with their loved ones still here on Earth.*

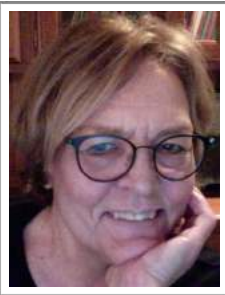
*And let us not forget during this month of celebrating Love ~ to love ourselves! "Love yourself more" was the first and foremost message told to me from the Angels when I began to channel their messages. This issue offers a plethora of ways to increase the love factor for yourself, your relationships, your home and your life!*

*Read and enjoy!*

*Nancy*



Flowers growing in snow: A reminder that winter is not forever.



# Angel Guidance for Problematic Relationships

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

***Q. I cannot stand to work in my office any longer because of a very negative, competitive co-worker. What can I do to heal this situation and restore harmony in my workplace?***

**T**o change this situation, first open your heart and quiet your mind. You can heal this by stepping up your vibration to that of Love and radiate it to those around you, especially to this disruptive coworker, even if you don't feel like it. You see, whatever you send out returns to you. Send peace and love to that person and the field will recalibrate.

Begin here. On your way to the office, send the shimmering diamond white Light of Love to all those you work with. Imagine the office immersed in the Great White Light. Do this daily and in a relatively short amount of time, those who attune themselves to this finer vibration will remain in that environment and not be troublesome to you any longer; and, those who cannot tolerate this new vibration of Love being sent to them, will either seek a job elsewhere that matches their lower vibration of negativity, or you might be moved to a new position that supports your higher vibration!

Release your hold on *how* this will unfold. Let go past judgements that the workplace is competitive and release your struggle with your coworkers. Ask to see the blessing in this situation instead. Why have you attracted this experience at this time? What do you need to learn from it? Then allow yourself to change your mind and see the 'face of love' on everyone. We dare say that very soon you will see nothing but love on their faces! Do this daily and it will bring you the peace you seek.

***Q. Why are relationships so difficult and is there a better way to get along with those who come against us?***

There is a universal lesson on Earth for humans to learn what love is; to learn to love yourself more, to love one another (and

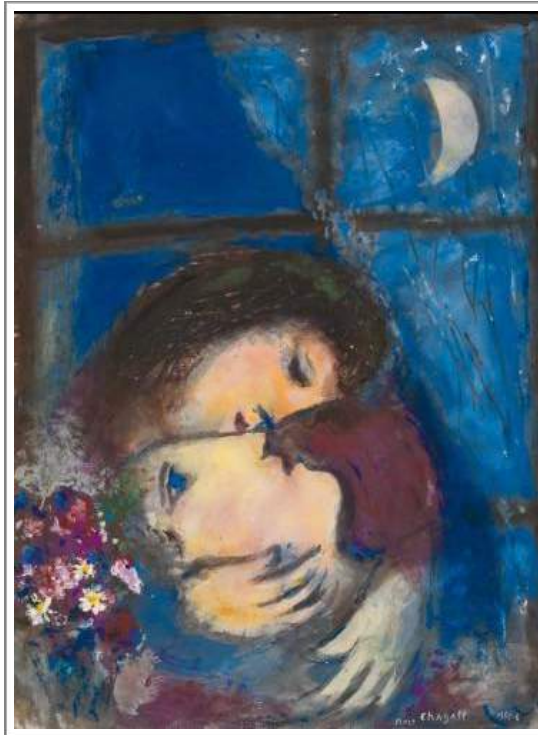
Mother Earth and all her creatures) and to experience being loved at the deepest levels. The reason for the emotional tugs you experience is that as you raise your vibration to ever finer levels, you are lifted up into ever higher levels of Love for there are myriad levels yet for you to explore.

Open the doors in your heart and free yourself of the grievances. Let them go. As you do, you will *magically* experience ever-expanding vistas of pure Love. To get there, let all your petty grievances disappear into nothingness.

Bury the past and bury the hatchet. The old ways of relating to one another and the old patterns of loveless behavior do not serve you. They need to be discarded before you can enter the gates of a new and peaceful world.

Cleanse yourself of all psychic debris from the emotional tug-of-war you have been through with anyone. Create in yourself a clean heart. Be ready for these higher levels of love to be expressed in and through you. Remember, your Light is what attracts others.

See yourself as a shining star that blazes a love-filled trail wherever you go, and in whomever you meet along the way. *Be the Love that you want in order to attract the Love that you want.*



Marc Chagall, Two Heads at the Window

## A Prayer To Heal Relationship Troubles

*Dear God, help me to see as You see. Let me look at my relationship with (name of person) in a new way, knowing that stepping up to this higher place blesses me and blesses them. Comfort me with knowing this is Love's way of working things out; and, that everyone benefits in the highest way possible. Help me to remember all things work together for good as Your Golden Threads of Love mend my heart and mind. So be it.*



Ask your Angel Talk™ questions here:  
[theinnervoice@gmail.com](mailto:theinnervoice@gmail.com)



# A Short Course on Loving Yourself

By Psychic Intuitive Richard Schneider

There has been much said and written about the importance of loving others whether your spouse, your partner, your family, or friends. It's considered the great ideal to go further where you love all, even strangers, equally. But love of anyone must first find its basis in love of self. Jesus said, "Love your neighbor *as* yourself." The measure of love you give to yourself is the measure you can give to others. If you have much self-love, you will have much love to offer. If you have little love for yourself, that is what you will have for others.

There is sometimes an apprehension about self-love in that it's regarded as selfishness or self-centeredness. You can tell the difference, though. In selfishness or self-centeredness, you care not for others, nor do you really think of them. In loving yourself you find a resultant outgoing concern for others.

No one can love you enough to where you will love yourself. It's something only you can do. It's primarily an inside affair. So, how do you go about learning to love yourself?

First, realize who you really are ... a soul who has come from and possesses infinite love, and is temporarily inhabiting a human body. It helps to listen to those who have had near-death experiences and report that in the Spirit Realm they not only feel overwhelming love, but they know themselves in their essence as this love itself!

Be kind to yourself with tenderness. Listen to what you think about yourself and how you talk about yourself around others. Move consciously toward the positive. Do things that express love for yourself. It can be as simple as making your favorite cup of tea. Do that which you love to do!

Like and appreciate yourself. Think of what's good about you and what you have to offer. Minimize focusing on your shortcomings and emphasize your talents. Be grateful for what you have. Be your own cheerleader.

Respect yourself. Knowing who you really are begins you on this path. Accept compliments with gratitude only. Self-deprecating comments such as, "You shouldn't have," are not the way to self-love.

Stop self-criticism. The Construct of the physical reality you find yourself in is tailor-made for missteps, misunderstandings, and mistakes. Everyone is subject to this. So don't fall into the

trap of judging yourself harshly. Your faults are not who you really are in spirit.

Deal with regret. This is just another form of self-criticism, and you can't change the past anyway.

Forgive yourself. You now know better what to do the next time and leave it at that. Also, forgive others. Forgiveness really is not about the other; it's about coming to a sense of closure

within yourself about something that happened between you and another party. It's not about reconciliation either. The other party may not be interested. They may not even be in the body anymore.

Stop comparing yourself to others. Turn off the messages coming from society saying you don't measure up. Explore your own uniqueness. There is only one of you and that's the beginning of you as a gift to the world.

Move away from friends or relations who don't support you. Lao Tzu said, "Care about what other people think and you will always be their prisoner."

Get past rejection. The Construct is also about separation and there are those who simply will not accept you. Rejection can make you feel unworthy of love. Go within instead and experience the being of love that you are. Buddha said, "You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You, yourself, as much as anybody in the entire universe, deserve your love and affection."

The ultimate realization is that you are part of Source and like Source in every aspect. Source is love, so you are love. Know that Source also loves Itself. Rumi said, "You have within you more love than you could ever understand." Get in touch with your Inner Self; you will find love there.

Finally, the path to coming to love yourself may be difficult but, when in doubt, just keep loving yourself. Remember, Spirit is always there for you if you need guidance. You are never alone in the quest to love yourself.

△

**Richard Schneider is a Psychic Intuitive, Reiki Master-Teacher, and Elder who's been on his spiritual path for over 40 years. He holds degrees in journalism, theology, and architecture. Before retiring, he worked as a registered architect and as a full time and adjunct professor of architecture and interior design. He currently resides at Starseed Healing Sanctuary in Savoy, Massachusetts.**







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## Dragon Storm

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." [www.patsartfullife.com](http://www.patsartfullife.com) [www.patgullettdesigns.com](http://www.patgullettdesigns.com) [www.artisticwaytoenlightenment.com](http://www.artisticwaytoenlightenment.com)

**D**ragon Storm is all about change and transformation. It's what we're living in now. Our planet has shifted quickly. Old systems have broken down from how we work to how we play. Attitudes have changed dramatically. Plus, AI is entering into every phase of life, from technology, and medicine, to education and creativity.

A New World is forming, right before our eyes. Everything is in transformation. Living consciously, being aware of all we do, is more important than ever. Bringing in our own Light creates the life of our dreams. Here lives our true wisdom and clarity. This is living an authentic life.

The Year of the Dragon has brought shifts in the weather, tides, and land. For me, each day is unique as it calls for

flexibility and mindfulness in all I do. Nothing is as it used to be, so I must do what 'feels' right for me in this present moment.

Dragon Storm says step away from 'thinking' and move into the lightness of Being. Dragon is stepping away from heavy mental ideas, and instead immersing in feeling. It's movement, flow, and your energy in trying something new. This is the 'trusting your instincts place' to create the Dance of Life and make a visual diary of this day in your life.

I'm gratefully aware of all the times during the day when my body works smoothly, effortlessly, and in flow. Today, I'm just playing at improving my style, experiencing new techniques, and painting from my soul. It's like the Song

of my Soul coming forth moving me forward, very personal, and flowing just as the dragon sails towards its future.

Dragon Storm has hit every one of us. What do you want in life? Some think they want happiness. But no matter what we have, or think we want, 'things' outside ourselves are never enough. We may think we want friends and family who love us, but everyone chooses their own path. Love is allowing all to be free to follow their heart.

In addition, some want control over their lives, since they see this as freedom. Kind of a funny approach when you think of it. We really have control over very little in life. Security, happiness, truth, loyalty, faith are all a frame of mind.

Shift your thinking and you shift your life. For me, love comes in pursuing experiences, exploring life, and discovering more of myself. Seeking love in all I do is my passion. It's experiencing feelings that fill me, and that may not even have a name. But, I know they are true. And this life makes me happy.

How has Dragon changed your life? What do you do each day? How do you feel and what moves you forward into a future full of new potentials? Remember to love yourself first, then Life becomes Magic.

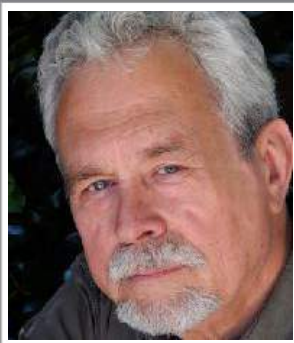
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Painting: "Dragon Storm" by Pat Gullett







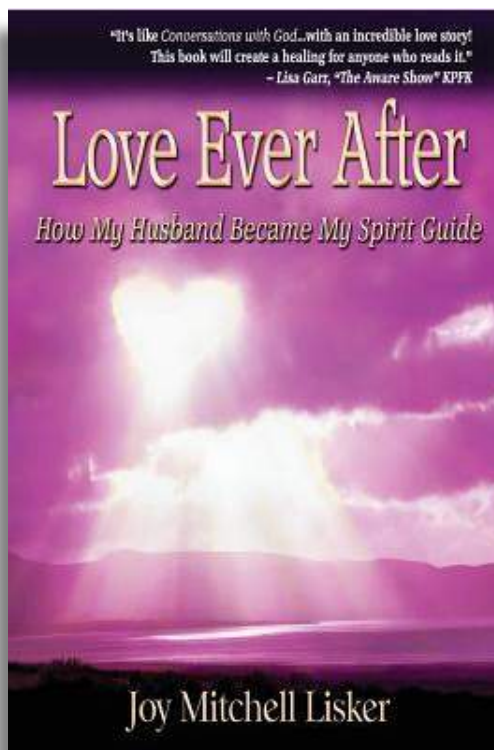
# Love Ever After: How My Husband Became My Spirit Guide

By Joy Mitchell Lisker

In some ways this book reads like *Conversations with God*, yet it all began with a murder. In 1983 Bob Lisker suffered a tragedy of biblical proportions. His wife, Dorka, had been brutally murdered in their Los Angeles home and his teenage son, Bruce, despite pleas of innocence, was convicted of the crime and sentenced to life in prison. Tormented by the loss of his wife and his only son, this conservative attorney, former Marine and pillar of the community attempted to contact the spirit of his dead wife to find out who killed her. This set the stage for the extraordinary Afterlife communications his 2nd wife, Joy Mitchell Lisker, received after Bob suddenly died of a heart attack. According to Joy, Bob Lisker was the least likely candidate to be a spirit guide. Yet from the moment he left his body, he gave her a guided tour of the Afterlife.

This is a very beautiful and touching book to read. Here are some of the fascinating things that Joy discovered answers to:

- A spiritual perspective on the Lisker family tragedy
- How to contact your loved ones on the Other Side
- How spirits live and learn on the Other Side
- What happens when we die
- Reincarnation and the illusion of time
- How to Recognize Your Life Path
- How to Attract Money
- Bob's 12 step program to realize your dreams
- How the soul chooses it's lessons



These topics are just a few of what is featured in this uplifting and knowledge-increasing book. Bob mentions to Joy that it is important for people to find ways to be happy (regardless of what is going on externally in their life), and I believe you too will be able to appreciate and see the good in even the more difficult situations in life.

The main theme of the story are the questions the second wife, Joy, the author asked him about death and the afterlife and the answers she received. This will no doubt answer a lot of the questions anyone might have about the afterlife.

Here's a typical sample of their dialogue: Q. Happy Birthday, my love! I have a special question for you this morning. What do you feel is the most

significant thing you've learned since you left your body that might be helpful to those of us who are still here? A. That's a big question! But the answer would probably be this: Everything that happens in your life is ultimately for your benefit. Obviously, it's hard to see this when you're in the throes of a trauma, but after the storm subsides, you'll always find the rainbow if you look for it.

"I put down my pen and took a moment to think about what Bob said. Looking back on my life, several events came to mind that seemed negative at the time, but ultimately turned out to be for my benefit. Back in the sixties I had a job I hated because my boss was a tyrant, but I was hesitant to leave because we needed my paycheck to make ends meet. Then all of a sudden I got fired for the first time in my life and I was devastated—how were we going to pay our bills? But the very next day I landed one of the best jobs I'd ever had. I remembered another incident during my first marriage when the bank turned down my application for a loan to pay off my husband's debts. I was depressed for a week. But as it turned out, not getting the loan was the best thing that could have happened, because I would have been the one stuck with all the payments after the divorce."

Throughout the book there is this constant thread of a story which speculates about whether or not their son killed his mother. Bruce Lisker, the son, was tried and sent to prison for that murder. So in addition to this book providing information about the Afterlife,

Continued on page 9






Author Joy Mitchell Lisker

it also outlines a real-life “murder mystery” story as well. Toward the end of the book, just when you think it should be winding down, there are epilogues and afterwards which provide on-going updates to what happens to the incarcerated son, Bruce as well as how Joy attracts and navigates a new relationship!

And there’s even more to the various stories after the book ends in the form of an additional book and newspaper articles. This is an intriguing story that will capture your attention and imagination long after the book ends! Get it on [Amazon here](#).

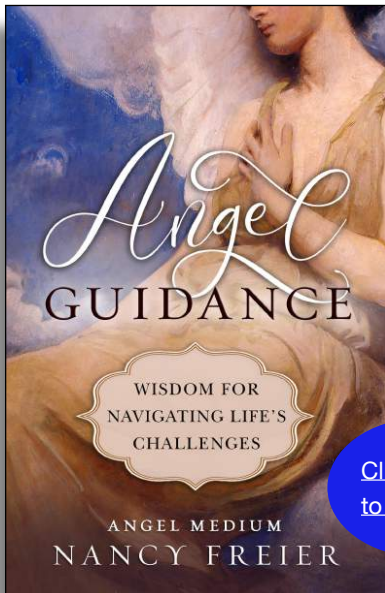
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*From* **Angel Guidance**  
**Wisdom for Navigating Life’s Challenges**

*Affirmation for Love*

*“I ask that Love prevail in me and in my life from this moment forward. I release all past judgements I have made against me, against Love, and against all others. I accept Love into myself and my relationships right now, and I radiate the strength this Love gives me to others. Only goodness and kindness can follow and be the results I see in the world. I am grateful knowing Love prevails in my life. And so it is.”*



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**Steve Freier** has been researching death, dying, NDEs, OBEs and the Afterlife for over 20 years. He has read and/or reviewed 100s of books and videos on these and other metaphysical topics. With a passion to share what he has discovered, he is the Moderator and Host of: **Life, Death and the Afterlife**, an open discussion group. In-person meetings are held at the **ADRC of Door County, 916 N. 14th Ave, Sturgeon Bay, WI 54235** **Next Meeting Date: Thursday, February 15, from 1-2:30pm.** A zoom group is coming soon.

For more information, email: [sgfreier23@gmail.com](mailto:sgfreier23@gmail.com)

Steve’s remarkable healing journey is documented in: **“My Road To Healing - How I Ditched My Doctor’s Advice and Healed Myself of CLL Stage 4 Cancer”** Available here! <https://amzn.to/3agweoq>



# Can You Hear Me Now?

## Real-Time Communication with the Dead — What if?

Cheryl Page is a scientist and oncology and palliative care clinical researcher by day, and a Spiritual Scientist by night. In 2017, after the untimely death of the love of her life, she began a deep-dive into learning about meditation, the afterlife, mediumship, near-death experiences, as well as studying the connection between quantum physics and consciousness. Her unfoldment as an evidential medium grew out of these autodidactic pursuits. She has been interviewed on numerous podcasts; primarily speaking about her extensive “outside-the-box” experiences with

After Death Communication (ADC), and her development as an evidential medium. She is committed to simplifying processes and assisting others in learning to cultivate meaningful connections with their non-local loved-ones in experiential ways. Her mission is to help people experientially understand how much more is possible, regarding Spirit Communication, than many of us have been raised to believe. She wants people to know that we all have the capacity to experience connection with those in Spirit. At present her quest is to demystify the mechanism of action which makes communication with their loved-ones and other Non-Local Points of Consciousness possible.

Currently Cheryl is working on her first book: **VIBRATIONSHIP: Conversational Fluency in the Language of the Unseen**. With assistance from many in Spirit, she hopes to have this book completed and published in the next year.

Cheryl lives in the Rocky Mountains of Colorado. Find her on the web at [www.QuantumAlchemy.world](http://www.QuantumAlchemy.world)

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### Written By Cheryl Page

I am a scientist. I have worked in oncology clinical research for over two decades. My foundation has always been firmly rooted in the scientific method and I’ve been content to rely solely on my five physical senses. However, all of this changed at 8:37am on July 7, 2017, when the police called to inform me that the love of my life, Scott, had been hit by a car and killed.

Without warning I was ripped from the moorings of my life and violently tossed into the suffocating depths of grief and incomprehensible despair. The life I knew two minutes before was gone. Washed away without a trace.

In the aftermath of devastating loss, the most common thing in the world is wanting to know if our loved ones are okay and still exist somewhere. If this is true, then it’s plausible to propose that dynamic communication is possible between the living and the dead.

The weeks after that call were a logistical whirlwind of dealing with the police, the funeral home, Scott’s cremation and his memorial service. However, once the end-of-life details were addressed I was left adrift in the hellish squall of my grief. A dear

friend, whose son died several months before Scott, regularly called to check on me. She gave me a book on the topic: *Messages of Hope: The Metaphysical Memoir Of A Most Unexpected Medium* by Suzanne Giesemann. That one book rocked my teetering paradigm, and I was hooked! I became consumed with reading everything I could get my hands on about After Death Communication (ADC), Mediumship, Near Death Experiences (NDE), and how to recognize “signs” from the dead.

Historically, I had two clearly defined categories in which to place information: True and not true. There was no place for the novel possibilities I was being exposed to through my voracious reading and research. Is communication with the dead a real thing? Aren’t all mediums charlatans?

So much new data to consider, but no reasonable scientist would believe this hocus-pocus, right? I quickly discovered the need for a third category, “What if?” What if this is real? What if it’s not? What if I’m crazy? What if Scott still exists and I can learn to communicate with him, and him with me? What if?

As I began weighing the vast amounts of never-before-considered information, I recalled a quote often reiterated by one of the physicians I worked with early in my career: “You must always be willing to truly consider evidence that contradicts your beliefs and admit the possibility that you may be wrong. Intelligence isn’t knowing everything, it’s the ability to challenge everything you know.” — Unknown

After an in-depth review of volumes of existing data, as well as conducting my own experimentation, I concluded that reciprocal communication with the dead is indeed possible. That’s the good news. The bad news is we haven’t been taught how to initiate this type of communication nor to recognize it when it is directed toward us from beyond the veil. It has been proposed that the realm of consciousness is no less real than the thousands of radio, TV and wireless broadcasts that surround us at every moment despite our senses’ inability to perceive them.

So, where does one begin? In a nutshell, meditation. I know, I know. I can hear the collective cry: “I can’t meditate,

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and what does meditation have to do with communicating with the dead anyway?" Permit me to shine a slightly different light on this sadly misunderstood activity. Think of it this way: prayer is asking and thanking; meditation is listening. Listening is key if you want to learn to 'hear' them. Listening helps us become more sensitive to the different ways they now communicate. For me, shifting to thinking of meditation as "listening practice" made it easier to persevere in learning because each time I sat down to meditate I was listening for Scott!

One thing I found extremely helpful for reaching and staying in a listening-state was using Hemi-Sync binaural beat technology. Suzanne Giesemann has some excellent and affordable Hemi-Sync guided meditations on her website which are perfect for beginner "listeners." [My favorite is: Mediumship: The Training Ground.](#)

Here are some additional important steps to consider when learning to connect with loved ones who have passed.

1. ASK! Asking is the most important component of all. Ask often.
2. Daily listening-practice is essential to success. Make a commitment to take time to get quiet and listen every day — even if it's just for five or ten minutes.
3. Always meditate with a notepad in your lap and write down what you hear as thoughts occur to you. Don't think about it, just write it down, then go back to listening. Later you can think about what it means.
4. After your listening-practice session, review your notes. The tendency is to think our thoughts are only our own, but what if our loved-ones in spirit can also push thoughts into our conscious awareness. What if these seemingly random thoughts are actually gifts from your loved-ones?

If you don't know what these things mean try doing an internet search on the spiritual meaning of what you wrote down. Ask them to guide you to the messages they want you to find.

5. Don't give up too easily. Think of it as learning a new language. Fluency isn't immediate, but with patience, practice, and regular listening you'll get there. This is a joint effort. They're learning to communicate and we're learning to understand this new language.
6. Give them the benefit of the doubt.



*My intention was to sit quietly and listen for Scott. That's it! No lotus position. No prayer flags. No mantras. No incense burning or crystals. Just listening.*

Assume they are trying their best to make their presence known.

7. If you ask for signs and don't seem to receive any, DO NOT blame your loved ones. Instead, ask them to help you learn to recognize the signs they are sending. Enlist their help.
8. After Death Communication (ADC) is not a spectator sport. We need to ask and engage. No matter which side of the veil you're on, communication is always a two-way street.

Reciprocal communication with the dead is not a miracle. It is not beyond the laws of physics. It only seems rare because we haven't been taught this possibility exists. I'm reminded of a quote by Carl Sagan which underscores my point: "Absence of evidence is not evidence of absence." Just because we may not be aware of the possibility of communicating with our deceased loved

ones does not mean the possibility does not exist. In the words of author Richard Bach: "Not being known doesn't stop the truth from being true." Being unaware of its mechanism of action does not bar us from observing phenomena.

A note about skepticism: According to Etymology Online, skepticism is "the entertaining of mistrust, doubt or disbelief." Discernment, on the other hand, means "keenness of intellectual perception, insight, acuteness of judgment." My best advice is absolutely be discerning, but if you're sincere in pursuing this possibility, don't be a skeptic. Doubt causes drought.

Absolute belief isn't necessary — I certainly didn't begin with absolute belief. I just chose to employ a strategy which allowed me to stay open to possibilities which I had never previously considered. With an open heart

and mind I went in search of Scott, and with time and a bit of effort, I actually found him!

Through lived-experience, I now understand how much more is possible than I ever dared to imagine before 8:37am on July 7, 2017.

Rest assured dear readers, I'm hardly unique. We all have access. Just like learning a new language, this is indeed a learnable skill. I am living proof.

British physicist, Sir Oliver Lodge (1851–1940) shared his sincere belief in after-death communication the following way: "I tell you with all the strength and conviction I can utter that we do persist, that people over there still take an interest in what is going on here; that they still help us and know far more about things than we do, and are able from time to time to communicate with us."

What if?





## "This fear thing is just one huge illusion"

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**Jeanne Love wrote: "I had been watching a documentary about Life After Life, in which mediums were being interviewed about their experiences with those who had passed over. The Mediums were well prepared, experienced and respected in their field, but I found some of the answers to certain questions to be limited by the mediums' own thoughts. (Aren't we all like that?) My daughter, Kylieen, who has been in the spirit world for 9 years, was with me, observing my reactions..."**

**G**reetings, Mother, I wanted to come in and give you some words of advice. I had fun listening to your inner dialogue when you were watching the program. I could hear you say, "Well, that is partially correct; no that isn't, yeah, that is good." And yet, none of you can truly know what it is like when you leave the body.

Different people go to different places, and hopefully they don't go to the astral world. There are many more places to land when we die that not many have identified and so it is assumed that everyone goes to a certain level within the Astral field. That assumption isn't correct but that would be another communication. You have a pretty good idea about it. But what still limits you is the idea that your life in the physical is more real than the afterworld. The thing is, there is no death. Everyone just changes shape, some more than others. According to a person's ideas, that is where they land when they leave the physical body. It is the structure of thought that creates the body, and the family, and the direction.

We go into different worlds and have different experiences. The biggest problem here is that there is this wall of forgetfulness. We create it on purpose in order to protect ourselves from confusing bleed-through problems. You see, in these other realms/worlds we know we are multi-dimensional. We know that we can travel, be in several places at once and we talk like that and speak of it quite easily. But in the physical world that memory is gone. It would be too distracting because the physical realm is "short-sighted" — intended for short-

sighted experiences. Speak of multidimensional experiences in your world and you are considered crazy. That stops the average person from trying to remember. And when most have forgotten, there is no consensus. And without consensus there can be no upgrade in consciousness. So, everyone who is trying to "see," remember, etc., sees only through their limited memories of life beyond the physical.

It is also rather inconceivable to you to understand how my reality is rather inextricably intertwined with yours. As I have always said, I am *right here*. Granted, I go traveling. Granted, I can expand and remove qualities of my creation I don't particularly care for. I also can create more effectively because the energy system here is not so dense. But, in reality, I am still right here. How you perceive of me — how you allow yourself to understand my energy connection to you and the physical world primarily depends on how sharp you are in our own perceptions of energetic consciousness. And there are other types of perceptions based on other frequencies which go beyond the simple understanding of energy. The word "energy" is all you have at this time to describe what you cannot quantify. So that becomes the consensus word.

You see, consensus is a big deal. Some might call it group consciousness and they wouldn't be wrong. But it is a bit more refined than just a group, or collective. Those who are in consensus about something have all agreed on that 'something' together, knowingly. But when trying to define the Greater Reality it is really important to understand which reality you want to experience because there are an infinite number of realities.

It might be interesting for you to start seeing and thinking of the physical world as the small world, the one you get a passport for. It isn't so much that you all are on quarantine from the rest of the system, rather it is because in the chunkiness of matter that you have created it is difficult to remember, understand or conceive of other places being real, vital, concrete. And so, the

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mystics and the psychics and the teachers come up with a lot of interesting stuff. I am not saying these described places aren't real, but in the grand scheme of things they are but parts of a much larger whole that are created to help ease a person's perceptions into an understanding of huge and everywhere. If we feel safe, then we can go a littler further in our thinking. Even if we don't feel safe, we can feel that we can explore. Ha ha ha, the real exploring starts when you are on this side of the veil. That is why most everyone who communicates from here talks about how wonderful everything is. How vital the colors, smells are, etc.

The density of the physical planet prevents those experiences. So if you can find your light here (on earth), you can find your light anywhere.

I have written a lot through my mom. In part because she was so desperate to understand why I would leave her, leave the family. I didn't want to leave. But after looking over all the possibilities for my life, I felt that leaving was the best option. If I didn't leave and work from this side of life, there would most assuredly be more lives lost in my own family. And, I just couldn't have that.

So, now I serve at a multi-level of consciousness, not only for my mom but for those with whom I am working side-by-side on this side of the psychic tracks. To say it is beautiful here is quite an understatement. To say that there is an unlimited availability of life to experience is also another understatement.

When I left my body, I was prepared. I had been in hospice for four weeks, attended to by a constant stream of family and friends. I experienced so much love over those four weeks, even when limited in my ability to be awake, as I was in a vegetative state, but I saw and heard everything. I also had many out-of-body experiences while I was preparing to leave. I was actually quite busy. I was able to travel to many levels and it provided me a wonderful sense of peace and accomplishment. By accomplishment it meant that I had done what I came in to do: connect. Through that connection with family and friends I had laid the groundwork for future communication. And that, in part, is what I have been doing ever since.

In this writing today I started out by speaking of these Other Worlds as being more Real than the earth world. I will continue to educate those who are willing to listen. And why is it important for people to understand this? Because the world order shifts when we do. The darkness has no place to land when we no longer entertain it, are not frightened by it, and do not serve it. It does shift that quickly no matter what your limited senses tell you. The truth is far beyond the words of the Masters, the Gurus, the Elders. The truth lies deep within the core of our own inner creation. It has ALWAYS been there. It just has been buried deeply.

But when it is found, the Divine Mother brings it forth and we see ourselves as complete. The darkness fades and the light brings us home. Our creation, our source, our joined hearts, beat with the rhythm of the universe, its glory, its peace and its awareness. We can achieve that at any point of our creation. We do not need to sit on the mountaintop forever, give away all our worldly possessions. Live a lonely, sacrificial life. We only do that if we get too distracted by the outer world experiences.

I am here today, writing through my mom, the bravest person I know. She never, ever gave up. I didn't understand it until I came into this new world. I see her now. I see her so very completely. I probably see her better than she sees herself. And I am so grateful that I can be here to share my perspective hoping that all of you are touched by these varied messages, all saying pretty much the same thing:

We do not die. We are right here.

Stop the struggling. There is no need to be afraid.

Fear is just one huge illusion. There is only Love.



**Jeanne Love is a Mystic, Medium and a Musician. She has dedicated her life to helping those who seek the Higher Ground of consciousness. Raised as a Quaker, educated as a teacher and classically trained musician, Ms. Love has traveled to Japan, Switzerland, Canada and the USA sharing her gifts, wisdom and healing for those who are ready to move through the old stories of pain and trauma and move into the into their inner world of love, compassion and forgiveness. Communicating with those in the Greater Reality has led Jeanne to develop a base of spirit mentors from the other realms, teaching and leading her to amazing energies which she shares with others in her work. John Fuller, author of 'The Airmen Who Wouldn't Die' and 'The Ghost of Flight 401,' declared Jeanne as one of the finest Mediums in the world. Email: [misticjeanne@yahoo.com](mailto:misticjeanne@yahoo.com) Website: [www.cosmicvoices.network/meek](http://www.cosmicvoices.network/meek)**



# Welcome the Lunar New Year Of the Yang Wood Dragon!

By Karen Abler Carrasco

**O**n February 10, 2024, the Yang Wood Dragon year arrives, bringing its mythical power, with shock and awe, to the world. Have no fear, because the Dragon is the rescuer, the super hero of the Chinese zodiac. It is the embodiment of altruism, with the psychic power of farsightedness and the brilliant understanding of the inner workings of all things. From their lofty, etheric realm Dragons see everything, down to the finest detail. They see precisely how everything on Earth is interconnected and thoroughly interdependent. With their benevolent desire that all things work for good, they initiate immediate and efficient action to restore a holistic harmony of the highest possible order. The Dragon prefers to do this with great compassion and tolerance, up to a point. However, dishonesty, incompetence, and corruption are always called out and banished. Here is where the Dragon's famed power and strength reside--it can cause shocking changes even while it is supporting and upholding the healing way forward.

There is an important distinction between the qualities of the Dragon sign and the way Dragon energy manifests in a year's destiny. A Dragon personality may be seen as charismatic, willful, confident and successful, having great fortitude and strength. This does not mean that these qualities are automatically gifted to us with the year's flow. Rather, Dragon years compel us to draw upon our own reserves of strength, will power, initiative and compassion to weather the turbulence Dragons create as they overturn every tired routine and stagnant excess. Dragon years dredge through the muck to reveal the truths hidden below and blast those truths out to the entire globe. This is the super hero's work--revelation, revolution, and resolution, for the highest possible good for the greatest number of beings. Thus, simplistic predictions of "great prosperity and good fortune" in the Dragon years must be reworked to include the fact that these happy results will only be bestowed upon those who work intensely to gain inner and outer alignment with cosmic harmony and social justice for all beings. 2024 will require us to stand strong and optimistic, like dragons, in the face of rapid, shocking, critical changes.

The element for 2024 is Yang Wood, and, as this is also the Dragon's native element, we have a big, bold double Wood year ahead. Get ready to GROOOOW! Wood energy is expansive,



Image by David Carrasco [davidrc707@gmail.com](mailto:davidrc707@gmail.com)

visionary, uplifting, optimistic, and constantly reaching out in trusting exploration of the NEW. In Chinese symbology the "home" of the Wood element is the East direction. It brings rebirth and the bright, dawning clarity of a new day. Wood energy is highly intuitive, yet deeply rooted in reality. It strengthens our ability to initiate and manifest youthful ideals, new technologies ready to sprout, synchronistic networking that branches farther out, and inspires solutions that bridge the gap between opposing forces. Wood energy perfectly supports the Dragon's desire to uproot any decay that prevents total harmony and balance among all creatures. This year we will see, with

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honest clarity, what kind of work we humans need to do to weave ourselves back into the sustaining Web of Life.

The last Yang Wood Dragon year was 1964. Recall the turbulent events of that year: waves of riots demanding equal rights swept across the US and President Lyndon Johnson signed the groundbreaking Civil Rights Act, prohibiting discrimination based on race, color, religion, sex or national origin. Voting rights for all were upheld. China exploded its first atomic bomb, joining several nations holding nuclear weapons. The Viet Nam war, and the resistance to it--both peaceful and violent, escalated drastically. "Beatlemania" and Bob Dylan led a revolution in popular music. The injustices of the old status quo were suddenly intolerable to a majority of the younger generation, and they were emboldened with Yang Wood Dragon energy to take a brave stand for positive change.

How will the return of that energy manifest in 2024?

This is a year to boldly step into your own unique power to expand your good fortune. Aspire to be more, bigger, better, happier. Speak your truth, bring your heart's desires to the fore and ACT on them. Success favors the well-rooted confident reach this year, with sparkling opportunities branching out in every direction. Choose from them with intuitive insight and courage, as these are the qualities being blessed with success now. Health, wealth, romance, friendships, travel and any creative endeavor – every aspect of your life can reach new levels of joy and innovation this year, with focused intention. Resist the temptation to be overly distracted by the outer turmoil. The rapid Yang energy flow of this year can carry you swiftly to wonderfully happier circumstances when you have faith in the growing good fortune ahead.

From 2020 to 2029 we are repeating the astrology of the 1960s, which brought transformative change. This year, the Yang Wood Dragon's breath blows the winds of fearless Truth across the globe. Let this fresh air pass through your branches with ease. There are more of us desiring and striving for peace, security and global well being, than there are those trying to hold on to a harmful and disintegrating power structure. This year, fresh green Hope arrives, and it has wings, fangs and claws. Trust that your own inner strength, developed in preparation for these times, is formidable enough to climb up and enjoy the exhilarating ride that is 2024!

Δ

**Karen Abler Carrasco is a Teacher/Coach/Mentor at the Western School of Feng Shui. For more information visit: <http://westernschooloffengshui.com/>**



## ~ Potpourri ~

*"We don't read and write poetry because it's cute. We read and write poetry because we are members of the human race. And the human race is filled with passion. So, medicine, law, business, engineering... these are noble pursuits and necessary to sustain life. But poetry, beauty, romance, love... these are what we stay alive for".*

**–N.H. Kleinbaum, Dead Poets Society, 1989**

*"Only when gentleness is recognized as strength, love is seen as greater than hatred, service to others is placed above service to the self, and kindness is at the heart of every thought, word and deed, will your world be transformed."*

**–White Feather through medium Rob Goodwin**

*"What is Love?"*

*"The total absence of fear," said the Master.*

*"What is it we fear?"*

*"Love," said the Master.*

**–Anthony de Mello**

Every religion has Love but Love has no religion. Love is an ocean, no borders, no shores.

**–Rumi**





Author, Artist, Blogger Robert Moss

## In the midst of a dream...

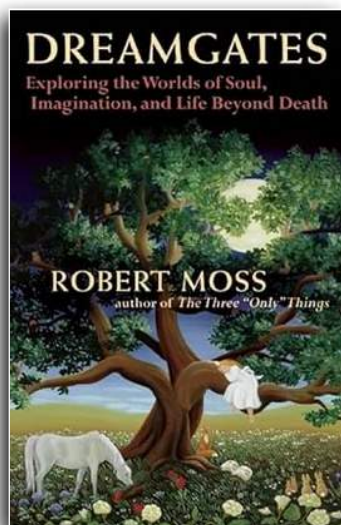
### How you know you're not in Kansas any more

[Robert Moss Blog](https://mossdreams.com/)

<https://mossdreams.com/>



[Growing Big Dreams](#)



[Dreamgates](#)

I am thinking about the moments, in the midst of a dream adventure, when we wake up to the fact that we are not in ordinary reality. You look in a bathroom mirror and you see a very different face. You are with people and suddenly remember that in the regular world they are dead. Fish start flying through the air. A horse jumps out of a painting on the wall and thunders across the room.

Such moments are prompts to dream lucidity. You say to yourself, *I'm dreaming*. Sometimes this startles you into leaving the scene and dropping back into your body in the bed. With practice, you may learn to use these awakenings, inside the dream state, to carry on with the adventure, now fully aware that you have the power to navigate, making conscious choices — and powers you don't have when you are in physical reality.

The prompt may not only help you to become a lucid dreamer; it may awaken you to the fact that you are in a different world. In one of the great Celtic voyage tales (*immrama*), known as the Voyage of Maeldun, the travelers in their skin boat awaken to the fact that they are no longer on the Irish Sea when they reach an island where the ants are as big as horses. A radical change in the apparent scale of things is a well-recognized indicator that we have gone beyond the bounds of the familiar everyday world.

I found the following experience thrilling and instructive:

I am bouncing along in a yellow cab in a part of New York City I don't know well. It's run down. The road is potholed. Some of the stores are shuttered, some of the buildings look abandoned. The street seems very wide because there is little traffic.

The driver is tearing along, much too fast, veering all over the road. I ask him to slow down. He either does not hear me, or has decided to ignore me. I lean forward to speak to him through the gap in the security screen. I notice for the first time that the taxi driver is a dead man. He is yoked to the steering column by a rope tied round his neck like a noose.

I realize that I am not in any regular city. I must be dreaming. So now I am lucid, yes?

Yes and no. As this thought rises, the driver slams on the brakes and the taxi stops so violently that I am bounced off the broken springs in the back seat towards the ceiling. I grab the door handle. As I move to get out, the kind of voice you hear in recordings in New York City cabs says, very distinctly, "*This is not a dream. You are in the afterlife.*"

This opens out into a grand adventure in which I entered several different afterlife locales, none of them especially elevated, and learned a good deal about lifestyle choices and dramas on the Other Side.

At a certain point, I became concerned that I had gone so far and deep that I was uncertain how to get back. Since I was lucid, I was aware that I could simply will myself to go back to my body. Yet I was troubled by the thought that if I tried a quick exit - *Back to the body!* - I might leave some vital part of myself behind in the Underworld I had discovered.

*I could use a little help*, I signaled.

This inner cry produced an immediate response. An elegant figure, dressed in black and red as if for a costume ball, appeared, with a yellow car that was not a yellow cab, something more like a Mini Cooper. With a dashing gesture, he invited me to hop in and drove me back at amazing speed, up through many levels of the realm I had been in.

What do I have to say about this? *Thank you* - for the experience, and the roadside assistance.

Δ

More by Robert Moss on page 17



# Open Secrets of the Dreamtime:

## Secret #6 The path of the soul after death is the path of the soul in dreams.

By Robert Moss

Your dreambody does not die when your physical body loses its vital signs. You will live on in your dreambody for a shorter or greater time, according to your ruling passions and personal evolution. You will find yourself, as you do each night in dreams, in a realm where thoughts are things, and imagination, the great faculty of soul, can create whole worlds.

You come from the Dreaming, and you are released into the Dreaming when you drop your sack of meat and bones.

In a dream, I found myself walking in a pleasant cemetery. A voice said, "You must prepare your Houses of Death." I looked and saw brightly painted cabins. I chose one ~ blue with yellow trim ~ and stepped through the door that opened for me. There was no wall on the far side. The view was of a lovely cove with a white sand beach, A beautiful dark-skinned woman in a sarong was in the water beckoning to me. I waded out to join her. She handed me a conch shell. When I held it to my ear, I received instructions for making a crossing to an island that now appeared shimmering on the horizon. I understood that I had been given a departure point for a voyage to the Other Side. I have returned to that scene often, in lucid dreaming. I would not be surprised to find myself there again when it is time to leave the body behind.

Dreaming with growing consciousness is excellent preparation, not only for the challenges that lie before you on the roads in this life, but for the challenges of the journey you will make after physical death. How do you know for sure? By doing it!

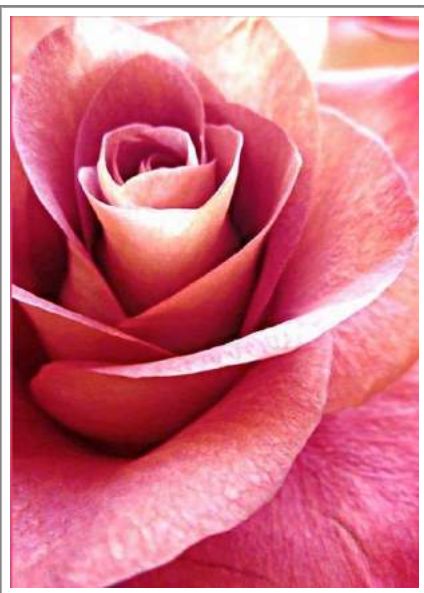
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Art: "Fish Woman on the Paris Bridge" from a dream by Robert Moss

Author Robert Moss' books: [Growing Big Dreams](#) and [Dreamgates: Exploring the Worlds of Soul, Imagination and LifeBeyond Death](#) are available by clicking links. Published by New World Library.

## ~ Rose Potpourri ~



*How  
did the rose  
Ever open its heart  
And give to this world  
All its  
Beauty?*

*It felt the encouragement  
of light  
Against its Being  
Otherwise,  
We all remain  
Too  
Frightened  
—Hafez*

"No rose without a thorn." —French Proverb

"The sharp thorn often produces delicate roses." — Ovid

"The rose is a rose from the time it is a seed to the time it dies. Within it, at all times, it contains its whole potential. It seems to be constantly in the process of change: Yet at each state, at each moment, it is perfectly all right as it is." — Paulo Coelho

"You can complain because roses have thorns, or you can rejoice because thorns have roses." — Ziggy

"If you really screw up, send roses." — Letitia Baldrige





# A Conclave of Angels Gathered to Awaken Us

**Kathleen Jacoby was the former Editor of The Inner Voice who made her transition into spirit in April 2019. In her own words she said she is sitting at the feet of the Masters, learning as much as she can about the Greater Universe. A poignant read written in 2011.**

**Written By Kathleen Jacoby**

**T**his is a time when the Conclave of Angels gather to make way for what is to come. We are at a forefront of the gathering, and as we clarify our own intention and focus our attention, the angels of our better nature can speak through us to bring about remedies and reminders to help awaken all who slumber.

Life is but a dream, and awakening into our light bodies will assist in lifting the dense cloud cover that surrounds our planet and consciousness. When we each find our own clear notes we become a collective symphony, played at last as the instruments we were intended.

I am reminded as I reflect on this turn in my life about all endeavors that are undertaken from a selfish vantage point. They appear so easy — like Hitler and Hideki Tojo, General of the Imperial Japanese Army starting WWII. The victories of the aggressor appear tantalizingly easy, and in the beginning they are. But as light overcomes dark, the impact of wrong action begins to draw to itself the ripe destiny it has created. We see that now in [Ukraine] as what appeared “easy” has become increasingly complex and untenable [for Putin]. So it is for us when we go against the laws that guide personal ethics and action. Ends do not justify the means, no matter how much those wanting their vantage point to be right profess. We just play out the scenario with others so we can project ourselves and our consciousness onto a screen that will mirror back to us what we reject and what we profess to accept. The “other” is merely our mirror, and as much as people do not want to hear that, it is true.

“Love thy enemy” is a commandment in the Bible. It’s a valid directive. The more we look at another with eyes of contempt, anger, or blame — the more we are tied to that other by invisible energetic tentacles. Our task is to come to a point of neutralizing all

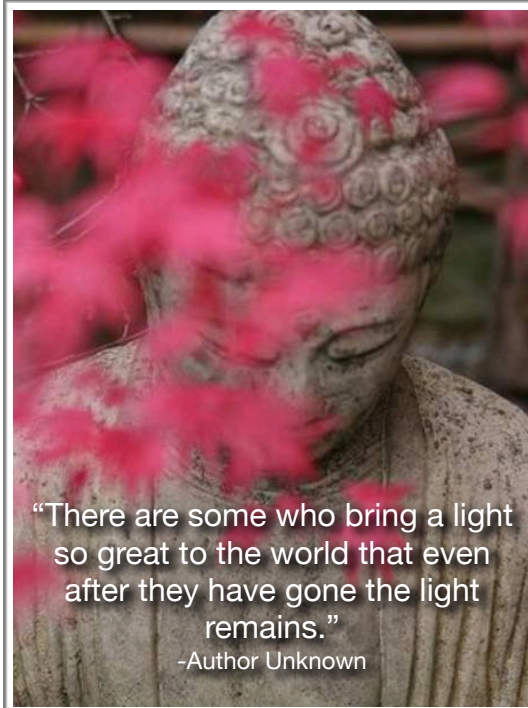
relationships; to see everyone and everything as a blessing, even when we don’t understand the differences. When we recognize that there is a unifying force that binds all life together, we will stop condemning what is different from our viewpoint or tribal mindset. We see that the Creator of all has an intention that moves way beyond our small vantage points, and that by accepting the blessing of life rather than reinforcing it as a curse, we can gain an incredible peace that passes mental understanding because we have allowed ourselves to experience heartfelt lives.

I do know that nothing in life is wasted. Life is an elegant and thorough system of reciprocal utilization. One path or another, all eventually lead to where we must go — the Eternal Home from whence we have all come. The key is how hard or simple we make the journey, and that has to do with soul development and soul wisdom.

Inexperience and innocence are not the marks of wisdom. They are the empty canvas upon which all the brushstrokes of life will play. The etchings of time and the journey between points are the marking spots along the path. As we grow and are enriched, it shows. When we remain in a static state of potential, that, too, leaves an imprint.

Life has one thread of importance — to reunify with the One that we all came from. That cannot be achieved until we have released attachment to all the things that bind us. We cannot be the clear note of creation until we’ve released the vestiges of whatever holds us from the collective unification. And in that journey, there is all the time in the world.

We can come early or late to the table, but we will come. Like the prodigal son who returned late in that story, the reward of coming home is the same. The only loss is the time spent wandering when the warmth of the hearth has awaited us all along. And yet, even in the wandering, all is useful. Namaste’





## Loving Yourself as You Age

Meredith Young-Sowers, D.Div. is the Author of: *Agartha, The Angelic Messenger Cards, Spirit Heals, Wisdom Bowls*, and more. She is the Founder of The Stillpoint Foundation and School and has become a watercolor artist. Email: [mysowers@gmail.com](mailto:mysowers@gmail.com)

Getting older isn't something we relish thinking or talking about. It's of course because in our culture, age is seen as a negative. All of our media plays to our natural desire to stay young, good looking, healthy, active and following the good life.

We continue to lean forward toward what will come next — in the way of happiness, new loves and adventures. But leaning forward emotionally comes to a screeching halt when we round certain corners that move us to a new age bracket. Suddenly we're looking at slowing down, having chinks in our physical armor and emotionally being more melancholy and fearful about what will come next.

So is there wisdom in aging — absolutely. Is there greater Love for ourselves as we have the courage to stay present in our lives and with those we Love, even though we realize we're not who we use to be. Of course, this is the spiritual nut of the thing — we are exactly who we've always been — just not on the surface. Our face and body will age because they have a limited shelf-life, but the loveliness of Our Divine Self — our inner self never ages. As we become less focused on the world and what

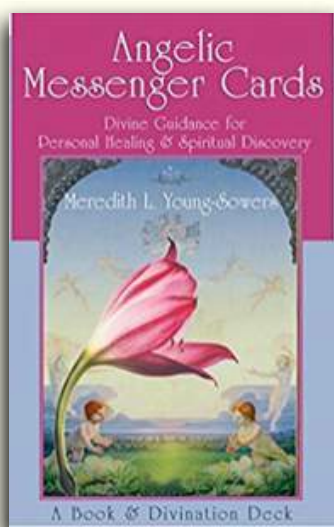
we'll attain, we have greater interest in appreciating who we really are that is eternal.

Years ago I had a teaching dream from Sathya Sai Baba. In the dream I was between lives and filled with a euphoria of joy and absolute connection to Spirit. But as I headed toward my next physical life — I began to feel as if I was walking on cut glass.

In other words, physical life is truly difficult — but beneath all the physicalness is a true steadiness, joy and connection to all that is. We are safe — but don't realize it. We are loved and therefore can hitch-hike on that love and draw it into our Hearts — though we forget it. We can linger with the things that bring us joy rather than make us miserable and we can cease worrying about how things will turn out — we're on an ever-lasting journey to and as The One.

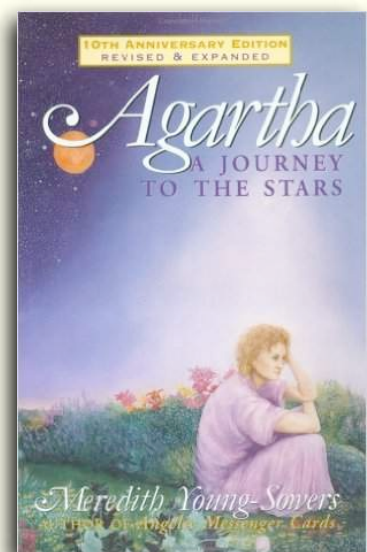
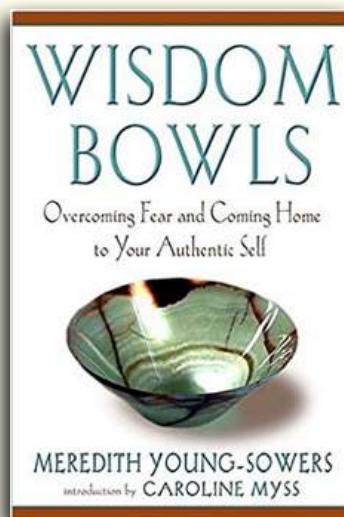
*~Meditation~*

Take a long Heavenly Breath — Relax, putting your hands over your Heart — allow the Love and Healing Grace from the Universe to slowly fill you. Yes, this is Loving Yourself as You Age.



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





# All systems go! Full steam ahead! And! thoughts become things!

Written By Andria Nikoupolis Weliky



**W**ith everyone out of retrograde and Pluto newly in Aquarius this month we will definitely feel the pace picked up. With this quickening, remember to take mindful moments, drop into your heart and breathe. After all, you are a human being, not a human doing.

Wishing all February Birthday Babes a most Joyous and Happy Healthy Solar Return!

Early in the month we are invited to a mountain top summit where there will be activation points popping like popcorn especially for those of you who have planets, points or angles at late degrees of the cardinal signs. Sparks of focused and concentrated energy are being delivered in Capricorn by the personal planet committee.

This conference table, hosted by Mercury, Mars and Venus is buzzing. They each have their key contributions; Mercury starts the meeting out with ideas and messages around new structures, while Mars presents an action plan and Venus makes certain that the plans are cohesive, harmonious and flowing.

Shortly after they wrap

up their meeting, each will greet Pluto just inside the windy, abstract and thought provoking realms of Aquarius. One by one they will submit their blueprints,

anchoring seeds of activation personally and globally, initiating cycles of freedom and revolutionary change on a grand scale. Power to the people! And yes, all we need is LOVE!

Speaking of love, while bathed in the light of the Aquarian Sun, this signature draws in the Leo Aquarius axis; Leo is ruled by the Sun and governs the heart, and Aquarius represents the waves that ripple far and wide. These waves, studied by the HeartMath Institute (see link below), create a radiant series of waves called our toroidal field.

This magnetic field produced by the heart is more than 100 times greater in strength than the field generated by the brain. These waves can be detected up to three feet away from the body.

Bringing mind and heart into coherence effects and shapes the energy we create like a magnet, we gravitate and attract the world around us. Ironically but honestly, not so surprisingly, the image of this field around the body has a simpatico essence of an apple. An apple when cut crosswise

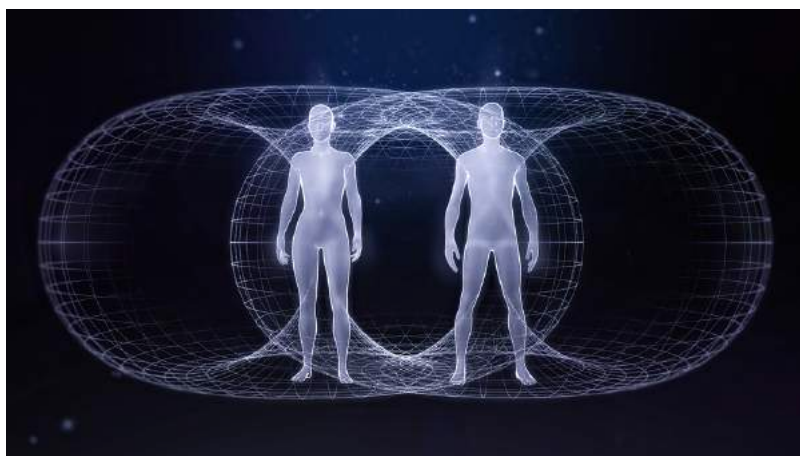
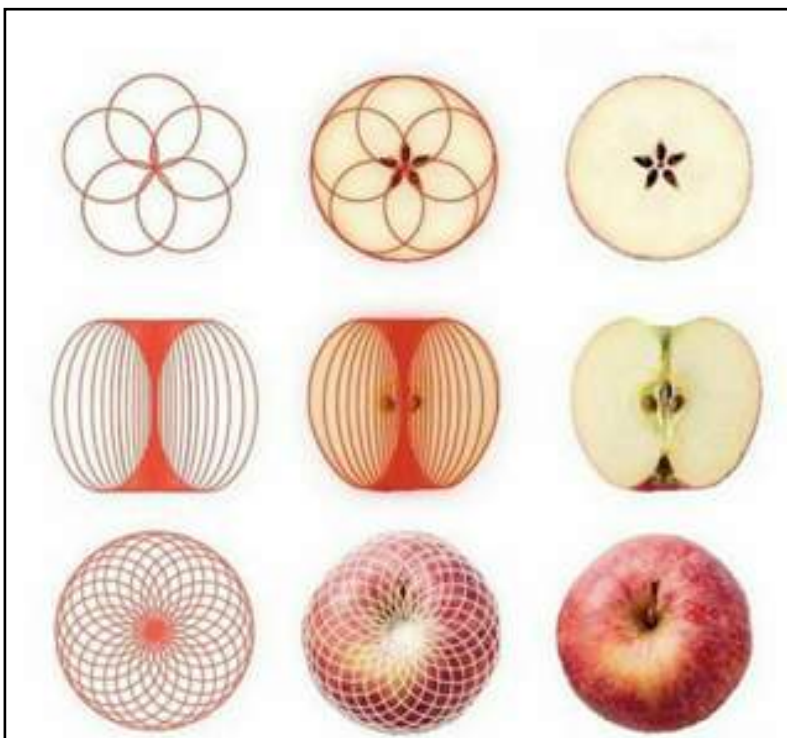


Image: Get Lit Spectra Wellness

Continued on page 21



reveals the five pointed star, similar to the rose or the “Golden Mean” also known as Divine Proportion and correlates to the Fibonacci Sequence in which each number is the sum of the two preceding ones. This pattern is fractal and found in all of nature, the human body and the cosmos. With all of this said, studies show that when we breathe from the heart, we elevate our emotions to gratitude, love and joy and emit palpable waves of energy with measured effects.

While action driven Mars is busy in committee with Venus and Mercury, he brings in Chiron on conference call summoning great healing, bringing a teaching element of tenderness and guidance considering the emotional body as we navigate the shift into a new age.

With all of this jazzy and libidinal nature of the energies at play in February we may also witness seismic, earth shaking activities. This is congruent with the aspects made to Uranus and Jupiter in Taurus and again reminds us of the importance of being conscious of our thoughts, to come from the heart, taking time to ground and be present and trusting that we are held by the earth.

△



Heart Collage #59 by Jane Davies

<https://jane-davies.pixels.com/collections/light+hearted>

If you are curious as to how these transits are unfolding for you or looking to schedule a reading and learn more about the information of placements and points in your own natal chart please reach out to [andria@emeraldionalchemy.com](mailto:andria@emeraldionalchemy.com)

HeartMath Institute <https://www.heartmath.org/research/science-of-the-heart/energetic-communication/>

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# Dream Big Dreams with Sodalite

Written By Lori Andrus

As we enter the month of February, we reach the midpoint of the winter season. This time of year awakens a sense of anticipation and eagerness for spring. Sodalite, our dreamy, visionary, and courageous ally, accompanies us this month. It will ground our energy and attune us to the heartfelt dreams that we are ready to not only say 'yes' to, but that we are also ready to plant the seeds of, in the upcoming spring season.

Sodalite reminds us that our inner dreams are important. It asks us to listen to them, to honor them with love and compassion, and to step forward in the ways that they are calling us to grow.

Have you ever noticed how when we talk about our dreams, we often focus on the big ideas and visions that represent a significantly different life from our current reality. We are innately compelled by a deep soulful longing to shift, grow, and transform, a longing so powerful that the sheer joy of talking about our dreams can sometimes feel like enough.

The thing is that while talking about big dreams is incredibly joyful, saying yes to them and beginning to take action can feel daunting. Why is that, you may wonder? Why is talking about dreams more exhilarating than actually taking the steps to bring our dreams to life?

It takes effort to grow. When we start pursuing our dreams, we begin to transform ourselves. This journey involves healing and personal growth.

Some may learn new skills or engage in a learning process. Others may experience deep healing and turn their past pain into empowering wisdom.

The challenge is that when faced with growth opportunities, we often feel fearful and hold on to old stories, preventing us from taking action.

In the past four years, I worked on a

Four years ago, I committed to painting forty-five crystals. It took a year to complete them. Then, it took three years to edit graphics, write the guidebook, and find creators and mentors to help bring everything together for my deck.

Big dreams take time. They are a journey of a million steps.

I say that my deck was a four year project, but in truth, its inception was twenty years ago. I have nurtured this idea, embarked on a journey, and prepared myself to become the person who can bring this deck into the world.

Yes, this is what we are doing when we bring a dream to life, we are becoming the person that dream needs for it to come to life with wisdom, heart, and soul.

On my journey of deck creation, Sodalite has been an ally at every turn. And it is an ally that has been showing up in the collective forecast for the past couple of years.

We are living in a time when the world is both ready for and needs our big dreams. Sodalite is here to accompany us, one step at a time. As you move through this second half of winter, create a bit of time to dream. Listen to your dreams

with an open heart, most importantly, say 'yes'.

△

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**See Lori's ad on page 23.**



Dreamy Sodalite

project I'm passionate about — creating a crystal oracle deck. I refined my photography skills, developed my artistry, learned graphic design, and channeled messages from the crystals. I also learned about printing decks and what's important to me in a completed deck. Sometimes it flowed easily, other times I faced obstacles.





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# Love Your Magnificence and Look for the Magnificence in Others

Written By Beverly Brunelle

Many of us were conditioned to believe that we had to achieve something grand in order to be seen as magnificent, and that we had to prove something about ourselves in order to be accepted and loved. As children we decided to morph ourselves into the expectations of parents, teachers and into our own interpretations and assumptions of how we were supposed to be in order to feel safe and to fit into the family dynamics. We interpreted the expectations of parents, care givers and teachers as guidelines to conform to or to rebel

against. Magnificence wasn't a quality to be considered.

Where does our magnificence truly come from?

I wrote a book for my first grandson's first birthday. It's called: *Henry, You Are Magnificent*. Henry looked up in the sky and he saw an Eagle flying high overhead. He said to the bird, "Oh, you are so magnificent, spreading your wings and seeing things big and small with your strong eyes." The eagle said, "You, Henry, are magnificent! Look at you with your strong legs and your creative mind. Look at you with all the things that you



invent in the daytime, and in the nighttime. Look at all the loving and powerful ways you communicate with your Mom, Dad and with your friends. Henry, you are magnificent!" Henry could feel the power, the truth and the energy of the eagle's words. Henry said, "Eagle I love that I can see you flying so high. I love that I can hear you in my mind. I love that I can feel you in my heart. Eagle, you are my friend. I love your wisdom." And the eagle said, "You are so tuned into your instincts and your intuition. You nourish yourself every day, honoring that which you know to be true. Henry, you are magnificent!"

They go on to communicate, acknowledging each other's natural presence and being recognized for their own unique qualities of being.

Being truly acknowledged can feel like an infusion of love when we are truly  
Continued on page 25



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seen, free from having to distort ourselves, puff up our self-image, or hide our Essence.

I invite you to explore a magnificent practice. Look into a mirror eye to eye. Take a few deep breaths. Notice the automatic judgments that may flood your mind. Bring your awareness down into your heart space.

Breathe into this high heart energy and invite it to gently expand its presence. Look into your own eyes, melting expectations and effort. Give yourself permission to be more honest with yourself and invite your Magnificence to speak to you. Relax and allow what comes to flow and be expressed out loud. You may be surprised! Give yourself space to notice how this precious, personal experience feels in your body.

You can also explore this magnificent practice with a friend. First, agree on your heartfelt intentions. Face each other eye to eye. Take a few deep breaths and follow the above guidance. Only look into each other's eyes from your heart space and express what you see and intuitively perceive. Look for their Magnificence and welcome your capacities to tune in deeply to the Essence of the other. You might start your sharing with: You are Magnificent, let me count the ways. When you feel complete, thank each other, perhaps with a hug. Then switch roles. Explore acknowledging and loving your magnificence and looking for the magnificence in others. This is a powerful way to create change in your relationships and the world.

△

**Do you want to create significant change? Are you in a life transition? Do you want to open to more of your spiritual nature? Beverly's insights, wisdom, clarity, and skilled energy healing work are a magnificent support. Contact her for a complimentary 30-minute consultation. [www.beverlybrunelle.com/contact](http://www.beverlybrunelle.com/contact)**



We are here to make some pronouncements for the coming times. There is a marvelous coagulation of light penetrating mass consciousness right now. Many way-showers and light-bearers are feeling a sense of perplexity and/or incompletion. Some of them feel like ready-mix cement, having being cemented in a problem for a very long time.

There is a clear sense that the time is now to do my forgiveness work. There is a knowing that timelines can collapse as particles of resistance are coagulated and brought to the forefront for release. There is a deep knowing that we really have to shelf our plans, because timeline collapses mean new episodes coming forth to be experienced. There is no need to browse anymore for the right books or courses to do, or to make choices as to which groups to join, for example. There will be a knowing in the moment. All will come to you.

Brackets of reality from extremely high-up planes are bringing forth a gorgeous panoramic light. The *juxtaposition* principle is strong right now. There are fascinatingly high truths healing the mind, and brilliant pockets of peace being experienced in many light-workers now, while at the same time dark corners are being chelated. There is an experience of time standing still with no need to look behind or ahead. The tribal mentality is dissipating like icicles in the hot sun. Karmic ties that had as their function to unite people for obligatory purposes, will no longer play a part in this new light, and will not stand in it.

**Here are the immediate themes:**

- Subterfuge is no longer standing.
- Wise council will come quickly to the ones who know. Truth will be accentuated into shorter clips. Long diatribes are no longer necessary.
- Tact plays no part in God's plan. Tell it like it is. Your wise mind no longer has to think about coming from love. This is a given. Just shoot the arrow and let it fall where it may. More later, this is enough for now.

△



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# AFTERLIFE REPORT

Evidence



Presented by  
Victor and Wendy  
Zammit

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Sydney/Melbourne: 7 am Monday

New Zealand: 9 am Monday

**Global Gathering Coordinators:**

**Wendy Zammit** [wendyzammit@gmail.com](mailto:wendyzammit@gmail.com)

**Karyn Jarvie** [karynjarvie@ozemail.com.au](mailto:karynjarvie@ozemail.com.au)



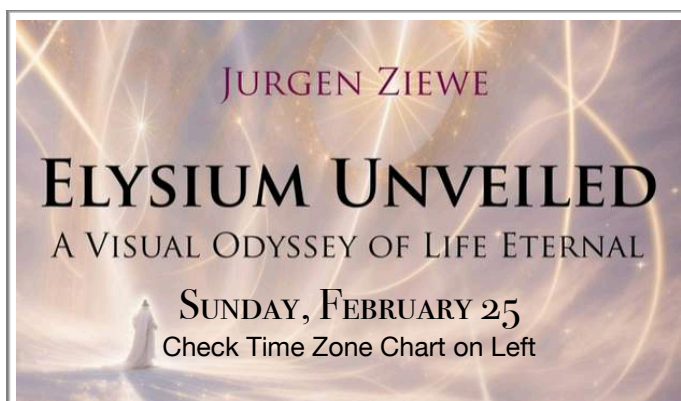
## GLOBAL GATHERING GUEST Presenters FEBRUARY 2024

**Sunday, February 4** – The team behind Cosmic Voices - Messages for Our time from the Greater Reality - [Cynthia Spring](#), [Regina Ochoa](#), [Jeanne Love](#), and [Dan Drasin](#) will be our guests.

**Sunday, February 11** – Physical medium and tested healer [Gary Mannion](#) will go into deep trance and allow one of his guides to answer questions from those present.

**Sunday, February 18** – **Judy Hillyard** is an Anam Cara (the Celtic concept of a "soul friend") who helps people be ready for dying. She escorts those who are afraid to die across the veil at their moment of death, and connects with their loved ones who are still alive to let them know how they are doing. Her new book is [Soul Companion: A Memoir](#).

**Sunday, February 25** – **Jurgen Ziewe** is has been having out-of-body experiences for hours at a time in full waking consciousness for over 45 years. As a commercial artist, he has been able to recreate stunning images of what he has seen. He will talk about his magnificent new book, ["Elysium Unveiled"](#) which takes you on "A Visual Journey Through the Afterlife" with hundreds of breathtaking illustrations.







# Love in the Moment

Written By JA Dioguardi

Love in the moment; love every day!  
There's no other way  
To live your life and to let in joy  
Except to employ  
The law of "the now"  
Let go of worry; learn to say ciao  
To thoughts laced with fear.  
And keep your focus on what is here!

Each moment in time is a stepping stone.  
A path paved with love is blessed from above,  
Even though what's ahead remains unknown.

Love in the moment; open your heart!  
Unless you can part  
Today's attention from what has passed,  
You'll never recast  
Ideas of yore  
If you believe what happened before  
Is what lies ahead,  
The fears you hold will begin to spread!

With love in your heart, you will never stray  
Too far off a course that's fashioned by Source.  
All the moments you've loved will light the way.

Love in the moment; stay in the now!  
Who needs to know how  
The life you are living will all play out?  
Let go of your doubt,  
And there, 'round the bend,  
Plans that, for now, you can't comprehend  
Will come into view.  
Delights untold are awaiting you!

Love in the moment channels the flow  
Of Love Everlasting to all you know.  
Let go of worry, and then you'll learn how  
To love in the moment and stay in the now.



About JA Dioguardi in her own words: "I am a Cosmic Consultant for Change. I inspire, teach, and heal via the vibration of my words."  
For more of JoAnn's writings visit: [www.jadioguardi.com](http://www.jadioguardi.com)



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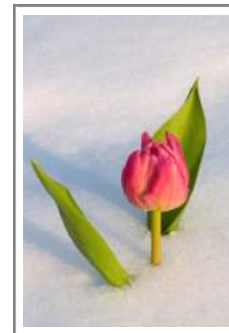
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# Loving Gestures to Heal the Heart, Home and Winter Doldrums

Written By Mariah Miller



Ever have one of those days—or even several days—where you wake up and just can't seem to fully function? Life feels blah and your sense of purpose has disappeared? This is common in today's fast-paced world where quantity and action are valued far more than stillness and calm.

Each of us has a set-point, a place where our energy tips from one of wellbeing and overall engagement to fear, uncertainty, or overwhelm. When the sun is shining, and life's events are smooth and flowing, it is easier to stay positive. Sometimes, no matter what the circumstances, our system just slips into overload and we spiral into a place of disharmony.

What can you do to shift the energy? How can life have meaning again? Here are some simple steps that, if taken at the first sign of faltering energy, can help to turn the tide.

One of the first, most important, and powerful steps is also one of the simplest. Declare: "I release all energy that is not mine." Feel the energy leaving your body and sliding back into the earth through the soles of your feet for transformation. This alone can make a world of difference immediately! Empathic people pick up many energies that are not their own each day. So often we are unaware that what we are feeling is not our own 'stuff.' There are many things we can do to realign. Most are obvious, but it is amazing how often we forget to take these simple actions. Slow down. Breathe. Relax your striving. Allow yourself to take a day off.

- Hydrate. Make a cup of tea or drink a glass of water.
- Play music that uplifts you. Anything that makes you smile or feel inspired. Don't judge your choices. This is personal.
- Move your body. Stretch, do yoga, hula hoop, dance, jump up and down, or just wiggle your body. Something will shift and release.
- Open a book and ask for a message. Uplifting, inspirational messages abound in fiction, non-fiction, self-help and spiritual literature.
- Create art. Get out some crayons and draw. Journal, write poetry, make origami, collage—any sort of creative expression is transformative.

- Get out in nature. Just opening the door and stepping outside can instantly uplift and soothe.
- Spend time with children and animals. Their spontaneity and affection is an instant mood-boost.
- Eat a piece of fruit, drink a green smoothie or fresh juice, or enjoy a vibrant salad for an instant shift.
- Take a bath. Epsom salts, cider vinegar, and baking soda have detoxifying attributes. Aromatherapy oils add a healing, uplifting, and calming effect—depending on your choices. Bubbles can be just plain fun, guaranteed to bring a smile to your face.
- Light a candle or plug in some twinkle lights.
- Bring a fresh flowers or green plants into your home.
- Utilize the power of color! What are you wearing? Surround yourself with color that brings joy to you. Put a beautiful cloth on the table. Change the sheets. Paint a wall. Infuse your life with colors that uplift you.
- Clear the energy in your space. Smudge with sage or incense. Natural flower essence sprays are also very helpful. Open the windows. Ask that all energies that are not of the highest good be transmuted.
- Appreciate. Gratitude for small things in life is a very simple way to bring yourself into the present moment. Noticing the songs of the birds, your cat curled up on your lap, sun streaming through the windows, the trees waving in the breeze. Energy shifts when we are gratefully present with what is.
- Is there something you are procrastinating on? Perhaps it is a simple thing like paying a bill, mailing a letter, or emptying the garbage. Do that one thing. See where it leads. Often the energy shifts immediately and helps to motivate other actions.
- Contact a friend. Many times we suffer alone, reluctant to burden others with our worries. A walk, conversation, or lunch with a friend can add inspiration and energy. Via social media, text, e-mail or phone call, ask your friends to send energy. Love comes from unexpected places and the internet can be a valuable resource for connecting with friends far and wide.

Continued on page 29



- If you are far away from friends and loved ones, find other ways to connect with people. Get out of the house and find a way to be with others. Volunteer for an organization you care about. Visit a library, museum, coffee shop.
- Just *be*. Simply sit still, meditate or pray, and then listen for a message about what is bothering you. Ask what you can do to shift the energy. The answer may come right away or later in the day or week. Be open to receiving it when it comes.

There are so many resources and options available. May you find peace in knowing that you are never alone, that Love is all around, and that energy shifts miraculously when we ask and reach out for help.

△

**Mariah Miller has been traversing spiritual, metaphysical, and personal growth realms for over 30 years. She uses her varied skills to help creatives bring their dreams to life through book, web, and graphic design.**

[mariahmillercreative.com](http://mariahmillercreative.com)



Feng Shui Tip: To lift the energy of any space, simply add a bouquet of flowers!

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the  of Dana

# The Healing Properties of Roses

Written By Dana Claudat  
[fengshuidana.com](http://fengshuidana.com)

**W**hile roses have been symbols of love through the ages, with their incredibly high frequency, deep healing properties, beautification and balancing powers it's no wonder why! A rose isn't just a rose; it's a gift to our lives on so many levels.

Rose aids in digestion. Drinking rose hip or rose petal tea can aid in digestion by stimulating the production of bile in your stomach. This helps the digestive system break down and digest food. Rose tea feeds the microflora (good bacteria) in your stomach, which is also essential to proper digestion, absorption of nutrients and minerals — and overall good health.

## **Rose acts as an anti-inflammatory.**

You can utilize the healing power of roses on your body in the form of lotions and oils, or you can ingest as tinctures, elixirs or tea to ease inflammation. For topical, external use, you can use rose essential oil, rose tincture, or liniments (topic remedy, either oil based or liquid, that helps relieve pain, stiffness and sore muscles) on the areas where your muscles feel sore, inflamed or where there is an infection. When rose is taken internally, it can relieve inflammation all over your body. Of

course, only do this when consulting a medical professional if you're not sure of the effects of roses on your body.

## **It boosts immune system.**

Rose tea is extremely high in Vitamin C and has many anti-bacterial properties. This makes it the perfect tea to drink when you have a runny nose, congestion and/or a sore throat. With all the weather changes in LA recently, I am about to make some this afternoon and drink it on ice. The scent is also totally intoxicating.

## **Cleanses the liver.**

Drinking rose tea can aid in removing toxins from your body. As a natural diuretic and mild laxative, drinking this tea can promote a healthy liver by flushing out toxins. It can also relieve fluid retention and bloat.

## **Skincare shines with roses.**

[Rosehip oil](#) is derived from the seedpods of a rose bush through the process of pressing to extract the oil. This oil contains fatty acids and antioxidants that promote the regeneration of skin, help correct dark spots and reduce the appearance of fine lines. I've used this directly on my whole face nightly (when I'm not using pure vitamin E oil) and the results have been spectacular.

[Rose essential oil](#) is made from the pressing of the petals of the rose flower. This oil has vitamins and minerals that moisturize dehydrated skin and calm acne, inflammation and eczema breakouts. It is extremely rich and concentrated and I suggest getting high quality products like Rosemira's line that are formulated with the rose oil mixed in already.

[Rose water](#) is packed with anti-inflammatory properties that can combat acne, reduce redness and ease eczema. It also helps balance the Ph of your skin and acts as a mild, non-abrasive astringent — deep cleaning and toning your skin. I grab this from my local health food store and spray it all over my face, hair, body and home!

## **Rose promotes calm.**

[The aroma of rose essential oil can soothe your autonomic nervous system](#), resulting in relief from anxiety attacks, panic attacks and depression. One study, published in the *Iranian Red Crescent Medical Journal*, tested the effects of aromatherapy with rose oil and warm foot bath on anxiety during labor on first-time pregnant woman — a known natural stressful situation,

Continued on page 31





especially for someone's first time. It was found that aromatherapy using rose oil and a foot bath reduced anxiety.

**Rose also enhances mood.**

Aromatherapy using rose essential oil has been proven to fight depression and elevate mood. [In a study published in the journal, Complementary Therapies in Clinical Practice, reported by Dr. Axe,](#) researchers tested rose aromatherapy on subjects experiencing post-natal depression. Two groups were tested; one group received 15 minute sessions of aromatherapy (2.5 percent solution of rose/lavender oil) twice a week for four weeks, while the other group received no treatment. The results that the woman showed a significant decrease in depression score and improved general anxiety overall.

And, of course, roses are always associated with love. So, that in itself is a massive gift to your home, to your office, and to you every single day!

△

**Please note the author, editors and publisher of The Inner Voice do not dispense medical advice or prescribe any treatment for any physical or medical problems. This information is not intended to replace any medical advice from health care professionals.**



## Evidence of Angels and Loved Ones in Spirit

**By Saje Dyer, Daughter of the late Author Wayne Dyer**

As I walked down the aisle, with my mom, Marcelene Dyer at my side, there was a beautiful breeze sweeping the hair from my face and keeping us cool. My mom whispered to me, "Every time you feel that breeze, that's Dad (Wayne Dyer) letting you know he's walking with us."

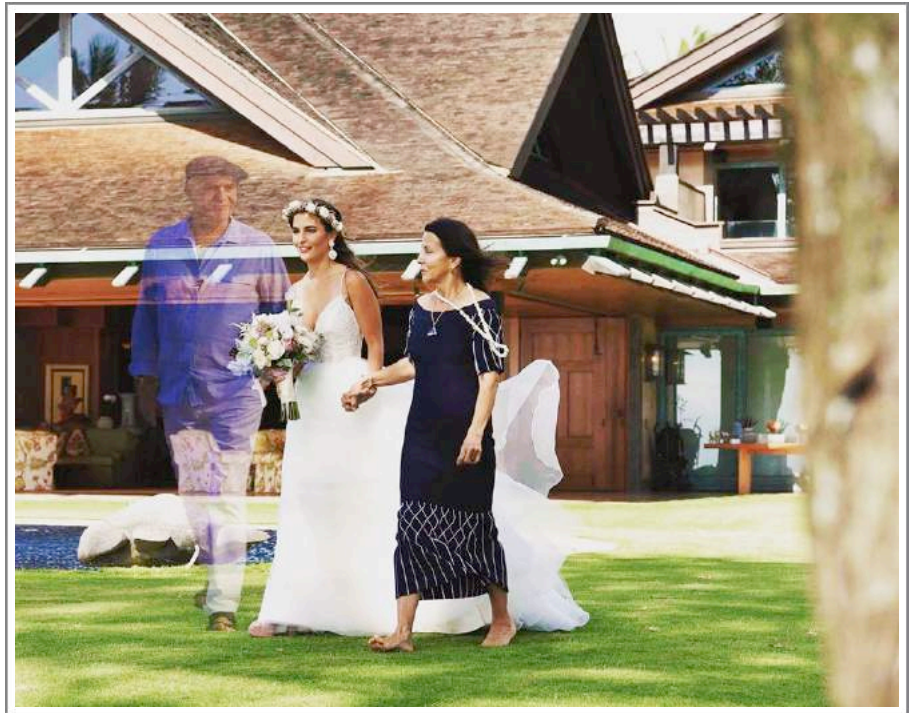
In this moment I felt choked up like I wanted to cry, but not because it made me sad, more so because it rang so true. My dad's love was, and always is, ever-present in my life, and it was no different on my wedding day.

So many people have asked me recently if it was tough not having him there with me on my wedding day, and the truth is, it was not. Not because I do not wish he was there with me physically – of course I do. But on that day, I chose to focus on the abundance of love that was present, and not on the lack thereof. And I believe that this choice enabled me to feel my Dad's love even more.

I knew my Dad walked beside me down the aisle that day, and this picture perfectly embodies what I've imagined in my mind's eye. So, thank you so much to my sister Serena Dyer Pisoni for having this photo made for me. I will cherish it forever.

△

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From left to right: Wayne Dyer (in spirit), Saje Dyer with her mother Marcelene walking her down the aisle at her wedding.

Send your Evidence of Angels stories to: [theinnervoicemagazine@gmail.com](mailto:theinnervoicemagazine@gmail.com)

*Get a Reading!*



## *Angel Guidance Readings with Angel Medium Nancy Freier*

If you're experiencing a challenge and need the Angels' unique perspective to understand and resolve it, get a reading! The Angels see the bigger picture of your life and where you're heading, and they are ever-present to wisely and lovingly guide you through whatever you are facing. Mediumship readings bring you messages from those on The Other Side of the veil. Readings are available written through an automatic writing technique, or verbal via phone, Zoom, or Messenger by appointment. Get a reading! Email [NFreier@aol.com](mailto:NFreier@aol.com)

## *Welcome to the Angel Guidance Group*

Nancy leads the group into a growing awareness of those in the higher realms and the ways they guide us through the lessons and challenges we face. Join us as we explore the methods of communication, share our enriching experiences with spirit, and discuss enlightening Q&As with the Angels. The term "angel" may have roots in Christianity, but they are whatever you want them to be ~ Messengers from the higher realms of spirit who come to guide us.

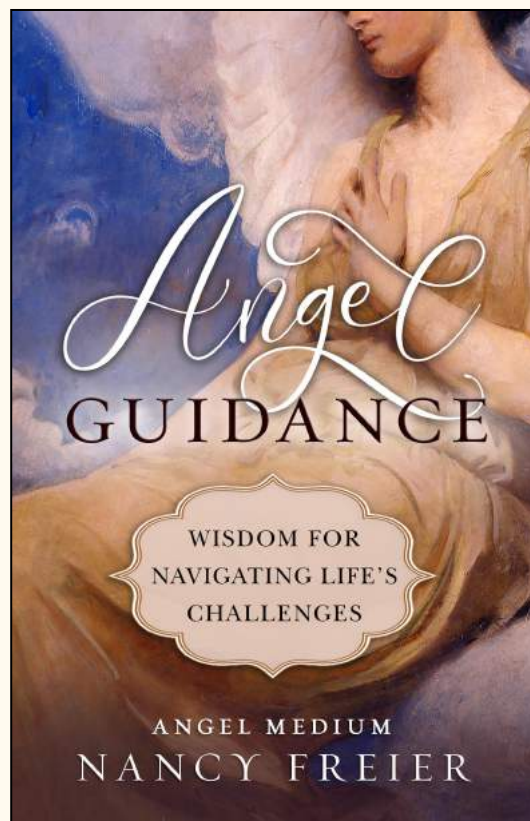


**Sat. February 10 @ 1pm CST**

11am Pacific • 2pm Eastern  
Sydney/Melbourne • 6am Sunday

**[Click HERE to Join](#)**

Sponsored by *The Inner Voice*  
and Wendy Zammit of the *Friday Afterlife Report*  
and the *Global Gathering Group*



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*Book includes over 150 questions asked of the Angels. The universal nature of their responses will inspire you to heal body, mind, spiritual and emotional issues facing us today.*