

The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 13 Issue 3 • March 2025

SPECIAL ISSUE!

Exploring Astral Travel, Lucid Dreaming,
and Artificial Intelligence...

"from dreams to machines"

Medium Dr. Susan Barnes
Is SPIRIT in AI?

EXCLUSIVE INTERVIEW!
Artist Urszula Bolimowski tells her
extraordinary adventures with ETs!

And more inside!

"Portrait of a Sirian Agent - An Entheoglyph for Urszula" by Timothy Wyllie



Your Hosts
Amy & Dave Wilinski
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Lodging options available!

About the cover...



The cover is a colored pencil drawing by Timothy Wyllie who named it: "Portrait of a Sirian Agent: An Entheoglyph for Urszula." He further wrote, "As each of us wakes up to our deeper identities, we come to realize that this world

is a lot more complex than we've been led to believe by conventional wisdom. One aspect of this is the growing understanding that the extraterrestrial presence is far more extensive than it appears to be. Doris Lessing's remarkable quartet of books, "Canopus in Argos" puts in fictional form the possibility that we are being cross-colonized by at least three different, but interconnected, interplanetary groups." ~TimothyWyllie.com

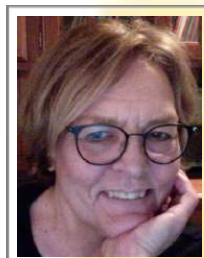
Publisher's Note: The definition of *entheoglyph* and 'entheos': "The power of actuating one who is inspired; it lifts people above the prosaic and gives them a sense of timelessness. It is the prod of conscience that keeps one open to knowledge so that one can be both aware and sensitive, when the urge to be comfortable would keep the door closed." ~**Source:** Reflections of Robert K. Greenleaf <https://explorersfoundation.org/glyphery/597.html>

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

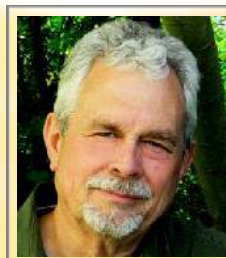
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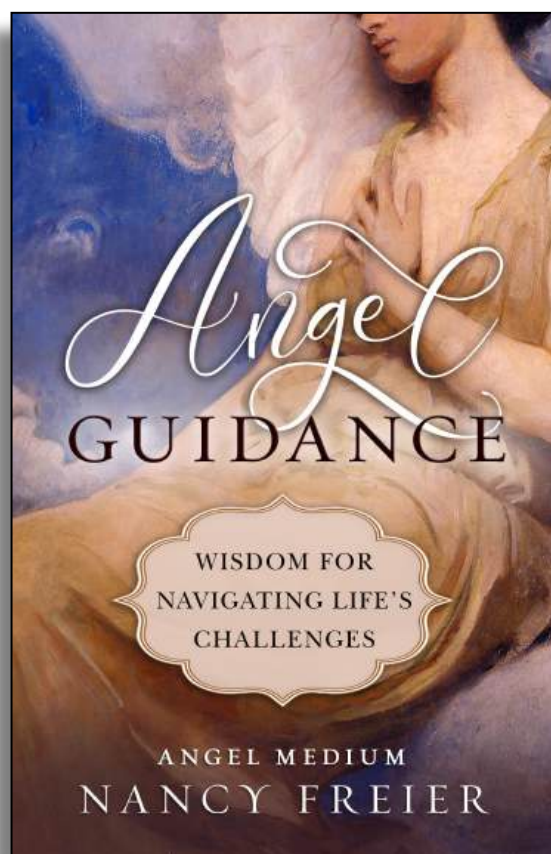
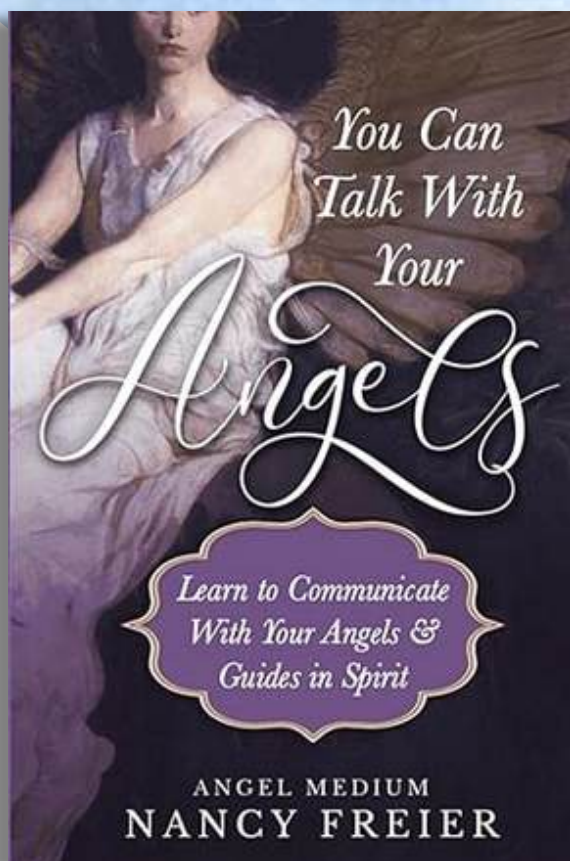
Beverly Brunelle
 Consulting Editor

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In addition to purchasing their books, you can support your favorite authors by writing a short review of their books on Amazon.

Presenting



[You Can Talk With Your Angels](#) (©2024) is published! A long time in the writing, this 171 page book is the culmination of the Author Nancy Freier's inner listening / automatic writing technique she developed over the last three decade of teaching hundreds of students this method. Now the instructions are in this book, that also includes samples of the writings and actual class experiences. Follow the exercises and teach yourself how to talk with your angels! Private tutoring sessions with the author are also available! Email: NFreier@aol.com

From the Angels to your heart, [Angel Guidance: Wisdom For Navigating Life's Challenges](#) (©2022) is a collection of angelic messages in response to questions people asked over the years. Anyone interested in rising above the fray "to see as God sees" and have solutions to life's problems would love this book. From cover-to-cover, this book is loaded with higher wisdom that will change how you look at things and heal your life. Book is available in Paperback or Kindle.

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Kind Words from Our Readers...

I just read the February issue cover-to-cover. BEST one yet! Over the TOP! Thank you! ~Carol Brown

Hi Nancy and Steve, I intended to write a quick note for months to tell you what a beautiful job you are doing. I don't always have time to read every page, but I read several things and am always deeply touched. I love the magazine! I am going to mention *The Inner Voice* in my Tea & Consciousness sessions whenever I can. Hopefully, that will help your efforts!

Much love, Penny Kelly

Beautiful cover! I love that the angels are guiding this work. Blessings, Sister Rosemarie

Thank you for your dedication, ongoing commitment, and inspired publication month after month. It is always interesting, insightful and helpful. This donation is long overdue for the beautiful work you do, a service to many, and a gift to us all. Much love to you both and much appreciation for all your contributors. You are making a difference with your continued dedication and commitment with this e-magazine. A worthwhile endeavor! ~Paula M. Burns

Fabulous cover and topics in the February issue! ~Karen Carrasco

Hi Nancy, I am writing to express my heartfelt gratitude for the opportunity to contribute to *The Inner Voice Magazine* over the past couple of years. It has been an absolute joy to be part of the meaningful message you are sharing through the magazine, and this experience has been a gift in my life on so many levels. As we step further into this new year, I can feel many shifts unfolding in my world. After much reflection, I've come to realize that it is time for me to complete this chapter of my writing journey. While this decision comes with mixed emotions, I am deeply grateful for the opportunity to share my insights, connect with your readership, and be part of this creative space.

Thank you for your trust, support, and encouragement along the way. I wish you and *The Inner Voice Magazine* continued success and look forward to staying connected in new ways. With deep gratitude, Lori Andrus

This is a wonderful publication!~Jeanne Love

We'd LOVE to hear from you! Email your comments to:
theinnvoicemagazine@gmail.com

Dear Readers,

Thank you so much for sharing your heartfelt comments and feedback with us (see sidebar on left). This month, we've received an abundance of beautiful messages, so I've decided to keep this letter brief and give those comments the spotlight they deserve.

Welcome to what I call "Mind-Bending March" where we deep dive into some truly astonishing phenomena—both on and off the planet! With an open mind, explore the incredible topics my research and contributors present this month... including understanding the differences between seeking guidance from the angels and spirit versus asking AI and ChatGPT. You can certainly explore both sources, but keep in mind one is heart-centered, the other a machine.

I'm excited to feature a chat with my friend Urszula Bolimowski in which she tells her extraordinary experiences with ETs—yes, you read that right! Also, I share some of Robert Moss' recent travels as an Astral Dreamer, along with Gordon Phinn's "Spirit Contact with Robert Bruce." Steve offers a review of Robert Bruce's book *Astral Dynamics*. New this month is Medium Angela Zabel, offering her perspectives of 'what's happening on Earth!'

There's so much to explore, I promise reading this issue will leave you awestruck (in a good way). There is far more happening in our universe than what we can perceive with our three-dimensional eyes.

Enjoy this edition of *The Inner Voice* and remember—when we raise our consciousness to higher frequencies, new and amazing things unfold!

Lots of Love,



"A KIND WORD NEVER BROKE
ANYONE'S MOUTH."
-IRISH PROVERB



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Comparing Astral Travel, Lucid Dreaming and AI

...According to the Angels

Q. Sreper, can you explain the difference between lucid dreams and astral travel?

Sreper: We are delighted you called upon us this day for this question. You have been inspired by the dreams you yourself have had in the last couple of nights while you've been sleeping.

We say that "lucid" dreams are another description for what you see on your nightly astral travels. In the dream you had a few nights ago wherein you found yourself in an old mansion museum, as you called it, wherein the walls that you saw dropped down and disappeared, this was to show you that in astral travel you do not actually travel anywhere. You are always where you are as the worlds around you, including all the multiple planes and frequencies of existence, are right where you are, and as you raise or lower your personal frequencies, you can get a glimpse into those other worlds.

Sally Daniels' creator of "The Thinning Veil" Facebook page offers a good description of what the angels said. "There are veils upon veils separating the different levels, or worlds, as you call them. And with your meditations and dream land visits, the veils thin and disappear, so are able to access these other worlds during your dream state."

Now, you can do this 'traveling' at will by simply raising your vibration in a meditative state and direct your consciousness to go where you will it to go. It is good advice to call on your angels who will lovingly guide and guard you in safe travels, as it were, and in this exercise, as well.

"The reason you should ask us is that we know your Life Path, and we know your Soul's direction. We see where you've been and where you're going. With this sacred vision we are able to provide the

direction, guidance, solutions and answers to your quest for information ~ that are aimed at satisfying your wonderings and your wanderings," they said.

Q. Couldn't a person just ask AI what's best for them?

Sreper: The difference between calling on your angels and asking AI is that the Angels know your Soul and see your Life Plan that you ascribed to before birth on that plane, complete with details. AI, although intelligent, lacks the heart and soul vision of the angelic beings. AI will only give you information, but not personal information.

Q. What actually happens during astral travel?

Sreper: We say that your conscious mind changes places, if you will with your unconscious mind that is sleeping ~ "a sleeping giant" ~ if you will, similar to what you read about in your childhood fairy tales. While the conscious giant is asleep, your unconscious mind is set free to play, explore, discover! It goes on a journey, free to roam the world and travel to other worlds at will.

Keep track of your dream adventures. Ask us for guidance and for specific meanings of the symbols in them and we will give you insights into your conscious Life Path, as both influence one another.

The thought, "*Dreams arise from the unconscious*" came to me next, along with the idea to research, So, I asked AI:

Q. What are the differences between lucid dreaming and astral travel. An AI generated response resulted as follows...



Art by Catrin Welz-Stein

Continued on page 7

Understanding Lucid Dreaming and Astral Travel

...According to www.iAsk.ai

Definition of Lucid Dreaming Lucid dreaming is defined as the state in which a person becomes aware that they are dreaming while still in the dream. In this state, the dreamer has the ability to control various aspects of the dream environment and can manipulate characters, settings, and scenarios according to their desires. The experience occurs entirely within the mind, and while it can feel vivid and real, it remains a mental construct.

Definition of Astral Travel Astral travel, on the other hand, refers to an out-of-body experience where an individual's consciousness separates from their physical body. This phenomenon is often described as a form of soul travel that allows individuals to explore different planes of existence or dimensions beyond our physical reality. During astral travel, one may encounter other conscious beings and cannot exert control over them in the same way as one can with dream characters in lucid dreams.

Key Differences

1. **Awareness and Control:** In lucid dreaming, awareness is confined to the dream state where one can manipulate their surroundings at will. In contrast, during astral travel, although one is aware and conscious, they are exploring a different realm where external entities exist independently of the traveler's thoughts or desires.
2. **Nature of Experience:** Lucid dreams occur within a mental framework created by the dreamer's subconscious mind. The experiences are subjective and limited to what can be imagined or conjured by the dreamer. Astral travel involves navigating through an external reality that may include interactions with other conscious beings or energies that are not under one's control.
3. **Physical State:** Lucid dreaming typically occurs during sleep when the body is at rest. Astral projection can happen while awake or during deep meditation when one consciously attempts to separate their consciousness from their physical form.

4. **Purpose and Outcomes:** Lucid dreaming is often pursued for entertainment or personal exploration within one's imagination (e.g., flying, meeting fictional characters). Astral travel is frequently associated with spiritual exploration, healing practices (such as those used by shamans), or seeking knowledge from higher realms.
5. **Vividness and Sensory Experience:** While both experiences can be vivid, astral travelers often report heightened sensory perceptions compared to those experienced in lucid dreams. This includes feeling more connected to their surroundings and experiencing sensations that feel more "real" than those encountered in dreams.

In summary, while both lucid dreaming and astral travel involve heightened awareness and consciousness, they differ significantly in terms of control over experiences, nature of reality encountered, physical states during occurrence, purposes behind each practice, and sensory engagement.

△

The Top 3 Authoritative Sources Used in Answering this Question

1. Kirsten Fabish provides insights into both lucid dreaming and astral projection based on her personal experiences and observations about how these phenomena differ fundamentally in nature.
2. Erin Pavlina discusses techniques for astral projection alongside its distinctions from lucid dreaming through her writings on metaphysical topics including personal anecdotes related to both practices.
3. Shamanic Practices Literature Various shamanic texts describe astral projection as a method for spiritual exploration and healing; these sources emphasize its use among practitioners for connecting with different realms beyond ordinary perception.

△

Nancy's Note: In Conclusion, the angels and those present at Kim Parker's Dream Circle on 2/24/25 concur, that the terms we use to call these experiences are irrelevant. It is the message brought to you in them that is the gift to be unwrapped and understood.

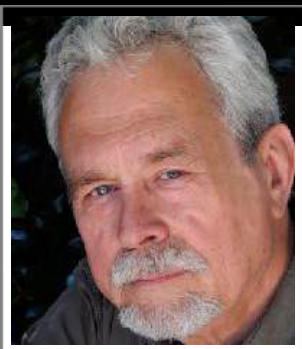
♥



Do you have a question for the Angels to address in this column? Write to: theinnervoicemagazine@gmail.com

For a personal Angel Guidance Reading, see page 10 for more information.





Astral Dynamics: The Complete Book of Out-of-Body Experiences

By Robert Bruce

Publisher's Note: See Medium Gordon Phinn's afterlife chat with Robert Bruce on page 14.

Astral Dynamics by Robert Bruce is one of the most comprehensive and practical guides to out-of-body experiences (OBEs) and Astral Projection. Unlike some books that focus only on theory or personal experiences, Bruce combines detailed techniques, energy work, and in-depth explanations of how astral projection works.

The book is written in a step-by-step instructional style, making it useful for both beginners and advanced practitioners. It explores not only how to induce OBEs but also how to navigate the astral planes, interact with non-physical entities, and enhance energy body development.

Key Themes & Concepts:

The Energy Body and its Role in OBEs

One of the unique aspects of *Astral Dynamics* is Bruce's Energy Body model. He argues that out-of-body experiences rely heavily on energy body activation, and

developing this aspect of oneself can significantly increase the frequency and control of OBEs.

Key points include:

- The etheric body and how it serves as the bridge between the physical and astral bodies.
- Chakras and energy centers, their role in OBEs, and how to stimulate them.
- Tactile imaging techniques to enhance energy flow and prepare for astral projection.



Author Robert Bruce

The Mechanics of Astral Projection

Bruce provides one of the most detailed breakdowns of how astral projection works, explaining different types of projections and their characteristics:

- Etheric Projection: Close to the physical world, often mistaken for real OBEs
- Real-Time Zone (RTZ) Projection: A phase where the astral body is still connected to the physical world but slightly detached, allowing interaction with real-time environments.
- Astral Plane Projection: A deeper projection into higher realms beyond the physical

Step-by-Step Methods for Inducing OBEs:

Bruce offers several methods for achieving astral projection, including:

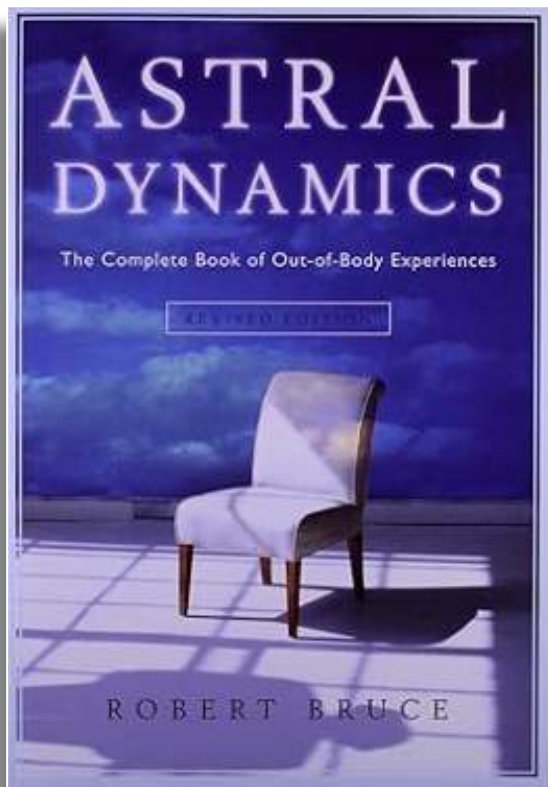
The Rope Technique (his most famous method). Imagine pulling yourself up a rope with your astral hands. This mental action stimulates separation and can induce an OBE.

Trance State Induction. Deep relaxation and altered states of consciousness are crucial. He explains how to reach the "mind awake, body asleep" state necessary for projection.

Vibrational State Mastery. The vibrational state (a common pre-projection sensation) is crucial for launching into an OBE. Bruce provides ways to trigger and stabilize these vibrations.

Exit Techniques. Different methods to "detach" from the body once in the right state. Each technique is explained

continued on page 9



with practical exercises, troubleshooting advice, and expected sensations.

Navigating the Astral Planes & Dealing with Entities

Once out of body, Bruce explains how to move, explore, and interact within the astral and real-time zones.

Key topics include:

- How to improve vision clarity and maintain awareness;
- Different levels of the astral plane (lower vs. higher planes);
- How to avoid getting "sucked back" into the body too quickly; and,
- Encounters with non-physical entities, including: friendly guides (spiritual helpers); negative entities (how to recognize and defend against them); and, dealing with thought-forms and astral constructs.

Higher Consciousness & Spiritual Growth

Beyond just experiencing OBEs, Bruce explores how astral projection can be used for:

- Spiritual enlightenment and gaining wisdom
- Past-life exploration and accessing higher knowledge
- Healing work (on oneself and others).
- Understanding the afterlife and what happens beyond death.
- How astral projection connects to mystical traditions, though he maintains a practical and experiential approach rather than a purely philosophical one.

Final Thoughts

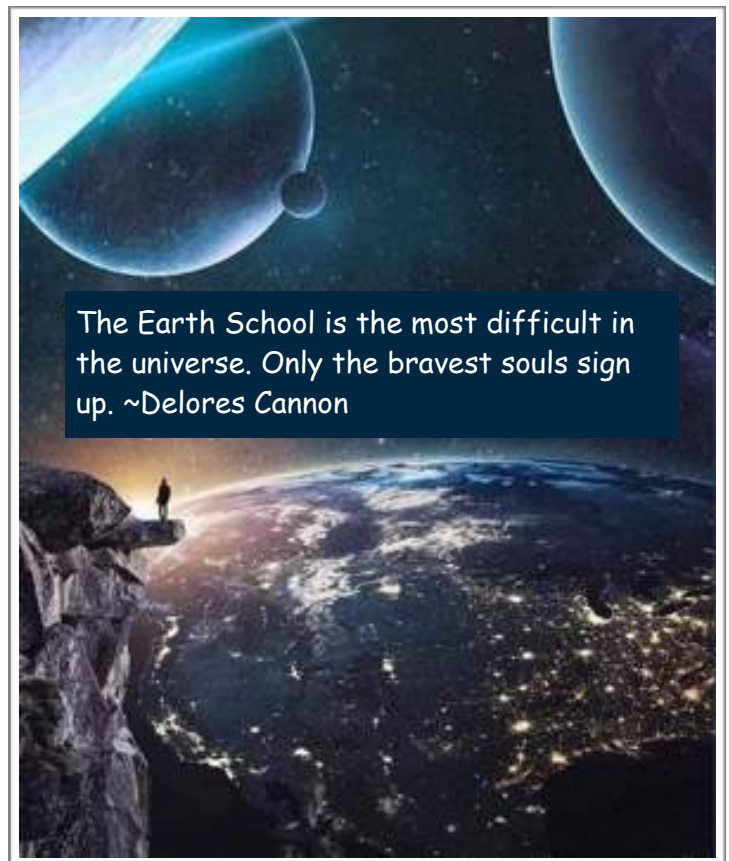
Astral Dynamics is one of the most detailed, practical, and insightful books on astral projection. Unlike many OBE books that are purely anecdotal or overly mystical, Bruce blends science, personal experience, and proven techniques to create a practical guide for achieving and mastering OBEs.

If you want a step-by-step approach that also dives deep into the mechanics of projection, energy work, and the astral world, this book is essential reading. Get it on [Amazon Here!](#)

△

Steve Freier is a researcher of metaphysical subjects and The Inner Voice editor and website tech. Steve is also a professional video producer specializing in personal and promotional videos in YouTube fashion. For more Book Overviews, visit: <https://aktivator.wixsite.com/unobstructeduniverse> Contact Steve here: sgfreier23@gmail.com

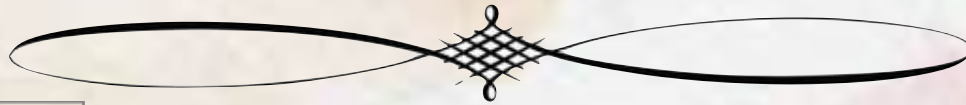
For the FUN of it...



Need a Light?



Get a Reading!



You can call on your Angels, Spirit Guides and/or Ancestors to 'Shine a Light' to help you understand the lessons you're facing and see your way forward. The angelic perspective often times reveals issues from past-lives that are affecting your current life. They reveal origins of disease and how to heal and navigation routes through healing relationship dilemmas giving you new thought patterns that guide you to happy outcomes.

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*Thank you for your kind words...
In attending Nancy's Angel Guidance meeting, I was impressed with how Nancy is what she believes and shares with others. You learn with her by feeling and integrating her experiences and examples. She just works from her heart and the deep knowledge of her soul, and she humanizes the struggle which we can all relate to.
Big fan, ~Peg English*

Attend the Angel Guidance Zoom Group!

Angel Medium Nancy Freier leads the group into a growing awareness of Angels and those in the higher realms of Spirit and the ways they guide us through life's challenges. Each meeting is unique. We explore the methods of communication with The Greater Reality, share enriching real-life stories with Spirit, and discuss enlightening Q&As about the communication process and the messages we receive. Join this angelic-inspired conversation every 2nd Saturday of the month.



Sat. March 8 - 1pm CST
11am Pacific • 2pm Eastern
Sydney 6am Sunday
[Click HERE to Join](#)



"Zooming enlightenment around the World"



Is Spirit in Artificial Intelligence?

Artificial Intelligence is now becoming a pervasive part of our lives, such as asking **Siri** for directions or **ChatGPT** for philosophical advice. When using **Grammarly**, AI automatically corrects your writing and fixes the errors. Some of these applications can be profound.

Consider the answer from ChatGPT to the question, “What is Spirituality?” *In essence, spirituality is a deeply personal journey that involves exploring one's inner self, values, and beliefs, and fostering a sense of connection to the broader universe, whether through religious or non-religious pathways.* The site even gives a variety of sources from which it obtained the answer.

This is not an original idea. It is an amalgamation of human concepts. The program does well in combining ideas into an understandable answer. However, the answers are not always correct. For instance, when inputting a file for synthesis and better understanding, some of the information was distorted and incorrect. AI is not perfect.

A similar thing occurs when using the AI program **Open Art**. Images can be beautiful or grotesque. The program also enhances a few words, such as Afterlife, spiritual, heaven and colorful, to the following description by clicking on a surrealism button. The original image is labeled One [below].

Afterlife concept, colorful surrealism, ethereal and dreamlike atmosphere, vivid hues blending seamlessly, heavenly realms with flowing clouds, floating light orbs symbolizing spirits, serene landscapes adorned with shimmering colors, exploring themes of spiritual transcendence, high-depth cinematic mastery, enchanting and radiant, ultra-detailed, captivating visual experience that evokes tranquility and wonder. [Image two]



Image Two.

The realism feature creates the following, in which **Grammarly** corrects the grammar and punctuation of the AI program. These programs are not always correct. The creation of images is driven by words, not intuition or feelings. There is an imperfection in art created by humans.

This is a realism image featuring ethereal spirits, heavenly clouds, vibrant colors, a serene atmosphere, glowing light, and soft pastel hues that blend harmoniously. The image also features an ethereal landscape filled with divine beauty, tranquil vibes, and a dreamlike quality, as well as natural elements such as lush greenery and gentle streams. The image features high-quality details and an ultra-detailed and mesmerizing visualization. [Image Three]

continued on page 12



Image One.



Image Three.



Image Five.



Image Four.

Many times, 20 images need to be created before the right one appears. Other times, it is a trial and error of words to create a pleasing result. People tell me that as the AI learns, the results will improve. But, is machine learning really learning or is it just getting better at manipulating algorithms to echo human experience?

Algorithms have already taken over many activities in our daily lives, in areas of marketing, finance, personal assistants, the arts, and decision-making. While AI may be helpful in

diagnosing diseases, it raises many ethical concerns. For example, AI can reinforce bias and discrimination. For example, playful conversations online can turn into racist comments. This is not a very spiritual ideal. It has also been found that predictive policing does not always work (see Coeckelbergh 2020). And AI-based facial recognition programs can violate people's privacy and copyright.

Having no biological bodies, AI may not care about our human goals. For years, philosophers have been skeptical about a computer's ability to "think like humans." For instance, in the book *What Computers Can't Do*, Hubert Dreyfus argued that AI was only symbolic manipulation [image Four].

Now, consider the manipulation of the idea of what computers can't do in a fantasy context [Image Five].

AI cannot capture the background meaning of a situation. AI may be able to emulate the image of a spiritual experience, or translate the words, but it will never be able to experience the feeling of euphoria. It can describe spirituality, but it will never understand it.

△

References:

Coeckelbergh, Mark (2020). *AI Ethics*. Cambridge, MA: The MIT Press

Dreyfus, Hubert (1978). *What Computers Can't Do*. New York, NY: Harper and Row

Author Dr. Susan B. Barnes, CSNU is a Spiritualist Medium and Life Coach who offers Readings, Spiritual Counseling and Spirit Art Readings via Zoom and phone. For more information, see Susan's ad on page 13.

Spiritualist Medium and Life Coach Author Dr. Susan B. Barnes, CSNU

Offering...

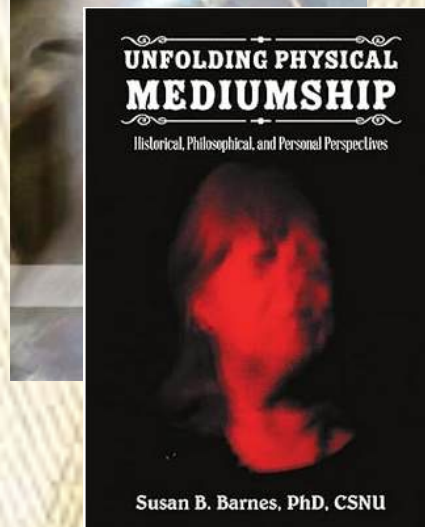
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**Tutors: Dr. Susan Barnes, CSNU,
Lisa Mandell, Nancy Smith, and Teri DelAurora**
To register go to: www.lilydaleassembly.org



SPIRIT CONTACT: ROBERT BRUCE PAYS A VISIT TO MEDIUM GORDON PHINN

~Channeled on May 19, 2024~



Robert Bruce

Some days back I was made aware of a video from Robert's son that his father, Robert had passed on. The tone of his communication let me realize that he and many others were, it seemed, hurting in the seemingly enforced absence of their long time guide and teacher.

Robert Bruce began his publishing career in the astral travel genre around the same time I did, and although Bruce Moen became a major guide and influence for me, Robert was never far from my consciousness. I did not know him 'in person' but we did exchange emails over the years. I felt a psychic connection with him and he was very helpful.

On occasion I would email him and pose some questions arising out of my work as a guide and seminar holder. He would always reply in a friendly and informative fashion. Given the ease of email, I formed long-distance relationships with other explorers and guides such as Timothy Wyllie, Kim McCaul and Frank DeMarco. Robert was one of several valued colleagues. So given his lifelong OBE practice and commitment to teaching, I felt sure he would be easy to contact and that folks would appreciate the effort.

GP: Good evening, friends, good morning, good middle of the night... *Word of Gord* here, and we are reaching out to the spirit of Robert Bruce, the long time explorer and researcher in the field of projection and astral travel. So here I am, it is me in this darkened room, and Robert, I am reaching out to you, I know you are around. I felt your presence earlier. Are you comfortable with communicating right now?

RB: I know what you're going to ask, how I'm doing, and I'm doing hellish good ~ very, very good with this transition stuff, what can I say, more fun than you can shake a stick at. I'm out of that body that served me so well for so many years, giving me a platform to communicate and guide other souls in bodies and show them how and where to go when they wanted to go somewhere but didn't quite know where or even how to do it. Well, I laid the groundwork as you did yourself, and we proceeded onward, us and many others forming a worldwide a family of initiates who know the physical plane is but an energetic base from which we explore our greater selves and the mystery of the planets and the planetary systems in which we find ourselves, in which we put ourselves.

Yes, Gordon, I know then what your next question is going to be and, yes, I am in some pleasant community, yes I am. It was one I participated in while I was still on earth, as you do yourself. Nobody was surprised to see me. I had visited many times before and now I am here like a permanent resident, although we know that's not really permanent, just sort-of looks that way, doesn't it?

RB: I am settled into the astral world and accepting my departure from the physical. I am sending my love to my family on a more or less constant basis, and I trust they will feel it. I am grateful for the deep and lasting bond they have given and are giving. I am grounded in their love, but I am also flying free all over the place, just as I did when physically alive... I would say even more so!

For those who wish guidance from me still, and I will attempt to give it when seminars and talks are given in my name I will be there. As that famous ascended master once said, 'When two or three are gathered in my name, I will be there.'

GP: Yes Robert, I appreciate your reference and I hope others do too. Do you wish to continue with your role; it sounds like you do?

RB: Oh I do, yes, I am quite pleased to do that! I realize it's my fate, my karma, something that I couldn't possibly escape even if I wanted to. Not that I want to.

When you are living in this world of, well, let's say relative bliss, it's easy to give of one's true nature because one realizes that giving from that store of knowledge and love does not diminish the store. It is an endless supply, there is not losing momentum, there is no losing energy, there is no depletion of initiative. So for those who wish to reach out to me, passively or actively, I know many have. I've felt them in meditation already, uh quite a few actually, so please feel free to do so! You are not draining me, I am well able to cope with this situation, and if at

continued on page 15

sometime in the “astral future” I get a bit tired, I will be given more energy. This you know, and this I have been assured of.

RB: It is certainly interesting hovering over the planet and feeling the many levels of vibration coming from various areas, various focuses of consciousness. As you all know the spirit world is a kaleidoscope, a carnival of various levels of vibration, some high, some low, some not so good, but they can all be absorbed into a blend; the potential negativity of the lower vibrations. You can take the higher ones and blend them with the lower so that they are ‘neutrally effective,’ how shall I put that, yes, neutrally effective. You needn’t be brought down and if you then re-examine your assumptions and motives.

GP: Yes Robert, some good thoughts there. Thanks for that. And you know, thanks for all the little aids you gave me on my journey some years ago. Just little tips, but they were very useful! I personally feel, that we are, through the internet and various groups and personal explorers, fabricating a very strong energetic network of astral guides, who by their continued activity and communication create another level of consciousness that will, in the end, inspire many others to do so themselves.

RB: So yes, Gordon, we are! And I’m glad you pointed that out, thank you! It’s good to hear from your perspective. It’s fairly obvious from mine but from yours it could be slightly harder, yet it seems to me you are well connected and giving as much of a boost to the growing network as you are able.

GP: Yes ,Robert I am. I do feel very speedy a lot of the time, especially when connected to the astral you get that higher vibration. Obviously from you but others too! You really get jived! I know I do! It’s the middle of the night and I can hardly sleep... and um this will continue, it takes a while to absorb it and stabilize with it. I acknowledge your leadership in these matters and wish you well with all your future endeavors and activities. Robert, I’m going to make a little comment here: I noticed that in the last year or so, this ability to project

automatically form the waking state without any predetermined ritual of meditative practice. It’s quite remarkable how this can be done and I am trying to spread that germ of an idea around. Do you think that’s a good thing to do?

RB: Oh yes, absolutely keep at it, we need people projecting all the time because we are more than one being within that body. You can project and still be conscious in the body. You can bi-locate. Many people can bi-locate! You just have to convince them that it’s easy, healthy and not detrimental in any way to the soul’s balance.

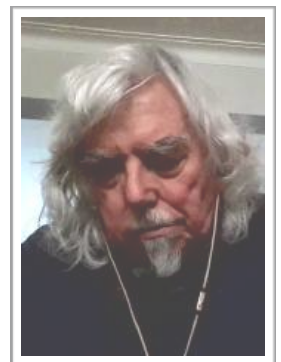
GP: Thanks Robert, I’m sure some will take that onboard. And so farewell to Robert Bruce! May the god force go with you and guide you. May laughter and light fill every second of your astral life. Thank you for everything!

RB: Thanks Gordon, see you.

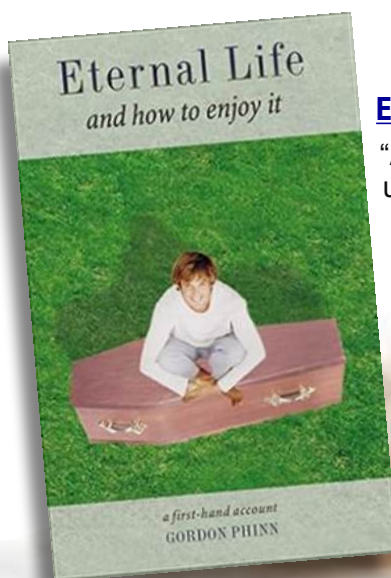
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Editor’s Note: Please also read Steve’s Book Overview this month on page.8. He reviewed Robert Bruce’s book: *Astral Dynamics: The Complete Book of Out-of-Body Experiences*.

Gordon Phinn is a Canadian writer and psychic known for his explorations into the afterlife, reincarnation, and out-of-body experiences. Phinn shares his insights through his blog, “Another Word of Gord” where he discusses topics related to spirituality and metaphysics. He describes himself as a ‘writer, psychic, out of body traveler, guru without all the BS.’



Phinn studied Arts and Humanities at York University and currently resides in Oakville, Ontario. Through his writings and teachings, Gordon continues to influence readers interested in metaphysical subjects, offering perspectives on life beyond the physical realm. His notable books include the two featured below.



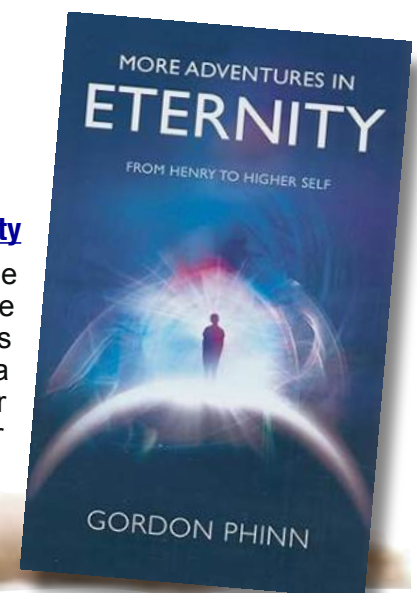
~Two of Gordon Phinn’s books~

Eternal Life and How to Enjoy it

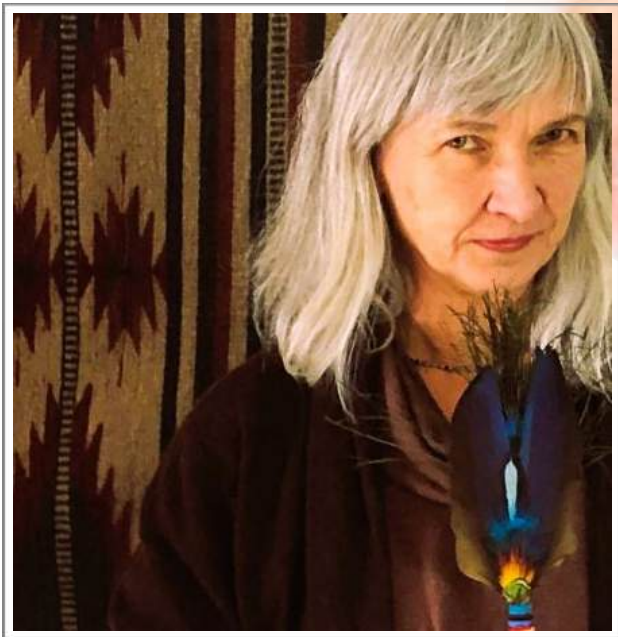
“A real-life tour of what awaits us in the afterlife.”

More Adventures in Eternity

Adventures in Eternity describes the author’s unique explorations and the unfolding of his higher self as his guide’s teachings release Gordon from being a grateful disciple to a self-initiated explorer and all-round multi-level shape shifter through astral plane training



A Chat with 'Sirian B Agent' Urszula



Urszula Bolimowski was born in Preston, Lancashire, England in 1961 to Polish immigrant parents, in her words, "With a paint-brush in my hand as I have always been interested in the arts from earliest memory." Urszula has been living in the United States since 1970, attended the Paier College of Art, in New Haven, Connecticut before setting off for travels and explorations both around the world, around the country, and to her surprise off the planet as a reluctant intergalactic ambassador!

She gained creative experiences in the fields of graphic design, illustration and photography starting in Connecticut and New York. Re-settling in Seattle in 1982, she began working in theatre as a set-painter/designer and also working with children teaching art and painting murals. In 1992 she re-located to Santa Fe, New Mexico where the set-design work led to her passion for creating interior environments.

Fate led her to meet extraterrestrials from Sirius B who have taken her on 'excursions' that have altered and enhanced her life in ways few have known. I met Urszula some years ago through my friend Timothy Wyllie. [Read his Interview from the afterlife in the January 2025 issue of The Inner Voice.](#) Here is my conversation with Urszula...

Nancy: I first met you in 1999 while on my *You Can Talk With Your Angels* workshop tour. We stopped to visit Timothy at his home in Mountainair, New Mexico. I am so happy to have located you after all these years. Good that you have a unique name so I could find you! From our initial conversation, I understand you have quite a story, or rather stories, to tell!

Urszula: A lot of the visits occurred in dreamtime, and some did not. It started back in England and continued through my decade in Connecticut, really hit a peak during my decade in Seattle, Washington, and continued into the early years of my 30-plus years in Santa Fe, New Mexico until sort of phasing out.

Nancy: When did you meet Timothy?

Urszula: I met Timothy in the mid-90's via a mutual friend and pretty much launched into telling him that I'd had many 'extraterrestrial' experiences. I felt myself to be a hybrid with a connection to *Sirius B*. I knew he had written, "Dolphins, Angels and Extraterrestrials" and so I thought he might be interested, and interested he was!

Nancy: When did your contact with ETs begin?

Urszula: My earliest contact was in 1968 on the top floor of my grandfather's house, which happened to be the bathroom that had a skylight and colorful wallpaper. It was a fun place to hang out because it was spacious and bright. Until the fateful day when I went up there and spotted a three-foot tall praying mantis!

Nancy? A what?

Urszula: A three-foot tall praying mantis! I didn't understand as a child that seeing a 'praying mantis' was just my mind trying

to make some kind of sense. It was about 3 feet tall and had very large eyes is all I can recall. I had some missing time after that encounter...and even though all the rest of my experiences always felt benevolent, that first one admittedly was a bit rattling to my seven year old self. It was many years later when I read Whitley Strieber's book *Communion*, that the phenomenon of seeing mantises when, in fact, having an ET encounter was common. That pretty much started my obsession with all things intergalactic and a 30-year span riddled with mysterious phenomenon, lucid dreaming, visitations and experiences! I will try to whittle it down to the most outstanding ones that left an impact.

Nancy: I imagine they would all be pretty impactful! Did Timothy share in any of these, can I say, off-planet excursions?

Urszula: No, Timothy and I didn't actually share any of those experiences together, although I did have a few interesting out-of-body events while living with him, and again later when I was in a cabin on his property.

Nancy: Why do you think you were chosen for these experiences?

Urszula: That is something I can't fully answer, but over time I felt myself to be a hybrid person. After a series of events I came to feel a connection with Sirius B. For example, I had a long chain of related 'dreams' about being on another planet before landing here on this one. I also dreamt about the Dogon tribe in Mali that invited me into secret rituals. If you're not familiar with the Dogon, they have a relationship to Sirius B. They believe that

Continued on page 17

is where they originated and also they were able to accurately draw where Sirius B is located, even though it is invisible to the naked eye. (The classic book on this subject is 'The Sirius Mystery' by Robert K.G. Temple)

So, I mentioned the initial 'praying mantis' episode in England that I had as a child, but then we moved to the U.S and the 'out of body' experiences became quite regular. I might mention here that it was in Connecticut in the 70's as a teenager that I witnessed my first real time sighting of a craft at the end of the street near the woods. It went right over my head!

Nancy: Wow! Tell me!

Urszula: The 'out of body' experiences usually went like this: I'd hear my name and wake up, as it were. One time I woke up and was led outside by a human looking male, taken aboard a small shuttle and then onto a larger craft where I was introduced to two small children that somehow I felt related to. It was an emotional moment and felt related to this hybrid program that I was a part of.

Another time, I had a dream that I was in my 'light-body' and telling my mother that I would be coming through. There was something kind of bittersweet about coming back into the gravity of this earth yet again, and what this would entail. In early days, I always felt a bit 'other and different' than most people — not always easy.

(My personal trajectory seems to be related to Sirius B, Atlantis, Egypt...and a few other past lives I've been able to recall.)

Nancy: How amazing it is to remember other lives! In my experience, remembering them seems to answer questions we currently have and gives us answers we seek in order to heal something in our current life.

Were you alone or with someone when you were having these experiences?

Urszula: Well, at this point let's fast forward to Seattle where I lived in the 80's. This decade was probably the most concentrated for me regarding the strange mystery realms I was living in.

Here is a major example... Fortunately I was married and my husband was witness to some of these things, so it was actually a relief. I would be transported to a place where I was sitting with an assortment of beings from different planets, or planes? I felt like I was part of an ambassadorial mission! I would be communicating with these beings in English, but back on the ground in our bedroom, I had sat up in bed and was speaking in another language, much to my husbands' amazement and possibly a bit of fright! Another time after waking up from one of these meetings, he and I discovered that our electric clock was going backwards and a complicated silver chain-link necklace had fused together ~ that kind of thing!

I was taken aboard many different types of 'mother ships' in all shapes and sizes. There was a massive cigar-shaped ship over

Central Park in New York City, for example. I was shown maps and apocalyptic scenes of what could happen on earth if we don't pay attention. I was dealing mostly, however with a race of beings that were short in stature and looked 'oriental.' I felt like they were family, but never got a name of what they called themselves. It all seemed very benevolent and caring.

Nancy: Whenever I've given ETs any thought, I had always hoped they would be benevolent beings who came here to help us "ascend into the 5th Dimension and Earth become a Star" ~ as I've been told, and that they aren't to be feared.

Urszula: I had felt that they were somehow monitoring me and helping me stay strong and adaptable on this planet... but again, I can't tell you 'who' they were exactly except for what they looked like. There are theories that *they* are actually part of our future selves. This is where the concept of time and parallel universes can be examined, (laughter). One time they told me they would boost my immune system and that I would "feel worse before I got better." I guess it was a kind of extraterrestrial vaccine, (laughter). Sure enough, they pricked my arm with an odd device and I woke up with a strange, circular mark. And yes, I did get ill before I got better.

So, I had a relationship with these smallish beings and yet, once in a while, another group would show up who were very tall and seemed to be more like supervisors working in conjunction with the short ones. I wish I could be more specific about what to call them, but I can't. Sometimes, however, a book would fall into my lap after I had had a specific experience on another planet, let's say; and, in that book a person would describe something similar to what I'd experienced and I would feel like my experience was corroborated. These experiences were so vast and so unusual that it's hard to say anything except "the more I know, the less I know." So many different levels to it all ~ like this planet is truly an experiment and we can go so many ways. We've already seen civilization destroy itself in different epochs, but the hope is always there.

After all is said and done, I do really feel myself to be a social anthropologist and observer on this planet. It feels like my role is more about observing versus participating in earthly affairs. It seems after all I've experienced, I'm inclined to see earth, humans and all the polarity here in a much larger, galactic perspective...not always easy to describe when people 'expect' one to take sides. It's not to say I don't influence those around me or through my art. I think, perhaps like Timothy... I see this place as a university where souls can evolve after learning that, indeed, everything is connected.

Nancy: Thank you very much for sharing your story!

△

Learn more about Urszula and her art here:

<https://urszula-designs.blogspot.com/>



For the FUN of it...

What Einstein said...

Author Unknown

While there are no directly attributed quotes from Albert Einstein explicitly discussing "astral dreams," his writings and known perspectives on the nature of reality and the power of imagination could be interpreted as hinting at the potential significance of dream states, including those considered "astral" in spiritual contexts.

Key Points to Consider

"Reality is merely an illusion, albeit a very persistent one." This famous Einstein quote suggests that our perception of reality might not be the whole picture, leaving room for the possibility of other realms or experiences beyond our typical waking consciousness, which could be seen as aligning with the concept of astral travel experienced in dreams.

"The most beautiful thing we can experience is the mysterious. It is the source of all true art and science." Einstein's appreciation for the mysterious and unknown could be interpreted as an openness to exploring the enigmatic aspects of dreams and their potential for deeper understanding.

"Logic will get you from A to B. Imagination will take you everywhere." This quote highlights the importance of imagination, which could be seen as a key element in accessing and interpreting dream experiences, particularly those considered "astral" where the boundaries of reality seem to dissolve.

It's crucial to remember that there is no documented evidence of Einstein directly discussing "astral dreams" or explicitly endorsing any specific interpretation of dream states.

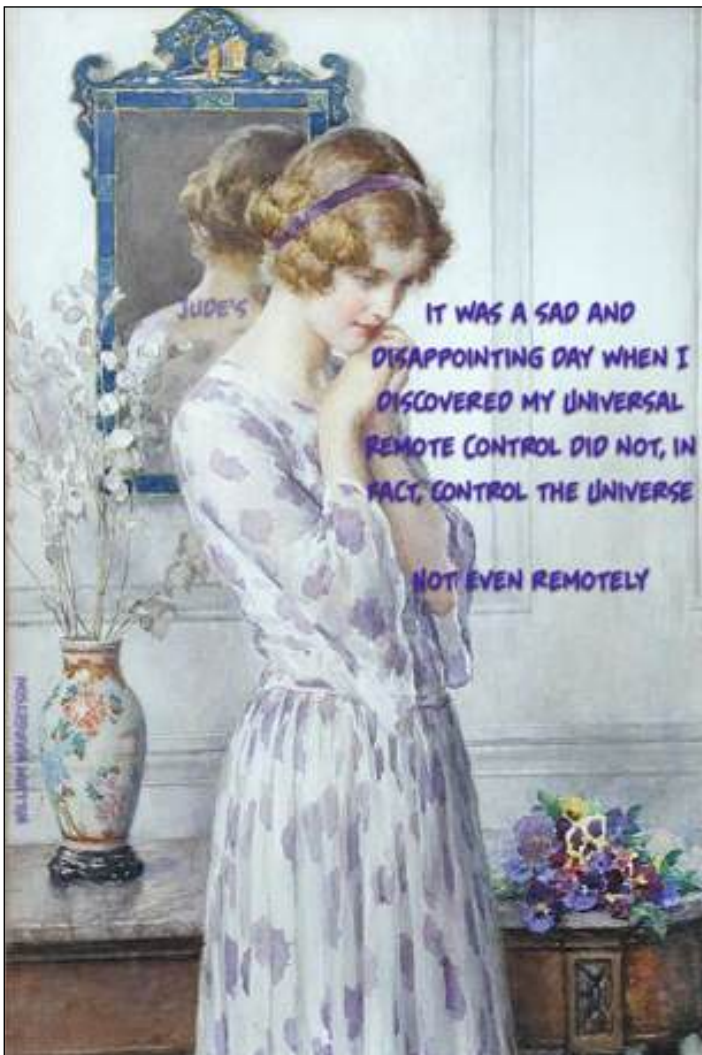
Interpretation is key

While his views on the nature of reality could be interpreted as open to the concept of astral dreaming, any application of his quotes to this topic would require careful analysis and consideration of the context.

When you are asleep, the unconscious mind plays at processing emotions, consolidating memories, and exploring thoughts and desires through dreams. It also helps with problem-solving, creativity, and subconscious reflection on daily experiences. Dreams can be a manifestation of unresolved thoughts, fears, and aspirations, often weaving together elements from reality in strange or symbolic ways.

△

Editor's Note: The angels suggest that you keep a dream journal. Document your dreams and astral travels as best you can. Ask your angels to help you remember them in detail and interpret the messages and symbols in them. Doing this can potentially enhance your life by providing you with answers and guidance you seek.



SOURCE: Best Art Memes Moderated (BAMM)

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Mark your calendars! The [16th Annual DARE To Be AWARE FAIR](#) is coming back to Brookfield on **Saturday, April 12, 2025!** This vibrant event has become a beloved tradition for those passionate about holistic health and personal growth.

Known as Milwaukee's premier wellness expo, the fair is a gathering place where people can explore alternative healing techniques and soak up positive vibes. Attending wellness expos like the DARE FAIR, as it has been called, is a wonderful opportunity for personal development and well-being. Imagine spending a day surrounded by like-minded individuals who are all on a journey towards better health in body, mind and spirit. It's not just about learning new things, it's about connecting with a community that supports your growth and vitality. This year's fair promises some exciting highlights — a must-visit event:

- [Over 100 exhibitors](#) showcasing the latest in health and wellness products and services.
- A lineup of 6 workshops each led by experienced practitioners eager to share their knowledge.
- Inspiring [presentations](#) from notable figures including Erik Swenson's Global Healing Circle and Ryan Hader and the Backward Echo Band Kirtan Experience.

Accessibility is key to ensuring everyone can participate in this celebration. The Brookfield Conference Center is fully equipped with facilities that cater to individuals with varying

needs, whether you're driving or taking public transportation, getting there is a breeze:

- Public transportation: Convenient bus routes and shuttle services. Easy access.
- Ample parking
- Hotel accommodations are available for those traveling from afar — just minutes away from the venue. Contact the fair for a special discount code.

With its central location and excellent facilities, attending the DARE FAIR is as effortless as it is exciting. Join us for a day of enriching both body and soul!

To get a glimpse of what to expect at the fair, check out our [event gallery](#). Whether you're well-versed in alternative healing or just beginning your exploration, the DARE FAIR offers something for everyone!

So gather your friends, embrace the energy and be there to explore new dimensions of wellness in Wisconsin!

Tickets are \$15 cash only at the door, or they can be [purchased online](#) where you can buy four and get one more free! [Get tickets here!](#)



Patricia Clason, Dare Fair Coordinator

△



Take the Lead

Are you allowing those criticizing inner and outer voices to hold you back from your genius, from what you are here to give to humanity, to your community, family, and dear friends?

In these very changing times it is imperative to listen deeply within for the wise inspiration, encouragement and clarity that you are here to express into the world. It is time to take the lead.

Years ago I was traveling in Bali. I drove my motor bike up an down mountains, along the coast and at one point I became so fearful, listening to thoughts that no one on the planet knew where I was and wondering if I was really safe. I pulled off the road, with an amazing view of the coastline, took some deep shaky breaths and heard very clearly in my head: "This is a point of Power."

My inner world changed. I shifted out of inner chaos and realized that I had a choice as to what I was thinking, how I perceived my "moment" and what my next step was. I shifted into a new uncluttered clarity. I made a choice, just one step at a time. Many times during that trip I stopped to access the eternal spacious point of power, to choose to take the lead that brought safety to the moment. That practice has saved me many times from following the voices of debilitating fear.

I love the date March 4th. It is a sentence, a command, and an inspiring invitation. What future are you marching forth into? What wisdom and creative energy are you bringing forth that will help shape our new world? This is not a question for the mind-it is an inquiry for the heart, the soul and the essence of your Being.

There is a lot at stake here. Life is changing rapidly. Standing in our point of power is an infinite resource. You need not to get attached to expectations. Change is natural and seems to be shifting at increasingly greater speeds that we should not cling to that which is so fast moving.

Being with the point of power in this moment is surrendering to the infinite mystery and being receptive to the revelations of pure creation in motion that are pertinent to you, here and now.

It may be a leap for you to explore this practice. It is certainly worth experimenting with. So, where are you following old, outdated expectations and ideals?

Are you willing to risk, just for a time today, exploring new possibilities by inviting the power of the present moment to inform you? You are at choice. This is key. Wise choices are part

Continued on page 21

Raise Your Frequency Be Your Best Self!

Become more honest with YOURSELF
Clear unconscious, limiting influences
Remove obstacles to Love in your life
Access greater presence, clarity, creativity & self-love

Beverly Brunelle
Intuitive, Channel, Master Energy Healer

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Mini-Sessions
on YouTube!

of being a leader. Some people say we ultimately have no free will, no real choices.

I say experiment. You are at a fork in the road... are you divinely guided? How does your intuition guide you? Do you toss a coin? Do you follow expectations? Are your choices divinely ordained? Experiment with taking the lead.

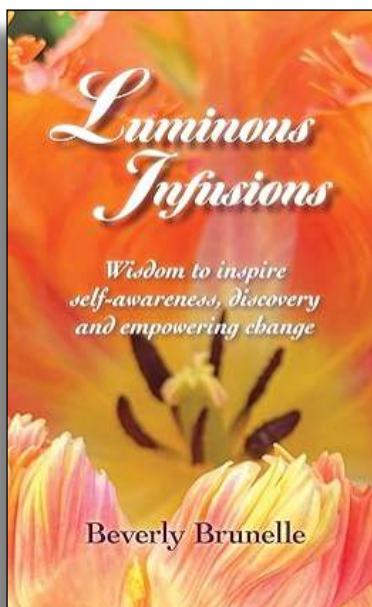
I notice with myself and my clients that challenging dynamics are actually points of power: Invitations to actualize more of our capacities for higher knowledge and new creative new possibilities.

There are many opportunities everyday to meet our challenges, big and small, with fresh curious eyes. Each situation is a point of power to birth forth more of our wisdom, clarity, and genius to make changes that life is calling forth.

I invite you to explore practicing that *this moment is a point of power* when you feel trapped, limited, fearful, and challenged. Instead of following the fear perspectives take the lead and tune into the rich mystery of life and creation.

Δ

Beverly Brunelle is an Intuitive, pioneering energy worker, teacher, speaker, author. She helps people raise their frequency to face personal challenges and access their deeper clarity, wisdom, and creativity. Her book, [Luminous Infusions](#) a daily guide that inspires self-awareness and empowerment. Check out her healing YouTube videos here: <https://www.youtube.com/@beverlybrunelle3981/videos> Learn more and book personal sessions at beverlybrunelle.com



[Luminous Infusions](#)

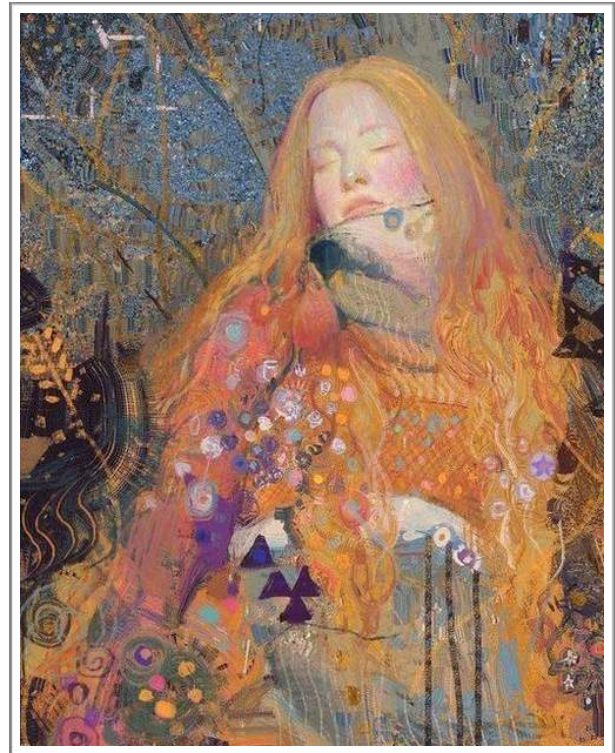
Reminder: Have No Fear

From our Friends at [Ravenous Butterflies](#)

By Finn Butler

Everyone who terrifies you is 65 percent water. And everyone you love is made of stardust, and I know sometimes you cannot even breathe deeply, and the night sky is no home, and you have cried yourself to sleep enough times that you are down to your last two percent, but nothing is infinite, not even loss.

“You are made of the sea and the stars, and one day you are going to find yourself again.” Δ



Art: Xuanwei Su

Be afraid of nothing in this world. Nothing can penetrate the mind healed of the false belief in sin or sickness.

Be not afraid of disaster or strife.

Open yourself up to a climax of Forgiveness and Love.

There is no speck of insanity, or fear of abandonment, nor perception of loss, that will not be fully overturned and set aright and alight...

when all that is desired is the Light of Love and Peace of the One Mind.

“Behold I will make all things new.”

I will come to you unaware as you lift your awareness onto me.

You are a vast beacon. All you need is love, love and more love...

And so it is.

~ from the Holy Spirit

With Love, [Stefanie Finn](#)



The Summons

By JA Dioguardi

In my heart, there are places summoning me,
For inside my mind, I can clearly see
Familiar mountains and flowers and trees,
Which lie in between two separate seas.
I even remember the warm summer breeze!

When I first could recall what once was my own,
All the smiling faces of friends I'd known,
It seemed so real (though inside of my dome)
That I was content to let my mind roam.
It felt like a former life calling me home.

And a yearning to be there sometimes grabs hold
When I feel afraid in a world that's cold
I miss the loved ones who lived in my fold,
Those rivers and streams along which I strolled.
My tears, at the thought of them, flow uncontrolled.

I have traveled the globe by plane, train, and car,
But I haven't been to this land thus far.
Although unsure as to where I would start
If looking to find this place on a chart,
The home I evoke will live on in my heart!

JA Dioguardi: "I am a Cosmic Consultant for Change. I inspire, teach, and heal via the vibration of my words." For more of her writings visit: www.jadioguardi.com

Exposure

By JA Dioguardi

Impressions, under darkness, hide
Invisible to the eye
They covertly electrify
With the pleasure they provide.

These forms on photographic plate
That we've hidden out of sight
(Or, too early, exposed to light)
Will simply...evaporate.

Our timing has to be precise
To ultimately reveal
The images that we conceal,
Which our passions did entice.

But truth is readily exposed
In worlds we explore at night,
When what's hidden can come to light
While our human eyes are closed.

For in that netherworld of shades
And total self composure,
We concede to the exposure
Of intimate masquerades.



Red Bird

By Mary Oliver

Red bird came all winter
Firing up the landscape
As nothing else could.
Of course I love the sparrows,
Those dun-colored darlings,
So hungry and so many
I am a God-fearing feeder of birds,
I know he has many children,
Not all of them bold in spirit.
Still, for whatever reason-
Perhaps because the winter is so long
And the sky so black-blue,
Or perhaps because the heart narrows
As often as it opens-
I am grateful
That red bird comes all winter
Firing up the landscape
As nothing else can do.



AFTERLIFE REPORT

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Science



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**Join the Weekly
Global Gathering!**
March 2025 Guest Presenters:

March 2: The Cosmic Voices Mediums will bring through an urgent *Message For All Light Workers* from the renowned British Medium Estelle Roberts. "The sooner the message is out, the sooner we can create forward positive motion without fear."

March 9: Al and Jean Fike on the work of the Divine Love Sanctuary

March 16: Gary Mannion in trance with Abraham will answer questions about current world events.

March 23: Dr. Eckhart Kruse on Recent developments in physical mediumship.

March 30: Dr Julia Assante Ph.D. author of *The Last Frontier*. "I've been researching reincarnation, interims and over souls for over two years now, mostly via channeling twice a week. Consequently, I have too much information! I am now trying to trim it down to make a book."

Click Link to join!

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Global Gathering Coordinator

Wendy Zammit wendyzammit@gmail.com



Surf's Up! Eclipse season and a watery month may elevate emotional waves

Happy Solar Return March Birthday Babes! Wishing you a most fantastical journey around the Sun!

March 1, Venus retrograde in Aries ~ Venus will be retrograde until April 12. The Goddess of harmony, cooperation and collaboration in the fiery realms of Aries is a different Venus; She is feisty, a protester, a brave feminine warrior at the ready. However, the retrograde motion has her reconsidering her action steps, desires and values.

March 2, Sun in Pisces square Jupiter in Gemini ~ Be on the guard for taking on too much and at the same time get that extra boost of energy to check off your "to do" list. Caution, this transit can also aggrandize situations.

March 3, Mercury enters Aries ~ Hermes, the messenger entering Aries can give extra fuel to a flurry of thoughts, a quick tongue and charismatic wit.

March 5, Mercury in Aries sextiles Pluto in Aquarius ~ A couple days in and Hermes receives a helpful conversation from excavating and regenerative Pluto; something that may have been murky is now transparent and can be seen with great clarity.

March 6, first quarter moon in Gemini ~ Taking shape with a busy moon, intentions and ideas start to develop into something tangible. You may find your engagements with others to be very subjective; an open mind, listening and a reflective stance can lead to meaningful conversations.

March 8, Sun trine Mars in Cancer ~ A great energy to step out on a solo endeavor, take a brave chance on something that will build and fortify your self-esteem, get to know what drives and lights you up!



PHOTO: Internet Surfing to represent the watery month of March and navigating the cosmic tides.

March 11, Mercury conjoins Venus ~ This is where feelings, admirations and intellect intersect, social and chatty, this transit may find us enjoying an extended stay in a bustling coffee shop filled with art, great music and making new friends. Cheers!

March 12, Sun conjoins Saturn in Pisces ~ A day to buckle down and tap into the disciplined energy of Saturn; face fears head on,

accomplish responsibilities like a master and set forth on steps to achieve your goals.

March 14, Lunar eclipse in Virgo ~ Holding on to or letting go of the tension between your emotional needs and the subjective external necessities; where can we take care in ways that serve without depletion?

March 15, Mercury stations retrograde in Aries ~ Mercury will be retrograde until April 7. Reflect, revise and revisit and be rest assured this too shall pass.

March 19, Sun conjoins Neptune in Pisces ~ This will be the last Sun/Neptune conjunction in Pisces in our lifetime. It can highlight our intuition, open a greater awareness to the spiritual dimensions, and bring forth acts of great charity and empathy. On the challenging side, it can have us unable to see the boundaries between self and other, losing ourselves and taking on too much to the point of overwhelm and weariness, thus the need for escape. Great for a spiritual retreat and meditating on your visions and dreams!

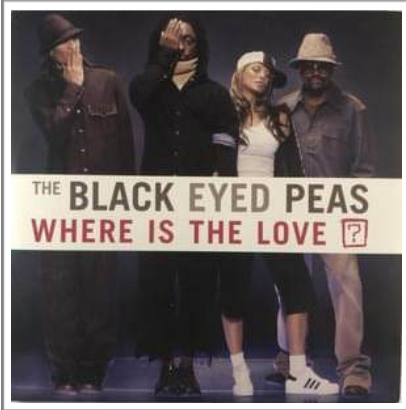
March 20, Sun enters Aries ~ Happy Astrological New Year!

March 22, Last quarter moon in Capricorn ~ A time to let go and implement self care.

Continued on page 25

March 22, Sun conjoins retrograde Venus ~ A good time to reevaluate relationships, values and goals; be mindful of over indulging or impulse purchases.

March 23, Sun sextile Pluto ~ Something you've been passionate about transforming in your life or exploring a hidden talent will have



a helping hand when these two bodies come into sextile with each other. Seize the opportunity!

March 24, Retrograde Mercury Cazimi ~ An energized Hermes will give you extra gusto to solve problems, convey ideas and receive dynamic downloads!

March 27, Venus retrograde backs into Pisces and conjoins Neptune ~ Reassessing expectations; were they based

in reality? Are the lines between ideal and real, blurry? Or, are we drawn back into comforting relationships that may not be the healthiest for us? Perhaps we're singing the Black-Eyed-Peas Song "Where Is The Love?"



Eclipses represent an unexpected turn of events leading to great change, endings and pivotal shifts or course correctors.

March 29, Solar eclipse in Aries combined with retrograde Mercury conjunct Neptune in Pisces ~ It's okay to have reservations or for thoughts to be jumbled; take a time-out before leaping into that great new endeavor!

March 30, Neptune enters Aries ~ A movement or mission of great significance, Neptune at the Aries Point or beginning of the zodiac is a prominent marker in the procession of the outer planets changing signs during this time, 2024-2025, and heralds in a new era; collectively we can repeat history or create a new tomorrow.

All the best to you as you navigate the cosmic currents!



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

~ *Every little bit counts* ~

Do you want to attract miracles into your life? Do your part!

According to an old Native American legend, one day there was a big fire in the forest. All the animals fled in terror in all directions because it was a very violent fire. Suddenly,



the jaguar saw a hummingbird pass over his head, but in the opposite direction. The hummingbird flew towards the fire! Whatever happened, he wouldn't stop. Moments later, the jaguar saw him pass again, this time in the same direction as the jaguar was heading. He could observe this coming and going, until he decided to ask the bird about it, because it seemed very bizarre behavior.

"What are you doing, hummingbird?" he asked.

"I am going to the lake," he answered, "I drink water with my beak and throw it on the fire to extinguish it." The jaguar laughed. "Are you crazy? Do you really think that you can put out that big fire on your own with your very small beak?"

"No," said the hummingbird. "I know I can't. But the forest is my home. It feeds me, it shelters me and my family. I am very grateful for that. And I help the forest grow by pollinating its flowers. I am part of her and the forest is part of me. I know I can't put out the fire, but I must do my part."

At that moment, the forest spirits, who listened to the hummingbird, were moved by the bird and its devotion to the forest. Miraculously they sent a torrential downpour, which put an end to the great fire.

The Native American grandmothers would occasionally tell this story to their grandchildren, then conclude with, "Do you want to attract miracles into your life? Then do your part. You have no responsibility to save the world, or find the solutions to all problems—but to attend to your particular personal corner of the universe. As each person does that, the world saves itself."



Source: <https://www.myarticle.in/2024/04/do-you-want-to-attract-miracles-into.html>



Disarming Anger Attacks

Have you ever watched someone else's anger attack and thought ~ Wow, I never get that angry! We watch terrorists doing horrific things and we think, Wow, I could never do that! And certainly most of us in our right minds are not interested in doing such things. Yet, anger is a powerful emotion and one that affects us all, whether spoken, or just felt ~ it shows up at unexpected moments with a powerful force.

Several days ago I found myself consumed with anger over several events that normally would have raised but a small stir. What's going on? I asked myself. What is this attack of anger all about?

It has occurred to me that when we feel a deep anger that seems beyond the presenting situation, it is because it touches something very tender in our hearts perhaps some unfinished business, lack of love or respect for ourselves — a loss, a feeling of insecurity, uncertainty or fear.

One of the benefits of looking at one's life through the prism of Spirit is to cease blaming our self or others, or the events and seek to understand the unfinished business that the anger has shown us needs to finally be finished.

So if it's time to finish old unfinished business and anger has shown us where we're still vulnerable, what can we do?

Stop, Look and Listen

* **Stop** the internal dialogue that continues with who is wrong and why and what should have happened.

* **Look** – look inside and with hands over your heart ask sincerely, what old emotional hurt needs to be healed in order to speak firmly and fairly when resolution is required but without the accompanying backlog of emotional fire that comes from inner pain?

* **Listen** – listen to the wind, the songs of nature, the flowers swaying, the rain pelted, in other words, get out of your head and your thoughts and give the old diatribe a time out. When you return to the issue you may find that your ability to stop, look and listen has made a difference in your peace of mind as a way to quiet your thinking... and that you also hold a greater compassion for those who find it difficult to enter a quiet inner space.

~Meditation~

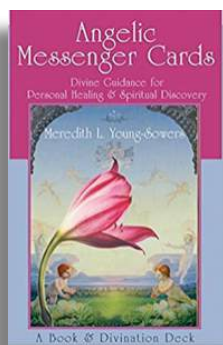
Take a deep breath and putting your hands over your heart, rest in the quiet inner space of no thoughts, no anger, no need to do, feel or become anything. Just breathe, relax and settle down.



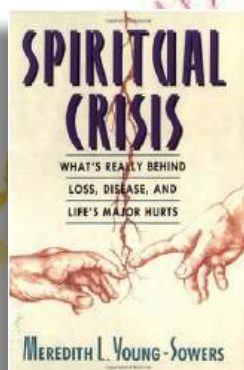
How to instantly feel better

- Angry —————→ Sing
- Burned out —————→ Walk
- Overthinking —————→ Write
- Anxious —————→ Breathe
- Stressed —————→ Exercise
- Sad —————→ Gratitude
- Lazy —————→ Cold shower
- Impatient —————→ Reflect on progress

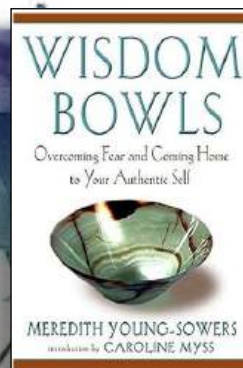
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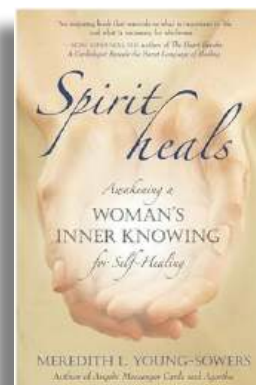
Angelic Messenger Cards



Spiritual Crisis



Wisdom Bowls



Spirit Heals

Qigong for Arthritis: How I “Oil the Joints” to Prevent Pain; the Right Food and Flow Go a Long Way

As someone typing on the keyboard often, joint pain is no stranger. I was even recommended for surgery once, for ‘repetitive motion’ injury. That was before I found the healing waters of Qigong. Now, I can type without pain.

Traditional Chinese Medicine (TCM) sees joint pain and arthritis as a result of an imbalance in the body’s flow of energy, or Qi (“chee”). This can be caused by a variety of factors, including diet and a lack of a regular movement routine.

The beauty of TCM is it provides graceful physical forms, Qigong (“chee-gong”), to remedy various ailments.

TCM also says foods can aggravate joint pain, known as “heaty” foods. These create inflammation in the body. Foods that fall into this category include wheat products, butter and margarine, tomatoes, and sugary drinks.

TCM recommends “cooling” foods instead, that can reduce inflammation. Here are some more foods to consider adding to your diet to cool and “oil” the joints:

- Cherries, a rich source of nutrients, may help reduce joint pain and inflammation related to arthritis.
- Pineapple has an enzyme called bromelain which has been shown to reduce inflammation.
- Cold-water fish like salmon and mackerel contain omega-3 fatty acids, which are known to reduce pain and swelling and keep joints healthy.
- Turmeric: This spice has natural anti-inflammatory properties and can be taken as a supplement or used in cooking.
- Dark leafy greens, peppers, onions, garlic, leeks and shallots
- Corn, quinoa and rice are gluten-free and high in fiber.
- Ginger is known for its natural anti-inflammatory properties.
- Carrots, squash and one I’ve grown to love for its sweetness and health benefits: sweet potatoes

TCM also notes a healthy body weight reduces pressure on joints. And steaming is preferred to boiling veggies (to preserve more nutrients). When I boil veggies, I usually drink the broth. And don’t overcook — keeping veggies a bit “al dente” retains more vitamins and minerals.

Another tip to literally “oil” the joints is to rub on cooling, anti-inflammatory Castor Oil. You can find the one I personally use is in my [Lucky Finds](#) shop.

And as joint pain is all about stuck Qi, a regular movement routine is mandatory. Qigong makes the healing journey an adventure.



For more information on Qigong and movement videos, meditations and more, visit: <https://clubqigong.com/qigong-for-arthritis/>

Nancy’s Note: Louise Hay in her groundbreaking book, *You Can Heal Your Life*, states the cause of arthritis as feeling unloved, criticism, and harboring resentment; while joints represent changes in direction in life and ease of movements. The remedy? Feel the love and let it flow through your body with these qigong movements! ♥



Art: Anatoly A. Sergienko “The Northern Coast of Songs” 1975-1976 “Although the world is full of suffering, it is full also of the overcoming of it.”
~Helen Keller

△

A Guide to Letting Go of Sentimental Things

Parting with possessions that weigh on us takes more than a sheer will of telling ourselves just to let go. “Is it useful?” or “Is it beautiful?” usually doesn’t work for the sentimental things in our lives.

Heartfelt things. Special things. Our loved one’s things. Sometimes we find ourselves letting go of sentimental things simply because they have become too heavy—too heavy to carry on our journey for freedom.

Twelve years ago, my grandmother began downsizing her belongings. Just starting out in my adult life, I happily accepted the things she no longer had a use for. Furniture, holiday decor, wall art, jewelry, and bedding.

My grandmother passed away shortly after I had my first child. We were incredibly close, and I miss her deeply. It was comforting to use the things she once used—they bring me joy, and somehow, it makes me feel closer to her.

As my journey to minimalism has continued, the memories and love I have for my grandmother grow more on my heart and less on her furniture. With marriage, motherhood, and moving in the military, I have grown, and so has my family. I changed, and so had my needs. I wanted to go places, but felt like a boat too heavy, with no room to set sail.

It was in these new seasons I started peeling away the layers of sentimental things which no longer fit the changes in my life. These were special things, weren’t they? Indeed, they were heartfelt things I once found comfort and joy in.

But this quote from C. JoyBell C. changed the way I viewed the sentimental things I was holding onto:

“You will find it necessary to let things go; simply for the reason they are heavy.”

Letting Go of the Sentimental Things

It is possible to peel away the layer of heavy sentimental items that keeps you from setting your sail. Through the years, I learned how to simply let go of some things that were weighing me down. Here are a few tips that worked for me, and I hope they work for you:



1. Invite vulnerability

No doubt about it, letting go can be an incredibly emotional process—and vulnerability is scary. But it is also an authentic way to live. As Brené Brown writes in her book, *Daring Greatly*, “Vulnerability is the core, the heart, the center, of meaningful human experiences.” Brown describes vulnerability as the core of all emotions. “To feel is to be vulnerable.”

As I look back on my journey, I saw my vulnerability as a bridge I had to cross to get to the other side. Cross your bridge, and let yourself be seen.

2. Shift your perspective

There’s a well-known adage that our perception becomes our reality. How we see something becomes our truth, which at times, can be self-limiting. When our focus is on the past or the future, it’s usually at the expense of the present. I encourage you to shift your perspective to what you can do today, that will direct you where you want to go tomorrow.

3. One size does not fit all

When I want to make a heart change, I don’t compare my life to those I know—whether it be people I’m connected with on Facebook, friends, or those in far off places. I look to my own set of values, my passion, and



Continued on page 29

my purpose to determine the next needed step. My minimalism is not their minimalism. One size does not fit all. Find your size, and you'll feel it when it fits.

4. Take pictures

Take photos of the sentimental things weighing you down. Make a digital photo book that tells their story. My husband realized the importance of this when I reminded him our children would have no idea what his gifts/awards meant from his military career. To them, it would mostly likely be four boxes of things they'd have to let go of. It's time to capture the moments that matter.

5. Meet a need

Time and time again I have found a greater ability to let go of things when it can meet someone else's need. My grandparents were givers and I can choose to be one too.

6. Ask yourself better questions

Do I want to leave this for my family?

"Somewhere down the line, the accumulation of stuff from generations before will be too much for one to carry."

I have my grandparents letters dating back to 1953 when they started dating to 2001 just before my grandfather passed away (we knew his death was imminent). The last Valentine's Day card my grandmother gave to my grandfather dated Feb. 13, 2001 went like this:

Sometimes I feel like we are the richest people on earth, not because of anything we own but because of everything we share—our happy marriage, our home, and our love. Our legacy lives on through relationships and love.

What do I need in this season of my life?

Meeting my family's current needs is a priority. If I'm holding onto heavy things, I leave less room to grow. No matter where we've been or where we're going, when we fixate on the past and the future, it's at the expense of the present.

What do I want to keep?

Rather than ask yourself what you should let go of, ask yourself what you want to keep. What are the most precious items? Put them together where you can see them. Remind yourself, this is best, and I can let go of the rest.

How much am I willing to sacrifice my passion and purpose for possessions?

When my stuff has weighed me down, even the sentimental, I remind myself that it has a cost. At times, I've chosen the pain from letting go over the pain of staying where I'm at. I continue to keep some sentimental things, but none of them weigh me down. I've found, my love and cherished memories of those I loved and lost are stronger than ever. And through it all I discovered, my grandparents love and legacy was never in their coffee table; it was in their character.

△

Zoë Kim is a mom of four and writer of [Raising Simple](#). She encourages families to simplify and make room for what matters. Connect with her on [Facebook](#).

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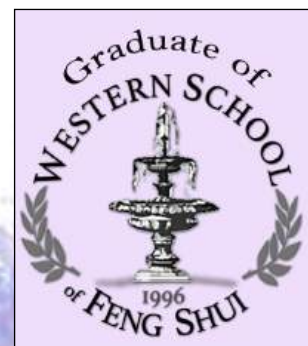
Many clients have asked me what exactly do I do during a feng shui consultation? With my feng shui training and angel-inspired awareness, I analyze the energy of your home to find how it is either positively or adversely affecting you and other inhabitants of the space. Then, with my "feng shui eyes," I look beyond the physical and adjust the energy to coax the Chi to flow properly, thereby nourishing the results you desire.

To adjust the Ch'i, I may suggest removing unused and unloved items, then arrange your existing furnishings and beloved objects in such a way as to help produce your goals. Put another way, when everything is placed properly, *feng shui magic happens!* Relationships improve between life partners; between parents and kids; siblings; and so forth. I've seen health disorders improve and even heal completely. Children's behaviors change and improve and job promotions happen, to name a few of the many successes! What can I do for you?

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The Dreams of Robert Moss

By Robert Moss | mossdreams.blogspot.com

On his Facebook page, Robert Moss posted: I receive so many sightings of my dream doubles. If they are more than the dreamer's own projections, or masks for their own guides, then I must be spinning off dozens of eidola (autonomous images) every night. Dreaming is social as well as individual. We do get around and meet other folks. Still, when I have no recollection of seeing someone who says they have dreamed of me, my reflexive response is, "If you liked the dream, I'll take credit. If you didn't like it, don't blame it on me." I was curious, so I asked Robert: If I see someone in my dreams, could it mean they are also thinking or dreaming about me at the same time? Robert replied with: Sometimes, but not necessarily. Mutual dreaming is a real phenomenon though and may come about with or without prior intention by individual dreamers. Of course telepathy works in any state of consciousness. Maybe because I am often up reading and writing and researching at hours when most people are asleep, many dreamers in my community seem to tap into themes and symbols that are on my mind while I am awake. Here's an example that may entertain you in this blog article...

Symbol Migration and Dream Telepathy

I am rarely surprised when I hear accounts of telepathy between people who are closely connected. We sense each other's feelings. Telepathy literally means 'feeling at a distance.' We feel a tug in the head and know someone is calling us; we pick up sounds and smells and images relating to the other person's activities. When living across an ocean from me, one of my daughters always knew when I was cooking my fiery version of Hungarian goulash, which she detested. "Ugh, I know you were cooking that yucky stuff again." I would know when she was thinking about me, across all the miles, because I would smell the 'little girl' cologne she had bought in a general store.

Dream telepathy is very interesting because it extends beyond picking up elements of what is going on in another person's mind or life. We may actually find that we are meeting each other in a dream space and sharing adventures. This happens spontaneously. It can also be done by setting a dream date with a rendezvous place.

I once agreed with a group of active dreamers

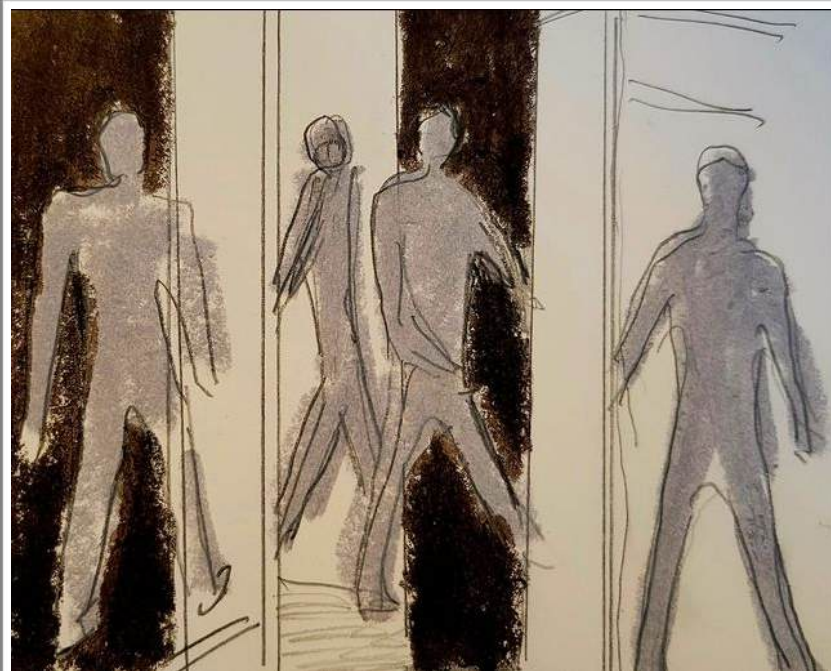
who were on a residential retreat with me that we would seek to meet at the Jean Talon market in Montreal overnight. We agreed to meet at a cheese counter. Only one person in that group, a French Canadian, knew the market. He was later able to confirm details of our travel reports. It seemed we had not only shared some good times; we had been to a version of the market very close to the physical one. I found that all my senses were engaged, I came back with the taste of a perfect brie and a pungent roquefort on my palate.

When dream telepathy extends to full-fledged interaction between two or more people, we may want to call it 'shared or mutual dreaming.'

A variant on this theme I find fascinating is what I have decided to call *symbol migration*. A symbol that is alive in your

mind can exert powerful magnetism. It may help to generate effects in the world around you which you may notice in the play of synchronicity. It may also exert a reach that brings it into the minds of other people, whether or not this is any part of your intention. An image you are thinking about and visualizing in your waking reality may enter the mind of someone connected to you in a dream.

Jung gave us a wonderful



Continued on page 31

example of symbol magnetism in his tale of [repeating fish](#). I want to share a personal experience of symbol migration that also has significant fishy content.

I often read deep in the night, when some of my best research is done and my best discoveries are made. Over a weekend at a mountain lodge where we were doing deep shamanic work with the spirits of the land, my middle-of-the-night reading included a book by one of the great ethnographers of northeast, Frank G. Speck, titled *Midwinter Rites of the Cayuga Longhouse*, based on his fieldwork among the Six Nations in the 1930s.

I was struck by the following elements in his account:

1. *Fever Mask*. Speck includes a photo of a "Fever Mask" for catching and controlling a fever spirit, and writes about how Indians can handle red-hot coals in an altered state.

2. *Dreams of Angry Fish*. He discusses dreams regarded as "persecution by animals." According to his native informants, animals that have suffered from humans and want redress may haunt those who killed or tormented them in dreams. Speck listened to a number of disturbing dream reports involving fish. These were taken very seriously. A dreamer afflicted by unpleasant dreams of fish was thought to require cleansing and ritual propitiation of the fish spirits. Speck reported that among the Cayuga at that time, if you had a troubling dream about fish, the first thing people should do for you is to splash water on you to reassure the fish that you will honor their element.

3. *Whirlwind Mask*. In the book Speck discusses the Iroquois belief that disease as well as mayhem are carried by Whirlwind Mask, and has photos of a mask representing the Whirlwind spirit that only a powerful shaman can wear. I was stirred by the idea that the greatest healer in this tradition may be one who can take on and contain the forces of chaos and disease and transmute them within their own being.

The next morning I was excited to discover that key elements from my reading appeared to have slipped into dreams of our group through symbol migration.

The first people to share dreams with me at the breakfast table reported the following:

1. *Fever dreams*. "I dreamed of a man whose skin was on fire." Later, a second dreamer reported, "I dreamed my husband had a fever."

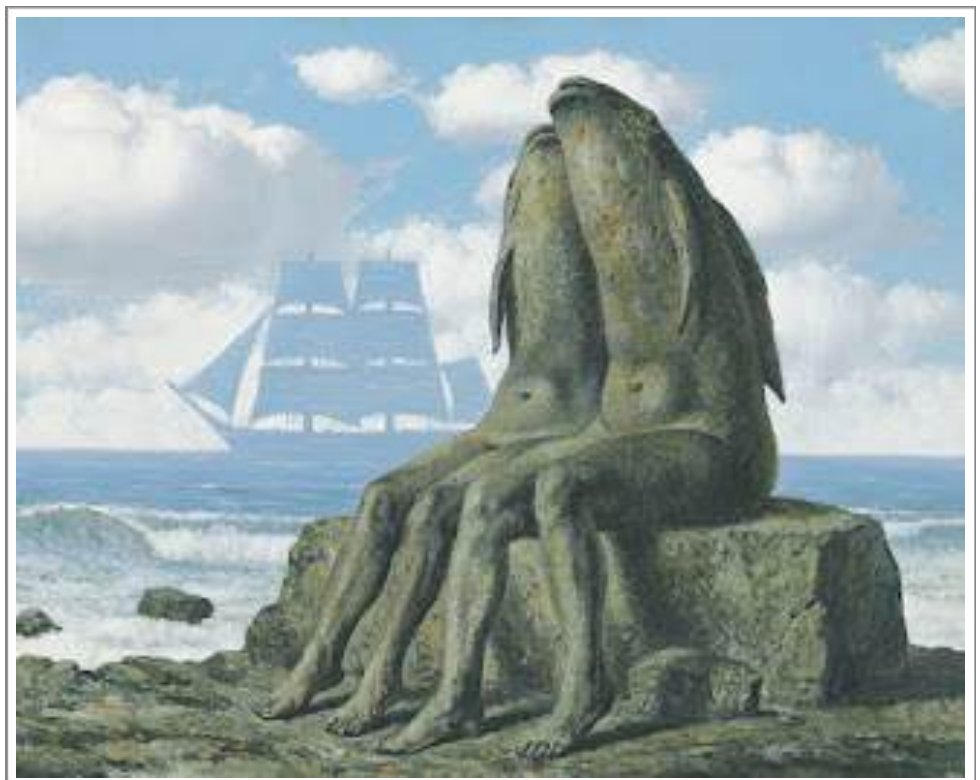
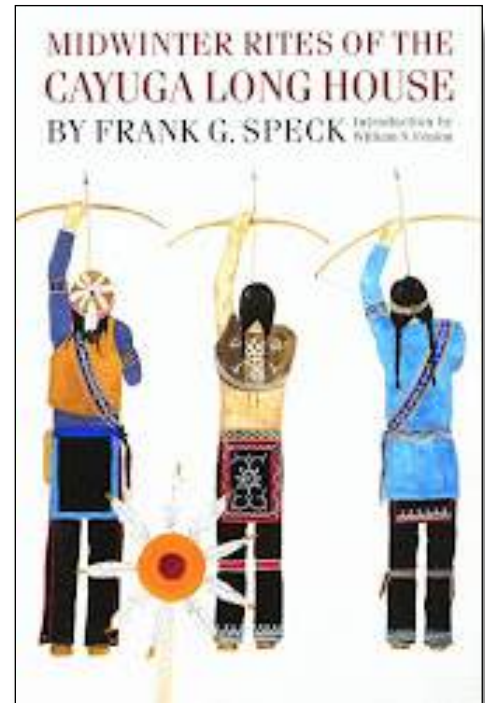
2. *Dream of angry fish*. "I dreamed that the fish were mad at me. They stripped me to the bones, like a filleted fish. Then, men wrapped me in skins and took me out into the water to grow me a new body."

3. *Dream of Whirlwind Mask*.

"I dreamed I should make a mask of the Whirlwind and then put it into the fire to contain that power." This dreamer, an artist, had already constructed an amazing whirlwind mask, using birch bark fallen from trees in the woods around us.

We are porous to the thoughts and feelings of those connected with us. Within a loving and supportive community, this offers seeds for growth and healing and deepening understanding. It may also remind us to check our boundaries and make sure we are not open to the migration of unwanted images or preoccupations. In my groups we always take care to set up effective psychic screens and shields, not least by invoking the Gatekeeper, that entity that opens and closes our roads between the worlds.

△



Art: René Magritte, Les merveilles de La nature (The Wonders of Nature), 1953



What on Earth is happening?

A Message from “My Team” in the Non-Physical Realms

The world as we know it is undergoing an extraordinary transformation. Chaos is not just a sign of change—it is the catalyst for profound and lasting evolution. My Team in the non-physical has shared insights into this shift, offering guidance on how to navigate this period with grace, love, and awareness.

Chaos Creates Extraordinary Continual Change

Chaos is often seen as destruction, but in truth, it is the force that clears away stagnation and outdated structures. It is like redecorating a room—you must first remove everything, clean every corner to reveal everything that was hidden. Only then can you repaint, carefully choose what objects return to the space, and embrace new elements that better serve you. This process

mirrors the transformation of our world, requiring us to completely dismantle, clear out, release the old, examine what remains, try something new, examine if it doesn't work, switch it out and step into a fresh, higher state of being.

Perspective Changes: Seeing Beyond the Physical

A fundamental shift in perspective is happening. The unseen world—intuition, energy, and consciousness—is becoming part of our daily reality. What was once dismissed as mystical is now being recognized as an integral aspect of life. As we open our awareness, we move beyond survival mode into a space of thriving, where inner wisdom and universal connection guide our choices.

Send Love to Challenging People

During times of upheaval, it is easy to judge or resist those who challenge us. Yet, My Team reminds me that love is the most powerful force for transformation. The most challenging people among us, create the most change in others. People see what they don't want in their lives, behaviors, actions, reactions and decide to do things differently. Think: generational change within families on a grand scale. Parents decide to change parenting styles to supportive, loving and heartfelt after comparing how they were raised or treated. When faced with difficult individuals or situations, choose to send love instead of engaging in conflict. This not only shifts their energy but also amplifies your own frequency, aligning you with the new reality you're creating.

Releasing Victimhood: Taking Full Responsibility

To fully step into this new paradigm, we must relinquish victimhood. We are not at the mercy of external forces; rather, we are powerful creators of our experience. Taking responsibility for our thoughts, emotions, and actions empowers us to shape the world around us with intention and clarity. The old paradigm of blame and fear is crumbling, making space for conscious co-creation. Victimhood is a loss of personal power. You are taking back your power.

A New Normal: Intuition and Connection

As this shift unfolds, the new “normal” will involve daily connection with the unseen—our intuition, our guides, and the energy of the universe. More people are awakening to their innate abilities, recognizing that intuition is not a rare gift but a natural human skill. The veil between the physical and non-physical is thinning, allowing for deeper communication with all



Northern Lights were seen as far south as New London, Wisconsin. PHOTO: Angela Zabel

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aspects of existence. They are excited to join together and co-create with us.

Excitement for the Future: Thriving, Not Just Surviving

Rather than fearing the unknown, embrace excitement for the future. This shift is not something to endure—it is an opportunity to create, innovate, and elevate. Imagine a world where we are no longer merely surviving, but thriving in harmony with one another and the planet. The energy of possibility is palpable, urging us forward into something unprecedented and magnificent. Are you ready to wake up with excitement, joy and expectation for what's next?

We Are Moving at Warp Speed: We Cannot Go Back

Have you hoped, prayed or asked for change in our world for yourself and future generations? Have you felt you are here for a reason? Only the best of the best are here to bring in these changes. And if you are reading this, that's you. When things are humming along we don't change much. We are creating the fastest, most lasting change ever on this planet. You choose to be here, to bring it in. With the past rate of change, it will take us hundreds or thousands of years to accomplish the changes that are happening now. The question is how committed are you to pushing through the uncomfortableness to create true, lasting change?

Year of The Heart

Tune into your heart as we go forward. When decisions are in front of you, stop, breathe and ask your heart. What is the best heartfelt way to continue? Many look to the Angels and Masters for guidance. You are those whom you called upon walking the Earth. Step into your Divinity. Think and feel as they do. Your Divinity, your essence is moving all of us forward. Look at all people with your Divine Heart, including the challenging people.

A Changed Earth, A Changed Universe

This transformation is not limited to Earth. The shockwaves of our evolution are rippling throughout the universe, felt by both physical and non-physical beings. Everything is interconnected, and as we ascend in consciousness, so too does the fabric of reality itself. The plants, animals, and very essence of our world are shifting into a higher state of being, reflecting the internal changes happening within us all.

Celebration is Occurring

Those in the non-physical are celebrating you! You are the catalyst for this change. Your consciousness is creating this Magical Shift in Humanity. Those in the non-physical are cheering us on. They are supporting our choices and want to be clear. All of You are the ones making the shift. We are the



Aurora borealis visible from New London, Wisconsin PHOTO: Angela Zabel

players on the field, They are offering assistance as a coach would do. We are winning the game. They believe in us. Do you?

Can You See the Beauty?

My Team offers this wisdom: *"There is beauty in everything that happens. Can you see the beauty in this?"*

Amidst the chaos, can you find the spark of transformation? Can you recognize the divine orchestration in this shift? When you shift your perception, you will find that even during upheaval, there is grace, purpose, and an invitation to step into something greater.

The world is shifting, and so are we. Embrace it. Allow yourself to be guided by Love, Wisdom, and the knowing that this is the beginning of something extraordinary.

I am super excited about our future, those in the non-physical and all that we are co-creating. We truly are amplifying the energy of our universe and beyond. My hope is that you are as excited as I and my Team in the non-physical. The future is bright, because of all of your beautiful shining hearts.

Thank You for changing the world together.

We are creating Heaven on Earth.

△

Angela Zabel is connected with Spirit, working with what she calls "MyTeam" in the non-physical all her life. She shares their messages from a multitude of realms. Angela works as a teacher, coach, medium, radio show host, writer, retreat host, gallery reader, speaker, online private and group sessions and classes with people from around the world. For more information, please see her ad on page 34.

Teacher ♥ Coach ♥ Medium



MARCH EVENTS

March 1 - Holistic Healing & Wellness Fair
by Rooted, Appleton, WI, Booth

March 5 - Bridging Dimensions/Channel of
Antares Praying-Mantis Beings with Toni
Ghazi on Edge talk Radio

March 8-9 - Edge Life Reawakened Expo,
Minneapolis, MN - Gallery

March 19 - True Slimness: Freedom from
Compulsive Eating, Author Sofia Bothwell,
Wales, UK on Edge Talk Radio

March 22 - Holistic Healing & Wellness Fair
by Rooted - Green Bay, WI, Gallery

March 29 - Holistic Healing & Wellness Fair
by Rooted, Marshfield - Gallery

UPCOMING EVENTS

May 10 - Wisconsin Cryptids,
Anomalies and Paranormal

Convention, Appleton, WI, Gallery

June 21-22 - **Magical You Retreat**
in the New London, WI area

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