

The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 11 Issue 12 • December 2023



Christmas Miracles
Inspirational True Stories of Holiday Magic

'tis the Season
of Eclipses

Those
Benevolent
Angels

Who they are and what they do

All I want for Christmas is Peace

About the cover...



MASOLINO da Panicale

God the Father Surrounded by Angels (detail)
1435
Fresco
Baptistery, Castiglione Olona

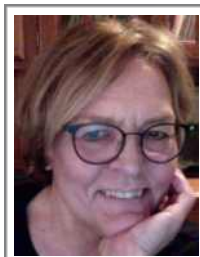


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We offer workshops and sessions in Shamanism, Reiki, Mediumship and Psychic Development. Our mission is to empower others to connect with their own healing capabilities and psychic intuitive gifts.

Our Retreat Center is available for customized personal retreats, company team-building workshops, or for private group rental. Lodging options are available.

www.goldenlighthouse.net

Ancient Celtic Irish Shamanism with Amantha Murphy from Ireland

March 23-25, 2024 Lodging options available. Join international teacher and author, Amantha Murphy, as she shares these ancient Irish Celtic traditions.

PERUVIAN SHAMANISM TRAINING WITH JOSE LUIS HERRERA 4-series Workshop:

May 16-19, July 11-14, September 12-15, November 7-10, 2024

Join Peruvian native and international teacher, Jose Luis Herrera, for this powerful training on Peruvian Shamanism. This 4-part series is composed of four long weekends in which you will develop a medicine bundle, or mesa, that becomes your animistic map of transformation and healing across the medicine path.

MAVIS'S WAY WITH JEAN ELSE AND ANNIE GEE August 8-11, 2024 \$695, lunch included. Lodging options available.

Mavis Pittilla is one of the most iconic and well-respected mediums whose service to the Spirit World bridged two centuries. Since her passing in 2022, her widow, Jean Else, along with "Mavis Pittilla Authorized Teacher," Annie

Gee, will share with you Mavis's practical approach to becoming a "Whole Medium" not just a mechanical medium. They will share with you Mavis's practical approach to communication with the Spirit World. Please list:

SEIDR NORSE SHAMANISM WITH IMELDA ALMQVIST April 4-7, 2024 Explore Northern European shamanic teachings!

CHAKRA AWAKENING WORKSHOP WITH JOANNE WIRTZ May 11, 2024. 9:00-4:30

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June 21-23, Friday 4:00PM-Sunday 12:00

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REIKI MASTER TRAINING

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Dear Readers,

My message this month is, “Let there be peace on Earth and let it begin with me” as the song goes. (See page 11.)

It sets the mood for how we can all feel this holiday season, and it’s my wish for all humanity, as well. The only way to get there is to start by creating our own inner peace, then extend that vibration and response outward to others. The reality of being peaceful and kind to one another hits the spot during this traditionally busy season and for our vibrant future. It also begs the question, How can we be this way all year long?

The angels take center stage this month in *Angel Talk* and throughout this issue. The more we become aware of them and what they do ~ and choose to connect with them ~ the more able they are to bring us inner peace and resolution to our earthly concerns. This letter is an invitation to call on them for guidance. If you cannot, or do not know how to do that, contact me and I will connect you! (See pages 6 and 10.)

Are you missing a loved one who is in Spirit? I remind you that they haven’t gone too far, and they miss you, too. Invite them to join your holiday festivities, and your pets, too! (See page 15 for a couple of testimonies!)

Steve took a different turn this month and reviewed “Christmas Miracles,” a book filled with heartwarming true stories. Andria beautifully describes what’s in the stars this month and mentioned ‘hygge’ ~ a cozy Danish lifestyle to get through the cold winter. It is so perfect! Grab your favorite hot beverage, a warm blanket, light some candles and read something wonderful, such as this issue of *The Inner Voice*!

I wish you blessings of warmth, humor and peace while you celebrate this special season. Remember, it begins within!

Nancy

Angel Talk™



Those Benevolent Angels~ Our Heavenly Messengers

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

Christmastime brings to mind thoughts about the angels more than any other time of the year.

That is saying a lot because I not only think about the angels, I communicate with them on a daily basis.

I was raised in a Lutheran faith, but all the while growing up we really only heard about Archangel Gabriel at Christmas, the ‘messenger’ who foretold the birth of Jesus to Mary. Michael is the only other angel mentioned, who is often equated with the Holy Ghost, the defender of all that is good and pure, and a warrior against evil (Revelation 12:7-12). No mention is made of any other angels.

In my own research and in talking with the angels over the last 30-some years, I have learned there are thousands, perhaps millions of angels. We each have at least one Guardian Angel who is assigned to us at birth to watch over us, and there are perhaps a million more who come to our aid, each having their own area of expertise. One source claimed there is an angel standing over every living thing, including every blade of grass! So then, just how many angels are there running the Universe?

Following, is the “Hierarchy of Angels” as I understand it, however, the angels themselves claim no order. There is not one angel who is “higher” or “lower” than another, for all angels are equal. But for us to better understand them, we have created a hierarchy of heavenly beings.

At the top of the order we have **The Throne of God**. According to several sources, the Throne of God consists of God, the Holy Spirit and the Son of God...

and the Angels, the messengers for God. (Angel is a Greek word meaning *messenger*.)

First Choir: Heavenly Counselors

The Seraphim~(singular *seraph*)

The highest order of the highest hierarchy are the seraphim. The term “seraph” means *fiery*, or burning ones and therefore are thought to be *fiery beings* rather than a type of angel. Seraphs are angels who worship God continually. They are said to surround the Throne of God; praising Him and singing the *Music of the Spheres*.^{*} They regulate the movement of the heavens as it emanates from God/Source.

The Cherubim~(singular *cherub*)

The Guardians of Light and of the Stars

The Thrones~

The Guardians of the Planets

Second Choir: Heavenly Governors

The Dominions~Govern the activities of all angelic groups ‘under’ them

The Virtues~Emanate divine energy to infuse planet Earth

The Powers~Govern the natural order and keep our collective history

Third Choir: Heavenly Messengers

The Principalities~Guardians of large groups: cities, nations and planetary order

The Archangels~Overlighting Angels who attend to the larger arenas of human endeavor. The top five archangels and their distinctions are listed below.

^{*} Music of the Spheres – an ethereal harmony thought by Pythagoras to be produced by the movements and vibration of the celestial spheres — the Sun, Moon, and planets as a form of music.

Continued on page 5

Archangel Michael~ Chief of Guardian Angels; Angel of Mercy; the Prince of Light

In mystic and occult writings, **Archangel Michael** is often equated with the Holy Ghost who is the defender of all that is good and pure. Likely the most well-known archangel, Michael has been known to miraculously intervene to save and protect lives, souls, possessions; even jobs and reputations from danger and harm, thus returning us to peace and calm.

Archangel Gabriel~ Angel of Visions and Dreams

Gabriel is in charge of visions, dreams, and revelations. He is associated with sounding a trumpet to announce God's plans. For example, Gabriel announced the birth of Jesus to Mary (Luke 1:26). Gabriel assists human messengers in their work, and gives news of forthcoming events.

Archangel Raphael~ Angel of Healing and Truth

Raphael's name means "God heals" and "Healer of God." We connect with Raphael through the heart chakra by calling in

Divine Love. He is in charge of all healing on the spiritual, emotional, physical and mental levels, including the healing of planet Earth.

Archangel Uriel~ Angel of Light

Uriel brings Divine Light into our lives by healing painful memories and transforming regrets and mistakes into peace and harmony. Uriel helps us to forgive those who have wronged us and to see love in all situations.

Archangel Chamuel~ Angel of Peace and Compassion

Chamuel can see everything and sees the connection between everyone and everything. His mission is to help you maintain inner peace. Call on Chamuel to help you find a missing item, or if you feel lost or afraid.

Guardian Angels

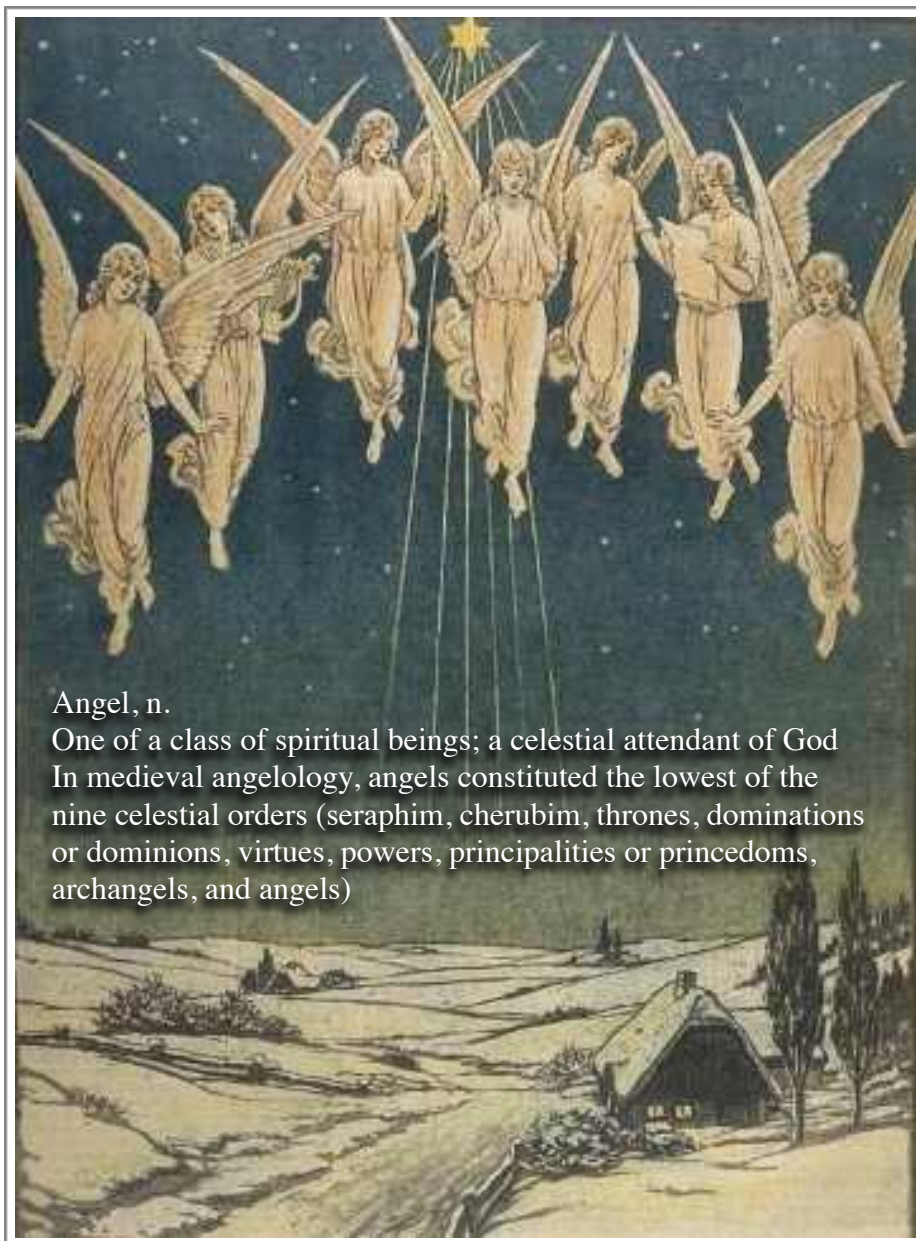
Guardian Angels are the closest to humanity and are the most concerned with human affairs. Guardian Angels are the invisible protectors assigned to each human by God at birth. These angels may also come-and-go according to purpose throughout a person's life. Guardian Angels are referred to as "*extensions of God's Thought*"~ the Symbol of Light, the Essence of Spirit. According to Jewish tradition, it is believed that angels continue to be formed with every breath of God. So, just how many angels do each one of us have?

So, let this be a brief introduction to Who's Who in the heavenly realms and how they may intervene to help guide you. More information on the angels will be in my forthcoming book, "*You Can Talk With Your Angels & Guides in Spirit*" ~ due out in January 2024.

Meanwhile, call on the angels to guide you in resolving issues in your heart and attaining peace in your life. For a personal reading, please send an email to me at:

NFreier@aol.com

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Angel, n.

One of a class of spiritual beings; a celestial attendant of God
In medieval angelology, angels constituted the lowest of the nine celestial orders (seraphim, cherubim, thrones, dominations or dominions, virtues, powers, principalities or principedoms, archangels, and angels)

1922 Photographic print: "Angels hovering over the Swedish countryside"
From Mary Evans Picture Library; Artist unknown

Get a Reading!



Angel Guidance Readings with Angel Medium Nancy Freier

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

Welcome to the Angel Guidance Group

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

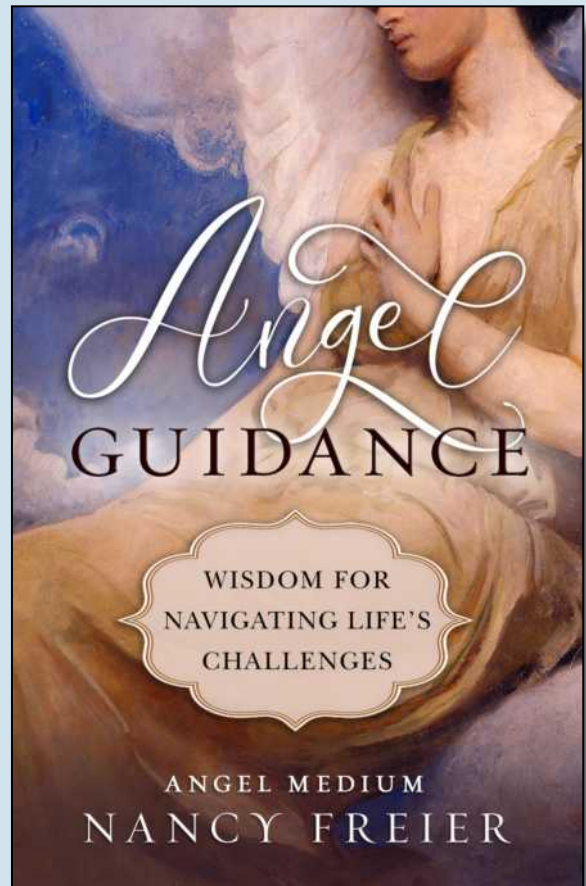


Sat., Dec. 9 @ 1pm CST

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

[Click HERE to Join](#)

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



**Click [HERE](#) to get
Nancy's book**
Available on Amazon

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



Look to the Heavens for the Path to Magic

Pat Gullett is an artist and instructor in Connecticut. "The woods, hills, shores, and wildlife are my inspiration. My art reflects and transforms my life. I am a painter, mixed media artist, jeweler and guide on the inner journey." www.patsartfullife.com www.patgullettdesigns.com www.artisticwaytoenlightenment.com

Terra Luna One is a New Earth, which may be just a dimension away. It's the place where we create our own world of mystical mountains, vast horizons, and flowing streams. Also, here in our creation, we can return often to discover new parts of ourselves, explore deeply, and know we are in a safe haven.

With this painting, and the New Moon, I feel I'm on a new Spiritual Path. First of all, I look to the ancestors, the painters I love from the past, to study, learn, and grow as an artist. Students used to set up easels in museums, and paint like the Masters. I don't think we need to copy them stroke for stroke to capture the parts we love.

I study the mountains of Maxfield Parrish, the pastures of Andrew Wyeth, and the soft atmospheres of J.W. Turner. These masters of art teach me through their art. Terra Luna One holds a little bit of inspiration from these artists I love.

Secondly, I'm drawn to the mystical mountains, the Guardians of the land, majestically rising over all. I live surrounded by rolling distant hills, seen even better now that fall has arrived. They are ancient, first creations on Earth, connecting the Heavens with the land: As above so below.

But, I'll never forget traveling on the highest mountains of the West, on the road to Telluride. We paused to watch the dancing ravens look down on the deep mountain lake and experience *the Silence*; not a sound of anything. This silence was profound, deep, and so Spiritual; a stillness so complete, it penetrated every part of my being. *I touched the Sacred*.

Magic lives here. Legends of ancient races of Elves, Giants, and dwellers of the mystical inner Hollow Earth, come from places like this. Deep within lie crystal caves, hidden rivers, and ancient rock art created 20 feet off the ground. Mountains were the homes of the gods, origins of sacred waters, and most of all places of dreaming and healing. New Moon takes me deeper within the mystery.

Thirdly, I'm deeply drawn to the Heavens. Celestial star maps are

fascinating and will be entering into the art. These phenomenon are seen so clearly on cold, dark nights and especially on mountain tops. I sometimes get up before dawn, bundle up, and just head out to the driveway where there's an amazing world moving across the sky. The Milky Way is clearly seen as the Great White Way of the Mayans. Giant Bear ambles along as the big dipper, while satellites flow in all directions. Orion stands tall, with his cauldron triangle at lower left, birthing new stars and civilizations. If I'm lucky, a brilliant shooting star will be my gift of the night.

Terra Luna One is a new earth full of potentials. So I invite you to join me on this new spiritual adventure. Let's learn from the ancients and carry on the art traditions of many lifetimes. Accompany me on a new journey to the Sacred Mountains of the World. Enter the Silence and touch the mystery. Like the ancients, let's explore and discover the deep healing of the Dreaming Places.

Remember to look to the Heavens for the path to Magic. Find the dark skies near you, and visit often. Here, we seek our own personal revelations and inspiration. It's time to listen deeply for the whispers of the gods, and hear oracles of prophecy. Make Terra Luna, the new Earth, your own.

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"Dreaming the New World" Painting by Pat Gullett



Christmas Miracles: Inspirational True Stories of Holiday Magic

By Brad Steiger & Sherry Hansen Steiger

For the December issue of *The Inner Voice Magazine* I thought it would be appropriate to review a book having a more seasonal orientation, perhaps something along the lines of, wait for it, Christmas Miracles! After perusing the many available books in this category I finally settled on one written or at least assembled by Brad Steiger and his wife, Sherry Hansen Steiger. I am uncertain whether or not I've read this book before but if I have, it was a long time ago.

Amazon Introduction: *"The promise that miracles can happen is never more certain than during the holiday season, when it really does seem that your dreams and wishes can come true. From a*

guardian angel who finds a desperately needed job for a man whose wife is about to give birth right before Christmas to pair of grieving parents who receive a warm Christmas message from their recently departed son, these incredible-but-true, larger-than-life miracles celebrate the wondrous joys of this special time of year. Because the first Christmas, and every one since, is a miracle."

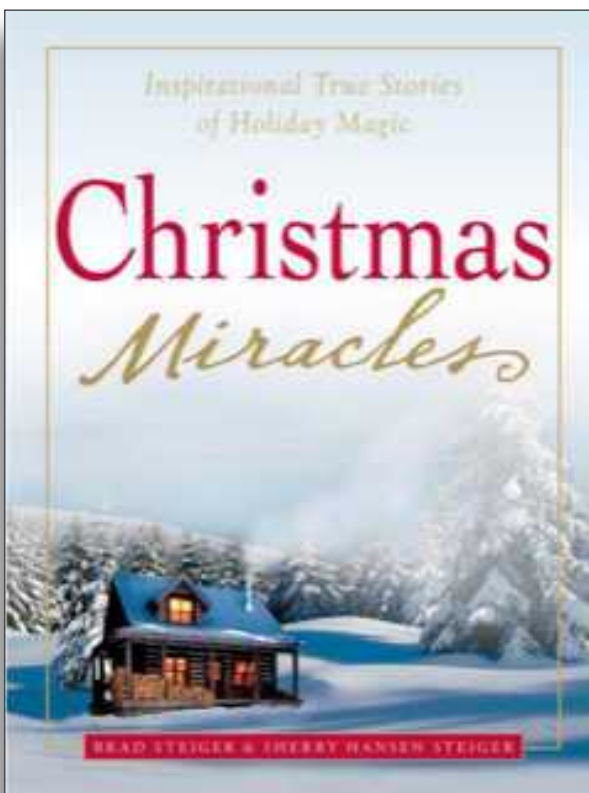
The book contains story after story about someone or some family who had to overcome some challenge or experience something unique in order for their story to qualify as a bonafide "Christmas Miracle." For me, many of the stories brought on feelings of nostalgia because they took place long ago in the 1940s, 50s or 60s. And I found it wonderful to become immersed in an atmosphere of the old times when there was snow on the ground and it was 10° below zero and the car wouldn't start to take an eager young boy to the Christmas pageant play where he had an important starring role.

You are immediately drawn into the drama of the story, wondering exactly how the situation might be resolved! And many times you could not accurately predict the ending because when the resolution involves a necessary miracle, well that is a job for God and/or the Angels! And need I add that in a fair number of situations, fervent prayer was the spark that helped produce whatever miracle occurred.

Since I am a huge fan of OBE stories, I was pleased to read a few sprinkled throughout the pages. One tells the adventure of a homesick sailor stationed overseas in 1968 who was so homesick that somehow he projected his consciousness thousands of miles on Christmas to appear before his bewildered mother! Of course anyone can concoct stories, but this one, as well as many others have been verified.

This book is a compendium of Christmas Miracle stories gathered by the Steigers, about other people, so I was pleasantly surprised when I came to the very last story which told of a personal Christmas Miracle experienced by Sherry Hansen Steiger long ago when she was married to a Lutheran minister. Sherry herself was also ordained as a Lutheran minister. She had been studying at the Lutheran School of Theology located on the Southside of Chicago where they met. While there, she was fortunate to study with death studies pioneer, Elisabeth Kubler-Ross, famous author of *On Death and Dying*, who happened to be teaching a workshop there at the time. What she learned from her came into play later in her story. This chapter was the longest, but I enjoyed learning about her "previous life" as Sherry Hansen, the Lutheran minister's wife and their difficult period while attempting to reconcile their broken relationship while living in a small country town in Ohio. This chapter could almost be considered a mini-autobiography while also telling of a different type of miracle, very different from the norm.

This book had no table of contents and none of the chapters were titled, and since I had a digital kindle version, it made



[Christmas Miracles](#)

Continued on page 9



Brad Steiger & Sherry Hansen Steiger

logical sense to simply read straight through instead of jumping around to interesting chapter titles as many readers like to do. This is not that kind of book! It's full of variety and surprises. So I suggest to simply treat it like you would a road trip down an old country road without a map. You get the idea!

This would be a good book to read during the week before Christmas. Can't you just visualize yourself cozying up around the fireplace with a hot toddy, an eggnog, coffee or cup of tea and reading a few of these miracle stories to a loved one? So turn off that television and get this book while you have a chance to get it well before Christmas! Believe me, I think it's something you will treasure for years to come. Get it for under \$1 on [Amazon right here](#).

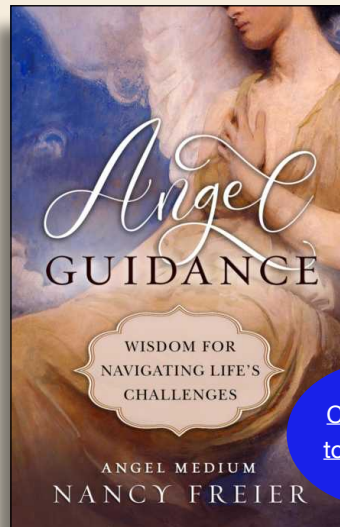
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From Angel Guidance ~
Wisdom for Navigating Life's Challenges

Dear Sreper, I am showing signs of aging and feel as though my body is falling apart. I have pain in my teeth, gums, toes and my hair is falling out. What can I do?

Sreper answered with: "These things are giving you problems due to a long held behavior in stubbornness and indecisiveness. Gums represent the seat of stubbornness. Your toes ache because of a fear of moving forward in life through the aging process. Loss of hair comes from another tightly held belief that somehow your manliness, or your strength of character is represented by your hair. It is fear and tension causing you to hang on to life so tightly and trying to control the clock, rather than allowing life to flow through you and through it. You also held to the thought that as you age, certain changes must happen in your physical body. The lesson for you here is to blossom into life's fullness with ease and grace, and to enjoy all stages of your life, for there is beauty in each and every one of them. If you hang on to one stage of life too tightly out of fear, you will not enjoy the next stage and the beauty it brings."



Click [HERE](#)
to get book!



Steve Freier has been researching death, dying, NDEs, OBEs and the Afterlife for over 20 years. He has read and/or reviewed 100s of books and videos on these and other metaphysical topics. With a passion to share what he has discovered, he is the Moderator and Host of: **Life, Death and the Afterlife**, an open discussion group. In-person meetings are held at the **ADRC of Door County, 916 N. 14th Ave, Sturgeon Bay, WI 54235** **Next Meeting Date: Thursday, December 21, from 1-2:30pm.** A zoom group is coming soon.

For more information, email: sgfreier23@gmail.com

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

Celebrate the Winter Solstice 12-21-23

the *Yao* of Dana By Dana Claudat

Most winter solstice celebrations aim to release darkness in favor of light. It's a fitting way to end the year and make way for new beginnings. The winter solstice means something special to people and cultures everywhere. It's a reminder of how we're all children of the same universe.

The Winter Solstice has been celebrated since ancient times as a way to connect with Nature, build tighter bonds, make wishes, and welcome in the days of more light ahead. Some ideas for celebrating this auspicious day include:

**Light candles. They are a big part of the solstice that is a celebration of light! Make a wish as you light each candle.*

**Grab some Nature: fresh branches, pine cones, berries, potted evergreens or other seasonal nature items and bring them inside to your dining table, kitchen or other areas where your family gathers.*

**S-t-r-e-t-c-h! Stretching activates the 'wood energy' in your body and that promotes the energy of positive change.*

**Write down your wishes ~ tons of them. Write and write and write and write. These are thoughts to plants as seeds that the December New Moon will energize.*

**Tell people you love them. Giving gifts is also traditional during the Winter Solstice.*

Pick one, do them all, or do your own. This is a wonderful time to celebrate, connect and bring more light to your life. If you want to make this extra-special you can take some time to release the old stuff you've been lugging around in your memories. These simple ways to release the past can get you going in a wonderful new direction!

△

DIY Celebrations and 'Make A Fresh Start Ideas' adapted from Dana Claudat. Website: www.fengshuidana.com



Learn the Basics of Automatic Writing



with Angel Medium Nancy Freier, Publisher of The Inner Voice

I teach the simplest way I know of to communicate with those on in Spirit. All that is needed is your sincere desire to connect and a willingness to learn "the inner voice communication process."

Learn at your own pace with as many one-on-one sessions as you choose. You will learn:

- my method of automatic writing
- how to accurately discern who is communicating with you ~ angels, guides, loved ones in spirit, even beloved pets
- how to get past any blocks that might have previously prevented you from connecting with The Other Side
- how to get answers to your questions
- A mini-reading is always part of the experience

Session One: 90-minutes with homework

for you to experience writing on your own

between sessions. **Session Two:** 60-minute

follow-up session to discuss your progress.

Cost: ~~\$150~~ \$120 for both sessions

Additional sessions are available: \$60/hour

Facebook Messenger, or Zoom by appointment

E-mail: NFreier@aol.com to book your sessions.



Music Inspires and Unites! A Brief History of the Popular PEACE Song “Let There Be Peace on Earth and Let It Begin with Me”

Source: <http://www.ianleemusic.com/Site/History.html>



Sy Miller and Jill Jackson were a husband and wife songwriting team. In 1955 they wrote a song about their dream of peace for the world and how they believed each one of us could help create it.

They first introduced the song to a group of teenagers selected from their high schools to attend a weeklong retreat in California. The young people were purposefully from different religious, racial, cultural and economic backgrounds, brought together to experiment with creating understanding and friendship through education, discussion groups, and living and working together in a camp situation.

Sy Miller wrote in his own words what happened:

“One summer evening in 1955, a group of 180 teenagers of all races and religions, meeting at a workshop high in the mountains of California locked arms, formed a circle and sang a song of peace. They felt that singing the song, with its simple basic sentiment — ‘Let there be peace on earth and let it begin with me,’ helped to create a climate for world peace and understanding.”

“When they came down from the mountain, these inspired young people brought the song with them and started sharing it. And, as though on wings, ‘Let There Be Peace on Earth’ began an amazing journey around the globe. Before long the song was being shared in all 50 states — at school graduations and at PTA meetings, at Christmas and Easter gatherings and as part of the celebration of Brotherhood Week. It was a theme for Veteran’s Day, Human Rights Day and United Nations Day. 4H Clubs and the United Auto Workers began singing it. So did the American Legion, the B’nai B’rith, the Kiwanis Clubs and Congress

of Racial Equality (CORE). It was taped, recorded, copied, printed in songbooks, and passed by word of mouth.”

The song spread overseas to Holland, England, Italy, France, Germany, Lebanon, Japan, India; to South America, Central America, Africa, Asia and Australia. The Maoris in New Zealand sang it. The Zulus in Africa sang it. Professional singers sang it, and recorded it. The song is performed worldwide throughout the year, and particularly during the Christmas season. And as I was finishing with the typesetting of this magazine, it was sung at Rosalynn Carter’s Memorial Service.

*Let there be peace on earth
And let it begin with me.
Let there be peace on earth
The peace that was meant to be.
With God as our Father
Brothers all are we.
Let me walk with my brother
In perfect harmony.*

*Let peace begin with me
Let this be the moment now.
With every step I take
Let this be my solemn vow.
To take each moment
And live each moment
With peace eternally
Let there be peace on earth
And let it begin with me.*

In Sy Miller’s words: “Let There Be Peace on Earth, and Let It Begin With Me,’ first born on a mountain top in the voices of youth, continues to travel heart-to-heart; gathering in people everywhere who wish to become a note in a song of understanding and peace; peace for all mankind.”





We Are All Guided by Angels



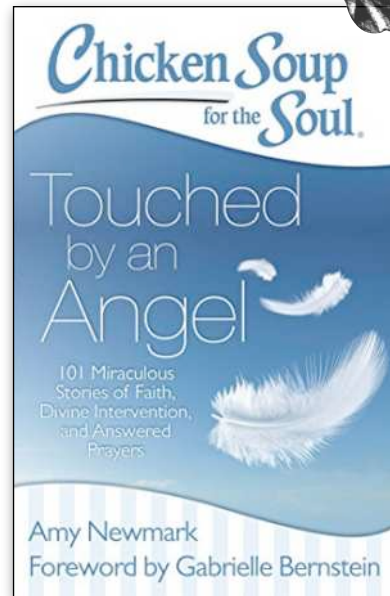
By Gabrielle Bernstein

Throughout my life I've had a deep connection with a world beyond the physical. I've felt the presence of loving energy surrounding me, guiding me and sometimes even communicating through me. As a motivational speaker and author, I've surrendered to this undeniable guidance to help me fully express the work I am here to bring forth. Whenever I invite this presence into my life, I always, without fail, receive intuitive guidance.

You can call this guidance whatever you want. Call it the energy of love, call it spirit, call it Higher Power, call it angels, call it whatever resonates with you most. The fact is, we all have the capacity to connect to a presence beyond our physical site. We are all being guided.

The only obstacle is the fact that we forget. From birth onward we build up a wall that separates us from the loving presence of spiritual guidance. In time we forget to call on it, and then we forget it's there altogether. We begin to rely on reason and logic and the beliefs of the physical world. We renounce our metaphysical connection and in effect we lose our greatest source of power. Henry David Thoreau said, "I think we may safely trust a good deal more than we do."

When I first opened the book, *Chicken Soup for the Soul: Touched by an Angel*, I immediately felt reconnected to my spiritual presence. I felt a strong inner knowing that this book was going to be a powerful piece of work that would reignite our collective spiritual faith.



[Chicken Soup for the Soul: Touched by an Angel](#)

While reading the very first story in the book, I got chills all over my body.

The story happened to be about someone I know and I admire deeply who lost her son in the Sandy Hook school shooting. In the story, Natasha Stoyneff describes how her good friend, the late Norris Mailer, planned to send her a message from beyond using the word 'Scarlett.' When an overworked Natasha was contacted about helping a grieving mother from Sandy Hook write a book about the messages she was receiving from her son, Natasha was going to say no, that is until she heard the mother's name — *Scarlett*. And the relationship was cemented when Scarlett told Natasha that her mother was visiting and she had just finished reading a book by Norris Mailer!

I felt overwhelmed with joy to see my friend Scarlett mentioned in the book. This was no coincidence. It was guidance that I was on the right track and that I



[Miracles Now: 108 Life-Changing Tools for Less Stress, More Flow, and Finding Your True Purpose](#)

was meant to write the foreword. *Spiritual guidance comes in many forms. In this case it came through the text of this book.*

We all have our own ways of connecting to the spiritual realm. Maybe you connect through inner visions, or maybe you receive strong intuitive thoughts. Possibly you connect through writing, speaking or creative projects. In many cases you may receive guidance through songs, words people say or even technology. Our loving guides are working through us at all times; they are always present. We receive this guidance in ways that are authentic to who we are. We receive it in a way we will be able to believe.

△

Gabrielle Bernstein is a New York Times bestselling author speaker and Kundalini meditation teacher.



"Piglet?" said Pooh.

"Yes,?" said Piglet.

"I'm scared," said Pooh.

For a moment, there was silence.

"Would you like to talk about it?" asked Piglet, when Pooh didn't appear to be saying anything further.

"I'm just so scared," blurted out Pooh.

"So anxious. Because I don't feel like things are getting any better. If anything, I feel like they might be getting worse. People are angry, because they're so scared, and they're turning on one another,

and there seems to be no clear plan out of here, and I worry about my friends and the people I love, and I wish SO much that I could give them all a hug, and oh, Piglet! I am so scared, and I cannot tell you how much I wish it wasn't so."

Piglet was thoughtful, as he looked out at the blue of the skies, peeping between the branches of the trees in the Hundred Acre Wood, and listened to his friend.

"I'm here," he said,

simply. "I hear you, Pooh. And I'm here."

For a moment, Pooh was perplexed.

"But... aren't you going to tell me not to be so silly? That I should stop getting myself into a state and pull myself together? That it's hard for everyone right now?"

"No," said Piglet, quite decisively.

"No, I am very much not going to do any of those things."

"But -" said Pooh.

"I can't change the world right now," continued Piglet. "And I am not going to

patronize you with platitudes about how everything will be okay, because I don't know that."

"What I can do, though, Pooh, is that I can make sure that you know that I am here. And that I will always be here, to listen; and to support you; and for you to know that you are heard."

"I can't make those Anxious Feelings go away, not really."

"But I can promise you that, all the time I have breath left in my body...you won't ever need to feel those Anxious Feelings alone."

And it was a strange thing, because even as Piglet said that, Pooh could feel some of those Anxious Feelings start to loosen their grip on him and could feel one or two of them start to slither away into the forest, cowed by his friend, who sat there stolidly next to him.

Pooh thought he had never been more grateful to have Piglet in his life.

Δ

Alan Alexander Milne was an English writer best known for his books about the teddy bear Winnie-the-Pooh, as well as for children's poetry. Milne was primarily a playwright before the huge success of Winnie-the-Pooh overshadowed all his previous work.

Angelic Messenger Cards now ON SALE through Dec. 15!

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Author, Artist, Blogger Robert Moss

Life on the Moon

By Robert Moss | [Robert Moss Blog](#)

I've been rereading *The Garden Behind the Moon*, by Howard Pyle, originally published in 1895. This may be quite my favorite story for younger readers.

My friendly [daimon of Luna](#) concurs. He especially approves of the fact that a beautiful but terrible entity “whom so many people know by a different name and are so afraid of” is called the Moon-Angel. Around his face, it is bright like sunlight. He “never brings something but he takes something away from him again” — and we come to learn that this is most often the soul of someone who has died. The Moon-Angel of the story is also called the Master Cobbler, which appears to reflect the preferences of an old cobbler in a fishing village who “knows less than nothing” and thereby more than those around him. We see the old cobbler pegging soles to uppers on his last. My daimon points out that there is a crafty allusion here to Sandalphon, the Sandal-

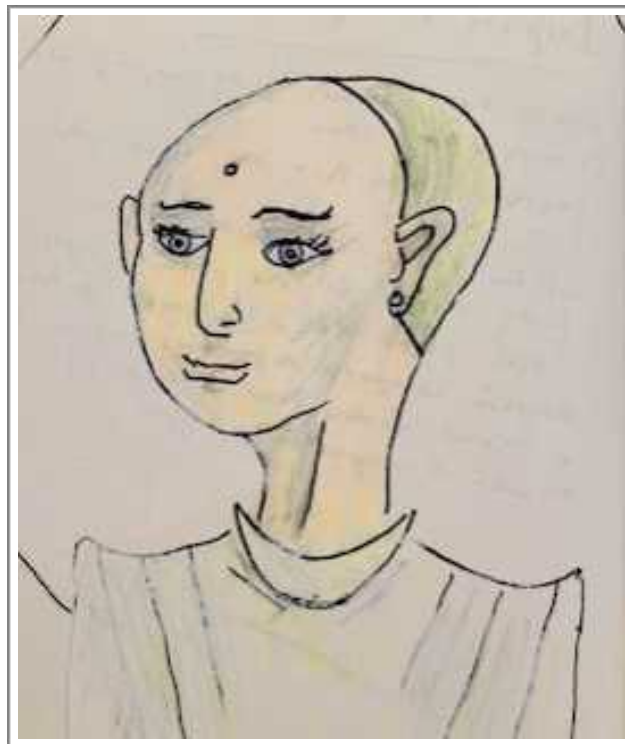
Angel or Shoe-Angel who gives and takes away soul bodies for transits to and from the Moon.

So to the story:

A boy called David, who is not yet twelve, and is regarded as dreamy and simple (a “moon-calf”) by his peers, learns from the old cobbler that a moon-path opens across the sea a day or two after the moon is at its full. Close to shore, the first steps float in the tide as bars of light, slippery underfoot. But if you persist, the moon-path becomes a gravel road, and finally a broad shining field, until you get to the Moon.

After an initial mishap, the boy gets to the Moon, where a man-in-the-Moon pulls him up a stair. From each window of the Moon house, he sees into different scenes, into the inside as well as the outside. He is set to polishing stars with lamb's wool, for nights when the Moon is waning. He earns a little break; he is allowed down a back stair into a lovely garden where he plays with other children. He has his time in the garden for three days every month, and falls in love with a little princess, but is then told that he cannot return to the garden because he is turning twelve, and will be too old.

Now he is called to the Quest: to win his girl, he must find the Know All book in the Wonder Box that has been hidden since Eve and Adam (note the order) were driven from the garden. To do this, he must “go behind” the Moon-Angel, something that has almost never been done. When he confronts the Moon-



Art: "Drawing of a Daimon of Luna" by Robert Moss

Angel, we begin to feel his terror as well as his beauty. In effect the boy has to step *through* his form, through unbearable cold that transforms to unbearable heat. He bursts through a great iron door into the landscape of the Quest. He is no longer a boy; he has aged ten years.

He finds his local guide — a woman in a red shift who cleans souls and leaves them out to dry. She tells him what he will need to do to capture the black winged horse that will take him to the Iron Castle of the Iron Man where the Wonder Box has long been locked up. He catches the black horse by the forelock (like Kairos - opportunity — time). It can no longer fly with a human on its back, but it can run fast. David manages to enter the Iron Castle, and steals the Wonder Box, and rediscovers the girl — escapes from the Iron Castle, and kills the Iron Man with a stone from the sea shore.



Continued on page 15

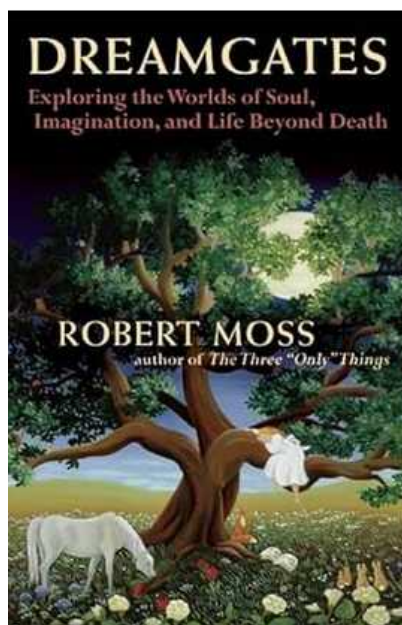
David and his beloved return to the “brown world” on the moon path, but find that the path branches to take each to their separate homes. So now there is another test, for the princess (she's a real one) to find her hero and for the Wonder Box she took from him to be opened with the key that he retained. A happy and triumphant ending, of course.

In which the most interesting feature (as my daimon observes, pointing a finger up under his left eye) is that nobody knew that David was missing all the time he spent in the house of the Moon and the lands beyond it. And nobody in Princess Aurelia's kingdom knew she was gone either; they had merely found her, from birth, strangely mute and emotion-less. She's fully alive now that her soul has come home from the Garden Behind the Moon.

So we may catch the hint that the story is about soul loss, when people around you may not notice you are missing, only that you are duller and quieter. And that there are places where lost souls go, from which they may be brought home by those who can muster the courage and imagination to get through some version of the Moon-Angel.

Δ

Author Robert Moss' book [Dreamgates: Exploring the Worlds of Soul, Imagination and Life Beyond Death](#) available by clicking link. Published by New World Library.



[Dreamgates](#)

After Life Awareness News



What a lovely idea! Include your Absent Loved Ones in your Holiday Celebrations

Sheri Perl, creator of ['The Prayer Registry'](#) has this advice for those whose loved ones have recently transitioned.

“On holidays and special occasions, set a place at the table or remember to make a toast to this person. Acknowledge the ‘elephant in the room’ by bringing it right out into the open. If you're not afraid to talk about your loved one, your friends and family won't be either. And if they are, at least you are setting the right example by putting your loved one front and centre.”

She quotes Raymond, son of Sir Oliver Lodge, who died in World War I: “Father, tell mother she has her son with her all day on Christmas Day. There will be thousands of us back in our homes on that day, but the horrid part is that so many of the fellows don't get welcomed. Please keep a place for me.”



Editor's Note: This reminds me of a reading I did for a woman who was grieving the loss of her beloved dog. She just could not stop missing him. The angels suggested that she set his food and water dishes out as she used to do, and talk to him as though he was still with her in the physical. Soon she began to hear his footsteps on the kitchen floor and was able to carry on as if he was still with her. (And he was with her in spirit!) This enabled her to be happier as she moved through the grief. ♥



'tis the Season of Eclipses



Greetings Cosmic Curious Ones! I hope this forecast finds you well and in the cozy Sagittarian glow of the season. As we turn the calendar page and set our sights on the coming solstice may we nourish the heart with the moon in Leo at the top of the month, creating and sharing hygge.

Associated with Danish Culture, hygge is to consider or invoke a mood of comfort, warmth, joy, and social wholeness. The etymology is of Old Norse origin for the word 'hug' and I find it extra sweet that the etymology for the word consider is to regard the stars.

Last month I spoke of an astrological swear jar for the word intense and I hope you were able to navigate your way as peacefully and smoothly as possible. This month I would like to highlight a different type of jar, "A Gratitude Jar." I invite you to join me and at the end of

each day, reflect and write on a small piece of paper five things you are grateful for. Drop the paper into the jar and throughout the coming year, reach in and draw on a reflection of gratitude, through this simple practice we can elevate our frequency!

Before I unpack the main energies of the month I wish all December birthday

hygge [hue-gah]

1. a calm, comfortable time with people you love; often enjoyed with good food, drinks, cozy blankets and candlelight. "Holidays are full of hygge for my family and me."
2. cozy and comforting: This room is very hygge with its soft cushions and warm fireplace.

adjective

(Read more about "hygge" on page 18-19)



support to go the distance. Mercury's station retrograde on the 13th asks us to reflect on our strategies or plans from the past. What's important? What's necessary? What is practical? What sustains? Looking back to revise, minimize and like the Winter Warlock from "Santa Claus is Coming To Town" we place one foot in front of the other, we co-create and elevate a new tomorrow.

Harmonizing Venus in Libra makes a brief visit to square with Pluto in Capricorn before entering Scorpio asking, "How can structures be transformed through peaceful means?" Once in Scorpio, she will trine Saturn in Pisces, through passion and discipline lies beautiful mastery. On the 9th she will oppose Jupiter in Taurus bringing clear vision, truth and understanding to desires and values.

New Moon in Sagittarius on the 12th is fresh for planting grand ideas and intention setting for charitable endeavors.

Sun square Neptune in Pisces on the 16th, this transit is best channeled into creativity, poetry, and to flourish your flair for the fantastical, not a great day for

babes a Joyous and Happy Healthy Solar Return! I would also like to share an expression of gratitude with you. A few years ago I took first place in a contest conducted by an online global astrology community called "Astrology Hub." Contestants were to submit a thank you letter to astrology, coincidentally the contest was called "The Astrology Hug." In my great appreciation, I submitted my letter in the form of a song set to the tune of *The 12 Days of Christmas*. At the end of this forecast I have included my letter and the last verse for you.

Calculating Mercury in Capricorn brings a sense of grounding and prioritizing. In sextile to Saturn in Pisces, this presents a practical approach to setting long term goals, mindful steps of simplified importance with Saturnian



Here's to you, Gratitude Jar!

Continued on page 17

Cosmictology from page 16

focused work, or operating heavy machinery.

Full Moon in Cancer on the 26th is at home, perfect for nurturing and nourishing the home, the temple, the body. It's a great time to reminisce and celebrate ancestry and family traditions.

Dec 31 Jupiter stations to go direct, coming out of retrograde motion, closing out our Gregorian calendar year bringing optimism, hope and bright-forward, future visions.

Dearest Beloved Astrology,

You have been my teacher, my go to, my rock and the gifts you've given me are far beyond anything I could have imagined! Through successes and strife, triumphs and challenges, gains and grief, chaos, change and victories, you've been there. Heartaches and heart openings, you've been there! You're always there, to show us what is or isn't

working, what is sustainable, where there is suppression, and where we are called to have compassion. What areas need a closer look, to be placed under the microscope or horoscope and viewed through the lenses of love. You've always given us and continue to give us celestial glasses to see the full cosmic picture, to remind us that we've been here before.

I am hopeful and envision a greater collective consciousness for our planet, an enriched community, closer to spiritual oneness and a shift in love and light for all planetary beings.

The 12 signs of the zodiac and what astrology has given to me:

*mythology and magic
global community
healthy boundaries
higher education
deep transformation*

*diplomacy and balance
honoring the body
the fifth golden roar, Roar!
permission to nurture
articulate communication
greater meaning of value
and a strong sense of self, a more enlightened me*

One day I hope to share all that you have given me on the world stage. Astrology, you guide us to dig deep, as we heal ourselves within, so without and as above, so below. I aspire, with your guidance, to help and inspire others to find their own true starlight. Thank you Astrology!

Δ

If you are 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.

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Hygge

The Cozy Danish Lifestyle to Carry You Through Winter

Source: <https://northeasterngroup.com/hygge-the-cozy-danish-lifestyle-to-carry-you-through-winter/>

Did you know that Denmark is considered to be one of the happiest nations in the world? Surprising, considering their winters are long, cold and consist of about 17 hours of darkness each day! But there's a secret behind why Danes are quite happy to be snowed in all winter long, and it's called *hygge*. Pronounced *HUE-gah*, hygge is an attitude toward life that emphasizes finding joy in everyday moments. It is taking pleasure from the presence of gentle, soothing things.

Candlelight is hygge. Cooking dinner with friends is hygge. Getting cozy with a blanket and a good book is hygge. Because we all know we have many long weeks ahead of us this winter, we've compiled a few ideas that can help you incorporate the *hygge* lifestyle into your own home!

Soften Your Space (Photo on left)

It may seem like a small thing to do, but incorporating more soft items like cozy blankets, a few floor pillows, or area rugs will make each room in your home feel more inviting and it won't seem so bad to stay inside all day away from the cold!



Editor's Note:

I have always felt ~ my whole life through ~ that something seemed to be lacking during the festive holiday season, and for me it was strongly felt on Christmas Eve. Whether I was with family or alone, there was a calling within me to connect more deeply to this most silent and holy night. But how?

So, when I read the term "hygge" in Andria's Astrology column, it struck a chord within me. I had to research it and immediately knew this was what I had been seeking ~ a peaceful, cozy night of reading and reflection. I had no idea there was a name for it! ♥

Incorporate Natural Woods

Another way to make your home more inviting is to introduce natural wood pieces. The brown hues will add an extra dose of warmth while the natural materials will help you bring a little bit of the outdoors in!

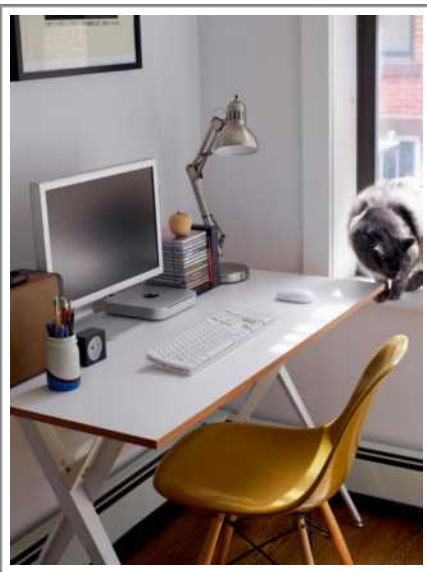
Display What Makes You Happy

In many ways, *hygge* is about prioritizing the things in life that bring you joy. We love the idea of creating a gallery wall of pictures that display your favorite people, places, and memories.

Continued on page 19

Clear the Workspace

Do you work from home? Clutter can weigh down your mood, so try organizing your papers and other odds and ends so that you can enjoy a little peace of mind while you work.



Light Some Candles

If you were to enter any Danish home, you would find a preference for soft, warm light — like candles. When it's cold and dark outside, placing a few candles around your home can implement *hygge* by adding warmth. Try a softer, earthy scented candle.



Keep it Hot

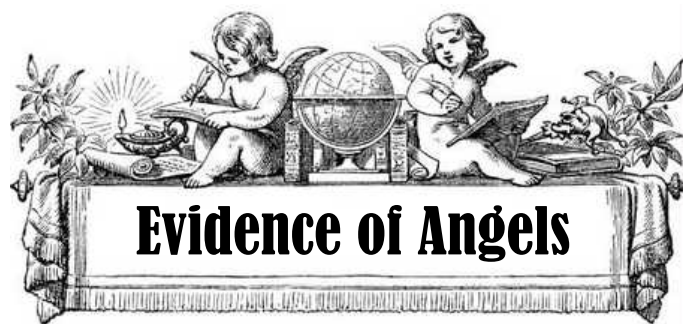
What feels better than a hot mug of coffee, tea, or cocoa while lounging around the house? Pair your hot drink with a blanket, a good book or movie for a perfect night in!



Family Time

One of the biggest aspects of Danish *hygge* is seizing the time to build and grow your relationships with family and friends. If you're going to be stuck inside, away from the cold anyway, you may as well enjoy it with loved ones by your side. Cook a meal together, gather around the table, play some cards, or just enjoy some great conversation!

Here's to embracing the Danish tradition of *hygge* in your own home this winter!



Evidence of Angels

By Nancy Freier

This is a cute little story of the angels intervening that will put a smile on your face, literally! I was having a particularly rough day. Without going into details, suffice to say I was trying to get a hold of a medical professional for some advice, but it was after hours and the answering service recording said to either go to the ER, or call back in the morning when the doctor was in. You see, I was instructed to take a prescription medicine, but after one dose I had an allergic reaction to it, and needed the doctor to prescribe something else.

Totally frustrated in not knowing what to do, I asked the angels for help. Just then, I happened to turn around in my kitchen where I was standing and my eyes went straight to the kettle on my stove (see photo below). There was a happy face staring back at me! It made me laugh out loud! The pressure of my situation was lifted off of me and I was able to figure out what to do. That kettle has been on my stove for years, and so too, the items on the counter next to it. I never saw that smiley face until that moment when I needed to just *lighten up!*

Δ



Photo: Happy Face on a kettle



Reclaim Your Power with Pyrite

As we step into the month of December, Pyrite greets us as the crystal ally of the month. Last year, when pyrite showed up during “The 2023 Crystal Forecast,” I felt a strong sense of curiosity. I wondered what events would unfold in the world and how the energy of power would show up on both personal and collective levels.

Power can be a catalyst for change. It can also hold a very divisive energy when one has not yet established a healthy relationship with their own power. On the world stage, we are seeing this play out in big ways right now.

When we embrace our personal power, we assert our sovereignty and empower others to do the same. Power is not about exerting control over others, but rather about uplifting them to reach their highest potential.

Pyrite is here this month to assist us in healing our relationship with power. It wants us to understand that changes cannot occur on a global level unless they are also unfolding on a personal level. We have a responsibility for how we hold and use our power.

Embracing our power means recognizing and honoring our unique gifts, talents, and strengths. It means acknowledging that we have something valuable to offer the world, and that our contributions are meaningful. By stepping into our power, we not only experience personal growth and fulfillment, but we also inspire others to do the same.

Pyrite serves as a symbol of this empowerment. Its golden hue represents the brilliance and radiance that lies within you. Just like pyrite, you have the ability to shine brightly. When you allow

yourself to fully embrace your power, you become a beacon of light, guiding those around you to their own greatness.

Cultivating a healthy relationship with our personal power is a challenging task. It involves delving deep into our souls and reflecting compassionately on how we have related to power in the past. This deep dive reveals new and healthy ways to embrace our power and share our unique gifts with others.

Feeling curious about how you can begin to explore your relationship with power?

Set aside some quiet time to sink into the reflection ritual described below. Prepare by gathering a journal and a pen, lighting a candle, and burning some incense. Create a soothing atmosphere by playing soft music, burning some incense, and enjoying a warm cup of tea.

Next, take a few minutes to relax your body through meditation with a piece of pyrite. Pyrite can assist in opening your heart to your relationship with power. It will provide the courage and strength needed for deep introspection. Remember, your connection with power has many layers.

What do you experience when you hear the word power?

How would you describe your relationship with power?



Pyrite is a naturally occurring iron disulfide mineral. It is often called “fool’s gold” because its color is deceptively similar to that of a gold nugget.

How have you experienced the misuse of power?

How have you mis-used your power?

How do you desire to experience your power differently?

How will this shift your life?

As you complete this reflection ritual, express gratitude to yourself. It takes courage to dive into introspection in this manner. Next, shift your energy by creating a symbolic representation of your reflections. For instance, you can make a drawing, set up a small altar, or create a talisman. You may even wish to include a piece of pyrite. This will help ground your energy and establish a new connection with your inner strength as you approach the end of the year.

△

Rise into your soul wisdom. Discover shamanic practices and crystal rituals for activating your sacred path. See page 21 for more information.



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Look Above the Clouds to Give the Gift of New Possibilities

Mental clouds of doubt, worry and self-judgment like, I'm not good enough, it's not going to work out, fuel limitation. When our head is in the clouds of confusion and negative self-talk we are lost in trances that are, not so obviously, blinding us to seeing and experiencing new possibilities.

When we raise our awareness above the clouds we see pure infinity! Pure potential! It's similar to an airplane rising thru dense clouds into clear open sky.

My son texted that he and his boys would call me later that afternoon. I had planned to go to the ski shop, so I decided to wait and go after their call. I waited and

waited. It was getting late and I worried that if I left my house in rush "hour" traffic I would miss their call, because my phone gets terrible reception in the car.

I wondered if I should delay my errand until the next day, but worries if the skies I wanted would still be available. I was stuck in an, 'I can't call him' zone—because he said he would call me. I waited anxiously. What if they decided to do something after school and forgot to call me?

I spontaneously decided to get ready to leave for my errand. With this new movement there was an opening in the cloudy thoughts. I immediately felt courageous — (that's a funny word to use

just to make a phone call) — and clarity to actually call my son.

He answered with: This is the perfect time for you to call! I felt freed from suffering! We all had a delightful conversation. I realized that my head was above the clouds of those obsessive limiting and self-demeaning thoughts. I literally was in a totally new, wonderful and expansive vibrational reality.

That morning I had been working on a children's book I'm inspired to create called, *Look Up, What Do You See?* It's a book about clouds and the magical images they create. I had invested several hours going through my cloud photographs, including ones I'd taken from the windows of airplanes where we were above richly textured clouds. I wondered how I could incorporate those images into the children's storybook.

In the afternoon I discovered that the experience with my son totally related. There is a saying, "Get your head out of the clouds" meaning out of fantasyland perspectives. I realized the metaphor of clouds represents limiting thoughts and perspectives that blind us from options and the truth of our creative nature.

What we need to practice is moving above the cloud banks (AHHH, bad investments) into higher frequency open space where we are literally instantly transformed into higher dimensional existence and new infinite possibilities. Here, clouds and limiting forces do not exist. I invite you to experiment.

Call forth courage and clarity to take new action on what you have been resisting. Dare to raise your head above the clouds of suffocating thoughts and perspectives that deplete, confuse and deny you new creative opportunities. Keep taking steps up, exploring new

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Photo: "Above the Clouds"
Courtesy of Beverly Brunelle

heights of possibility, and take a risk to create empowering change. Notice how you feel. It is experienced energetically, physically, emotionally, mentally and relationally. There is a whole new world of freedom awaiting you.

Δ

Do you want to create significant change? Are you in a life transition? Do you want to open to more of your spiritual nature? Beverly's insights, wisdom, clarity, and skilled energy healing work are a magnificent support. Contact her for a complimentary 30-minute consultation.
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Photo: Hulton
Archive/Getty Images

"My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that?"

~Bob Hope (1903-2003) was a comedian, vaudevillian, actor, singer and dancer who entertained troops overseas during wartime. Hope received numerous accolades for his kindnesses and humanitarian efforts.



A Poem from the Mighty Angels

Channeled by Stefanie Finn

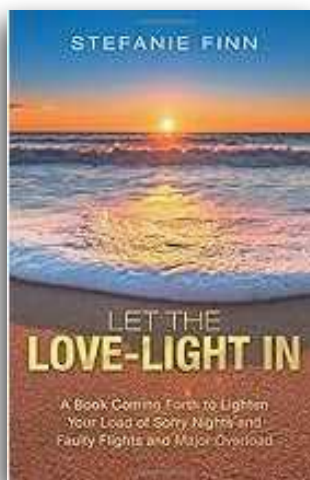
The Wayshower

*Standing at the crossroads
Clouded with despair
Rooted in complication
springing forth from fear
You stood in trepidation
There was no way out of here
No way to see tomorrow
through thoughts of deep despair
But standing on the horizon
in a place of warmth and care
there stood a brilliant angel
to guide you out of here
She lit a light in darkness
She told you not to fear
She told you of another way
to make your mind but clear
There is no time but present
to sit with your despair
To cool your jets in silence
and watch them disappear
The light of brilliance standing
Your time to know it near
Don't wait until tomorrow, my child
The time is now and here
Fear not said the angel
Her words they were so dear*

*Fear began to soften, the
clutches not so near
as you knew without a single
doubt
the light would heal your fear
You are here to save the world
said the shining light so near
Too brilliant to ignore
Too happy to despair
Don't wait until tomorrow
for the time is now and here!*

Δ

From my book:
[**Let The Love-Light In**](#)





Nourish and Share Your Kernel of Genius

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

I read an article about a woman who creates and restores stained glass windows. The article was like an opening in time, going back to the years when there was a strong desire to investigate different forms of spirituality and personal creativity; a time that was enhanced by a desire to reach up to something greater that could be expressed by each individually, and by a lack of media bombardment that drove us all to the lowest common denominator.

In reading the article, I recognized how shallow and polarized society has become. The media portrays overt sexuality and violence with no compunction. News has become a litany of sensationalism rather than in-depth, rational reporting about current events. The lens in the US has narrowed to such a degree that the only way to find out about what is happening in the world is to go to the BBC or to another international broadcast. We, as Americans, are being dumbed down as never before, and it is truly appalling and soul robbing.

Religious fervor in its extreme form is rampant across the planet. We see it paraded before us with dispersion cast against the Muslims, but every other religions have just as many extreme views that polarize us one against the other. In fact, more than any other context, religion has become the great divider rather than the unifier. We argue about God as an exclusive right to whichever belief system we belong, making all others devil worshipers or infidels. The lack of civility and willingness to see another view has worsened in years past, and as each nation becomes more polarized within their own beliefs, the ability to become one world of

individuals who appreciate and respect one another through our diversity is lost. We become armed camps of entrenched ideologues who refuse to budge on our view of life, and as a result we narrow the opportunities, not only for friendship, but for enlightenment.

I have spent the past few years retreating from the current mind-set and have become a game player. I spend hours with word games, hidden object games and strategy games. I learn techniques to rid myself of annoying enemies so that my Angry Birds will triumph over the bad pigs who steal eggs.

As I read the article about the woman who rehabilitates stained glass, I was brought to a deeper part of myself, the part of me that I truly love. And I recognized how I, like most other Americans, have fallen into the trap of banality. As a result, there is soul searching to do. What brings me meaning? What helps me to grow and contribute in meaningful ways that reflect what I've learned through the years and presents the best of myself? How can I make a difference, and what do I need to do to create a rich environment for myself despite what appears daily on the news that makes me feel helpless?

We each have been given the gift of life. We each have within us a kernel of genius that is waiting for recognition. We have something to contribute, and we have a responsibility to nourish and nurture the better selves that we are. So this is a call to question and to take time to do the things that nourish all aspects of our creative selves. Included should be some of the following:

1. Paying attention to nutrition. What are we eating and drinking? Are we



giving our bodies the vital nutrients they need and supplying fresh, unadulterated food, or are we feeding addictions and desire to have something quick and easy?

2. Physical exercise. Are we doing something to move the body and give it the exercise it needs to maintain vitality and strength?

3. What are we feeding our minds? Do we engage in meaningful discourse, study, reading, creative forms of expression, like art or music? Are we learning and retaining curiosity, or have we become mentally dull and complacent?

4. What are we contributing? Where do we make a difference, large or small? How do we share what we know with others in ways that contribute to a larger vision or cause?

5. Where do we take time to nurture and nourish our inner spiritual life? Do we make time daily to give thanks, feel gratitude, keep our connection to the Source of Life alive and well, recognizing that we must strengthen our bond with That which we come from and to Whom we will return? Are we too serious, or do we laugh and retain a sense of humor, spending time enjoying life and expressing the sense of wonder that is born in the child part of ourselves?

There are many more meaningful questions to ask, but these are the ones that come to my mind in the moment. How about you?





How Heavy is This Glass of Water?



I've heard many explanations for stress management but I recently received an e-mail with a clever and meaningful way to think about stress.

"A lecturer, when explaining stress management to an audience, raised a glass of water and asked, 'How heavy is this glass of water?' Answers called out, ranged from 20 to 500 grams. The lecturer replied, 'The absolute weight doesn't matter. It depends on how long you try to hold it.'"

"If I hold the glass of water for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes."

He continued, "And that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden."

Since this explanation seems pretty common sense, why don't we put down our burdens more often? Or more to the point, why aren't we able to put them down, even momentarily?

The rational mind is like a magnet. It holds what has the greatest attraction. And the greatest attraction is usually that which is a problem; seems unsolvable, presents a challenge or

represents a great fear or dread. In order to put the stress of these continual worries and pervasive thoughts down we need to desensitize the issue.

Rather than thinking in the negative—what will happen when, if or in spite of my best efforts, think in the positive. This may happen, but I'm still me – I'm still ok whether or not I ever realize it. This may happen, but I'll find a way, open a new door, begin again, heal my broken heart, or whatever.

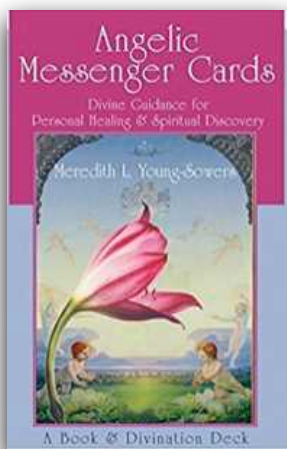
Say what you know to be true in a positive way and stay away from the speculation of the dreaded fears. Stress is reduced — the glass of water put down for the moments when we're no longer in fear of the uncertain, the unknown, or the inevitable.

~Meditation~

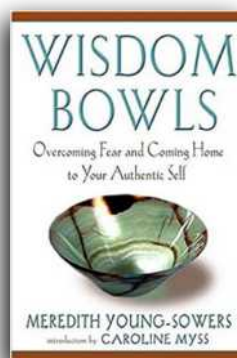
Put your hands over your Deep Heart – imagine holding a glass of water that represents the worry, uncertainty, or struggle that is your biggest burden right now. Now lower your arm and imagine putting the glass down. Imagine relaxing the muscles in your arm, your fingers, take a deep breath. Relax, release and allow Grace to enter your life.



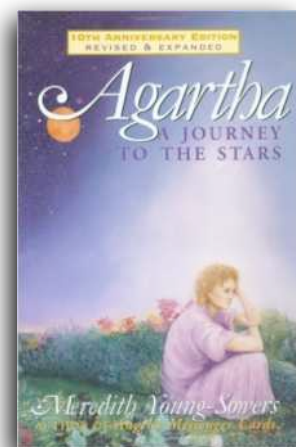
Meredith Young-Sowers, D.Div. is the Author of: **Agartha, The Angelic Messenger Cards, Spirit Heals, Wisdom Bowls, and more.** She is the Founder of The Stillpoint Foundation and School and has become a watercolor artist. Email: mysowers@gmail.com



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



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



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

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Wendy Zammit of **The Friday AfterLife Report** brings you news on authors and experts in the field who present at **The Global Gatherings**. The upcoming guest list was not available at press time, but is available in the Afterlife Report. Check it out!

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Sydney/Melbourne 7 a.m. Monday
New Zealand 9 a.m. Monday

Co-ordinator: wendyzammit@gmail.com
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GLOBAL GATHERING GUESTS

December 2023

December 3

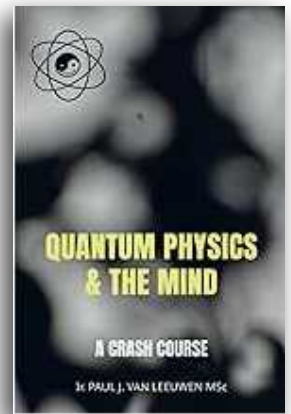
Gary Mannion, Physical Medium

Gary will go into deep trance and allow his guide to answer questions from the audience. As well, he and his circle leader, Inge Crosson will give us an update on scientific experiments they have been conducting in Europe.

December 10

Paul van Leeuwen:

"Quantum Physics and the Mind" Paul has recently released an edited (and hopefully simplified) version of his book: *Quantum Physics & the Mind: A Crash Course*



December 17

Sheri Perl: "New Developments in Electronic Communication with Spirit"

December 24 Christmas Eve / Christmas Day

Australia Community Gathering

Drop by and share the Spirit of Christmas with your favorite like-minded spiritual explorers!

December 31

Jo Buchanan: "My Spiritual Journeys"

Jo Buchanan will share some of her rich experiences escorting tour groups to Native American ceremonies in the USA and to the sacred sites of Egypt. Jo is the author of *The Final Mystery: A Quest for Identity and Belonging?*





Christmastime Is Come

By JA Dioguardi



*The words I'm forming with my pen —
'Christmastime is come again' —
bring back a favorite Yuletide song
whose message sounded clear and strong
in war-torn days of long ago.*

*How is it that we've yet to grow
in wisdom so that we can show
the Keepers of humanity
that, with compassionate hearts, we see
that unity of thought and creeds
is brought to bear through daily deeds?*

*'Peace on earth, good-will to men,'
once heard in sermon and in song,
should be our focus all year long!*

*Yet, this year, Christmastime is come;
warlike speeches beat the drum —
dividing races, choosing sides
with pride and anger as our guides.
Instead of love, aversion reigns.*

*The Word in present-day refrains,
a callousness of thought, ingrains.
What happened to community?
Are we so blind that we cannot see
that of one race is humankind?
We must unite in heart and mind!*

*Free of fear, a peacetime drum
averts the woe that, earth, betides;
our home, with amity, collides.*

Δ

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



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'Tis the Season For Light

By Terah Kathryn Collins



‘Tis the Season when short days and cool temperatures beckon us to spend more time indoors. Feng Shui sees the winter season as a time when the Fire element, represented by the sun, is low and needs to be “stoked” in our homes to nurture our health and happiness. To do this, we warm and brighten our interiors with lighting and other Fire-related enhancements.

Candlelight is an instant mood-maker and brings out the best in people’s skin tones. Transform a room by lighting it entirely with the luminous magic of candlelight. With safety always in mind, hang candleholders on the walls and old-fashioned candelabras from the ceiling to fill the room with an enchanting glow. Group pillar candles, tea lights, votives, and tapers together to create multitiered ‘banks’ of illumination. Use reflective trays and holders to multiply and magnify the light. Choose one candle color for an elegant look, or a variety of colors to capture a more playful casual atmosphere.

The fireplace symbolizes the heart of a home, as it warms a space and inspires the feelings of comfort and safety. In Feng Shui’s elemental cycle, the Wood element intensifies the Fire element, making the heat and light they produce together particularly pleasing on a long winter’s night. Avoid leaving the ashes of a previous fire on display for any length of time, as this connotes the loss of warmth and light.

Another classic way to capture the dynamic relationship between Wood and Fire is to arrange boughs of evergreens or other plant material with items in the Fire-related color of red. Mix red ribbons, candles, flowers, ornaments, and other decorations with seasonal greens to create your own beautiful display.

Soft lamplight brings a comforting ambience to every room. Turn glare into glow by installing rheostats, or dimmers, on lamps and light switches throughout the house. If you’re now living under the bright glare of fluorescent lights, consider replacing them with more versatile and appealing track or recessed lighting. Or, add alternative lighting such as well-placed task lights so that the fluorescents are rarely used.

Expand your repertoire of seasonal decorations to include photographs of, or tokens from loved ones. Celebrate your relationship with the people you care about and draw them close



throughout the winter, as they symbolize the emotional Fire of human bonds that warm your home with cherished memories.

Winter is the time to create spaces that encourage personal renewal and social intimacy — a time to get to know yourself and others better. This is the season to light the candles, cozy up around the fire, sip something delicious from a steaming mug, and share stories with your favorite people. Keep the home fires burning and enjoy the many warm experiences winter brings to life.

△

Terah Kathryn Collins is an Essential Feng Shui® and Taoism teacher, best-selling author, and Founder of the Western School of Feng Shui®. For more information: www.wsfs.com

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Peaceful, organized kitchen | Photographer unknown

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An Old Chinese Proverb

When there is light in the soul,
There is beauty in the person;
When there is beauty in the person,
There is harmony in the home;
When there is harmony in the home,
There is honor in the nation;
When there is honor in the nation,
There is peace in the world.

What Horses Want for Christmas

By Lynn Schuster, Animal Communicator (Reprinted from December 2019 issue)



With the holidays coming up, I wondered what my horse, Boo, would like for Christmas, so I asked him! As I inquired, thoughts of my sister Marci's horse, Jericho, who passed on November 4, 2019, flooded into my mind. Then, with a loving heart he said, "Tell them our story."

Tears sprang to my eyes as I thought of him. Jericho and I hadn't "talked" since before he died. It's not that I haven't thought of talking to him, it's that I wasn't ready.

Jericho was born on Marci's farm in 1988. Marci and Jericho shared an amazing relationship for 31 years. The love, trust and loyalty to each other was genuine and I was able to become part of that relationship. In 2011 when my mentor Rebecca Moravec was dying and could no longer go to the barn, she asked me to consider taking her horse, Boo. Making the choice to re-home Boo was a huge decision. I was 54 years old, Boo would be my first horse, and I wanted to board him at Marci's farm. She'd been the guardian of horses for most of her life and she could become my mentor with Boo. However, there was a challenge to overcome. Marci and I didn't get along very well.

A few weeks before Rebecca asked me to take Boo, Marci and I had a disagreement and our mother expressed that she would like me to learn to get along with my sister. I did not think that I would be able to do that, but as I slept on the notion, I wondered, why not?

Why not let go of resentment, fear and anger and reach out to my sister with love? I realized that I had let fear rule our relationship for far too long. I became willing to stop blaming others for my behavior, and allowed the love to flow back into our lives. I reminded myself of the innocence, laughter and playfulness

that bonded us together as children in the first place.

I wondered how all this was going to happen, though. Three weeks after making the decision to heal my relationship with Marci, Rebecca asked me to take Boo. Without hesitation and with a smile on her face, Marci agreed to board Boo, and that's where we began to heal.

There are so many levels to this story. My beautiful mentor and friend knew she had to re-home her beloved Boo and she chose me to be his guardian which in itself is bittersweet. And it was time to mend fences with my sister, a bond that can never really be broken, just bent. What better way is there than to bring a horse, an animal with an incredibly large heart, into my life to help mediate our relationship.

Through the horses, Marci and I found common ground. We returned to our innocence and learned to communicate with each other on a deeper and more meaningful level. The horses want us to feel love and understanding for each other and all of creation.

So, what did Jericho want for Christmas? He wanted to give Marci his



Marci riding Jericho

love and wanted her to know he cherishes her for all time. He knows their relationship is loyal and strong and he would like her to use this gift to create strong bonds with all the others in her life, as well — both humans and animals alike.

△

Lynn Schuster is a Telepathic Animal Communicator who is passionate about strengthening the bond between animals and humans. To get in touch with Lynn, please see her ad on page 31.



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