

The Inner Voice

Inspirations for Healing Body, Mind, Spirit, Heart and Home • Vol. 14 Issue 9 • September 2026



*Flower
Power*

*Remembering
Lemuria*

*A walk on the prairie with
Grandmother Beatrice
Long Visitor Holy Dance*

*Spiritual Heliotropism
The Sacred Practice of
Turning Toward the Light*

*Diane Keaton
Speaks from
the Afterlife*

And more inside!

*"A time to plant, and a time to pluck up
that which is planted." —Ecclesiastes 3:2*

The AFTERLIFE REPORT

Evidence



Presented By
Victor and Wendy
Zammit

Science



THE GLOBAL GATHERING and several other
FREE Zoom Groups are listed in the FRIDAY
AFTERLIFE REPORT published weekly.

SUBSCRIBE FOR FREE HERE:

www.victorzammit.com

Learn more about The Greater Reality as we
explore all things Spirit and the Afterlife. We
created this forum where people from the UK,
Europe, USA, South America and Australia can
share their experiences. For full details of our
groups visit: www.victorzammit.com/zoom



A bestseller!

BUY BOOK HERE:

Buy on amazon.com

Buy on amazon.co.uk

Buy on Barnes and Noble

BUY E-BOOK HERE:

* [Amazon Kindle](#)

* [Amazon Kindle UK](#)

* [Barnes and Noble Nook](#)

* [Apple iTunes](#)



**Join the FREE Weekly
Global Gathering!**

September Guest Presenters:

September 6 — Cosmic Voices Network members
Daniel Drasin, Jeanne Love and Regina Ochoa will
surprise us with more profound wisdom from a variety
of channeled sources.

September 13 — Cheryl A. Page will present on
"Vibrationship: A New Paradigm For Grief" and her
recent mystical trip to Scotland.

September 20 — Pete Smith, former President of the
Michael Newton Institute, presents **"The Work of Dr.
Michael Newton"**—its evolution through the Institute,
the emergence of a new consciousness, and the
development of the Institute for Quantum
Consciousness. He'll also explore current research
trends in consciousness and what we are discovering,
followed by Q&A and discussion.

September 27 — Community Gathering:

A chance to share your experiences, ideas, and writing
—and connect with like-minded spiritual and afterlife
explorers.

Click <https://zoom.us/j/7595442928> to join the
discussion with like-minded people from around the
world. Held on Sunday @ 5PM EST/4PM CST in the US:
and 7AM in Sydney. For the time in your city, click
here: [World Clock](#).

View past Global Gathering programs here:

<https://www.victorzammit.com/archives/index.html>



Wendy Zammit Global Gathering Coordinator

Email wendyzammit@gmail.com



Cover Art: "From the Garden"

Artist: Jules-Alexis Muenier 1863-1942

[Prints are available](#)

"And the secret garden bloomed and bloomed and every morning revealed new miracles."

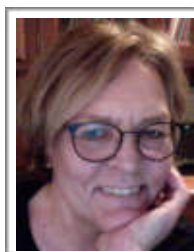
—Frances Hodgson Burnett, "The Secret Garden," 1911.

In this Issue...

- 2 Global Gathering Schedule of Presenters
- 4 Ad: Angel Guidance Readings By Nancy Freier
- 5 Publisher's Page / Dear Readers
- 6 Angel Talk: Remembering Who We Are
- 8 Lemuria Yesterday and Today By Susan Barnes
- 9 Ad: Dr. Susan Barnes' Readings, Classes and Books
- 10 Book Overview: "The Birth Called Death"
- 12 Diane Keaton Speaks from the Afterlife By Jeanne Love
- 14 Flower Power & Remembering Lemuria By Nancy Freier
- 19 Book: Karma Can Be A Real Pain By Joanne DiMaggio
- 20 A Potpourri of Signs from Spirit By Dr. Liz Raver
- 21 Ad: Readings by Medium Dr. Elizabeth Raver
- 22 Awakening with Grandmother Beatrice By Regina Ochoa
- 25 Choose to Act Rather than React By Meredith Young-Sowers
- 26 Change is Your Super Power By Beverly Brunelle
- 27 Ad, Beverly Brunelle
- 28 Spiritual Heliotropism By Cheryl A. Page
- 30 Soul Explorers Podcast Link
- 31 A Brief Visit to Eternity By Daniel Drasin
- 32 Feng Shui Tip: Refresh Your Space, Refresh Your Life
- 33 Ad: Essential Feng Shui®
- 34 Ad: Psychic and Spiritual Services By Angela Zabel



Lightlines Publishing



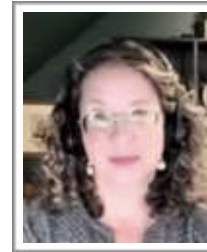
Nancy Freier
Publisher
Editor-In-Chief



Steve Freier
Co-Publisher
Website Design



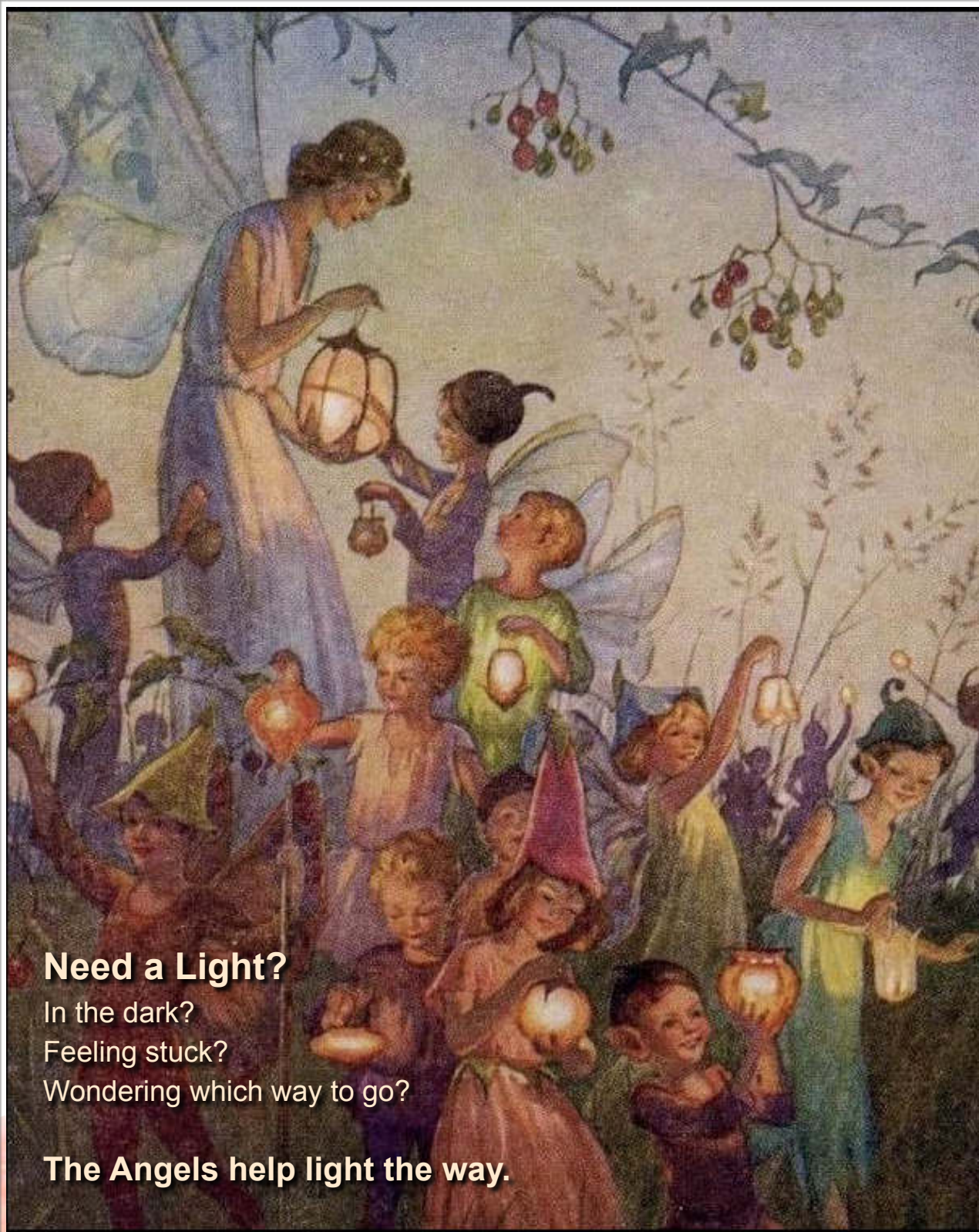
Beverly Brunelle
Consulting Editor



Sally Daniels Taylor
YouTube Video
Creator

The Inner Voice ISSN #1073-1814 ©1992–2001; e-version ©2012–2026. All rights reserved.

The Inner Voice is published as a source of inspiration to nurture body, mind, spirit, heart, and home. The information shared is not intended to replace the advice or care of qualified healthcare professionals. The views expressed are those of the individual contributors and do not necessarily reflect those of the publisher or editors. As always, we encourage you to trust your own inner voice with discernment as you walk your unique path. May the ideas and insights shared in these pages bring you hope, healing, and inspiration. Writer's Guidelines and Advertising information are available upon request. Comments and correspondence are always welcome: theinnervoicemagazine@gmail.com



Need a Light?

In the dark?

Feeling stuck?

Wondering which way to go?

The Angels help light the way.

Schedule a Reading Today!
Angel Medium Nancy Freier
NFreier@aol.com

Margaret Tarrant - Fairy Lights, 1915

"Thank you for the fun animal humor in the August issue. I loved the picture of a cat reading the book, "To Kill A Mockingbird" and calling it a sham because 150 pages in, there were NO birds. It's definitely what a cat would do!" —Gloria N.

"I finally have a minute to send off this email of thanks. I think you are an amazing editor and boy oh boy did you improve my "Steven and Lily" piece! Thank you for including me in the August issue. I am truly grateful." —Sheri P.

"Nancy, Thanks for doing your [Angel Guidance] zoom group every month and giving us your time, knowledge and experience with the angels." —David W.

E-mail your comments to:
theinnervoicemagazine@gmail.com
 We'd love to hear from you!

Dear Readers,

Welcome to our **Autumn Issue—a Potpourri of Soul Reflections from Life's Journey**. Like a garden at harvest time, this issue brings together an assortment of experiences, memories, and discoveries. Some are rooted in the natural world, while others reach beyond what we can see. Each offers something to gather and carry with you going forward.

Come along for a walk on the Nebraska prairie with **Grandmother Beatrice Long Visitor Holy Dance** (yes, that is her name) and discover what can unfold when we open ourselves to the Indigenous wisdom awaiting us in nature and the unseen.

Explore an extraordinary **afterlife message from Diane Keaton**—a reminder that Love and connection do not end with physical death.

One of my favorite topics to explore is **Lemuria**—the time and place of our beginnings in the physical realm. We take a deeper look at how the ancient Lemurians communicated using thought power to bridge science and spirituality, and how they expertly developed **flower essences** as medicine for healing the physical body.

And what could be more fitting for harvest time than **Spiritual Heliotropism—the turning of a sunflower toward the sun**? Contributor Cheryl A. Page offers this beautiful metaphor for us as well: an invitation to turn toward the Light.

This issue is a gathering of varied stories, yet woven through them is a common thread—the enduring human longing to remember who we are (Spirit), where we came from (Spirit), and how we might live more consciously, lovingly, and fully on the road back to Source (Spirit).

As you read this issue, gather into your storehouses whatever speaks to you and let go of what does not. My hope is that you will remember a little **soul-essence** of your own.

Wishing you a most **Happy Harvest!**

Nancy

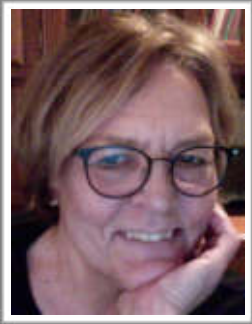


Keep the Light Shining! [The Inner Voice is FREE to Subscribe!](https://www.paypal.com/paypalme/theinnervoice)

Let the wisdom, inspiration, and soul reflections find their way to your inbox. Simply click above link and enter your email address to subscribe. Then, if The Inner Voice has touched your life and you'd like to help us continue sharing its Light, please consider a donation. Suggested: \$36/year—or choose an amount you like better.

<https://www.paypal.com/paypalme/theinnervoice>

Your subscription is FREE, but your support keeps the Light shining—and the lights on. Thank you!



Remembering Who We Are Our Journey from Spirit to the Physical Realm

During an early channeling session, I received an unusual teaching about humanity's spiritual origins in relationship with nature. To this day, I am not entirely certain who delivered the message. It felt less like a conversation with Sreper and more like a transmission from a collective intelligence in the higher realms. I offer it as a spiritual teaching about where we may have come from, why we are here, and what it might mean to remember who we truly are.

A Tale About Our Human Origin

In the beginning, we were created whole—perfect and complete. We knew who we were, and we understood how to use our mind-power to create. Some spiritual traditions describe this as the time of ancient Lemuria. Perhaps it is what we understand as the Garden of Eden.

Within you, even now, there remains a memory. Deep within your cellular awareness lives the imprint of what has been called the Fall from Grace—a collective turning in consciousness through which you came to experience what is now known as the third-dimensional Earth plane.

In that moment, you did not lose your power—you simply forgot it.

You fell asleep to your Oneness and awakened to the experience of separation. And so, you found yourselves in a world of duality—of cause and effect, of light and shadow, of what you would come to call good and evil.

We, who remained in the higher realms, witnessed this passage. Though we did not enter into the density of duality, we chose to serve. We became guardians and gatekeepers, holding open the threshold of remembrance. We vowed that when

you were ready—when you chose to remember—we would be here to guide you home.

We have never left you.

You may think of it as children at play while those who love them wait patiently for their return.

And play you did. In innocence, in curiosity, and yes, in mischief, you explored this world you had co-created. You brought forth beauty—but also imbalance. Yet even this was anticipated.

In partnership with the consciousness of nature, we placed within your world the answers to every imbalance you would create—a living map for healing—trusting that nature would endure, even when you forgot how to live in harmony with it.

In the time you call Lemuria, all creation with the natural world was accomplished through consciousness. You had not yet forgotten your connection to Source. But as the descent into density unfolded, vibration slowed, form became more solid, and your bodies grew heavier. Your thoughts became more fixed, and as your creations became more rigid, your awareness of your own creative power grew dim.

So we prepared.

Continued on page 7



Angel Guidance Zoom Group

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

Next meeting is Sat., September 12 • 1 pm CST

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

[Click HERE to Join](#)



I laughed out loud when one of the first things Sreper said to me in about 1988 was: "We will be zooming enlightenment around the world!"

And well, here we are!

We took on the role of guardians—not only of your return, but of the remedies you would one day seek. We safeguarded them, holding them within the living intelligence of nature, awaiting the moment you would remember to reach for them..

As you continued to create both harmony and discord, imbalances appeared, eventually manifesting as what you call disease. Yet true to our promise, the answers were never withheld.

We placed them within the blossoms of flowers, within the buds of trees, and within the subtle energies of the natural world. And we continued to guide you through intuition, even as your ability to hear grew quiet.

As your journey into density deepened still, some among us chose to draw closer—manifesting as the beings you have named devas, elves, and sprites—tenders of the Garden, keepers of balance while your curiosity led you to wander away.

Flowers as Carriers of Consciousness

Flower essences, as you understand them, are but one expression of this design. They are, in your language, a form of liquid consciousness. They do not heal you; they remind you how to heal.

Each flower and tree carries a pattern imprint—a frequency of consciousness—held within its bloom, its bud, its very life force. When you take in this essence with intention, it awakens something within you. It stirs remembrance. It inspires alignment. And from this alignment, healing unfolds.

When fear arises, or any imbalance within your emotional field, the appropriate essence can assist in restoring harmony—not by force, but by invitation; not by correction, but by resonance.

These essences move through the subtle bodies—the energetic fields that precede physical form—gently shifting patterns that might otherwise take root as illness. They restore flow where there has been constriction and bring coherence where there has been fragmentation. They are vibrational remedies, returning balance where it has been lost.

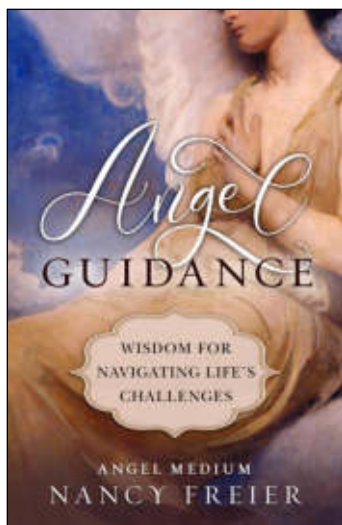
Understand this: there is an answer in nature for every imbalance you have ever created—and for those you continue to create. Nothing has been overlooked. Nothing has been forgotten.

As you awaken to your nature as conscious creators—as you begin to observe your thoughts, your beliefs, and your intentions—you may work with these gifts of nature to restore balance before imbalance takes form.

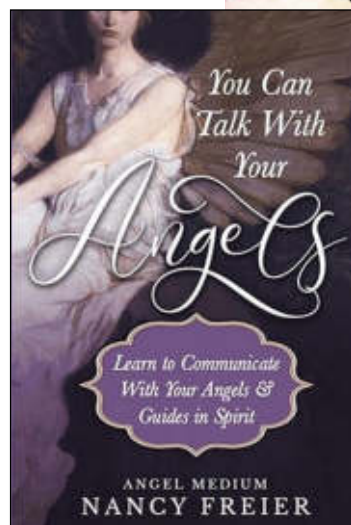
This is not merely healing; this is remembrance. And so, these essences are not only tools, but companions on your path of awakening—gently guiding you back to wholeness, to harmony, and to the truth of who you have always been.

△

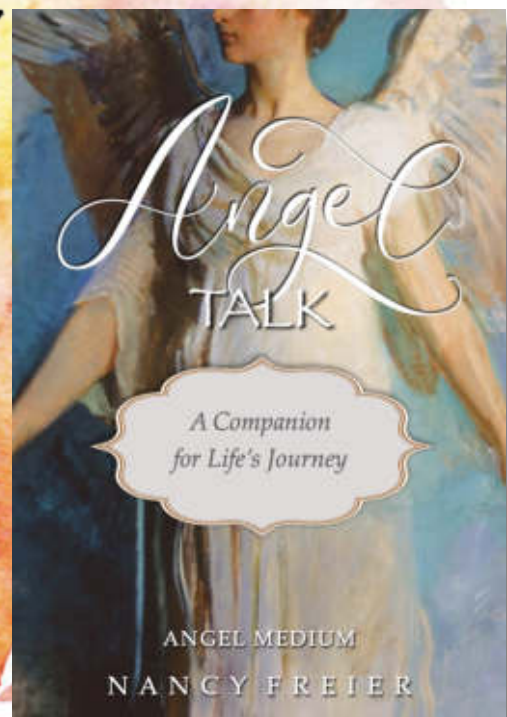
For more information on flower essences, see p. 14



[Angel Guidance](#)



[You Can Talk With Your Angels](#)



Book to be released in September!

Lemuria: Yesterday and Today

Lemuria is a fascinating potpourri of ideas centered on spirituality, ancient civilizations, and metaphysical traditions. Authors and clairvoyants, including Frederick S. Oliver, Edgar Cayce, Charles Leadbeater, James Churchward, and Una Marcotte each offered their own accounts and interpretations of this ancient civilization. Realizing the existence of Lemuria or Mu, as it is sometimes called, depends upon whether or not you believe the psychic accounts of this ancient civilization.

Oliver's *A Dweller on Two Planets* comes from a spiritual teacher named Phyllos the Thibetan. It combines fiction, occult philosophy, spiritual instruction, reincarnation, and an elaborate account of the ancient civilization. The title suggests different

worlds and planes of existence, but it also implies that physical reality and spiritual reality overlap. Lemurians were both spiritual and physical beings who could live in both worlds through astral travel, multidimensional consciousness, spiritual evolution, and communication with higher beings. Spiritual knowledge was embedded within them. Today, they are believed to live under Mount Shasta.

The book suggests that a sufficiently advanced civilization would not necessarily separate physics from spiritual knowledge as modern Western culture often does. The message is clear: human evolution must be spiritual as well as intellectual. The continent broke up after the poles shifted, causing radical changes to the Earth. Lemurian survivors fled to Arizona, Utah, and Mexico.

The Cayce readings state the Inca and Aztec were the descendants of the resulting mixture with Lemurians, as were the American Indians.

Cayce reading 436-2 describes Lemuria as a time before humanity had fully entered the physical form we know today. Rather, it was a time when beings, through the developments of that period, could exist either within or outside the physical body and still act upon the material world.

Continued on page 11



Map of Lemuria, as envisioned in spiritual and esoteric traditions. Image: AncientWorldWonders.



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

Readings | Spirit Art Readings

Spiritual Counseling via Zoom or Phone

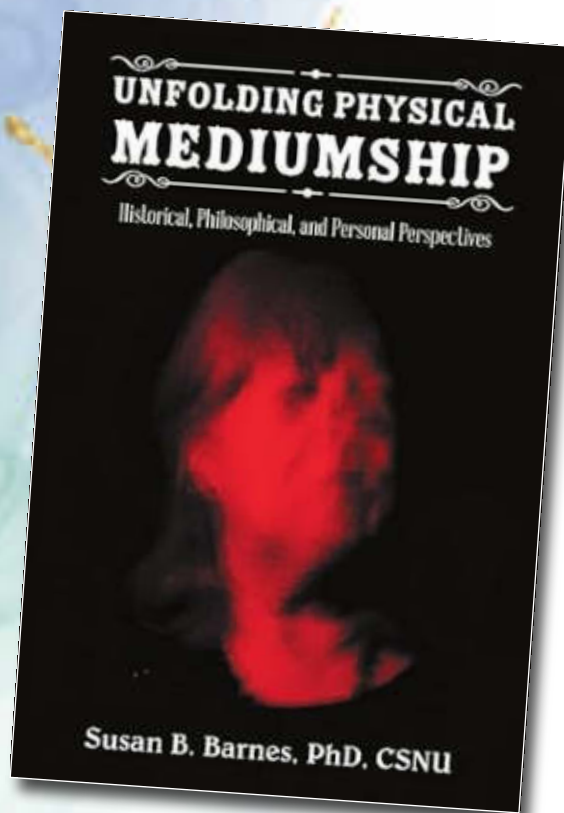
e-mail: spiritartgallery@gmail.com

www.spiritartgallery.net 585-314-9362

Spiritual awareness is happening all around us. We are living at a spiritual turning point. As individuals, we are learning how to tune into the spiritual voices of our loved ones and guides. The media has a fixation with mediums, death, and altered consciousness. Throughout these changes, physical mediumship is now becoming more prevalent in contemporary culture.

In ***Unfolding Physical Mediumship***, Author Susan B. Barnes offers a basic understanding of physical mediumship, its phenomena, and its practices. She provides an overview of the subject with some practical guidelines on how you can experience physical mediumship yourself, also exploring the philosophy, religion, and science of Spiritualism, which is essential for developing physical mediumship with a spiritual connection.

Unfolding Physical Mediumship can help you understand the philosophy, religion, and science behind physical mediumship, as well as show you how both mediumship and Spiritualism can play a central role in your daily life. Stanley Krippner wrote, "To its credit, the book is clearly written and contains many stories that would be interesting whether or not a reader accepts the reality of physical mediumship."



Get Susan's book here:

[Unfolding Physical Mediumship](#)

Free Zoom Classes Every 2nd and 4th week of the Month. E-mail Susan for link

Spirit Art

Tuesdays 9pm EST / 8pm CST

No art experience necessary

Mediumship Development

Sundays 1pm EST / noon CST



Book Overview Written By Steve Freier

The Birth Called Death: The Remarkable Story of One Woman's Journey to the Other Side of Life

Book by Kathie Jordan

Kathie Jordan's *The Birth Called Death: The Remarkable Story of One Woman's Journey to the Other Side of Life* is a deeply personal spiritual memoir exploring life beyond physical death through the author's out-of-body experiences and encounters with the afterlife. Rather than presenting itself as fiction, theology, or scientific investigation, the book offers a first-person account of extraordinary experiences that shaped Jordan's understanding of existence, the soul, and humanity's purpose.

For readers interested in near-death experiences (NDEs), consciousness, or spiritual exploration, the book presents a thought-provoking perspective that challenges conventional views of life and death.

The narrative begins with the childhood death of Jordan's older brother, which she describes as the catalyst for an ongoing series of spiritual encounters. Beginning around age seven, she recounts being visited by her brother's spirit, who became her guide during what she describes as nightly journeys outside her physical body. These experiences continued into her early twenties, allowing her to explore multiple realms of Heaven and receive teachings about the nature of reality.

Unlike many books in the near-death genre, which center on a single life-threatening event, *The Birth Called Death* unfolds over many years. Jordan portrays these experiences as an ongoing spiritual education rather than a single transformative episode. Heaven is presented not as a static paradise but as a



dynamic, multidimensional environment where souls continue to learn, heal, and prepare for future stages of existence.

A central theme is that death should not be feared. Jordan suggests that physical death is more accurately understood as a “birth” into another realm of consciousness—the counterpart to the common belief that birth marks the beginning and death the end. The title captures this central message: what humanity calls death is, in her view, the beginning of a new phase of spiritual life.

Jordan describes encounters with angels, departed loved ones,

teachers, and Jesus, portraying them as compassionate guides who help souls understand love, forgiveness, and spiritual growth. She depicts Heaven as having different levels or dimensions corresponding to various stages of learning and development. Souls continue their education after death, review their earthly lives, heal emotional wounds, and prepare for future responsibilities.

Unconditional love is perhaps the book's strongest recurring theme. Jordan suggests that every interaction offers an opportunity for spiritual learning and that even painful experiences can serve a greater purpose in the soul's evolution. Forgiveness, compassion, humility, and service to others emerge as universal principles that transcend religious boundaries.

The author also explores the idea of life planning before birth. According to her experiences, souls choose many of the circumstances they encounter on

Continued on page 11

Earth to facilitate spiritual growth. Difficult relationships, illness, and hardship are therefore viewed as opportunities for learning rather than punishment or random misfortune.

Jordan's writing is straightforward and conversational, avoiding complex theological arguments in favor of personal testimony. The narrative moves chronologically through memories and visions while reflecting on their spiritual significance, making the book accessible even to readers unfamiliar with metaphysical concepts.

Skeptical readers, however, may interpret Jordan's experiences as vivid dreams, altered states of consciousness, psychological coping mechanisms, or symbolic inner experiences rather than literal journeys beyond the body.

Because the book does not explore these alternative explanations in depth, readers seeking a balanced discussion of spiritual and scientific perspectives may find it one-sided.

Nevertheless, *The Birth Called Death* contributes to the literature of transformative spiritual experiences. Its extended timeline distinguishes it from memoirs centered on a single near-death event, offering instead what Jordan portrays as years of instruction from the spiritual realm. Whether read literally or metaphorically, the narrative invites reflection on consciousness, purpose, morality, and the possibility there is life beyond death.

Ultimately, the book is less concerned with proving supernatural phenomena than with encouraging a different way of living. Jordan repeatedly returns to the idea that the quality of our relationships, our willingness to forgive, and our capacity to love unconditionally are what truly matter. Even readers who remain unconvinced by her extraordinary claims may find value in these enduring spiritual and ethical themes.

Get it on [AMAZON](#).

△

Steve Freier is a researcher of metaphysical subjects, avid book reviewer and former radio show host. He is the copy editor and website tech for The Inner Voice magazine. Email: SGFreier23@gmail.com

Moreover, they communicated through telepathy; whether in spirit or in the flesh, they could exert influences that were harmonious with plant and animal life.

Cayce suggests that the physical bodies of the Lemurians became the means through which the soul and mind—each an expression of the Universal Forces—could manifest and express themselves within the physical world.

Similarly, Leadbeater's Theosophical writings placed Lemuria within a vast evolutionary history of humanity. These were based on clairvoyant investigation rather than conventional archaeology. As part of an early stage of human development, Lemuria was portrayed as an enormous ancient landmass, generally situated in the Pacific, and maps of the area were created.

Remnants of Lemurian culture are said to appear in Lemurian ancient symbols, crystals, and increased psychic awareness. Churchward argues that tablets from the culture have been found around the world containing ancient symbols. Lemurian Seed Crystals are a modern tradition involving a distinctive type of quartz that practitioners believe contains the spiritual knowledge or energetic imprint of the legendary civilization. Unusual horizontal grooves along one or more sides identify them. It is believed the grooves can be "read" through meditation or by gently running a finger over them.

Today's growing interest in clairvoyance, telepathy, empathic and energetic sensitivity, and lucid dreaming echoes traditions associated with ancient Lemurian culture.

These emerging forms of psychic awareness remind us that human consciousness continually evolves, expands, and changes. Hopefully, in a more spiritual direction, like the Lemurian culture.

△

Dr. Susan B. Barnes, CSNU is a Spiritualist Medium and Author of several books. She offers Mediumship Development and Spirit Art classes, readings and hosts other events at Lily Dale where she resides. See her ad on page 9 for more information about her work.



PHOTO: PBS News

**Connecting with Diane Keaton
On October 28, 2025
Just 17 days after her death
via Jeanne Love**
www.CosmicVoices.network

Diane Keaton Hall (January 5, 1946 – October 11, 2025) was an American actress. Her career spanned New Hollywood movement. She collaborated frequently with Woody Allen, appearing in eight of his films. Keaton's accolades include an Academy Award, a BAFTA Award, and two Golden Globe Awards, along with nominations for two Emmy Awards and a Tony Award. She was honored with the Film at Lincoln Center Gala Tribute in 2007 and the AFI Life Achievement Award in 2017.

"Why is it we are not told about this as part of our human experience? What a difference it would make for everyone!"

Well, good morning, your highness. That is how I feel around you and the energy you bring to the world, and to me when I am sitting near you. I would have loved to have known you. I would have taken you to some of the most remote places in the world where you could sit and commune with the natural world and solve all the world's problems.

But that is not our destiny in this lifetime. I am, however, very pleased to officially meet you.

By now you have been waiting for me to come close to you to write for over a week. I waited, for one, because of your busy schedule and number two because I wasn't quite ready to sit in an intimate setting and pour out my deepest secrets to you. I have come to understand that you don't necessarily wish to write down my deepest secrets but instead wish to allow me the freedom to write what I think is important for me. What a cherished position to be in. No paparazzi dictating how I stand or respond, no flashbulbs in my face wondering what I am wearing this time. You know what I really wanted to say when they would ask me questions like that? "I am wearing clothes, thank God. I am not naked. Haha!"

People credit me with having such great fashion sense. I think it is because they didn't know how else to describe me, pigeonhole me. I was not like other starlets or actresses who wanted to make a statement. My statement was more: "Don't tell me what to do". Miss independent. And that is why no man ever asked me to marry him. I was very independent in my thinking. There were times when I needed to back up and become a bit more flexible. But, for the most part, I had a sneaky way of being who I was, this Diane who walked her own way and bedded some very famous men.

Continued on page 13

It is like this, when time finally showed me its hand and I was about ready to “meet my maker” I had a realization that I had lived more than an incredible life. Even though not everything was hunky dory there were true moments when the decisions I made and the way I lived were all up to me and I didn’t have anyone to blame if I didn’t like the outcomes of things. There is such freedom in that. I am hoping my children learned by example and will live their lives in such a manner. I do miss them, and yes, I have been with them. I want to follow the old Hollywood ghost stories and haunt a few places so people can talk about how Diane never left. I think it will be so much fun.

As far as an afterlife goes, I had mixed feelings about what to believe, how far to go in my belief and what I thought would happen to me when I passed. For a time I kinda believed in some of the hippy descriptions of peace and love, having come from that generation. However, as I aged, I found myself leaning into a deeper sense of self and the universe. I was not certain what that meant but I knew there was more, and I had some visions from time to time and some “knowings” that I couldn’t explain.

That didn’t make me a spiritualist or have any kind of identity with one particular group. I meditated, went into the yoga stuff for awhile and since then developed my own system of thought to help me be in control. And by that, I mean how I would handle my anxiety about things. It helped when the children came because I had to reach beyond myself in order to help guide them. I wanted them to be open-minded and yet I wanted them to have some type of moral structure.

You know, it is interesting, Jeanne. You and I are not that far apart in age, and we basically grew up in close proximity. You are a California girl, just like me. I appreciate you enjoying my singing voice. I always wished I could have done more professionally but the acting seemed to be what was flowing through my life so I never thought it would be a good idea to try and adjust that.

I really would like to hear you sing. The people over here seem to think you have given up on that

part of yourself to do this. That is too bad. Maybe we can sing some duets together. I wonder if the people around you would hear me. LOL.

There are so many people with you. And then there are the spirits. They are light bodies that you see portrayed in the movies and cartoons and animation. It is rather thrilling actually. We can travel through cycles of energy, as you call it. I don’t go anywhere by myself, well, not yet. I am too new and unfocused. I am still in the beginning stages of understanding the freedom of spirit. I have been contacted by family and friends, my mom and dad, a couple of aunts and uncles, one grandparent and a host of celebrities whom I have loved over the years.

That is one of the things I have been busy with: visiting. I wanted to meet so many of my friends who are “over”. And my guidance team brought many of them to me these last few weeks. I never missed being on earth when all of my friends and family members showed up. It was very emotional and so thrilling to feel them around me again.

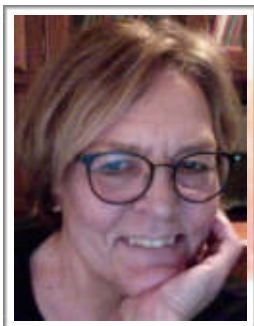
Why is it we are not told about this as part of our human experience? What a difference it would make for everyone! I am going to study how to be more present in my children’s lives so that they can accept that I am still with them, still watching over them. I love them so. You understand this, don’t you Jeanne?

How grateful I am that you do understand what it is like to be a mother. And I am sorry that you have had the experience of losing a child. I have not met her yet, but I have been told about her. I am just so grateful that there is so much more to life than what meets the physical eye.

Phew, this has been easier than I would have thought. There are times when something is new to me that I need to study it a while before I jump into it. That is why I waited a while before coming to you to write. I wanted to make sure I knew what I was doing and wouldn’t make a fool of myself.

However, your energy is very comforting, and you have a way of putting me at ease. I can see how this work might be a burden for you. I can only imagine how it must make you feel to allow yourself to have others enter into your personal space in

Continued on page 18



Remembering Lemuria

Flowers, Vibrational Healing, and Our Forgotten Connection with Nature

Written By Nancy Freier

Have you ever walked through a garden, stopped beside a particular flower, and felt an inexplicable connection to it? Perhaps its color caught your eye, its fragrance stirred a memory, or something about it simply seemed to speak to you.

I have always been fascinated by the quiet intelligence of Mother Nature. Years ago, the angels led me to flower essences in my work with clients, opening the door to a fascinating world in which flowers are viewed not simply as beautiful creations, but as carriers of subtle energies that may support healing, emotional balance, and spiritual growth.

The more I learned, the more curious I became about their origins. According to the spiritual teachings presented by Gurudas in *Flower Essences and Vibrational Healing*, flower essences were used extensively in Lemuria and Atlantis. These

teachings describe an ancient relationship between humanity and the plant kingdom in which flowers were understood as partners in our physical, emotional, and spiritual evolution.

Was Lemuria a literal ancient civilization, a spiritual memory, or perhaps a metaphor for a time when humanity lived in greater harmony with nature? I leave that question open for you to explore.

What I find most compelling is the possibility that flowers have always had something to teach us—and perhaps a relationship with Nature that many of us are longing to rediscover.

So, allow me to take you on a little journey to another time and place—to the Garden of Lemuria.

In the spiritual teachings described by Gurudas, Lemuria—or Mu, as it is sometimes called—is said to have existed hundreds of thousands of years ago.

The Lemurians were described as living in profound harmony with one another and with nature. Communication was said to occur primarily through telepathy, and their awareness of subtle energies was highly developed.

Rather than seeing nature as something separate from themselves, they understood themselves as part of an intricate web of life.

According to this tradition: “The inhabitants of Lemuria were completely self-contained, being in harmony with each other and with the harmonics of nature.” —Gurudas, *Flower Essences and Vibrational Healing*, Section I, p. 1

As the Lemurian civilization evolved, however, humanity’s fascination with the material world gradually increased. According to this tradition, there was a shift away from intuitive awareness and toward the desire to understand, control, and manipulate the physical world.

The civilization that followed—Atlantis—was said to have retained less of the Lemurians’ intuitive

connection with nature, becoming increasingly focused instead on technological advancement.

Sound familiar?

It is hard not to notice the parallel with our world today. We have developed extraordinary technology, yet many of us find ourselves longing to reconnect with nature, our angels, intuition, silence, and with something deeper within.

Flowers as Teachers and Healers

The Lemurian tradition describes plants as much more than physical organisms. They were understood as expressions of consciousness, each carrying particular qualities and energies that could interact with human beings physically, emotionally, mentally, and spiritually.

Plant forms were said to have been developed for specific purposes through hybridization and thought-projection, with assistance from the angelic realms. Gardening and botanical practices were described as being accomplished not only through physical techniques but also through thought, intention, and an understanding of subtle energies.

One example given in the tradition concerns the development of speech. When the need to communicate through spoken language arose, the

Continued on page 15



The Garden of Lemuria—a vision of a time when flowers, nature, and humanity were understood as partners in the unfolding of consciousness. Image created with OpenAI, 2026.

Remembering Lemuria from page 14

Lemurians were said to have created a flower through mental projection to assist with the development of speech. The flower associated with this story was thought to be Trumpet Vine, which is still used in some flower essence practices in connection with communication and expression.

Whether we understand this literally or symbolically, the underlying idea is this: the natural world may contain clues about our own nature and development.

This idea became known as the **Doctrine of Signatures**—the belief that the shape, color, texture, or other characteristics of a plant may offer clues about its relationship to the human body or a particular aspect of healing. Gurudas describes a plant's signature as something to be discovered by observing its unique characteristics with awareness, love, and a sense of joyous connection.

The concept has also been associated historically with the Renaissance physician and alchemist Paracelsus, although related ideas existed in traditional healing systems long before his time.

The Doctrine of Signature A Bridge Between Worlds

The Doctrine of Signature is based on the idea that a plant's appearance may offer clues to its healing properties. Leaves resembling lungs, for example, have traditionally been associated with respiratory health. This principle suggests that nature itself may provide clues about how a plant might be used.

The Lemurian teachings take this idea a step further. Plants were understood not only by their physical forms, but also through their subtle energies—their auras, light frequencies, and patterns of consciousness.

In this view, the visible “signature” of a plant may be only the beginning. Beneath its physical form lies another language—one that can be perceived through intuition, awareness, and relationship with the natural world.

Perhaps the ancient healers of Lemuria were not simply looking at the plants. Perhaps they were learning to listen to them.

Continued on page 16

The Lemurian Understanding of Flower Essences

According to Gurudas's channeled teachings, Lemurians were able to perceive subtle or luminous levels of reality that are difficult for most people to see today. They were said to perceive changes in the human aura when approaching a flower and to recognize the energetic exchange taking place between the flower and the individual.

In this tradition, these observations became clues to understanding the healing properties contained within flowers. Interestingly, flower essences were said to have been used less for physical disease and more for spiritual growth and conscious evolution.

How Flower Essences Were Used in Lemuria

The physical body was regarded as a temple, while the outer world reflected the individual's inner state. Through meditation and an intimate relationship with nature, Lemurians were said to have developed an understanding of particular plants and their relationship to human anatomy, emotions, and consciousness.

The goal was not simply to eliminate a symptom. It was also to restore harmony. In the Lemurian tradition described by Gurudas, healing was understood as a return to harmony—a symbiotic relationship between the physical body, the individual, and the natural world.

Releasing the Wisdom Stored in Flowers

According to these teachings, the plant kingdom was part of a much larger divine plan. Earth was envisioned as a kind of Garden of Eden—a living classroom where souls could experience physical life and learn through their relationship with the natural world. As described in the book, once souls entered the physical plane, plants became part of the support system for our growth in body, mind, and spirit.

One of the central ideas presented in Gurudas' book is that the spiritual and medicinal properties held within flowers may be important keys to the unfolding of consciousness and the divine plan

for humanity and the Earth. I love that concept because it suggests that flowers are not merely beautiful creations placed here for our enjoyment. They may also be teachers, mirrors, and companions on our journey of unfolding consciousness.

Perhaps this is why simply spending time in a garden can change how we feel. Something shifts when we slow down enough to notice a blossom, breathe its fragrance, observe its intricate shape, or simply sit quietly among these beautiful living things. Perhaps the flowers are reminding us of something we already know.

What Is a Flower Essence Remedy?

Flower essences are vibrational preparations made from flowers and are generally used to address emotional, mental, and spiritual aspects of well-being. They are sometimes described as “therapy for the soul” or “consciousness in a bottle.”

Unlike essential oils, flower essences are not concentrated aromatic oils. They are subtle preparations intended to carry the energetic imprint or vibrational pattern associated with a particular flower. In my work, I create personalized remedies using flower essences from established systems, like

Continued on page 17



A beautiful synchronicity: The above image appeared on my Facebook feed just as I finished typesetting this article. It was created by Patricia Cota-Robles, Era of Peace. <https://eraofpeace.org/>

that of Dr. Edward Bach and Flower Essence Services. With intuitive guidance from the angels, I select essences appropriate for each person's particular needs.

Different essences are traditionally associated with different emotional or spiritual patterns. They may be chosen to support qualities such as joy, calm, courage, focus, grief processing, emotional balance, or greater self-awareness. The idea is not to suppress an emotion or simply treat a symptom. Rather, flower essence practitioners believe that an essence can help bring an underlying pattern into balance. For me, that is where the beauty of this work lies.

Flowers and the Soul

Whether or not you believe Lemuria existed, there is something undeniably profound about our relationship with flowers. They have accompanied humanity through virtually every stage of life. We give them at births and weddings. We place them on graves. We use them to celebrate, comfort, honor, remember, and express feelings for which words sometimes fail us.

They are fragile and temporary, yet they return again and again. They bloom, release their fragrance, create seeds, and let go. Then, in their own time, they bloom again. Perhaps that is part of the lesson they have always carried for us.

The Lemurian story reminds us that healing does not have to mean fighting ourselves. Healing can mean returning to harmony—with our bodies, our emotions, our souls, one another, and the natural world.

Maybe the flowers have been quietly holding that wisdom for us all along. And perhaps the nature spirits are still tending the Garden of Eden, patiently holding the keys to its gates, waiting for us to remember where we left them.

△

Source: Gurudas. *Flower Essences and Vibrational Healing*. Revised and expanded, Cassandra Press, 1989. Book was originally published 1983.



What is the Doctrine of Signature? A Bridge Between Worlds

The Doctrine of Signature suggests that a plant's physical characteristics may offer clues to its healing qualities. In the Lemurian tradition, this idea extended beyond physical appearance. Plants were understood to have their own subtle signatures—expressed through their auras, light frequencies, and energetic patterns.

Flower essences are believed to work through these subtle signatures, helping to restore balance when we have become emotionally, mentally, or spiritually out of harmony. Rather than forcing change, they are thought to gently remind us of qualities already within us—calm, courage, joy, clarity, and peace.

Reintroducing Flower Essences Into My Private Practice

I fell in love with the healing power of flower essences when I was first introduced to them in the early 1990s. Now, as they have called me back to them, I have the feeling that I am remembering something far older—something I may have known and practiced in Lemuria.

Machele Wright, author and founder of Perelandra Garden in Virginia, describes flower essences as *"liquid, pattern-infused solutions, each carrying a unique imprint to support healing on the physical, emotional, mental, and spiritual levels."*

I'm excited to announce that I will prepare personalized flower essence remedies using a combination of Edward Bach (English) and FES (California) flower essences, as guided by the wisdom of the flowers and the angels.

If you're interested in exploring a flower essence remedy for yourself, contact me and we'll get started. NFreier@aol.com



order to get a message or two through to their loved ones. What a gift. I can see that you have learned how to adapt to it and how to control who you let in and who you send away.

I actually have seen you send a few away in the little time that I have been with you. In all fairness, you have a very discerning antenna which keeps the riffraff out of your energy. And you have some beloved friends on this side who are always watching over you. By the way, one of those friends wants you to know that he will be there for trick or treating, at least for a little while. Yes, it is RW. He is AMAZING. He greeted me, was one of the first ones allowed to come to me. That is how I really knew I was no longer alive. He is the kindest man.

My death was not that big of a deal, physically. I had this sense for a while that I probably was not going to stay much longer. I wasn't happy about it because I wasn't that old, or so I thought, but the body was disagreeing with me. My kids, of course, were worried but there was little any of us could do about it. I did what the doctors told me to do, plus a little extra. We did talk about end of life but then went back to living. It wasn't till the very end that I really had any sense of leaving that this was it. It took us all by surprise, the timing etc.

We all just knew that I was sick and weak and vulnerable. I didn't want to be in the hospital. There were visits that the public never knew about. And I am certain that I wasn't very clearheaded towards the last few weeks. I trusted my kids to take care of me. We made this great triangle family.

They of course knew they were adopted, and I was very clear with them about how I had chosen them as they had chosen me and that we were meant to be together. I felt it was like a divine providence or something I mean I KNEW them, both of them. Each time I first met their little spirits I knew. I couldn't have done better if I had been their biological mom. We went through

everything together. I don't know if they will ever see this, but others will.

My hope is, my intention is, that whoever reads this feels my spirit, *feels Diane* and welcomes the possibility that we continue even when our bodies are tired and worn out.

Where am I now? In a beautiful place, filled with love and opportunity for growth and insight. I am being held in a force field of absolute Love. I am being nurtured and taught how to remember who I am and where I come from. I am in the business of remembering and from there I am able to move forward. I am looking back at my life, and I am looking forward to my life.

I can see clearly now. I recognize that we leave so much behind when we decide to be born into the physical world; and then we "come home" to remember what we forgot and then go on from there. I am so filled with Love right now. I feel as if the movement of peace and love is continuing over here. It is as if those who were part of the 60s and 70s movement are over here cheering on those who are still left on the planet. I am so sorry that I had to leave and couldn't stay any longer. My body was tired, but I now have a great seat over here.

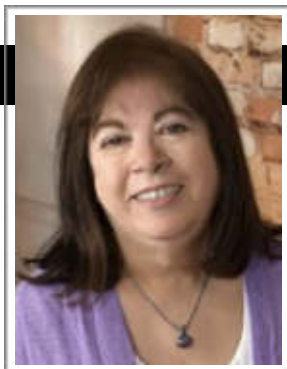
Keep up the great work, everyone. There is truly only the slightest difference between you and I—that being I have left my body behind, but my spirit remains. Thank you, Jeanne, for helping me to communicate this message. I guess I am now one of the members of the Cosmic Voices team, and proud of it. What a complete rush. Wow.

*Love,
Diane*

Δ



About Jeanne Love: Raised as a Quaker, I was influenced early on by sitting in the silence, which prompted the development of my mediumship. I now use my educational background, classical musical training and psychic skills to facilitate healing with spirits on both sides of the 'veil.' Over the years I have been deeply involved with the progression of the human spirit and our connection to Light and Love. Some of my most interesting channeling work has been with the Challenger and Columbia Shuttle crews, and others. E-mail: mysticjeanne@yahoo.com



A Book By Joanne DiMaggio, MA Cht

Karma Can Be a Real Pain

"In my experience all significant illnesses/accidents, etc. in this life are the result of unfinished business from a previous life." —C. Norman Shealy, M.D., Ph.D.

Are physical and mental illnesses the result of karma acquired in a past life? And if so, can uncovering the circumstances of that lifetime lead to healing? That is what author and past-life specialist Joanne DiMaggio set out to explore during a yearlong research project.

Fifty volunteers, ages 34 to 74, participated, presenting with conditions ranging from arthritis, diabetes, heart disease, and chronic pain to digestive and weight problems, liver and kidney issues, substance abuse, and mental and emotional concerns. Using past-life regression, augmented by soul writing—writing in an altered state of consciousness—the project sought to uncover possible past-life stories connected to present-day maladies. The results were fascinating.

Among the participants was Gary, a 68-year-old Navy veteran and defense contractor with arthritis in his thumbs. His experience became one of 23 case studies featured in DiMaggio's book, *Karma Can Be a Real Pain: Past Life Clues to Current Life Maladies*.

At the beginning of the session, Gary was asked to perform a body scan, noting areas of sensitivity, discomfort, or unusual sensations. Such scans can sometimes foreshadow what emerges during regression.

Gary recalled a wound in the back of his thigh, injuries near his digestive organs, a punctured right lung, and wounds to both thumbs. His right thumb was tingling. Under hypnosis, Gary entered what he experienced as a Civil War past life in Virginia. He saw himself as John, a 35-year-old officer in the 32nd Virginia Infantry. During an early battle, John fought on horseback with a saber.

"I'm on horseback," he recalled. "My saber is drawn during a skirmish. I struck the hand of my [Union cavalry] opponent and severed his thumb."

John later died from a gunshot wound to the chest.

For Gary, the connection between that life and his present condition was striking. He believed his arthritis reflected his past-life practice of intentionally injuring opponents' hands and fingers.

"Yes, I do feel that the pain in both my right and left thumb joints are due to my past-life practice of intentionally injuring the thumbs/fingers of my opponents," he said. "I feel this is a karmic debt I am now facing due to my past life's view of how I would fight."

Gary's experience was echoed by other participants, many of whom initially questioned the validity of past lives. After exploring their past-life experiences and what they perceived as the karmic origins of their conditions, many reported a shift toward greater understanding and well-being.

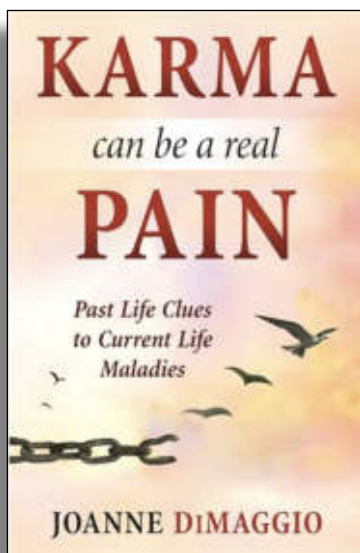
Among the 23 case studies highlighted in the book, 17 percent reported complete healing within three months, while 30 percent reported substantial improvement. Gary was among the 35 percent who reported no physical change. Even so, those whose conditions neither improved nor worsened said their attitudes had changed. For many, simply understanding a possible source of their condition was itself a healing experience.

Gary was enthusiastic about the potential of this work: "It would be nice if medical science and organized religion would be more accepting of past-life experiences and of karmic debt incurred by our past-life actions."

Whether viewed as spiritual exploration, therapeutic inquiry, or something else, the experiences reported by these participants raise intriguing questions about the relationship between mind, body, memory, and the soul.

△

Joanne DiMaggio, MA, CHT, of Charlottesville, Virginia, has researched and practiced past-life therapy and soul writing for over 25 years. She is the author of *Soul Writing, Your Soul Remembers*, and *Karma Can Be a Real Pain*. She lectures on past-life therapy and soul writing nationwide.



Karma Can Be a Real Pain: Past Life Clues to Current Life Maladies

A Potpourri of Signs from Spirit

Whether we realize it or not, each one of us has access to an ethereal basket containing a special potpourri of signs connecting us to the spirit world. By opening our hearts and minds, we can learn how to use this beautiful potpourri while on earth.

While working on this article, the spirit world sent me the following message: *"We are not dead; we are more alive than you are! Look to nature, for there we will be found. The natural world is a direct reflection of the unseen world. Pay attention and you will learn."*

Many Indigenous and Native American traditions believe that signs exist in all of nature. Eagles soaring high may represent courage, strength, divine protection, or the ability to see the bigger picture. Ravens may be a sign of transformation and magic. To receive a feather may be an ancestral blessing. Wind may be the breath of Spirit talking to us. Depending on its formation, a cloud could be a portent of things to come.

Signs can be a powerful healing force for those mourning the loss of a loved one. An example is butterflies. Once while walking outside, a butterfly

flew very close to my face. I felt this was validation from an aunt who had passed, because earlier that day I had received a message from her through a medium.

One day a Hawk flew very close to me and telepathically "thanked" me for the food! Ever since then, I am convinced that it's expressing gratitude when it leaves beautiful feathers sticking up from the ground so we don't miss them.

The spirit world always does whatever it can to communicate with us and electronics are no exception. After the passing of a loved one, many people report lights flickering on and off, even though they insist that no one was near the light switch, nor was the light fixture broken. There are also reports of TVs turning on, even though no one was near a remote control.

One Easter Sunday I dreamt about my late mother-in-law. Later, during breakfast my husband and I heard the doorbell ring, and even though no one was at the door, we were certain it was her.

Music is also part of our ethereal basket. How many times have you been driving along and a song comes on the radio that reminds you of a late loved one? In 1971, a hit song came out titled 'Signs' by the Five Man Electrical Band. The first chorus goes like this: *"Sign, sign, everywhere a sign, Blockin' out the*



These water shapes appeared on my countertop after my cat, Little Bear, passed—a sign that Love never dies. He let me know we are still connected.



Above: We visited Gettysburg the day after the October 7 attack on Israel. I took a picture of the Gettysburg address and was surprised to see a rainbow superimposed over it. I took this as a sign that although freedom is costly, it is connected with the spirit world.

Continued on page 21

scenery, breakin' my mind, 'Do this,' 'don't do that,' 'Can't you read the sign?'"

When I first heard this song as a young girl, I was impressed by its message: how modern life is overwhelmed by too many highway signs, store signs, warning signs, marketing signs, neon signs, and so on.

However, as I grew older, the song took on a deeper meaning for me. It became a reminder to remain aware of the signs and messages that may come from the spirit world.

Like a picture, a sign can be "worth a thousand words." Signs are highly efficient communications, containing layers of meaning and nuances not found in everyday language. In a sense, signs are energy patterns with vibrational frequencies. They can



This Hawk was perched in a tree next to our house. Hawk is a sign of courage, resilience, the higher perspective, reminding us to master our lower nature.

communicate to us higher concepts that words cannot express but that our heart and higher mind quietly respond to. To me, this is why the other worlds send us signs, as words simply cannot fully capture what they desire to express.

△

Connect Beyond Our Physical World

Connect with Elizabeth Raver, Ph.D. in Psychology

Psychic-Medium, Spiritual Intuitive Life Coach, Researcher & Author



Looking for clarity, comfort or a deeper connection?

Dr. Liz offers evidential mediumship and spiritual life coaching to help you bridge the gap between our world and the world of spirit. Whether you are seeking a message from a loved one, or guidance from your spirit guides, Dr. Liz provides a safe, supportive space for your journey.

Convenient sessions available via phone or online!

E-mail: ravelizabeth516@gmail.com

Text: 203-400-9212

DrLizMedium.com

Join my Free Online Mediumship Discussion Zoom Group the last Thursday of the month!

[Psychic-Mediumship Exploration Series](#) Next meeting is Thursday, September 27, 8:30 pm EST

Awakening

Under the Tutelage of Grandmother Beatrice



Grandmother Beatrice Long Visitor Holy Dance (1927—2016)

Beatrice Long Visitor Holy Dance was an Oglala Lakota speaker, health-care worker, and activist from the Pine Ridge Reservation in South Dakota. In 2004, she joined the International Council of 13 Indigenous Grandmothers. In 2008, the Grandmothers delivered a petition to Pope Benedict XVI calling for the revocation of three papal bulls used to justify the conversion and subjugation of Indigenous peoples of the Americas. Beatrice's teachings emphasized the transformative power of forgiveness.

Regina first encountered Grandmother Beatrice's spirit shortly after Beatrice's transition. She has remained Regina's friend and teacher, bringing her an awareness of Indigenous life, herbal medicine, and healing prayers. Read more about this in "Native Flora and Pollinators of the Prairie" on page 24.

The Awakening seems like a good title for this morning's symphony, written and directed by Mother Nature and performed by the Canyon Forest Orchestra. This is a treasured gift from Grandmother Beatrice Long Visitor Holy Dance, Oglala Lakota, of the Black Hills, South Dakota.

"Let's take a walk into the canyon," I hear Beatrice say. "I want to show you something."

I'm still in my PJs, but I slip my feet into a pair of dusty sneakers and follow her. We head north, along a mowed trail through a field of ragweed. It's nearly two feet tall, halfway to its full height.

Beatrice quietly walks ahead. I watch her energy float as it descends into the canyon.

"See here," she points out the early blooms of Goldenrod, then sweeps her hand through the air before her, gesturing for me to see the many grasses and flowers before us. "There is medicine in these plants the ranchers call 'weeds.' Once, I knew most of the uses of these medicinal herbs: Nettle, Dandelion, Rocky Mountain Bee Plant, Bergamot, Yarrow, and wild sunflowers.

Oh, there are so very many. For most, I have forgotten their names. I stroll here often, as each season brings its own special plants. Indigenous uses were plentiful, healing melancholy, bellyaches, headaches, and breathing problems. Bacteria and viruses have been around since the beginning of life. As long as there have been animals and humans, there have been teachers sharing knowledge of the land and the medicine of its plants with the generations that followed."

Have we lost our way and forgotten the importance of natural remedies?

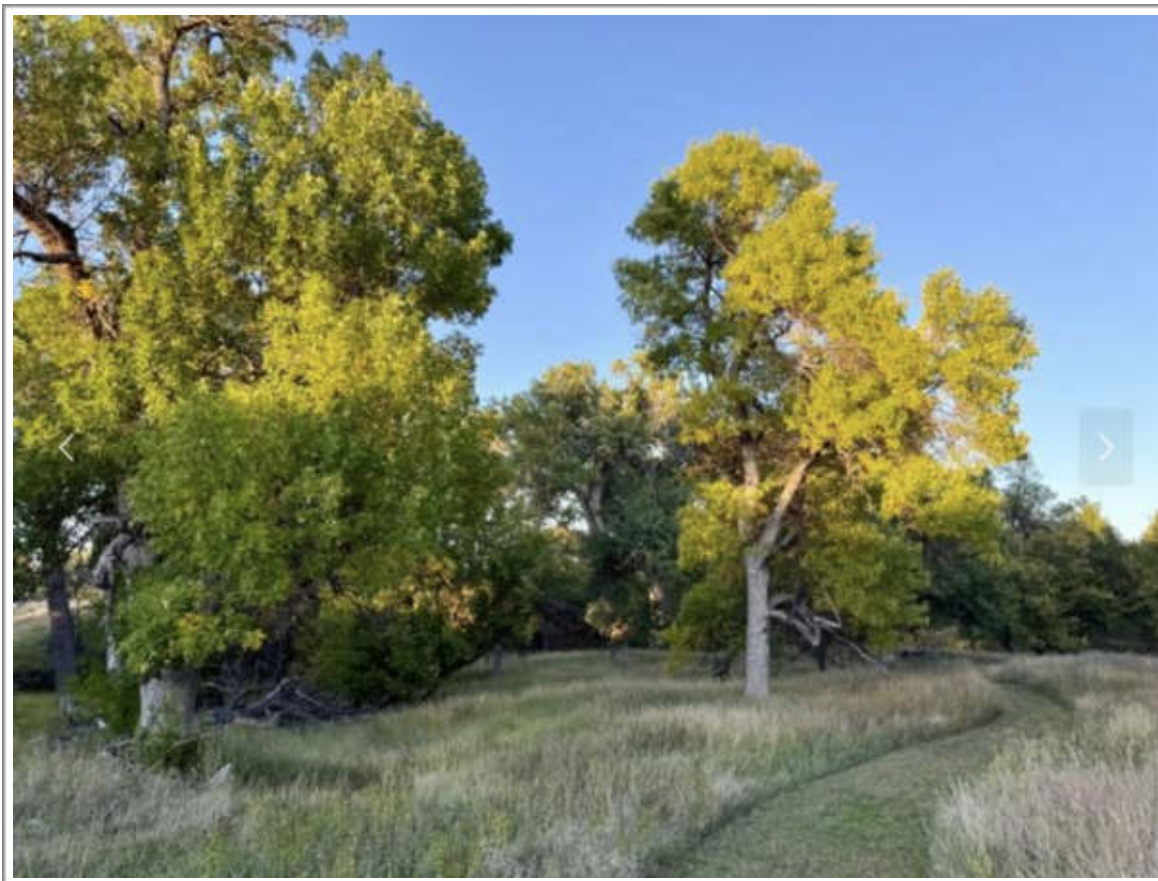
I wonder.

"Last night's storm washed the dust off your garden," Beatrice points out. "Look at how bright green everything is."

Instantly, I'm keenly aware of the citron light filtering through the wild grape leaves. Even the withered branches of the Box Elders seem to loosen their grip under last night's rainfall.

Beneath the shade of the seventy-foot Cottonwoods, Beatrice and I quietly stand. From up the canyon I listen to the breeze build as it follows

Continued on page 23



"We walked the mowed trail through a field of ragweed." Photo courtesy of Regina Ochoa

Awakening from page 22

the creek toward us. The trees overhead gently respond to its touch; their dollar-like leaves twist and turn this way and that, responding to the wind's song.

And the birds follow suit, as if a great invisible conductor were leading the natural orchestra. Soon, crickets, June bugs, and katydids have joined.

The wind continues to build. There are wild turkeys ahead of us, pecking along the trail; seeds and pollinators are fodder for these large birds. There must be nearly seventy hens and toms sweeping the floor for food. They don't see me standing in the shadows.

"Listen." Beatrice nudges.

The percussion section has joined in — a red-headed woodpecker drums into the crack bark of a hackberry tree. I am suddenly aware of the others; their staccato knocking echoes through the trees.

As the music through the canyon crescendos, an awareness of the orchestration washes over me. How the forces of the natural world—the colors, the sounds, and the energy have performed a healing on my soul.

I breathe it all in: the humidity of the damp air, the fresh, muddy soil where I stand beside Beatrice, the intense yellow-green, looking up into the heavens and finding a million leaves flickering beneath the morning light.

I am witnessing more than words can express. The natural world gives us so much, but to receive, we must experience the gift in its entirety.

This morning, on our walk, Beatrice invited me to the theater of the canyon's daily matinee. Not only did I witness music perfectly written by and performed by the forest, but I also became a participant, receiving the nourishment I had not known I hungered for.

Bravo!

△



Regina Ochoa is a veteran psychic, medium and writer with over 60 years experience in spirit communication. As one of the Founders of <https://www.cosmicvoices.network/> Regina channels messages of healing, guidance, and hope from Spirit and writes the "Connecting With Spirits" column for The Inner Voice.

Native Flora and Pollinators of the Prairie

Photos by Regina Ochoa "the prairie medium"

Right: **Echinacea** is traditionally used to support the immune system. Its medicine is used to reduce cold and flu symptoms.



Above: **Prickly pear cactus**, also known as beavertail, produces bright, colorful pears that are as delicious as they are beautiful.



Above: **Dandelions**, those golden gems among the grasses, are not considered "weeds" in some cultures. Their leaves and flowers were often used by homesteaders to make teas and wine, while their seeds provide food for Goldfinches.

Perhaps it is worth looking at the humble dandelion with new eyes. What we call a weed may simply be a plant whose gifts we have forgotten.

Left: **Wild Goldenrod** has traditionally been used to support urinary health, soothe inflammation, and aid in wound healing.



Above: A bumblebee gathers nectar from a wild **plume thistle**, a powerful medicinal herb and nutritious food rich in fiber, protein, phosphorus, magnesium, calcium, copper, and zinc.



Above: **Wild licorice** is a member of the bean family and was used for a variety of medicinal purposes by Indigenous cultures. Its roots can be eaten raw or cooked and are said to have a flavor reminiscent of sweet potatoes.



Choose to Act Rather than React

Each day we find an opportunity to observe our reactions to situations and people. Often we think, after the fact, what we should have said, or wanted to say but didn't think of until later. We tend to ruminate over past events and what might have been different if only we had said or not said what we did. In retrospect, perhaps we just wanted the satisfaction of having stood up for ourselves and not caved in or felt powerless.

There is no way to completely put these upsetting feelings away because we're reminded of the old with each new and similar situation or relationship. Still, we can do something different today than we did yesterday. We can act on our own behalf instead of reacting to others' emotions, attitudes and beliefs. We can listen to our wisdom at the same time we're aware that we're getting angry, anxious, and afraid that once again falling down the rabbit hole of no self-worth.

You can't assume others will understand your emotional reactions or even care to take care of you. It is your job to take care of you by accepting that no

matter what someone thinks of you and how they act, it in no way takes away from who you are-whether or not you spoke up. When you have a good opinion of yourself then it's easier to stay present in relationships and generate a more balanced outcome.

It's ok to be with needy and difficult people, but don't make a full-time habit of it. It's ok to be with self-centered people who never give you a chance to get a word in edgewise- but limit these relationships.

It's ok to be with others who are strong and approving and do care for you -lean into these relationships. It's ok to be with people who are better than you at certain things so you can learn and be mentored- find these relationships. It's ok to be with people who also recognize your gifts and skills and encourage you to develop yourself without their feeling threatened - maximize these relationships.

~Meditation~

Take a couple of slow breaths. Then, place your hands over your heart. Decide to use your precious time and energy in your life to be with people who support your frequency, and who make it easy for you to act, rather than react.



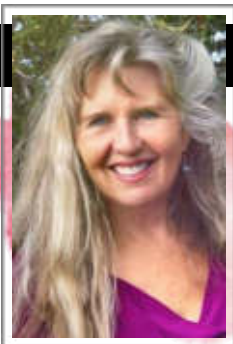
"Dandelion Kitty from Space" Source: surreal.cats



Meredith Young-Sowers, D.Div. is the author of the classic "Agartha: A Journey to the Stars" and several other books, including Spirit Heals, Wisdom Bowls and the ever-popular Angelic Messenger Cards. E-mail: mysowers6@icloud.com

Agartha: A Journey to the Stars

An oldie and a goodie, the author recounts her inner communication with Mentor, an angelic advisor who offered his Divine Wisdom. It's never too late to read this spiritual classic.



Change Is Your Super Power

Change can feel uncomfortable, threatening, maybe even scary. Yet if we really look at ourselves honestly we can see where we are repeating habitual patterns that are actually causing us to suffer by limiting or denying our true feelings, desires, and our truth.

Change invites us to move forward with heightened awareness and curiosity into our past, into ancestral territory and even into other parallel lives so that we discover the limiting patterns we are now playing out. We can also discover the strengths we can access from these "out of time" influences.

In the process we claim our Essence energies from unconscious sabotaging loyalties and entanglements. We become empowered to set ourselves and all concerned free to be in the current of pure creation and wisdom, to move forward from our sacred inner space. Here new infinite possibilities for change are present.

We are each being called to go deeper into the layers of our multi dimensional existence to create new ways of perceiving, relating, respecting differences, and new ways

of living in our environments so that we activate change for the good of all. Sit with that.

Here are some important questions to ponder. What strengths do you naturally have that you are not letting yourself see? What capacities do you have that others point out and appreciate but you are not yet claiming for yourself? Where is your life inviting you to create conscious change?

My mother used to say that our generation had the luxury of time to think about ourselves. It was based on her journey of survival through the depression and World War II. Now I've come to realize it is no longer a luxury. It is also for survival. It is imperative for us to take quality time to reflect on our quality of self-talk, self-care, and to become more aware of our inner unconscious motivations, intentions and how we are relating with ourselves, others and the world.

It is also imperative to discover the underlying origins of these perspectives and behaviors. It's like finding our essence energy that's been secretly invested in the tapestry of our past. We need to follow the thread to discover the

Continued on page 27

Raise Your Vibration!



Beverly Brunelle
Intuitive Channel
Master Energy Healer
Author

*Discover and clear unconscious limiting influences.
Free up your unique wisdom, creativity and passion.*



It's time to fully bloom!

Schedule your session!

www.beverlybrunelle.com

Experience my work on my YouTube channel:

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

pieces of our wholeness that we have given away or that have been taken away from us.

Change needs to happen in all quantum dimensions to create new conscious realities here on earth. We each have the super power to generate healthy, conscious, sometimes subtle and sometimes dynamic change on many levels- The key-it all starts within ourselves.

Let's explore a bit deeper. I offer you a brief guided journey. Read the directions first then close your eyes. Place hands over heart. Bring awareness down into your heart space. Take some slow deep breaths. Appreciate your heart for all it does for you. Feel the light in your heart grow. Request your heart communicate in your native language.

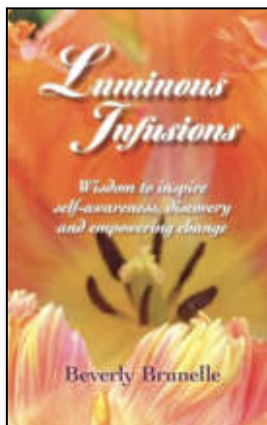
Ask: What limiting family patterns have you been loyal to? What genius qualities have you not let yourself fully own, yet? What supports you to birth these powerful aspects? What significant change is your heart calling for?

Pause after each question. Listen deeply. Notice what you discover. Journal the wisdom you receive. Appreciate your Heart Space for exposing its wisdom. Be creative. Ask other important questions like what does your heart need or want that supports your greatest health?

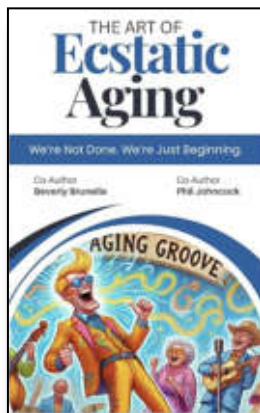
This deeply personal 'presencing' inquiry will reveal new perspectives and support you to own your superpowers to create conscious change so that you, and all involved can move forward with new freedom, clarity and creativity.

Δ

For over 35 years Beverly Brunelle has served as a professional Intuitive, Master Energy Healer, Channel, Teacher and Speaker. She clears people, pets, businesses, homes and properties of interfering energies to align them with their greater potential. See ad on page 26.

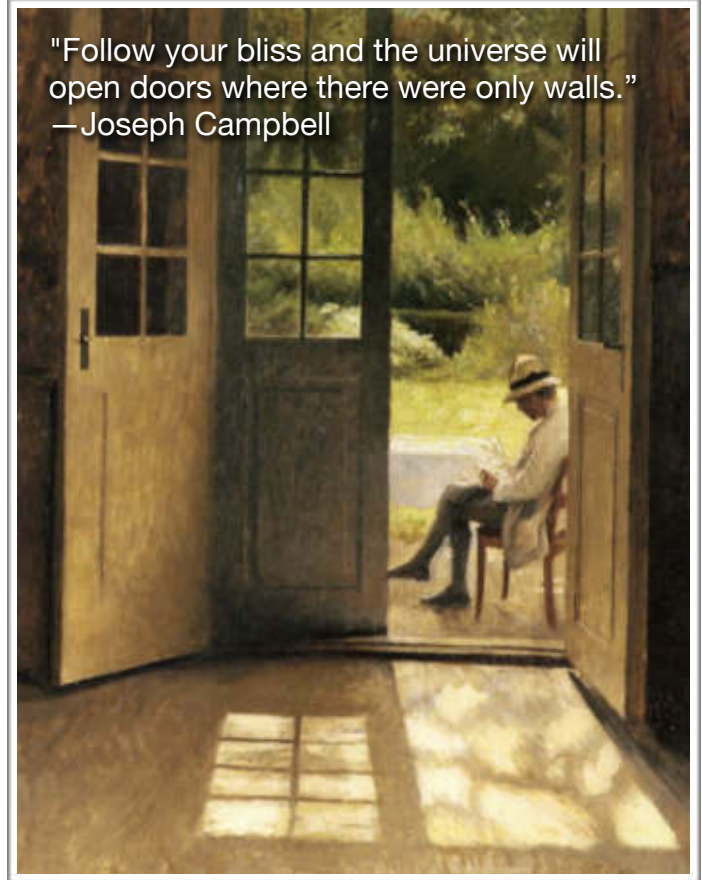


Luminous Infusions

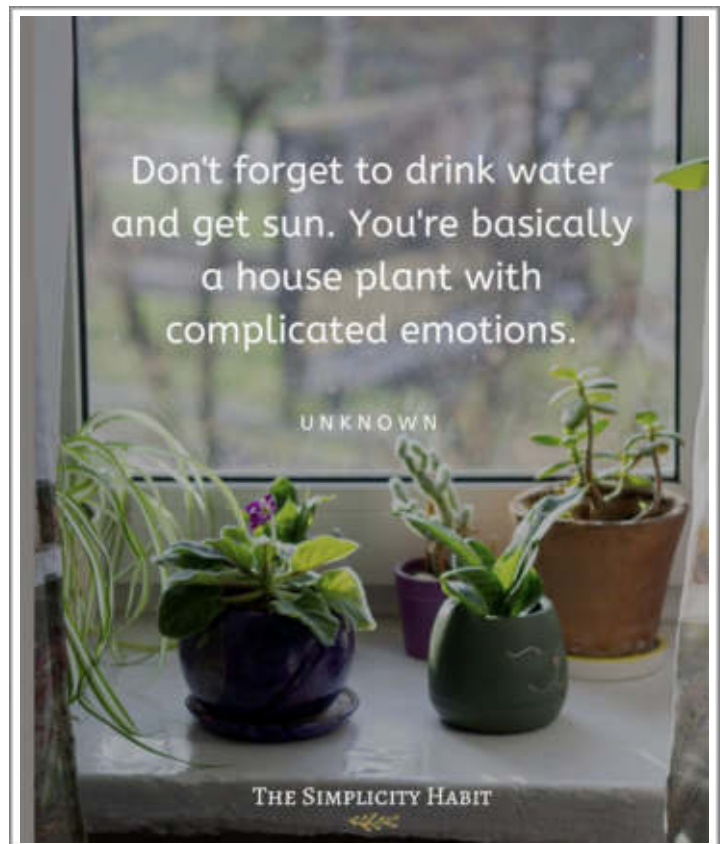


The Art of Ecstatic Aging

Inspiration



Art: "The Open Door" by Peter Vilhelm Ilsted, 1910





Spiritual Heliotropism: The Sacred Practice of Turning Toward the Light

Written By Cheryl A. Page

<https://mysticrichness.substack.com/>

There is a word I've known for a long time, but I have recently fallen in love with:

Heliotropism.

Helio: sun.

Tropism: turning.

The turning toward the sun.

I remember learning about this in the fourth grade, but now I see it in a new and more interesting light. Pun intended.

In the botanical world, heliotropism is the movement of plant parts — leaves, flowers, buds — as they orient themselves toward the sun. Young sunflowers are perhaps the most famous example. They track the sun from east to west during the day, then turn back east during the night in anticipation of dawn.

But once they fully mature and bloom, they stop moving.

They settle into an eastward orientation, permanently facing the direction of morning light.

Research has shown that this movement is regulated by circadian rhythms and directional growth, and that mature east-facing sunflowers warm earlier in the day and receive more pollinator visits.

Isn't that astonishing?

The young sunflower follows the moving sun.

The mature sunflower remembers where the light begins.

That stops me in my tracks.

Years ago, I was riding a train south through Tuscany on a bright summer morning. I was in my thirties then, though I am in my sixties now, and still I remember it as though it happened yesterday.

Outside the window were fields of sunflowers stretching for miles. And all of them — every golden face — was turned east toward the rising sun.

I remember being awestruck by their collective turning. By their quiet allegiance to the Light.

Not one sunflower appeared to be arguing with the sun. Not one appeared to be asking whether

turning toward it was practical, excessive, dramatic, naïve, or too much.

They were simply turned.

Together. Rooted in the earth, facing the dawn. And this, to me, feels like a whole theology.

Recently, during a Quantum Reading, the image of sunflowers came through as a teaching on authenticity, growth, and spiritual orientation.

The message was simple, but not small:

"A plant does not debate the worthiness of light... It turns because light calls growth out of it."

The letter named **heliotropism** not merely as a botanical phenomenon, but as "spiritual anatomy" — the sacred instinct of the soul to orient toward what gives life.

I have not stopped thinking about this.

Because every day, we are given the same invitation:

Turn.

Turn toward the conversation that makes you more honest. Turn toward the friendship that warms without consuming. Turn toward the work that feels clean in the body.

Turn toward beauty. Turn toward courage. Turn toward the small, sane thing that restores your faith in being alive.

And, just as importantly:

Turn away.

Turn away from the cold room where you keep explaining yourself to people committed to misunderstanding you.

Turn away from inherited gloom pretending to be realism. Turn away from the mirror that only reflects your fear. Turn away from the old altar where yesterday's illumination has become today's stagnation.

This is not spiritual bypassing.

This is not "good vibes only."

The sunflower has a dark center.

Even the brightest bloom carries night at its heart.

Continued on page 29

The teaching is not: become all gold.

The teaching is: **learn which way to turn.**

There are even different kinds of heliotropism. In diaheliotropism, leaves position themselves to receive maximum sunlight. In paraheliotropism, leaves turn parallel to the sun's rays to reduce heat, conserve water, and prevent damage.

Sometimes wisdom means opening fully to the light. And sometimes wisdom means changing your angle so the light does not scorch you.

There are seasons when we need maximum exposure: truth, clarity, revelation, full morning sun on the face.

And there are seasons when the holiest thing we can do is soften the angle. Rest. Take shade. Let the nervous system stop confusing intensity with destiny.

Spiritual heliotropism is not frantic light-chasing.

It is not desperation.

It is not performing enlightenment.

It is the quiet, living intelligence that asks:

Where is the Light now?

Not where was it ten years ago?

Not where did I once feel alive?

Not what did everyone else call holy?

Not what merely looks bright from the outside?

Where is the Light now?

In this room.

In this breath.

In this choice.

In this body.

In this threshold.

Our old friend Maurice Maeterlinck, who wrote so beautifully of bees, might remind us that nature is never merely nature. It is a book of instructions written in chlorophyll, wing, honey, root, blossom, and instinct.

The bee does not require a dissertation on devotion before entering the flower.

The sunflower does not convene a committee before leaning toward dawn.

There is an intelligence older than argument. And we belong to it just as much as the sunflower does.

Perhaps when we are young on the spiritual path — and perhaps we are always young on the spiritual path — we follow the moving sun.

We turn toward this teacher, that book, this practice, that prayer, this grief, that revelation.

We track the Light across the landscape of our becoming.

There is wisdom in this.

But perhaps maturity brings another kind of orientation. Perhaps one day we stop chasing every shimmer. Perhaps one day we know, in our knower, where morning lives. Perhaps we become less interested in spiritual spectacle and more devoted to the eastward fidelity of the soul.

Not fixed.

Not rigid.

Not closed.

But oriented.

Facing the place where Light reliably breaks open the world.

And so I find myself asking: **What is my east?**

What is the direction I must face if I want to be warmed early enough to become useful?

Because the sunflower does not face east only for itself. By warming earlier in the day, it becomes more attractive to pollinators.

Its orientation creates relationship.

Its turning supports the larger field of life.

That feels important.

When we turn toward what truly grows us, we do not become selfish.

We become more available to the world around us.

More fragrant with truth.

More nourishing.

More generous.

More alive in the ecosystem of love.

A soul turned toward Light becomes hospitable.

Not perfect. Hospitable.

A place where bees may come.

A place where seeds may form.

A place where something golden and useful may happen because we had the courage to orient ourselves toward what gives life.

So perhaps this is the practice:

When confused, turn toward what is life-giving and kind. When afraid, turn toward what is true.

When tired, turn toward what restores warmth.

When tempted to perform, turn toward what feels clean. When surrounded by noise, turn toward the inner sun that does not shout.

And when the Light moves, move.

Do not make an idol of the window where it once appeared. Do not confuse loyalty with stagnation.

Do not keep facing a dead horizon because once, long ago, dawn arrived there.

Continued on page 30

The living Light is alive.
Follow it.
Gently.
Honestly.
Daily.

The sunflower does not apologize for needing the sun.
Neither should we.

The sunflower does not shame itself for turning. Neither
should we.

The sunflower does not call the shadow holy merely
because it is familiar. Neither should we.

Perhaps spiritual growth is less about becoming radiant
on command and more about recovering our original
orientation.

Perhaps the soul already knows.

Perhaps beneath all the fear, strategy, performance, and
old weather, there is still something in us that knows where
the light is, and leans.

Something ancient. Something faithful.

Something golden-faced and earth-rooted.

Something that remembers:

I am allowed to turn toward what grows me.

I am allowed to follow the Light as I see it.

I am allowed to be authentic before I am understood.

The sun is moving.

Turn.

Δ



Image courtesy of Cheryl A. Page

Soul Explorers Podcast with Hosts Gary Langley and Sally Taylor

*In this episode **Cheryl Page** talks about the
Modern Mystic's approach to utilizing new technology*



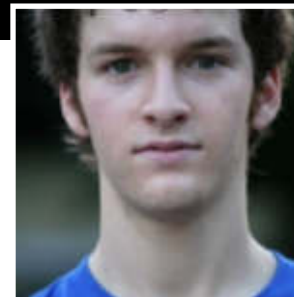
Get in touch with Sally and Gary at:
soulexplorerspodcast@gmail.com

Follow Sally's Facebook Group:
"The Thinning Veil"
and Facebook page:
Sally Taylor - Psychic Medium

Check out Cheryl's
article on p. 28



A Brief Visit to Eternity



Erik 9/21/89 - 10/6/09

One day about fifteen years ago I was surfing YouTube and stumbled on a video of a Skype session. It was between Elisa Medhus, a grieving mother in Houston, Texas, and a talented, Atlanta-based medium, Jamie Butler. Jamie was channeling Elisa's son, Erik, a troubled youth of 20 who had recently taken his own life.

Elisa was a doctor of internal medicine and a confirmed skeptic who had had no use for notions of an afterlife. But when Erik made his posthumous presence known to friends and relatives in a variety of undeniable and often prankish ways, Elisa grabbed the bull by the horns and embarked on a deep dive with Jamie at the helm.

At one point Elisa asked Erik about the moment he crossed over. Erik answered calmly: "Mom, I never heard the shot. I just suddenly found myself in a different environment."

The conversation continued. "So, Erik, are souls born, and do they die?"

"Well, Mom, you have to understand that time is different here."

For reasons I'm still unable to explain, when Erik said that, I, too, suddenly, and quite shockingly, found myself in a 'different environment.'

"OMG... I'm experiencing Eternity! And ...OMG, OMG...I get it! Eternity is not just an infinite extension of time, it's something completely and utterly different!!!"

I was fully absorbed in this experience of utter timelessness, spacelessness and complete freedom and safety for less than a minute of "earth time."

But in those few seconds this visit to a place beyond limit and a time beyond duration completely transformed and clarified my sense of the Greater Reality: *"OMG...it's a realm of pure latency, awaiting only a creative impulse to give rise to energy, vibration, motion, space, infinite varieties of form and expressions of love, and the perceived passage of events we call 'time'!!!"*

A few months later, the medium, Jamie Butler, conducted a live channeling session here in the San Francisco Bay Area. The venue, the Sunrise Center, was packed.

The session unfolded. In addition to Jamie's two usual guides, Maitland and Grace, Erik suddenly showed up in a prankish burst of off-color expletives! (I should have mentioned that Erik is a bit of an irreverent potty mouth!). The room erupted in laughter, and wonderful exchanges with the audience ensued.

As Erik was about to wrap up his presentation. I raised my hand. "Erik, I just want to thank you for that very special experience I had recently."

"You're welcome. Thank you for helping my mom!"

"How did I help your mom?"

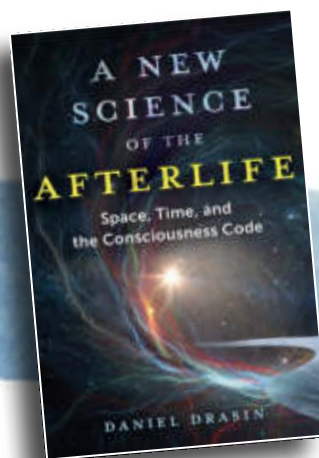
"She saw your film."

The film is "Calling Earth." It's a 90-minute documentary about communicating with the other side through modern electronics. You can see it at bit.ly/callearth

Since then Elisa has continued to communicate with Erik through several other mediums and has created a rich website, channelingerik.com.

It's well worth a visit!

△



Daniel Drasin is the Producer-Director of CALLING EARTH, a documentary exploring afterlife communication through modern electronics, and SCOPE: The Afterlife Experiment. He is the author of A New Science of the Afterlife: Space, Time, and the Consciousness Code.

Learn more at dandrasin.com



Refresh Your Space; Refresh Your Life

If you think feng shui is strange or that a “feng shui-ed” home requires you to live with ancient Chinese artifacts, symbols, or exotic décor, think again. At its heart, feng shui is about ch’i, or energy—how it moves through your surroundings and affects you. Whether you are conscious of it or not, energy is constantly affecting you and your environment. Your home can support, uplift, and inspire you—or leave you feeling stuck, depleted, and disconnected from your heartfelt goals. When ch’i becomes stagnant, your home may no longer feel good or support the life you want to create.

There are three basic principles of feng shui:

Everything is energy. Your home—the walls, windows, colors, materials, furniture, artwork, and décor—all contribute to the feeling of a space, as do the people and animals who live there. Even the condition of the things around you can influence how a room—and ultimately you—feels.

Everything is connected. This includes everything in your home—including you.

Everything is constantly changing, just as we are. If your home is overflowing with possessions, it can feel as though the house itself cannot breathe. When a space feels crowded, you may also feel stifled, overwhelmed, or unable to move forward. Good feng shui encourages us to let our homes evolve along with us—and that means letting go of the past.

If you want to live fully in the present while creating space for the future, take a fresh look at your surroundings. Dusty things and outdated décor may represent who you were 20 or 30 years ago, rather than who you are today.

I have been inside homes that seemed stuck in another era—and the people living in them seemed stuck, too, wondering why their dreams and goals never came to fruition. A home can hold reminders of a former relationship. If you have gone through a divorce, for example, look around. What are you holding onto that keeps you in the past? Letting go of what has ended can create space for what comes next.

I once had a client who was hanging onto a dead, dusty bouquet of roses in the vase they had come in 20

years earlier. I suggested it was time to let them go and make room for something new.

She protested, “But my husband gave them to me for our fifteenth wedding anniversary! I can’t let them go!”

After some convincing and an explanation of how energy works, she reluctantly agreed. That evening, her husband stopped on his way home to pick up dinner—and, passing the floral department, bought her a fresh bouquet! She told me he hadn’t done this in years. She had made space for something new to arrive!

Start with the basics.

Remove the easy things first—items you no longer need, use, or love. Then clean and repair what’s broken: windows, squeaky doors, loose handles, light fixtures, and anything else you’ve been meaning to fix. A fresh coat of paint can also transform a room.

Make sure everything has a place where it can easily be found: books on shelves, clothing in closets, tools in the toolbox, and so on. Flashlights should be somewhere you can easily locate them when the power goes out. Everything needs a place to call home.

Donate usable items, recycle what you can, and properly dispose of old electronics and appliances. The goal isn’t simply to get rid of things, but to become more conscious of what you choose to bring into—and keep in—your space.

Take it one hour, one drawer, or one closet at a time. As you release what you no longer need, you may discover you have more energy and enthusiasm to continue. Clearing your surroundings of *what’s in the way* makes room for new experiences, opportunities, and ideas you’ve been waiting for.

Once your space feels lighter, then it’s time to arrange the remaining things you love in ways that support how you want to live.

That is where feng shui becomes especially meaningful—not as a set of mysterious rules, but as a way of consciously creating a home that supports your health, happiness, relationships, abundance, and the life you truly want to embrace.

When your home feels refreshed, you may find that you—and your life—do, too.

Δ

Essential Feng Shui® Helps Solve Problems



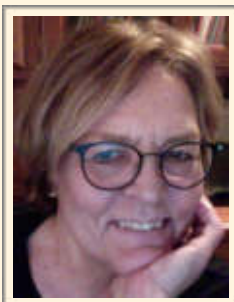
*We make a vessel from
a lump of clay;
It is the empty space
within the vessel that
makes it useful.*

*We make doors and
windows for a room;
It is these empty spaces
that make the room
livable.*

*Thus, while the tangible
has advantages,
It is intangible that
makes it useful.*

– Lao Tzu

This masterpiece-style floral photograph is by internationally acclaimed artist **Natasja Sadi**, creator of **Cake Atelier Amsterdam**. Known for her signature blend of live seasonal blooms and hand-sculpted sugar flowers arranged in antique Delft porcelain, her artistic philosophy is captured in her book, *A Sweet Floral Life*. Visit: <https://natasjasadi.com/>



Nancy Freier Intuitive Essential Feng Shui® Consultant
Practical, Effective Solutions for Home & Business
On-Site & Virtual Consultations
Email: NFreier@aol.com



"From the time I was a child I've seen and communicated with other forms of consciousness, many of whom I soon discovered were people who had passed. As I got older and my understanding grew, I realized that my own family members were coming through, as well, bringing me peace and comfort with their continued communication. Understanding the value of the guidance they offered is what led me to the realization that what I do could be of help to others. Not only in offering people the opportunity to communicate with their loved ones, but helping them understand that we are spirit too, which is what makes the communication possible."

"Personal growth is my passion. Spiritual growth is my calling!"

Online / Phone / In-person Sessions are available!

**Book Your Session
with my Online
Scheduler at:
angelazabel.com**

Services Offered:

Guidance ~ Mediumship ~ Oracle Cards
Soul-to-Soul Spiritual Coaching
Group Sessions
Classes and Retreats

Angela Hosts the Edge Talk Radio Show Every 1st & 3rd Wednesdays

<https://www.angelazabel.com/edge-talk-radio>

Available on Podcast Networks, YouTube and listed in *The Edge Magazine*.

September 2, 2026

Emptiness to Enlightenment
with Spiritual Teacher Eva Muller, Austria

September 16, 2026

Intuition: Your Greatest Superpower with
Intuitive Sushma D.A. Hallock, Michigan

October 7, 2026

Reconnect to Your Soul
with Author Mary Armendarez, Arkansas

October 21, 2026

Energy Mastery, Beyond the Mind
with Spiritual Teacher Michael Monk,
Quebec Canada

You're Invited to Join the Amplified Universe

1st & 3rd Thursdays. Upcoming dates: September 3 & 17 at 6:30pm CST

The Benefits of joining:

- Guidance as we navigate the new world
- Two 'live' Zoom meetings per month
- Amplify your personal frequency and vibration
- Hear perspectives from my non-physical team
- Connect with a like-minded community

- A vast library of subject matter that's continually expanding
- Deep dive into specific subjects each month
- Ask your questions and hear what others say
- Expand your consciousness
- Build a supportive community together for personal and universal expansion by spending time in a high vibration, supportive, loving, healing energy.

Join Today!

Learn More at: www.AngelaZabel.com

Email: AngelaZabelLLC@gmail.com