

# The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 14 Issue 6 • June 2026

Hello God!

Edgar Cayce  
Awakening One's  
Psychic Potential

Do men feel more  
deeply than women?

Ruth Montgomery  
reaches out from Spirit

Blossoming into New Ways  
of Relating

The Swallows Have Arrived

~ and more inside!

The  
Divine  
Masculine  
and the  
Dance of  
Creation

# The AFTERLIFE REPORT

Evidence



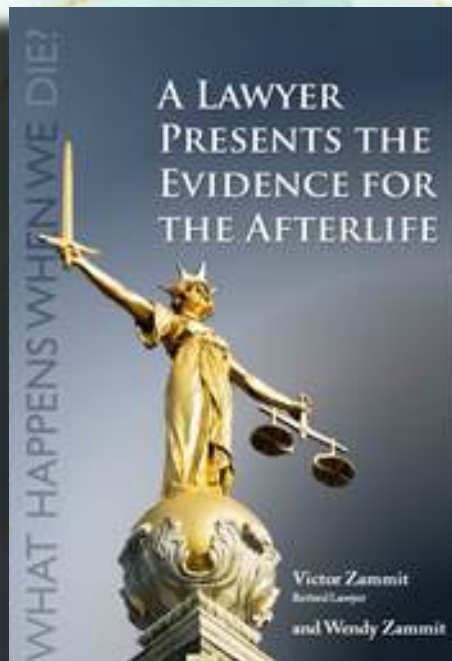
Presented By  
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Science



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June 14th Lionel Friedberg - “Experiences with Extraterrestrials”

June 21st Rev. Jimbeau Walsh - “Channeling Celestials”

June 28th Susanne Wilson - How Paranormal abilities are passed through generations and encounters with extra-terrestrials interested in her abilities.

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**Wendy Zammit Global Gathering Coordinator**  
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### Phoenix Rising by Bettina Madini

Limited edition prints are available.  
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As the legend goes, the Phoenix would burn then rise from the ashes transformed, rejuvenated and with great power. It represents the *creation energy* available to all of us.

Born in Berlin, Germany, Bettina started her art education in 1998 in Luxembourg at the Ecole d'Art Contemporain and continued her studies at the National Academy School of Fine Arts in New York City. Bettina's paintings can be found in corporate and private collections worldwide.

View her art at: [www.BettinaStar-Rose.com](http://www.BettinaStar-Rose.com)

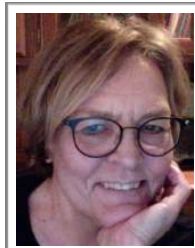
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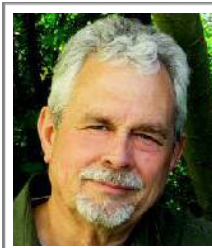
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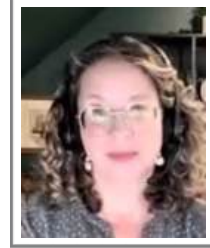
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**Writer's Guidelines and Ad Rate Sheet available upon request.** Email comments to: [theinnervoicemagazine@gmail.com](mailto:theinnervoicemagazine@gmail.com)

# Angel Guidance Readings

If you're feeling stuck, at a crossroads, or just ready for deeper insight ~ you can move forward with renewed confidence, peace, and trust with a personal angel guidance reading.

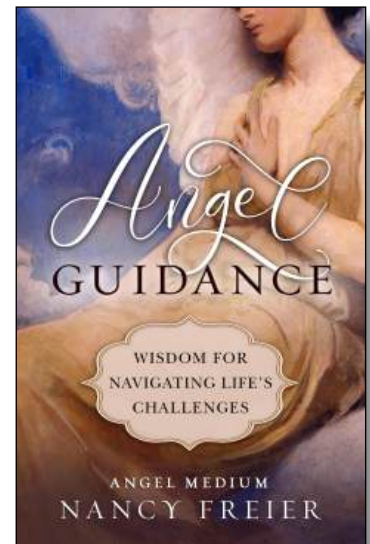
What currently feels confusing or heavy can become a source of wisdom, clarity and strength.

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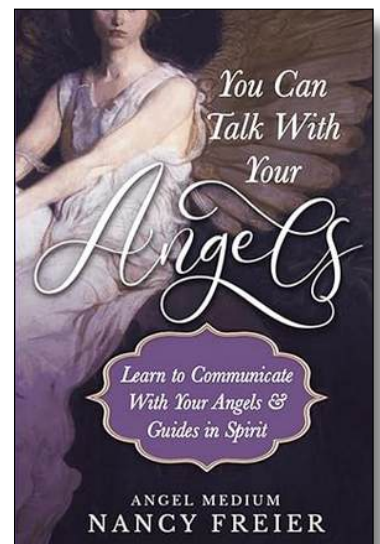
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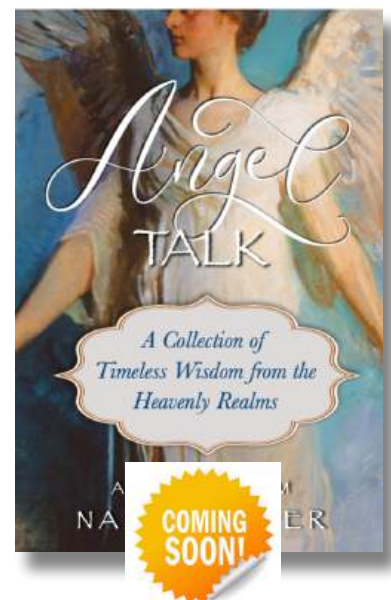
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“I love how we connect with people; how we are each called with our variety of gifts to be a part of the 'upleveling' of humanity. You, along with your contributors, are making a huge difference with your continued dedication and commitment with The Inner Voice ~ a very worthwhile endeavor! Thank you and love to all of you!” —PB

**E-mail your comments, article ideas, and questions for Angel Talk™ to:**  
[theinnervoice@gamil.com](mailto:theinnervoice@gamil.com)

**Dear Readers,**

As we welcome the light of June and approach the Summer Solstice, many of us are being called inward—seeking balance, clarity, healing, and a deeper connection with the sacred rhythms of life.

In honor of Father's Day, this issue pays tribute to the Sacred Balance of the Divine Masculine and Divine Feminine as complementary expressions of the same Divine Source we call God. Through inspiration, wisdom, personal stories, and spiritual insight, our contributors remind us that compassion and courage, receptivity and grounded action, are all essential aspects of wholeness.

In Angel Talk, Sreper, Angel of the Great White Light, shares profound insights on what the angels describe as “the divine dance” between masculine and feminine energies as sacred partners in creation. When these energies are honored and balanced within us, we become more centered, discerning, loving, and spiritually aligned. And as we heal ourselves, we help bring healing to the world!

In this issue, you'll discover reflections on the Summer Solstice and the soul's journey into greater light and awareness, along with thought-provoking insights into the relationship between science, spirit, and consciousness. Explore wisdom inspired by the teachings of Edgar Cayce; reflections on relationships and sacred connection; practical tips for balancing Yin and Yang energies in the home through Feng Shui; and inspiring spirit communications involving Ruth Montgomery and Gordon Phinn. Dan Drasin also tackles an intriguing question: *Do men feel more deeply than women?*

There is much to read, enjoy, and contemplate. My hope is that the articles help you discover greater balance and healing within, while reminding us all of the Divine Intelligence—what I call Father God—that continually and lovingly guides us forward. And this month, as we celebrate the Divine Masculine in all its forms, I offer a heartfelt salute to the fathers, grandfathers, sons, brothers, husbands, partners, mentors, and good men everywhere ~ whose strength, wisdom, protection, and love help shape our lives and our world.

Hats off to the guys!



*Nancy*

P.S. I am deeply grateful to all our contributors, readers, and supporters. Please support for our advertisers by utilizing their services, purchasing their books, and letting them know you saw them in The Inner Voice. Your love, encouragement and generosity help keep this light shining around the world. Thank you! ♥



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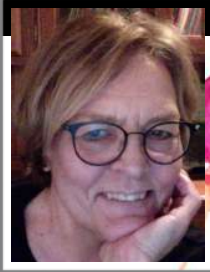
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**Thank You!**



# The Divine Dance of Creation

## The Angels Explain the Sacred Balance of the Masculine and Feminine Within Us All

When I asked Sreper, Angel of the Great White Light to describe the Divine Masculine, they began by reminding us that the Divine Masculine and Divine Feminine are not opposites in conflict with one another, but are sacred partners in Creation. Both *energies* live within every soul regardless of gender, and when they are experienced in harmony, life flows with greater peace, clarity, and purpose.

The Divine Feminine receives. She is the energy of intuition, compassion, receptivity, creativity, and inner knowing. (See the May issue of *The Inner Voice* for more). She teaches us to listen, to nurture, to trust the unseen, and to honor the wisdom of the heart. She is the flowing river, the dream, the sacred pause, the voice that whispers, *“Feel deeply. Receive. Allow.”*

The Divine Masculine gives. He is the energy of action, protection, structure, discernment, and grounded presence. He teaches us to build, to focus, to take courageous steps forward, and to create safe foundations for love and truth to flourish. He is the mountain, the steady flame, the sacred protector who says, *“I will stand strong and carry this vision into the world.”*

One energy is not greater than the other. The angels say imbalance occurs when we honor one while not honoring the other. Without the Divine Feminine, life can be rigid, disconnected, and driven only by achievements or control. Without the Divine Masculine, our dreams may remain ungrounded, lack direction or stability; but together, they create

- wholeness:
- The Feminine dreams.
- The Masculine builds.
- The Feminine feels.
- The Masculine acts.
- The Feminine opens the heart.



The Masculine protects what the heart values.  
The Feminine receives divine inspiration.  
The Masculine helps bring that inspiration into form.

This sacred balance can also be seen woven throughout the opening verses of the Book of Genesis, where creation unfolds through both receptive mystery and purposeful order:

“In the beginning God created the heaven and the earth. And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters.

And God said, Let there be light: and there was light.

And God saw the light, that it was good: and God divided the light from the darkness.

And God called the light Day, and the darkness he called Night. And the evening and the morning were the first day.” — Genesis 1:1–5

Many spiritual traditions see symbolism here: the sacred waters representing the Divine Feminine — intuition, potential, mystery, and creation waiting to emerge — while the spoken word, *“Let there be light,”* reflects the Divine Masculine bringing focus, direction, and manifestation.

As Creation continues, order begins to emerge from the deep: “And God said, Let there be a firmament in the midst of the waters, and let it divide the waters from the waters.

And God made the firmament, and divided the waters which were under the firmament from the waters which were above the firmament: and it was so.

And God called the firmament Heaven. And the evening and the morning were the second day.

And God said, Let the waters under the heaven be gathered together unto one place, and let the dry land appear: and it was so.

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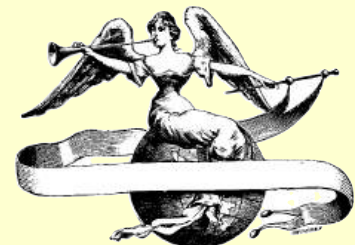
## Angel Guidance Zoom Group

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

**Next meeting is Saturday, June 15 • 1 pm CST**

11am Pacific • 2 pm Eastern • 9 am Honolulu  
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*I laughed out loud when, in 1993 Sreper said: “We will be **zooming** enlightenment around the world!” And well, here we are!*

And God called the dry land Earth; and the gathering together of the waters called he Seas: and God saw that it was good.” — Genesis 1:6–10

Earth then becomes fertile and life-bearing: “And God said, Let the earth bring forth grass, the herb yielding seed, and the fruit tree yielding fruit after his kind, whose seed is in itself, upon the earth: and it was so.

And the earth brought forth grass, and herb yielding seed after his kind, and the tree yielding fruit, whose seed was in itself, after his kind: and God saw that it was good.” — Genesis 1:11–12

Then the heavens are illuminated: “And God said, Let there be lights in the firmament of the heaven to divide the day from the night; and let them be for signs, and for seasons, and for days, and years:

And God made two great lights; the greater light to rule the day, and the lesser light to rule the night: he made the stars also.” — Genesis 1:14–16

There is a sacred rhythm in these verses — flow and form, receptivity and action, inspiration and structure working together as one divine process.

Creation continues with the appearance of living creatures: “And God said, Let the waters bring forth abundantly the moving creature that hath life, and fowl that may fly above the earth in the open firmament of heaven.

And God created great whales, and every living creature that moveth, which the waters brought forth abundantly, after their kind, and every winged fowl after his kind: and God saw that it was good.” — Genesis 1:20–21

And then comes the creation of humanity: “And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the



Cosmic Harmony Artist Unknown Healing the world begins with healing this balance within ourselves.

air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.

So God created man in his own image, in the image of God created he him; male and female created he them.

And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth...” — Genesis 1:26–28

Many mystical traditions interpret this passage as a reflection of spiritual wholeness — that both masculine and feminine energies exist within the Divine and within humanity itself. The masculine and feminine are not meant to compete, but to move together in sacred partnership.

The angels often describe these energies as a “divine dance.” Neither leads through domination, but each strengthens and balances the other. When harmonized within us, we become both compassionate and discerning, gentle yet strong and intuitive yet grounded.

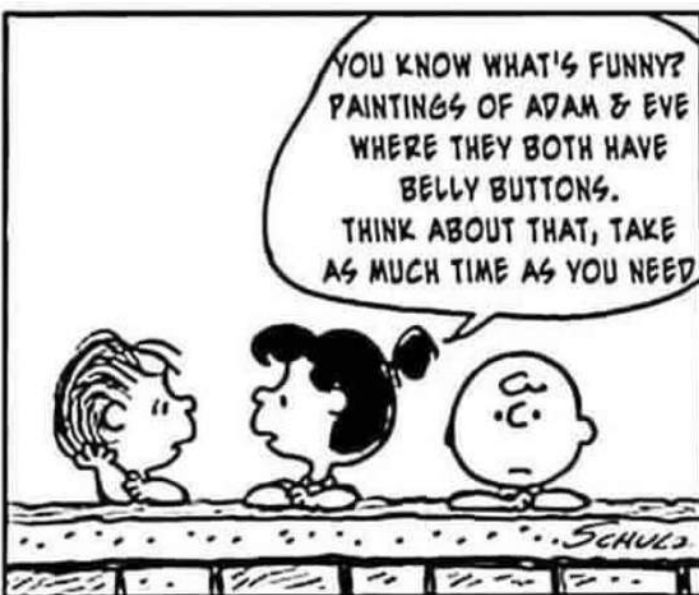
#### **Balance is key to healing the world**

Healing the world begins with healing this balance within ourselves. The angels invite us to turn within and ask ourselves: Where am I being called to soften? Where am I being called to stand firm? Am I honoring both intuition and action? Can both heart and strength exist together within me?

As humanity awakens, many are rediscovering that true spiritual power does not come from force or passivity, but from the union of wisdom and action, surrender and courage, compassion and integrity. The Divine Feminine and Divine Masculine are two sacred expressions of the same Divine Source forever moving together in love, balance, and creation.

△

Send your questions for Angel Talk™ to:  
[theinnervoice@gmail.com](mailto:theinnervoice@gmail.com)



# Edgar Cayce: Awakening Psychic Potential

**E**dgar Cayce was a kind and gentle man who was filled with compassion for others. His desire to serve humanity overshadowed his earthly needs. The name “the sleeping prophet” was given to him because during his 14,000 readings, he was in a trance-like sleep state. The readings describe it in the following way:

*The subconscious mind of Edgar Cayce is in direct communication with all other subconscious minds, and is capable of interpreting through his objective mind and imparting impressions received to other objective minds, gathering in this way all knowledge possessed by millions of other subconscious minds. [Reading 294-1]*

In the sleep state, Cayce’s subconscious mind was believed to connect with the universal unconscious, often referred to as the Akashic Records. By entering this vibrational state, he was said to access information about individual souls, though all souls were thought to be available within this realm. Initially, his readings focused on medical guidance intended to help people recover from physical illnesses and conditions. As newspapers reported on his apparent healing abilities, increasing numbers of people sought his assistance. Over time, many of these medical readings covering a wide range of conditions were collected and preserved in the Circulating Files, where they can now be studied by subject.

As Cayce’s psychic work evolved, he began conducting Life Readings. These readings explored the connection between universal forces and the ways they influence—and remain latent within—the individual. They emphasized past lives, reincarnation, astrological influences, and the impact these factors may have on a person’s present circumstances. A historical committee later compiled and organized the reincarnation accounts by time period to illustrate descriptions of ancient civilizations such as Atlantis and

Egypt. Cayce’s own past-life readings were also arranged to trace the development of his soul and the growth of his psychic abilities.

In his waking state, Cayce was able to perceive auras and interpret their significance. Many believe that the colors within an individual’s aura reflect the overall condition of the mind, body, and spirit. Aura readings may also offer insight into a person’s health, relationships, attitudes, and thought patterns. Interpretations of auric colors found throughout the readings have been compiled into Circulating Files and published books, providing guidance for understanding the nature of aura colors and their meanings for others.

The readings contain a vast and intricate body of information concerning psychic phenomena, spiritual perception, and the development of intuitive abilities. My purpose has been to gather, organize, and interpret those insights in ways that connect them to contemporary understandings of psychic experience and consciousness. By examining the readings collectively rather than in isolation, recurring themes and patterns emerge, offering a deeper understanding of the nature of psychic abilities, how such capacities may be cultivated, and how individuals relate to the spiritual dimension.

Through piecing together these fragments of information, we gain not only a clearer picture of psychic development itself but also a broader perspective on humanity’s connection to the spirit world. The readings suggest that psychic awareness is not merely an extraordinary gift possessed by a few but a potential aspect of human consciousness that can be explored, refined, and understood through spiritual growth, attunement, and experience.

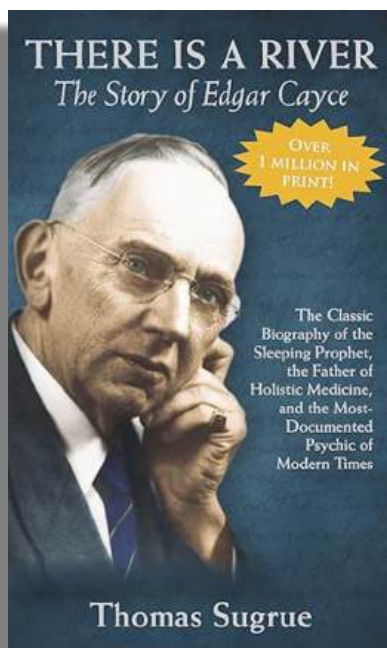
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**Dr. Susan B. Barnes, CSNU is a Spiritualist Medium and Author of several books. She offers classes, readings and special events coming up at Lily Dale, New York. See her ad on page 9 for more information.**

Editor’s Note: The Association for Research and Enlightenment (A.R.E.) was Founded in 1931 by the renowned American clairvoyant and mystic Edgar Cayce (1877–1945). It was created to help people transform their lives through the application of knowledge in the fields of religion, philosophy, science, and life [content.edgarcayce.org](http://content.edgarcayce.org).

Cayce envisioned it as a group with an open-minded, experimental attitude toward all facts in every field of thought, aiming to use all knowledge to improve living.

By joining Cayce’s A.R.E., many of these files are freely available, or they can be purchased from the Cayce Library in Virginia Beach. Moreover, all 14,000 readings are freely available to members.



[There Is A River](#)

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



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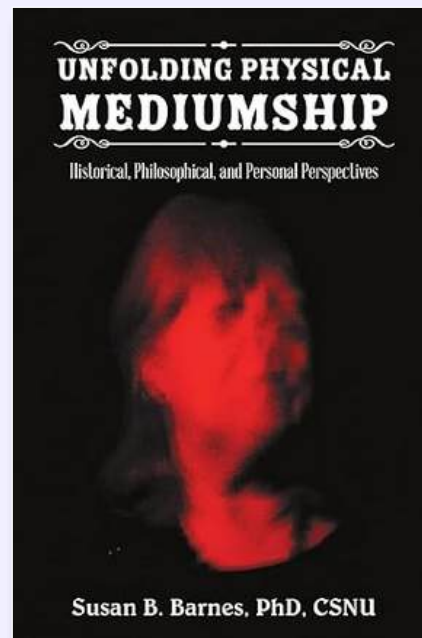
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[Unfolding Physical Mediumship](#)

**Unfolding Physical Mediumship** by Dr. 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.

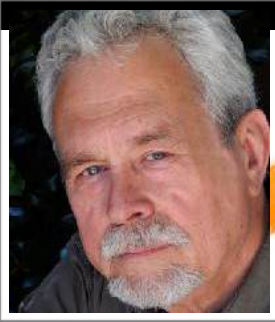
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# Autobiography of a Modern Prophet

## Book By Harold Klemp

In his book **Autobiography of a Modern Prophet** Harold Klemp tells both a personal life story and a spiritual reflection, offering readers a window into Klemp’s journey and the teachings of Eckankar, the modern spiritual movement he leads. Klemp serves as the Mahanta, or living spiritual guide, of Eckankar, which teaches that every individual has the ability to experience a direct, personal relationship with the divine through inner spiritual practices.

Although the book is framed as an autobiography, it goes far beyond a simple account of life events. Klemp uses his own experiences as a way to explore deeper spiritual truths, lessons, and insights he believes are available to anyone willing to look within. The result is a blend of memoir, spiritual philosophy, and gentle instruction, all woven together through storytelling.

At the heart of the book is Klemp’s idea of the “modern prophet.” He does not present himself as a prophet in the traditional religious sense, but rather as someone who has had direct

“  
...a blend of memoir, spiritual philosophy, and gentle instruction, all woven together through storytelling  
”

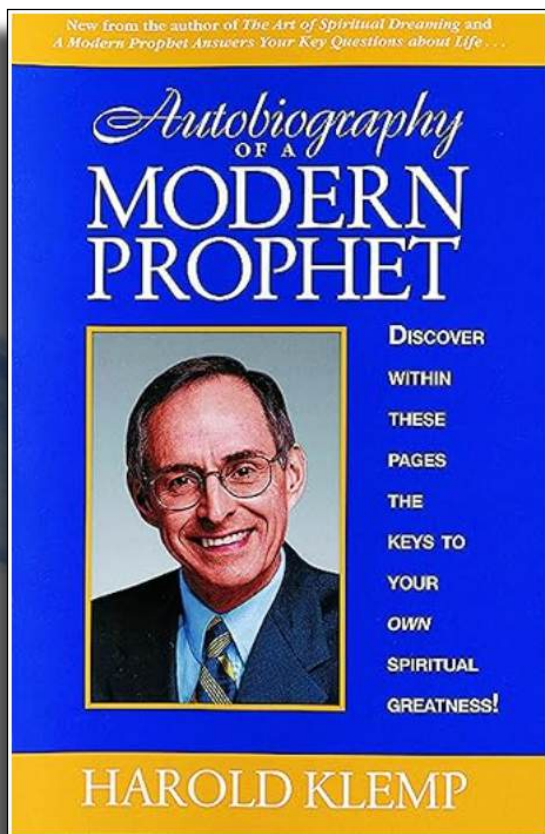
experiences of God and higher states of consciousness. His role, as he describes it, is not to demand belief, but to encourage others to seek their own experiences of divine truth. This emphasis on personal experience rather than rigid doctrine is central to Eckankar and shapes the tone of the entire book.

Much of the narrative introduces readers to Eckankar’s view of the soul and its journey. According to this philosophy, the soul is eternal and exists to learn, grow, and gain wisdom through many lifetimes. Klemp discusses concepts such as karma and reincarnation, presenting them as natural laws that guide the soul’s evolution.

One of the more distinctive teachings explored in the book is “Soul Travel,” an out-of-body or inner experience in which consciousness moves beyond the physical body to explore higher spiritual realms. Klemp presents these experiences not as abstract theories, but as practical realities that individuals can learn to experience for themselves.

Klemp also shares the spiritual practices that have shaped his own life. He speaks openly about meditation, inner contemplation, and chanting the sacred sound “HU,” which Eckankar teaches as a way to open the heart and align with divine love. These practices are described as simple but powerful tools that help individuals tune into inner guidance and spiritual awareness. Throughout the book, Klemp emphasizes that spiritual growth requires personal effort, sincerity, and consistency, while also acknowledging the value of having a living spiritual guide to help navigate the path.

A recurring theme in the memoir is *transformation through spiritual experience*. Klemp reflects on moments of insight, inner visions, and guidance that profoundly changed the direction of his life. Rather than portraying spiritual awakening as a one-time event, he presents it as an ongoing process—one that continues to unfold through everyday challenges, relationships, and choices. His stories suggest that confusion,



Continued on page 11

doubt, and hardship are not obstacles to spiritual growth, but often the very means through which growth occurs.

The role of the Mahanta receives special attention as well. Klemp explains that the Mahanta is not meant to replace an individual's relationship with God, but to serve as a living bridge—someone who offers guidance, protection, and perspective while encouraging seekers to rely on their own inner experiences. His reflections on spiritual leadership reveal a strong emphasis on service, responsibility, and humility rather than authority.

Stylistically, the book reads like a reflective conversation rather than a formal teaching manual. Klemp writes in the first person and often pauses to explore what his experiences meant to him spiritually. Childhood memories, moments of searching, and turning points in his life are used to illustrate Eckankar's principles in real, human terms. By teaching through example instead of abstract theory, he invites readers to see how spiritual ideas can apply to everyday life.

Ultimately, the book's core message centers on personal empowerment. Klemp encourages readers to trust their own inner experiences and to seek direct knowledge of the divine rather than relying solely on beliefs handed down by others. He repeatedly returns to the idea that the soul is powerful, eternal, and capable of remarkable spiritual awareness when given the right attention and care. At the same time, he stresses the importance of guidance from a living teacher who understands the terrain of inner spiritual worlds.

Reception of the book has been mixed depending on the reader's background. Within the Eckankar community, it is often praised for its inspirational tone and clarity in explaining Klemp's role and experiences. Readers outside the movement sometimes express skepticism, particularly toward ideas like Soul Travel, karma, reincarnation, and the central role of the Mahanta. Still, even critics often acknowledge that the book offers a sincere and thought-provoking perspective on spiritual self-discovery.

In the end, **Autobiography of a Modern Prophet** is much more than a life story. It is a spiritual roadmap shaped by personal experience, inviting readers to explore their own inner worlds and question what spiritual growth might look like in modern life. For those interested in metaphysical ideas, direct spiritual experience, and the possibility of a living connection with the divine, the book offers a distinctive and deeply personal perspective. At 459 pages, this is likely not a book you will finish in a weekend! Get it [Here on Amazon](#).

△

**Steve Freier is a researcher of metaphysical subjects. He is the Copy Editor and Website Tech for The Inner Voice magazine. Questions or comments? E-mail Steve here: [SGFreier23@gmail.com](mailto:SGFreier23@gmail.com)**

## Lesson 222 from A Course In Miracles



### God is with me. I live and move in Him.

By Beverly Hutchinson McNeff

Founder and President of

<http://www.miraclecenter.org/>

**W**orkbook lesson 222 from **A Course in Miracles** is truly a release from the prison of guilt that our minds seem to hold us in. It is an affirmation of the fact that there is no time, place, or experience in our lives where God's Answer is absent. He is a part of all our daily activities, our very being. As the lesson states, "He is my Source of life, the life within, the air I breathe, the food by which I am sustained, the water which renews and cleanses me. He is my home, wherein I live and move."

The Course is helping us to see and experience a new purpose in everything we do. It asks us to be aware of God's presence in even the most routine activities such as breathing, sleeping, and waking. It would also follow that He is with us even in actions such as smoking, overeating, drug use, and any other pursuits that we might observe as harmful. The Course is not making a judgment on any of these activities, but it is saying that God is with you. The moment we bring the awareness of God into all our experiences (whether routine, pleasant, or distasteful), we are choosing to release our guilt and pain and "live and move in Him."

Some people think it is wrong to invite God into such destructive activities, but the truth is He is already there, for you are a part of Him. His only desire is for you to know this so that whatever your behavior, you may now be released from your guilty thoughts and allow His Spirit to direct your actions and offer you Its Thoughts that will guarantee your safety from all pain.

Change in behavior does not guarantee healing, but healing of mind does produce a change in your life and, thereby, your world. If your mind is healed from the guilt produced by a particular behavior, you will not keep doing the behavior. You will not stop because the behavior is seen as "bad," but because you have now "grown up" and no longer see value in it or the guilt it produced. It is like a child who puts away childish toys when they have outgrown them. There is no denial of these behaviors, but neither is there a need for them to continue.

And so we grow up to the Will of God in our lives. "God covers [us] with kindness and with care..." Let us accept His care and presence in our lives. Let us remember Him in all our day-to-day activities. Let us know that there is no time or place where He is absent. And, let us rest in peace knowing, "God is with me. I live and move in Him."

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PKOTO: Ruth Montgomery in 1995 at the WE (Walk-ins for Evolution) Convention in Minneapolis, MN

# Author Ruth Montgomery Reaches Out from the Other Side

For more than a week, Medium Regina Ochoa sensed a gentle presence nearby. Who she was—or why she had appeared—remained unclear. Yet over the course of several days, Regina began to recognize the spirit’s distinct energetic signature as feminine. Though the reason for her presence was unknown, Regina trusted that permission had been granted for this soul to enter her physical space. By week’s end, the spirit finally revealed herself during a phone conversation with Nancy Freier.

Our conversation shifted when Nancy shared that she had met and interviewed Ruth Montgomery for The Inner Voice magazine in 1995. Instantly, I felt a light tap accompanied by the unmistakable impression, “That’s me!” Goosebumps rushed through my arms.

Although I had not recognized the spirit myself, Nancy immediately knew it was Ruth. Nancy then asked what it feels like for Ruth to communicate with us now from the other side – especially after spending so much of her earthly life receiving messages from discarnate sources through her own work.

Here is the message that came, followed with: Ruth’s Message to the World: “We Never Die” that starts on page 14.

**Nancy:** Welcome, Ruth! I am happy to connect with you again! I am curious to know, how does it feel when you come to us from the Other Side?

**Ruth:** This is a joyful topic. I’m happy to share an important feature between the messenger (myself) and the Earth contact (you). So, begins the adventure of returning to earth as a discarnate spirit!

There are some rules, and free will is involved. First, and foremost, I must ask permission to answer a calling. Now, that could mean that you, Regina, are asking permission for me to come to call on you. However, as is often the case, it is a guide who calls on us, brings us forward from among the many individuals all wishing to connect with the earthbound, and requests our presence.

They share their assignment and then ask if we wish to volunteer for the mission. Now this can be a long-standing mission or a short assignment. A “pop and go,” as we call it. I refer to this as a quick visit when a loved one needs to jump or

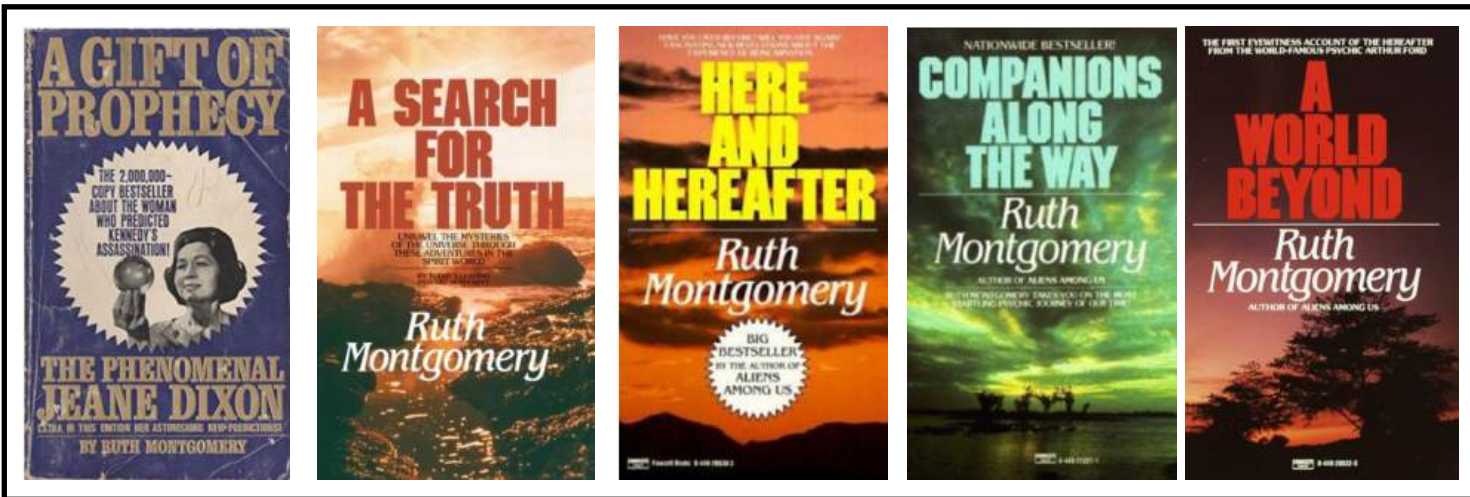
“pop in” to tell the folks back home that they are doing well, how they feel, and to deliver a special message — often with evidence of life’s continuity.

I often watched this process when I first arrived at this site. Fast-forward, I have once again requested the audience of mankind and that is why I’m contacting you now. But before I went to Regina’s guides and protectors, I needed to pass muster through my guardians — teachers who stood beside me while on Earth and in this realm. There are many, all recognizable by their vibration or magnetic energy. Some of them work with you on the physical plane.

Arthur Ford, one of my favorite friends and a medium when he stood on Earth, remains a constant companion to my development. Though he is often away, expanding his horizons of knowledge.

So I approached Arthur, then my spirit guide Lily, then their guides and my teachers, to ask if I was ready to communicate. I desired to share with anyone who wished to participate in this, a

Continued on page 13



nourishing meal of this new realm, where I reside today. But first, being unfamiliar with the process, I had to be taught how to re-enter Earth's permeable shield, which tunnels to go through, and which portals to avoid. It sounds tricky, and it is only because I don't wish to bring anything which could be detrimental to my spirit or those with whom I might be in contact on Earth.

Then, I asked to be shown anyone who might be able to reach an audience where our message would be heard. The guardians presented Earth beneath the deepest, blue-black you might imagine. And in the blackness, light beams shone through the multiple layers of the dark grime — some lights brighter than others.

"Pick any beam. Call out at it," Lily said. "Does it hear you? Does it flicker in return?"

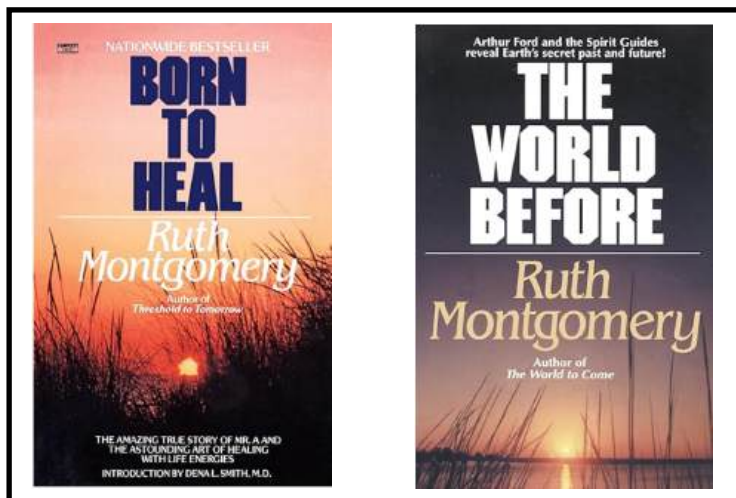
There are so many to choose from, numerous sites with fond memories. So, I called out, "Which of you can help us carry our message? Which of you has promised to be ready for us?"

Nancy's light and the thousands of lights supported by her angels vibrated in unison. Her angels came toward me. Mentally, they tell me "Nancy is requesting contact with others on this side who will share insight and wisdom with others!"

My heart skipped a beat! I was a child once again, delighted in this new journey. Instantly, responding to the angels that I wish to be their correspondent!

As I write this through Regina, I am reminded of how incredible our thoughts are. I longed to return to Earth to share the truth, while at the same time Nancy asked her angels to connect with a spirit from The Greater Reality – to share some of my new messages with her readers. The three of us, Nancy, you (Regina) and I didn't know this communication had always been a part of The Grand Plan for our lives. Regina volunteered to be the intermediary and the stenographer. She didn't know this when it all unfolded, but understands this now in this very moment as we type – together.

So, how does it feel for me to come through from the Other Side? Warm and welcoming. I no longer carry the fear, doubt, or pain. Gone is the discontent and disappointment that I once felt. I come to you with compassion and the constant desire to share the wondrous message for all all beings, that *we never die, but continue to learn and evolve. In Love and Gratitude, Ruth*



## Who was Ruth Montgomery?

**Ruth Shick Montgomery** was born on June 11, 1912 and died the day before her 90th birthday on June 10, 2001. She was a journalist with a long and distinguished career as a reporter, correspondent and syndicated columnist in Washington, DC. Later in life she transitioned to a career as a psychic and authored a number of books on metaphysical and New Age subjects.

Ruth was a biographer of paranormal medium **Jeane Dixon** and a protégée of **Arthur Ford**, who claimed that he, like **Edgar Cayce**, could access the **Akashic Records**, the 'database' of the Universe.' Montgomery was a prolific writer on the subjects of clairvoyance, reincarnation, past life regression, psychic phenomena, and clandestine extraterrestrials – most of which were sold as popular mass market paperbacks.

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# “We Never Die. Death is a Transformative Evolution.” A Message from Ruth Montgomery to the World



May 20, 2026

Thank you, Regina, for inviting me into your space. This is a real treat for me, as I have been wishing to return to bring my message. Well, it isn't my message, but the message from all. We wish to remind all: *You Never Die. Death is a transformative evolution.*

This is not new information, but it must be repeated time and time again so that all souls, remember.

You, I, and souls from other stations and realms, landscapes, planets, and solar systems, are being reminded that we do not die. The soul, an individual spirit, and the collective of all continue to live forever. There is no (such thing as) perish.

What is experienced as death is the sloughing of our physical container that no longer serves the spirit's growth. That which falls away from our spiritual body is the shell, skin, or plumage – likened to shedding or molting. It is a transformation. That is all. One stage in the metamorphoses of life.

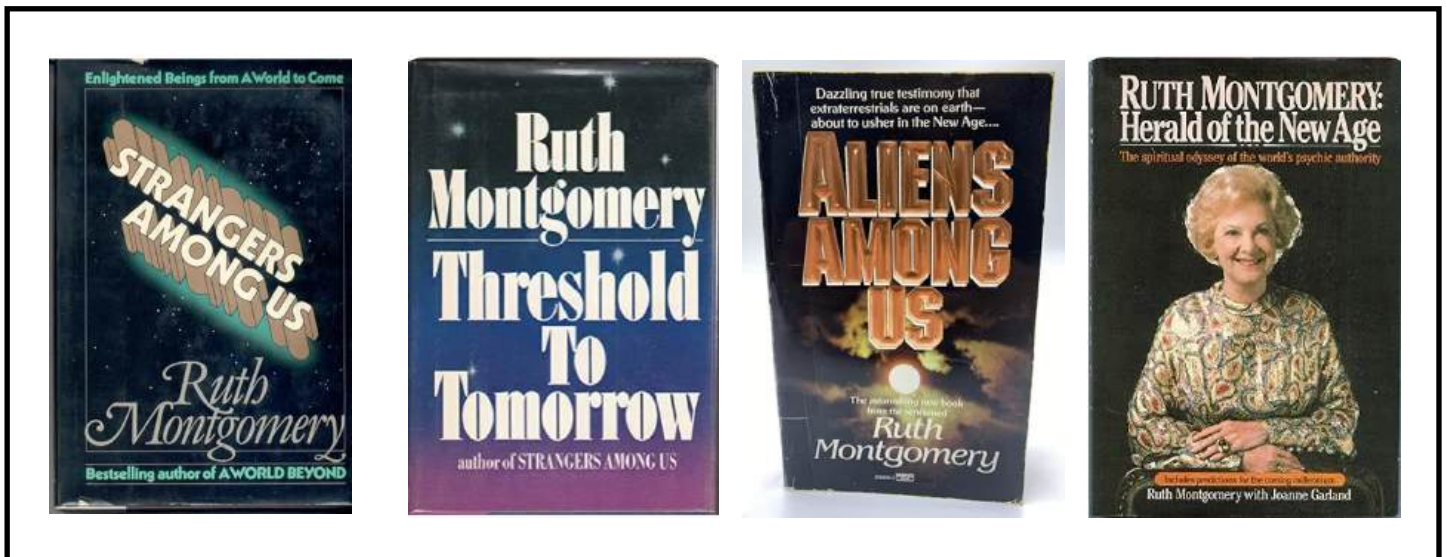
And life has many of these. Always changing, evolving, and expanding. Life force constantly exhibits growth, and in some instances, rebirth into a new form. But life never ceases to exist.

Transformation is the heartbeat of evolution. How is this so? Creation, God, All, Life, is the same. One.

What is the point? To learn.

The existence of these constantly evolving creations of one individual, experienced by many, is to discover oneself bit-by-bit, in each aspect of creation. You are God. You are Love. You are light – and you are darkness.

Continued on page 15



It is a rotation of experiences, and how you choose. Yes, you do choose, free will and all, that allows you to discover the identity of self.

Think of yourself as one cell in the body. You bump into other cells. There are many different cells that make up the body. But you are each and all a body... a cell body, the human body.

So it is with all creation. The individual cell constantly changes, morphs, and dies (transforms). Cancer, arthritis, disease of any nature, is just a morphing of the cells within the body so that the body, the individual, experiences the changes. Deciding how to respond to these changes is part of the experience. What we do with change is the experience, too.

Change is a better word for death. As humans like to think of death as the end, it is not 'the end.' It is only a whisper of a change to a human, an individual element of the All.

You will never die, but you will always change. That is the greatest story in this process of evolution. Change.

In 2001, I shed the physical body known as Ruth Montgomery. I transitioned. I am a part of the whole. A frequency. However, you are experiencing my vibration as Ruth — a human being who lived in a 20<sup>th</sup> century lifetime.

You are Regina — in a body, but you are much more than that. You were a David, a Tom, a Charlie, a José — even a dragonfly woman and thousands of others around the globe. You are also from other solar systems, planets, and universes. But the cell you know in your spiritual existence, the one who scribbles notes, makes lists, washes laundry, and cooks among all the other things you do, is Regina ~ an integral element of the whole.

Is this too philosophical for the readers? Have I gone too far in this sitting in expressing the importance of humanity waking up to the knowledge that every one of you are a part of the whole?

God, which they've set outside of their reach, is within — in the tiniest atom! The nucleus of all that sits within the body is

the cell, the DNA, the blood, the breath, the disease, the anecdote, the nourishment. All. You are immortal; we are all immortal.

You never die. When your body takes its final breath, your spirit — the soul's essence, the life force — will slip out in its exhale. Transforming once again.

Life continues. You continue. And you will rejoin all parts of you from prior experiences as you review your transformation.

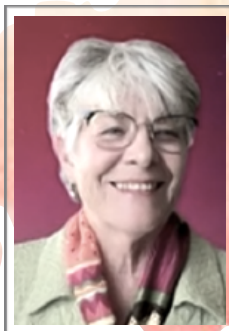
What is the point of this message?

A reminder that this moment, the one you are in *now*, matters only as much as what you do in it. Go within, find the element of God, acknowledge that in every cell of your life force God exists. Also within, you will also find your records, your actions, your choices in which you have requested to exist time and time again to learn every aspect of your being and every element of life within your oversoul.

When we enter ourselves in a knowing of evolution, and we are evolving, constantly changing, we can truly begin to understand that we never die. All creatures great and small, every element and all consciousness, sloughs-off the unnecessary parts, and rises from the frequency or vibration that no longer serves.

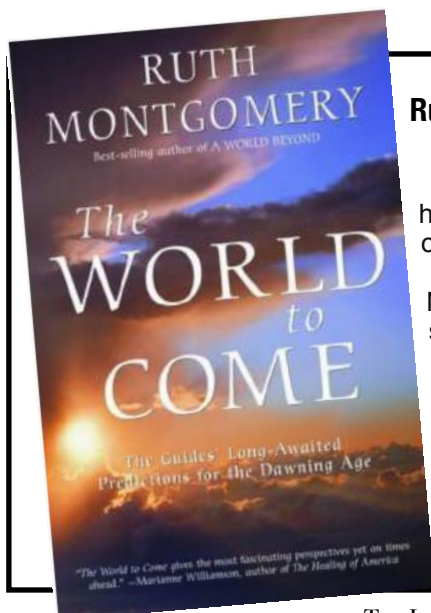
There is no death, only transformation.

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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*.



### Ruth's final published book: *The World To Come* (2000)

In *The World to Come* bestselling author and world-renowned psychic Ruth Montgomery presents a wealth of new material about who we are, where we are headed, and how we can cope with the political and natural upheavals that loom in our future.

Many rank Montgomery's remarkable powers of foresight with those of Nostradamus and Edgar Cayce. Now, with the clarity and candor that has won her such a loyal following, Ruth gives a tour of the next century and beyond. Ruth discusses her guides' prediction that the earth is bound to shift on its axis and provides information about what areas are safest as severe global weather patterns intensify. She also shares stories of numerous people from ancient Palestine, including herself, who have been reincarnated at this time to help bring peace and healing to the world. Finally, in what she intends as her farewell book, Ruth offers a warm and fascinating look at her own life.



## Soulstice: The $E = mc^2$ of the Soul

For many people the summer solstice holds a fascination and reminder that our earth is not merely an isolated ball of chemical accidents. This longest, brightest day of the year is an opportunity to stop, reflect and consider how our sun fits in with the evolution of spirituality. Taking a very modern twist, we can view the summer solstice as a blueprint for the Jesus story—a profound cosmic narrative connecting light, energy, surrender, and ultimate transformation.

Our sun is a powerful ball of nuclear energy. It is a macrocosmic system that continually produces violent collisions of hydrogen atoms which fuse together and form helium. Through the sun's power, life on our planet thrives or ceases. According to Einsteinian physics a tiny amount of mass is sacrificed to create a 'staggering' amount of energy. This process is beautifully represented by Einstein's famous equation  $E=mc^2$ .

If the sun's physical power relies on mass giving way to pure light, is not human spiritual development also a transmutation of dense human energy into something less dense and more subtle? Considering the immense power that the sun produces, it is no wonder that many humans are fascinated by the summer solstice.

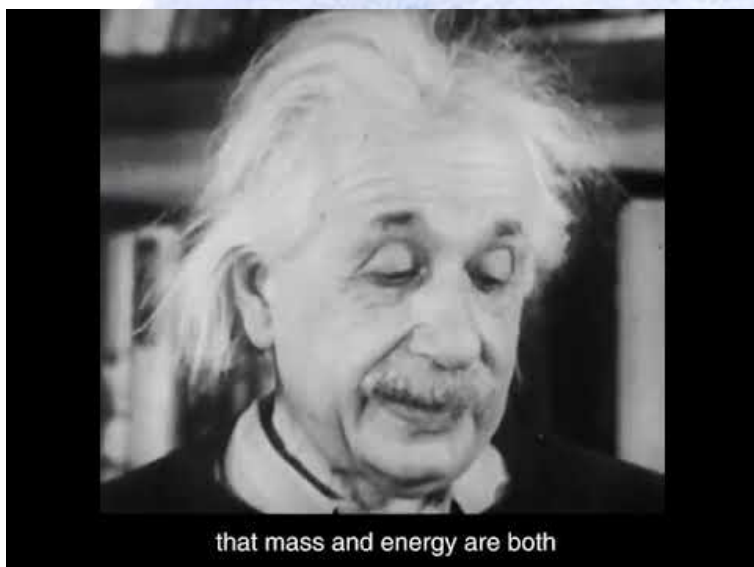
Alchemy has gendered the sun as masculine because of its powerful outflow of light, heat and energy. In contrast, the moon

is considered feminine due to its receptivity and reflectivity of the sun's light. Hence, the masculine sun symbolizes Spirit (with a capital S), and the feminine moon symbolizes the soul. While modern cognitive psychology studies the mechanics of consciousness, broader modern philosophy explores the idea that consciousness is the basic fabric of the universe. In this sense, the soul is like a dense package of individualized consciousness, personality, karma, memory and thought. In contrast, Spirit is like divine energy permeating throughout the entire known universe. The vibrational frequency of Spirit is infinitely higher and less dense than that of the soul.

Alchemical endeavors to turn lead into gold were not solely inspired by a materialistic desire to obtain precious metal. Lead is seen as an undeveloped and elementary metal but that under the right conditions will develop into something beautiful and refined. Because gold does not tarnish, corrode or rust, the ancients viewed it as 'incorruptible'—a material manifestation of the highest vibrational frequency. Alchemically gold represents Spirit and silver represents the soul.

How in the world is the process of hydrogen's transmutation into helium and lead's transmutation into gold relevant to the Jesus story? In the New Testament, John the Baptist states of Jesus, "He must increase, but I must decrease." John is like a

Continued on page 17



*If you are able to click on the photo, it will play the YouTube video of Einstein explaining his famous formula,  $E=mc^2$  in his own voice!*

*"It followed from the special theory of relativity that mass and energy are both but different manifestations of the same thing — a somewhat unfamiliar conception for the average mind.*

*Furthermore, the equation  $E$  is equal to  $mc^2$ , in which energy is put equal to mass, multiplied by the square of the velocity of light, showed that very small amounts of mass may be converted into a very large amount of energy and vice versa. The mass and energy were in fact equivalent, according to the formula mentioned before. This was demonstrated by Cockcroft and Walton in 1932, experimentally."*

soul that receives and reflects the great light, yet is not completely of the pure light of Spirit. By sacrificing his own self for the sake of Spirit, John-the-soul diminishes as the great light of Jesus-the-Spirit increases.

Spirit is so powerful, that just a tiny fraction of its energy engulfs the soul. Hence, the difference between the light of soul and the light of Spirit is immeasurably vast. To me, Einstein's equation expresses this transmutation from micro to macro energy. It is when we surrender our dense, individualized ego that we awaken and birth the infinite, radiant light of Spirit. We will never be the same.

It is no accident that on the eve of the summer solstice, some parts of Europe and South America celebrate St. John's Day. Festivities often include fire activities as fire is seen as representative of the sun. During the solstice day the sun reaches its highest and most radiant peak in the sky. It then begins to slowly decrease in intensity over the next six months until the winter solstice when the cycle of increase begins again. The winter solstice occurs right around Christmas, which is the festival of Jesus' birth. Wondering about this cosmic drama, I sense a link between John's decrease and Jesus's increase with the sun's transmutation of hydrogen into helium; the morphing

of imperfection into perfection, lower vibrational frequency into higher, density into rarified-refined, lead into gold.

I wonder, is our soul innately driven towards "something greater" than our mere human selves? Does this desire towards "something greater" jumpstart a transmutation of our soul (consciousness) from denseness into refined? Can we even begin to imagine what this "something greater" is?

It is as if our soul, through a deep longing to connect with the Great Light, leads us towards Spirit through our earth experiences. We have the sun in the sky to constantly remind us that life on earth revolves around Spiritual evolution.

When the Clarion Call for June articles for *The Inner Voice Magazine* was announced, it was suggested that we blend Spirit and Soul together to form the concept of "Soulstice" – in recognition of the summer solstice. To me, this captures the essence of the summer solstice experience. In other words, when feminine soul and masculine Spirit blend, Spiritual evolution is sparked. "Soulstice" tells us to use this time of year to reflect on how over the years, our consciousness has expanded through "growth, challenge, healing and transformation."

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**Author's Note: This article is dedicated to my father, Norman and all fathers this Father's Day.**

# Connect Beyond Our Physical World

**Elizabeth Raver, Ph.D. in Psychology**

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



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# Mushrooms, Magic and Metta: How Manifestation Really Works

An invitation to see the world a little differently.

**T**he key to all understandings: **God is the energy of love and creation.** Nothing and no one is ever outside of God; nothing and no one can ever *be* outside of God. It means everything is the energy of God. Our world is the form this energy has been given.

The energy of creation vibrates at different octaves. At higher octaves we recognize the energy as love—and for us human beings, this love is powerful, deeply felt, and ultimately transformational.

Everything is alchemically transformed when placed in this higher octave of love. This is what Melchizedek means when they invite us to lift others to the upper room. They are opening the door to a higher octave of love. **The energy of love fuels every miracle.**

## The Metta Meditation

Here is a potent version of the simple and ancient Buddhist practice of Metta meditation: Take a few minutes to reset with deep and slow breaths. Close your eyes. Remember a time in your life when love overwhelmed you. The time you felt the most love *from* your spouse, partner, child, friend. Or the time you felt the most love *for* your spouse, partner, child, friend.

Relive this memory. Feel your heart center open. You now sit in the vibration of love. Here we go: Imagine this love as a glittering white light.

Picture each member of your family in turn. See them climbing stairs, stepping onto a darkened stage and stepping into a spotlight made of the glittering white light. Say these words in your mind: I know who you are in love; I know what you are in love; I know how you serve in love. You are free, you are free, you are free.

You might also add: I see you in your beauty; I see you in your right to be; Wherever you are, God is, God is, God is. Bless this special person and thank them for being in your life.

Do this for your friends, your neighbors, your coworkers. Do it for the most difficult person in your life for three weeks. Behind every difficult person is a sad story. Spirit will connect you to the sad story that stopped them from becoming the person they were meant to be. You will notice a change in the difficult person after three weeks of being held in the vibration of love and I promise your feelings for this difficult person will shift.

## A Traditional Variation

Buddhists use a variation of these words for Metta meditation: *May I (or you/all beings) be safe. May I be healthy. May I be happy. May I be free from suffering. May I live with ease and peace. The words don't matter as much as connecting to the vibration of love before you begin the metta.*

If you do this meditation every day for one week, I promise you will be presented with an experience that lets you know it is not just a “meditation.” I share my first such experience here:

## Expanding the Practice

This practice trains your consciousness to connect to the energy of love. This connection grows ever stronger. And remember: **the person with the most love wins.**

My Guidance continued to invite me to expand the Metta meditation. I began practicing on countries and regions that hold more strife. I cannot begin to convey how this changed me and my understanding of those regions, their people and conflicts.

Each practice connects me to an energy field of God/Source light where I join thousands and thousands of beings in my conscious intention. Then, I began holding Mother Earth in love: the mother waters (the big Pacific blue), the jungles, the forests, the deserts of the world. All the living beings held in the light of Mother Earth.

This last one, of course, rocks my soul.

## The Mushrooms

Each time I expanded the practice, I would experience a miracle. One day I began including the **mycelium**—the fungi, the mushrooms that connects us all. I would think: the beautiful, incandescent, fantastic mycelium that connects us all. Every time I included the mycelium, I felt a spark of joy. An energetic greeting from this kingdom. Of course I was only imagining this! A week later, Pip (my exuberant puppy) and I were riding my e-bike through Sea Terrace Park. It has several football-field-sized grass areas. There, in one of these fields, grew an astonishing sight. I slammed on my brakes and stared in dumbfounded wonder. **The size of a two-story house, the outline of a giant number eight made of mushrooms.**

The energy of love is our invitation to God/Source Light.

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For more of JJ Flowers writings, visit: <https://jjflowers.substack.com/> | [www.jjflowersbooks.com](http://www.jjflowersbooks.com)



# Why Self-Worth Is More Important than Net-Worth

“There is no value in life except what you choose to place upon it and no happiness in any place except what you bring to it yourself.” —Henry David Thoreau

**Net-worth:** Your assets minus your debts.

**Self-worth:** The quality of being worthy of esteem or respect.

As humans, it is in our nature to compare ourselves to others. Unfortunately, because we can only compare the things that we can objectively measure, we live in a world that is great at measuring and comparing externals. Somewhere along the way, we decided that we could determine who is living a more valuable life by comparing their clothes, cars, homes, and paychecks.

Simply put, we tied self-worth to net-worth. As a painful result, we began to make judgements about our own life value by the possessions that we own. But, in reality, our life is far more valuable than the things that we own. The wages that we earn *provide* for our lives, but they do not *define* our lives. Fortunately, when we change our thinking on this matter, we are

freed to pursue a life worthy of esteem and respect that is not tied to our possessions.

Consider these 8 steps to improve your self-worth regardless of your net-worth.

1. Live a life of integrity and character. There is no greater feeling than laying your head on your pillow at night having no regrets in your dealings with others. Consider the immeasurable value that comes from looking back over your entire life and seeing the same thing.

2. Cultivate worthy endeavors that are available in infinite supply. There is no limit to the amount of love you can show, the amount of hope you can spread, or the number of encouraging words you can speak. Cultivate these things in liberal supply.

3. Delight in your uniqueness. The fact that you are different from everybody else makes you valuable. Be comfortable with yourself and proud of yourself. Don't suppress it or hide it. Instead, do the opposite: Champion your uniqueness.

4. Give away your most valuable resource – your time. Make a habit of giving it away to others.

5. Live courageously. Find the mental strength to accept new challenges. Live with great expectations about what your life can become and accomplish.

6. Develop self-confidence. A confident person feels better about themselves, stands up taller, and smiles more. A confident person does not follow the crowd or try to become someone else.

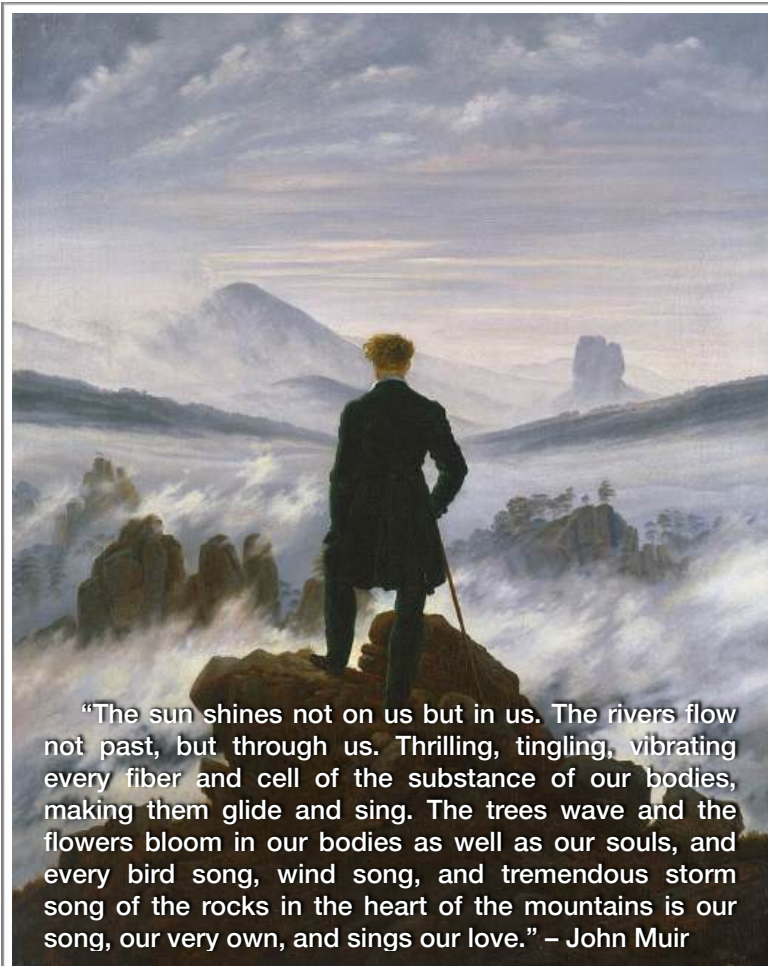
7. Embrace your weaknesses. There are no perfect people in this world. We all have struggles and weaknesses. I have found that one of the best ways to identify with others is in our weakness. When we admit that we need help, we are finally ready to interact with others on a truly valuable level.

8. Make the most of every opportunity. Each new day brings with it new opportunities. Don't waste a single one. Do everything you do with quality and excellence.

Your true self-worth is up to you. Increase it. Don't allow your life's pursuit to be caught up in the acquisition of material things—that makes for a nice net-worth, but not necessarily a high self-worth. And self-worth trumps net-worth any day.



For more by Joshua Becker, visit:  
<https://www.becomingminimalist.com>



“The sun shines not on us but in us. The rivers flow not past, but through us. Thrilling, tingling, vibrating every fiber and cell of the substance of our bodies, making them glide and sing. The trees wave and the flowers bloom in our bodies as well as our souls, and every bird song, wind song, and tremendous storm song of the rocks in the heart of the mountains is our song, our very own, and sings our love.” – John Muir

Caspar David Friedrich -Wanderer Above Sea and Fog, 1818



# The Word of Gord

## Gordon's Message from the Other Side

Channeled by Medium Susan Barnes, May 11, 2026

There is a divine spark within each and every soul that gives the life energy to each of us. That spark resonates with the vibrations from the heavenly realms. Quite often we block these vibrations because we become so enmeshed within our daily lives and the existence that we have here on the physical plane. The light from divine spark is extinguished within us. When we open up that spark, it allows us to see more clearly. To see the truth of what reality truly is, it is the spirit world. An invisible realm that surrounds us all and orchestrates everything that we do within our lives. This orchestration propels us in certain directions. However, our minds are sometimes so stubborn that we will not listen to the divine messages that flow from within. These do come from within and within each and every one of us is that knowledge of the true essence of reality.

[An angelic shift occurred in message being given.]

For the essence of reality is one that is often clouded and hidden behind the storm clouds that we feel and experience every day. The thunder, the lightning the sounds of the heavens when they are angry. The sounds of ourselves when we are angry. All of that negativity that dwells here on the earth plane and is not in the heavenly realms or the higher heavenly realms,

~ For the FUN of it ~



as we should say. For it is the higher realms that we strive for, not the lower ones with the discord, and the anger, and the hate for we have denied God in many of our own eyes. Or the God of your own understanding. Or maybe the word God is not the best word to use. Creative energy, creative life, that creative spark. We deny the creative spark that exists within each and every soul. Igniting that spark, awakening it and allowing the fire to burn within that fire that quests for knowledge and information to guide us on the right path.

To guide us in a way that is in the best interest of our divine spirits. Divinity is not always smooth. It is a path that is riddled with stones, boulders and challenges. Attempts to overcome them is what we need to do. Overcome them in a positive way. To overcome these boulders, we cannot climb over them, however, we are able to move around them. Move around them with love and grace rather than anger and hate. Do not dwell on what goes wrong.

Focus on what goes right. When it goes right, all of the little synchronicities that exist in and around us will become apparent. That is the spiritual world reminding us that there is another level of existence. There is another energy there although you may not be able to see, feel, taste, or hear. And that vibration becomes apparent in moments of difficulty and in moments of pure joy and love.

Allowing the moments from eternal bliss to come to us and share with us understanding and knowledge – an awareness of who we really are – and that person is locked within you waiting to be revealed, waiting to be uncovered. Allow the layers to unfold like peeling the layers of an onion. Each layer reveals another dimension of yourself and of the world. Allow those layers to unfold so that you will begin to see the right path, the right way, and all the possibilities for the world, for human existence and all the possibilities for humankind.

*In Everlasting Love and Compassion,  
Your friend, Gordon Phinn*

△

A grateful, joyful and enthusiastic contributor to *The Inner Voice*, Author and Medium Gordon Phinn passed into Spirit on April 7, 2026. His life's work was dedicated on educating and rescuing 'lost souls' by directing them on how to navigate the Afterlife. Gordon said that his work will continue from "his new perspective from the balcony" on *The Other Side*. Send your comments and questions for Gordon in Spirit in care of [theinnervoicemagazine@gmail.com](mailto:theinnervoicemagazine@gmail.com)



# Do Men Feel More Deeply Than Women?



Some years ago I attended a remarkable weekend couples workshop that was led by a married couple, the Catalinas. For the most part the husband addressed the men in the room and the wife addressed the women. It was a wise approach that helped maintain openness and trust between the presenters and the participants. We all felt safe there.

Toward the end of the second day we explored some of the generally acknowledged differences between women and men. Ho, hum. But we were unprepared for what happened when the wife addressed the women like so:

“Do you realize that men feel more deeply than women?”

The room fell silent. Jaws dropped. The leaders milked the pregnant pause for all it was worth.

Eventually one woman’s hand went up, a bit sheepishly: “Can you explain that?”

“Yes,” the wife continued confidently. “Men and women are born with equal potential for emotional and intuitive experience and awareness.

“What women need to understand is the overwhelming amount of gross and subtle conditioning every male in our culture receives, practically from birth, to bury their feelings and intuitions as deeply as possible. That programming is pervasive. It’s both explicit and unspoken. It’s reinforced by practically every example of male

behavior in so many expressions of the popular culture: TV. Movies. Online media. Journalism. Literature. Pop fiction...” The list went on and on.

“This is what we mean

by ‘men feeling more deeply than women.’ Women have permission to be in touch with their feelings, let off steam in healthy ways, and so forth — ways to which most men have no easy access. So eventually many men lose conscious touch with their feelings. But those feelings still live and breathe, hidden deep inside, eventually developing a will of their own, separately from the man’s everyday self-awareness, discernment and inherent sensitivity.

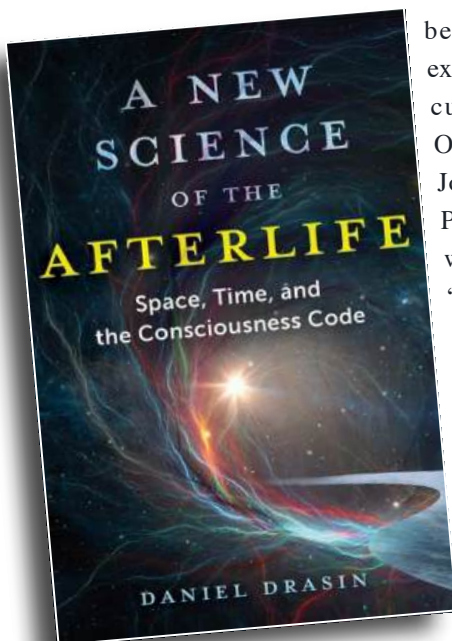
“So when triggered, those feelings tend to express themselves without the conscious control and cooperation of the man’s aware self. That’s when they can become toxic, uncaring, cold or destructive, leading to acts of neglect or hurt that can puzzle, alarm or damage the women in their lives.”

The wife paused, as the lights went on over the heads of the women in the room, who also appeared more relaxed. The men appeared more relaxed as well — like accused criminals who had just been unanimously vindicated by a jury, but who were also being called upon to start a new life, more consciously and consistently in touch with their own buried feelings.

That concluded the formal part of the workshop. But before we left we were given some homework: “Go sit in your favorite cafe and observe conversations between women and women, men and men, and men and women. Watch the body language. The unspoken messages. The types of conversations: Personal. Business. Casual flirtations. Lifelong Marriages. First dates. Just killing time. You’ll learn a lot.”

This was the longest homework assignment I’ve ever undertaken because it’s never been completed. Every afternoon I bring my work down to my favorite local cafe and enjoy keeping an eye on the folks at nearby tables. It’s endlessly fascinating and enlightening.

Δ



Daniel Drasin is the Producer-Director of CALLING EARTH, a 90-minute documentary on afterlife communication via modern electronics. [bit.ly/callearth](http://bit.ly/callearth). There's a 5-minute trailer at [bit.ly/callearth-preview](http://bit.ly/callearth-preview). SCOLE: THE AFTERLIFE EXPERIMENT is at [bit.ly/scolemovie](http://bit.ly/scolemovie).

Dan is the Author of A New Science of the Afterlife: Space, Time, and the Consciousness Code, available on Amazon [bit.ly/Aftlife](http://bit.ly/Aftlife). Learn more at [dandrasin.com](http://dandrasin.com).



Written by Author Robert Moss - Reprinted with permission.

# Dreaming is Practice for Immortality

**D**reaming is practice for immortality, perhaps the best we have available.

Why? Because dreaming is traveling. We journey effortlessly beyond body and brain, into realms beyond the fields we know in ordinary life. We travel to territories in which the dead are at home. In this way we gain first-hand knowledge of the roads and conditions of the afterlife.

In dreams, we also receive visitations from the dead. They come for all the reasons we may contact each other in ordinary life, and then some. They come for healing and forgiveness. They come for an update on family affairs. They come with warnings and information. Sometimes they need help and information from us, because they are lost or confused.

Tremendous numbers of people who are living in the afterworld are seeking to communicate with the living. In one of my workshops, I led forty active dreamers on a group shamanic journey, powered by drumming and focused by clear intention, to visit communications centers on the Other Side where the dead gather to try to contact the living. We found them using technologies both ancient and hyper-modern, according to earthly notions. I found some gathered in an old fashioned seance room, trying to call the living into their space, as Spiritists or mediums seek to call up the dead.

In another space, the dead were trying to text and phone and make video calls to the living. I was especially intrigued by a special courier service. The dream messengers, called Zephyrs, are slim and elegant, almost diaphanous, in uniforms that recalled winged Mercury, but capable of putting on any costume that

might help them to get into the minds and memories of the people to whom they are tasked with bringing dream messages.

We may become open to contact with the dead in many ways: through the sense of a presence, through physical anomalies, through goosebumps, with the help of a go-between like a reputable psychic or shamanic practitioner. But the easiest way to communicate with the dead is in our dreams.

We may be catapulted into afterlife situations by a near-death experience, or brave the gates of death in a shamanic journey or a ritual of deep initiation (which always requires death and rebirth). Yet, again, the easiest way to become familiar with the Other Side and develop a personal geography of the afterlife is through dreams and then by developing the practices of Active Dreaming.

An old Lakota saying has it that “the path of the soul after death is the same as the path of the soul in dreams.” This is exact. In quoting this, I have often added the thought “except that after death, you don’t come back.” But that is not entirely correct. Some who have died do return to the body. I did this as a child, and so have millions of experiencers of what is now called the NDE. And the dead who have left their physical bodies behind for good return to us in subtle bodies.

We need to know at least a little about what happens when we die, and before we are born, in order to live well. Death is an incredible teacher. Looking at our life choices in the clear knowledge that our story did not begin in this body and doesn’t end with it can help us to develop a courage and clarity in approaching life choices that may otherwise be lacking.

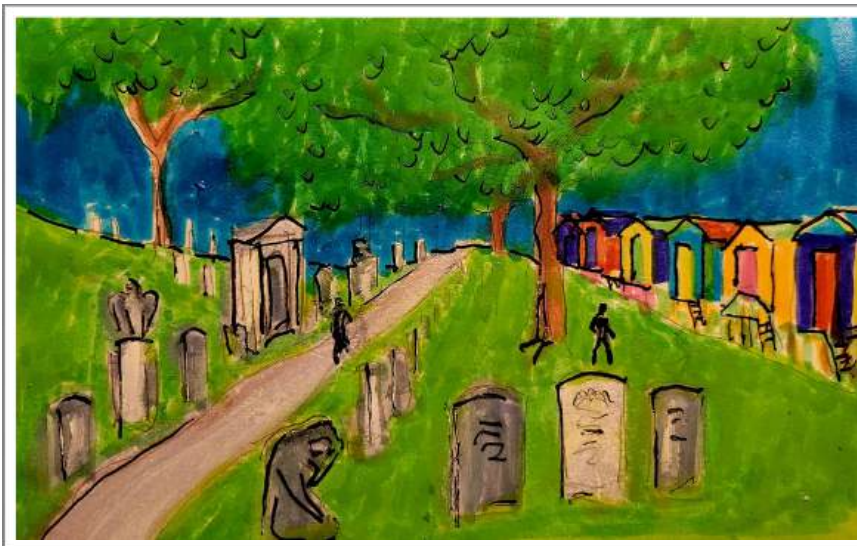
These things are too important for us to leave to hand-me-down religious dogmas, or avoid through denial. Maps from

recent travelers to the Other Side are good. If you are contemplating a trip abroad, it’s good to hear the opinions of others who have stayed in that hotel, or taken that cruise. But the afterlife is infinitely malleable, ever-changing, even within the battlements of the collective belief systems, so we’ll want to find out how things are for ourselves. The most reliable ways to do that are through contact with the dead, and through personal travel in the realms where the dead are at home. Both are most easily and safely accomplished through dreaming.

You may say, why be in a hurry? We’ll find out about the afterlife when we are dead, yes?

Well, certainly. But I stand with Montaigne on these matters. *Puisque nous ne savons pas ou la mort nous attend, attendons-la partout.* “Since we do not know where Death is waiting for us, we must be ready to meet Death everywhere.”

△



Art: “You Must Prepare Your Houses of Death” by Robert Moss. From a dream. Read more at: <https://substack.com/@mossdreams>



## The Art of Sacred Balance



**S**acred Balance is about finding your inner light. The world out there is chaos, distractions, and deep rabbit hole labyrinths, that pull you in. You find yourself drained of energy because these are things out of your control. Now more than ever, is the time to step back from helplessness, and consciously move forward in light and power.

Like the Alchemists of old, we must be the magicians who turn the rocks of life into pure gold. Luckily, there are steps to follow to come back to ourselves. This is the inner journey to rediscover what really matters to us, to shift our focus, and to mindfully set a new course of action.

First of all meditation, stream of consciousness writing, or at least quiet time, tells the Universe you are ready to nurture your Self. Some find this in journaling, working with flowers, or cooking from scratch. Others feel exercise, yoga, or dancing is the way. Of course creativity, making art, painting, sculpting, crafting are wonderful ways to pull away from the world out there, and form a sanctuary for listening. Look for something that takes you away from 'thinking,' and into the realm of 'listening' for whispers of inspiration.

I enter my sacred temple of creation, otherwise known as my studio, my personal space to imagine, create, and grow. Each morning begins with stream of consciousness writing. When it came to balance, I wrote all about ravens and rabbits. They are my Above and Below, flying free and being grounded, as well as my inner spirit guides and outer physical companions in the neighborhood.

Secondly, create a ritual for yourself to get into the feeling of exploring the unknown. Unwrapping a new canvas, setting out my tools, pastel pencils, favorite brushes, and palette create a place for new creativity. It's an exciting time.

Ritual must involve your favorite things and immerse all the senses. Light a candle, burn some incense, play instrumental music, wear your favorite clothes and jewelry to create a warm, peaceful mood. Making a cup of tea or coffee, as well as consciously eating wonderful chocolate, are fantastic rituals to begin a path of discovery.

My painting above, Sacred Balance, became exciting as I realized the background for the critters needed to be a Circle within the Square, the symbol long known to be Spirit within the Body. Then the magic number 7 appeared as the total number of ravens and rabbits, forming a Triangle within spirit. Sacred Geometry would lead our eyes to the Source, the flowing wisdom of Light.



Sacred Balance by Artist Pat Gullett

### Sacred Balance is doing the Great Work.

Thirdly, you must be the maker, the creator of a new way. Move the energy, your focus and attention, to how you really choose to live. Realizing the chaos of the world is really your teacher, consciously transforms your focus and knowing as you learn what you really want in your life. See chaos as the dark that illuminates your Light. It is the Yin to your Yang. Now, consciously, with intent, create the future you desire. This is Transformation, Alchemy, at its highest level.

I found myself filled with a lightness of being, a bright happiness at realizing and seeing the world in a new way. I've discovered my Sacred Balance, my Light within, as well as a way to live, flow, and flourish.

So, discover the wisdom that dreams your future into Being. In quiet time listen for answers, create your personal rituals to feel the energy, and be the Magician, manifesting magic with your conscious choices and Sacred Balance.

△

**Pat Gullett was a beloved writer for The Inner Voice for a number of years before her sudden passing on April 29, 2024. The above article was originally published in our December 2022 issue.**



## Blossoming into New Ways of Relating

**W**e are each and all in relationship with others and the world. But most intimately we are in relationship with ourselves and Source/the Divine/ Spirit/ Higher Mind/ God (your choice of terminology).

We can loose ourselves in the mythical worlds of idealism, perfectionism, should and ought too's, and expectations of what we assume others need from us to the point where we do not and cannot see the other nor ourselves clearly. We can actually lose self-awareness as we lean into people-pleasing, blaming, and co-dependent relationships.

All relationships pose challenges. These challenges can be opportunities for courage, new clarity, and dynamic personal growth. When we face what is calling our attention we can ask, "What new possibilities are blossoming here?"

Listen deeply to what arises. Journaling, dancing with the question, or walking in nature can reveal deeper wisdom.

Compassion plays a role. Where in your life journey have you been judging yourself? Holding resentments? Regrets? Are you the same person now that you were then? What have you learned from those times?

Are you willing to open to new possibilities that shift you into Sacred Alignment with your unique, ever-becoming,

creative Essence? You can call your younger selves forward from past times into the *now*. Give them a safe place in your heart space where they can be healed, freed from old structures and available to fresh new futures. Notice how this feels.

Greater intimacy with ourselves and each other blossoms when we are willing to be radically honest with ourselves first.

Life is calling each of us to blossom more freely and fully into living with greater self-awareness, compassion, honesty, clarity, honor, creativity, curiosity, joy – you get the point. All this is alive in our relations within ourselves, with those we love and beyond.

We blossom in our relationships when we recognize, resolve and clear origins of limiting perspectives, assumptions and habits that we unconsciously perpetuate in our self-talk, expectations and communication with ourselves and others.

The origins of relationship patterns act like filters under the radar of awareness. They can be from ancestors, early conditioning and ultimately our interpretations of what that means about us. Not to blame anyone. Our loyalties to the "past" are honorable, *and* we have the capacities – the choice to free ourselves and all from trauma, unconscious limitations and suffering with energy healing.

Continued on page 25



Beverly Brunelle  
Intuitive Channel  
Master Energy Healer  
Author



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These generational patterns of relating show up to be transformed into new, creative heartfelt ways of being with ourselves and each other. The paths of new possibilities blossom as we realize how we are holding ourselves in an outdated model of reality, and where we want to create genuine change.

A friend shared a poem with me: "Walking Close to the Bone" by Jane Bishop. It begins: "There are no rules now... All that you taught me to help me in life is no longer true, unless I find it so."

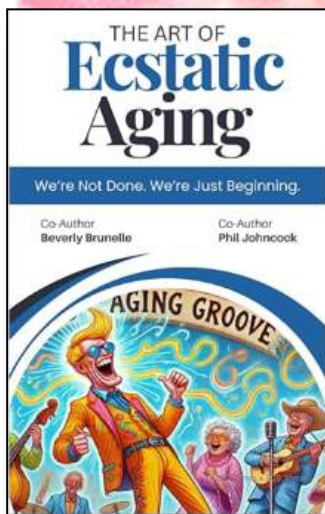
We are, indeed, at choice. We can let go of our loyalties to follow the dreams and expectations of others. We can brighten our relationship with ourselves with genuine heartfelt compassion for our precious unique journey. We can wake up each day with enlivening self acknowledgement and encouragement, as if we are our loving future selves welcoming us forward – to blossom in relationship with ourselves, each other and this day.

Affirm: "I appreciate this amazing day. I am awake to my good and my good is awake to me. I am willing to be curious, calm and relax with the unknown. I welcome new perspectives, behaviors and wonderful opportunities blossoming forth."

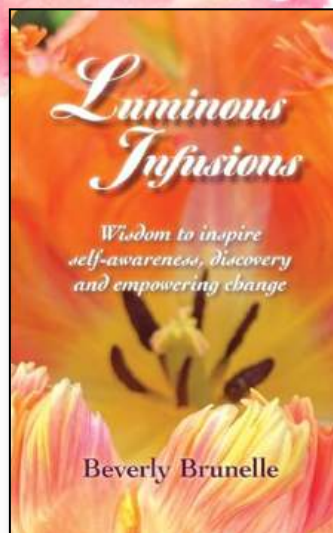


**About Beverly Brunelle:** For over 35 years Bev has served as a professional Intuitive, Master Energy Healer, Channel, Teacher and Speaker. She clears people, pets, businesses, homes and properties of interfering energies to align them with their greater potential. See ad on page 24.

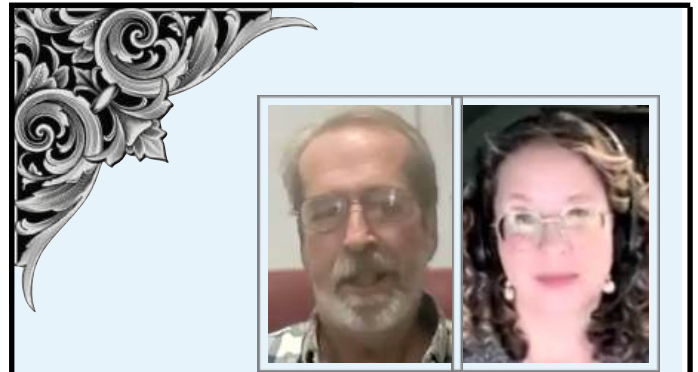
Bev is the international bestselling co-author of [Share Your Brilliance](#) and author of [Luminous Infusions](#) and [The Art of Ecstatic Aging: We're Not Done. We're Just Beginning.](#)



[The Art of Ecstatic Aging: We're Not Done. We're Just Beginning](#)



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## [Soul Explorers Podcast with Hosts Gary Langley and Sally Taylor](#)

*Presents...*



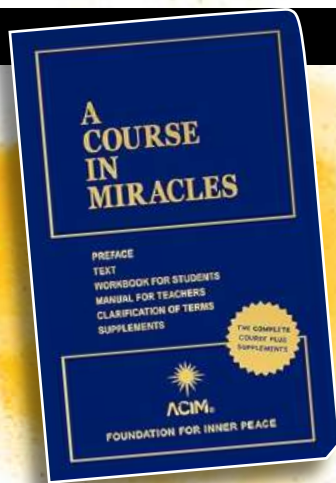
*In episode, [Neale Donald Walsh](#) talks about his New York Times bestseller "Conversations With God" and much more.*



*In episode [Medium Joe Higgins](#) shares how to recognize communication from loved ones across the veil.*

Get in touch with Sally and Gary at: [soulexplorerspodcast@gmail.com](mailto:soulexplorerspodcast@gmail.com)

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## Death and the Afterlife: Reconciling NDEs with the Teachings of ACIM

To those of you who study *A Course in Miracles*, Steve Freier asked Chat GPT to compare Near Death Experiences (NDEs) with the teachings of the Course. This is an edited version of what it said...

Looking at death through the lens of *A Course in Miracles* is a bit like turning the entire question inside out. Rather than asking what happens after we die, the Course gently—but firmly—asks a far more radical question: What if death itself is part of a misunderstanding about reality?

In the teachings of ACIM, death is not viewed as a true ending or transition into another world. Instead, it is described as an illusion created by the ego—the part of the mind that believes we are separate from God. The Course teaches that the body is not our true identity and that the physical world is not ultimate reality. If this is so, then the death of the body cannot truly affect what we are in essence. From this perspective, death is not a doorway in the traditional spiritual sense, but a mistaken belief that something real can be lost. The Course goes even further, suggesting that fear of death is one of the ego's primary strategies. If we believe we can die, we will also believe we are vulnerable, isolated, and limited.

Many spiritual traditions proclaim that “there is no death,” yet they often go on to describe heavens, realms, or forms of existence beyond this life. ACIM approaches the idea differently. It teaches that only what is real can exist, and what is real is eternal, changeless, and created by God. Since the body and the physical world belong to the realm of illusion, their appearance and disappearance—including death itself—cannot alter reality in any way. When the Course says there is no death, it is not primarily pointing toward survival in another dimension. It is pointing toward something deeper: the true Self was never born and therefore can never die.

Interestingly, ACIM says very little about the afterlife as a structured place or spiritual geography. It does not describe levels of heaven, astral realms, or elaborate spiritual hierarchies. Instead, it continually redirects attention back to the condition of the mind. According to the Course, what we experience—whether during earthly life or after the body's death—is shaped by our state of awareness. If the mind still believes in separation, it will continue to experience forms of separation. If the mind awakens to love and unity, those illusions begin to dissolve. Rather than mapping the afterlife, the Course focuses on awakening from the dream altogether.

One of the central teachings of ACIM is that the world itself is dreamlike—a projection of the mind rooted in the belief that

we are separate from God. Seen through this lens, birth is simply the beginning of a dream identity, while death is the ending of that particular dream figure. Yet the dreamer—the mind—remains. If the mind has not fully awakened, it may continue creating new dreamlike experiences. While the Course does not emphasize reincarnation in a detailed way, it leaves room for the idea that the mind continues projecting experiences until it finally chooses awakening over illusion.

In ACIM, the true goal is not reaching a better afterlife, but awakening to reality now. That awakening involves recognizing that separation never truly occurred, releasing fear, guilt, and judgment, and remembering one's eternal unity with God. The Course refers to this healed perception as the “real world,” a transitional state in which everything is seen through love rather than fear. Beyond even that lies Heaven—not as a location, but as a state of perfect oneness with God.

Within the Course, the voice identified as Jesus serves not as a traditional savior who judges souls, but as a guide who has already awakened from the illusion. His role is to help us reinterpret our experiences, release our fear of death, and recognize that we are not the body. Through his teachings, death is reframed entirely—not as something to prepare for, but as something to see through.

At first, the Course's perspective can feel almost disorienting because it does not offer the familiar comfort of detailed reunions in heaven or vivid descriptions of life after death. Instead, it offers a quieter and more radical reassurance: nothing real can be lost. What we truly are has never been harmed, and the fear of death arises only from mistaken identity. The comfort offered by ACIM is not rooted in what happens next, but in what has always been true.

In essence, *A Course in Miracles* teaches that death is not a real event but part of an illusion, that the afterlife reflects the state of the mind rather than a physical place, and that the true Self remains eternal and untouched by birth or death. The ultimate purpose is not to navigate the afterlife, but to awaken from the dream of separation altogether.

If thinkers such as Henry Ward Beecher, Emanuel Swedenborg, and Robert Monroe attempt to describe what lies beyond the veil, *A Course in Miracles* offers a very different perspective. It gently suggests that perhaps there is no veil at all—only a misunderstanding of what we truly are.

△

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# Balanced Spaces, Balanced Lives

Written by Nancy Freier

The pursuit of the feng shui practitioner is to achieve harmony and balance within an environment. Whether it is a room in the home, an office, or an outdoor garden space, everything within that environment should work together in a supportive and balanced way. In feng shui, this balance is created through the harmonious interaction of the Five Elements — Wood, Fire, Earth, Metal, and Water — each representing different qualities of life and energy, as well as both masculine and feminine principles. When these elements flow together beautifully, the result is a space that nurtures peace, beauty, comfort, and well-being.

Think about an environment you absolutely love to be in — a special place you long to return to when you are away from it. Perhaps it is your bedroom, a cozy reading nook, a patio filled with flowers, or a peaceful garden. It is the place that feels welcoming and comforting; peaceful and relaxing, yet inspiring at the same time. It may be where you recharge your life's batteries — where your soul sings.

That space feels supportive because everything within it has come together in a balanced and harmonious way. The colors, textures, lighting, furniture placement, sounds, scents, and even the feeling of openness or privacy all work together to nourish the senses. The body relaxes while the mind quiets. Energy begins to recalibrate naturally, allowing you to rest, heal, and renew.

In feng shui, this life-force energy is called *chi*. Chi should move gently and naturally through a space, much like a peaceful stream winding through nature. When energy flows smoothly, we often feel healthier, happier, more creative, and emotionally balanced. However, when a room feels cluttered, chaotic, overly dark, excessively bright, or emotionally “off,” the flow of chi becomes disrupted. We may then experience fatigue, irritability, anxiety, restlessness, or a sense that something simply does not feel right.

The Five Elements help us understand how to restore that balance. Wood represents growth, vitality, and new beginnings. Fire brings passion, inspiration, and visibility. Earth creates grounding, stability, and nourishment. Metal offers clarity, organization, and precision. Water supports intuition, wisdom, and flow. Each element contributes something essential to the environment, just as each quality is important within ourselves.

Too much of one element and too little of another can create imbalance. For example, a room filled only with sharp lines, technology, and metal surfaces may feel cold or emotionally distant. A space with excessive Fire energy may feel overstimulating or exhausting. Yet when all the elements are present in appropriate balance, the environment begins to feel alive, centered, and restorative.

Feng shui reminds us that our surroundings are not separate from us. The environments we create influence our emotions, thoughts, relationships, and even our physical well-being. By consciously bringing balance, beauty, and harmony into our homes and workplaces, we are also bringing those qualities more fully into our lives.

When energy flows well and all Five Elements are in balance, a space becomes more than simply beautiful ...it becomes healing.

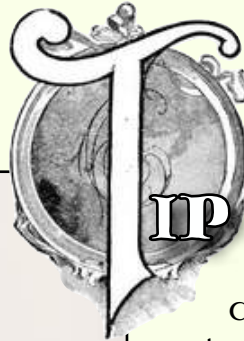
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“Strength in Numbers” by artist Terry Gilecki known for his surreal, precise, and luminous style of painting colorful koi fish. [Limited Edition Giclée on Canvas](#). 24” X 57.5”

In feng shui, harmony is created when energy flows naturally — calm, balanced, and alive, like koi gliding through a tranquil pond.

## Nancy Freier Essential Feng Shui®



The Yin Yang symbol is an ancient representation of balance, harmony, and the interconnected nature of all life. In feng shui and Chinese philosophy, Yin and Yang describe two complementary energies that exist within everything in the universe. Yin represents the feminine - receptive, nurturing, intuitive, and restful qualities of life, while Yang represents the masculine, active, expressive, energetic, and outward-moving qualities.

Rather than being opposites in conflict, Yin and Yang are partners that continually flow into and support one another. One cannot exist without the other. Day becomes night, activity gives way to rest, and stillness eventually returns to movement. The small circle of opposite color within each half of the symbol reminds us that within Yin there is always some Yang, and within Yang there is always some Yin.

In feng shui, achieving balance between these two energies is essential for creating environments that feel peaceful, healthy, supportive, and alive.



Two Koi swimming form the Yin/Yang symbol in a tattoo design. (Pinterest)



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# Hello, God!

Yesterday I spoke with a lovely woman who has been putting much time and effort into her healing: body, mind and spirit. When I asked her how she began each day, she replied, “My first thought is, Hello God.”

While God, in the most abstract is pure love and represented by the Great Unity of all life, there is definitely a time to anthropomorphize God – in other words meet God on a human level. This meeting as friends with God can also be a slippery slope because just as we welcome the day with God, it's easy to also then blame God when things don't go our way.

I prefer to invite God into a very real and meaningful friendship where we share rather than blame - where we ask for guidance rather than expect an immediate fix.

I remember reading what spiritual teacher, Sathya Sai Baba, said to a woman requesting a healing of her diabetes. He paused as if to check her many lifetimes and then said, “I can heal your diabetes in this life but it will return next time, or I can be with you in this life as you manage it with my support.” She chose the

latter – to have the guidance and love of a beloved spiritual teacher and guide on her healing journey.

This tells me, once again, that healing is a process which really means finding our inner balance, joy and self confidence or God confidence.

There is a Sanskrit slogan that seems to sum up this idea that we need to be confident and think the best of ourselves - it is “Yad Bhaavam Thad Bhavathi - which means, “As you feel, so you become.”

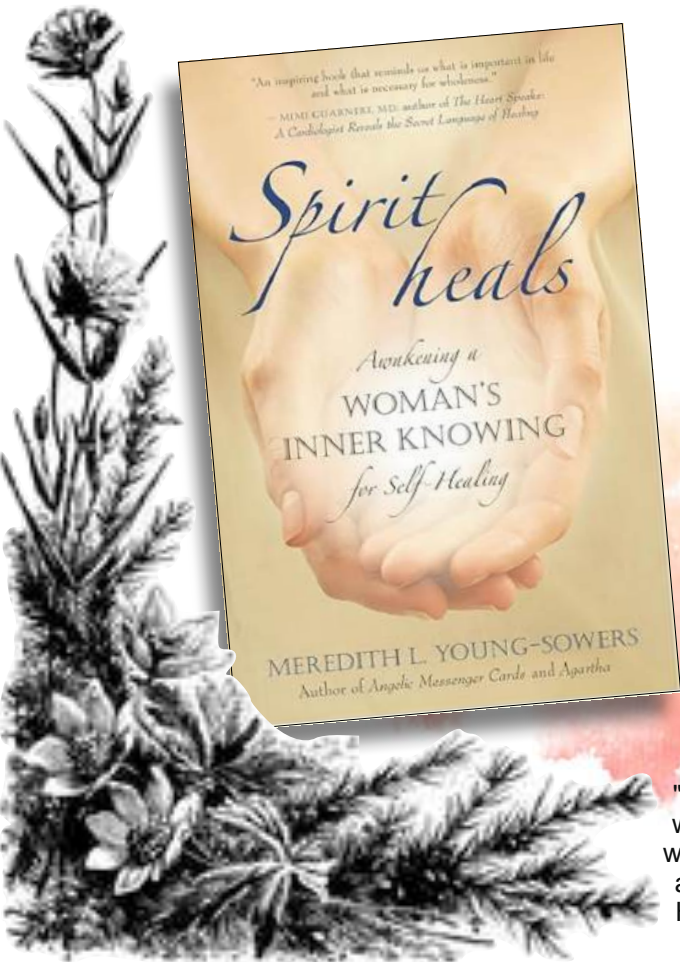
As our days continue to be filled with busyness – some positive and some the opposite, what difference can it-make if we begin our day with, "Hello God" – feeling a deep and abiding friendship that can and will last forever?

### ~ Meditation ~

*Put your hands over your heart - and know that the physical heart is only loaned to you for this lifetime – but your emotional and spiritual heart can work together to enhance your belief in yourself. Imagine the form of God that is most precious to you - reach out – is His or Her hand there? Ahh - what does it feel like to hold tight?*



Meredith Young-Sowers, D.Div. is the author of the classic “Agartha: A Journey to the Stars” and several other books, including Spirit Heals and the ever-popular Angelic Messenger Cards. E-mail Meredith here: [mysowers6@icloud.com](mailto:mysowers6@icloud.com)



**Spirit Heals** is a compassionate guide to women’s healing, integrating spirit, mind, emotion, and body. Meredith Young-Sowers explores both medical and holistic approaches—from doctors and treatments to meditation, energy work, and visualization—while emphasizing the power of active, focused participation in healing. She introduces the ideas of “spiritual DNA” and “spiritual genes,” encouraging readers to move beyond the belief that illness is inevitable. With sections like *Ask Yourself*, *Attitude Shifts*, and *Activities*, the book offers practical tools for transformation. Rooted in her workshop teachings, *Spirit Heals* is a loving reminder that vibrant health is both possible and within reach.

“A wise, compassionate, and beautifully crafted guidebook to what really matters. *Spirit Heals* is informed by both ancient wisdom and modern insights into the integration of body, mind, and spirit.” –**Larry Dossey, MD**, author of *The Extraordinary Healing Power of Ordinary Things*



From My Heart To Yours ~ Written By Denise Linn

# The Swallows Have Arrived



**T**he Universe is always giving you signs—even when you are not aware of them, and perhaps especially when you are not aware of them. Just ask your ancestors.

Our ancient ancestors lived by signs. They knew when to plant, when to hunt, when to move, and when to wait—all by reading the subtle messages woven into nature and life itself.

They understood that signs were not random. They were guidance. And when those signs were ignored, challenges often followed. To our forebears, signs were essential to survival.

Yet in our modern, fast-paced world, we have largely forgotten how to notice them. We dismiss them. We rationalize them away. We overlook the quiet whispers that might help guide us toward a new job, a move, a relationship, a calling, or a deeper purpose.

In the deepest sense, signs help us remember what truly matters. They illuminate the path of the soul. In my own life, almost every major decision I have made came because of signs.

Years ago, signs became so important to me that I wrote a book called "Secret Language of Signs", exploring the many ways messages can appear to us—and how to understand what they may mean.

And lately, I have been thinking about signs again. Here's why: Just inches away from where I sit writing in my upstairs home office, hundreds of swallows are building mud nests beneath the eaves of our home. In only a week and a half, they have built

seventeen nests. Each one resembles ancient pottery—rounded and textured like tiny adobe dwellings weathered by wind and rain.

For days, I have watched them gather mud from our small pond, lifting pieces of

the earth in their tiny beaks. Hundreds upon hundreds of little beads of mud—each one carried patiently by these winged artisans. Grain by grain, they are building their homes. What begins as a speck of clay becomes a cradle for life.

I am wise enough to know this is not an accident. Their nests are literally inches from where I sit every day. It feels like a sign meant specifically for me.

I have reached a place in life where I intuitively know a cycle is ending and another is about to begin. I can feel it deep within my bones, though I cannot yet clearly see what this next chapter will become. I have been waiting for a sign.

And now the swallows have arrived.

Swallows symbolize renewal, freedom, hope, new beginnings, and bright times ahead. Watching them in flight feels like witnessing freedom made visible. They glide through the air spiraling, weaving, sweeping, and dancing so effortlessly, it seems gravity itself has forgotten them. There is joy in the way they fly—a wild, unbridled delight. Their movements are so swift and fluid that my eyes can scarcely follow them.

There is something almost mystical about swallows in flight. They seem to belong not entirely to the earth, but to the space between worlds—messengers of freedom, trust, and wild joy.

So perhaps this is simply a long way of saying: I do not fully know what lies ahead for me, but the swallows outside my window feel like a beautiful sign of good fortune, transformation, and new beginnings waiting just beyond the horizon.

△



**Denise Linn's spiritual journey began at age 17 after a near-death experience that led her to explore global healing traditions, including those of her Cherokee ancestors, Aboriginal elders in Australia, and Zulu healers. She trained with a Hawaiian kahuna and Reiki Master Hawayo Takata, was adopted into a New Zealand Māori tribe and lived in a Zen Buddhist monastery. Denise is an internationally renowned teacher in personal and spiritual development. She is the bestselling author of Sacred Space and the award-winning Feng Shui for the Soul. She has written 19 books published in 29 languages, appeared on major television networks worldwide and has taught in 25 countries. <https://deniselinnseminars.com/>**

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"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!"**

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