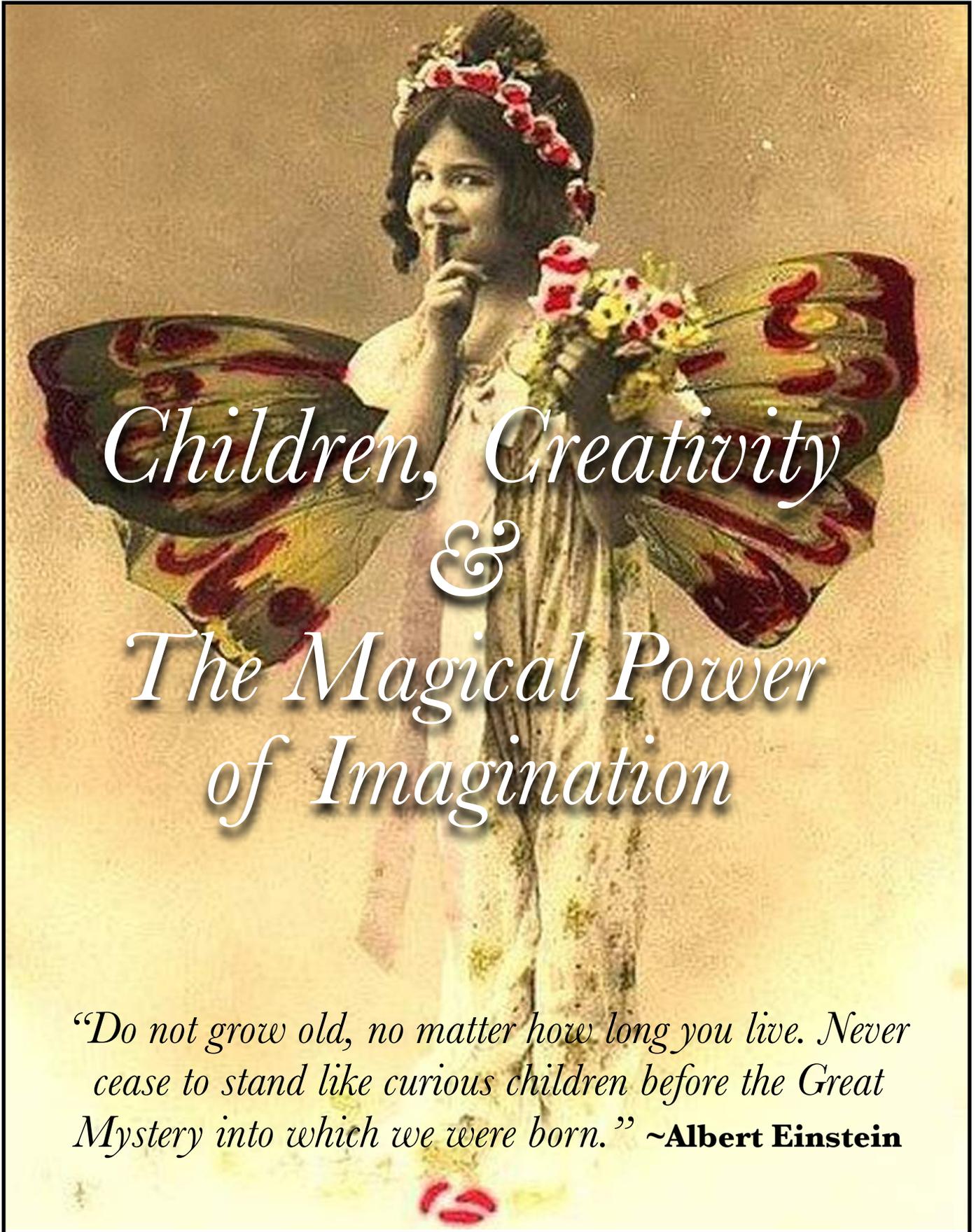


# The Inner Voice

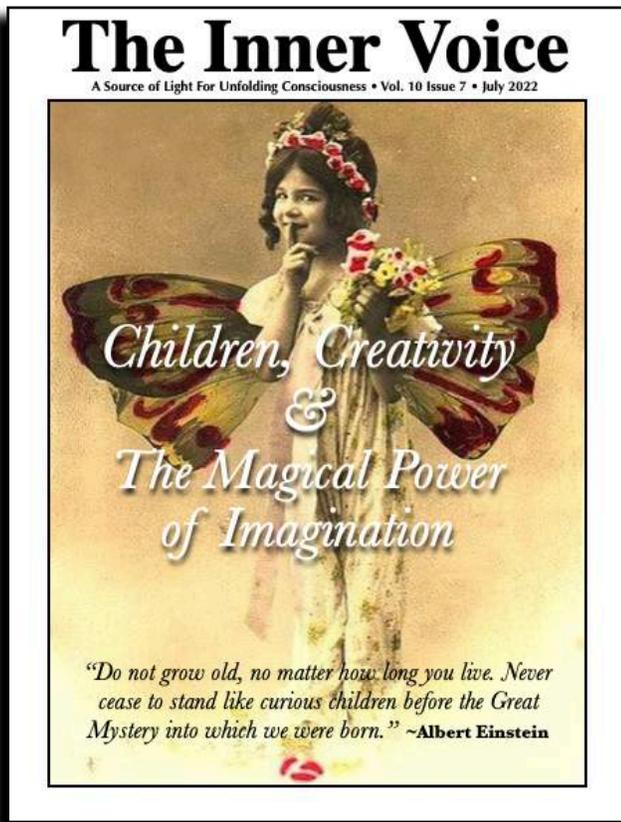
A Source of Light For Unfolding Consciousness • Vol. 10 Issue 7 • July 2022



## *Children, Creativity & The Magical Power of Imagination*

*“Do not grow old, no matter how long you live. Never cease to stand like curious children before the Great Mystery into which we were born.” ~Albert Einstein*

## About the Cover



I found this vintage image on Pinterest, a piece created by an unknown artist. The original print has the words “en el tiempo de las mariposas” imprinted underneath her feet ~ translated by a French-speaking friend to mean, “In the time of butterflies; the butterfly does not count the days but the moments, and it has enough time.”

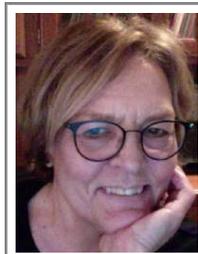
## In This Issue...

*Inspirations for Healing  
Body, Mind, Spirit, Heart & Home*

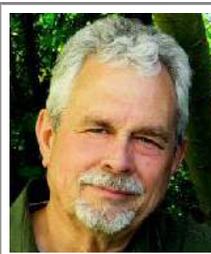
- 3 Events at Golden Light Healing Retreat Center
- 4 Angel Talk: The Magic of Imagination
- 6 Book Overview: “The Boy Who Saw True”
- 7 Book: “My Road To Healing” by Steve Freier
- 8 Psychic Healer Peter Inman:  
Remembering an Unforgettable Character
- 9 Poem: When Summertime Arrives
- 10-13 Fairy Tale: “Dolphin Myths & Whispers” Chapter 1
- 12 Let’s Talk Crystals: Kunzite
- 14 Beverly Brunelle: Inquiry Into Perfectionism
- 15 Ad: Stream of Love mp3 / Subscribe to The Inner Voice
- 16 Lori Andrus: Let’s Talk Crystals
- 17 Ad: Lori A Andrus / Crystal Shaman School
- 18 Gigi Stafne: Gardening With Kids!
- 19 Ad: Gigi Stafne Green Wisdom
- 20 Pat Gullett: Creativity is Everything!
- 21 Astrology Within: The Moon by Barry Kerr
- 22 Kathleen Jacoby: A Path To Freedom
- 23 Ad: Life, Death & Afterlife Discussion Group
- 24 Feng Shui for Kid’s Rooms
- 25 Ad: Essential Feng Shui®; Create Some Curb Appeal
- 26 Lynn Schuster: Communicate With Your Animals & Guides
- 27 Ad: Lynn Schuster Animal Spirit Talker
- 28 Ad: Retreats by [www.HealingWarriorsHearts.org](http://www.HealingWarriorsHearts.org)
- 29 Ad: Free Spirit Crystals / Chrysoprase



*Lightlines Publishing*



**Nancy Freier**  
Publisher  
Editor-In-Chief



**Steve Freier**  
Co-Publisher  
Website Design



**Beverly Brunelle**  
Consulting Editor

Subscribe and support  
The Inner Voice! [Press  
HERE to Donate](#)



*Thank you!*

The Inner Voice ISSN #1073-1814 ©1992-2001; e-version ©2012-2022. All rights reserved. This publication serves as inspiration for raising the frequencies of body, mind, heart and home, however, it is not meant to replace the advice of medical doctors and other healthcare professionals. The opinions expressed herein are not necessarily those of the publisher or editors. We encourage you to listen to your own inner voice for guidance and direction on your path. May your life be blessed by reading and sharing this magazine. Writer’s Guidelines are available on request.

We would LOVE to hear from you! Email your thoughts and ideas to: [theinnvoicemagazine@gmail.com](mailto:theinnvoicemagazine@gmail.com)



**Your Hosts**  
**Amy & Dave Wilinski**  
**920-609-8277**

[www.goldenlighth healing.net](http://www.goldenlighth healing.net)

Golden Light Healing Retreat Center is an oasis of peace and healing nestled amid 200-acres of prairie, fields and forest just 15 miles from Green Bay, Wisconsin.

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

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



**Golden Light Healing**  
 DREAM • EXPLORE • DISCOVER • GROW

Located 15 miles from Green Bay, Wisconsin

**DRUM MAKING WORKSHOP**  
 with Dave Wilinski  
 July 14 or August 14  
 12:30pm-5:00pm



**TAKE A WALK ON THE WILD SIDE** with GIGI STAFNE  
 July 23, 6:00-8:30pm, \$25

**THE HERBAL APPRENTICE** with GIGI STAFNE  
 July 23-24, 9:00am-4:00pm  
 See Gigi's article on page 20

**AWAKEN YOUR INTUITION**  
 August 14, 9:00am-1:00pm

**THE POWER OF RELAXATION WITH YOGI ASHOKANANDA**  
 September 2, 7:00-9:00PM.  
 \$60

**SELF-HEALING & AWAKENING WITH YOGI ASHOKANANDA**  
 September 3-4



**REIKI LEVEL I TRAINING**  
 July 9 or August 28, 9:00am-4:30pm

**REIKI LEVEL II TRAINING**  
 July 10 or Sept. 18, 9:00am-4:30pm

**REIKI MASTER**  
 August 5, 9:00am-4:00pm  
 Includes apprenticeship



**MUSHROOM FORAGING WITH MATTHEW NORMANSELL**  
 August 31, 6:00-9:00PM, \$50



**WHISPERS ON THE WIND SHAMANIC PROGRAM**  
 Group #26: Aug 17-21, Nov 30-Dec 4, Feb 8-12, May 17-21, 2023  
 Group #27: Dec 7-11, March 29-April 2, June 7-11, Sept.13-17

Are you searching for the meaning in your life? Would you like a deeper connection with nature and the spirit world Please join us for an intensive training program in shamanism, energy medicine and self-transformation.

We meet four times over 12 months. You will learn core energy healing techniques including power animal and soul retrieval, clearing of past life and ancestral imprints, connecting with the forces of nature, ceremony and ritual, and much more!

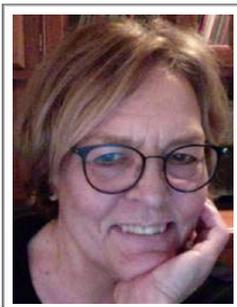
Register online now for our Workshops and Sessions [www.glh.as.me](http://www.glh.as.me)

## Dear Readers,

Being a channel and medium for loved ones to come through can be an interesting challenge. As I was curating ideas and articles for this issue, my late friend Richard Jerome Bennett came in rather loudly that it was time to share his *Dolphin Myths and Whispers* book he began writing before his untimely death in 2014. I was reminded of how much I miss his creativity, music talent, and humor.

I also felt the healing power of the Summer Solstice shine through with a message from one of my other “most unforgettable characters”~ Psychic Healer and Shaman Peter Inman. Both Richard’s “fairy tale for the New Age” and Peter Inman’s 1992 video interview by Steve Freier are real treats! I’ve had many spiritual teachers and mentors and I’ve known a lot of influencers, but these two top my list! I also want to give a shout out to all of the regular contributors, including Beverly Brunelle, Pat Gullett, Lori Andrus, Gigi Stafne, Barry Kerr, JoAnn Dioguardi, and Lynn Schuster. This magazine would not shine without you!

In this summer season of creativity and play, I wish to express my gratitude for my life, too... and for all my skills – feng shui, angel readings and my new book, and my ability to do this magazine each month. I, for one, live from inspiration to heal my body, mind, spirit, heart and home, then I love sharing my findings with you so you may likewise be inspired. It is my joy to do this work and is my hope that you will share [www.theinnervoicemagazine.com](http://www.theinnervoicemagazine.com) around the world! I am certain there are many people out there who would be delighted and transformed by reading it, so please share it widely!



May your summer be blessed with lots of creativity, love and sunshine!

Nancy

# The Magic of Imagination

Angel Talk™ by Nancy Freier and the Angels of the Great White Light

Louise Hay said in her book, *You Can Heal Your Life*, “It’s only a thought and a thought can be changed.” To me that means, if you don’t like the situation you’re in, this is a great reminder ~ that if we created it, we can uncreate it by imagining something new; something we would rather have or experience.

The angels concur. In my book, *Angel Guidance*, this is what they had to say about our creative power...

Imagination is the vehicle we use to explore the subtle worlds and other dimensions, not normally known to us, while we’re still in the flesh on the Earth plane.

“Did you know you can travel anywhere in your imagination? Did you know that you already travel to any dimension, and see anything you wish to see, simply by rendering it in your imagination? Your imagination allows you to think of being somewhere; and, suddenly in your imagination, you’re there. Think about your dream state for a moment; because, this happens all the time in dreams where you are exercising your imagination. You dream you are relaxing on a beautiful, sunny, white sandy beach; and, while you’re in the dream, it is as real to you as if you’re actually there. This is how powerful your imagination is.”

Spiritual healers suggest we can do the same thing to heal the body. Louise is a great example of this. She healed herself of cancer imagining herself healed using visualization and scientific prayer.

Here is a practical exercise you can do to show yourself the power of your imagination. Go outside on a partly cloudy day and choose a small cloud that is alone in the sky. Ask if it is all right with Creation for that little cloud to disappear, then look directly at that cloud and say, “With the power of the

Universe, I demand that you disappear right now.” Then watch it disappear.

You will realize just how powerful your imagination and intentions really are. If you’re able to make clouds disappear, what else can your thoughts do? The angels always ask us to become conscious of what we’re thinking about, to learn what we are actually creating, perhaps unaware. “Wake up your sleepy imagination! Change the video recording you’re seeing on the screen of your life, change your expectations, and you will change your experience there. It is that simple and perhaps that difficult.”

Start a daily routine of creative visualization to take you places your creativity and wisdom need you to go. Your inner eyes need to occasionally feast on other realities, for this refreshes your soul and keeps you vibrantly alive. Develop a habit of daily meditation to re-imagine your life, your health, your wealth and your relationships, as you truly and deeply want them to be. See where, in your life or body, you are unhappy; and, tap your imagination to create alternate realities in those areas instead.

Imagine what real joy looks like and feel how it feels in your heart. The more vivid the images you create and feel on the screen of your imagination, the better the outcome will be. We cannot wave a magic wand over you for you to perceive yourself as happy; *but you can*. You have the power of intention to be your own magic wand. It is in your imagination! Use it and have fun, because the energy of fun carries great power and may be hazardous to any illness.

△

For more on the subject of “Imagination and Healing” see “Psychic Healer Peter Inman” article and video on page 8. For more about Louise Hay and her healing work, visit: <https://www.louisehay.com/>

# Angel Guidance and Mediumship Readings

The Angels shine a light on your path so you can sail through your challenges with clarity, ease and grace. If connecting with a loved one is in spirit, the Angels guide the reading and bring through their unique heavenly perspective and compassionate wisdom.

## Flower Essence Remedies

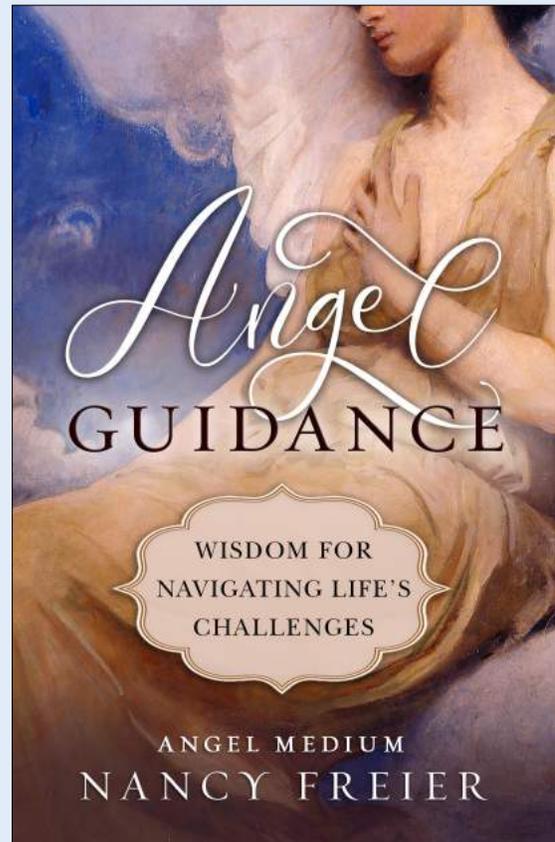
Address the root of the issue and vibrationally restore balance. I combine several essences from either Flower Essence Services and/or Dr. Bach. Remedy is effective and safe to use.

~~~~~  
Angel Medium Nancy Freier

Helping You Navigate  
Life's Challenges

Check out my all new website

[www.NancyFreier.com](http://www.NancyFreier.com)



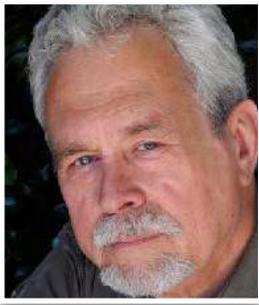
### ***Just released!***

**Angel Guidance** is a collection of some of the most popular questions asked of the Angels, along with their wit and wisdom to help you navigate through life's many challenges. Arranged in alphabetical order by topic, you may look up a specific issue, or open the book to any page and read what the angels guide you to read. If the question doesn't apply, the answer will. **Angel Guidance** contains more than 30 prayers and affirmations that may quite possibly change the course you're on, and heal your life! Get the book now and have **Angel Guidance** forever.

Choose either Kindle or paperback

<https://amzn.to/3GETWH9>





# The Boy Who Saw True

## The Time-Honoured Classic of the Paranormal

### By Anonymous

**T**he *Boy Who Saw True* is based on the diary entries of an English clairvoyant boy raised during the mid-1880's Victorian period, whose extraordinary supernatural talent slowly develops and reveals itself over time. I found the book charming, funny, and extremely engaging as we follow the development of this boy who is about 10 to 12 years old. His diary is an extremely convincing account of a precocious paranormal talent, and all the more persuasive because the young diarist never tries to convince his readers. Born

with extraordinary clairvoyant powers, the anonymous author can see auras and dialogue with spirits of many levels, yet he fails to realize that other people are not similarly gifted.

This remarkable book has become a paranormal classic. It was published in 1953, many years after the author's death. In the Introduction by Cyril Scott, he provides this overview, "With regard to the diarist himself: he was born in the North of England, his father being a business man, but with a taste for reading. His son seems to have inherited this taste, and already when quite young had literary aspirations, which account for some of the comicalities to be found in the script. He would steal into his father's library and read books which, as his mother remarked when taking them away from him, were "not at all suitable for little boys." And doubtless she was quite right; though as it so happens the results of the precocious lad's "naughtiness" proved highly diverting (humorous) in the end, at least so I have found."

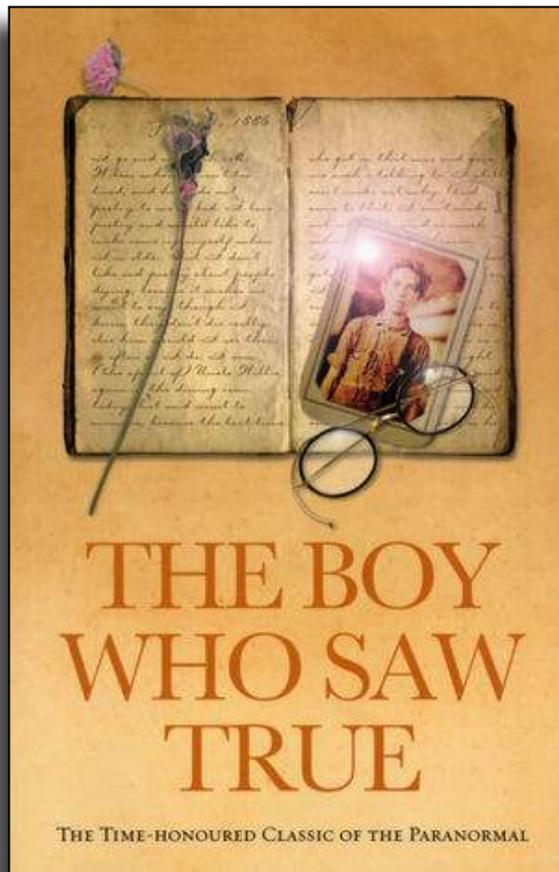
It is soon revealed that the boy is up against the limitations of the age imposed by the teachings of the Church, as well as his church-going protestant parents who believe such insights are 'of the Devil' or are simply fantasies to be quashed at every opportunity.

Lucky for the boy, at some point he is home-tutored by a sympathetic man who is

interested in what the boy has to offer. He is able to guide and counsel him, as well as to participate in many of his mediumship sessions by putting questions to the Spirits the boy encounters, and taking down the answers in shorthand for him to later copy into his diary. Thus, we are fortunate to be able to 'sit in,' so-to-speak, on many of the actual spirit encounters, as well as the reactions of his tutor and the boy himself to what has come through. Additionally, the boy has the ability to see auras and is always comparing what he sees to the countenance and attitudes of the people he encounters.

His descriptions provide enlightening and entertaining reading especially when filtered through the immature language of a young boy who can barely spell and many times gets his language fouled up... charming great fun! The diarist also has the ability to see and describe fairies, gnomes, deceased persons, earthbound ghosts, as well as what he describes as the Elder Brothers, who, as far as we can tell, are basically Ascended Master teachers — some of whom communicate while he is asleep, or while they are asleep in India!

One of my very favorite parts came early in the book when he decides to ask his then current tutor, Miss Griffen, the meaning of the word adultery which he had heard mentioned in the Bible. "I thought I'd ask her about adultery, as ma wouldn't tell me, but she only blushed and said we'd understand when we were grown up, and then she blew her nose. Well, you might at least tell us this much," said Mildred (his sister); "Have you ever committed adultery?" "Good



Book is available from Amazon in paperback or Kindle format.

Continued on page 7

gracious! dear, of course not," said she, and got as red as a turkey cock. "Then I think you might tell us what it means," said Mildred, "'cause if you won't, I shall look it up in the (dictionary)." "I forbid you to do any such thing," said Miss Griffin. "If you must know I would rather tell you myself. When a man is so wicked that he wants to marry someone who is married already, that's called committing adultery." "Oh, is that all," said Mildred, "then why didn't you tell us before?" "You didn't mind telling us about Cain and Abel the other day," said I, "and it'd be much wickeder if I killed Mildred, than if I wanted to marry Antie Maude who's married to Uncle John." "No one ever marries their Antie," said Miss Griffin, getting quite tight. Miss Griffin always gets tight when she's vexed. (Poor repressed spinster, without a grain of humour! Her attempts to get out of the predicament in which we had involved her were only to lead to a worse one in the end). When Miss Griffin had gone, Mildred was very disobedient and went straight to the (dictionary) to look for adultery, but she didn't know what any of the words meant, neither did I.

Beyond the charm exuded by this curious young lad growing up in Victorian England, there is much to be revealed and learned about life, death and 'the Beyond' in the spirit world. In the latter section of the book, which dramatically skips forward a few decades to describe the diarist's clairvoyant perceptions while living his adult life. (These were mainly preserved in the form of letters sent to his first wife while traveling.) There is much more that can be divulged, and in my opinion much of what he reveals can be corroborated in the countless other books I have read on similar subjects.

But if you want to learn, as well as be charmed by the perceptions of a young clairvoyant, you should get this book. Read it and have some fun! Available from Amazon in Kindle format, it has mostly 5-Star reviews. Highly recommended!

***From the back cover:***

*"He asked if I believed in ghosts,  
And I said yes.*

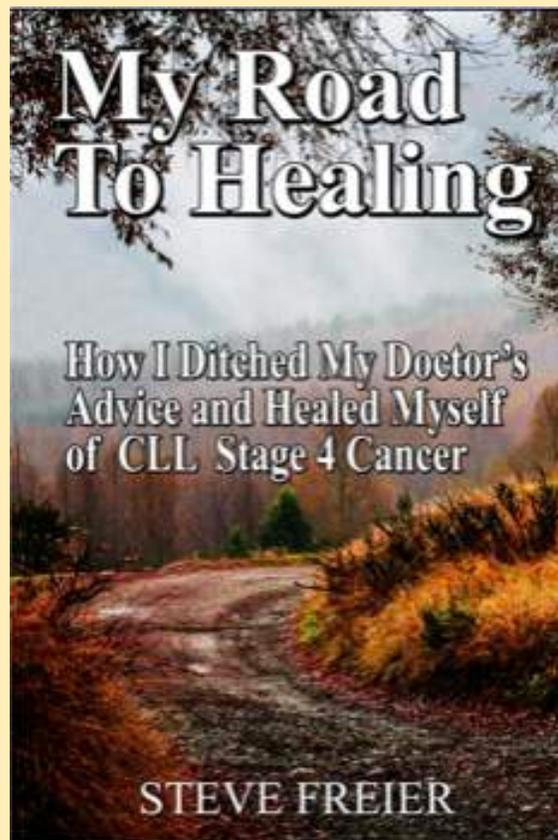
*Then he wanted to know if  
I'd ever seen one, and I said lots.*

*"Weren't you afraid?"*

*"Not when they're nice ghosts," said I,  
but I don't like nasty ones..."*



Steve Freier is an Afterlife researcher and book reviewer of metaphysical topics. He is also a professional video producer and was a metaphysical talk radio host. He hosts a monthly After Life discussion group. See page 23. He resides in Door County, Wisconsin. Email: [sgfreier23@gmail.com](mailto:sgfreier23@gmail.com)  
Visit: [www.myunobstructeduniverse.com](http://www.myunobstructeduniverse.com)



Just released!  
My account of how I healed  
4th Stage CLL (chronic  
lymphocytic leukemia)  
without the use of chemo and  
radiation over 20 years ago.

<https://amzn.to/3agweoq>



# Psychic Healer Peter Inman

It was early 1992 when my brother Steve Freier and I were invited to attend a very special workshop in Milwaukee given by **Peter Inman**, a psychic healer and teacher. Our Editor, Beverly Brunelle was also in attendance. Peter was on tour around the country teaching ‘what he knew’ so others could remember who they are, awaken and heal.

The son of a preacher, Peter was steeped in religion that likely contributed to his keen curiosity. He spent time with the Campesinos, natives of rural Latin America and Mexico who “remembered who they were” (the sons and daughters of the Creator).

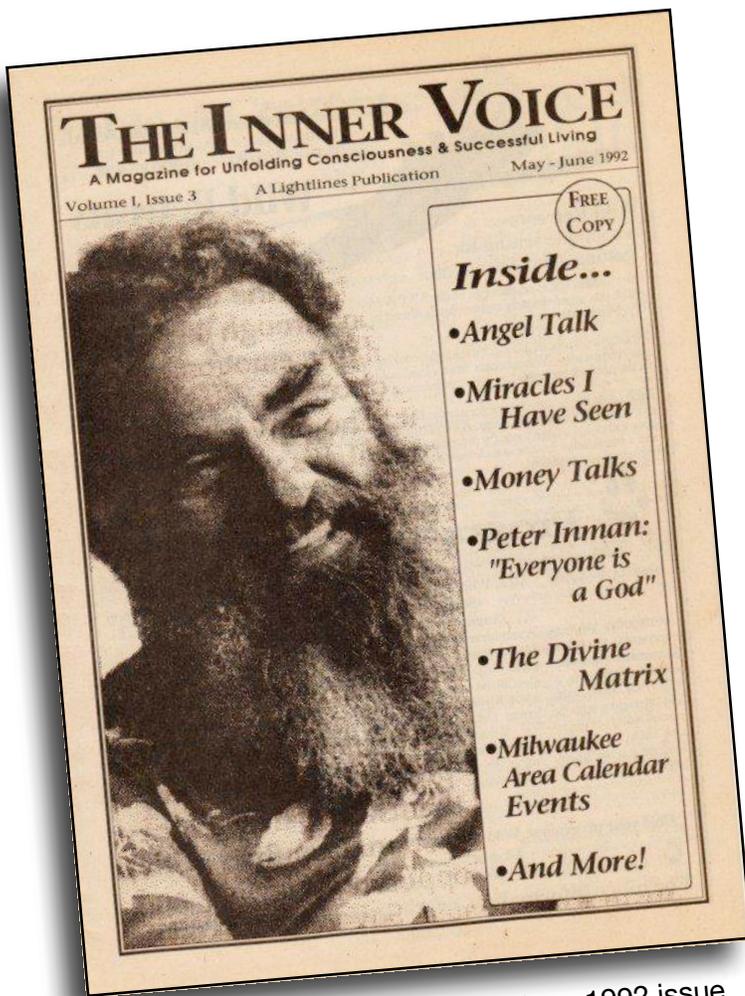
Peter returned to the United States, traveled in a makeshift bus, to help us remember who we are. He taught us that if we would *call back our power by our spoken word*, we could change and heal anything. He taught that if we created the condition, we owned the law that created it and therefore we had the power to ‘speak the word’ and change that law to *uncreate* it! During the workshop we were witness to many a miracle based on his teachings.

Rather than printing the interview we did with him that weekend in '92, below is a link to a YouTube video to watch it for yourself. This way you will hear his laughter and feel his joy!

Peter’s ultra-amazing workshop and what he taught about *the power of the spoken word* has stayed with me ever since



P.S. I looked for Peter a few times over the years, but came up empty. His friends and followers that I was still in touch with believed that he either returned to Mexico, or he ascended ~ just as he said he would when his work was finished here.



The Inner Voice Magazine, May-June 1992 issue featured Psychic Healer Peter Inman

## “The Power of the Spoken Word” An Interview with Peter Inman

Conducted by Steve Freier



<https://youtu.be/MZPmNFpQFu4> Length: 27:43



JoAnn Dioguardi in her own words: “I am a Cosmic Consultant for Change whose mission is to help others see the possibilities available to them so that they are inspired to create a joyful life that honors the intention of their soul. I inspire, teach, and heal via the vibration of my words.” For more of her writings visit: [www.jadioguardi.com](http://www.jadioguardi.com)

The nights are equal to the days,  
and bird song fills the air  
as Mother Nature now displays  
her beauty everywhere!

Awakened by the noisy jays  
consorting without care,  
I close my eyes again and laze;  
I hope I've time to spare.

And as I drift, my thinking strays  
to days beyond compare....  
But duty calls, my form obeys;  
for work, I must prepare.

The unrelenting sun's ablaze  
and, blinded by the glare,  
my mind is shrouded in a haze  
that draws me back to where...

the sunshine signaled R & R,  
the Beaver Pool, a Dilly bar,  
the smell of baby oil and tar,  
and lightning bugs inside a jar.

Each year when summertime arrives,  
I can't help but recall  
the fun-filled months of endless play.  
Back then, we had it all!



We filled our daily lives  
by doing as we pleased —  
an ice cream cone or sweet parfait —  
all yearnings were appeased.

At blue skies we would stare  
when lying on the grass  
in our backyards or by a brook,  
whose water looked like glass.

For me, on days that weren't so fair,  
I'd stay inside and read;  
a mystery or romance book  
fulfilled my every need.

Alongside River Road,  
I'd often choose to stroll;  
when I would pause to watch a barge,  
relaxing was the goal.

Since then, I've mostly strode  
with purpose on my climb.  
And now, when needing to recharge,  
I think back to the time...

...when sunshine signaled R and R,  
the Beaver Pool, a Dilly bar,  
the smell of baby oil and tar,  
and lightning bugs inside a jar.

When mental skies are overcast,  
you needn't search too far  
to find the joy of summers past.  
That child is who you are!

△



# Dolphin Myths and Whispers

**From the Master Dolphin of Delphi as told to Richard J. Bennett**

This story was written by our friend and former editor, Richard Jerome Bennett who transitioned on May 20, 2014, from pancreatic cancer. He was the most creative individual I have ever known so whenever I do an issue on creativity, I think of him. Richard was a concert pianist, composer, music channel, singer, artist, painter and peacemaker. He was from California but he lived in Milwaukee in the 90s when I met him. At that time he composed music he called "Soundscapes" for an individual to listen to and heal by. He channeled this story that I call a fairy tale a few years before his death. I believe he said the inspiration came to him during a trip to Lake Superior and to Rock Lake in southern Wisconsin, believed to have a pyramid under the water.

The world of our forefathers had been spinning and singing for someone in the Heavens but no one knew it and no one heard it, save for the Great Spirit of the Supreme Intelligence which knows all things and contains all things within and without the comprehensible universe.

The Earth, which was also known as Terra, became secure in its special sound and for the sounds of all living things thereon. For the Earth had become a jewel in the family of planetary brethren and this was especially important since, in the original creation of our twelve orbit system, only one planet-being had fallen into silence, but that's another story.

So, millions of innocent souls flocked to Terra to experience the beauty of its biosphere, and they bathed in its life giving waters and renewals as they swayed and sang with the sonorous songs of Terra.

Millennia upon millennia passed without much incident, (or so we perceive according to our present standards.) Souls had been swimming through the Earth's Blue Orb, enjoying the transmutations of color, the signatures of sound, meridians of movement of all that was magical and all that was mystical.

The Blue Orb of the Earth was protected because, so far, all the souls journeying to this place were in perfect

accord with the living soul of the Planet Earth, desiring nothing more than to experience Terra's wonders, as did the Lemurs, who were one of the first root races (manu) to inhabit Terra. They settled on the great islands in the Pacific realm. There they reached a point where they were capable of lowering and raising their forms from spirit to matter and from matter to spirit again and again, with spectacular ease. They had learned the secrets of the universe and were co-creators of the myriad of divine geometry that manifested in all things.

All living things echoed the brilliance of the supreme Intelligence. For there was a great understanding in all of Creation. This understanding, called the "knowing," contained no-lacking-thing because all things willingly fulfilled their own destiny and recognized and honored creations' diversity.

There was no death as we know it today. Death was revered and appreciated as the passageway to experience the Truth of Transition. And there was no hunger or despair, for the gentle Spirit of Love filled all the empty places. Every living thing sounded its essence, loudly, clearly and then softly.

The sequence of these events, which would happen at any given moment with some beings resting and other spirits beginning, was known as a harmonic convergence, that lead all essences of Life

to the return to the cosmic Cauldron of the One.

Then, in an instant, all were catapulted out again into the multitudes of galaxies, continuing the gift of the Journey, which today we barely recognize as the path, of a parabolic orbit. And this is called the great "OMing" procession of sounding souls moving along the crystal cord of Creation.

This experience of the synchronization of sounds and the harmonizing of the galaxies was passed on and impressed into the cell of our atomic memories. This we know as our "hOM-ing" device.

Because of the success of the first souls and the process and progress that was being experienced upon the Earth, beloved Terra was bestowed with the greatest gift of all the planetary bodies in this latitudinal quadrant. It was the grandest gift and the gravest gift that any living thing can receive. This is the gift we call *Freedom*. For it was known throughout the Cosmos that the fireheart of Terra blessed all within and without its system without restriction or restraint. The glow of its destiny could be seen and felt and heard by the Great Supreme Wanderers of the Universe, even light years away.

So Earth was known as the Freedom Star, and the perfection of its sound was seen as a luminous purple flame, the

Continued on page 11

compliment to its red-orange heart-flame, transmuted into its perfect counterpoint.

So there was a great peace on and in the Land, and there was a peace throughout the air. There was a serenity below and above its waters and there was even a peace in the flame of the consuming fires as they moved upon the face of Terra. For all living things sang in the Name of the One, the Omnipresent One, which brought them *the knowing*, especially the knowing of the fire-breath of enchantments expressed in the ethereal Fields of Elysian, known to us today only as a glimpse of the grandeur of a place we call Heaven.

Then there was a great thunder and rumbling that resounded in this quadrant, the likes of which was never heard before. It was unfamiliar and deafening and seemed to permeate every living thing. But a determined Terra stood firm and continued to hum through the galaxy remaining in her orbit.

However, for a split millisecond, there was an interruption in things great and small. Most living things paused for a moment and then carried on, for there was not one remaining when their singing stopped, but a great Silence. However, there were those who began to wonder if the unknown voice would ever speak again. And these few continued to ponder until almost all the thunder and rumbling sensations had passed. But for a very few, a very minute number of living things there began a wandering and a search for this sense of sound.

Because the search had now been prolonged over some millennia and oceans of time, there grew a Legend. The few left, now just a handful, began to carry the belief that they had lost something. So they began to resound and sing in the only way they knew how to make the Call. So this period of time was deemed "the search for the Lost Chord."

At this very same time within space, there were many embodiments occurring throughout the Heavens and Earth, and the regions and realms began to be filled.

The embodiments nearest Terra's quadrant were of enormous beings

traversing the Upper worlds, called giants, Titans and gods. Because all possibility existed in this quadrant and the quality of freedom afforded all within this realm the reality of choice, they all began to multiply at will and began to claim jurisdiction over vast worlds and regions and, of course, began to dream of the domain of the Earth – a prize beyond compare! A jewel of great desire this planet, with its forests of freedom.

Now, the handful of living things began to feel a sense of great anticipation as they felt a response to their longing was at hand.

They began to see signs in the sky, lights bolting through the heavens accompanied with deep and distant, grumbling voices. For sure this was their *lost chord*, they thought, the sound that had excited their imaginations, the resonance that had passed through their very cores.

They huddled together and called to this Lost Chord so distant and so dissonant. As their song moved through the mantel of Earth's Blue Cloak, it creased the blue veil of Mother Earth, and it moved it, ever so

slightly, creating but a pinhole in the once protected Blue Orb.

Within that very second, the *vox domini* of the dominating gods resounded upon the Land, the Triads of tribulations of the Titans thundered close behind, darkening the heavens. The great gurgling of the Giants gravitated all things and crystalized the living in many regions with the rhythm of time and space and pizzicato of pride firmly in place. The Great Descent of Divinity was in full swing and at the same time the Great Ascent of All Living Things sprang forth,



'Angel Dolphin' by Artist Jeanine Semon, was its original name until Richard Bennett had a mystical experience in which he heard the voice that was emitted telling him his true name. "I am the Master Dolphin. I bring peace and love and healing." This tale was then received by Richard from **The Master Dolphin**.

as Terra had to abide by her innate nature of balance.

It was the Dawn of the Living Dance, and all living things began to swell with this force, with this movement of vibration, this expansion of being. But the Lemurs, who had assisted in the splendor of the great creation, began to lament for the first time in the history of this place. They had *the knowing* and they knew that as all living things began to desire the removal of their unknowing, this would surely bring grief to the Lemurian world. This was in keeping with the will and the Law of the Land ensuring the equanimity of Earth's allotments be kept in just measure.

The Lemurs, knowing that the unknowing had pulled momentum on the Fulcrum of Time, were wise in their understanding. They foresaw the shadow of the unknown taking precedence over the known, causing all living things to become a mystery, and all known things to be hidden.

Realizing that some souls would still come to the Earth from other worlds, innocent and looking for their first song of Freedom, they felt great compassion for these newcomers.

So that the memory of the Luminous creation would not disappear, and knowing that Sound is Truth, the Lemurs began to sing their dream-song. It contained *all knowing* like a seed, a seed-spark from the Cauldron of the One.

Their song sprang from the highest place of the known worlds so that it would reach the highest place of the unknown worlds. This place at the edge of Heaven and Earth was called the Realm of Olympus, where resided one sleeping god of beauty and form. And within this region was the great mountain of Delphi where the Great Oracle of Life rested and waited. The dream-song of Lemuria reached the gateway to Delphi and filled the waters and streams with the lullaby.

As the sweet sounds reached the essence of the Oracle, there was a recognition of these sounds of wisdom.

The song sang of the cosmic planetary body, the cycle of the mysterious orbit, the sounds of silver and gold, of moons and suns, of rhyme and reason and of the Passing of time and seasons.

The song spoke of a story of a world where there was a cheerfulness and joy beyond all suffering, where all things knew the divine dance and the sounds of the one. As the Lemurian song of the living waters encircled Delphi, the song's journey had carried it to the Temple of the Oracle and the sacred resting place or the sleeping god of beauty.

As the song of the Lemurs began to touch the aura of the oracle, a knowing began to manifest within the fullness of the oracle's power. For now the dream song had grown into a symphony of ideas, and a movement with a great message. The eyes of the Oracle began to open and inspiration began to flow from the Heart of the Awakening Oracle. Like raindrops of glowing rainbow tones, the sleeping god called Apollo, began to stir.

The Oracle's muses began to tap the drums of Apollo's ears and pull at his heart strings. As he came into his awareness, he realized for some reason that he had a knowing and a desire to create, as was his domain.

He perceived that he must create a creature like no other, to house and embody the original intent of the luminous creation. For he, too, like many of the gods before him, knew that the temporal world was gaining on the lesser half of the parabolic journey, and lest that the fullness of creation and its inherent magic be lost from Earth forever, Apollo proceeded to fashion a magnificent creature of Sound that the Oracle had so gently impressed upon him to pursue.

Apollo began, "I shall create a creature that will fly through the gates of heaven and hell with a rainbow of song that will pierce even the hardest of men's souls. I will embody them with the charm of the muses that through storm and through the most severe thunder they will hear music from the stars."

"I will give it wings of great strength and a body like an arrow that it may leap and dive with the exhilaration of the deepest joy, so that all living things will know of its origin and be unable to resist its cheerfulness. A heavy heart will not avoid its healing, and above all, I will endow this creature with not only sound and a song, but a message as well, that will resound throughout the cosmos and within every atom (Adam). These creatures will be the embodiment of love in motion, the portrait of grace and poise, the expression of pure elegance, and an unassuming and constant commitment to compassion."

And so it was done, and with the mystery of the seven vowels and the sequence of the seven sacred sounds, Apollo sent them forth, each creature being carried on the wings of an angel, streaming forth from the sacred place of Delphi. Apollo, seeing the beauty of his creation, and being moved by the loveliness therein, he could not resist claiming these as his very own. Thus, he called them "the creatures of Delphi, the Great Delphines."

And they entered the domain of the living waters for safekeeping, and the safekeeping of the *knowing*.

And so, they sing even today, a song of great joy as was given to them long ago. When we look at them, can we deny their divine countenance? When we hear them, do they not evoke us to listen beyond the songs they sing? For it is their purpose and their desire to take us to this place, *the sacred place of sound*, into the waves of our most ecstatic OM-ing, to that ultimate place, where we are face to face with the One, most joyful place of *our knowing*.

Thus spoke the Great Master Dolphin of Delphi, residing in the constellation Delphinus, west of the constellation Pegasus. OM TAT SAT (Sound is Truth).

Δ

Look for Chapter 2 next month.





# Remembering Richard

## A Tribute to a Dear Friend

by Jeanine Semon

[May 25, 2014]



Jeanine Semon in her studio creating art from spirit.

[www.JeaninesDream.com](http://www.JeaninesDream.com)

### A sample of Richard's music...

Watch and listen to him play a channeled Soundscape on his piano at home in April 2014. Recorded in San Francisco by Dena Aronson



<https://www.youtube.com/watch?v=cPLh4DiLao&feature=youtu.be>

**R**ichard Jerome Bennett lived a deep, concentrated, magnificent existence, helping others, spreading healing everywhere he went. I had much contact with Rich as I needed him to support and advise me on my three art and poetry books. I needed him and he was always there for me.

Rich loved my art and knew the healing powers in it. The Master Dolphin I painted (see page 11) came and spoke to him in crystal form above Lake Superior. I gave him the original oil painting, along with a horizontal oil of a gliding dolphin family in rainbow colors. He kept them in his healing/music studio. I often envisioned that space. The Master Dolphin image is in my Dolphin River art/poetry book. There were many times that Rich and I talked on the phone about creative ideas. We found the conversations to grow in joy the longer we talked. I know the angels joined me as I sat on our sofa with our dog, Bluebell, talking on and on with Rich. I told him about the angels and he said, "Yes, of course they are there! They love the joy of creativity. It's fun for them!"

Rich and I joined my art and his music together at his piano concerts. It never made any difference what he played, when he put his hands on the piano keys, I was in another world feeling really good. He truly was a healer. I know he is with us, his presence large. When my husband Ed suffered a stroke, it was the hardest time of our lives. I asked Richard to send healing rays of love from God to us. Thanks for the privilege of writing about my experience of knowing Richard, one of God's best.

△

**This article was originally appeared in the November 2014 issue of The Inner Voice.**



## Inquiry into Perfectionism



Image: Pinterest

What if perfectionism is not an end but a starting point? In elementary school I was taught to follow the rules and to answer specific questions with specific, memorized answers. Everyone had the same answer to the same questions. It felt safer to meet their expectations, and if I couldn't, I believed there was something wrong with me. My interpretation of all that was, don't think for yourself and don't think to ask questions that may appear to challenge the large established system.

Throughout my life I have struggled wanting to know *the right answer, the right solution, the best choice*, thinking there was only one option and I needed to know what it was. I have felt overwhelmed, stressed, worried, fearful and inadequate.

Today, I realize perfectionism is not a journey to a specific end, it is a starting point. It is a doorway to expanded creative inquiry, creative journeys and processes that surprise and delight me. In meditation I received guidance to notice where I was attached to "*ideals of perfection*" and how this was limiting my awareness to access new creative possibilities, as well as causing me stress and exhaustion. I was being rigid in my focus and not allowing new input and creative adjustments into my process based on strong assumptions that clouded my capacities to see with greater clarity.

Can you relate to this?

I invite you to join me in an inner journey of self-inquiry to open our eyes, mind, and senses to where we are unconsciously leading and limiting ourselves with ideals of perfection; and,

to notice our bodies' reactions to our choices in relationship to living our ideas of perfection.

What are your ideals of perfectionism? I see perfectionism as perceptions of a specific future that I want to have now.

I spent over 20 hours researching a product for the house. My housemate also did extensive research. During a heated discussion I noticed my very narrow focus on my expectations of perfection. Then, I softened my tone and shifted from pushing my ideals onto him, to listening more and asking curious questions. A new plan was hatched without friction.

Where in your daily life are you unconsciously committed to perfectionism? Do you push your perfectionistic ideas onto others? Are your ideals of perfection causing you stress, self-judgement, exhaustion, annoyance, overwhelm and a breakdown in your relationships? Does your ideal of relationship perfection keep you feeling unhappy, unsatisfied, and resistant to any ideas but your own?

What are the origins of your ideals of perfection: family, community, partner, friends, work, religion, etc? When you interact with others, does your ideal get in the way of connection? Does your commitment to your ideals of perfectionism override your capacity to take in new information and relate to others? Does it limit you or encourage new options for communication and connection and problem solving?

Do you have ideal expectations of yourself that are challenging your health? What ideal expectations do you have on others: family, friends, partner, that are

causing stress? Where are you actually resisting your ideal expectations? Do you honor your own expectations? Are you more stubborn and stuck on your perfectionistic viewpoints or curious about creative options to your expectations?

Do you want to create more inner joy and inner ease and connection in your relationships? Perhaps ideal expectations are limiting new possibilities from coming to life.

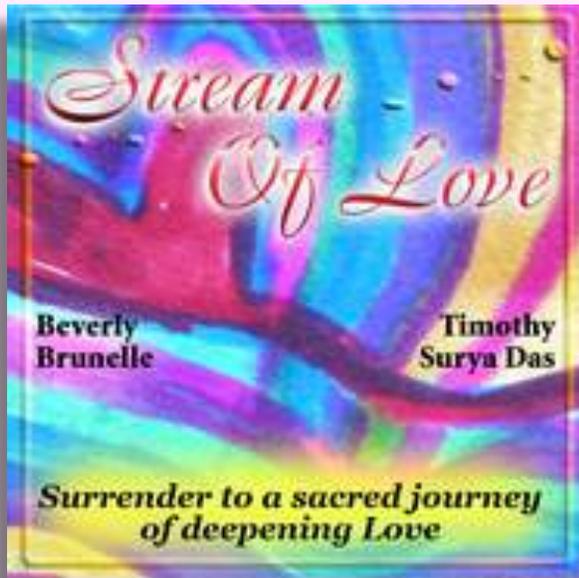
With curiosity and inquiry you can explore where you are being unconsciously perfectionistic. It is a starting point to new possibilities. Notice shifts in your physical, mental and emotional responses as you relax your expectations of perfection and try on new options and behaviors.

It has been a very fascinating discovery to realize perfection is a thought. When we notice we are thinking unconscious perfectionistic expectations, we can inquire how to shift into creating a new starting point.

△

**Beverly Brunelle is an Intuitive, Energy Healer and Metaphysical Counselor. Check out her blog, podcast interviews and other offerings including three FREE guided meditations that are resources to get present, receive love frequencies, and gain clarity on life issues. [www.beverlybrunelle.com](http://www.beverlybrunelle.com)**

# Stream of Love



**Stream Of Love** is a guided journey by **Beverly Brunelle** accompanied by live Music by **Timothy Surya Das**.

**Stream Of Love** is a living transmission. A perfect marinade of deepening peace, love, emotional and spiritual nourishment.

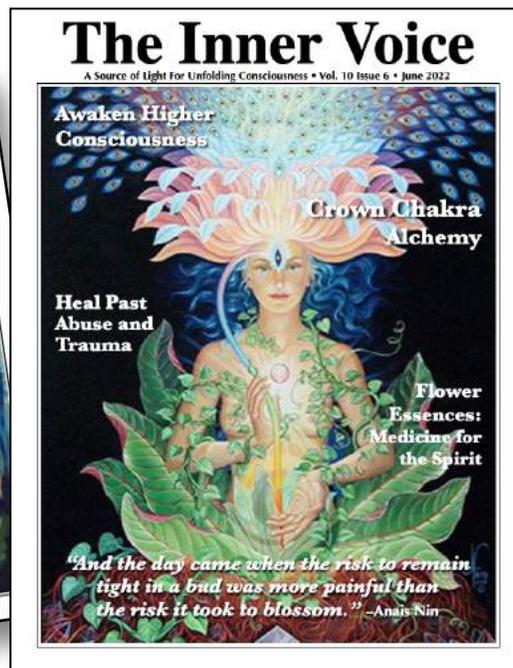
Each listening is a fresh exploration that deepens your experience and knowing of love that truly nourishes you from within.

Click the link to download the Mp3  
Listen for free | \$8 to purchase

<https://harmonicdreams.com/music/stream-of-love.html>



Read, Share & Subscribe for FREE!



We'd love to know your thoughts and comments! Email: [theinnvoicemagazine@gmail.com](mailto:theinnvoicemagazine@gmail.com)

Share the link on Social Media [www.theinnvoicemagazine.com](http://www.theinnvoicemagazine.com)



# Iolite, Chain Coral Takes Center Stage This Month

**T**wo really great allies have come forward for the month of July: Iolite and Chain Coral

Iolite has shown up in the crystal forecast a lot over the past several years. Each time iolite shows up, it invites us deeper within. It encourages us to dream and hold a bigger vision: for self, for humanity, and for the planet. Crystal clear vision is important right now. Such vision is sourced through our connection with our inner wisdom and knowing.

In order to tap into and hold such vision, we must cultivate an unshakable trust with our inner voice. Iolite knows this requires deep inner work. That is why it is teaming up with chain coral this month. It is time to break free of the old patterns, beliefs, and limited ways of being that are held deeply within the collective unconscious . . . and it is time to do this with ease.

Iolite will bring what is hidden to the surface so it may be seen. Chain coral helps us to break the binding chains.

Chain coral is commonly found along the western shores of Lake Michigan. Perhaps you even have a piece or two in your collection. These fascinating stones are an ancient piece of earth's history. Originating over 443 million years ago,



Iolite



Chain Coral

during the Silurian Period, the coral grew in tropical reefs. This was a very hot time on the planet, a time when much of what we now know as our current continents was actually covered with water. Since then, the earth changed. It evolved. Those tropical coral reefs filled with sediment. The sediment hardened, broke apart, was tumbled within the waters of Lake Michigan, and is now easily found as both a fascinating bit of history and a little treasure.

Chain coral is a powerful ally for breaking the chains of limitation.

Consider the stories, patterns, and beliefs that do not support the vision your soul carries. This vision is unique to you.

When it comes to bringing vision to life, many of us find ourselves challenged because we've experiences that diminish our vision, dreams, and desires. We've questioned them ourselves. And, many of us have tucked them away. Well, this duo says it is time to embrace our vision and step into it. Iolite will ensure you are connected with your highest possible vision and chain coral will help you break free of restrictions.

This potent medicine team shares three core messages for July:

1. Create space from the outside noise. As the outer world heats up, find places and spaces where you can slow down and listen within. This could include a more formal practice such as yoga, meditation, ceremony, or ritual. Or, this could be as simple as getting outside and spending time in nature. As you carve out time in your schedule to do the things that nourish you on all levels you'll experience deeper peace and clarity.
2. Cultivate trust in your inner wisdom. Your soul knows your way forward. In small ways and big ways, take action inspired by the voice of your soul.
3. Be true to you. You carry an inner vision. You have unique gifts and talents to share with the world. Break the chains that bind you to old stories and untruths. Open your heart. Courageously be you!

△

**Rise into your soul wisdom. Discover shamanic practices and crystal rituals for activating your sacred path. Begin today with the Crystal Magic journey: <https://loriaandrus.com/crystal-challenge>**



# LORI A ANDRUS

*Artist - Ceremonial Guide - Wisdom Teacher*



*into the Forest*  
**Cultivate a new and meaningful  
relationship with nature.**

**an 11-day  
online journey  
with Lori A Andrus**



Join Lori for fresh weekly  
episodes of the  
**Meet Me in Sacred Space Podcast**  
NOW Available on Apple Podcasts,  
Spotify, and more.  
*Formerly the Crystal Shaman Life Podcast.*

[HTTPS://LORIAANDRUS.COM/SINK-IN/](https://loriaandrus.com/sink-in/)

Lori A Andrus is an artist and wisdom teacher. With great joy and deep commitment, Lori artfully blends her background as an occupational therapist with nearly two decades of deep study and practice in the areas of spirituality, earth-based healing, ceremony, and crystal wisdom.

Known for asking spot-on questions, she invites her clients and students to bring light to their most heartfelt dreams and visions. Her creative online programs offer high level content and breakthrough lifestyle applications.

Lori hosts the Meet Me in Sacred Space Podcast where she shares practical ways to bring crystal wisdom and sacred practice into your everyday life.



**LEARN MORE AT [WWW.LORIAANDRUS.COM](http://WWW.LORIAANDRUS.COM)**



Botanical Bliss By Gigi Stafne MH., ND

# Gardening with Kids

## Plant the seeds and reap everlasting benefits

**W**ould you like to inspire children in a family or community garden? Whatever setting you have, urban, rural, or suburban, a children's garden can be a great addition to a school garden, a community garden or your own backyard. Here are some creative tips to help you.

Design clear paths which are helpful for little ones to navigate the garden and to learn where to step and not to step. Mark pathways with stones, landscape logs or any other available material like this is helpful. Have the kids help you with this fun, creative task. Raised beds can also demarcate clearly where the special garden plants are, but don't build them too high. Keep them within reach. Have signs in each garden bed to help children learn both plant identification and reading skills.

What comes next is a list of one dozen super popular herbs, flowers and foods I've included when helping families design kid-friendly gardens during these decades. The flowers, vegetables and herbs listed here are all safe for children and have been chosen specifically to create an engaging and beautiful space for kids.

### Creative Plant Ideas that Kids Love

**1. Calendula** (*calendula officinalis*): Bright and colorful, it has some of the most uniquely shaped seeds that will be fun for the kids to plant and study. The



Image from rawpixel-id 150347

flowers can be harvested, wilted and used in oils and salves. It is good for burns, scrapes and diaper rash. Calendula is a gentle and soothing remedy topically.

**2. Hens'n'chicks** (*sempervivum tectorum*): A whimsical succulent that spreads when the mother plant, or hen, sends off numerous offsets, which will cluster around her base like chicks. These then root and form a lovely ground cover.

**3. Peppermint** (*Mentha piperita*): This and all mints, should be planted with a root barrier unless you want your whole garden to be mint in a few years. Mints can be aggressive spreaders, so plant them in, for example, a shallow basin submerged in the ground. Peppermint is best known for its flavor and use as a stomach soother. Mints thrive in partial shade, but can also be grown in full sun.

**4. Lemon Balm** (*Melissa officinalis*): In the mint family, this is a delicious smelling and tasting nervine. Good for calming anxiety and hyper-activity, either picked fresh and put in cold water for a refreshing summer drink, dried and made into tea or tinctured.

**5. Pineapple Weed** (*matricaria discoidea*): Related to chamomile, this is a low-lying, sweet tasting plant. When crushed, the leaves and greenish-yellow flowerheads smell of pineapple. Either fresh or dried, it makes a delicious infusion. Traditionally, pineapple weed was used for tummy troubles, gas and colds.

**6. Chamomile** (*chamomilla matricaria*): With its delicate flowers and leaves, it's a very useful plant for mothers. Chamomile is very effective for addressing the problems of babies and

Continued on page 21

children: teething, colic, whining. It can also be applied to a whole host of ailments, including anxiety, diarrhea and inflammation.

**7. Chocolate Mint** (*mentha x piperita*) or any mint: A delicious tasting mint with a deep flavor and an engaging name for kids. It's excellent if added to smoothies or salads. A carminative, it soothes stomach pains and gas.

**8. Nasturtium** (*tropaeolum majus*): You can eat all parts of this spicy, peppery plant: flowers, leaves, buds and seedpods. A fun one for kids, especially when you add the flowers to salads. It has antibacterial, antiseptic and antibiotic properties.

**9. Snap peas** (*pisum sativum* var. *macrocarpon*): You will need a trellis for these, or they can grow up a fence. Peas like cooler weather and are delicious and sweet when snapped off the vine. The young leaves are also delicious in salads. Kids are sure to love them!

**10. Catnip** (*nepeta cataria*): Another in the mint family. While famous for its effects on cats, for humans, catnip is a calming nervine and can help ease restlessness in children. It can also help deter pests and insects in the garden.

**11. Sunflowers** (*helianthus annuus*): Everyone loves these cheery flowers, and will attract people to your garden. Depending on the variety and growing conditions, sunflowers can grow to 12 feet tall! The seeds can be harvested and eaten in the fall, though you will have to compete with the birds and squirrels for the tasty morsels! As mentioned above, sunflowers pull lead from the soil, so if you do have lead, the seeds should not be eaten and at the end of the season the flowers should be thrown away, not composted.



**12. Strawberries** (*fragaria ananassa*): The earliest of the summer berries, everyone loves strawberries! The plants spread on runners and fruit the best the first few years, then decline in production. Great fresh or in smoothies, fruit salads or strawberry-rhubarb treats, strawberries are great sources of vitamin C and manganese.

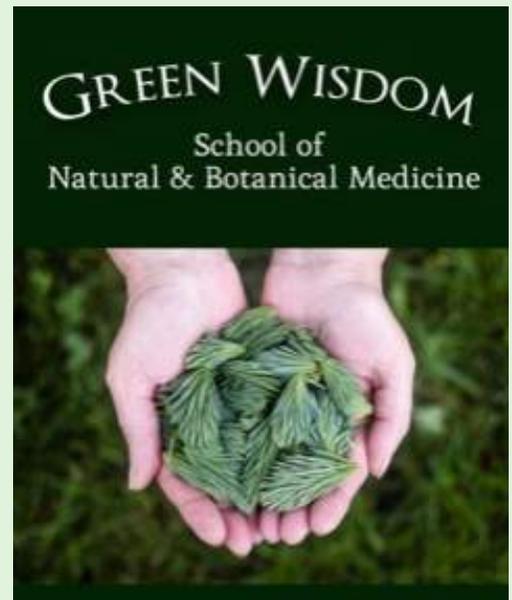
You'll all enjoy getting back to the garden this season!

△

Gigi Stafne MH, MI, ND, Director Green Wisdom School of Natural & Botanical Medicine: <https://www.facebook.com/pg/greenwisdomschool/>  
[www.greenwisdom.weebly.com](http://www.greenwisdom.weebly.com)

Herbalists Without Borders International, Upper Midwest Chapter  
[www.hwbglobal.org](http://www.hwbglobal.org)

Information disseminated within this article is not medical advice or legal counsel. Nor is it considered a diagnosis, treatment or cure. For answers to many questions please visit: [FAQ & Policies - Green Wisdom \(weebly.com\)](#)



*Over 3 decades educating  
Students & Professionals*

### **OUR OFFERINGS**

**BEGINNER, INTERMEDIATE & MASTER  
HERBALISM COURSES**

*Green Wisdom School of Natural &  
Botanical Medicine is one of the only  
schools in the Upper Midwest US and  
Ontario that offers these programs.*

### **CAM**

**COMPLETE ALTERNATIVE MEDICINE  
BUSINESS TRAININGS & CONSULTS  
REGIONAL & NATIONAL TRAUMA TRAININGS  
& SO MUCH MORE!**

*If you are seeking an educational  
experience that provides a strong  
foundational knowledge of herbalism,  
holistic education and natural  
medicine... or if you are searching for a  
comprehensive herbalism program with  
a solid history encompassing diverse  
bioregions from prairies to woodlands  
and wetlands...*

*Green Wisdom is the place for you!*

[GreenWisdom.Weebly.com](http://GreenWisdom.Weebly.com)

[gigigreenwisdom@gmail.com](mailto:gigigreenwisdom@gmail.com)

**715 - 642 - 5760**



# Creativity Is Everything

Discover Pat Gullett's [Art of the Dreamtime](#)  
[patgullettdesigns.com](http://patgullettdesigns.com) | [www.awegroup.net](http://www.awegroup.net) | [www.patsartfullife.com](http://www.patsartfullife.com)

**C**reativity is Everything. Anything original made by you is full of meaning, holds the Makers Mark, and makes the invisible visible. What a great gift to offer to the world. No one holds the same idea, creates in the same way, or has the same life wisdom as you do. You are as all humans have always been, a creator and artist in your soul.

All beliefs and experiences shape who we are today. We bring to our art all we have known, lived, and loved. Plus, each original piece of art, from a painting, drawing, collage, dance, song, musical, sculpture, to movement is personal, and has a story to tell. The meaning of art is our diary, the art piece a souvenir of the Journey marking this moment of time.

Also, no one will ever create the way you do. You are the sole creator of your life and your art. Your mark is like your signature, holding your colors, shapes, line, form, and choices at this moment of time. Above all, your feelings come through your mark. The speed of it, fast/slow, deliberate/scribble, anger/joy, peace/challenges, are all there for those with the feelings to know and understand.

This is what draws us to art. We can relate to the artist in some way. The viewer immediately knows and understands what the creator is saying in a visual way. That's why even abstract art can draw us in. We give our stories to the art we see.

Creativity is everything because it takes an idea and shows it to the world.

Art makes the invisible visible. What Magic and Wonder is this? It begins with a thought, like the painting above. I wanted to create the feeling of vast skies, windswept land, and billowing powerful clouds. Turning inspiration, the unknown, the invisible, full of feelings and power,



and making it into something all can see, is powerful Magic.

Secondly, I draw what I 'think' I'm making. It's a sketch usually with a pastel pencil. All may change along the way, but it's good to mark the paper or canvas with first thoughts. Start somewhere.

Thirdly, my art is led by color. I apply the darks first, and I've come to work from the top down. It's just my approach with acrylics. Watercolors would call for the lights to be laid down first, then the mediums, and lastly, the very dark tones. But all build up in layers of color.

In a recent painting, I painted the sky I saw outside, but didn't like it. So I painted over it all, working with what felt right in the moment. Letting my body and intuition take over gave it more feeling, depth, and meaning. Again, an inner

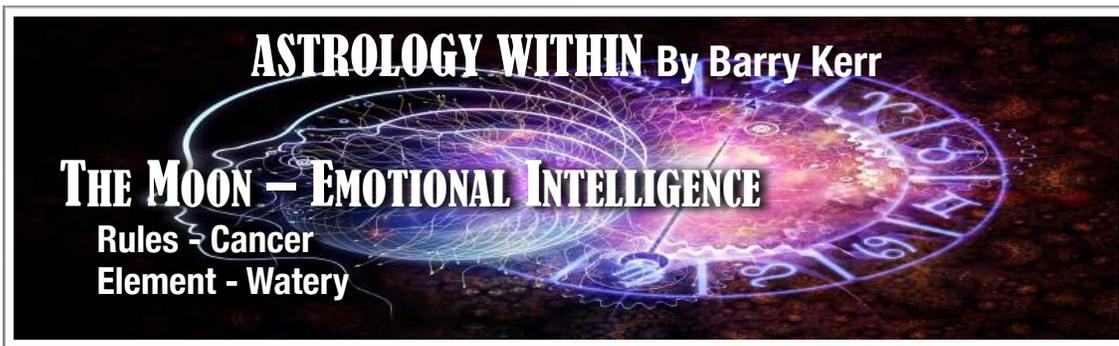
feeling made manifest in art is so mysterious to do. It takes deep trust in the inner self to move forward into the unknown like this. Be brave, dear artist!

Finally, last additions are added to the art. Use whatever technique works to get your idea out there. It may be collage, image transfer, touches of gold, the last details that pull it all together. You'll know when it's done. Step away and view it. Take a photo. Trust your inner Soul Self to tell you if it's finished.

Remember, we are all artists in a changing, creative world. Make something of yourself every week. This adds meaning to all you do, it slows down time and keeps you focused on the next creative piece.

It's a great way to live!

Δ



Over the course of this year, we are exploring each of the planets as the active, sub-parts of our personalities, each one corresponding with a chakra in our body system. The illustration below shows the chakra related to this month's planet.

In this physical illusion of separation and limitation, it is the Moon that represents our resulting emotional experiences. The Moon cycles around the moods of the zodiac most rapidly, changing appearance constantly. How poetic is that?

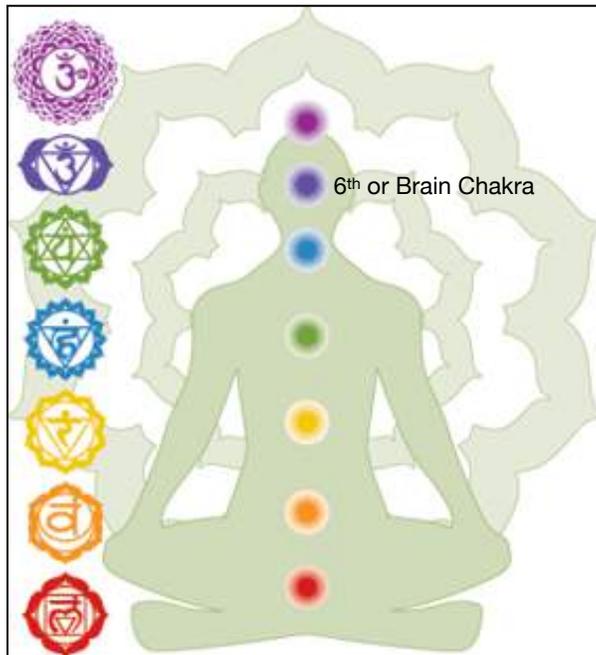
Behind the illusion of separation, we are, each and all of us, the essence of loving consciousness, existing within an infinite, ocean of unified, unconditional love. At birth, we forget this. However, deep within, we retain an intuitive memory it. This causes each of us, in our heart, to long for a return to the experience of uninterrupted, divine love. Emotions are the body intelligence we experience as our ego learns, through trial and error, how to establish and maintain the aware experience of love in the physical world.

At the beginning of life, we learn how to receive nurturing, feel self-worth, practice self-love. From that foundation, we discover the complimentary outward flow of loving others. It is in that illusive polarity of self and other that we struggle.

A baby cries out in emotional distress because food, as other, is not immediately forthcoming when needed. That feels like a denial of love.

A young man is fearful and angry as he watches his girlfriend flirt with another charming man. That feels like established love might be taken away.

A mother collapses in grief as she learns that her child has died in the latest school shootings. That feels like love has been lost.



Another mother, in that same school, weeps tears of joy as she learns her child did not die after all. That feels like love restored.

A young man sits alone and in shame, feeling contempt for himself and the world. That feels like banishment from love.

Take any emotion, in any situation, and at the core of its meaning is our perception of our connection to love.

Isn't it ironic that even as the Moon hovers closest to the Earth and dominates our sky, as humans, the meaning of our emotions have remained most obscure to us? In fact, our culture tends to view emotions as unavoidable distractions, of little value, though if not our own, perhaps entertaining. And so we bury them, push them away, rise above them, deny them or suffer in them.

Yet, if we are willing to be with, feel, and express our emotions and embrace them as valuable information, they become the nurturing waters that teach us, in the long run, how to create more stable awareness and experience of the unconditional love that is always available to us. They reflect the light and warmth of the loving Sun.

Your inner Moon sits behind your 6<sup>th</sup> chakra, back at the core of your more primitive, animalistic brain. The brain's amygdala is the fight or flight, survival mechanism of your body intelligence. So understand this well, the instinct to survive is the fire of self-love, seeming to allow for the possibility of more

love, whereas death appears to our ego to be the ultimate end to love. It's an illusion.

To lend strength to your inner Moon, repeat the following affirmation: I embrace all my emotions and feelings as positive and helpful guides for my re-awakening to eternal, unconditional love. I am willing to feel and express all feelings as part of my soul's journey toward conscious creation.

Δ



**Barry Kerr is a certified soul-based astrologer with over 40 years of experience. Located in Sedona, Arizona, Barry offers remote astrology, energy healing and transformational coaching. Visit [http://](http://www.chooseconsciousliving.com/)**

[www.chooseconsciousliving.com/](http://www.chooseconsciousliving.com/)



# A Path To Freedom

Kathleen Jacoby, former editor of *The Inner Voice*, made her transition in April 2019. She has communicated to me that she is “sitting at the feet of the Masters learning more about the Greater Universe.” The following is an excerpt from her book, “A Call To Prayer” written at the time of the Gulf War. She said, “This began as I asked questions of the Presence I felt all my life, whom I call my friend, God.” This inspiring message is as timely today as it was when she wrote it. I hope it reaches many.

**W**e struggle to achieve, to strive toward something, to control, and to make things reflect what we want them to be. We have a notion in which we are free to do whatever we want, but the bottom line is that we live in a world filled with illusion and millions of mindsets all vying to predominate, each reflecting from its own vantage point and historical context.

The illusion is that we have freedom to do and be whatever we want, but in truth, there is enslavement to systems, families, tribes, etc., until we recognize the earth for what it is — reform school, penal colony — whatever type of description that speaks of attraction and sorrow. It was attraction that drew us here, and it is attraction that keeps us bound in scripts that repeat themselves over and over again until finally we make an adjustment in our way of seeing the world that causes a slight shift. Then we go on to the next point of view that finds its reflection in the world around us, mirroring what we believe and what we choose to project.

Earth as reform school is not meant to be taken as a harsh judgment — but rather a point of liberating view, because if we truly look at life with the lens of no script, we see that we have become enmeshed in a story that isn't necessarily true. We also see that everything born into this realm goes through a death process. In essence, there is no permanence. Each may have a different life cycle, but in the end, everything dies, so being tied to results, or momentary wants, can only lead to disappointment, or a desire for something else when the thrill is gone.

This is the planet where we get a chance to work through our illusions, and actually, the only opportunity to wake up and recognize that freedom is internal, and that we have the

birthright to release ourselves from the cycle of suffering that is caused by our constant attachment to desires. The insatiable need for position, power, status, money, perfection, and all the "things" that go with it can only last for a certain amount of time. A new car becomes last year's model in less than 12 months. New clothes lose their newness after a few wearings. That flat screen TV will be old technology before we've even finished paying for it, and the relationship we just had to have will become a real person before we know it with all the complexity and humanness that real people present. The beautiful body or strong physique gives way to age, and soon we get old just as every generation has before us.

So, what is the way "out" of this insatiable round of wants, needs, disappointments, hopes, and all the other forms of attachment that lead to ultimate endings? Our only success is through unifying our internal lens of perception with a unified force field. The only way out is in, and the only real substance is the unifying field of Love. Everything else is distraction that keeps us from Being.

In dealing with our frustrations, the only reaction that 'saves' us is love. “Love thy enemies” is a truly brilliant concept because it changes the whole tenor of our connections. I've used it with neighbors and others with whom I have had major disagreements. Once I turn the energy to loving and praying for them without my own agenda and giving up my viewpoint, something happens that softens the relationship and my own attitude within it.

My need to be right, or to hold on to my view of what the correct procedure is, only keeps me locked in an isolated position and hardened positions are only softened through compassion. It doesn't matter what it looks like. It's all an

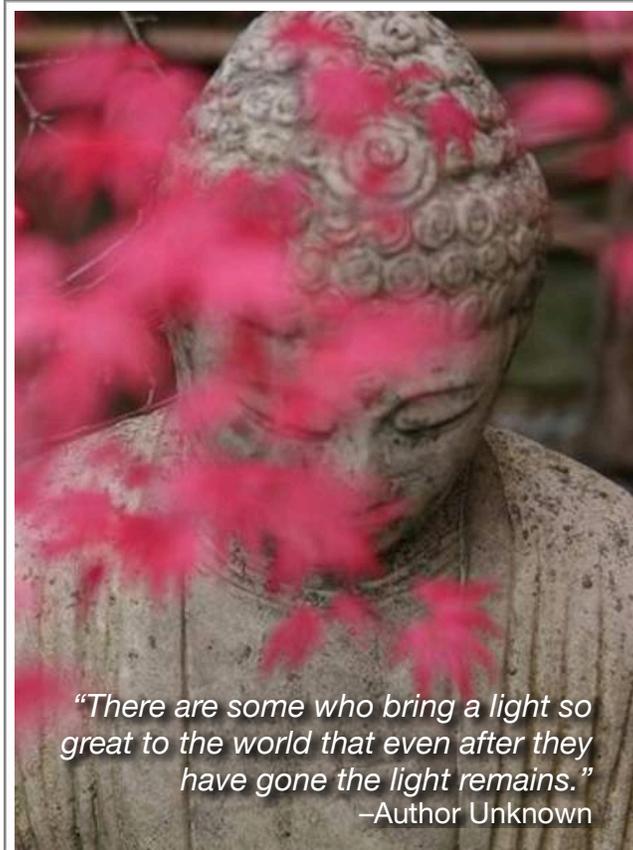


Photo: ©Jane Erica Hutchison

Continued on page 23

opportunity for us to practice the presence of Love.

Compassion and kindness and all the other life affirming qualities begin with us. Just as enmity is felt by us first, we must also give ourselves the gift of gentle acceptance, and then we can share it with others. If our cup isn't filled, we cannot give to others. Depleted resources cause us to be stingy. We cannot give to others what we are unwilling to give to ourselves, and the way we give to ourselves is by opening to the incredible internal resource that waits upon our welcome. When we ask for help from this invisible realm of Love, it is given.

So, we are the ones who have to be willing to knock, to ask, and be ready to receive. Once done, to go back again and again to the wellspring of provision – strengthening ourselves in light and the benefits of being in Love rather than anger. When we do this, when we feel the worthiness of freeing ourselves from our own ‘error’ consciousness, or the implanted scripts that we inherited from our family, culture, religion, media, etc. – we are on our way to freedom. It is possible. It is probable and it's up to us to finally have enough of the sorrow or disappointments to look for a different way – a way that awakens us to a worthwhile life.

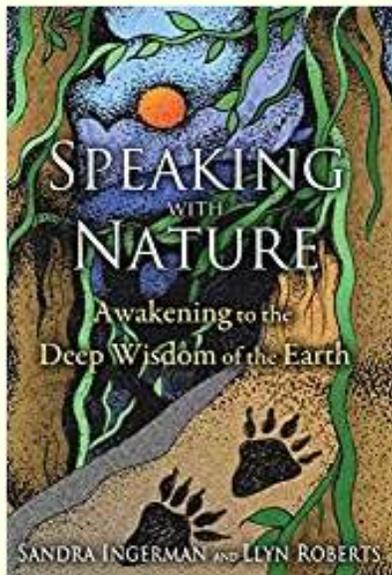


**W**hen we were children, we knew that there was a spirit that lived in all things. We spoke to invisible beings, trees, the sky, the moon, the birds, our animals....

Once you harmonize and begin to work with becoming more observant in the natural world, the veil between the rational and invisible worlds begins to open. You will find that you will have a different connection with plants, trees, animals, insects, and rocks. You will begin to receive messages from these living beings that can take the

forms of visions, feelings, telepathic messages, smells, and tastes.

We must once again reignite our invisible senses to be open to the wisdom of the life forms we share this planet with.



~Sandra Ingerman, excerpt from **Speaking with Nature: Awakening to the Deep Wisdom of the Earth**

## Life, Death and The Afterlife An Open Discussion Group

Most people have not given the death and dying process much thought. Have you? What are your concerns? Have you lost a loved one or perhaps you fear your own death?

We all have our worries and questions! In this discussion group you can freely express your thoughts and feelings, worries and concerns in an open, non-judgmental atmosphere.

**Location: ADRC of Door County**

916 N. 14<sup>th</sup> Ave, Sturgeon Bay WI 54235

**Time: 1pm — 3pm**

**Date: July 21, 2022**

(every 3<sup>rd</sup> Thurs. of the month)

**Registration: Call ADRC to register.  
920-746-2372**

Space is limited to 15 people any age over 18

**Hosted by Steve Freier**

**Steve** has over 20 years researching Death, Dying and the Afterlife and has read and reviewed hundreds of books on these topics. He has viewed as many or more videos on NDEs, OBEs, the Afterlife and what it's like, etc. He is also a video producer, writer and contributes regular book reviews to **The Inner Voice** magazine.

*See you there!*



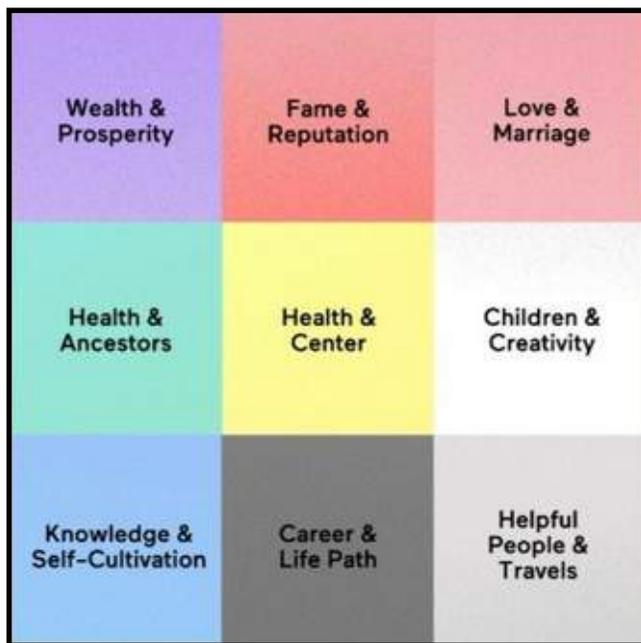
# Creating Calm in Children's Bedrooms

By Terah Kathryn Collins' Feng Shui Room By Room

Most of the children's bedrooms I see are neon bright and busy, busy. It's no surprise when the parents remark that their child never settles down. In almost every case, the child is being overstimulated by the bedroom decor. Feng shui observes a direct correlation between the epidemic of hyperactivity in our children and the way their bedrooms are decorated. When you really think about it, could you relax in a bedroom overflowing with toys and accentuated by bright primary colors and action figures swooping across every surface? This is a room that's perpetually awake and active. Instead, we need to tuck our children into their tranquil embrace of a cozy, serene bedroom that encourages them to calm down and get the rest they need.

## Colors to Sleep By

When choosing colors for a child's bedroom, replace the bright primary colors such as fire-engine red, cobalt blue, and day-glow yellow with warm pastels or rich colors such as lavender, peach, butter cream, and cocoa. Change art and decorative themes that are flying, falling, driving, or running around the room to a motif that is tranquil and calm. Include self-esteem boosters that are frequently updated, such as a bulletin board for their latest creations, or easy-to-change frames displaying their artwork. Serenity is the keynote here. When you calm the bedroom down, you'll calm your child down, too.



## Possessions to Sleep By

Children's bedrooms can easily become overcrowded with toys, games, equipment, and collections. Every item that speaks of activity contributes to keeping the room "awake." Display a selection of comfort toys, such as stuffed animals and dolls, and store their action-oriented toys out of sight in trunks, closets, and cabinets.

Children outgrow clothes, toys, and interests quickly, so it's an ongoing task to keep their possessions current. Teach your children that when they let go of the belongings they've lost interest in, they make room to receive new things they'd like to have.

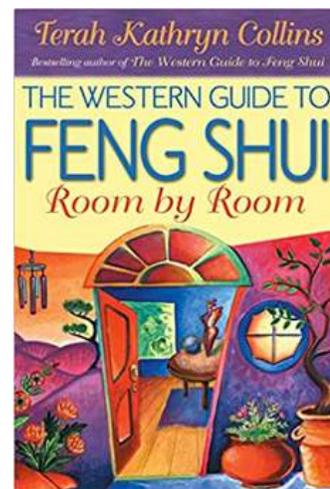
Here's a fun story of a client's 12-year-old daughter who "feng-shuied" her own bedroom by straightening her closet, putting her piggy bank in the Wealth and Prosperity area, and giving away toys she'd lost interest in. Immediately, she attracted opportunities in her life, including several pet-sitting jobs in her neighborhood. She was thrilled to have a

chance to care for neighbor's pets, demonstrate her dependability, and earn some extra money. And as we so often observe in Feng Shui, this rippled out to attract more goodness into her life, including the pride and appreciation of her parents and neighbors, as well as more fun jobs.

To teenagers, the Bagua Map is "the Grid" that shows them how to arrange their bedrooms to create positive results in their lives. One of my clients called almost in tears because, for the first time in four years, her 16-year-old daughter had cleaned up

her room. Why? She wanted to "do the Grid," and cleaning it up was the first step. She then rearranged her bedroom and put her books in the Knowledge & Self-Cultivation area, and her art supplies into Creativity and Children area. Her mom said her daughter's whole attitude improved, along with her grades and social life.

△



Book available on Amazon and bookstores everywhere.

# Nancy Freier Designs | Essential Feng Shui®

A unique design service that solves problems



Photo Source: Pinterest

Kids, like adults, need comfort and coziness in their bedrooms. Their bed (and desk if they have one) should be placed where they have a view of the door. Unlike adult bedrooms, a photo of a beloved relative could offer comfort. Creating a tent decor offers a sense safety and comfort. Frame, or otherwise display, the child's own artwork, then watch for the boost in their self-esteem!



## Nancy Freier Interior Redesign Consultant

Home | Business | In-home or virtual

Visit my all NEW website!

[www.NancyFreier.com](http://www.NancyFreier.com)

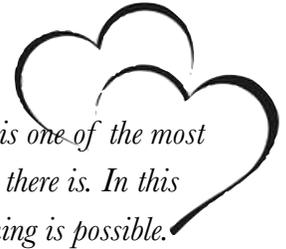
e-mail [NFreier@aol.com](mailto:NFreier@aol.com)

- \* Assoc. of Arts-Interior Design
- \* 1999 Graduate of the Western School of Feng Shui®
- \* Over 30 years of happy clients



# Tips for Communicating with Your Animals and Guides

By Lynn Schuster



*The heart opening is one of the most exquisite feelings there is. In this moment, everything is possible.*

Personally, I believe that we are all capable of speaking telepathically to our guides, the angels and to the animals. I believe that we were born with this ability and that we were socialized to use our words. But if you are willing to open your mind and your heart, you too, can feel confident about the messages that you are receiving.

**Tip #1 - You'll see it when you believe it!** Prove it to me. Like you, I have moments of skepticism. And also like you, sometimes I need proof before I can believe in truth.

Despite that, Animal Communication continues to teach me about faith and trust. On a daily basis I see that there is way more happening in the unseen world than meets the eye. The Divine is grand, and I now believe that we are all truly connected spiritually, mentally and emotionally in ways that we cannot even fathom. The unseen world is magical and mystical and it brings people, animals, places, things and situations into our field of vision for us to experience in ways that we could never have imagined for ourselves.

Like faith and trust, sometimes we need to believe something *could* happen before we see the signs in the physical world that it *is* happening. What if we opened our minds and hearts and began to see the signs that we are manifesting into our lives everything that we are asking for? Our words are vibrations in the air. If we truly understood the power of our words, we would be much more mindful of how we speak. The words we speak are a vibrational match to all we experience.

**Tip #2 - Wake up and be grateful.** Gratitude is a powerful and positive emotion. Feeling grateful raises the

energy vibration and clears the mind. Notice that when you feel grateful, there is no fear. By allowing gratitude in, imagination says anything is possible.

**Tip #3 - You must find the place inside yourself where nothing is impossible.** Imagination is our most powerful tool. Imagination is our ability to be creative, to be resourceful. Sometimes when I feel that I can't connect with the animals, I imagine what they might say to me. I breathe, I relax and I imagine. This exercise helps me release judgement, drop down into my heart, and move into right-brain thinking. I imagine that I am in a neutral place, like sitting in a theater and watching a play. The actors and actresses are telling me their story. In this place, I am able to take in information and connect deeply with the animals.

**Tip #4 - Know that you come from a place of plenitude and abundance. You lack nothing.** Think about your gifts, your skills, and your abilities. What makes you, uniquely YOU? Beautiful. We all have the ability to connect with God, the Universe, and all that is. This ability is through the breath. The breath is the most important gift we will ever know. It is through the breath that we connect with each other, the animals and God. This is the way that I connect with the animals.

Most often when we breathe, we breathe by default. Usually the breath is shallow, filling only the top of the lungs. We are not paying attention to it, we just breathe. It keeps us alive which in and of itself is a most glorious gift, but when we breathe mindfully, we breathe down into the abdomen. We feel our bellies rise and fall. When we breathe mindfully, we bring our attention into our bodies. Our minds relax, our thoughts

slow down, fear and anxiety leave us. We come into a place that is pure, loving, and peaceful.

The breath is the key to moving into deep meditation. It will move you into right-brain thinking. This is the space in which you can speak to the animals. You are whole and complete.

**Tip #5 - See with your heart.** One of the most precious gifts I receive from communicating with the animals is the feeling of a heart opening. When it happens, I feel so much love flowing through my heart that I can't contain it in my physical body. I can feel the expansiveness of love as it surges through my body and the love flows from my eyes in the form of tears. The heart opening is one of the most exquisite feelings there is. In this moment, everything is possible. Nothing matters except feeling and sharing love. The animals are filled with this pure love. Even those animals who have been abused, mistreated, and neglected are far more capable of sharing unconditional love than most humans (including myself).

When we see with our hearts, we are able to be fully present. We can let go of judgement of ourselves and others. Preconceived notions evaporate, and solutions appear in the blink of an eye. Whether I am talking to my clients one-on-one, or teaching classes, my intention is to create the space for all humans and animals to experience a profound and soulful heart opening.

△

**Lynn Schuster is a Telepathic Animal Communicator, Intuitive, Reiki Master/Teacher and Artist. Find her on Facebook: [www.facebook.com/healingthroughanimals](http://www.facebook.com/healingthroughanimals)**

**See Lynn's ad on page 27.**



Animal Spirit Talker

Healing Through  
Animal Communication

Lynn Schuster

920-495-7224

## Telepathic Animal Communicator

*Animal Communication Expert & Teacher*

*Sturgeon Bay, Wisconsin USA & the World!*

### *Connect With Your Animals!*

- Learn if they're in physical pain, have fear or anxiety, and how you can help them
- Understand their behavioral issues, and how to change bad habits
- See how they're doing with any changes such as new food, or exercise routine
- Find out if they are ready to transition, and what they need from you
- Discover what your rescue animal's lives were like before they came to live with you

**I work remotely, meaning we can talk on the phone from anywhere in the world!**

**Schedule a Private Animal Communication Session!**

[www.animalspirittalker.com](http://www.animalspirittalker.com)

*Sign up for your FREE REPORT: Life-Changing Messages From 10 of My Favorite Animals!*



# YOU ARE INVITED!

HEALING  
**WARRIOR**  
HEARTS



*Join us for a free weekend retreat in 2022...*

**August 12-14 / Couples      September 23-25 / MST**

Retreats are held at:  
**CENTER FOR CREATIVE LEARNING**  
10919 W. Bluemound Rd. #50  
Wauwatosa, WI 53226

[registration.healingwarriorhearts.org](https://registration.healingwarriorhearts.org)

## [WWW.HEALINGWARRIORHEARTS.ORG](http://WWW.HEALINGWARRIORHEARTS.ORG)

War is more than the official theatre of combat. Beyond physical action, it is a battle of the spirit resulting in moral or spiritual injury and emotional trauma to the military and to the families and friends who support them.

**Healing Warrior Hearts** guides the wounded to the peace that heals and strengthens their hearts. The gathering of community, unconditional acceptance, and the absence of judgment create the safety required for healing to occur. Veterans will experience a community of support from fellow vets as well as civilians, people committed and willing to listen to the vets' stories with compassion and confidentiality and without judgment, helping heal their hearts.

We provide programs for veterans and their families, dedicated to healing the emotional, moral and spiritual wounds of military service. Healing Warrior Hearts offers a weekend retreat at the Center for Creative Learning.

**The Starfish Foundation**, a 501c3 charitable organization, is honored to sponsor Healing Warrior Hearts, offering the programs at no cost to military veterans and their families.

For more details about the program, dates and locations, please call our offices and we will gladly answer your questions:

414-374-5433 or 800-236-4692  
warriorheart@starfishfound.org

[registration.healingwarriorhearts.org](https://registration.healingwarriorhearts.org)



# Free Spirit Crystals



**Free Spirit Crystals** is Southeast Wisconsin's oldest crystal emporium offering thousands of beautiful and unique stones and crystals. Our shelves are stocked with smooth tumbled pocket stones, worry stones, heart-shaped stones as well as crystal balls and spheres.

We are also your go-to source for a huge selection of incense, books, cards, candle, jewelry, sage and so much more! Check out our classes, too!

[www.freespiritcrystals.com](http://www.freespiritcrystals.com)

[freespiritcrystals@gmail.com](mailto:freespiritcrystals@gmail.com)



**Diane Bloom**  
Owner of Free Spirit Crystals  
Founder and Co-Director of  
Free Spirit School



## Stone of the Month: Chrysoprase

Promotes serenity of the heart and helps to calm anxiety and worry.

4763 N. 124th St.  
Butler, WI 53007  
262-790-0748

Hours:  
M-F 11am - 6pm  
Saturday 10am-5pm  
Closed Sunday



See us in person or visit our online shop! We ship stones just about anywhere!