

The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 11 Issue 9 • September 2023

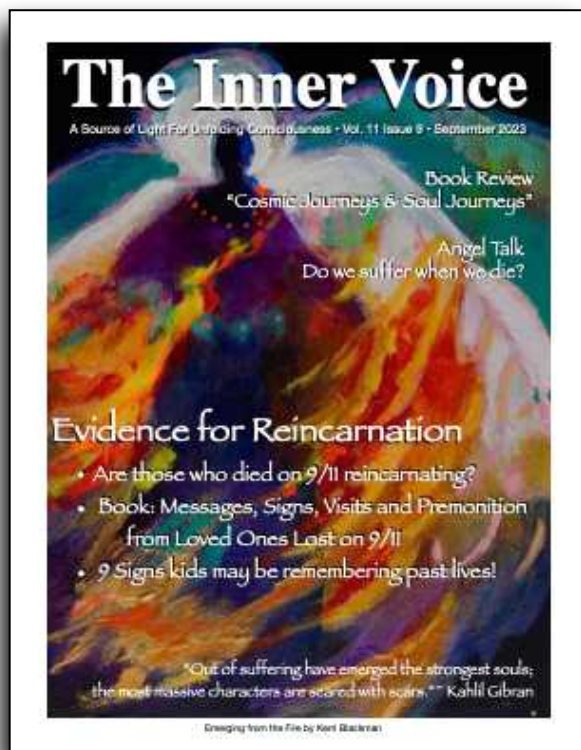
Book Review
Cosmic Journeys & Soul Journeys

Angel Talk
Do we suffer when we die?

Evidence for Reincarnation

- Are those who died on 9/11 reincarnating?
- Book: Messages, Signs, Visits and Premonition from Loved Ones Lost on 9/11
- 9 Signs kids may be remembering past lives

“Out of suffering have emerged the strongest souls;
the most massive characters are seared with scars.” –Kahlil Gibran



“Emerging From the Fire” - Acrylic on wood

Art by Kerri Blackman

“The great glory of the knowledge we strive to bring to your world is that life does not end with death, that all who have suffered, that all who have failed, are provided with an opportunity of self-redemption, that the tears of frustration are wiped away in the knowledge of what can be achieved, that all who have desired to enrich their world and failed can add their lustre to mankind's growth.” ~Guidance from Silver Birch

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What would you love to read in future issues? Email your ideas to us! theinnervoice@gmail.com



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AWAKEN YOUR INTUITION

November 25, 9:00-1:00PM

TRUSTING YOUR INTUITION

November 25, 2:00-6:00PM

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with **Amantha Murphy** from Ireland
March 23-25, 2024.

Lodging options available.

Join international teacher and author, Amantha Murphy, as she shares these ancient Irish Celtic traditions.

SEIDR NORSE SHAMANISM WITH IMELDA ALMQVIST

April 4-7, 2024

PERUVIAN SHAMANISM TRAINING WITH JOSE LUIS HERRERA

4-series Workshop: May 16-19, July 11-14, September 12-15, November 7-10, 202

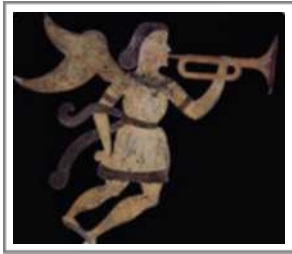
Join Peruvian native and international teacher, Jose Luis Herrera, for this powerful training on Peruvian Shamanism. This 4-part series is comprised of four long weekends in which you will develop a medicine bundle, or mesa, that becomes your animistic map of transformation and healing across the medicine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

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Dear Readers,

Hello September and Happy Fall! I say happy because autumn is another sign in Nature that all things die and in some way *reincarnate*. The leaves are beginning to change color here in Wisconsin, meaning they are dying and falling to the ground to become fertile dirt and return nutrients and organic matter to the soil. This is a perfect time of year that inspires me to publish evidence of the continuation of life after death.

Several articles focus on stories of people and kids claiming they've reincarnated — some even recall dying during the tragic events of 9/11! I think this research is fascinating, and I think you will, too. Angel Talk addresses the question: Do we suffer at the point of death?

You will also read some enlightening ideas to help you achieve your goals and dreams *in this life!* As long as I have been involved in metaphysics and publishing this magazine, I am delighted to still be turning up such enriching information that helps me, and all of us, become a better person and earn our wings, so to speak. LOL.

If you are new to this publication, in addition to being the creator and editor of *The Inner Voice*, I am a Medium who works with the Angels to help people live a better life. 'We' would love to support and guide you through your challenges, and/or connect with your loved ones in Spirit.

Enjoy this issue!

Nancy



Do we suffer as we crossover to the Other Side? How can we stop natural disasters?

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

Q. Do we suffer as we die and cross over to the Other Side?

The short answer is no, not as you crossover, however there may be suffering up until that (magical) time.

In 1986 my sweetheart died suddenly at age 41. That day also marked the beginning of my awakening and meeting my Guardian Angels. The door was flung wide open and I heard an angel's voice clearly say, "This is not the end! It's just the beginning!" (Referring to the work I would be doing with them, namely delivering comforting messages to the bereaved so they did not suffer the pain I felt.) The angels guided me in how to communicate with my beloved, how to develop my mediumship work and refine communications with the angels.

Through an automatic handwriting technique I had developed, one of the first questions I asked him was, 'Did you suffer through the death process?' (He died of an aortic aneurysm.) His response was, "No, I was dead quick." He went on to describe the peace and love he was experiencing in what he called Heaven. In most of the mediumship readings I have done since for others seeking answers to what happens when we die, his description rings true. Most describe a peaceful and beautiful existence saying there are no words in any human language to amply describe it.

As for the suffering, the angels said that occurs on the physical plane while we are still in a body. If just before an imminent sudden and unexpected death as in an accident or a shooting, the spirit leaves the body before feeling the onslaught of pain. There is no suffering while crossing over.

Q. How can we understand the death and devastation and the horrible havoc wreaked from catastrophic hurricanes, earthquakes, floods, and deadly wildfires? How are we to view and understand all of what's happening and the daunting aftermath of such events?

The collective consciousness, both conscious and subconscious, as a sum of all that humans have heard and predicted since biblical times, has contributed to the events that are unfolding now. There have been warnings to reverse the progression of destruction, but they have mostly been ignored by the ego-self of man. Progress in the name of modern conveniences has sadly driven man away from honoring Earth's natural seasons, sequences and resources by interfering with, and altering these things to his advantage, and greed.

Man's interference with the natural order did not happen overnight. It has been a long time coming much like a snowball rolling downhill picking up speed, size and power as it rolls. We dare say this "snowball" is rolling downhill at breakneck speed causing death, darkness and destruction. We see the dawning of Light bringing with it your personal choice to stay in that darkness, or welcome in the Light of a New World.

Choose to return to the ideals and the methods of your native ancestors. Bless and honor Earth's natural order. Use what you need and give thanks for what is there for you, but do not get greedy, for there are consequences known as karma. Whatever stance you take in terms of thoughts, words, deeds and beliefs will have boomerang consequences in some way, shape, or form, sooner or later. The collective greed and disrespect for Mother

Continued on page 5

Earth is returned with these catastrophic events. The native, indigenous peoples, lived by honoring Mother Nature. The ego of modern man has gone off track with his greed, thinking first of himself and not caring about the effect it has produced to the living Earth. We say, get back to nature and to working with and not against Mother Earth. ∞

This reminds me of a TV commercial that aired years ago of a Native American with a tear in his eye begging us

to stop littering with the slogan: "Every litter bit hurts." And from Smokey the Bear, "Only you can prevent forest fires." Those messages need to return with urgency and education about what we are doing to our home planet. Climate activist Greta Thunburg in 2013 dedicated her young life to challenging world leaders to get on this bandwagon.



This tv commercial "The Crying Indian" first aired on Earth Day in 1971, and left a lasting impression on viewers. Portrayed by Iron Eyes Cody, an Italian American actor, he became a symbol in an environmental movement that urged people to do their part in addressing pollution. Some say it needs to be rerun! See it here: <https://www.youtube.com/watch?v=j70HG7tHrNM>

So, while we give a nod to World Peace this September 21, let's also honor Mother Earth and her natural ways.

"The best advice we can give you," the angels said, "is to turn away from all 'dark toys' and the shadows they make. Welcome into your life and planet the highest vibrations of Light and Love extended to you from the Creator. Live by the Golden Rule 'Love One Another.' Allow the Holy Spirit, who connects and guides you to lead the way out of darkness and into the Light, for this is also your truest purpose and desire."

Q. What can we do about world leaders who spew hate, wage war and kill people?

The world leaders, one and all, need your Love, more than ever. Send Love directly into their hearts and minds and keep sending it to them ~ and to everyone else, too. Radiate your Love around the world, for Love quenches the flames of hate and heals the heart of man.

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Send your questions for the Angels to answer in a future column to: theinnervoicemagazine@gmail.com

Celebrate the International Day of Peace September 21, 2023

Wherever You Are!

The International Day of Peace is celebrated on September 21, 2023. It is also known as the World Peace Day and occurs annually on September 21. The day is dedicated to peace, and specifically the absence of war, such as might be occasioned by a temporary ceasefire in a combat zone. The World Peace Day was declared by the United Nations (UN) in 1981. Since then it is observed by many nations, political groups, military groups, and peoples.

To inaugurate the International Day of Peace, the "Peace Bell" is rung at UN Headquarters. The bell is cast from coins donated by children from all continents. It was given as a gift by the United Nations Association of Japan, and is referred to as "a reminder of the human cost of war." The inscription on its side reads: "Long live absolute world peace." Individuals can also wear White Peace Doves on this day to commemorate the International Day of Peace, which are badges in the shape of a dove produced by a non-profit in Canada.

Peace is a state of harmony characterized by the lack of violent conflict. Commonly understood as the absence of hostility, peace also suggests the existence of healthy or newly healed interpersonal or international relationships, prosperity in matters of social or economic welfare, the establishment of equality, and a working political order that serves the true interests of all. In international relations, peacetime is not only the absence of war or conflict, but also the presence of cultural and economic understanding and unity. (With material from: Wikipedia)

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Source: <https://www.cute-calendar.com/event/international-day-of-peace/41713.html>



Peace dove with olive branch. ©Courtesy Pacific Northwest National Laboratory, License: public domain



Angel Guidance Readings with Angel Medium Nancy Freier

The Angels are always reaching out to you, to guide you through life's challenges. They are happy to answer your questions and bring you their perspective and messages from The Other Side. You simply need to ask.

Schedule your personal reading today!

NFreier@aol.com

<https://NancyFreier.com>

Welcome to the Angel Guidance Group

Nancy leads the group into a growing awareness of those in the higher realms and the ways they guide us through the lessons and challenges we face. We explore the methods of communication, share our enriching experiences with spirit and discuss enlightening Q&As with the Angels.

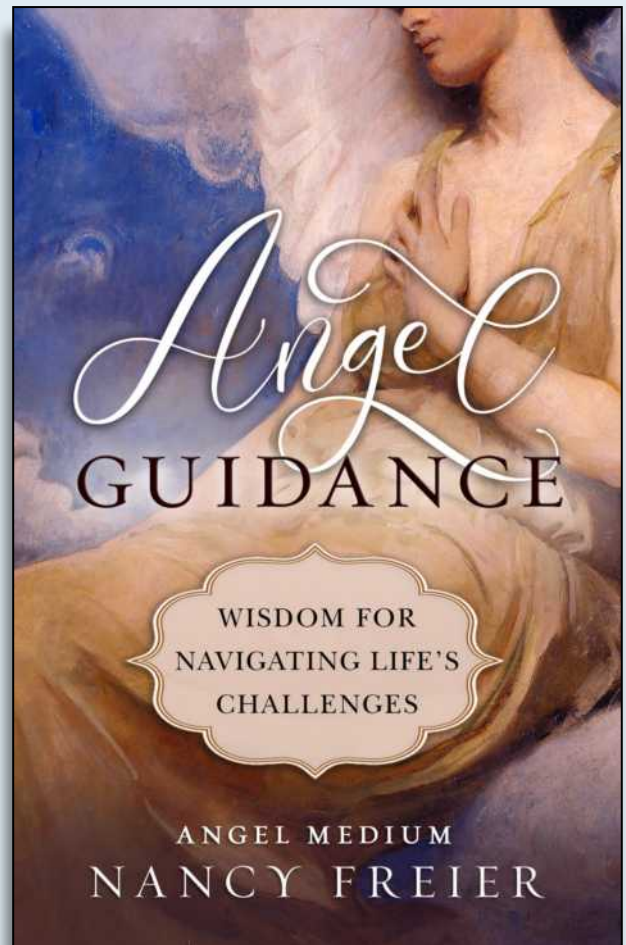


Saturday, September 9 @1pm CST

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

[Click HERE to Join](#)

Sponsored by *The Inner Voice* and
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and the *Global Gathering Group*



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[Nancy's book!](#)

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Creative Corner By Pat Gullett

Opening Heart~the Connection to Love

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

Opening Heart is about connection, memories, and love for self and every thing. We can empathize when we know we are not separate, and every living thing is part of the One Whole that is us. For me, this began with a Big Dream. You know the kind. It's so clear and full of detail, that it can't be ignored. Plus, it moves you deeply.

First, I was at a huge party, held in my honor, arranged by my best friend back in Chicago. We were in a loft, with a grand freight elevator. Whenever the doors opened, more people from my past piled out.

We were ships in the night. Together for a while, then we took different paths. I never saw them again, and couldn't find ways in real life to reconnect. But, they were all there, happy, celebrating me, and always, all my 'friends'. We created events so both of us could grow, learn, and then move on. 'That's the way of life,' they said.

Every person in our lives serves a purpose!

My heart began to open with this knowing. No longer wondering if I could 'make it right,' since on our soul level, we are always friends. The connections endured.

I started this painting with warm golden tones and the reds of love, but quickly realized I needed to use colors I love, so turquoise appeared. The Moon is our real image last night. The Circle is Spirit. But the true

gift came from my next Dream. The opening flower had to be the Sacred Lotus. Ancient and Holy to all civilizations, She symbolizes rebirth as she rises with the Sun, from the muddy rivers, all clean and pristine. Also, Her petals number anywhere from 8 to 5000. She regulates her flower temperature like we do, keeping at a healthy 85-95 degrees. White is enlightenment, and red is for love and compassion. Therefore, She is our symbol for Awakening.

Secondly, the morning after the Dream, I was reading about an 'opening the heart' ritual. Suddenly, the Spa Instrumental music that plays throughout the day, just stopped. I asked 'AI' to play the next song. She switched, 'on her own,' to our favorites list, and began to play the

Moody Blues, 'On the Threshold of a Dream!' Usually that shift has to be programed from an iPad. Magic was working this day.

As one oldie after another played, memories pored in of wonderful times. They brought tears to my eyes, and dancing to my body. Triggering the Senses, allows us to relive events. Discovering my wedding dress, smelling motor boat gasoline, fresh baked cookies, and eating raspberries. My heart kept opening with each memory.

Opening Heart is about the Universal Force of Love. "[Love is the most powerful Force in the Universe](#)" (Albert Einstein). Listening with your opening heart, opens you to Universal Love and compassion. Everything you do in life is part of your Spiritual Journey. Experiencing all with Love, changes your life. Every person serves a purpose for *your* spiritual awakening. You create your own personal reality with every choice.

Love exists for every living thing, solves all problems, and judges nothing. It knows what is best for us at all times; is tolerant and understanding. The Power of this Love evolves as we do, and expands to ourselves, our earth, our Universe, and beyond. Love is our Light, Power, Purpose, and Energy that will save us. Our 'job' is to give and receive it, since it transcends all.

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Opening Heart painting by Pat Gullett



Cosmic Journeys & Soul Journeys

By Rosalind McKnight

I have long been interested in the work of Robert Monroe, founder of the Monroe Institute in Virginia. When he began his explorations in consciousness he had previously had a successful career in radio and was the owner of a network of five radio stations when he retired. He became known for his research into altered states of consciousness and for founding The Monroe Institute. His 1971 book, *Journeys Out of the Body*, is credited with popularizing the term OBE (Out-of-



Robert Monroe, Founder Monroe Institute

Body Experience.) Since then he has coached hundreds of people using his proprietary audio technology designed to help induce an OBE with the purpose of exploring higher consciousness.

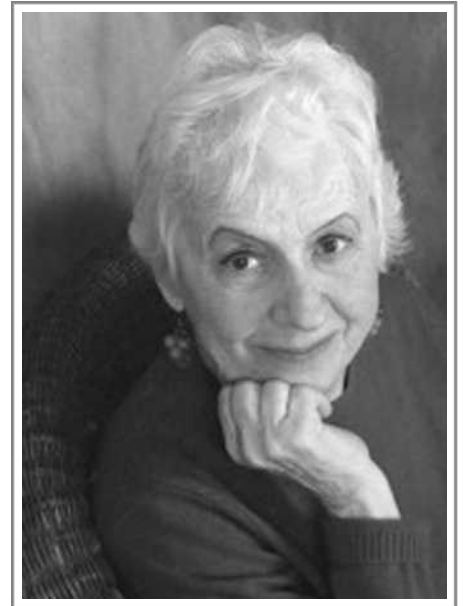
I had recently read a book titled, *The Reluctant Messenger; Tales from Beyond Belief: An ordinary person's extraordinary journey into the unknown*

"Written for every soul on the planet, these unforgettable adventures emphasize that all of us have angels and spirit guides waiting to help us discover the inner workings of the multiple worlds in which we exist and to which we will all one day consciously journey."

written by Candice Sanderson. I wrote a review of it for the August 2023 issue of *The Inner Voice* magazine. In the book, which reads somewhat like a memoir, the author makes note of the fact that at some point after experiencing spontaneous downloads from higher dimensional beings, that she had decided to take some training at the Monroe Institute in order to sharpen her abilities.

Because one thing leads to another, serendipity led me to similar a book titled, *Cosmic Journeys: my out-of-body explorations with Robert Monroe* by Rosalind McKnight. Ms. McKnight had coincidentally been introduced to Robert Monroe by a friend just before deciding to move from New York City to Virginia and had discovered that she would soon be living very near to the Monroe Institute after having recently been introduced to Mr. Monroe by a friend. Was this coincidence or fate?

McKnight's book, *Cosmic Journeys*, is primarily a memoir covering her many interactions with Robert Monroe as a subject during his early sessions experimenting with his unique original audio sounds to assist people in obtaining various states of out of body

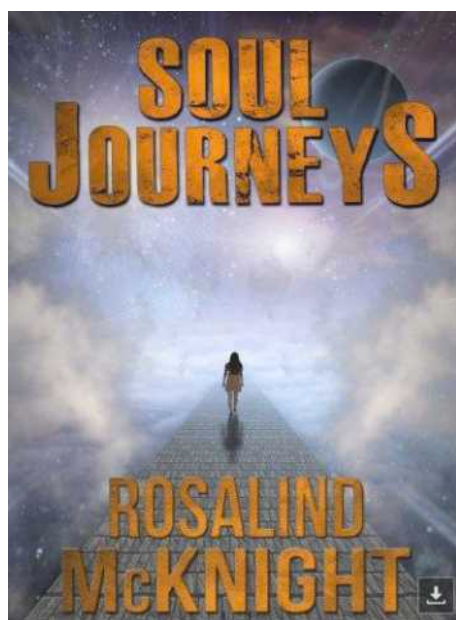
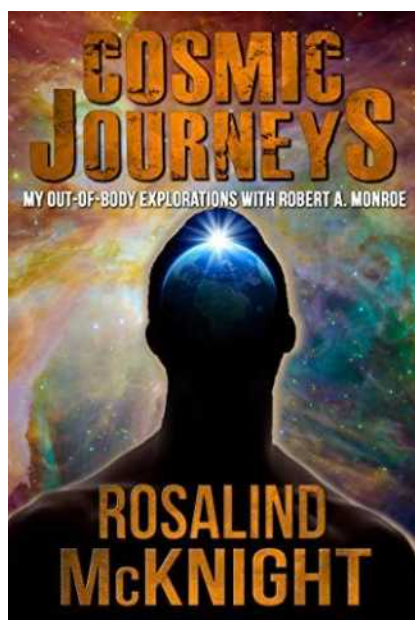


Author Rosalind McKnight

consciousness. As a beginner she was the perfect subject because she knew absolutely nothing about OBE consciousness. However, over a period of many years, she developed into a model subject and became very adept at going OBE. Mr. Monroe recorded all of the sessions and therefore many of the chapters in the book draw from the written material recorded by him. In the memoir Ms. McKnight injects her own personal reactions and describes her own views about what developed during these years. This was the main reason I decided to read her book and I wasn't disappointed!

Rosalind McKnight was one of the first, and most successful, researchers to work with Robert Monroe at The Monroe Institute (TMI). She spent eleven years doing research in his laboratory setting. With the help of Mr. Monroe and his Hemi-Sync technology that put her into

Continued on page 9



Both books are available on Amazon: [Cosmic Journeys](#) & [Soul Journeys](#)

altered states of consciousness, she explored and reported on various levels of non-physical reality. In her first book, *Cosmic Journeys*, she described a visitation that she had in her earlier life by an energy form that she calls Radiant Lady. When Radiant Lady first appeared 40 years ago, Radiant Lady said nothing, leaving the frustrated McKnight wondering about the purpose of her visit.

The second book by McKnight is titled *Soul Journeys*. This book draws on her OBE experiences many decades later,

without the need to be in the laboratory of Mr. Monroe. In 2003, Radiant Lady suddenly reappeared, announcing to McKnight that they had a mission to accomplish together. At this point Radiant Lady acts as a sort of 'tour guide' into other dimensions where McKnight meets non-physical energies who share their own personal experiences of the dimensions which they inhabit.

Written for every soul on the planet, these unforgettable adventures emphasize that all of us have angels and spirit guides

waiting to help us discover the inner workings of the multiple worlds in which we exist and to which we will all one day consciously journey.

Explorers are known for the journeys they take. Rosalind McKnight explored the vast, nonphysical dimensions of consciousness. With OBE researcher Robert Monroe she helped to further our understanding of human consciousness and to demonstrate beyond a doubt that we are more than our physical bodies. Many of these pioneering sessions are presented almost word for word, as they were taped, along with her warm and inspiring observations of Bob Monroe and the early days of TMI.

Here are explorations of non-human energy systems, interactions with highly evolved beings, concepts about the makeup of the many levels of the universe, views of the afterlife and the animal dimensions, the nature of healing and guidance, a look at the future, and much more. Here is the pursuit of the true meaning of science fearlessly mapping wherever the inquisitive mind takes us.

Through the courage of Rosalind McKnight and other explorers at TMI, we are given, as Laurie Monroe writes in her introduction, "A clarity of perception and a sense of the greatness that is beyond our everyday life."

△



Steve Freier has been researching death, dying, NDEs, OBEs and the Afterlife for over 20 years. He has read and/or reviewed 100s of books and videos on these and other metaphysical topics. With a passion to share what he has discovered, he is the Moderator and Host of: **Life, Death and the Afterlife**, an open discussion group. In-person meetings are held at the **ADRC of Door County, 916 N. 14th Ave, Sturgeon Bay, WI 54235** **Next Meeting Date: Thursday, September 21, from 1-2:30pm.** A zoom group is coming soon. Contact Steve for more information: sgfreier23@gmail.com

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



My Dream **Visits** with the Dead

By Robert Moss
[Robert Moss Blog](#)

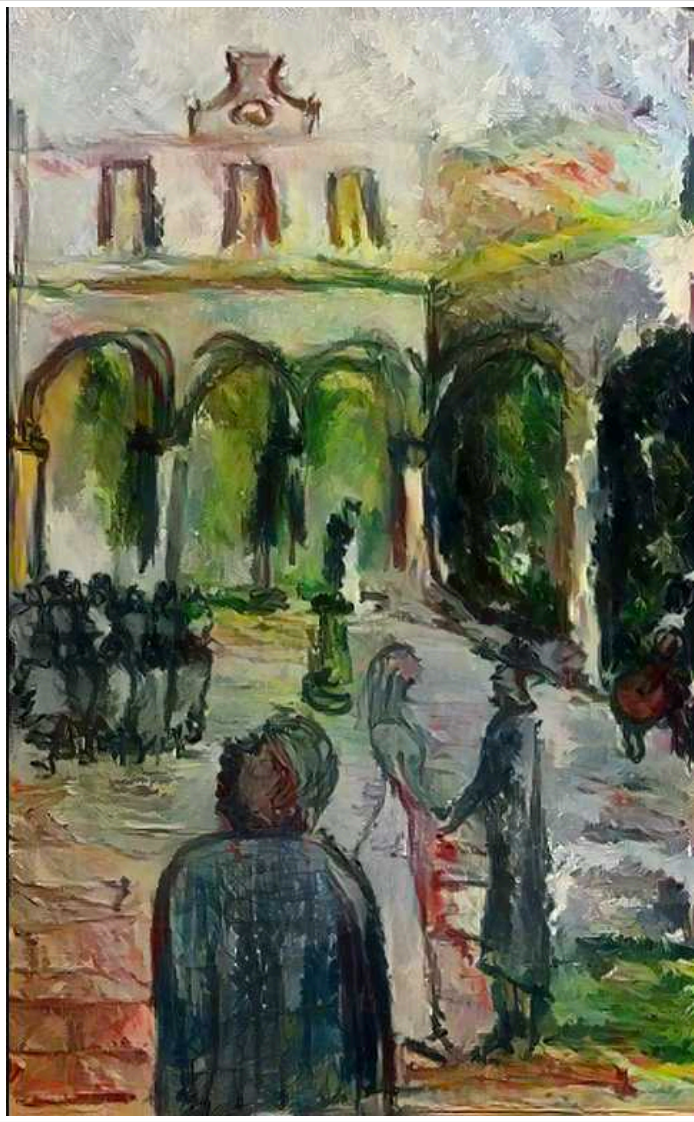


Illustration: "Alive Among the Dead" Journal drawing by Robert Moss with digital colorization

I am often among the dead in my dreams. They are always alive. Sometimes I remember that they died on an event track we shared, other times I don't. Sometimes they come calling. My father has come many times since his death with helpful advisories for me and the family.

Sometimes my dream travels take me to new environments on the Other Side where the dead are enjoying new lives. They show me around and I learn first-hand in this way about lifestyle and real estate options available after death.

Then there are the dream encounters in which I am with someone who died on the event track we shared in this world, but seems to be alive in a physical body on an alternate event track in a parallel world.

Contact with the deceased, especially in dreams, isn't weird or unusual or even truly supernatural. It comes about for three reasons: the dead are still with us, or they come visiting, or we travel to the realms where they are now living. The number one reason why people who are not accustomed to sharing dreams decide to tell one is that they have dreamed of a close friend or family member who died but is very much alive in the dream.

One of the most interesting things I have learned is that the living may be called upon to play guides and counselors for the dead. My narrative "The Silent Lovers" in [Mysterious Realities](#) is a just-so story – shocking to me as it unfolded – about how I was called to play advocate for a dead man, otherwise a stranger, going through his life review on the Other Side. I can confirm that Yeats was absolutely right when he said, with poetic clarity, that the living have the ability to assist the imaginations of the dead.

△



"We are travelers on a cosmic journey, stardust, swirling and dancing in the eddies and whirlpools of infinity. Life is eternal. We have stopped for a moment to encounter each other, to meet, to love, to share. This is a precious moment. It is a little parenthesis in eternity."

Rumi



Finding Your Spirit Name

By Denise Linn

www.DeniseLinn.com

In native traditions a name is much more than the label that people call you; it's your unique energy vibration. Sometimes it's a sound that has a feeling rather than a word with a specific meaning, but most often it was a name from nature.

There's power in knowing your Spirit Name. When you become aware of it, it can feel as if your destiny has been shifted and the utterance of your true name can feel like a profound blessing. The vibration and sound of it can allow you to connect with your essence. This is the story of how I found my Spirit Name...

It was a hot summer afternoon in the Cascade Mountains in the northwest of the United States. All day I had been thinking about how to find my true spirit name. To escape the heat, I took a walk into the coolness of the woods near our small

mountain home. It was peaceful and quiet. Long rays of light filtered through the canopy of leaves overhead. I stopped under a large old tree and closed my eyes holding a prayer for a name. It was so still that there wasn't even the normal sounds of birds or hum of insects.

When I opened my eyes, a few feet in front of me sitting on a branch, was a great horned owl. He was so close that if I had reached out I could have touched him. He hadn't been there when I closed my eyes, so he must have landed in those few seconds. He looked straight at me. All I could see were his enormous eyes. It seemed like such a long time passed. Then, with a blink, he lifted his massive wings and silently glided away into the forest.

After a moment, the afternoon sounds of the forest returned. I looked at the branch where the owl had landed. Three small, downy feathers were caught on it. I picked them up and held them in my hand. They were so soft and white.

Suddenly, I heard an inner voice say, "Put the feathers in your medicine bag." The words puzzled me. I had a beautiful medicine bag, but it wasn't with me. Again I heard the voice. "You are your own medicine bag," the voice insisted. "Put the feathers in your medicine bag."

The invitation seemed clear: I was being asked to take the feathers into my body. Without further thought, I put the feathers into my mouth and swallowed them. (I don't recommend

this. Feathers are very hard to swallow and not sanitary, but that didn't occur to me at the time.) The inner voice continued, "As you have taken owl feathers into your body, the spirit of the owl has permeated your being and shall always be with you."

Gradually, I came back to the reality of the woods around me, with a feeling of serenity and strength. This experience precipitated the awareness that my spirit name was "White Feather." (My husband, David, who still can't believe that I actually ate feathers, jokes that my true name is "Eating Feather.")

Once I acquired my Spirit Name, I felt like I'd come home. Every time I said, "I am White Feather," I felt a sense of peace wash over me. There is great power in a name that is in alignment with your essence. Every time you are called by that name, or you think of yourself in that way, it reinforces your spirit.

*With all my love,
Denise Linn*

Denise Linn has researched healing traditions from cultures around the world for more than 35 years. As a renowned lecturer, author, and visionary, she regularly gives seminars on six continents, and appears extensively on television and radio shows.



Are 9/11 Souls Being Reincarnated as Children?

[4 Examples That Might Make You A Believer](#)

By Dr. Carol Pollio



There have been several news articles about children who seem to remember being present either as workers or first responders during the 9/11 World Trade Center (WTC) collapse. Whether you believe in reincarnation or not, these are very compelling stories.

One four-year-old, who has been talking about the 9/11 attacks for about a year, had a surprising response to his parents' question, asking him what he wanted to be when he grew up.

"I don't just want to be a firefighter, I have always been and already am a firefighter! I used to get up in the morning, go to work and in the evenings I would come home and take off my fire proximity suit."

Another four-year-old has claimed to have worked in the WTC. When he saw a photo of the WTC in a National Geographic magazine, he pointed out the window where his office was located. In

doing so, he said, "That's where I worked, Mama," and "Mom, I'm still buried there." He also claims to have felt the building fall and provided other details about his experience that day.

Recommended: [The Science Of Reincarnation — Dr. Stevenson's Life Work](#)

One of the more detailed accounts is by Cade, a young boy who began experiencing chilling nightmares of 9/11 at the age of three. Details he gave included the name of a 40-year-old victim (Robert E. Pattison), a businessman who worked on the 110th floor and could see the Statue of Liberty from his office window.

He spoke at an early age about planes falling from the sky and also of them crashing into buildings. Although several of the many facts Cade provided did not check out, some information did, enough

that his parents believe that Cade was there, in some way, on that fateful day.

Recently, I interviewed a woman who shared with me her experiences with eight-year-old son, who has been talking about what she believes is 9/11. In addition to nightmares of dying in a raging fire, he named a co-worker that he was trying courageously to save, but was blocked by the ceiling caving in.

Her son is certain he worked on the 54th floor of the WTC. Most of the information she shared with me was from his earlier years. Now that he is eight, she felt that he might begin to forget these memories as they are replaced by his own.

Recommended: [Who Were You In Your Past Life According To Your Memories?](#)

While these are all fascinating cases, the challenge has been proving that they are, in fact, tales of reincarnation. Just as we awaken from a dream and sometimes struggle to correctly remember the

Continued on page 13

details, these children's memories may have understandable gaps or errors. Overall, though, it is some compelling evidence that suggests that reincarnation exists.

What do you think?

Here are a few of the responses to that question:

1. Jokimom, February 9, 2017

My son had night tremors and spoke aloud in his sleep in a state that we could not wake him until he was about four. This happened fairly regularly and it was terrifying. He would talk about fire and stairs and scream about his legs and being trapped. It was very real and he said things very mature for such a young boy. He also talked about not being able to get to Paris. We've often considered he was a 9/11 reincarnate.

Coincidentally, he was born on 9/11 in 2007.

2. Heidi, February 8, 2017

I absolutely believe. Since my niece was two-years-old she has talked about being with her 'old mommy' on one of the planes that flew into a tower on 9/11. She remembers her mom telling her to keep her head down and not look. After hitting the tower she says she was holding her mommy's hand and they



Every year on September 11, twin towers of light shine up to the sky in New York City in remembrance of the attacks. Photo: by Sean Pavone / Shutterstock

floated up and looked down from the sky and saw people falling from the buildings. She can describe her mom and says that she stayed with her until it was time to find a new family. My niece was born in 2006 and is now 11.

3. Heather, May 17, 2017

My son is either reincarnated or channeled someone who died that day. On the 10th anniversary, 9/11/2011, the small town I live in raised sirens all around town, at the time the 2nd tower fell, to begin a moment of silence. When

the sirens began, my son, who had just turned three the week before, looked up at me and said that he ran and jumped and fell down and down and down and that he could see the sky through his feet and thought it was funny. I was stunned. I tried to ask him more questions about it, but he said that that time was over, and now he was with me and he loves me.

Think what you will, but a three-year-old doesn't just randomly say something like that at precisely a moment like that.

Δ



About Dr. Carol Pollio: She is the Director of Intuitive Investigations®, a paranormal investigation and earthbound spirit rescue organization. After a successful career as a Chief Scientist in a federal land management agency and having honorably served 31 years in the military, Dr. Pollio is now focusing on the field of parapsychology, blending her knowledge of scientific principles with her intuitive abilities and psychic mediumship skills. She is also a certified Parapsychological Field Investigator with the Office of Paranormal Investigations and an Elemental Space Clearing® Practitioner. www.intuitive-investigations.com



SEPTEMBER 2023 COSMICTOLOGY FORECAST

Happy Solar Return to September Virgos and Libras!

By Andria Nikoupolis Weliky

The sky is still aglow from the Piscean Super Blue Moon as we step into September. Can you believe it? September!

I hope this report finds you well and wrapped in the light of agape and that any troubles or tribulations are assuaged by the loving salve of this glorious lunation! This is the third in a row and closest of four super moons, astronomically speaking. This is when the moon is closest to Earth. May the skies be clear for viewing!

Looking over the transits (sight lines, or relationships between planets) for the month ahead, the primary elemental constitution is Earth. Bringing forth topics of harvest, grounding, resources, discernment, routines, practice and discipline. We are also starting our autumnal journey with quite a few planets

in retrograde, or stationing to go retrograde.

For those not familiar with the meaning of retrogrades, it is the representation of backwards motion, reversals and encompasses all “re” words. Mind you, the planets don’t actually move backwards but the best analogy I’ve heard is to think of being in several lanes of traffic with vehicles moving forward at varying speeds and sometimes it almost appears as if a neighboring car is stopping, or moving in reverse. We are most familiar with our closest personal planet, Mercury going retrograde, who does this on average about three times a year. Mercury represents so many things, no really, all the pieces and parts, articulation, communication, and transportation.

Associated with the God Hermes, Mercury is the messenger, the mind, and technology. Hence, we are best advised to back up computers and cross check files, documents and heed caution before signing on the dotted line, thus reassessing for reassurance. As Mercury Rx’s go, this is actually a well dignified Mercury and very favorable for being thoroughly and attentively productive. With Mercury, Venus and all the outer planets retrograde at the top of the month, and Jupiter about to turn Rx, this is really communicating to me a message of REst or at least pace ourselves the best we can.

There is a continued story playing out from the past several months of forecasts ~ a strong signature energy coming to light in the themes of truth, decentralization, expanded consciousness, galactic contact and new forms of



psithurism

(n.) the sound of the leaves rustling as the wind blows through the trees

currency. This is highlighted by several transiting planets including Jupiter, Uranus, Neptune and Pluto. It is reinforced at this time as Eris, sister of Mars, known as the Goddess of Chaotic Creation, is in a conjunction with the North Node. The North Node represents the collective's future destiny, or where we as a whole are reaching to grow. She stands for truth, demands justice, fights against elitism and beckons inclusivity.

The ever-lively Jump, Jive and Wail action of Uranus and Jupiter in fixed Taurus is rather rumbly these days, whether dancing a Paso doble with Venus Rx in Leo, or engaged in a flowing waltz mixer between multiple Virgo partners, the energy is rockin' and rollin' to say the least! It is activating a point that was initially brought to the fore

back on May 5 by the Taurus lunar eclipse. It's important to mention with all this dancing, we may find ourselves caught in some earthly upheaval. It might be a good time to have a 'just-in-case' bag ready for any sudden evacuations of the dance hall.

Since Virgo is a sign strongly coupled with health, specifically the gut, rituals and routines, it is a lovely time to RE-connect with, or RE-establish REGularity. Plant teachers to turn to this month include: licorice, mint, dill, fennel and valerian (my personal favorite for sleep). Remember this is not medical advice, but a path of exploration and wonderment. On September 23 your ears may be perked with a soft psithurism. Is it the drying

leaves whispering in the trees, or the harmonious wind symphony of Libra's sweet arrival? Happy Equinox!

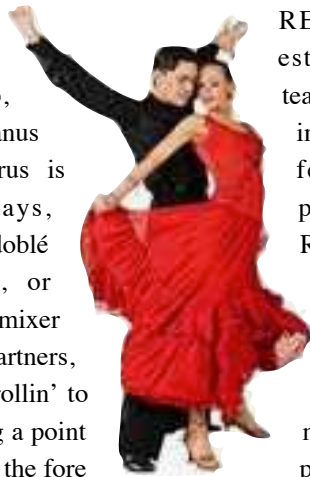
Closing September's Story, I leave you with the *Sabian Symbol* for the Full Moon at 6 Aries on September 29 ~

"A Square Brightly Lighted On One Side, finding ways out of situations with creating creative solutions. You have the ability to simply look around with a more objective eye and apply simple, active solutions ~ there are always ways out of dilemmas. Look for the light and head toward it. Refusal to surrender to frustration, thinking outside the square."

(Above quote from: *Sabian Symbols* by Lynda Hill.)

Δ

If you are curious about the planet placements and points in your own natal chart, please reach out to me at: andria@emeraldionalchemy.com



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Magnetize Your Goals and Dreams with Magnetite

Welcome to September, the month of transition and transformation. As we bid farewell to the warmth of summer, we embrace the arrival of the fall season. In this month of change, we find ourselves seeking grounding and protection, both physically and emotionally. And that is where magnetite, our crystal ally for September, comes into play. This iron oxide crystal is grounding, protective, and magnetic.

Magnetite is quite common in the Great Lakes region. If you've spent time on the beaches, you've likely noticed thin layers of black sand. These fine grains of sand are magnetite and compose about two percent of the shoreline sand. This does not sound like much, but when waves roll in, magnetite sand filters to the top making itself sure to be seen.

If you feel curious, bring a magnet with you next time you spend an afternoon at a Great Lakes beach. Find a nice dry spot where a layer of black sand is visible and let yourself play with how the magnet attracts the fine grains of magnetite sand.

Magnetite, with its magnetic properties, serves as a powerful force in our lives. It not only grounds us but also acts as a shield, protecting us from negative thoughts and energies. This crystal encourages us to take a moment and reflect on our actions and intentions. As we step into the fall season, it presents us with a simple yet profound question: Did I plant what I want to harvest?

Think of your thoughts as seeds that you sow into the universe. Each seed

carries a possibility that you are planting. Is it in alignment? Does it carry pure intention? Is it what you truly want?

Magnetite urges you to be mindful of the thoughts you cultivate, ensuring that they align with your desires and aspirations.

Just as a magnet attracts magnetite sand, magnetite will help you focus your thoughts and energy so that you attract what you truly want in life.



Magnetite, commonly found on the Great Lakes beaches appearing as black sand. Magnetite helps keep you focused and grounded.

Imagine a world where your thoughts are in harmony with your dreams. Magnetite assists in aligning your thoughts with your goals, allowing you to magnetize the positive energy needed to manifest your desires. By protecting your thoughts, magnetite acts as a filter, ensuring that only thoughts that serve your highest good are allowed to flourish.

In the hustle and bustle of everyday life, it's easy to get swept away by negativity and distractions. Magnetite acts

as a gentle reminder to stay grounded and focused. It will help you find your center, even amidst chaos, allowing you to navigate through challenges with strength and resilience.

As we transition into the fall season, let magnetite be your guiding light. Let its protective energy shield you from negativity and doubt. Let it ground you, connecting you to the earth's energy and reminding you of your own strength.

Allow magnetite to inspire you to plant the seeds of your dreams, nurturing them with positive thoughts and pure intentions.

Remember, you have the power to create your reality. With magnetite by your side, you can magnetize the life you truly desire. So, take a moment to reflect on the question posed by magnetite: Did I plant what I want to harvest? And if not, now is the time to sow the seeds of your dreams and watch

them bloom.

Embrace the transformative energy of September and let magnetite guide you on this journey of self-discovery and manifestation. Trust in its grounding and protective properties, and let it inspire you to magnetize the life of your dreams.

△

For more about Lori Andrus and the classes she offers see page 17.
www.LoriAAndrus.com



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artist. ceremonial guide. wisdom teacher.

Upcoming Online Events

Explore earth-based spirituality, practice, and healing.

The Sanctuary Circle - Online. Ongoing. Register at LoriAAndrus.com/sanctuary

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Press pause on the busyness of your day-to-day life and reconnect with your authentic self during episodes that explore crystal wisdom, sacred practice, ceremony, ritual, and soulful travel.

Fall Equinox Ceremony - September 17th, 9am ct. Online. Register at LoriAAndrus.com/fall23

The change of seasons is upon us. This is a potent time to gather in sacred space and step into ceremony.



A SACRED SPACE TO NOURISH YOUR SOUL AND RECONNECT WITH YOUR INNER WISDOM.

Learn more at: www.LoriAAndrus.com



Co-Creating *Conscious* Sacred Space



Your intentions, love and focus have the power to bring great healing to the land, water, animals and people, to this world and beyond.

The news of the devastating wild fires on Maui continue to deeply touch my heart. Maui can be a bubble of paradise with its glorious beaches, breathtaking sunsets, lush jungles, open endless night skies, and bountiful tropical flowers. Living there for several years, the paradise bubble gets popped. I experienced the challenging realities of two tsunami warnings where we evacuated to higher ground, massive controlled sugar cane burns that left ash on everything along with stinky air

pollution, and trade winds bringing volcanic toxins. The recent fires transformed the paradise bubble and exponentially traumatized the whole island and beyond into dynamically expanded awareness.

Sometimes we need to live in our own inner “paradise” bubble for a time, tuning out traumas that are going on around the planet. It can be a space to calm our nervous system, explore our inner process and to find our place with the many challenges that exist. It can be a time to up level our capacities to engage with the powers of quantum realities to co-create sacred space for positive change within us and throughout the world.

The Maui fires and so many other traumas light up the importance, if not the imperative, for each of us to know and to act on what we actually can do to energetically support deep healing and change, even when it seems impossible.

Our thoughts are energy. They influence matter. They can invite and create new current and future realities. Being present and creating sacred space for a situation with loving compassion and clarity, our intentions can team up with the quantum fields to support new possibilities to come into being.

Where and what situations are you being drawn to that touch your heart yet seem beyond your capacities to advance healthy dynamic change?

I invite you to explore your capacities to co-create expanded sacred space for all people and dynamics involved to receive the highest, most functional wisdom of their Essence. For nature to calm, rain to manifest, or in some cases subside, and for *all people* becoming their most consciously wise selves: awake, aware, resourceful and safe; that everyone receives, honors and integrates the highest and wisest conscious support they need... where that which is beyond our imagination is possible and is actualized by teaming with the powers of the quantum mystery.

I invite you to explore this powerful capacity within your heart, mind, body and conscious presence ~ not out of fear or control ~ but *all* from love. Take a few deep breaths and bring your awareness down into your heart space. Invite your inner heart light to expand with every breath you breathe. Ask: what world, or personal situation, is calling your higher attention and intentions to help raise consciousness?

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Continued on page 19

Notice any personal judgments, fears, and automatic emotional reactions you may have on the subject. Notice and give more energetic space to body or mind constrictions and contractions. Visualize a golden spiral of light spinning counter clockwise all around you and out into your quantum field. Sense the love in your heart filling and moving through your body. With your hands and all your senses 'hold' sacred space with the world situation or personal dynamic and all involved. *Invite awakening consciousness and new possibilities for all.*

Rest in this heightened state, noticing inspired perceptions, messages, or guidance. Close with respect and gratitude, bringing your expanded heart energy into your heart center. Explore the possibilities you have to co-create conscious sacred space and positive change.

△

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



Daily Meditation dated 8-27-23

transform WITH MARIANNE WILLIAMSON

I choose to awaken from the delusions of the world

If you want to believe that what your physical eyes can see is all that's there, then fine, you can. Stay in that small fraction of perceptual reality if you choose. But at some point, even if that point is at the point of death, we all know better. I've seen cynics become mystics on their deathbed. We are here as though in a material dream from which the spiritual nature of our larger reality is calling us to awaken. The magician, the alchemist, the miracle-worker, is simply someone who has woken up to the material delusions of the world and decided to live another way. In the world gone mad, we can choose to be sane. In order to move ourselves, and our civilization, into the next phase of our evolutionary journey, it's time for all of us to awaken.

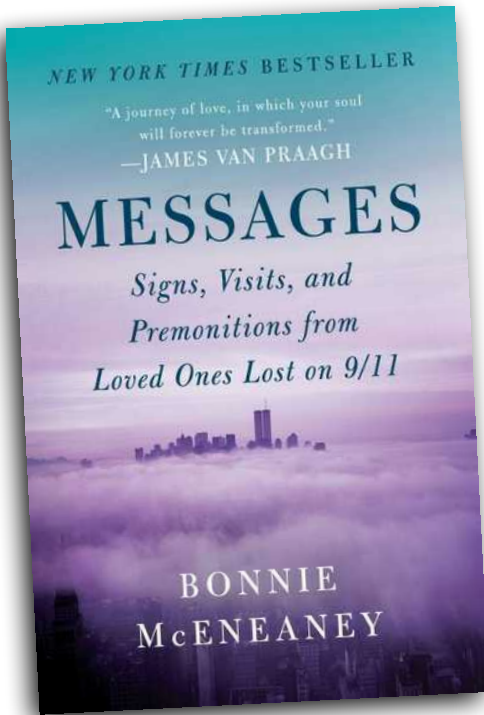
I choose to awaken from the delusions of the world.



*You're not here to change anyone's mind
This place that you are going
not all will come this way
It's not up to you to encourage one who is not prepared
or interested at the time
Just leave alone and be on your way
to love within your mind
You're not here to change anyone's mind
They must do that in their sweet time
Your job is so simple. You'll know just what to do
So never sweat when things seem dark
Just let them merely be
And you go back to the diamond in your mind
It's all somehow so right
here now that matter anything not
In times of fear you must obey this law of love
and you will grow in leaps and bounds
Travel not alone 'cause we're here to help
from the place where power abides
From awesome cups of brilliant love
and angels of mighty wings.*



PHOTO: Courtesy Stefanie Finn



Messages, Signs, Visits and Premonitions from Loved Ones Lost on 9/11 By Bonnie McEneaney

I wanted to comfort a person who was in a terrible state of grief and I thought of this book. I am so happy I remembered it, as it is a very inspiring, hopeful book based on the spiritual experiences of those who lost their loved ones on that fateful day September 11, 2001. It is an event that is burned into the memory of millions of people, still living, who were witnesses. It is burned into mine. The author has a compelling style that brings attention to spirituality and the Afterlife in a very loving, evidential and positive way.

The author, Bonnie McEneaney, wife of a victim of the 9/11 attacks, bravely shares her spiritual experience about her husband in the aftermath of his death. She relates that in 2001 her husband was bothered by premonitions that his death was imminent; and he often discussed how to escape from the World Trade Center (WTC) in the event of an attack that he was sure was coming. After his death she started to see signs of his presence, and after discussing this with several friends, she found that they also were having these experiences.

What Bonnie heard through many interviews with victims of loved ones,

compelled her to embark on a four year task to make their stories known, to honor those who were lost, and to bring hope to others who have experienced the loss of a loved one. Bonnie's interviews included people who worked in the Twin Towers and did not attend work that day due to 'gut feelings' and 'premonitions,' as well as those who, for some unforeseen circumstance, were forced to stay home.

At the end of September 2001, Bonnie began to hear of 9/11 family members who were consulting with mediums and psychics. Being a skeptic, Bonnie was not entirely convinced about the information she was receiving from the medium she was seeing until the medium struck a cord with her. Eamon, her husband, had a very close friend called John who was nicknamed Jay. Jay's passing in 1992 left Eamon devastated. The medium told Bonnie that Eamon was greeted on the other side by a man that helped guide him and pull him through. This man's name was John or began with the letter J. She said that the two were teammates on the Lacrosse team at Cornell. Bonnie relates that if anyone would be on the other side to help Eamon it would be Jay! When Bonnie left the medium's office, she began to change her mind about the role of psychics.

One striking experience noted by this reader is that of Welles Crowther, an equities trader who worked in the WTC and who also was a volunteer firefighter. Welles was known to carry a red handkerchief in his pocket every day since childhood emulating his father who carried a blue one. Welles would say, "You never know when you will need a bandana." He talked to his mother about changing careers before the 9/11 attack and told her, "I don't know what this

means, but I know I am meant to be part of something really, really big."

Welles saved five lives that day before sacrificing his own. Those survivors attribute their safety to the "man in the red handkerchief." For this act of heroism, the NYFD posthumously awarded Welles Crowther with a Certificate of Appointment as an Honorary FDNY firefighter for his bravery and courage while aiding trapped victims during the attack. He is known affectionately as "the man in the red bandana."

After Welles' passing, his mother, Alison tells of premonitions she had the day prior to Welles' death, stating that she felt that she was being 'blown apart.' Soon after his death, Welles started communicating with his family and friends, either telepathically or through physical manifestation. His roommate, Chuck tells about the day that Welles walked right into the living room, set keys on the table as he always did, and told his friend, "I am okay. I am okay." After the initial shock, Chuck said he 'felt a peaceful feeling.'

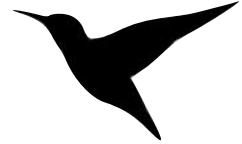
This tragedy that happened on U.S soil is known worldwide. It was an infamous act that will, and should never be, forgotten. "Messages" accomplish that through Bonnie and those who were so grievously and personally impacted by it, who share their grief and their healing within this book. They attribute their healing to the loving messages received from their loved ones who went home that day.

△

You may get book here: [Messages: Signs, Visits and Premonitions from Loved Ones Lost on 9/11](#)



I Am Forever Spirit



Yesterday a colleague referenced a phrase I'd not heard before – "Forever Spirit." She said it was an aboriginal phrase meaning we "Are Spirit" rather than "We have a Spirit."

This is one of the most difficult concepts for any of us to hold because with our normal linear perception, things are objects. There is an "Us" and then everything else is "Other." So it is easy to feel that we have a "Spirit" rather than we are "Forever Spirit."

I think in these difficult times when we see so much death in earthquakes and other disasters on the news everyday, it is somehow reassuring that we are Forever Spirits, that we don't just die with our physical bodies, but live on.

There has been so much written over the millennia about what happens when we die, but I still come back to my own spiritual teacher, Mentor's suggestion that there is an observation mode when we first leave our bodies, where we collect ourselves, and get use to the new terrain, so to speak. While we are aware of our previous life, it only registers through the people we've loved and who have loved us. Love is the only tracking device.

Then, when our own True Self chooses, we relax into the Great Universal Consciousness – our Expanded Self -- and merge with the great sea of All That Is. Then, miraculously at some point, we awaken and are drawn back toward a physical incarnation, picking up a new personality and the familiar stories, traits and challenges we've been working on all along.

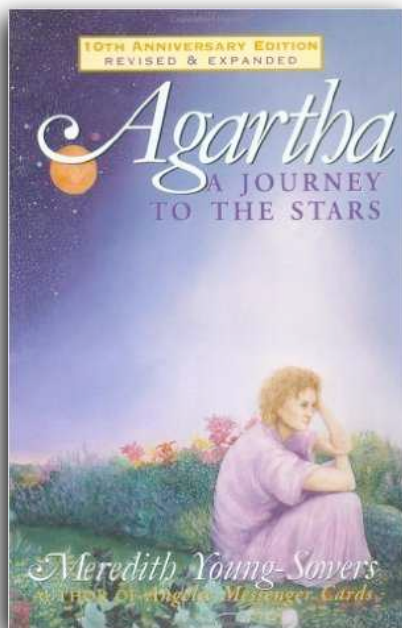
When I see death and destruction and hear about the painful physical challenges of those I love and within my own family, I try to hold in my mind that there is more than we can see and know with our personal view and that we are all, always going to be "Forever Spirits."

~Meditation~

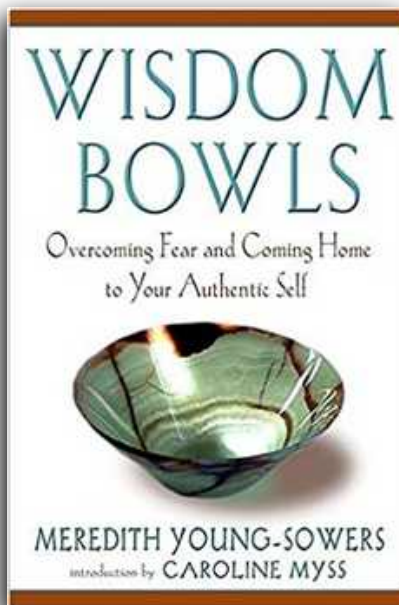
As you place your hands over your deep heart with me today, say to yourself, "I am a Forever Spirit. I am a Forever Spirit, I am a Forever Spirit and I will live on, and on, and on."



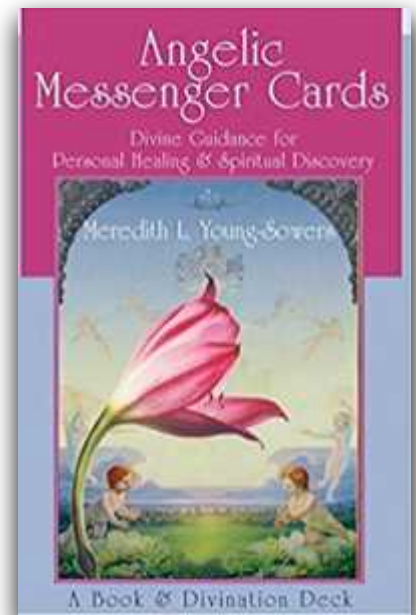
Meredith Young-Sowers, D.Div. is the Author of: Agartha, The Angelic Messenger Cards, Spirit Heals, Wisdom Bowls, and more. She is the Founder of The Stillpoint Foundation and School and a watercolor artist.



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



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



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

AFTERLIFE REPORT

Evidence



Presented by

Victor and Wendy Zammit

Science



If you're interested in knowing more about The Greater Reality and exploring all things Spirit and The AfterLife, **The Global Gathering** is for you!

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

Subscribe for Free to The Friday AfterLife Report <https://www.victorzammit.com/archives/index.html>

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Check for the time in your city and join the discussion with others from around the world!

Eastern Time 5 pm Sunday
Central Time 4 pm Sunday
Mountain Time 3 pm Sunday
Phoenix 2 pm Sunday
Pacific Time 2 pm Sunday
London 10 pm Sunday
Amsterdam 11 pm Sunday
Sydney/Melbourne 7 am Monday
New Zealand 9 am Monday

Global Gathering Coordinators:

Wendy Zammit

wendyzammit@gmail.com

Karyn Jarvie

karynjarvie@ozemail.com.au



Life

By JA Dioguardi

*Those alive today
On the planet called Earth
Are paving the way
For enlightened rebirth.*

*Amid talk of war,
There are conclaves for peace
That strive to ensure
Global love will increase.*

*Yet it seems to most
That the leaders of strife
Are those playing host
In the game we call LIFE.*

*If you want to shift
Your direction of mind
So that God's gracious gift
Is the one you will find,
Then aspire to purge
Darker thoughts via Light
Higher Truth will emerge:
Use your might for what's right*

*On those days when doom
Is pervading the news,
Don't worry and fume....
Your perspective,
you CHOOSE*

*As a ray of Source,
You have chosen to stay
No matter the course,
So go out there and play!*

*In a world that's rife
With tempestuous skies,
This game we call LIFE
Is the ultimate prize.*

Δ



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



Free Spirit Crystals' Stone of the Month: Septurian



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On this day of the Super Blue Moon (8/31/23), I share this photo. It took 10 years for photographer Marcella Julia Pace to capture these 48 colors of the Moon. Source: Space Facts, Facebook.



9 Signs Your Baby May Be Remembering It's Past Life

By [Roberta Grimes](http://RobertaGrimes.com)

Roberta Grimes is an author, afterlife expert, business attorney, wife, mother and grandmother who wrote several books including the series "The Fun of Dying." Find out more at <http://RobertaGrimes.com>

1 Characteristics of an Empath

It is not uncommon for empaths to report feeling uncomfortable in crowds of people, as being in touch with the emotions and experiences of other people can be overwhelming. In cases of empaths who were studied in connection with reincarnation, researchers came to believe that empaths may be people who carry the soul of a person who has been reincarnated many times around. The theory is that it is evidence of an evolution of sorts, of when the soul has experienced so many lives for inner reflection, that they are now deemed ready to move past their own healing and to begin focusing on healing the lives of others.



2 Old Soul

From the mouths of those who have studied the concept in great depth, they say that one of the biggest signs of reincarnation is when kids give off the vibe that they are "an old soul."

We all know of someone who is like this – probably in our own family or group of friends. Someone who is wise beyond their years, has a deeply introspective nature, or maybe gives flawless advice – like what we might hear from our elders.



3 Déjà Vu: Memories That Are Misplaced

Children can be quite adamant in their beliefs and sometimes it can be worth paying attention to. When your little one tells you they know how to do something, or how to get somewhere, give them the chance to prove it. Sure, most of the time we can catch them in a little white lie, or a moment of over confidence, but sometimes the impossible might be true. Experts in the field say that some children can remember excerpts of their past live up to the age of four and occasionally up to the age of 6. Be aware of this phenomena!



Continued on page 25

4 Night Terrors and Reoccurring Dreams

Some children are more prone than others to experience earth-shattering dreams so traumatic and horrifying that it can be difficult to convince them it wasn't real life. But apparently for some little ones, such dreams have been linked with children who speak candidly about their past lives. It is not uncommon for such nightmares to be re-occurring over a significant length of time. Experts who have studied reincarnation and its link with reoccurring dreams say that often times these dreams are out-of-place in relation to other dreams. Usually our dreams are a way for the subconscious mind to process and decipher aspects of our waking life. But when kids tell about dreams that have no obvious relevance in their life, it can be a clue to a past life they have lived.



5 Uncanny Knowledge of Historical Events

Occasionally we get to witness the curiosities of children that appear to be prodigal geniuses. It happens that our very young kids who have incredible niche intelligence for a very specific topic, like science, history, or math. But sometimes it becomes more defined than that. Children with no previous exposure to, or knowledge of precise information, seem to be



experts in the field. Some psychologists claim that such categorical intelligence could be information gathered by the soul in another time and dimension. There is no other explanation.

6 Accidental Expertise

Sometimes our kids have special traits, talents, or abilities that have no resemblance whatsoever to anything that their parents have passed down to them. It can be quite intriguing when kids burst into song, or play the piano having never been exposed to music; or when they hop on a bike and ride away without being trained. Such things as these leave parents completely baffled. Researchers say unfounded expertise may come from activities, or knowledge that was well-versed in a previous life.



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7 Obsessive “Pretend” Play

All young children engage in pretend play. The sky's the limit as far as the imagination goes. If you happen to notice that your child is particularly obsessive about recreating a special scene over and over again, especially if it relates to dreams they talk about, it might be worth taking a closer look. Research has suggested that these kids may be actively trying to sort through their memories from another life. A crucial part of their play is piecing together the details until it all makes sense to them.



8 Creepy Toddler Talk

We have all heard our kids say some batty stuff, sometimes it's out-right crazy talk. Usually we take it with a grain of salt and just contribute it to off-beat parts of their character. But, for some parents, a few misplaced statements from their kids have left them frozen in their tracks. It's not every day that we hear kids say literal things like, “I was your mother,” or, “I think I was someone else before me.” But, these exact quotes are references from cases of children who were studied for correlations with the phenomenon of reincarnation.



9 Notable Instances of Hindsight and Foresight

When children show a tendency to revel in lessons gained that could not have possibly been their own, it might be true that they are experiencing something called ‘retrocognition.’ This is when personal details from past events are accessed for use in current times. Children who use this are usually not able to prove a reference point, but can produce valuable information to help them cope with certain areas of their life. Some people also believe that certain children possess a soul so mature that they have now been gifted with the ability of insight. Although examples of this are more rare and are especially difficult to prove, these children may show signs that they are accurately able to obtain information about future events.



These are just some of the signs that have been reported to Roberta Grimes in her research. Read more about Roberta, her books and her work here: <http://RobertaGrimes.com>



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the **fao** of Dana

Feng Shui Can Help You Bounce Back After Times of Stress

By Dana Claudat www.fengshuidana.com

If you've recently been through a stressful situation, I understand. I wish there were days we had total immunity from disappointment, drama, heartbreak, trauma, anger and upsets of all kinds. There's nothing I want more than a utopian world that is in complete peace, but it is the tough stuff that can pave the way for the great stuff. The struggles can give birth to the breakthroughs.

If you've been under lots of stress, you know it can cause a tornado of its own... dishes piling up, sleep and exercise stuck on the back burner, convenience foods replacing vibrant food, dreams melting into the background, and worry overwhelms the present moment.

If you've gone off the rails for a while in overwhelm, you are not alone. I've had my share of these waves, both big and

small. But, these shake ups can also be wake ups!

It may not feel like a wake up when you come out of a health crisis, trauma, or a heartbreak and all you see is a pile of problems and disorder greeting you... but it can be. Once you see where things are out-of-order, neglected, not loved and not minded enough, that's when there's a huge opportunity to rocket ahead.

I am not a stranger to having experienced high level stress. Sudden deaths have spurred enormous changes in my life. Big illness moved me toward bigger wellness. Breakups have been like slingshots moving life forward. We've all had our turning points. Lots of them were spurred not by things working out perfectly, but by the darker stuff, and it's all a function (it seems) of the perspective and hope you can hold onto as you move through things.

Emerging from a hard time, even if you're sure it's full of lessons and you're optimistic, it can be extra-supportive to **dive in** and strengthen whatever got strained under the stress.

Go through the mail. Emails, mail, piles of papers. Go through all your communications and see if you have things to delete, respond to, or file so that you're operating with free-flowing energy.

Get back to basics.

Simple things like waking up at the same time every day, doing basic happiness-boosting habits every day like eating regularly. This may not feel like you're taking a rocket ride to a new galaxy, but they'll help you recover, rest your mind, and recalibrate your personal energy flows.

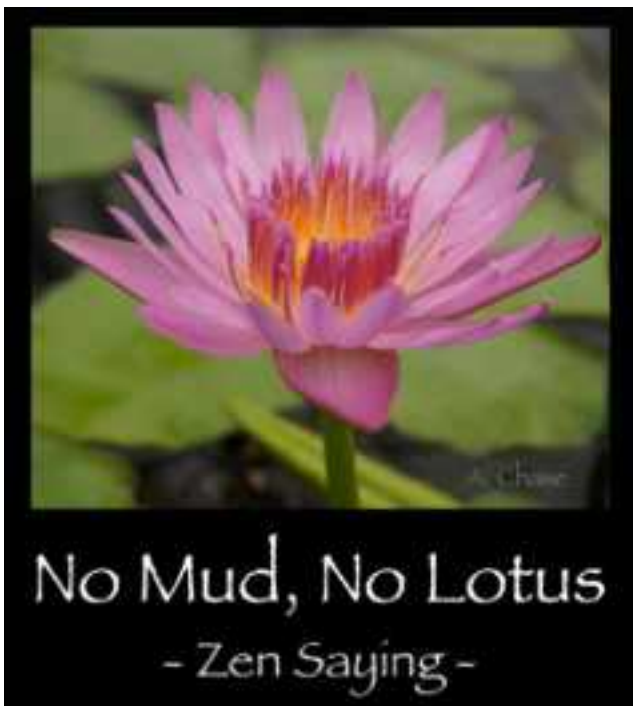
Rejuvenate your environment where it has been stressed. Is it time to dry-clean the blankets, wash the windows, scrub the bathtub? Are you overdue to change the filter on your air or water purifiers? Are there burned-out lightbulbs that need replacing? As you make these seemingly small upgrades, you're creating a more solid, supportive space around you, and this is a very big deal!

Keep negativity far away. If you're interested in a rocket ride instead of a constant struggle, operating in more joy and less drama is vital. A lot of stress can be avoided like eliminating toxic communications, habits like eating too much sugar, even watching too much TV.

Sketch out your dreams in full color again. You might feel like some dreams are far away after a tough time, but draw them out, or find pictures and create a file or vision board to bring those dreams to mind and closer to your life. Revamp them to include new lessons, new determinations and new values you've picked up along the way.

Celebrate all the steps you take that move you forward, because as small as some may seem, they'll snowball into a very big deal. You can experience a much more committed, meaningful, positive, love-filled and supportive life. For sure that's the start of a rocket-ride!

△



Need a refresh?

Homes do not always need a total remodel. Sometimes all it takes is a simple, perfectly placed ch'i enhancement to beautify a space and work wonders!



"A small capture of beauty, placed strategically in your line of sight, can alter your experience as you move through the day. As you love it, it loves you back. As you feed it, it nourishes you. Visual cues create your reality. As you soften the messages in your environments, you will move through your life gently, and then, all at once, you will land on your power."

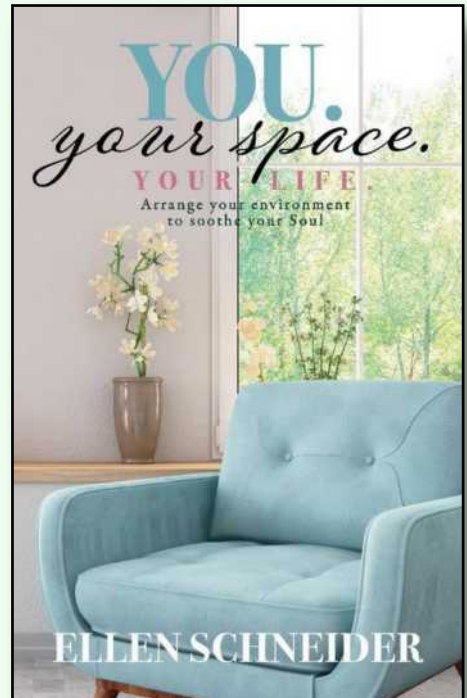
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QHHT® enables all people from any background, culture, religion or belief system to engage with what she called 'The Subconscious,' since it resides beyond the conscious mind. Dolores' term 'The Subconscious,' which she later abbreviated to 'The SC,' is that greater part of ourselves that is always connected to The Source, or God, and has unlimited knowledge and ability to heal the physical body. Sometimes mental and physical ailments are rooted in trauma from past lives; sometimes they are connected to lessons being learned in a person's present life. The SC reveals the cause and will assist according to any soul's particular lessons.

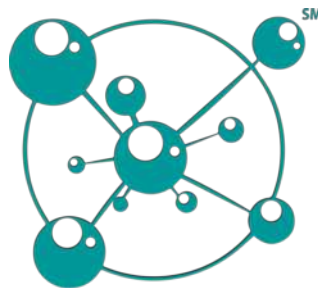


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"Nothing is beyond the realm of possibility. There are no limitations except the limits of your own imagination." - Dolores Cannon



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