

The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 13 Issue 4 • April 2025

“Clouds come floating into my life, no longer to carry rain or usher storm, but to add color to my sunset sky.” -Tagore

Dolores Cannon speaks from the Afterlife

Angel Talk:

Hope Springs Eternal just give it time

Gordon Phinn:

Thought Forms Affect Reality

Book of the Month

Voyages into the Unknown

Cosmictology:

Dancin' in the Rain

galerias

Artist: William Hawkins



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April 19, 9:00-4:30

Get Unstuck with Matt Schmidt April 10, 6:00-10:00pm - A Life-enriching workshop to learn self healing.

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Mavis's Way with Jean Else And Annie Gee May 7-10, 2025 Mavis Pittilla is one of the most iconic and well-respected mediums whose service to the Spirit World bridged two centuries. Since her passing in 2022, her widow, Jean Else, along with "Mavis Pittilla Authorized Teacher," Annie Gee, will share with you Mavis's practical approach to becoming a "Whole Medium" not just a mechanical medium. They will share with you Mavis's practical approach to communication with the Spirit World.

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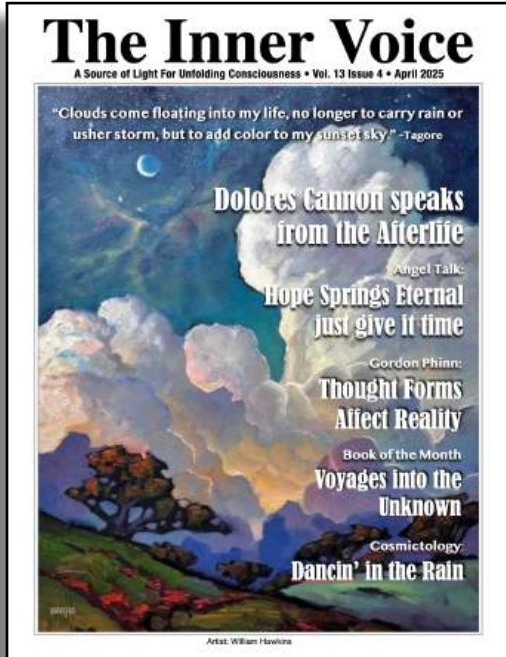
REIKI LEVEL II TRAINING*
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About the cover...



Artist William Hawkins painted expressive clouds and wondrous landscapes for you to enjoy for all time and beyond. <https://www.williamhawkinsartist.com/>



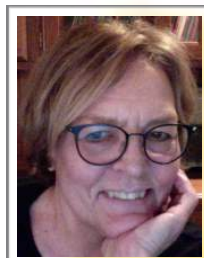
Cover Quote by Rabindranath Tagore, Born in Calcutta, India; May 7, 1861; Died August 7, 1941
 Tagore was awarded the Nobel Prize in Literature in 1913 “because of his profoundly sensitive, fresh and beautiful verse, by which, with consummate skill, he has made his poetic thought, expressed in his own English words, a part of the literature of the West.” ~Source: https://www.goodreads.com/author/show/36913.Rabindranath_Tagore

In This Issue... *Inspirations for Healing Body, Mind, Spirit, Heart & Home*

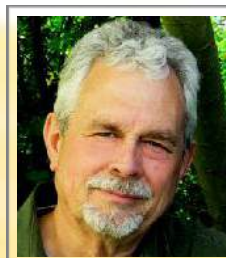
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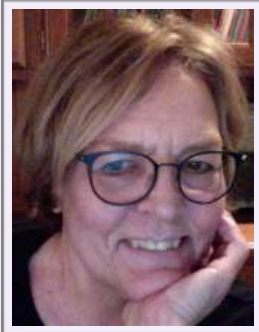


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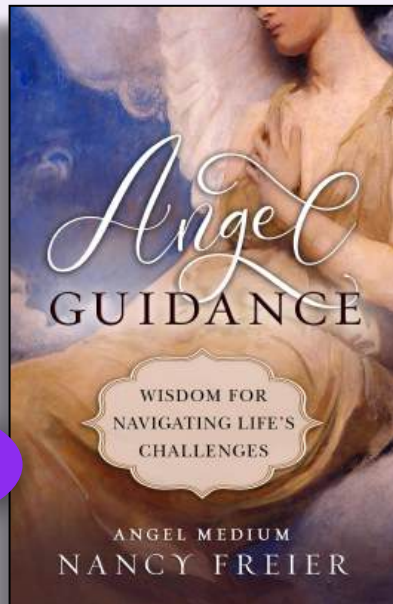
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Books, Readings & Classes

by Nancy Freier

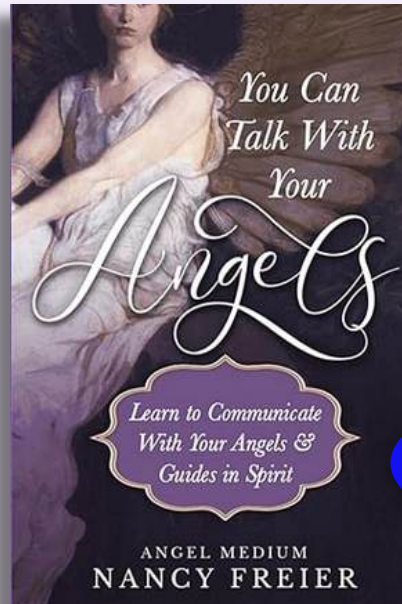


Angel Guidance Readings help you understand your lessons on your life path. The angel's perspective often reveals unresolved issues from past-lives, origins of disease, and provide you with new ideas for healing your life and relationships. Readings are done in confidence using automatic-writing process, then followed-up with a private consultation to clarify what was written. To get started, e-mail: NFreier@aol.com
 Visit <https://theinnvoicemagazine/angelreadings> for more information



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Attend the Angel Guidance Zoom Group - where Angels gather!



Sat. April 12 - 1 pm CDT • [Click HERE to Join](#)
 Noon Pacific • 2 pm Eastern • Sydney 5am Sunday

Nancy leads the group into a growing awareness of Angels and those in the higher realms of Spirit and the ways they guide us through life's challenges. Each meeting is unique. We explore the methods of communication with The Greater Reality, share enriching real-life stories with Spirit, and discuss enlightening Q&As about the communication process and the messages we receive. Join this angelic-inspired conversation every 2nd Saturday of the month.



"Zooming enlightenment around the World"

Your Voice...

Thank you so much for our chat session. It was a pleasure meeting you and connecting with the Angels! I received much insight about my life. Thank you for the prayers as well! I look forward to speaking with you again and getting some "flow" into my living space! Blessings to you now and always!
~Carrie

Isn't getting angels' messages another way of being a medium between Earth School and the Afterlife? You and the Angels are a blessing to me and many. Thank you, Nancy. ~Gloria

I was in your Angel Guidance Group today for the first time and I loved it! The energy was so great, warm and friendly. I wanted to subscribe to your magazine and did so right after class. I saw where we can sign up for Angel Guidance Readings and that is what I am requesting. I look forward to hearing back from you! Thank you so much! ~Anon.

"Thank you, I am truly grateful for my Reading! Serenity is filling me up!" ~Christine

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



Dear Readers,

April greetings and wishes for springing forward into this new season of rebirth and new beginnings!

Pulling the content together for this issue began with the idea of "Easter" and that we live on in an Afterlife, as our Master Teacher Jesus demonstrated.

This issue is replete with stories, ideas and evidence that there truly is life after death.

Featured this month is a transcribed channel of Dolores Cannon (1931-2014) who was a renowned hypnotherapist, past life expert, and author who recently delivered this 'futuristic' message from the Other Side. Steve reviewed "Voyages Into the Unknown," a book by Bruce Moen who tells us about his out-of-body adventures, proving much happens above and beyond the physical side of life.

If you've been concerned over what's happening in the world, the angels have some advice. Stay calm, remain hopeful and give things time to recalibrate. A Course in Miracles states, "A happy outcome to all things is sure." So, if it isn't happy, things are still in process and it's not the end. God grant me patience and please hurry!

While we watch and wait, this issue will help inspire positive ways to carry on and have a Happy Spring of rebirth and new beginnings, with a few laughs mixed in. Enjoy!

Nancy

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Hope Springs Eternal ...Just Give it Time

Q. What can we do to relieve the stress caused by what is happening in the U.S. Government? How can we feel safe and protected during the present chaos?

First of all we would like to offer some comfort and say to you *relax*, things are not as they seem to you in this present state of affairs. Your government, namely the U.S. President (and first buddy) cannot do what they think they can do to dismantle the government. Your Constitution rests on the will of the Founding Fathers that rests with God; and that these United States are protected by God meaning that whatever is not the Will of God cannot happen.

Let us explain further. You are seeing an act in a divine play, playing out in full view of an attempt to dismantle your government, its policies, its departments, and all that is governed by these United States, but we say it cannot happen. It cannot be undone but it is being tested. Those who seek to undo the U.S. Constitution will be stopped in their attempt.

The lesson(s) being brought to the light are many. The Constitution will remain in tact. It will survive this test of those who are trying to dismantle it. We the People, as you call yourselves, will stand on the truth and resist the opposition who will ultimately fail at their attempts. We cannot say more at this time as we do not wish to interrupt the plan of this (we'll call) test. What is important to know as this is unfolding, is that the excess and fraudulent facets of "governmental waste" will be found and corrected, but the Rule of Law cannot be undone.

Those who seek to betray their oath to defend the Constitution will not succeed and will ultimately be punished, as it is stated in the Law of God. Have faith and always stand with Truth.

Q. But we are worried over what has already happened and every day there is more chaos. It seems that if the millionaires and billionaires would do the right thing and pay their fair share in taxes like everyone else in America does, the U.S.

would have enough money to fund the legitimate programs and agencies that are needed, especially by the poor.

That is correct. Give this time and know this will be the result of this upheaval. We say that in order for you humans to make any change at all you need a jolt to awaken in order to first get your attention. Now, we say know God is in charge. The wrong doers, that is those who go against the Will of God cannot ultimately win in their attempts to usurp America's Rule of Law. The chaos will end. Give it time to unfold, and rest knowing there are many, many beings of Light helping from beyond your physical plane. Lean into that awareness and call on your Guardian Angels to guide you through this time period.

△



Hope Springs Eternal by Josephine Wall



Do you have a question for the Angels to address in this column? Write to:
theinnervoicemagazine@gmail.com

For a personal Angel Guidance Reading, see page 4 for more information.





It is comforting to know that our Guardian Angels are standing by ready to assist us. Watch this ABC News video: “Do Guardian Angels Exist?” <https://www.youtube.com/watch?v=VUUbyaQYxU4>. The responses to this video, written by individuals who have had angelic experiences, are below. This story idea, video and responses to it were submitted to The Inner Voice by R. Craig Hogan, PhD. of seekreality.com. If you have an “Evidence of Angels” story to share, email it to: theinnervoicemagazine@gmail.com

Real-Life Accounts of Angelic Interventions

“When I was three I lived in what I believe was the house that first introduced me to my Guardian Angel. It was in the woods, and had multiple staircases in it. How did I first meet/feel the presence of my Guardian Angel? One day, in that house, I was leaning over a stair rail when I started to tip over it. I felt a soft, but firm grip pull me, saving me from falling. I immediately looked behind me but only saw a white mist quickly evaporate. Then I started having dreams about a woman that I never saw the face of because it was covered by a white mist. She wore something that looked like it came from the 1800s, like a faded green dress with long white gloves. From what I remember about her hair, it was up in a bun with pearls holding it in place.”

“This is so true. I experienced the same thing the day my husband passed away. When my son opened the ICU door, I briefly saw two men with white jackets on, one at his head and one at his feet. They weren’t doctors. Those men were ANGELS taking him into heaven.”

“When I was a young boy of 15, I was snorkeling with a friend, who at this stage was still ashore on the rocks. I was in murky water about 30 meters offshore. I distinctly heard a male voice, loudly in my head say, “Get out of the water!” I stuck my head up over the surface, but there was no-one around. I

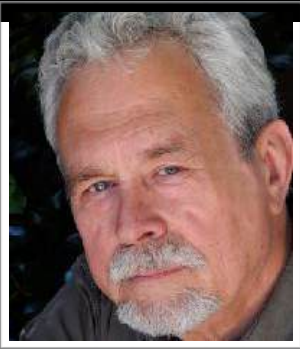
continued swimming when I heard the voice again much more urgently and authoritatively saying, “Get out of the water now!” So I did. I told my friend not to go in as something was wrong, and we went home.

“The next day I read in the newspaper that a large tiger shark had been seen over the previous days swimming in the area where I was diving. It still amazes me to this day, if not for the voice I may have been killed by that shark. It was nicknamed “Fatso” in the press. This was on the Southeast Coast of Australia.”

“I had a telepathic conversation with [an angel] when I stopped breathing during childbirth and was given the choice to live or die. My guardian angel told me it wasn’t my time to die yet and that if I refused to go back inside my body, my child would be raised without parents. My angel promised me if I returned to my body I would have a good life and would be glad. I chose to live, and that angel kept its promise to me.”

“One day I was riding down a narrow rural road just looking at the acreage to the left. I did not know that an 18 wheeler had driven up close behind me and wanted to pass. Suddenly the driver got impatient and swooshed around me in a rush. It scared me so much I nearly turned the wrong way which would have surely been an accident. My guardian angel said from behind me, “Don’t ever do that again!” I said, “Okay!” I looked back and saw his face over my shoulder. Then I realized that I was

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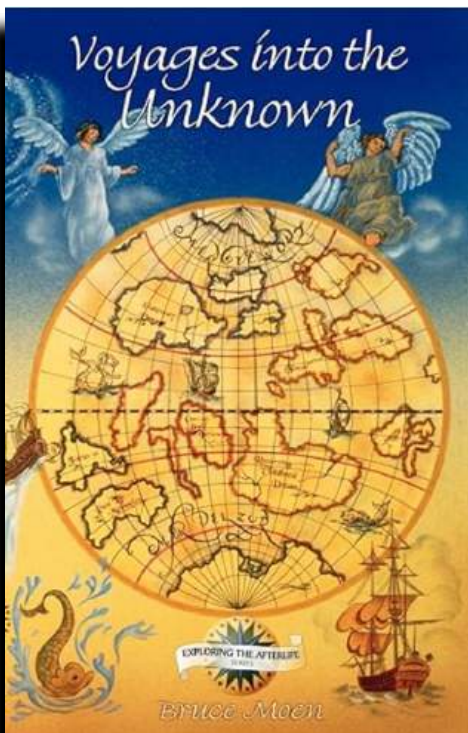
Voyages into the Unknown

By Bruce Moen

Voyages into the Unknown is the first of several books by OBE researcher Bruce Moen. I decided to purchase this book because I have long been a fan of Robert Monroe's pioneering work into consciousness via the out of body state, and Bruce Moen was a student of Robert Monroe. This book is based upon Mr. Moen's experiences which he chronicled in a personal journal. It was published in 1997.

If you're not familiar with Robert Monroe, he is the founder of The Monroe Institute. In 1956, Monroe started to study the effects of various sound patterns on human consciousness. In 1958, while using himself as a test subject, Monroe began to experience states of consciousness in which he felt himself separating from his physical body—what he described as an “out of body experience.” Wanting to learn more about these and other unusual experiences, Monroe began experimenting with expanded states of consciousness, eventually chronicled his experiences in the book trilogy, *Journeys Out of the Body*, *Far Journeys*, and *Ultimate Journey*.

I had already read all of Robert Monroe's books and had even purchased and listened to a number of his pioneering audio meditation CDs he calls “Hemi-Sync® Audio Guidance Technology,” albeit, the results, for me so far, had not been all that successful at producing the coveted OBE state. So, I decided that perhaps it was time to investigate the experiences of one of his successful students. Enter, Bruce Moen...



I liked knowing that even a so-called ‘successful’ OBEer such as Bruce Moen had his trials, doubts, false starts and tribulations in making progress towards this elusive goal! And even more reassuringly, Mr. Moen paid fairly large amounts of money to attend week-long, in-person, immersive workshops at The Monroe Institute headquarters in Faber, Virginia. And he did this at least two or three times before he started to get the hang of it! However, once he found the ‘holy grail’ of how to successfully enter the OBE state, he decided to specialize in something Robert Monroe also specialized in – Soul Rescue Work. This is an official program of the Monroe Institute they call the “Lifeline Program.”

Here's how they describe the Lifeline Program. “It is a first-of-its-kind program that can empower you with the extraordinary ability to journey into the afterlife state and be of service to others. In this incredible program, you will have the unique opportunity to explore: Contacting people who have departed, Performing “rescues and retrievals” on souls unable to move on, Visiting “The Park,” an afterlife reception center, Connecting with new guides and/or systems of guides, Reuniting with friends and relatives who have transitioned, Sending healing energy to those still embodied, Retrieving lost parts or fragments of oneself.”

Indeed, Mr. Moen was able to do many of these things after he learned the mechanics of the out of body state. He was lucky in that he was able to work with a woman friend he met at the Institute and then later also after returning home. They would meet in the OB state, have experiences together, write in a journal what they remember and then call each other later to compare notes. Most of the time their notes synchronized and this provided Bruce with much desired ‘evidence’ or proof that what he was experiencing was indeed real.

The Monroe System labels various areas of non-physical consciousness with non-biased terms such as Focus 10, Focus 12, Focus 15, etc. These are designated as lighter brainwave states. Focus 23 is the area souls go after they die when they either don't know they are dead or cannot release their attachments to the Earth life experience. Focus 24, 25, 26 are what Monroe describes as the “Belief System Territories.” In other Spiritual Systems, these areas might be called The Bardo or Purgatory, etc. Human Souls that have taken up residence here are held captive in a realm described by their major beliefs. This includes people with major religious beliefs of all stripes; Catholics, Lutherans, Baptists, Muslims, Atheists, etc.

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Additionally, he mentions that he encountered souls who held a belief in hell in Focus 25!

Focus 27 is the area most human souls go to after they die. It is best described as “The Reception Center, or Park.” It can appear to be in any configuration that would be comforting to the individual who is making their transition. Most decent people will find themselves in The Park when they die. There they will find volunteers of all kinds – whatever they may need, be it a doctor, a nurse, guides, etc. After a period of rest and recuperation souls will eventually either take up residence in the Park or maybe ascend to a higher level, decide to reincarnate, etc.; whatever is the perfect next step for them.

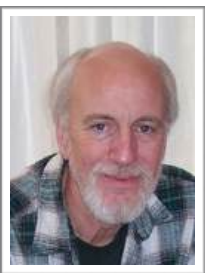
The whole reason that Robert Monroe decided to explore all of these higher Focus levels was that at the time, his wife was ill and he wanted to be assured as to where she would go after her transition. He called it “Death Insurance!”

Back to our author, Bruce Moen. Mr. Moen was extremely attracted to learning how to conduct stuck people from the lower Focus Levels or Astral Planes up to Focus 27 – The Park Reception Center. Evidently there is quite a large need for actual humans who are still living in Earth Bodies to become intermediaries in this work! And the reason for this is that humans living in the Earthly realm are vibrationally closer to the souls still stuck in these areas and so we have a better opportunity to reach them and somehow convince them to move on up than Beings residing in the Higher Dimensions.

So if you are interested in becoming an Angel of sorts, I suggest reading this book, as well as those of Robert Monroe. Bruce Moen went on to write several other books beyond [Voyages Into The Unknown](#). Bruce has completed this leg of his journey and has made his transition to the world of spirit on November 14, 2017.

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About the Author



In 1953, at age five, I found myself asking: Where was I before I was here?; What am I suppose to do while I'm here?; and, Where will I go when I leave here? In a waking dream at age six there was an answer to the first question, though I didn't realize it until somewhere in my 20s. In a previous lifetime I'd jumped out a second story window to my death to escape the rage of a jealous husband, whose wife I was in bed with.

With too little life experience in my 20s to answer the second question, I skipped it. With my engineer's trained mind I began searching for ways to prove to myself whether or not our afterlife exists. My first four books recount my journey seeking the answer. In 1999 I began giving weekend workshops around the world, teaching a simple system anyone can use to answer that question for themselves. My fifth book, the Afterlife Knowledge Guidebook, is that workshop in a book.

Steve Freier is a researcher of metaphysical subjects and The Inner Voice editor and website tech. Steve is also a professional video producer specializing in personal and promotional videos in YouTube fashion. For more Book Overviews, visit: <https://aktivator.wixsite.com/unobstructeduniverse> Contact Steve here: sgfreier23@gmail.com

talking to someone that I did not even know was in my pick up truck!”

“I was in a car accident. I was turning at an intersection. An old pickup truck came out nowhere and hit me. My car was spinning out of control. But when the pickup truck hit, I saw two huge angels. One was one on the left side of my car and the other on the right. They set my car down. It was totaled. Because airbag & the frontend was all dented in. I didn't see the angels' faces but I did see the big arms and white clouds. I thought about that a lot.”

“I walked out in front of a light rail train once, not paying attention. Someone snatched me back at the very last moment, *but there was no one there!*”

“For me guardian angels are real. Mine saved me three times. I almost drowned in a waterfall and flood water. I felt a hand dragging me to the surface. There was no one there. I was almost hit by a car when I was 10, when I heard someone called my name to stop. It is very odd because at that time nobody was in the crossing except me.”

“I was sitting at an intersection. The light turned green. I heard voice say “Stop!” There was no one around to say “Stop.” Then right in front of me where I would have gone there was a bad accident.”

Conclusion

The anecdotes and accounts shared provide compelling evidence for the belief in guardian angels and divine intervention. Despite varying circumstances and backgrounds, individuals report experiences of being saved from perilous situations, often accompanied by a calming presence or a voice guiding them away from danger. These encounters transcend skepticism, with many attributing their survival to the intervention of guardian angels. Whether it's a near-drowning, a car accident, or a moment of distraction, the consistent theme is the unseen hand that prevents tragedy and provides reassurance. Such stories underscore the belief that guardian angels exist and continue to play a protective role in people's lives, offering comfort, guidance, and, in some cases, the opportunity for life-altering choices.

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Do you have an Evidence of Angels story? Please send it to: theinnervoicemagazine@gmail.com



Understanding Psychic Messages in Your Daily Life

People often mistakenly think that you have to be a medium to receive psychic messages. In contrast, we all have psychic abilities, and some of us are unaware of how we receive divine messages daily. For example, you've all heard the term 'women's intuition.' Both men and women receive these messages. Intuition is actually our soul trying to tell us something, which is a type of psychic communication. Our souls contain all of the information about everything we have ever done or thought.

Intuition can grow into the feeling of knowing something without being told. These feelings can also be a type of psychic awareness. Psychic skills can be subtle and part of our daily lives. Without realizing it, you may be receiving psychic information on a regular basis. Of course, these fundamental abilities can be enhanced through meditation and prayer.

Psychics and mediums need to develop a regular practice of meditation. Meditative practices are simply the desire to clear the mind of extraneous thoughts that tend to clutter our minds with unnecessary details. Clearing our thoughts allows spiritual

messages to enter the subconscious and then move into consciousness.

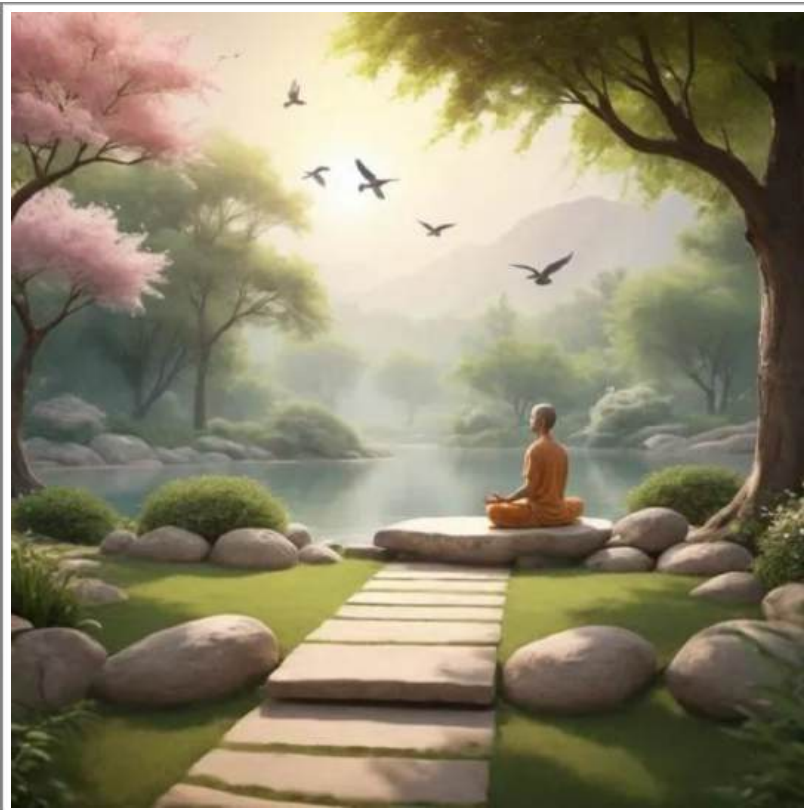
The process works when the conscious mind is subjugated, and the subconscious mind is allowed to take control. The subconscious mind is in direct communication with the superconscious or divine consciousness. Spiritual energies are the driving force behind everything we do in life. These energies communicate through superconsciousness, or the spirit realm, and help to direct our actions.

When a medium is at work, messages from discarnate spirits in the heavenly realms are sent to the medium's subconscious mind, which is relayed to the receiver. The discarnate entity or personality only enters the subconscious mind of the living person ~ they do not possess them or enter their body. Messages are revealed through the mind and psychic impressions felt by the medium. Human bodies are the perfect channel to receive psychic information. This is why psychic information is perceived in many ways, from intuition to mediumship.

Additionally, the mediumship process works through dreams. If you dream about a loved one, they are paying you a visit. Often, we can be our own mediums when we receive these types of dreams. Messages from the spirit world are readily sent to the physical realm. We just need to be more aware of their presence. Keeping a dream journal and interpreting the symbols used in dream messages can help you understand issues occurring in your life.

Spiritual and psychic information is received in many ways, and the words 'psychic' and 'medium' can be confusing because they are usually not defined, and cultural attitudes about the terms differ widely. Psychics can receive information intuitively and mediums receive information from deceased individuals. A whole range of other psychic messages exist. These messages can come from ascended masters, angels, and spirit guides. Ultimately, we can receive the Word of God. For example, many people who do healing work with the Christ consciousness. This, too, is a form of psychic expression.

The next time you have a hunch about something, realize it could be a psychic message coming into your everyday consciousness from deep within your soul. The soul is in direct communication with the superconscious



A.I.-Generated "Meditation"

continued on page11

or divine understanding, and it often communicates with you. So, pay close attention to your intuition and feelings.

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Author Dr. Susan B. Barnes, CSNU is a Spiritualist Medium and Life Coach who offers Readings, Spiritual Counseling and Spirit Art Readings via Zoom and phone. For more information, see Susan’s ad on page 12.



A.I.-Generated “Mediumship”



A.I.-Generated “Dream”

Excerpt from Upstream: Selected Essays

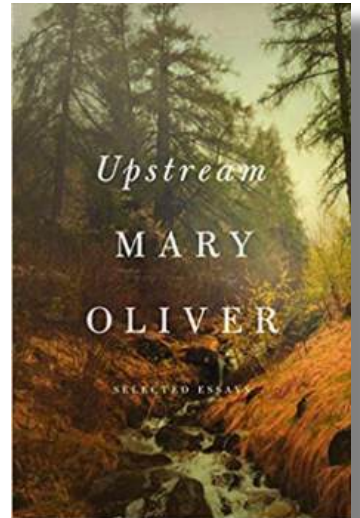
By Mary Oliver

Sometimes the desire to be lost again, as long ago, comes over me like a vapor. With growth into adulthood, responsibilities claimed me, so many heavy coats. I didn’t choose them, I don’t fault them, but it took time to reject them.

Now in the spring I kneel, I put my face into the packets of violets, the dampness, the freshness, the sense of ever-ness. Something is wrong, I know it, if I don’t keep my attention on eternity.

May I be the tiniest nail in the house of the universe, tiny but useful.

May I stay forever in the stream. May I look down upon the windflower and the bull thistle and the coreopsis with the greatest respect.



Δ



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

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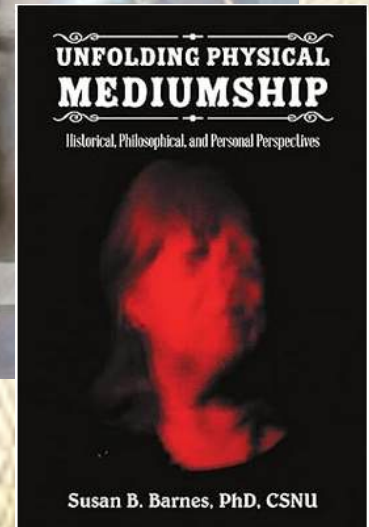
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Global Gathering Coordinator

Wendy Zammit wendyzammit@gmail.com

Channeling Dolores Cannon: “Earth Shifting in March 2025”

Debra Lupien, the [Voice of the Akashic Records](#), presents an extraordinary afterlife conversation with Dolores Cannon. “Pioneering Grandmother of Hypnotherapy.” Dolores Cannon (1931–2014) was an American hypnotherapist, author and past-life regressionist known for her work in metaphysics, reincarnation, and the exploration of consciousness. Over her five-decade career, she developed a unique method of hypnosis called Quantum Healing Hypnosis Technique (QHHT), which she used to help individuals access past lives and higher states of consciousness. She authored numerous books, including: *The Convoluted Universe* series and *Between Death and Life*, in which she documented her findings on topics such as extraterrestrial life, lost civilizations, and the nature of reality. Her work continues to influence spiritual seekers, researchers, and practitioners of hypnosis worldwide.



Behind the scenes of this interview, Debra said this: “I want to tell you about what it was like when I met Dolores. I went into the Akashic Records and I went down the hallway of the library and opened door number 88. Isn't that interesting? Double infinity. Inside was a younger version of Dolores. I asked her if she would be willing to allow me to trance channel her because I wanted to get a deeper connection, to really get the authentic Dolores. She agreed and astonishingly to me, she stood up on what looked like a diving board. She dove off down into my crown chakra and into my body. Oh my gosh, what a stunning sensation! I was feeling the ticklish sensation of bubbles in the water as she got in and got settled, and from there the conversation took off.”

Video was transcribed by [TurboScribe.ai](#) from “Channeling DOLORES CANNON”

<https://www.youtube.com/watch?v=Uh0Y9YzjFQ>

Edited by Steve Freier (who met Dolores in 1999 when she came to his studio in California for an interview)

Dolores: I suppose you have questions about my work, about my books. Let me tell you, it was a wild ride. I stumbled into the work that became my life's passion. I was just trying to find a way to earn money to support the family, doing hypnosis, helping people lose weight and quit smoking. Little did I know I had pre-planned more for my life as Dolores.

As you would say, my angels led me into discovering this new way of connecting (via the Akashic Records) and getting information from the records without consciously understanding that's what I was doing at the time. It was only later I understood the true depth and breadth of my work. In the beginning, it was quite worrisome as I feared I might've contacted demonic forces.

But over time, as I connected the pieces of information from client sessions, a different picture emerged, a picture of a life journey. Inquiry, learning, expanding, and sharing my findings with the world. It was at times exciting and at other times daunting, but I dearly loved it.

I wouldn't trade that life for anything. Sure, it took me some time to work out the process, to refine it, but if you do anything long enough, you get darn good at it. And I must say, I was darn good at QHHT. I had to form my own publishing company because nobody wanted to publish my work. It was unheard of. I was a real trailblazer.

DL: Did your work keep you up at night in the beginning when you were unsure what you'd gotten yourself into?

Dolores: Oh, certainly there were many sleepless nights where I walked the floor trying to make sense of the direction my life had taken, fretting over whether God was happy about what I was doing, whether I was risking my eternal soul. But when you're on your purposeful path, you feel the energy and alignment. Over time, I tuned into that feeling and let go of my misgivings, fears, and doubts. The work encompassed my whole being. I was only able to share a small portion during my lifetime. It's vast, unlimited, constantly expanding, drawing more people in, wooing them, you might say.

DL: Is that where woo-woo comes from? The energy's wooing us in? A big smile spread across Dolores' face as she said with a wink,

Dolores: Bingo, you've got it.

DL: Did you struggle to find balance in your life? How did you manage not to give yourself entirely over to work, given your passion for it?

Dolores: I had my family to consider. Boundaries were necessary to balance all my responsibilities. There were times when I was on a deadline or traveling a little too much that I felt overwhelmed, but that was not my normal.

DL: Did you meditate?

Dolores: I would say the answer to your question is yes, but my meditation was in the form of prayer rather than what you would call meditating. There might've been a little of me connecting and bringing information through, but by and large, it came from my clients. That was the way I learned to access the Akashic Records. It felt easy and it worked.

Continued on page 15

DL: Did I get that right, Dolores? You didn't meditate? You didn't have conversations with your angels? It was only through your clients?

Dolores: Yes, that's essentially true. Anything else that happened along those lines would have been organic rather than a conscious choice on my part. When I was in control with my client under hypnosis, I trusted where the information came from. But if it were me meditating, then I couldn't be sure. And that made me uncomfortable. When you find something that works, you do it. And this worked.

DL: When you were doing these sessions with your clients, did you 100% believe what you were getting from them?

Dolores: I don't think I'd go as far as 100%, but a significant percent. Like anyone, I occasionally had my doubts, especially when the more outlandish situation showed up. And you know, there's more than a few of those.

March 2025 Predictions

DL: Well, Dolores, as you probably know, there's a lot of talk right now and a lot of psychic predictions that in the month of March, 2025, we're going to experience the earth splitting as you talked about. Maybe something different, but similar that others have talked about. From your present perspective, can you tell whether that's true? Are we going to experience a massive up level of light-workers leaving the unawakened or the dark forces behind?

Dolores: Yes, I've become aware since crossing over that although my subjects were hypnotized, their own personal biases sometimes bled through into what I received from them. Meaning the information was not 100% pure. It was tainted, you might say in some cases, slanting what we thought of as the truth. I was sad to find out it wasn't a perfect process as I had long thought. But I suppose in retrospect, it makes sense. It's only natural personal biases could come through because hypnosis doesn't remove one's free will. So yes, I'd say I did get things wrong occasionally.

So you have to go out on a limb in faith and trust that what you're getting is accurate, that you're receiving it for a higher purpose. So you go with that hoping for the best. And if my predictions weren't perfect, I accept that. The important thing is the intention and the love. I'd have to say overall, the important points were correct. There's just some fine-tuning here and there that was slightly off. But overall, I've received validation that it was factual.

DL: What about the world splitting into two earths? Do you stand by that teaching?

Dolores: Technically, it was true. However, it won't be a literal split into two earths as I had envisioned. So yes, you could say I got that wrong. Conceptually, that's truth. It's an important aspect of my work, just not to be taken literally. As we now understand much of the Bible is not to be taken literally. So you could say I'm in good company.



Celebrated Hypnotherapist, Author Dolores Cannon

DL: Dolores, your idea about two Earths has been interpreted in many different ways by many different people. Can you explain it to us so that we understand and can put it in perspective for the present? We'd be really grateful.

Dolores: There will be a division. That much was clear to me. However, the way in which the division happens was beyond my comprehension at the time. I was not aware that vibrational beings could occupy distinctly different planes of existence on the same planet. But now I understand that it's possible that souls could occupy different planes of frequency, effectively creating the feeling of two separate planets even though they're occupying the same physical space.

DL: What can you tell us about the present and the near future?

Dolores: I can tell you that every generation thinks they're going through the most extraordinary times, if not Armageddon. They're very dramatic about that. And so far, they've been wrong. They haven't come close. But right now, it looks as if you are on target in your lifetime to have that breakthrough moment of raising your vibrational frequency high enough to connect with a new dimensional level.

DL: Dolores, are you presently incarnated?

Dolores: Oh, heavens no! I'm far from being ready for a return trip and you can bet your sweet bippy I'm not ready to come back until after y'all work out these present troubles. I had enough of that during my lifetime. I want to come back on the other side once you've crossed into Earthtopia to experience that glorious lifetime. That's my desire. So you are unlikely to encounter me in the flesh in your lifetime.

DL: Are you planning to come back to Earth? And do you know now what your focus would be in that new lifetime?

Continued on page 16

Dolores: Oh yes, I have unfinished business with Earth. I'll be back. (My focus) will probably be something spiritual because that is what my soul is aligned with, teaching spiritual principles. But no, I couldn't tell you right now because I haven't made those choices. Whatever it is, it will be in alignment with my soul designed to help me climb the vibrational frequency scale to a higher dimensional level because that's always where it's at as souls plan their next incarnation.

DL: Is there anything else you'd like to say in conclusion, a message you'd like to leave us with?

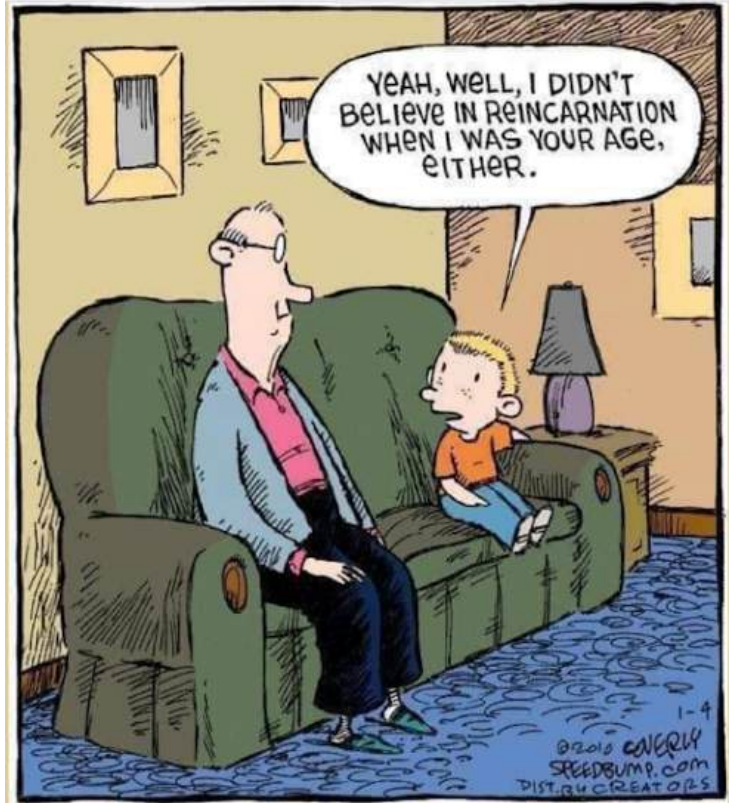
Dolores: Yes, I would like to repeat the words of Metatron that your wise choice is to live every day to the fullest in gratitude and joy! Don't cheat yourself out of those precious moments by focusing always on what is to come. Tomorrow will arrive in due time and then you will know. But if your focus is always on tomorrow, you'll miss so many opportunities in the present. You'll deprive yourself of glorious experiences with your loved ones and with those you might yet meet. You'd be effectively limiting yourself. And I can assure you, you did not come here to limit yourself. So try letting go, focusing on today. See how that works out for you. You might be surprised what a difference it makes.

DL: Thank you, I so appreciate that!

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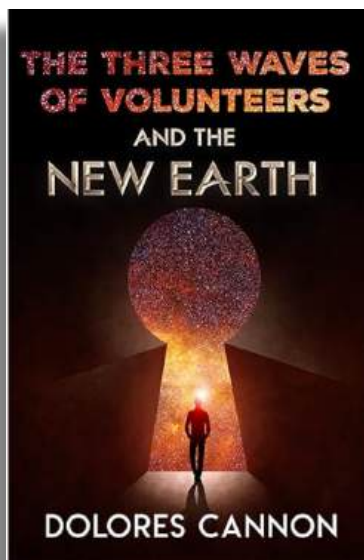
[Watch the entire interview on YouTube HERE.](#)

~ For the FUN of it ~



What is God?

By Dolores Cannon from "The Three Waves of Volunteers and the New Earth."



Three Waves of Volunteers and the New Earth by [Dolores Cannon](#)

I have asked to know what God is. They said that our conception is just a tiny thread of what He truly is. We cannot even begin to conceptualize what He is. They all describe God in the same way: He is not a man —if anything He would have been a woman because women are the creative force. But God is neither man nor woman. He is a huge Source of all energy, described as an immense Fire or Light.

Some call God the Great Central Sun, a huge energy

Source, and yet so full of love, total love. One client described the Source as: "The heart of the Sun. The heart of God."

When the pure beings who have come directly from God go back to the Source during the (hypnotherapy) session, they do not want to leave. This is where we all began; we were originally one with this Source. The souls who have come directly from God say that there is no separation; it is all one. I have asked, "If you loved it so much, why did you leave?" They all said the same thing: "I heard the call. The Earth is in trouble. Who wants to go and help?"



△

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Divine Intervention for the United States of America



Written By Patricia Cota-Robles • March 27, 2025
www.eraofpeace.org

Editor's Note: This article is being shared in the spirit of offering comfort in knowing the Angels and Beings of Light are intervening to save America from those who are trying to dismantle our democracy. Prayers are answered.

Precious Hearts, as an objective observer it is easy to perceive that those who are in positions of power in the United States of America are making choices that are actually the antithesis of Oneness and the Heart-based Government that we are being Called to Cocreate on the New Earth.

For several decades the Company of Heaven has been revealing to Awakening Humanity that the United States of America has a vital role to play in Mother Earth's unfolding Ascension process. At this time, however, not only the United States of America, but also many other countries around the World are demonstrating corrupt and selfish political systems that are being orchestrated by Humanity's fragmented and fear-based fallen human egos.

Nothing is taking place by accident. Even if it is difficult for us to see what the purpose of such chaos might be, the Company of Heaven assures us that with our assistance this facet of the Divine Plan will be God Victoriously completed before we know it. We are being asked to focus our efforts in the Eternal Moment of NOW, knowing full well that not even the Company of Heaven can determine exactly when the patterns of perfection for the 5th-Dimensional Crystalline Solar New Earth will tangibly manifest on Earth. The reason for that is because that timeline is up to you and me and the rest of the embodied Children of God on Earth.

The following information is encoded within the Divinity of your Heart Flame. Now, due to the need of the hour, the Company of Heaven is asking that we bring this profound Truth into the Conscious awareness of the millions of people on Earth who are *Uniquely Awakening* at this time.

Decades ago, we were told by the Beings of Light in the Realms of Illumined Truth that a critical factor in raising the Consciousness of Humanity, and paving the way for the patterns

of perfection associated with the New Earth, would be for the United States of America to fulfill her Divine Destiny.

The Immaculate Concept of the Divine Plan for the United States of America was cocreated in the Realms of Cause by our Founding Fathers when they were Divinely Inspired to write the sacred documents guiding the behavior of American citizens. These documents are the Declaration of Independence, the Bill of Rights, and the Constitution. In many ways our Founding Fathers were flawed humans, but with the Divine Intervention of our Father-Mother God and the Company of Heaven this facet of their Mission was Victoriously accomplished.

The Divine Plan was that AMERICA, which is an anagram for the I AM RACE, would model a Higher Order of Being, a New World, to the rest of the Children of God evolving on Earth. The I AM RACE was intended to represent the entire Family of Humanity, a body of Heart-based souls comprised of ALL races, ALL nationalities, ALL cultures, ALL religions, ALL creeds, and ALL Lifestyles.

The intent was for the I AM RACE to function within the full embrace of their I AM Presence reflecting Oneness, Divine Love, and Reverence for ALL Life. Under the guidance of their I AM Presence their decisions and actions would perpetually reflect the highest good for ALL concerned as they reveled in their diversities and learned from each other through their Loving and Compassionate interactions.

The United States of America was to demonstrate a New World that would heal the separation and reflect the Oneness of the entire Family of Humanity. The United States of America was intended to model the microcosm of the macrocosm for Mother Earth and all life evolving upon her.

Needless to say, we have fallen far from the Immaculate Concept of the Divine Plan for the United States of America, but those patterns of perfection are still pulsating in all of their

Continued on page 19

resplendent Glory in the Realms of Cause. They are awaiting the opportunity to tangibly manifest in the world of form.

On March 29, 2025, Mother Earth will be blessed with a very powerful Partial New Moon Solar Eclipse. This Celestial event will bring to fruition the powerful Eclipse Series that has catapulted Humanity's *5th-Dimensional DNA Awakening process* forward in the Light in epic ways.

The combination of this powerful Eclipse Series, the March Equinox, the very rare Planetary Alignments and the unprecedented Solar Activity we are currently experiencing has paved the way for an Activity of Light for which we have all been preparing for millennia.

During those events, which we were able to benefit from unobstructed by the obsolete veil of illusion, a Life-transforming influx of brand-new *DNA Awakening Solar Light Codes* strengthened our nervous systems and our acupuncture meridians to receive more Light than ever before.

In addition to that amazing shift, through Humanity's newly elevated Creative Faculties of Thought and Feeling, and our greatly enhanced Physical Senses, we now have the ability to collaborate on a far more Conscious level with the Beings of Light who are assisting us from throughout the Cosmos. These Beings of Light have made the Heart commitment to hold the sacred space and to empower our service to the Light as we manifest the Heart-based patterns for the 5th-Dimensional Crystalline Solar New Earth.

In response to this new level of Humanity's empowerment, our Father-Mother God have granted a Cosmic Dispensation to the Company of Heaven. Our God Parents have given the Messengers of God from the Heavenly Realms permission to intervene in our lives in new and more powerful ways when we ask for their assistance.

This means that whenever we invoke help from On High, the Company of Heaven has been given permission to amplify our prayers, meditations, decrees, affirmations, visualizations and every other aspect of our service to Humanity, the Elemental Kingdom and Mother Earth a THOUSANDFOLD! This is another indication that proves we are Powerful beyond our knowing.

Divine Intervention for the USA

Since the Cosmic Dispensation from our Father-Mother God, the Mighty 5th-Dimensional Solar Archangel of Resurrection and his Beloved Twin Flame the 5th-Dimensional Solar Archangel of Renewal and Restoration have volunteered to assist Awakening Humanity with the Manifestation of the Divine Destiny for the United States of America.

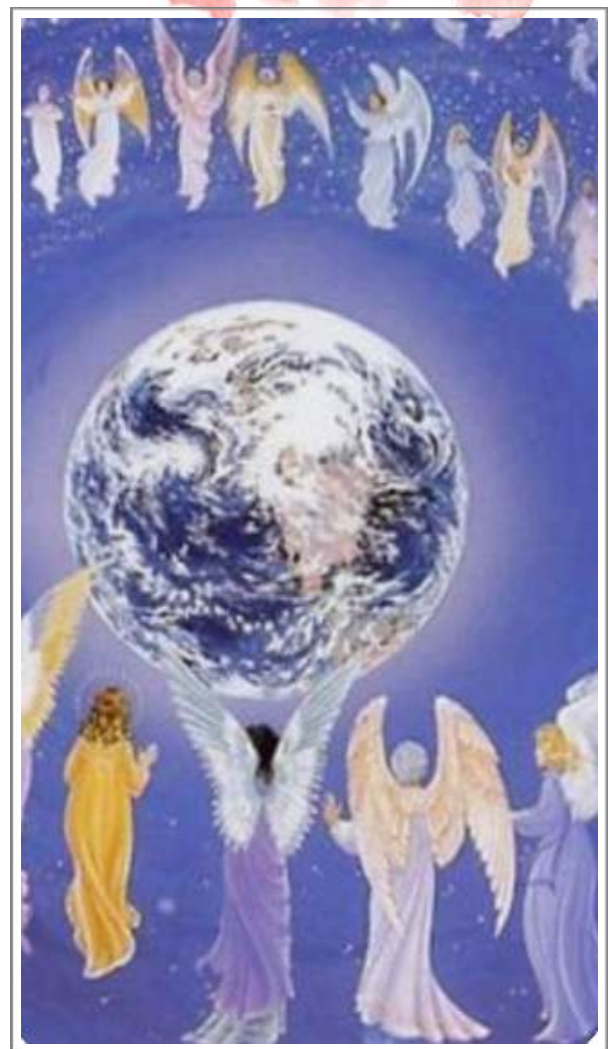
These Mighty Archangels have projected their Luminous Presences into the atmosphere of Earth above Washington, D.C. Together, they will sustain a powerful *Forcefield of the Mother of Pearl Resurrection Flame* and the *Rainbow Flame of Renewal and Restoration*. As we focus on this Gift from On High and Invoke these Sacred Flames on a regular basis, with every

Breath we take these Selfless Archangels will amplify our efforts a thousandfold.

Daily and hourly the Mother of Pearl Resurrection Flame and the Rainbow Flame of Renewal and Restoration will recalibrate every particle and wave of Life associated with Government and every other facet of Life in the United States of America.

This Divine Intervention is preparing the United States of America for the time when the masses of Humanity will manifest a Government *of* the I AM Presence of Humanity, by the I AM Presence of Humanity, *for* the I AM Presence of Humanity, a Government based in Divine Love, Oneness and Reverence for ALL Life. Δ

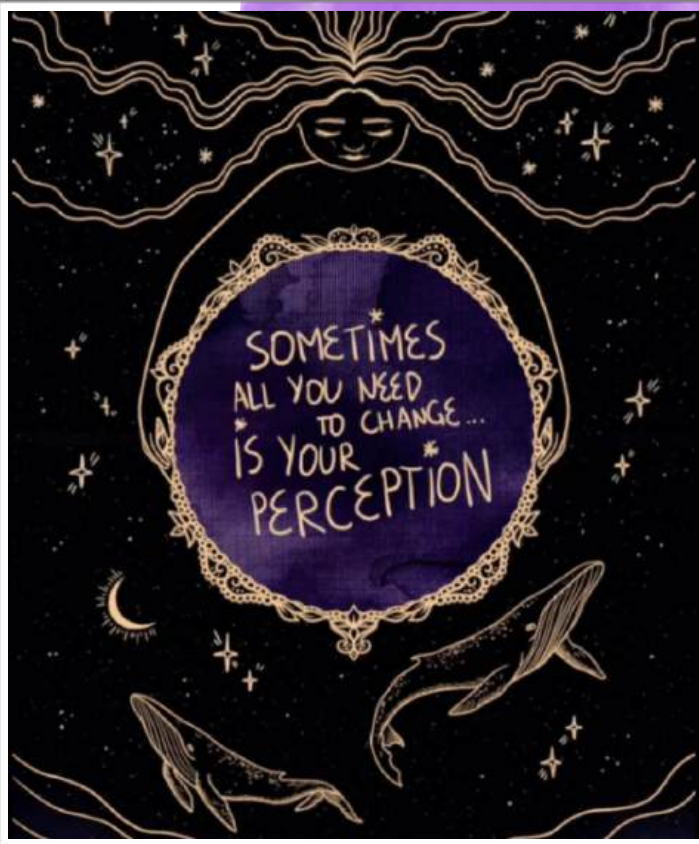
"I saw that worrying had come to nothing.
And I gave it up.
And I took my old body and went out
into the morning and sang."
-Mary Oliver



"The greater the Light we put into the world, the higher the Angelic Beings who come to our aid."
-Unknown

Thought Forms and Fear Affect Reality

By Gordon Phinn



From time to time I am asked about the possible actuality of ‘dire predictions’ of war, environmental collapse, of political upheaval. Whether in public or private forums I usually poo-poo them and not because I am a skeptical curmudgeon dedicated to some kind of know-it-all denialism. It’s for two reasons specifically, one of which is the observation of historical trends, and the other an understanding of thought forms, how they are created and kept alive.

I’ve been hearing dire predictions on one theme or another for at least 50 years and very few of them actually manifest in any real and sustained manner. Somehow or other they get their start, and with the help of gossip, irresponsible headlines and stupid simplifications of complex issues. Some are ancient in origin: apocalyptic, end-of-the-world scenarios have been shuttling about for centuries, gaining and losing favor as various sections of the population glom onto them, depending on the need of the moment and inchoate fears finding some kind of temporary form. Was there a flood or a drought? How went the harvest of crops and fish? How ill is the king? Are our enemies planning an attack? Which disease seems unconquerable? The streets are alive with spies and seditions. What cunning scam is being perpetrated by the aristocratic elite? Demons lurk in every shadow, ready to pounce.

It is important to understand how fear creates dark thought forms that float about the lower levels of the unseen worlds, creating visions of apocalyptic destruction, climate crisis, economic devastation and the like ... all of which can be picked up by the ‘naive’ sensitive/psychic and turned into personal nightmares and gloomy predictions, the kind of which I’ve been hearing all my adult life. Such dark prognostications are probabilities, not certainties. For example neither the Apocalypse nor the Rapture have come to pass, despite millions making preparations. Here are some thoughts to ponder...

Much of this sounds like peasant level ignorance and superstition, something we feel we have graduated from through education and the diversity of cultural influences shaping our perceptions and giving us a myriad of points of view to choose from. Now, of course, we have so many points of view from mainstream media to independent voices, citizen journalists and the like, it can be overwhelming to make any kind of a decision, if in fact a decision is needed. Sometimes wallowing in the carnival can be more amusing and satisfying for now we can be clowns carving our own slice without the old fears of tribal or ecclesiastical retribution.

The actuality and persistence of thought forms is, for me, the other half of the equation. We all create them with our desires, fears and fantasies. How much energy and portability they retain is determined by how much oomph is put into them in the first place. The desires of daydreams come and go like puffy little clouds on a breezy day. Likewise with the fears and doubts of the nervous and timid. Sexual fantasies can be quite powerful if they are brought on by obsessive behavior. They can carry over to the ‘objects of desire’ and be felt quite keenly, stimulating or shocking as the recipient deals with them.

If they are produced and projected consciously, they become telepathic messages and are often returned by those who are friends on a similar vibration as the originator. If they are products of fear and anxiety and given regular boosts by the mainstream media whose profits depend on fanning the flames even when there is little or no smoke, they can become quite powerful and roam what some call the imaginal realm, attaching themselves to those who, usually unconsciously, are in tune with their vibration. Like earthbound spirits, trapped by ignorance, fear, and that host of lower emotions like envy, rage and vengeance, they stay low to the ground where populations linger, unconsciously receptive.

Thus, I hear from concerned folk who have envisioned war, environmental collapse and any number of apocalyptic scenarios, either in meditation or lucid-looking dreams, and ask

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to hear my take. They are, in fact, picking up on floating thought forms, birthed by personal and societal fears and given a temporary, yet vivid reality – a reality that is often reinforced by other unconscious believers. The movements and actions in these war scenarios can seem initially very real but if examined by standing back and coolly observing, if that is at all possible, can seem more artificial and robotic, as though windup figures slowly fatiguing.

Unfortunately, psychics and other practitioners who have not done all their inner work and lack the deep experience necessary can easily mistake these thought forms for something more than a probable future. They have usually developed some of the necessary sensitivity but without the accompanying discernment to tell the wood from the trees. This situation is more common than many would suppose and deserves our attention. Prediction and prophecy have traditionally suffered from this fate, and I don't see a significant depletion in its occurrence. Many still rush to any form of reassurance, even if it is no more than a bundle of bad news. Unfortunately the closest thought forms are those which package such bad news. *It takes focus and determination to go beyond their level.*

Would-be psychics and the rest of us developing along those lines must learn to distinguish between the thought forms traversing the lower astral, which are as limiting and beset by an ignorance of the bigger picture, as are the self-obsessed inhabitants of the region. We must gravitate to the visions of paradise and the knowing of immortality and eternity which transcends the misty regions of limitation and negativity below. The sun is always above the clouds and that's where we should be too.

Meanwhile hurricanes, volcanos, earthquakes, tsunamis, fires, droughts and floods continue their destructive activities, often equaling wars in their victim counts. They ply their trade

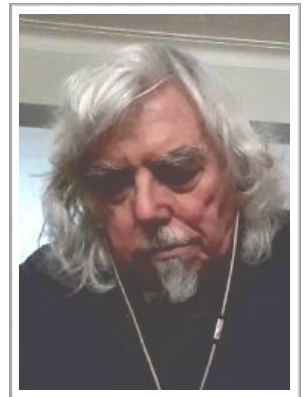
regardless of our prophecies and predictions, and always have. The devas and elementals that are their operating staff speak of balancing conflicting energies and other environmental necessities. They speak of being helplessly caught up in the intense energies of the operation and the cosmic harmony of destruction and fresh creation. When I hear their message I see the pawns of the great mystery wisdom, not the creators of it, if indeed there are such.

Nature continues to be our harshest and most unrelenting teacher regardless of our arrogant and guilt-ridden claims, derived mainly from the holy book's insistence that we were given dominion over all. A mistranslation, a misconception, a politically motivated fraud? Whatever, we were not dropped from a great height into the deep end to see how we might manage as angels with feet of clay.

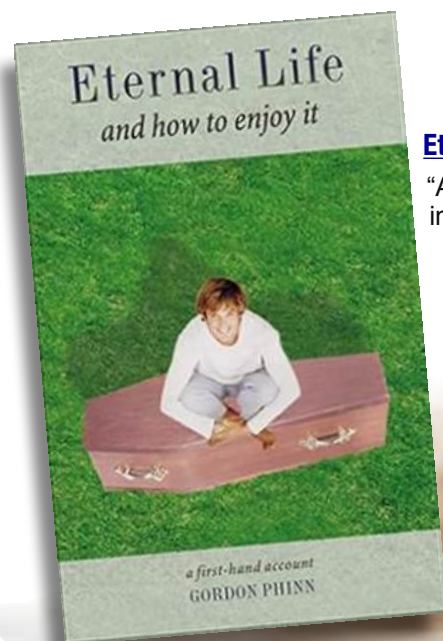
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Gordon Phinn is a Canadian writer and psychic known for his explorations into the afterlife, reincarnation, and out-of-body experiences. Phinn shares his insights through his blog, "Another Word of Gord" where he discusses topics related to spirituality and metaphysics. He describes himself as a 'writer, psychic, out of body traveler, guru without all the BS.'

Phinn studied Arts and Humanities at York University and currently resides in Oakville, Ontario. Through his writings and teachings, Gordon continues to influence readers interested in metaphysical subjects, offering perspectives on life beyond the physical realm. His notable books include the two featured below.



~Two of Gordon Phinn's books~

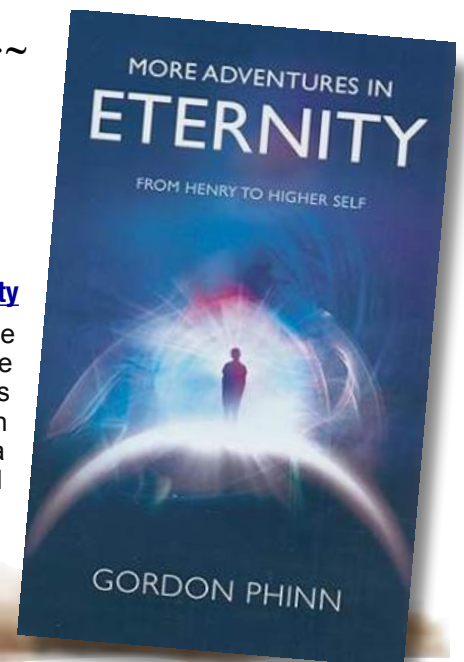


Eternal Life and How to Enjoy it

"A real-life tour of what awaits us in the afterlife."

More Adventures in Eternity

Adventures in Eternity describes the author's unique explorations and the unfolding of his higher self as his guide's teachings release Gordon from being a grateful disciple to a self-initiated explorer and all-round multi-level shape shifter through astral plane training.





Perfection is a Process

I am looking for the perfect card to send to my friend in Maui. I have a variety of note cards that I have collected, spanning decades. As I pull the bin of cards off the shelf, I have an image in my head of which one will bring a chuckle when he opens it.

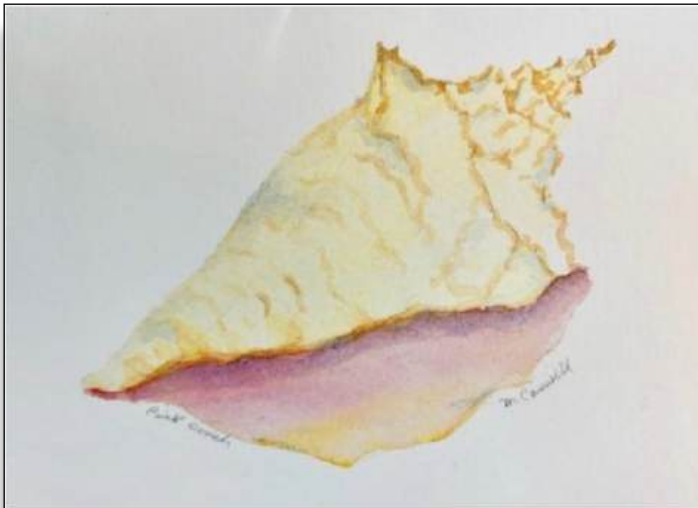
Then, I see a card with a picture of a lovely conch shell on it. Ahhh, I think, this will be more appropriate. I open the card. To my surprise, I see familiar handwriting. It is a note from my mother who died in December of 2021. She wrote this message to me over 13 years ago and I'd saved it.

As I read it, tears come, deeply touched by her tenderness and mine. I feel her presence strongly as generous gratitude rises in me, for her, for life, and for this timely gift. In this zone of magical emersion, I receive another clear wise message:

“Bev, stop looking for perfection. Let go of judging and limiting yourself. Stop looking for some idealistic way to funnel your genuine appreciation. Open up and let it flow from the current of heartfelt knowing within.”

It is SO important that I, that you, that we clearly let people know we truly care about them. Saved messages of heartfelt caring can, indeed, bring enriching heart healing when least expected.

Send messages of love and appreciation to those you love and care about. Write, call, sing to them: simple, complex, or short, long, funny, sweet, mushy, embarrassing, tender, or bold acknowledgments. You may never know the perfection of when



Found: A saved note card from my mother that sparked a new message for me!

Continued on page 23

Raise Your Frequency

Be Your Best Self!

Become more honest with YOURSELF
Clear unconscious, limiting influences
Remove obstacles to Love in your life
Access greater presence, clarity, creativity & self-love

Beverly Brunelle

Intuitive, Channel, Master Energy Healer

Expand your inner freedom for heartfelt life change! New clients~ book a 30 minute complimentary consult and receive a personal energy clearing!

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or how it will grace them, and perhaps others, in the moment and beyond.

What is perfection?

I have often wondered ... is there ONE way to express ourselves that is perfect for a given situation? And can we know what that is from our earthly perspectives? That limiting expectation has caused me to feel stuck and fearful of making poor choices.

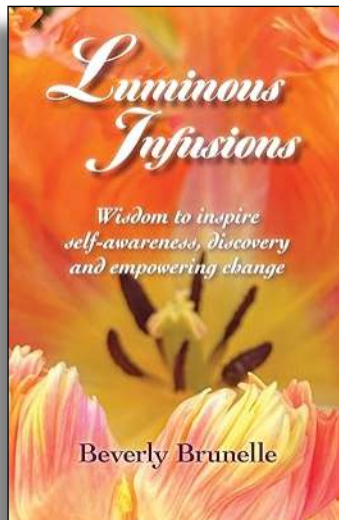
If our mission as humans is *expanding consciousness*, then maybe better questions to ask are: What else is possible from the highest frequencies of creation? What do I need to see, to know, to learn, and to do, to access greater clarity for my next wise step? Then, deeply listen within and notice synchronicities.

I have noticed that as we come together, with our unique perspectives and share our ideas and ideals with curiosity and open minds, new higher levels, as it were, of perfection emerge. We get to hear ourselves and others in new ways and empowering evolution emerges.

Ecstatic dance is a delicious Sunday ritual here in Northern California. After dance we meet at the local health food store for treats and talk. A conversation arose a few weeks ago, around what we can do to inspire others and ourselves to take conscious action in response to the dynamic personal and political threats that abound these days. What emerged was an enriching sharing of ideas, possibilities and new friendships. Four of us organically teamed up to co-create a simple yet potent series of questions on big posters to present at dance: "With all the sudden changes, what moves you? What action do you feel inspired to take?" The dancers were invited to read the self-inquiry prompts and to post the revelations that came to them during their dance. Their responses were inspiring and community building.

Perfection is creativity in motion. What gets revealed when you move and express freely with curiosity and wonder? Perfection isn't necessarily an end, but a process. Being curiously in the unknown can also be an integral part of looking for perfection.

△



Beverly Brunelle is an Intuitive, pioneering energy worker, teacher, speaker, author. She helps people raise their frequency to face personal challenges and access their deeper clarity, wisdom, and creativity. Her book, **Luminous Infusions** a daily guide that inspires self-awareness and empowerment. Check out her healing YouTube videos here: <https://www.youtube.com/@beverlybrunelle3981/videos> Learn more and book personal sessions at beverlybrunelle.com

[Luminous Infusions](#)

~ Potpourri ~

“So plant your own gardens and decorate your own soul instead of waiting for someone to bring you flowers.” -Jorge Luis Borges



John Singer Sargent. "Carnation, Lily Rose, 1885-86

light.

there is a certain kind of light that only comes from having been through a certain kind of darkness.

ullie-kaye





‘Contra Dancing’ Over the Threshold Brings in a Dynamic New Era!

Happy Solar Return April Birthday Babes! Wishing you a most delightful journey around the Sun!

This month I am bringing you a different twist from what I usually share; rather than unpack the month ahead transit by transit, I thought it might be fun and helpful to touch on each sign in a mini horoscope format.

There is an extra concentration of energy over the Pisces/Aries area of the sky. This includes the solar eclipse we just had on the 29th of March at 9 degrees Aries, the last one on the Aries/Libra axis for approximately nine years. We also have Neptune transitioning from Pisces to Aries for the first time in roughly 165 years, this is BIG!

Then, let’s layer in the Mercury, Venus dance, who have stationed and went retrograde, also at 9 degrees Aries, backtracking into the later degrees of Pisces, Mercury stationing to go direct or forward at 26 Pisces on April 7, one degree away from the north node, and Venus stationing at 24 Pisces on April 13, the same degree where Saturn currently resides. It absolutely has me envisioning a dramatic, shuffling and buzzy contra dance. Picture a scene from Emma or Bridgerton where the characters are moving in and out of various formations with each other, switching partners, all while having dynamic conversations!

A brief note on horoscopes: It is always best to read your rising sign. The rising sign and exact degree of the horizon is calculated by the date, time and location of your birth. This orientation aligns the houses and location of transiting planets

with the natal birth chart. Furthermore, the word *horoscope* comes from the Greek words *ōra*, meaning hour or time and *scopos* meaning observer. This scope of the moment is very specific to each individual and weaves in more nuances than sun signs alone. [If you don’t know your rising sign there are many free online resources where you can enter your birth information to find this out; included here is a link. <https://www.astro.com/horoscope>.]

Here are my mini-horoscopes for each sign this month:

Aries ~ A fresh and fierce new direction is on the horizon, or a fresh new look in how you present yourself. You may be reevaluating your desires and the ways in which you communicate your needs and when Neptune enters your first house, you may feel like a chameleon, shape shifting as needed.

Taurus ~ An urge to retreat or go on a spiritual pilgrimage, while the caution here is not to be

mystified by an oasis that turns out to just be a mirage. Nourish your inner landscape and the halls of your psyche, allowing for a creative escape.

Gemini ~ What is ideal to you? How can you actualize this? You may find yourself attracted to new networks with a desire to build your tribe or charitable organization, however, be careful you and your friends aren’t just wearing rose colored glasses.



Continued on page 25

Cosmictology from page 24

Cancer ~ You may find yourself in a quandary in the career sector of your life or crave to implement a more creative flow of self expression into what you “do” and less attached to what you do as being who you are.

Leo ~ A great time for learning, delving into the depths of discovery and exploring spiritual truth. Best to stay in the land of curiosity, as the caution here is to not get swept away by confusion.

Virgo ~ Hidden areas of your life may be calling for your attention at this time. Be careful to have any financial agreements with others defined very clearly as to avoid any misunderstandings.

Libra ~ This energy will magnify any of your one to one relationships. They may have an elevated sense of being romanticized, over idealized or set the stage for miscommunication; best to approach these relations at this time with clarity.

Scorpio ~ Diets, rituals, and health regimes are up for review and may be altered at this time. You may also be called to implement work that is in service to others.

Sagittarius ~ This surge of energy in your fifth house will open the doors for you to venture into your creative abilities. It

may also have you crushing on a love interest or putting them on a pedestal, staying in the mindset of equality will keep you grounded at this time.

Capricorn ~ Home and your private domestic world will become your central focus, how to enhance it in a way that rises to your ideal image of what home is to you. Topics around parents may also come up at this time.

Aquarius ~ All areas of communication, our daily interactions and our immediate surroundings are under the scope and with Neptune entering the third house we can receive subtle insights, tap into dreams and have a stimulation of latent psychic abilities.

Pisces ~ Values and material possessions will be in the hot seat; leaning into Neptune here will have you seeing that you are not your possessions and your possessions do not define you.

All the best to you as you navigate the cosmic currents!

Δ

If you are curious as to how these transits are unfolding for you or looking to schedule a reading and learn more about the information of placements and points in your own natal chart please reach out to andria@emeralddionalchemy.com



Happy Spring!
And in case you're
having a bad day,
here are some
chicks wearing
skirts.



Hello, God

~Meditation~

Put your hands over your Heart and know that the physical heart is only loaned to you for this lifetime ~ but your Emotional and Spiritual Heart can work together to enhance your belief in yourself. Imagine the form of God that is most precious to you. Reach out. Is His or Her hand there? “Ah, what does it feel like to hold tight?”



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

While God, in the most abstract is pure Love and represented by the Great Unity of all Life, there is definitely a time to anthropomorphize God ~ in other words, meet God on a human level.

This meeting as ‘friends with God’ can also be a slippery slope because just as we welcome the day with God, it’s easy to also then blame God when things don’t go our way.

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

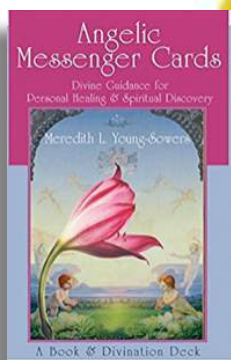
I remember reading what spiritual teacher Sathya Sai Baba, said to a woman requesting a healing of her

diabetes. He paused as if to check her many lifetimes and then said, “I can heal your diabetes in this life, but it will return next time; or, I can be with you in this life as you manage it with my support.”

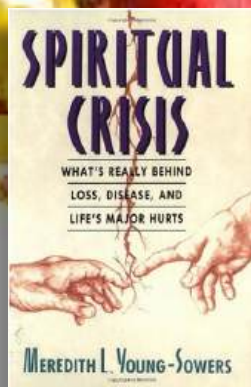
She chose the latter ~ to have the guidance and Love of a beloved spiritual teacher and guide on her healing journey. This tells me once again, that healing is a process which really means finding our Inner Balance, Joy and Self-Confidence or God-Confidence.

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

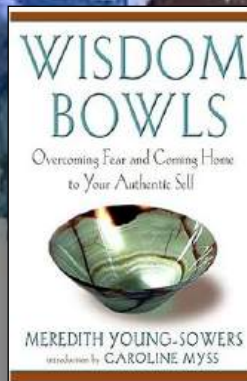
As our days continue to be filled with busyness ~ some positive and some the opposite, what difference can it make if we begin our day with, “Hello God” ~ feeling a deep and abiding friendship that can and will last forever?



[Angelic Messenger Cards](#)



[Spiritual Crisis](#)



[Wisdom Bowls](#)



[Spirit Heals](#)



Enjoy the Show!

Written by [Stefanie Finn](#)

Spirit once reminded me that we are watching a movie. Then I heard, “If you’re watching this movie by yourself, it will be scary. So watch it with the Holy Spirit instead.”

The key is that I have to give the Holy Spirit enough space ~ save a seat for Him at the theatre ~ so He can reinterpret what I am seeing *for* me. I need to have the willingness to create a spaciousness so that my mind can change. The result is an experience of Love in my mind ~ or a message of truth from Spirit that brings long-lasting relief and healing to the mind.

A Course In Miracles states that the highest form of healing is to hear a Truth and accept it into your mind.

ACIM Lesson 151:

“He will reinterpret all you see, and all occurrences, each circumstance, and every happening that seems to touch on you in any way, from His one frame of reference, wholly unified and sure. And you will see the love beyond the hate, the constancy in change, the pure in sin, and only Heaven’s blessing on the world.”

Δ



Hope is the thing with feathers
That perches in the soul
And sings the tune without the words
And never stops - at all
And sweetest in the Gale is heard
And sore must be the storm
That could abash the little Bird
That kept so many warm
I've heard it in the chilliest land
And on the strangest Sea
Yet never in Extremity,
It asked a crumb of me.

- Emily Dickinson, *Hope is the Thing with Feathers*, 1891.





There Are Two Ways Up

Written by JJ Flowers

<https://jjflowers.substack.com/p/there-are-two-ways-up>

To the holding of more Light. Which is the purpose of all these reincarnational lives.

These two distinct paths are often woven together. Some people prefer one road up the mountain, some choose the other way, but most of us ultimately discover at different points in different lives these paths merge.

The first path up is through understanding and then mastery of the primacy of our consciousness in the creation of the reality we find ourselves in. The Seth Materials as channeled by Jane Roberts are the best and most comprehensive teaching of this powerful means of ascendance. Beginning with *Seth Speaks*, we learn that reality is made up and we are making it up, employing our thoughts, emotions and beliefs. The very first step on this path is to realize there are no victims. Everything that appears in your life is a teacher bearing gifts.

As soon as you know this, you begin to awaken to the power of positive thinking.

Exercise: Take just one hour and try to hold only positive thoughts. Unless you are some kind of Saint already, you cannot do this without a daily meditation practice. Meditation teaches us to control our thoughts, and then it moves us to realize and recognize negative thoughts when they emerge, so we can shift to neutral or better yet, the positive. This is why there is rarely, if ever, ascendance without a daily meditation practice.

The second way up is by aligning our consciousness to God/Source energy.

Throughout history spiritual teachers have taught a million ways of surrendering and aligning to God/Source light, braiding our will to God/Source and allowing it to direct our show. This show or reality is guaranteed to be far more beautiful than anything you can imagine. For our time, the time we stand

in, the most exciting teaching of this path up is taught by Melchizedek, as channeled by Paul Selig, especially through the texts beginning with *I Am The Word*.

If you have not read these texts yet, your soul is waiting.

As soon as you open the books, miracles begin to arrive, miracles that connect you to the Guides' teachings and then, enhance these ancient teachings. These light beings—thousands upon thousands of souls who sing our song, the one note song, God is, God is, God is—channel the most powerful love, the Christ Consciousness, a high vibration of God/Source energy.

Melchizedek has come to lift humanity. (Boy, do we need it.) This life-changing love is delivered with timeless wisdom, all of it quite beyond us mortal beings. These rich, deep, gorgeous texts work on every level: intellectual, philosophical, as the highest literature, but none of that matters, because they work energetically on our consciousness. The Guides zoom in when you open a book, connect to your consciousness, assess who your soul is, your soul's history and then, they begin making adjustments to your consciousness (actually your auric field and chakra systems) specifically designed to activate, accelerate and enhance your highest spiritual path and help you move to a greater understanding of our greater reality.

Melchizedek's biggest gift is that they connect you to the profound understanding and recognition of the divine light in all people and all things.

Here is a Transformative Metta-meditation with Melchizedek

Here is one of the many adventures that began happening when I first started meditating with Melchizedek: One day I was returning to my yoga Shala after a brief and odd bout

Continued on page 29

of shingles. I say odd because yoga and pranayama open the energy channels in the body (called nadis) and generally speaking, regular yoga practitioners are pretty healthy specimens. The shingles only lasted three days.

I controlled the pain by doing pranayama and for two days, I was convinced I was some kind of great yogi—managing pain through a breath practice. The shingles decided to test this theory. It traveled over my skull. Pranayama did not touch this pain.

Plan B for pain control involved a Vicodin taken with two shots of vodka. The shingles soon disappeared, except for a painful soreness and weakness in my right arm and shoulder. While this interfered with my yoga practice, knowing *movement is healing*, I thought I'd at least try to do a short practice, and it was on this drive that Melchizedek zoomed in unexpectedly.

It started with the familiar intense vibrational buzzing. The Guides invited me to see the other drivers as God sees them. But this was not convenient, because, well, hello? I was driving? Still, not being totally clueless, I knew to trust Melchizedek and I asked to experience the higher vibration of love and as I stared at the drivers heading in the opposite direction, and I imagined a glittering white light falling over them.

All at once the other drivers appeared so heart-stopping beautiful! Each person going about their life, not realizing how beautiful they were - the noise of life drowned it out. Is this how God sees us? No wonder God loves us!

This feeling overwhelmed me when suddenly the cars screeched to a halt. A homeless man in a wheelchair was crossing the street.

I knew this man. Over the last decade Lennie and I had exchanged pleasantries almost every day. Every day after yoga practice, I met Lennie on my walk. The wheelchair-bound vet always sat at this one lookout point that offered a vista of the Dana Point Harbor and the big blue beyond. In fact, the last time I saw the him there, I said, "Lennie, do

you realize we have known each other for a decade?"

He laughed and said, "And JJ, you are a special person to know."

Presently, Lennie was stuck in the middle of PCH in his wheelchair. Impatient drivers tried to go around him. Some even honked, while he waved them past. I could not pull over fast enough. Soon Lennie and I were on the sidewalk.

I asked if he was okay.

"Yes," he nodded, smiling up at me now. "Hey JJ. Can you do me a favor?"

"Of course," I replied, still sensing the intense love, but now it bounced between Lennie and me. "What do you need?"

He asked, strangely: "You're right-handed, right?"

"Yes," I nodded.

Lennie began unwinding these grimy strips of cloth around his hand and arm. I assumed he wanted me to bind these tighter for him, but no. He offered his hand for a shake.

Smiling, I shook his hand.

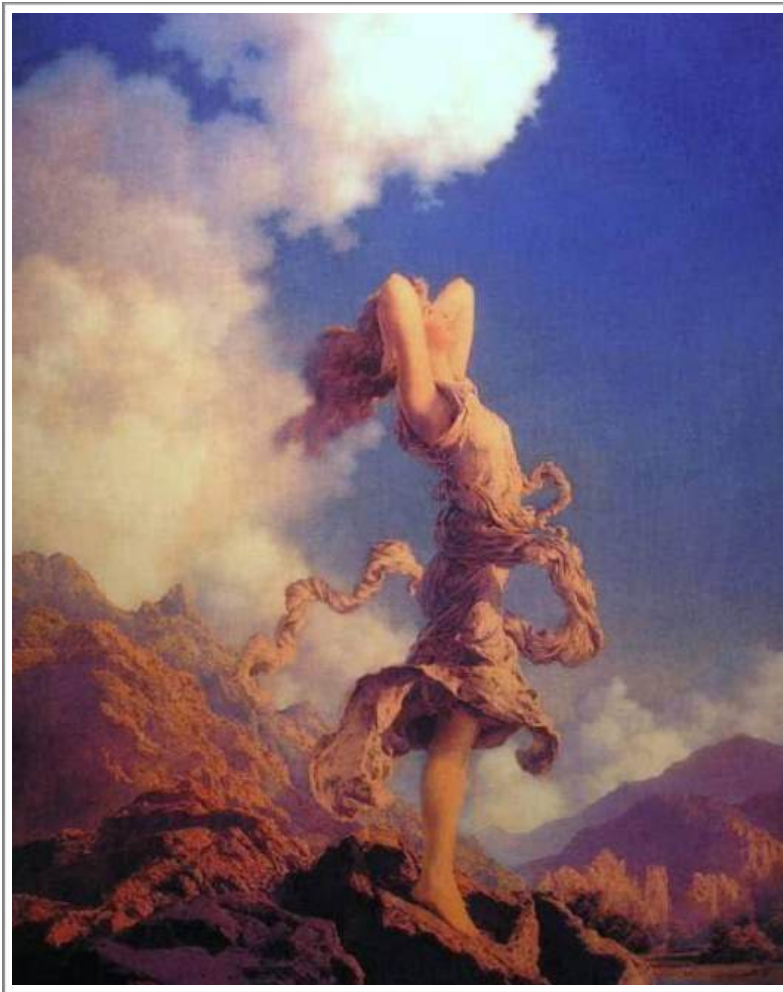
A potent electric tingling shot up my right arm—a powerful sensation. The shingles soreness disappeared in its wake. The nerve damage was gone. Lennie smiled up at my dumbfounded expression.

Tears wet my eyes as Lennie disappeared into the blurred side street. I tried to speak, but couldn't, riding the waves of love and now gratitude. This was the last time I saw Lennie.

Shortly after this, I went looking for him. I wanted to thank him and of course ask about his amazing talent. I knew he often frequented a Starbucks in the mornings and so I first inquired there. I was told that Lennie had transitioned the week before.

Later still, as I commune with a medium, she volunteered (out of the blue, having never heard this story) that Lennie and I had an amazing life together in China and that we managed to find each other in this life was considered quite a success.

△



Maxfield Parrish, Ecstasy, 1929

"When life feels too big to handle, go outside. Everything looks smaller when you're standing under the sky." ~L.R. Knost



How to Live Well

By Joshua Becker (Edited for brevity)
www.becomingminimalist.com

Think for a moment about the people who've left a positive, lasting impact on you. Some may have lived long lives, others short. But without a doubt, almost all of them lived well. Chances are, their lives were marked with characteristics you desire for your own. They were probably loving, selfless, warm, and a joy to be around. Maybe they were particularly gifted in a talent or skill—probably ones they worked hard to develop.

These individuals remind us that the fullness of life isn't found in the number of years that we live, but how well we lived the years that we were given. Those who lived life well and impacted us positively as a result, are not tied together by any one specific characteristic or experience. Instead, they made the most of their days—and left a legacy worth following because of it. And that means we can do the same.

Why is it important that we realize our legacy can be both positive and lasting? Because there are people counting on us to accomplish that. But how do we accomplish this? How do we shift our focus from merely adding years to our life to enriching the life in our years? Better put: How do we live life well?

The exact path will vary from one person to another, but there are some universal principles to guide us in that pursuit. I would like to list them here:

1. Believe It Is Possible

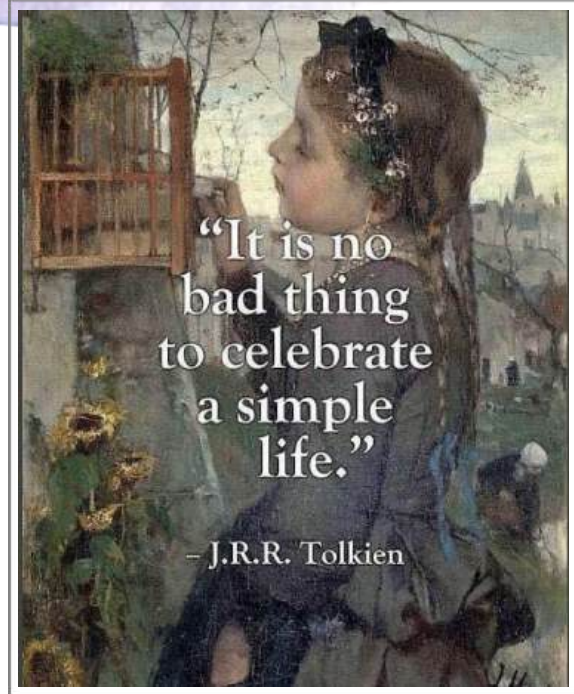
No matter how many years have passed or mistakes have been committed, you can live the rest of your life well. Believe in your potential—because only when we see the potential in our lives will we be motivated to fully discover it.

2. Define Your Purpose

A clearly defined purpose guides our decisions and gives our life direction. It's what drives us to get up in the morning, fuels our passion for living, and becomes the legacy that we leave. That is why it is so important we take this step. Find quiet and solitude to search your heart and define your purpose if you haven't already.

3. Remain Intentional in Your Pursuit of Purpose

Intentionality is choosing to live according to what matters most. Remaining focused and intentional in the pursuit of our



purpose means that we will not be blown off route by the changing winds and trends of culture.

4. Love and Generously Share with Others

I am not here to tell you what your main purpose and goals in life must be. But I can tell you that every study ever conducted shows us the same thing: a life lived in love, generosity, and service always results in greater satisfaction, fulfillment, and joy at the end.

Almost certainly, those who left the greatest positive impact on your life lived selflessly caring for others. We would be wise to learn from their example.

5. Work Hard for What Matters

Dedicating ourselves to meaningful work—work that significantly impacts others—provides a sense of fulfillment that money cannot buy. Working hard for the sake of others doesn't just result in providing for our financial needs, it results in meaning and satisfaction. Don't view work as something to be avoided or quit altogether, see it as an opportunity to love. And complete it diligently.

6. Make Every Day Count

See potential in every day, embracing both its challenges and joys. As Benjamin Franklin said, "Lost time is never found again." Once you've wasted time, you can never get it back. And the choice must be made every morning. See each day as a gift and opportunity.

Continued on page 31

7. Take Care of Yourself

Gary Thomas once wrote, “Your physical body is the instrument through which you make a difference in the world.” If we are going to live well, it is important that we care for the physical body that we live in. Exercise, eat well, care for your health. This practice has the potential to extend the number of days in your life. But more importantly, it will allow you to accomplish the most during the days you do have.

8. Embrace Life’s Lessons

Adversity is a great teacher. Facing hardships with resilience and learning from them shapes us into stronger, wiser men and women. Do not see failure as failure—see failure as an opportunity to learn. Equally so, we should learn from our mistakes in order to continually improve each day. And when trials come into our lives that were not caused by us, we learn from them as well.

9. Choose Happiness

Happiness is a choice that can be made daily, regardless of circumstances. It comes from appreciating what we have and finding the joy around us each day. Waiting until the weekend to be happy or until circumstances change will leave us waiting forever.

10. Practice Solitude

Spend time each day in meditation, devotion, or quiet reflection. These times of introspection help us become more present and aware, enhancing your appreciation of life's moments.

11. Pursue Virtue

Choosing to live a life marked by virtue is not just about avoiding wrongs, but actively doing what's right, embodying qualities like honesty, bravery, compassion, and integrity. In many ways, a virtuous life is its own reward, setting a foundation for peace, harmony, and a deep sense of fulfillment. But it also gets noticed by others (especially in a world that seeks to destroy it) and sets a powerful model for them of a life well-lived.

12. Stay Curious

Life is an endless opportunity for learning and growth. Remaining curious opens you up to new experiences, ideas, and perspectives. Everyone we meet has something to teach us. Becoming curious about their experiences and worldview allows our mind to grow and expand and become bigger than the one version of life we have lived.

13. Simplify Your Life

Simplicity allows you to focus on what truly matters. Eliminating clutter—from your home, your schedule, your mind—frees you to live more fully.

14. Prioritize Your Spiritual Well-being

We are made of mind, body, and soul. Just as we invest in physical fitness and mental acuity, dedicating time and energy to our spirituality is important. Do not neglect it. The practice will help you see the world bigger than yourself—and offer you rewards greater than the world can provide.

Living well is a gift to ourselves, a gift to those closest to us, and a gift to the world. I might even go so far as to say the greatest accomplishment we can pursue is to live our lives to their fullest potential. May that be the life we seek.

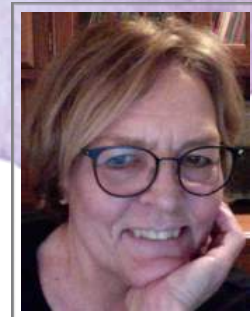
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Joshua Becker is an American author, writer, and philanthropist. Becker has written four books on minimalism and intentional living, which have collectively sold hundreds of thousands of copies and have been translated from English into several languages including Chinese, Spanish, German, and Polish. In particular, his books *The More of Less* and *The Minimalist Home* have been named best sellers by the Wall Street Journal, Publishers Weekly, USA Today, Audible, and Amazon.

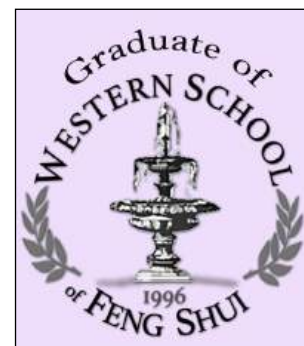
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- * Over 30 years of happy clients!



5 Signs You Have Karmic Debt and How To Repay It

According to numerology, your karmic debt is associated with the cyclical nature of the universe and everything in it, including your birth and rebirth cycles. Karmic debt numbers are the number of lessons you have to learn, or the number of issues you are meant to overcome in this life, and are derived by looking at your birthday.

Written by Megan Hatch

Everyone has heard of karma, which typically gets a negative connotation as many believe that karma relates to the consequences someone gets after behaving negatively in the present. However, karma also deals with the past. Along with karma, there's something called karmic debt, which is more about past life choices which may be repeating in our present life. Karmic debt is the patterns in your life that are being repeated and they are typically bad patterns or unresolved issues in your life. For example, you could be constantly struggling with money, sabotaging your relationships, or avoiding responsibilities in your life.

Signs You Have Karmic Debt

As much as you think karmic debt can be controlling your life, there are simple ways to deal with it and never have to worry about karma again. The first step, of course, is figuring out whether you have karmic debt.

1. You face recurring negative or difficult patterns in life.

For example, if you find that you're always struggling with similar problems such as repetitive relationship patterns, or addiction or money woes, it means you could have karmic debt possibly from a past life or previous experience in life that you have to correct and you're expected to pay back a debt.

2. You tend to be a caregiver for certain people.

Karma could be influencing your tendencies to care for certain people as a payback of debt from selfishness or humility.

3. You have a karmic relationship in your life.

A karmic relationship is one that often feels soul-fulfilling and indescribably strong, but is also often toxic and emotionally draining. This is because somehow you owe that person a debt or most likely need to learn a lesson about why the relationship isn't working.

4. You frequently find yourself in situations that force introspection.

If you are experiencing this, it may mean that you are currently racking up debt in this current life or with yourself. This is especially true for people whose birth date doesn't lead to a karmic debt number.

5. You have karmic debt numbers in your numerology chart.

The most concrete way of knowing if you have karmic debt is by doing the calculations. (More on that next.)

Which Life Path numbers carry karmic debts?

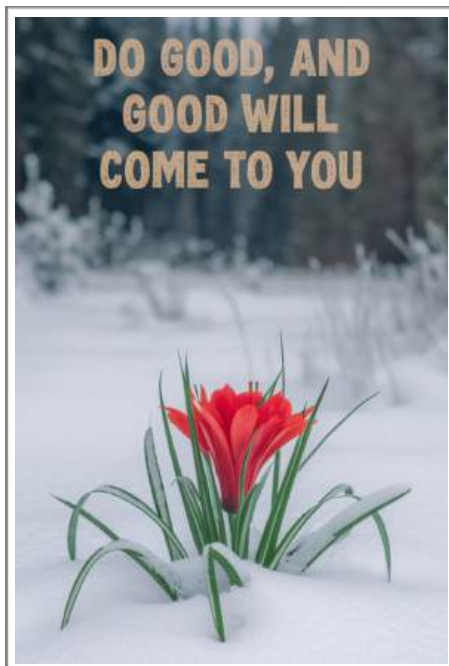
Life Path numbers are associated with your birth date. Specific birth dates lead to certain numbers which may carry karmic debt. The Life Path numbers that carry karmic debt are 13, 14, 16, or 19. So if your calculations land on one of these numbers, that's your karmic debt to pay.

If your Life Path number is 1, 4, 5, or 7, it is also due to the presence of a double-digit number, indicating you also have karmic debt. For example, karmic debt number 13 adds up to 4 (1+3=4), so Life Path number 4 carries a karmic debt number 13.

Karmic debts can also be found in your soul urge (heart's desire), expression, and personality numbers. Your soul urge number is calculated by adding up the digits of the consonants in your full name, excluding vowels. Your expression number is calculated by adding together the digits of your name. Your personality number is calculated by adding the digits of your birth day and month.

Karmic Debt Number 13/4

If you have a 13 karmic debt number (Life Path number 4), you are meant to pay back a debt for selfish and lazy behavior in a past life. You didn't want to work and complete your responsibilities for a job efficiently. Therefore, to pay off this debt you need to practice efficient communication and



Continued on page 33

express yourself positively.

Know the impact of your words and think before you speak. Empower people instead of putting them down. Take responsibility for yourself and your actions.

Karmic Debt Number 14/5

If you have a 14 karmic debt number ([Life Path number 5](#)), there has been an issue with you giving power or control to others and sometimes even at your own harm. You also might have taken control over others in a past life and this number speaks to personal power, self-direction, and independence. Maintain your own power by not taking away from others.

Karmic Debt Number 16/7

If you have a 16 karmic debt number ([Life Path number 7](#)), you might have been vain and egotistical in a past life as well as hurtful in your relationship.

This karmic debt is harder than others to overcome because you need to end this cycle of birth and rebirth, in that you need to “prove” yourself worthy. Try to be a better listener and consider others’ opinions, and especially be mindful of your actions and appearance.

Karmic Debt Number 19/1

If you have a 19 karmic debt number ([Life Path number 1](#)), in a past life you were a manipulative person and very selfish. You controlled people for your own personal gain.

In order to repay this debt, you should be a supportive person. Learn how to help others as well as learning how to ask for help.

How do you calculate your karmic debt number?

Your karmic debt is based on your birthday, which leads to your Life Path number. For example, if you were born on October 23, 1997, you would add $1+0+2+3+1+9+9+7=32=3+2=5$. Five corresponds with 14, so 14 (or 14/5) would be your karmic debt.

How can you repay karmic debt in general?

In order to repay your karmic debt you just have to take into account what your debt is, perform actions that will repay your karmic debt, take responsibility for wrongdoings, identify your biggest obstacles, [break karmic cycles in your life](#), and strive to overcome weaknesses.

One of the ways most people forget to include on that list is *forgiveness*. However, this isn't just being nice to someone because you were mean to them before. What you should do is to become aware of how your actions affect those around you and then proceed to make decisions based upon that self-awareness. You can even seek guidance from someone who specializes in past life readings to help you figure out how to repay your karmic debt. The faster you do this, the happier you will be in this life and the next.

△

Editor’s Note: Schedule an angel reading with Nancy to gain clarity. See page 4 for more information.

Megan Hatch is a former contributor to YourTango <https://www.yourtango.com/2020338139/karmic-debt-signs-how-repay-it>. She has had bylines on Medium, BuzzFeed and others.

~ Karma ~

What goes around comes around. To stop the cycle, forgive yourself. And then, karma also forgives you.

Editor’s Note: Over the many years of giving Angel Guidance Readings, very often the client’s problems or situations they found themselves in life were rooted in a past life. The reason I feel that these situations and relationships persist in their present life is because their cause remains unresolved.

For example, if you pull a weed from your garden and do not get it out by its root, the weed will grow back again. The same is true in karmic situations. The unforgiven “lesson” will keep reappearing until the lesson is learned by the soul. That is the meaning and the purpose of karma.

The angels advise that when we forgive and let go, it clears the path that allows us to move higher on the vibrational scale and ascend off the wheel of karma. If you have not yet come to know or believe in the karmic wash and rinse cycle as the angels describe it, call on your angels and guides in spirit to show you the way through it. It is what you have come to earth to do! The art of Numerology as described in this article can help point the way. See page 4 to get a Reading on it.

“Although the world is full of suffering, it is full also of the overcoming of it.” ~Helen Keller



Felix Revello de Toro - Woman, 1965

Teacher ♥ Coach ♥ Medium



UPCOMING EVENTS

April 2 - Healing, Miracles & Consciousness with Author, Dr. Sharnael Wolverton, LA Edge Talk Radio

April 16 - 360 Prosperity: Activating Abundance with Mentor, Maria Martinez, California Edge Talk Radio

May 7 - Unstuck & Unstoppable, Releasing Blocks With Energy Coach, Joy Baker, Canada Edge Talk Radio

May 10 - Wisconsin Cryptids, Anomalies and Paranormal Convention, Appleton, WI, Gallery

UPCOMING EVENTS

May 21 - Following Your Soul's Journey with Historic World Traveler, Jackie Lapin, California Edge Talk Radio

June 21-22 - **Magical You Retreat** in the New London, WI area

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