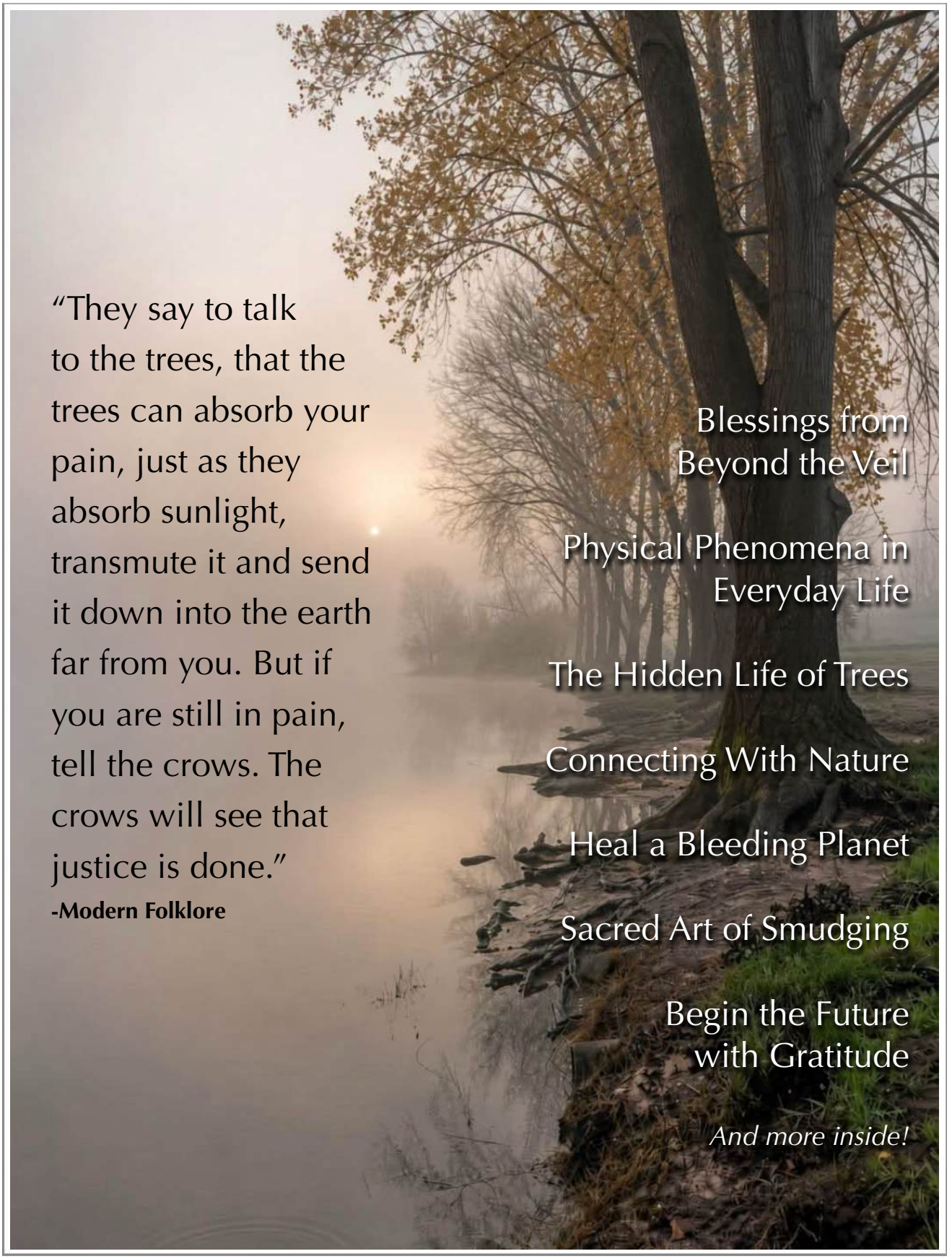
The Inner Voice

Inspirations for Healing Body, Mind, Spirit, Heart and Home • Vol. 14 Issue 11 • November 2026



"They say to talk to the trees, that the trees can absorb your pain, just as they absorb sunlight, transmute it and send it down into the earth far from you. But if you are still in pain, tell the crows. The crows will see that justice is done."

-Modern Folklore

Blessings from Beyond the Veil

Physical Phenomena in Everyday Life

The Hidden Life of Trees

Connecting With Nature

Heal a Bleeding Planet

Sacred Art of Smudging

Begin the Future with Gratitude

And more inside!

"Whispers in the Mist" - ©Gabriele Corno Photography

The AFTERLIFE REPORT

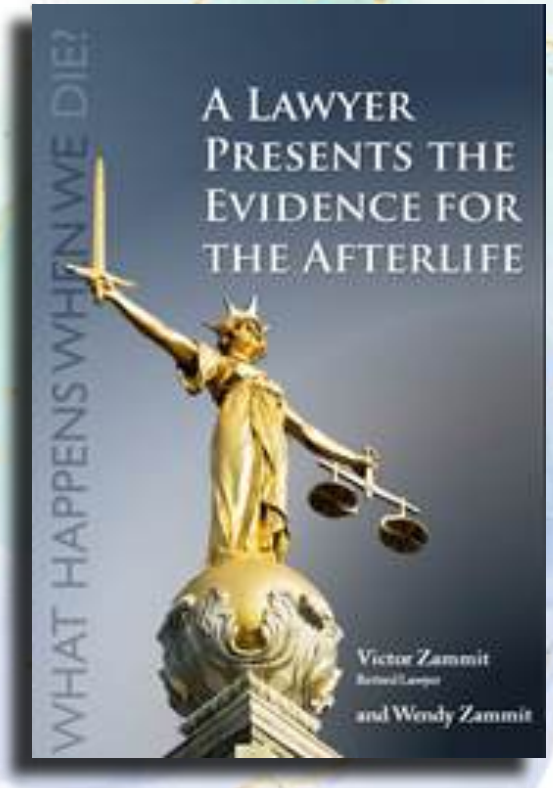
Evidence

Science

Presented By
Victor and Wendy
Zammit

THE GLOBAL GATHERING and several other FREE Zoom Groups are listed in the FRIDAY AFTERLIFE REPORT published weekly.
SUBSCRIBE FOR FREE HERE:
www.victorzammit.com

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



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Join the FREE Weekly Global Gathering!
November Guest Presenters:

November 1: Cosmic Voices Team

November 8: Florida based Yuri Castro Ph.D., specialist in the treatment of severe and persistent mental illnesses will talk about The Blessing of Gratitude.

November 15: Community Gathering

November 22: Physical medium Gary Mannion will go into trance and allow his friend Jimmy to answer your questions.

November 29: Curtis Child is a global keynote speaker, content creator, podcaster, and Chief Visionary Officer at the Swedenborg Foundation. He has spent over two decades making the 17th Century spiritual wisdom of Swedenborg accessible to modern minds.

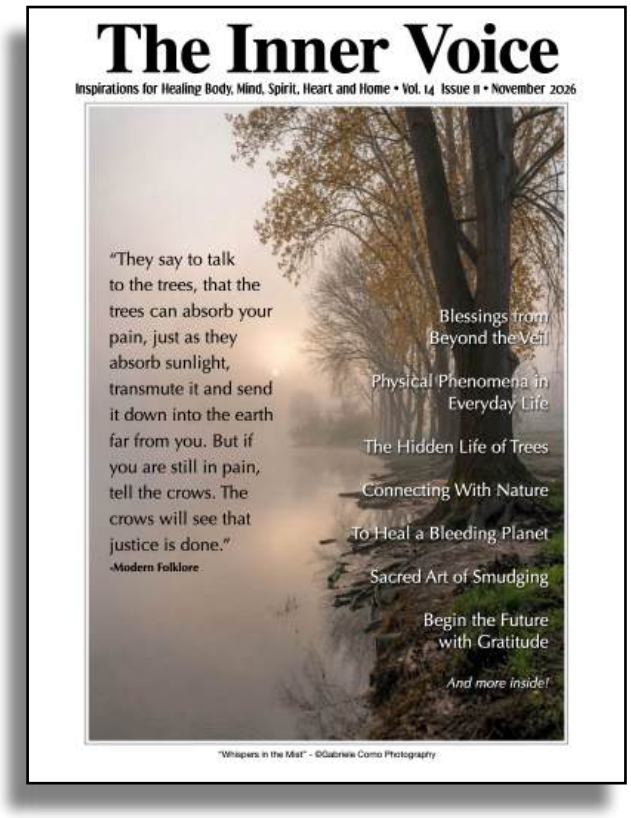
Click https://zoom.us/j/7595442928 to join the discussion with like-minded people from around the world. Held on Sunday @ 5PM EST/4PM CST in the US: and 7AM in Sydney. For the time in your city, click here: World Clock.

View past Global Gathering programs here:
https://www.victorzammit.com/archives/index.html



Wendy Zammit Global Gathering Coordinator
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About the Cover…



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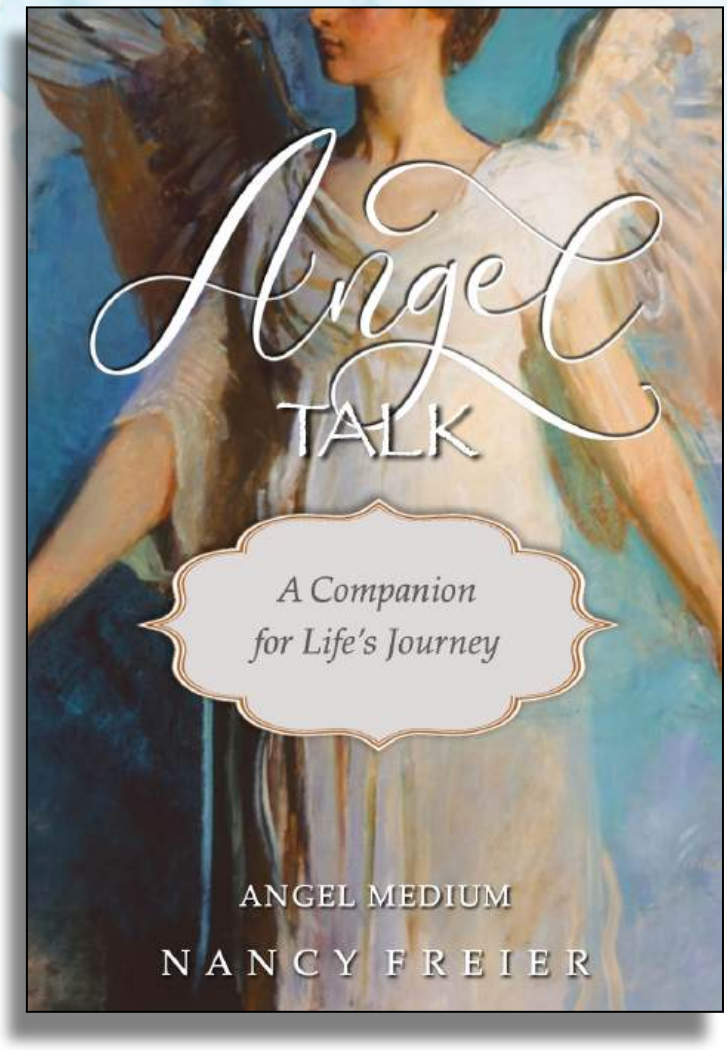


Sally Daniels Taylor
YouTube Video Creator

The Inner Voice is dedicated to inspiring healing of body, mind, spirit, heart, and home. The information shared is intended to complement—not replace—guidance from qualified healthcare professionals. Some of our content is developed with the assistance of AI writing tools and reviewed and edited by the magazine staff before publication. Contributors' views are their own and do not necessarily reflect those of the publisher or editors. May these pages enlighten and inspire your journey!

Writer's Guidelines and advertising information are available upon request. Comments are always welcome: theinnervoicemagazine@gmail.com





[Angel Talk: A Companion For Life's Journey]

Some books are meant to be read. Others are meant to be felt.

Four decades in the writing, *Angel Talk: A Companion For Life's Journey* is now available! Nancy Freier has listened to the angels and shared their messages of hope, healing, and awakening through her *Angel Talk*™ column in *The Inner Voice Magazine since the early 90s*. Now, the wisdom of these beloved beings has been gathered into her latest book. You can turn to *Angel Talk: A Companion For Life's Journey whenever you need guidance, comfort, or a fresh new perspective*.

Through personal stories, spiritual teachings, prayers, meditations, and conversations with *Sreper, Angel of the Great White Light,* Nancy asked the questions that touch us all…

Why are we here?
What is our soul's purpose?
How do we find peace in times of chaos?
How can we learn to trust the journey when we are hurting?

Read *Angel Talk* from cover to cover, or keep it nearby and open to any page when your heart seeks guidance or reassurance. The words you need in the moment may be found there. Even life's most difficult lessons can become doorways to growth, healing, and transformation. Our souls are here in Earth School for the experience, and this book is a companion for the journey.

***Angel Talk* is now available!**
Order your copy here.

Letters to the Editor

"Thank you for the specific and detailed information about automatic writing in the October Issue of The Inner Voice Magazine. I love that you use prayer to invoke divine presence, and openly share your process with others. It takes courage and love to do so, thank you so much."

Love and Blessings, Christine

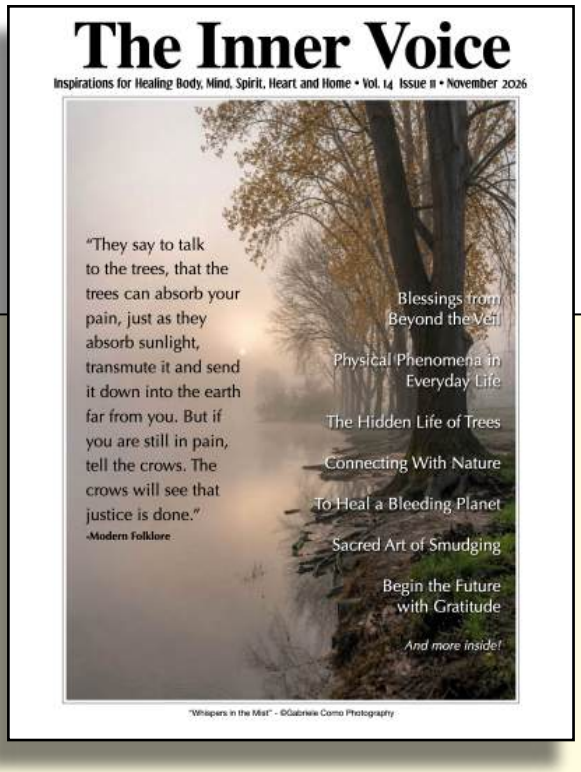
"I love how we make connections with people; how we are each called with our variety of gifts to be a part of the 'up-leveling' of humanity. You, along with your contributors are making a difference with your continued dedication and commitment with this e-magazine.

Love to all of you, Paula Burns

"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, Gloria T. Nye. Ph.D

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



Dear Readers,

Welcome to November, the time of year when we pause to reflect on the blessings in our lives and give thanks for the gifts that we might otherwise take for granted.

I must admit, though, that when I'm immersed in aches and pains, see something upsetting in the news, or find myself griping because things aren't going my way, gratitude isn't necessarily the first thing I feel. Then, almost like a switch that I must have programmed into my consciousness, I snap out of it and remember the angels' promise that ***all things happen for a reason.***

I'm often reminded of this when I see someone living with a disability. I find myself thinking, ***"There, but for the grace of God, go I."*** *It's a humbling reminder that life can unfold in ways we never anticipated, and that compassion and gratitude are closer than we realize. I don't know another person's story or what blessings they may see in their own life, but these encounters help me put my own circumstances into perspective.*

Gratitude doesn't mean we must pretend our aches, worries, or disappointments don't exist. Nor does it mean we should compare our hardships with someone else's. Perhaps it means allowing ourselves to acknowledge what hurts while remaining open to the blessings that are still present. Sometimes, all it takes is a shift in perspective to help us see them.

This month, we explore some of the ways Love continues to enrich our lives. In ***"Blessings from Beyond the Veil,"*** *we consider the signs, memories, and meaningful connections that remind us our loved ones remain close in ways that may bring comfort and reassurance.*

We also turn our attention to the natural world and the connections we can experience when we slow down, ***spend time with trees,*** *and open ourselves to the wisdom and peace nature offers.*

As we move through November and celebrate Thanksgiving, may we remember that blessings come in many forms. Some arrive through people, some through unexpected encounters, and others through the moments when we pause long enough to recognize that ***we are each part of the blessing in the circle of life.***

Wishing you a month filled with Blessings!

Nancy

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If *The Inner Voice* has touched your life and you'd like to help us share its message around the world, please consider a donation. Suggested: $36/year—or choose an amount that feels right to you.

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Blessings from Beyond the Veil

When you leave your physical body, your journey does not end. You continue as the Soul you have always been, carrying your awareness, your beliefs, and the understanding you have gained through your experiences on Earth.

You may wonder where your loved ones go when they leave this physical world. There is no single answer that fully describes the journey of every Soul. Your beliefs about what happens after death may influence your initial experience beyond the veil. A Soul who firmly believes in Heaven or Hell, for example, may initially experience a reality that reflects those beliefs.

But do not mistake an initial experience for an eternal destination, for no Soul is beyond the reach of Love. You are never abandoned or left without guidance. Your Guardian Angels and Spirit Guides continue to offer their loving support, helping you recognize the truth of who you are and guiding you toward greater understanding.

Some Souls may need time to release fear, guilt, or beliefs that keep them from recognizing Love's Presence. Others may be ready to move more quickly into the Light. Each Soul continues its journey according to its own awareness and readiness to learn.

Know that your choices matter. Your actions affect others, and there are lessons to be learned from the choices you make. Yet learning is not the same as eternal punishment, and accountability does not mean that Love is withdrawn. Forgiveness, compassion, and Love open the way to healing, understanding, and greater freedom.

> *"What we have once enjoyed we can never lose. A sunset, a mountain bathed in moonlight, the ocean in calm and in storm—we see these, love their beauty, hold the vision to our hearts. All that we love deeply becomes a part of us. Our beloved ones are no more lost to us when they die than if they were still laughing and loving and working and playing at our side. Truly, life is overlord of Death and Love can never lose its own."*
> **— Helen Keller, We Bereaved (1929), p. 2**

As understanding expands and fear gives way to Love, the Soul can move into higher and lighter realms of being. Heaven is not so much a place as a state of Love and Unity—a way of being in which kindness, forgiveness, and compassion are lived and expressed.

You may also wonder whether Earth is the only place where Souls learn and grow. Earth is your School of learning through physical experience, but Creation is far greater than your present understanding. The journey of the Soul continues beyond what you can presently see or comprehend.

And what of the blessings that reach you from beyond the veil? Love is not limited by the death of the physical body. The loving influence of those who have touched

Continued on page 7



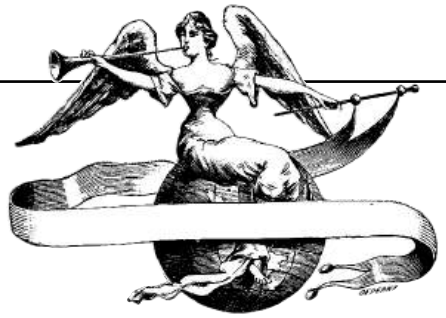
Angel Guidance Zoom Group

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

Next meeting is Sat., November 14 • 1 pm CST

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

Click HERE to Join



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

Angel Talk™ from page 6

your life continues in your heart, in the wisdom they shared, and in the memories that bring you comfort.

You may also experience moments that remind you of a beloved's continuing presence. Perhaps a butterfly catches your eye, a bird appears at just the right moment, or a feather lies along your path. Something about the encounter may bring a cherished memory to mind, filling your heart with warmth and reminding you of the Love you shared with your beloved.

A thought may arise unexpectedly, or a dream may leave you with a sense of comfort and renewed connection. Such moments can be deeply meaningful, even when you cannot explain them. Whether you understand them as signs from beyond the veil or as treasured reminders held in your heart, allow them to bring you comfort and peace.

Remain open to blessings that come in ways that are both familiar and mysterious. You need not understand every experience to receive its gifts. When a moment touches your heart, welcome the comfort, hope, and Love it brings. Allow these blessings to strengthen you and deepen your awareness of the connection you share.

Remember this: You are never beyond the reach of Love, including the Love of those who have passed beyond the veil. Love's bonds are not erased by physical separation, even when their presence goes unfelt or unrecognized. Whether grieving a beloved one, remembering those who have helped shaped your life, or seeking reassurance on your own journey, know that the Love you give and receive carries a meaning far greater than you may realize.

Your Guardian Angels are always ready to help you find your way toward the Great White Light of your true existence. As you continue your journey through Earth School, remember that the Love shared between Souls connects you always. It is a source of joy and strength that lives on in ways the heart may recognize even when the mind cannot comprehend them.

And why can the mind not comprehend these things? Because the connection between Souls reaches beyond what your physical senses can perceive and your mind can fully grasp. You may think of it as a field of connection extending beyond your present awareness. You are not required to understand all the mysteries of Creation. You are here to trust your Source, open your heart to Love, and remember the truth of who you are. This is part of your journey through Earth School: trusting the Love that guides you even when you cannot see it or explain how it works.

Love accompanies you beyond the veil, guides you through the lessons of life, and welcomes you when you reach your true Home. Your beloveds await you there. The Love that connects you is never lost, and no Soul is ever beyond the reach of Love.

Δ

Adapted from Nancy's newest book: ***Angel Talk: A Companion for Life's Journey.*** Get the book on page 4.

November Special

Messages from the Other Side

Your loved ones in Spirit have messages of comfort, reassurance, and Love they long to share with you.

Contact Nancy to learn more and schedule your private reading!

Email: NFreier@aol.com



Abra Cadabra Acrylic by Dee Doyle

Physical Phenomena in Everyday Life

Physical phenomena are typically expected to occur during a séance, however, spirit communication through physical effects may also manifest in everyday life. In general, physical phenomena are events that can be observed in the physical world. These include objects moving on their own, sound, light, and changes in temperature. Spiritual people interpret these as signs of unseen energies and communication with spirits.

The image of a traditional séance is of people sitting around a table and reporting the experience of spiritual movement. In everyday life, a chair that shifts, an object that falls, or a table that vibrates may prompt questions about its movement. However, consider uneven flooring, air currents, vibrations, and unconscious muscle movements before attributing the movement to spiritual activity. In contrast, a bed that begins to vibrate on an even floor for no reason is likely due to spiritual influences. Consider all possibilities and don't automatically rule out spiritual ones. Ask yourself, what does this experience awaken in my awareness of the unseen?

Historical physical mediums have reported knocks, raps, and voices during seances. In everyday settings, unexplained sounds may come from plumbing, building materials, appliances, and noisy neighbors. But knocks in a quiet room may be a spirit. A person can find that odd sounds have a personal or spiritual significance. For example, it is common for people to hear the voice of a loved one calling them after the person has died. Or a voice in the car to warn of danger.

Sensations of the presence of energy are another common phenomenon. People describe warmth in their hands, tingling, chills, pressure, or a feeling that someone is nearby. During meditation, prayer, or a quiet moment, these sensations can feel especially meaningful. They also occur during a spiritual healing or when receiving a reading from a Medium.



Pets also feel the vibrations during a séance and get in on the action.

Playing with light is often a sign of spirit presence. You may see flashes of light, fleeting shadows, and unusual shapes in your peripheral vision. When the electricity works perfectly and the lights start flashing, ask the spirit to communicate with you. Ask the light to turn on or off again by request. Ask the light to show yes or no answers to establish a conversation.



Above: 'Table Tipping' with friends.
Photos by Susan Barnes

Automatic hand movements that involve writing and art are also aspects of physical phenomena. People may feel that words or images arise spontaneously while writing, drawing, or making art. Some Spiritualists describe this as spirit-inspired creativity or automatic art.

Spontaneous creative work can also emerge from memory, imagination, intuition, and unconscious mental processes. Keeping a dated journal of the experience and the work produced can help distinguish what was experienced at the time from interpretations formed later.

Physical phenomena invite a fascinating question: Where does the physical world end, and where does our experience of consciousness begin?

These experiences can suggest that consciousness continues beyond physical death and that communication between the living and the departed may occur. For researchers, they raise questions about perception, suggestion, human movement, environmental effects, and the standards of evidence needed to establish unusual claims. Spiritually minded people have their own answers.

Δ

Dr. Susan Barnes is a Psychic Medium and Life Coach. See her ad on page 9 for a list of services offered and contact information.



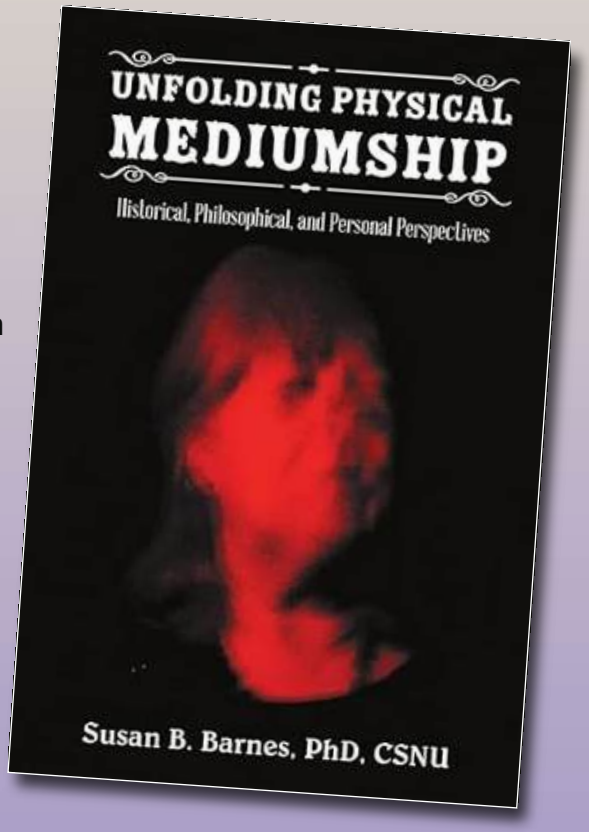
Author Dr. Susan B. Barnes, CSNU
Spiritualist Medium and Life Coach
Readings | Spirit Art Readings
Spiritual Counseling via Zoom or Phone

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www.spiritartgallery.net 585-314-9362

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

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

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

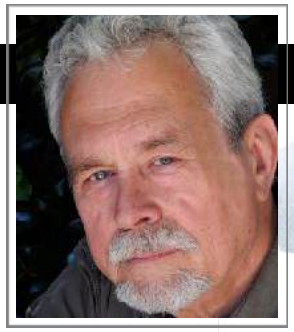


Get Susan's book here:
Unfolding Physical Mediumship

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

Spirit Art
Tuesdays 9pm EST / 8pm CST
No art experience necessary

Mediumship Development
Sundays 1pm EST / noon CST



Book Overview Written By Steve Freier

Afterlife: A Guided Tour of Heaven and Its Wonders

By Emanuel Swedenborg

In *Afterlife: A Guided Tour of Heaven and Its Wonders*, Emanuel Swedenborg invites readers to contemplate one of humanity's oldest questions: What happens when we die? Rather than viewing death as an ending, Swedenborg describes it as a transition into another dimension of existence, where consciousness continues, relationships retain their significance, and our inner character becomes the defining reality of life beyond the physical world.

Drawing upon his larger theological work, *Heaven and Hell*, Swedenborg portrays the spiritual world as a living reality rather than an abstract realm. People retain their memories, personalities, affections, and individual identities. Death does not erase who we are; instead, it gradually reveals who we have truly become.

The transition after death is described as an awakening. Individuals remain conscious and aware, often encountering familiar surroundings and people they recognize. Initially, they may not realize they have died. Gradually, however, they discover that they have entered a different order of existence, where the inner qualities of the soul play a greater role in shaping their experience.

This awakening leads into what Swedenborg calls the world of spirits, an intermediate state in which individuals discover the deeper truth of their character. During earthly life, social expectations, personal ambitions, and the desire for approval can conceal our true motivations. In the spiritual world, these outward appearances gradually fall away, revealing the loves, intentions, and values that have shaped our lives.

Swedenborg describes heaven not as a place of passive rest, but as a vibrant community where angels enjoy relationships, homes, beautiful surroundings, meaningful work, and opportunities to serve others. They continue learning and growing in wisdom. Heavenly happiness arises not from inactivity but from love, harmony, usefulness, and the fulfillment of contributing to the well-being of others.



Emmanuel Swedenborg

One of Swedenborg's distinctive teachings is that the spiritual world reflects the inner condition of its inhabitants. Gardens, rivers, homes, and landscapes correspond to spiritual realities. Light may represent wisdom, while gardens symbolize the growth of goodness. Through this principle, known as *correspondences*, outward beauty expresses inward spiritual qualities.

Swedenborg describes three heavens—the celestial, spiritual, and natural—each associated with different forms of love and wisdom. Together, they form a harmonious spiritual order in which individuals find their place according to the kind of love that has come to define their lives.

Remarkably, Swedenborg believes that angels are not a separate species created exclusively for heaven. They are humans who once lived on earth and entered the spiritual world after death. Their heavenly existence continues the human journey, transformed through greater harmony with divine love and wisdom.

This understanding gives profound significance to our earthly choices. Swedenborg argues that spiritual destiny depends less on social standing, outward appearances, or religious profession than on what we genuinely love. Someone may speak eloquently about morality while remaining devoted to pride or greed, while another whose goodness expresses itself through compassion, honesty, generosity, and service possesses a deeper spiritual orientation.

For Swedenborg, love is the organizing principle of human life. What we love determines what we value, how we think, and how we act. Our repeated choices gradually shape our character, influencing the spiritual environment in which we can find fulfillment. Heaven is therefore not simply a reward granted for satisfying external requirements; it is the natural home of those whose inner lives are oriented toward goodness, truth, and the welfare of others.

His understanding of hell follows the same principle. Rather than portraying it solely as a place of divinely imposed punishment, Swedenborg describes a spiritual condition arising from the persistent rejection of love and goodness. Those devoted to selfishness, domination, deceit, and destructive desires gravitate toward communities reflecting those qualities. Their suffering emerges from their own spiritual orientation and its consequences.

Yet spiritual destiny is not presented as predetermined. Freedom remains central to human development. Throughout

Continued on page 11

Book Overview from page 10

life, we have opportunities to recognize our faults, reconsider our priorities, cultivate compassion, and turn toward what is good. Our choices shape us, but we retain the freedom to grow and change.

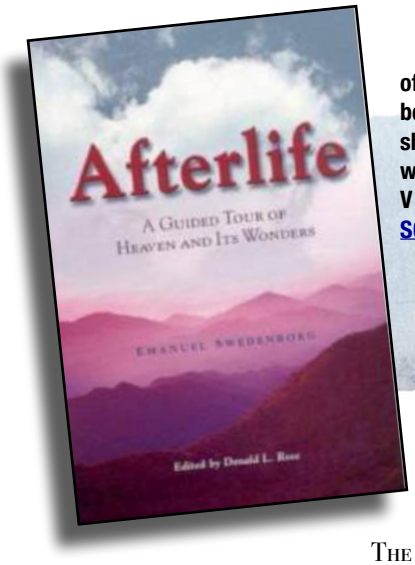
Swedenborg also offers hope concerning relationships beyond death. He describes people recognizing and meeting loved ones in the spiritual world, suggesting that genuine affection can survive the loss of the physical body. However, not every earthly relationship necessarily continues unchanged. For those grieving a loved one, this vision offers the possibility of reunion while emphasizing that enduring love seeks another's well-being.

Beneath Swedenborg's descriptions lies a deeply personal message: the life we cultivate inwardly matters more than the image we present outwardly. Are we becoming more compassionate, patient, honest, and generous? Do we genuinely seek the well-being of others? Are our actions consistent with the goodness we profess?

These questions transform the book from a description of an unseen world into an invitation to live more consciously in this one. Every act of kindness, every effort to overcome selfishness, and every sincere attempt to help another person contributes to the formation of our character.

Swedenborg's vision is explicitly Christian, rooted in his understanding of God as divine love and wisdom and in his interpretation of spiritual life through the teachings of Jesus Christ. Ultimately, *Afterlife: A Guided Tour of Heaven and Its Wonders* invites us to look beyond the question of where we will go after death and consider who we are becoming now. Whether we accept Swedenborg's descriptions literally or symbolically, his message challenges us to recognize that our deepest values, our treatment of others, and the love we cultivate may matter far more than our outward achievements.

In Swedenborg's vision, heaven is not merely a distant destination. It begins wherever we act from genuine love, seek truth, and contribute to the well-being of others. Death does not have the final word; it reveals more clearly the person we have spent our lives becoming. You can find the book **here.**. Δ



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

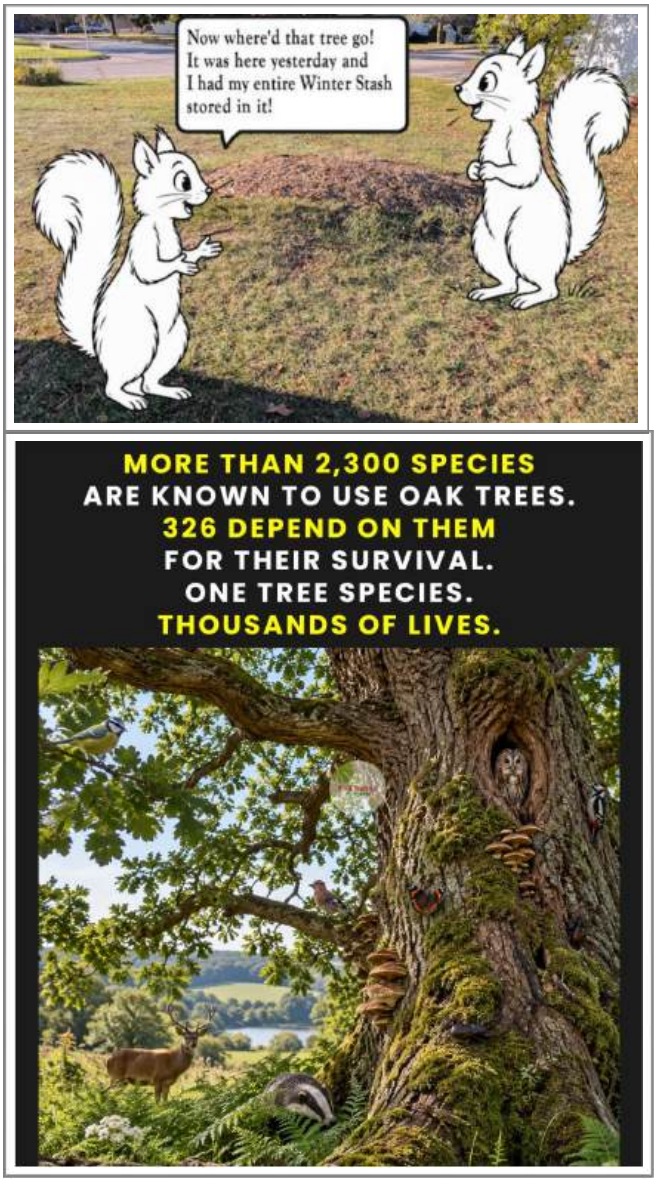
There Goes the Neighborhood

By Steve Freier

The other day, I was jolted awake by the unexpected arrival of a tree-removal crew in my yard, armed with chainsaws and ready to take down a giant tree. Nobody had bothered to tell me about this escapade, and as far as I knew, the tree was perfectly healthy. Apparently, neither the tree nor the wildlife living in it had received a proper Cease and Desist or Eviction Notice informing them that their days were numbered!

After getting dressed and recovering from the shock of a suddenly sunny yard, I ventured outside to inspect the damage. The tree and debris were gone, but two squirrels remained, sitting face-to-face as if holding an emergency neighborhood meeting. I could almost hear one saying to the other, "There goes the neighborhood! And we'd just finished decorating!"

Their little tête-à-tête inspired this cartoon. If I was surprised by the tree's sudden disappearance, imagine how the squirrels must have felt. After all, they hadn't even been given a chance to pack and move their winter stash to a safe place. Δ





Beginning the Future with Gratitude

We are all part of an invisible network of energy influences. They are transmuted through the internet, advertising, news, and education. Also through satellites, cell towers, household emf's, and medications. We are unconsciously being influenced mentally, emotionally and physically.

A strong source of influence, and actually manipulation, that is deeply under the radar that keeps us, humanity, in repetitive patterns of guilt, shame, blame, anger, terror etc. are invisible energy entities from other dimensional realms. They thrive off our low level emotional frequencies. Our emotions are actually vibrational food for their survival. These beings stimulate human reactions to generate their energy food source. This abuse is not personal. It all sounds surreal but is true.

These sources keep us held in an unconscious energy network, repeating limiting beliefs, stimulating upset, and combative ways of being and perceiving ourselves and each other.

It is indeed time for each of us to courageously claim our power and freedom to move out of the generally accepted automatic manipulation patterns so that we co-create the profound new futures we are craving in our hearts or maybe a rich future we can't even imagine.

I received a phone text: "Hey, this is… from your financial institution. How are you doing?" I got SO triggered. "Hey?" This is not a professional greeting. Is this legit? I went into a rant of resentment. I called the main office and the person who left me the message answered the phone. Somehow his voice and our conversation eased my attack mode.

After the call I realized that Siri had picked the translation of the phone message to read "Hey." And that "my" addiction to filters of anger and righteousness clouded my thinking and influenced me to make up a disrespecting story that I believed… which fed the entities who need those frequencies.

Once I put the pieces of the puzzle together I felt gratitude to have consciously chosen a new future by relaxing my judgement, opening my mind and conversation to learn what was more true while being available to new perspectives and possibilities.

I realized attachment to angry filters of perception, creates a lot of misunderstanding and problems in communication and relationship. Filters can keep us repeating emotionally

Continued on page 13



Beverly Brunelle

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Healer & Author

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Practicing Mindfulness from page 12

unconscious beliefs and behaviors originating from early life and ancestral traumas. They may have protected us in the past, but now they block clarity and new options. Our outgrown loyalties to the past prevent us from beginning new higher frequency futures.

Gratitude for our awakening awareness empowers potent change. We need to call ALL our energy from obvious and unconscious energy entanglements and investments to disconnect from habitual beliefs, expectations and invisible manipulation so that we begin a new future, It's a moment to moment commitment.

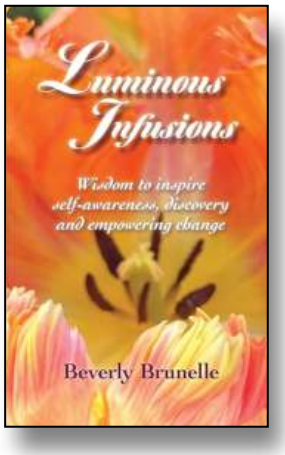
In meditation you can call all your energy free clear and pure from all parasitic systems, inviting your Essence energy home to your sacred heart space. Notice the inner shifts and clarity that come.

You are a power being. Each day and every moment you can become an agent of a new future. It takes an open mind, being comfortable in the unknown and requesting your Essence to inform and move you into a higher frequency of existence, action and new possibilities.

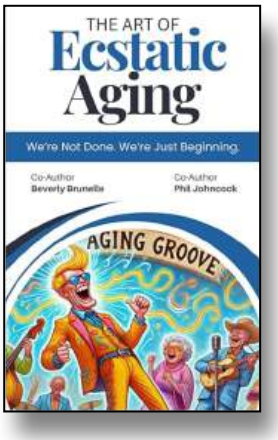
Express gratitude for your own unique journey, your courage to have lived unconsciously in a manipulated limited reality. Now choose to lovingly, powerfully and courageously set your new clear intention. Express gratitude for awakening your freedom and power to choose your creative role that begins a new future, each day.

Δ

Beverly Brunelle was part of origins of The Inner Voice in 1990. Her books, masterful energy readings, clearings and higher alignments support clients to create quantum shifts within themselves, relationships, work, and the world. See her ad on page 12.



Luminous Infusions



The Art of Ecstatic Aging



Lifting the Veils

By Kathleen Jacoby

More and more, I recognize how strongly the veil of fear pervades this planet. Each thought form sent into the ethers, laced with fear, becomes a glitch that keeps the pure essence of Light from permeating us at a cellular level with the blessing of Love.

Consider the media we read, watch, and seek out at the movies. What is its tone? What message does it convey? Like our food, much of it is junk. We consume it without considering its effects on our psyche, our being, and the well-being of our planet. Yet we have the power to choose. As conscious individuals, we must take responsibility for what we allow into our consciousness and how we interact with life.

Thoughts are things. We manufacture new "things" moment by moment. When they are laden with fear, the veil obscures ultimate reality. But when we consciously choose Love—not as an insipid or saccharine state, but as a dynamic, evolving pool of creation—we move away from what pulls us down and toward what elevates us.

I am reminded of the importance of moving beyond the astral level. We dwell on negative prophecies, so why not give equal attention to prophecies of hope? How many foretold the incredible communication age we now enjoy? How many celebrate the amazing things happening on our planet? Such stories aren't sensational.

People feed off the adrenaline rush of fear, while messages of hope offer peace and unity. Many seem to prefer being on edge. They're addicted to caffeine, and fear is the ultimate caffeine!

We carry the weight of past failures, hurts, mistakes, and disappointments, but our species has also achieved many victories. Otherwise, we wouldn't still be here. As we work toward the principles that dignify life, we lift the veil that keeps us from wholeness. Then the Light of Love can reach us and our planet, bringing an ultimate blessing —one for which we have, in truth, been created.

Δ



Kathleen Jacoby was the former Editor of The Inner Voice who made her transition into spirit in April 2019. In her own words from the afterlife, she said she is sitting at the feet of the Masters learning about the Greater Universe.

NEW **Column:** Nature's Wisdom: Listening, Learning, and Connecting



Photo: ©Tobias Wohlleben

The Hidden Life of Trees

A Tribute to Our Silent Teachers

What can trees teach us about life, connection, and the unseen wonders of the natural world? In *The Hidden Life of Trees,* forester Peter Wohlleben invites us to look beyond the familiar and discover the remarkable relationships unfolding within our forests. His book offers a fresh perspective on the trees around us and inspires us to pause, listen, and deepen our appreciation for these extraordinary members of our Earth family.

Written by The Inner Voice Editorial Staff

How often do we pause to consider the trees around us—not merely as beautiful features of the landscape, but as living beings with their own remarkable ways of responding to the world?

In *The Hidden Life of Trees: What They Feel, How They Communicate*, forester and author Peter Wohlleben invites us to look beyond the familiar trunks, branches, and leaves to discover the fascinating world of forest life. Drawing on his experience in the woods and scientific research, he explores the complex relationships among trees and the ways they interact with their environment.

His observations invite us to reconsider what we think we know about trees. What appears to be a quiet gathering of individual trees may actually be a vibrant ecosystem, filled with activity, communication, competition, cooperation, and continual change.

A World of Hidden Connections

One of the book's most intriguing subjects is the world beneath our feet. Tree roots interact with fungi in relationships that can benefit both organisms. Trees also respond to environmental stresses, release chemical signals, and participate in complex ecological relationships with other plants and living things.

Much of this activity occurs beyond our ordinary awareness. A forest may seem still to someone passing through, yet countless processes are taking place within its soil, roots, trunks, and canopy.

Wohlleben describes these relationships in language that sometimes compares trees to human families. He encourages us to consider whether trees might be more socially connected than we once imagined. Although some of his interpretations remain scientifically debated, his enthusiasm for the natural world encourages a deeper appreciation of the complexity of forest ecosystems.

The book reminds us that there is far more to a tree than meets the eye.

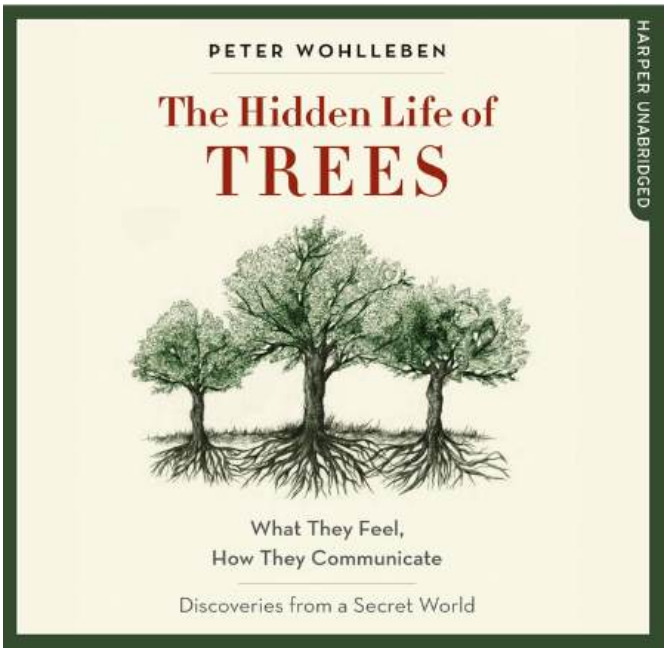
Listening Beyond What We See

For those who feel a special connection with trees, Wohlleben's observations offer much to contemplate.

Have you ever stood beneath an old tree and felt an unexpected sense of peace? Perhaps you have rested your hand against its trunk, spoken a few words aloud, or simply sat quietly in its presence. Some people experience these moments as a spiritual connection, while others find comfort in the stillness and beauty of their surroundings.

Whatever meaning we give such experiences, they invite us to slow down and become more attentive to the natural world.

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The Hidden Life of Trees

The Hidden Life of Trees from page 14

Trees communicate with their environment in ways that science can investigate, including chemical signaling and responses to changes in light, moisture, and temperature. Whether trees possess awareness or experience anything comparable to human feelings remains an open question.[1]

Yet we need not have all the answers to approach trees with wonder and respect. We can remain curious about what science has discovered, open to what we have yet to understand, and appreciative of the personal meaning we may find in our encounters with nature.

Perhaps talking to a tree is, in part, an invitation to listen—to become quiet enough to notice the life surrounding us and to experience our place within it.

The Wisdom of Growing Slowly

Trees also remind us that life unfolds in its own time.

Some grow quickly under favorable conditions; others develop slowly, shaped by the availability of sunlight, water, and nutrients. Their lives reflect the circumstances in which they take root and the changes they encounter along the way.

Human lives have their own seasons of growth. There are times when our progress is obvious and others when change seems almost imperceptible. We may be learning, healing, adapting, or discovering a new direction without yet seeing the results.

In a world that often celebrates speed and achievement, trees offer a different perspective. Their growth cannot be measured by the standards of a hurried day. Some live for centuries, bearing witness to generations of change.

Spending time among trees can remind us that not everything meaningful must happen quickly. There is value in patience, in allowing ourselves room to grow, and in appreciating the life unfolding around us now.

A Living Community Worth Protecting

Wohlleben's book also encourages us to look at forests with renewed respect. Trees are not merely sources of lumber, shade, or ornamental beauty. They are essential participants in ecosystems that support wildlife, store carbon, cycle nutrients, and influence water and climate.

When forests are damaged or destroyed, the consequences extend well beyond the loss of individual trees. Habitats disappear, ecological relationships are disrupted, and the living communities that have developed over many years can be profoundly changed.

Learning more about trees can deepen our appreciation of what is at stake and strengthen our desire

Continued on page 16



Habibur Rahman Roni / Vecteezy Stock Photo

The Hidden Life of Trees from page 15

to protect them. We can begin in simple ways: planting appropriate native trees, caring for the trees already growing around our homes, supporting responsible forest conservation, and taking time to become familiar with the natural places in our communities.

We can also cultivate a more personal relationship with the trees in our daily lives. We might choose a favorite tree to visit through the seasons, notice its changing appearance, sit quietly beneath its branches, or offer a word of gratitude for its presence.

Such gestures may seem small, but they can change how we experience the world around us.

An Invitation to Connect

The Hidden Life of Trees invites us to look more closely at a world that has been beside us all along. Through Wohlleben's descriptions of forest life, we are encouraged to reconsider our relationship with trees and recognize the extraordinary complexity of the natural world.

For *The Inner Voice*, this exploration offers another reason to celebrate our connection with nature. Trees can be our teachers in many ways—not because we must interpret every aspect of their lives as humanlike, but because observing them can inspire patience, reverence, curiosity, and a deeper sense of belonging.

The next time you find yourself beside a tree, consider pausing for a moment. Notice its bark, the shape of its branches, the movement of its leaves, and the life it shelters. Feel the ground beneath your feet. Take a few quiet breaths. If you feel moved to speak to the tree, do so. You need not expect an answer in words to appreciate the experience.

We may not yet understand everything trees communicate or experience, but we know that they are living members of the world we share. They deserve our attention, our gratitude, and our care.

Sometimes, a deeper connection begins when we stop rushing past the familiar and allow ourselves to truly notice it. May we walk among the trees with open hearts, curious minds, and a renewed appreciation for these remarkable companions on Earth.

Δ

Book: *The Hidden Life of Trees: What They Feel, How They Communicate* by Peter Wohlleben.

Footnote: [1]Trees respond to environmental cues and communicate through chemical signals. Their roots form complex relationships with fungi, but the extent and benefits of resource sharing through these networks remain debated. Evidence does not establish that trees experience feelings or awareness as humans do.

For further reading: Henriksson, N., et al. (2023). "Re-examining the evidence for the mother tree hypothesis—resource sharing among trees via ectomycorrhizal networks." *New Phytologist*, 239(1), 19–28. https://doi.org/10.1111/nph.18935

How to Connect with a Tree

Choose a tree that draws your attention. Take a few moments to stand beside it, breathe slowly, and notice its bark, branches, leaves, and the life surrounding it. If you wish, gently place a hand on its trunk and silently introduce yourself. Better yet, wrap your arms around the tree, allowing your heart to connect with its bark. Share a thought, ask a question, or simply express gratitude for its presence.

Then become still and receptive. Notice what you feel, what comes to mind, or what you observe around you. There is no need to expect words or a particular response. The experience can be as simple as quieting your thoughts and allowing yourself to feel more connected with the natural world.

Δ



Nancy out tree-hugging at Fritze Park, Neenah, Wisconsin. Photo by Debra Morningstar-Westenberger.

Inspired by the Quote on the Cover

And Speaking of Speaking to Crows…

Crows are keen observers, remarkably intelligent birds associated with mystery, wisdom, and transformation. In folklore, they often appear as messengers and witnesses, reminding us that what goes unseen is not necessarily forgotten.

When life feels unfair and pain lingers, talking to a crow can become a symbolic act of releasing what weighs on your heart, voicing what you wish someone would hear, and trusting that balance can be restored. You may not receive an answer in words, but the simple act of sharing your thoughts with a wild, attentive presence can offer a fresh perspective—and some hope! *(See more on p. 25)*

How to Make Friends with a Crow



Image Creator unknown

Oh, Christmas Tree!

By The Overlighting Plant Deva

Editor's Note: Move over, Martin Luther…the practice of cutting trees down to enjoy for a brief time in our homes during the holidays should be reconsidered. Trees are living beings that help balance global warming. Here are a few ideas from the author of "Trees For Healing" (Chase & Pawlick, Newcastle Publishing Co., ©1991) offering more conscious ways we can treat the trees.

When a tree begins its growth cycle through the natural process there is an immediate bonding of the tree with the Earth element, and the other forms of life that support its being. When the process of germination and growth takes place through the Human Kingdom, the consciousness of the tree is very much aware of human intentionality. When your intention is to plant the tree and cut it before it has completed its total cycle of being, that awareness is known to the tree. Therefore, the degree that a tree will commit itself to expanding to its fullest potential is held back from the Human Kingdom.

When the tree is to be cut, there is an awareness of the process about to happen, and life-force energy is diverted from the tree to other trees that are untouched by the Human Kingdom. Your intentionality when you cut a tree is also known to the tree.

If you wish to have a Christmas tree because everyone else does, then you are not honoring the tree species itself. However, when you approach a tree with unconditional love and appreciation for its gifts, it will radiate unconditional love in the new space of your home.

If you wish to cut branches from the tree, it is important to attune with the tree itself, and ask permission to take those branches. The particular branches may have a real life-force energy value in being part of the tree while it is with you.

After the tree has completed its purpose in being with you for the season, do not view it as a form of trash. It is better to place the tree in an outdoor setting where its life-force energy can be reabsorbed into the Earth, perhaps using it as a bird feeder through the winter months.

Δ



Beyond the Personal Equation

The modern world is filled with distractions that did not exist a mere century ago. A relentless barrage of electronic screens, air and ground traffic, dramatic 24/7 news, and electronic devices prevents our nervous system from slowing down. Light pollution can adversely affect us by disrupting our circadian rhythms and sleep; it also cuts us off from the night sky's magic and grandeur. No wonder we moderns struggle to connect with the spirit world. We find it too difficult to shut down mental chatter to sense beyond physicality.

May Benzenberg Mayer (MBM) was an esoteric and philosophical teacher during the 20th century. Among her many papers is a 1939 teaching describing her concept of the *personal equation*. She writes the "reason that scriptures, myths, and sacred stories are not read alike by the people who read them… is that they … interpret what they read by the *personal equation*, which includes bias of race, age, etc." Even though MBM was specifically writing about the subjective interpretation of symbols in ancient literature, I believe the concept of personal equation can help modern people seeking to connect with the spirit world.



While taking a picture of this tree in my back yard, I heard a Hawk cry out three times, then the wind picked up and the leaves rustled. I felt as if Nature was communicating to me its approval for snapping this photo to accompany my article for The Inner Voice Magazine.

In the modern world, our inner self has become overwhelmed by distractions from cell phones, noise, 24/7 news, and artificial light. What MBM calls "the personal equation", modern psychology calls "cognitive bias" and includes culture, gender, and religion. These factors create doubts, daily worries and rigid expectations of how life ought to be, within our hearts and minds, all of which interfere with messages from the spirit world. Goosebumps are dismissed as a passing draft, and mysterious synchronicities are written off as coincidences. As for the world of nature, it is too often dismissed as insignificant. We too often fail to appreciate it as a living, viable, and conscious force surrounding us.

Spirit is not going to shout at us - it requires us to calm our minds and emotions to sense its presence. Until we set aside our personal equation and protect our nervous systems from the constant barrage of physical sensations unique to the 21st century, we will struggle in our abilities to experience afterlife communications. Nature is conscious - it has its own energetic patterns of feelings, concepts, and valuable information. It can give us a sense of healing, courage, and regeneration. The rustle of autumn leaves, an unexplainable arrival of deer or a bird, even the wind itself, is nature's way of speaking to that part of the human being that lives deep within us. It communicates that *you are not alone; you are loved*.

In anticipation of Thanksgiving, let's put aside our own personal equation and the distractions of the modern world. Let's not focus on what we perceive is lacking in our lives. Instead, let's honor the spiritual abundances we have earned by living on earth. I can think of no better way to express gratitude. Turn off the digital noise. Take a deep breath and relax.

Close your eyes and quiet your mind. Move beyond your personal equation and "just be." Look at the world with fresh eyes and an open heart. Within this stillness, you can begin to perceive the presence of a higher intelligence that resides beyond the physical limitations of being human.

Δ

Dr. Liz Raver is a Psychic Medium and Life Coach.
See her ad on page 19 for more information.



Pareidolia in wood. Photographer Unknown.

The Secret Language of Trees

Beyond rings and grain, **pareidolia** reveals a whimsical personality hidden deep within the wood. This "face" is actually a footprint of the tree's natural growth cycle—a dense knot left behind when the trunk grew over an old branch base. As the timber is sliced into planks, these tight cores are revealed as dark circles wrapped in swirling grain, creating a perfect canvas for our minds to spot a face.

What to do with Sorrow…

By Kahlil Gibran



In the autumn I gathered all my sorrows and buried them in my garden. And when April returned and spring came to wed the earth, there grew in my garden beautiful flowers unlike all other flowers. And my neighbors came to behold them, and they all said to me, "When autumn comes again, at seeding time, will you not give us of the seeds of these flowers that we may have them in our gardens?"



Painting by Kari Vorster

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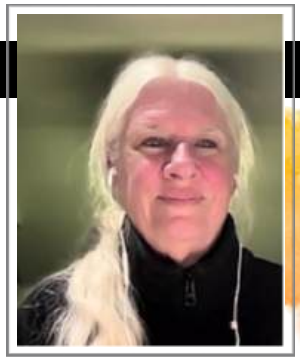
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Join my Free Online Mediumship Discussion Zoom Group on the last Thursday of the month. Due to Thanksgiving, November's meeting will be on Nov. 12, 8:30 pm EST - E-mail for link!



Guest Contributor Cheryl Gorman

Celebrating the Magic of the Trees

This month Nancy invited us to share a deeply meaningful experience with nature. A tree for example. Whoa! I was immediately dropped into memories of a recent trip to Ireland and Scotland where I was part of the teaching team leading mediumship training nestled in amongst curated travel adventures.

My offering, "Divination with a Druid," was designed to take advantage of being in these magical Celtic lands, home to the ancient practice of Druidry. *Druid literally means one who knows trees* – a pithy summary of a rich spiritual tradition deeply connected in trees, the land, and the wisdom of nature.

One memory in particular sends chills throughout my body – the celebration of Bealtaine (Beltane) on the Hill of Uisneach, the sacred centre of Ireland. For more than 6000 years, people of my blood and spirit lines have been welcoming in the Light Half of the Year by lighting concentric rings of signal fires across Ireland, starting with the first fire and spring rituals at Uisneach.

Walk with me as I retrace my route…

It is late afternoon as we stand at the bottom of a long, gently rising path lined with beech trees. The Ogham tree alphabet flashes before me – Beech is the letter of ancient wisdom, written lore, and the preservation of knowledge. Hundreds of people walk ahead and behind me. I am walking into a place whose bedrock, earth, water, trees, and stones hold all the memories of this land and the peoples of this land since the beginning of time. My hand reaches out to touch the bark of these tree guardians of knowledge, anticipation building inside me. I listen for the stories the Beech have to tell.

There is so much magic in the festival offerings that precede the fire ceremony itself. I wander among artisans demonstrating their craft, then settle into the storytelling tent for a good long while, listening to the *seanchaithe* spinning their tales of old. I am drawn to the music stage where lively tunes have me swaying and toe-tapping to the music that reflects themes across the centuries. The Bog Bodies are amazing – just saying :)

And all the while, my spirit guides bring me images of people walking these very paths across the Millenia. The whisper of the wind in fairy trees transports me back in time. I feel into the past generations, knowing they too experienced the magic and mystery of this land, the joy of coming together to celebrate as a community.

As the sun begins to set, the crowd makes its way to the top of the Hill. The celebratory mood is shifting, expanding. Stirrings of fierceness and resolve come with the sound of the drumbeats on skin drums and the hooves of horses racing up the processional path.

And then there is the first view of the wood pyre itself. The once living trees from this land have been carefully gathered. The trunks and branches still hold the memories of this land. They have been lovingly stacked, waiting to release those memories to the assembled community. People are focused as they write intentions on scraps of paper to be tucked into the wood pile by helpers.

The main celebrant tells the story of how people have met here on this land each Bealtaine to honor the land, the spirits of place, and welcome new growth and fertility. He knows this story personally. His family farm this land and consider themselves honored custodians of its rich heritage.



Bealtaine Festival Pyre & Ponies

I feel such deep gratitude to be physically standing on the land of my ancestors, participating in a ceremony that has deep roots like the trees. I remember and reclaim the wisdom of living in cycle with nature. I invite the coming firelight, that represents the Divine Light, to fill me completely so that I too may grow and be fertile. Tears of joy begin to flow down my cheeks.

The crowd hushes as the renowned Irish storyteller – *seanchaí* – Eddie Lenihan

Continued on page 21

Druid, One Who Knows and Loves Trees from page 20

approaches the wood pyre, a lit torch in hand. It is a sacred moment. He thrusts the torch deep into the base of the carefully stacked wood as the wind whips up and over the Hill. We hold our breath.

Then, there is a loud WHOOSH, and the fire catches!

I stand with a small group of new friends from the trip. We watch the bonfire burn for a long while. Looking at their faces, I can see the feelings I am experiencing – releasing what no longer serves, wonder at the mystery of this moment, hope for receiving the intentions placed in the fire. I cast my eyes across the crowd and see that this moment, standing on this Hill, participating in this ceremony, has moved them too. The trees have worked their magic!

My friends and I begin to walk down the processional path, arm in arm. I look up and see another signal fire just starting to burn on a nearby hill. I feel complete as the tradition continues. I give thanks for the land and all the elements, especially the trees, for holding this wisdom, waiting for me to arrive, to remember, and to reclaim.

Δ

Cheryl Gorman is a sacred practice guide, spiritual medium and bandruí (female druid). For as long as she can remember, she has been speaking with Spirit and deeply immersed in the Irish and Celtic culture and spiritual traditions of her ancestors. Through www.doorstothedivine.com, Cheryl returns to her roots as an educator, weaving together sacred practice, ancestral wisdom, and spiritual guidance.



Eimer Burke Seanchai & Chief Druid OBOD



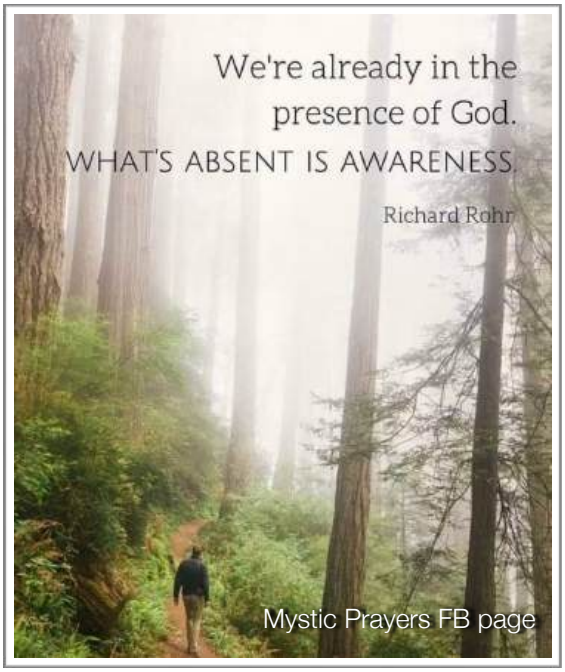
An Gobna the Black Smith



Bealtaine Festival Fire Dancer



Trees are happy when acknowledged and hugged! Photographer Unknown.



Try Forest Bathing and become one with the trees.

Below: Reinhard Stanjek, a Canadian retired teacher, artisan, and spiritual wellness content creator, demonstrates our connection with trees. Through his website, Ascension Tools, he shares reflections on personal growth, spirituality, energy awareness, and conscious living. He is also known for crafting orgonite, which he explores as part of his interest in alternative approaches to energy and wellness.
Learn more about Reinhard and his work at Ascension Tools.



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When I am Among the Trees

By Mary Oliver

When I am among the trees,
especially the willows and the honey
locust, equally the beech,
the oaks and the pines,
they give off such hints of gladness.
I would almost say that they save me, and
daily.
I am so distant from the hope of myself, in
which I have goodness, and discernment,
and never hurry through the world
but walk slowly, and bow often.
Around me the trees stir in their leaves
and call out, 'Stay awhile.'
The light flows from their branches.
And they call again, 'It's simple,' they say,
'and you too have come
into the world to do this,
to go easy,
to be filled with light,
and to shine.'

Δ



Do Trees Cry?

Trees are truly the lungs of our Earth, softening the suffering that suffuses our planet, encouraging our insight and resiliency in the face of struggle and hardship. Trees have long stood as powerful allies for native cultures and for many of us who appreciate their vitality and their support.

Several years ago my husband and I woke up one morning to the sound of chain saws. We leaped out of bed to discover that our neighbor had decided to cut down the single row of grand old white pines to improve his view. These trees were many generations old and separated our two properties. The fact that the trees were mostly on our property hadn't deterred him.

My husband rushed over and demanded that the men chain-sawing cease and desist. But by the time he got there all but two glorious trees had been cut. The chain-sawyers withdrew with hands in the air as if believing they might be shot, which I'm sure had crossed my husband's mind. But, the damage had been done. The next morning as dawn broke; I made my way across our field to the site of the pillage. Small white puffs of August fog swirled around my legs and arms as if intent on blocking my view of the carnage that lay ahead.

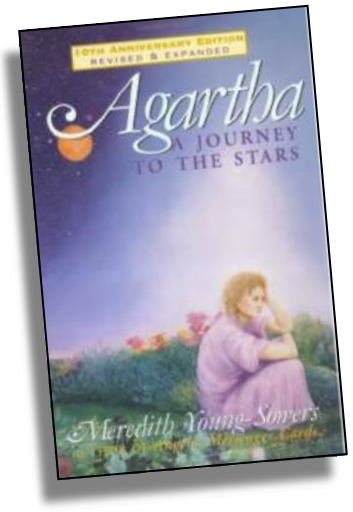
The scene took my breath away. The great warriors, who had withstood so many years of change and growth, now lay at my feet, nothing more than lifeless limbs severed from their bodies. I put my hands on each stump, repeating prayers and sacred mantras, my tears mixing with the blessed cornmeal that I sprinkled, asking for forgiveness for our human unknowing and lack of awareness and compassion.

As I slowly picked my way through the great field of pine needle branches, I heard and sensed something strange. It wasn't an audible sound, but a feeling—a rustling as if energy was being reshuffled and redistributed from that which had been cut down to that which was still growing. The crying of the trees had turned into a great hum for life; a grand knowing that suffering could be changed with compassion because in the world of energy of Love - nothing is ever truly lost.

Δ



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



Healing Modality of the Month

The Art and Practice of Smudging

Uplifting the Sanctuary
How and Why to Clear and Bless Your Home with Sacred Smoke

By Nancy Freier

Our homes are far more than physical structures made up of wood and stone; they are the sacred repositories of our daily lives that store the emotional frequencies of everything that unfolds within their walls. Just as physical surfaces accumulate dust, our living spaces can collect stagnant or heavy energetic residue from stress, arguments, or the lingering imprints of past occupants.

For readers of *The Inner Voice* seeking to cultivate a sanctuary of true peace, learning the mindful practice of home smudging offers a beautiful, intentional way to reset your environment, invite fresh blessings, and restore a harmonious flow of love and light to your living space.

The decision to smudge a home is a conscious choice to shift the atmosphere from chaotic or stagnant to pure and inviting. One of the most powerful times to introduce this ritual is when moving into a new home or apartment. Every dwelling carries the energetic history of those who lived there before you, including their stresses, conflicts, or grief. Smudging your new space before unpacking allows you to gently dissolve those old anchors, clearing the slate so you can infuse the rooms with your own unique intentions, joy, and dreams for the future.

Similarly, burning sacred plants acts as a beautiful ritual of blessing for a home, welcoming in bright, protective energies that wrap your family in safety and comfort.

Life naturally brings moments of friction, and another vital reason to practice home smudging is to restore peace and calm immediately following an argument or a period of fighting. Heavy words and intense emotions leave an invisible imprint in the air that can make a room feel tense or uncomfortable long after the disagreement has ended. Wafting sacred smoke through these spaces serves as an immediate emotional circuit breaker. The aromatic plumes lovingly gather that lingering tension and carry it away, instantly softening the atmosphere and making it easier for family members to breathe, forgive, and reconnect from a place of openhearted harmony.



Lighting a bundle of dried sage is a powerful ritual used to cleanse the energy of your home. Photo: Unsplash.

To begin your home ritual, select your ethically sourced medicine—such as sage to clear away negativity or sweetgrass to draw in peace—and open a window or door in each room you plan to cleanse. This step is both practical and spiritual, ensuring that any smoke, along with the heavy energies it has gathered, has a clear pathway to exit your home. Light your botanical medicine bundle, allowing the flame to take hold for a moment before gently blowing it out. Once a steady, glowing ember forms, use your hand or a feather to waft and guide the aromatic stream of smoke through your space, keeping your thoughts anchored in love, gratitude, and clarity.

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The Indigenous Recognition of Four Sacred Elements

THE APPARATUS	ELEMENTAL SYMBOLISM	SPIRITUAL PURPOSE
Shell or Clay Bowl	Water	Holds the sacred plants
Tobacco, Sage, Cedar, etc.	Earth	Gifts from Mother Earth
The Ignite / Flame	Fire	Activates the medicine
The Smoke & Feather	Air	Carries prayers upward

Move mindfully through each room, gently coaxing the smoke into all the corners, with special attention to doorways, windows, and dark closets where stagnant energy tends to settle. You may wish to speak a heartfelt blessing aloud or silently hold a vision of absolute peace as you move.

Guide the smoke clockwise around the perimeter of each room to symbolize the natural, life-giving movement of the sun, filling every nook and cranny with comforting energy. Once you have traversed the entire house, safely extinguish your medicine in an abalone shell or clay bowl, take a deep breath, and enjoy the profound stillness and radiant clarity that now fills your beautifully restored sanctuary.

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Sources and Attributions

Cultural History: Supported by the **American Indian Religious Freedom Act (AIRFA)**, Public Law 95-341 (1978), and traditional cultural consensus teachings preserved by the Anishinaabe, Lakota, and Cree First Nations educational repositories.

Scientific Reference: Nautiyal, C. S., Cushend, P. S., & Shivakumar, D. (2007). "*Medicinal Smokes*." **Journal of Ethnopharmacology**, Vol. 114, Issue 3, pp. 446-451. (Environmental air purification analysis of traditional botanical mixtures).

Editor's Note: Nancy Freier is an Angel Guide and certified Essential Feng Shui® Practitioner with more than 30 years of experience helping clients create peaceful, supportive homes and workplaces. Her unique interior design service draws on ancient design practices, including smudging and the dynamic qualities of Ch'i, to bring each environment into greater harmony, comfort and balance.



Editor's Note: The quote on our front cover inspired me to discover just how astute crows are. I'm going to try communicating with the crows I see around here, and I hope you will, too! Share your experiences by email, and you may see them in a future issue.



Do Spirit Beings Have a Sense of Humor?
(No, they're dead serious)

I was recently asked: How do you know a sign (from spirit) is real and not just your imagination? Not just something that happened? I don't mean to laugh, but here are three points:

1. Imagination is how God/Source/Spirit Speaks to us.

As soon as we begin using our imagination, Spirit Beings begin interacting with us. This is a fundamental property of consciousness. Everything in the world began as an idea in the imagination.

Some people long for a "sign" from a deceased loved one. Begin by connecting with your love for that person. I recommend ten minutes of conscious breathing, followed by these steps:

• Recall a time when you felt the deepest love for your loved one. Relive that memory in detail. Feel your heart open. You are in the vibration of love, where the magic happens.

• Imagine this love as glittering white light cascading over your loved one in your mind's eye.

• Ask aloud for a sign, intending to recognize it when it appears. If you don't notice one, release any anxiety or disappointment. Rather than focusing on its absence, remain open to the possibility of receiving one.

• Imagine a sign that would send your heart soaring. Trust that you may notice it within a day or two.

While these are simple steps, this is a powerful stepping stone to the greater reality. One of our missions here on planet Earth is to first understand that our consciousness is creating reality and then, to begin creating the most beautiful reality. Beautiful realities can only be created by connecting to God/Source light.

2. Since our consciousness is creating reality, nothing and I mean NOTHING *just happens*.

A great way to awaken to the greater reality is to understand that every small and large thing in your life is a teacher bearing a gift—arriving to grow your soul.

The more difficult the event or thing, the greater the lesson. Everything is deeply meaningful. Your job, should you decide to awaken to the greater reality, is to discern that meaning.

3. Spirit Beings work with what you perceive as a "sign" and use these to build a velvet bridge to your consciousness.

Your Guides want to strengthen their connection to you. It is not just their job, *but it is their greatest joy*. They see what works and then repeat it, adding variations like great jazz players riffing. Then, as you learn to play this game, they amplify the magic—hoping to wow you.

When I was new to the game—that tumultuous year I lost my husband and my son Jonpaul—Bill Philipps told me Jonpaul would be sending me feathers. *Feathers from heaven*.

Feathers from heaven sounded like something mediums tell all grieving people. Kind of corny, I thought. *Me? Too sophisticated to get feathers from heaven*. I dismissed it without much consideration.

Within two weeks, I had a trunk-load of feathers. I also began seeing feathers everywhere I looked: in the clouds, artwork, my news feed. I wondered, *How is this happening?*

Ultimately, this question was answered by the Seth Material—texts channeled by Jane Roberts, beginning with *Seth Speaks* and *The Nature of Personal Reality*. These fifteen or so texts present the metaphysics of reality. But at first, before I consumed these life changing teachings, I too, didn't understand these phenomena. Obviously, Spirit uses our penchant for selective perception to message us. But I wondered: *Is it real? Or am I imagining all these feathers?* Both seemed equally likely.

The next day I was at a shopping center. My gaze landed on a nine-inch, gorgeous blue and black feather at my feet. I picked it up, examined it this way and that. Was it a real feather? Or was it fake? It certainly *looked* real, but how could such a feather be real in Southern California? I could not imagine the bird it might belong to. Yet wow—it certainly appeared to be a real feather. I brought it into a nearby nail salon and asked the ladies if they had a magnifying glass. Soon a large group of us were peering at this

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Spirit Beings' Humor from page 26



mysterious feather through a hand-held magnifying glass, trying to guess the answer.

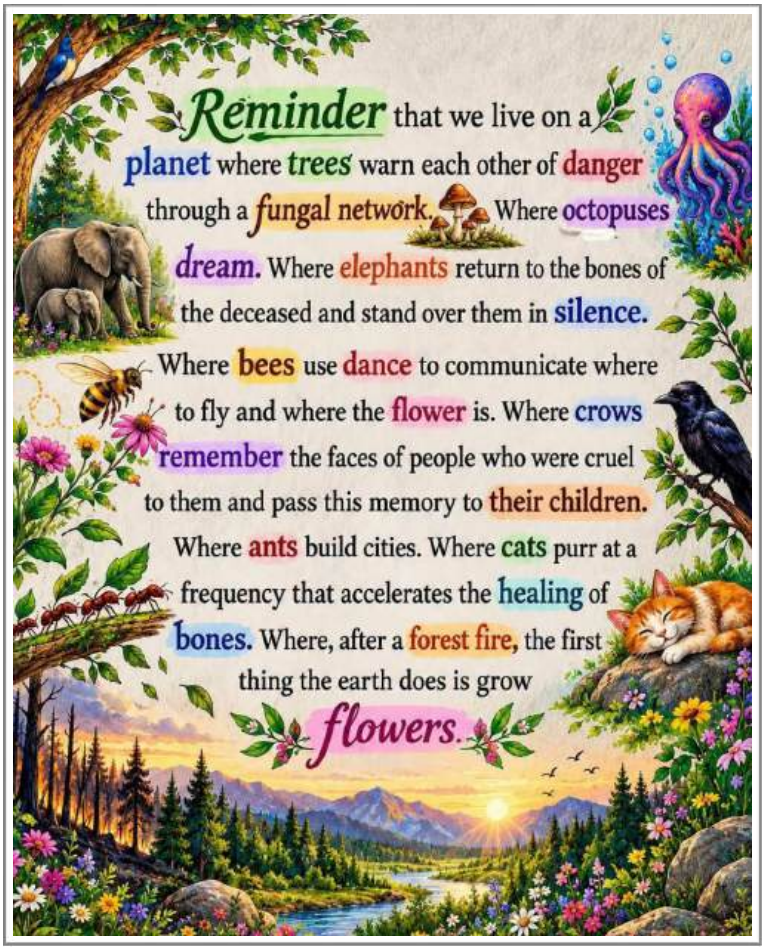
Even with the magnification, no one could say for sure if it was real or fake. Spirit started laughing, but just to make sure I got the point, the next day, I was walking in a nearby town with my daughter. Hanging from a bush at eye level, was the exact same feather. One registered with amazement. Two made the biggest wow.

I still have both feathers. Forever keepsakes.

So, is there comedy in the spiritual realm? You bet!

Δ

JJ Flowers is an author and screenwriter whose work explores spirituality, love, grief, and the bond between humans and animals. Her award-winning novel Juan Pablo and the Butterflies was published by Simon & Schuster. She is also the author of The Spiritual and Scientific Power of Veganism and The Spiritual Dog. A lifelong yogi, she teaches pranayama and Metta meditation. Email: jaejflowers@gmail.com



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These Hands

Honoring Life Through the Body's Stories

By Regina Ochoa



Before I left my bed this morning, I did my usual stay-in-bed stretch, slowly waking into my body after a good night's sleep. Awakening my hands, I stretched my fingers wide, then scrunched them into fists. Then, caressing one hand with the other, I rubbed each palm with the opposing thumb. I gently skimmed the tops of my fingers, massaged my knuckles, smoothed the wrinkles, and sensed the softness of my skin. The touch—my touch—stimulates a new sensation: awareness—memories.

The back of my right hand glided gently along the length of my left. From palm to fingertips, my hands spoke, sharing their stories with me. Their perception of my life is delivered with discernment, from where I've come to who I am. The everyday practicality of use and social skills transform into an awareness of the depth of my life. The sagacity unfolded before my eyes.

Leisurely, I embrace this morning's drowsy awakening. My fingers gently thread between each digit. And I see my infant daughter's baby-fine hair slip beneath my palm as I stroke her newborn head. Immediately, the warmth of my husband's hand is in mine as we walk the cliffs along the coastline. Suddenly, the rush of salt water wraps around me. My fingers tangle in ropes of ocean kelp as I plunge through the waves of Newport Beach.

I turn my hands this way and that, noticing how long my fingers are and how wide my palms have become. They carry me back to childhood when I could scarcely hold onto the saddle horn. Back then my youthful fingers gripped that horn with all my 13-year-old strength as the damp, loose soil beneath my mare's feet gave way.

LadyAnn and I tumbled over the edge, rolling over each other, as I clung to my saddle. Finally, we slid to a halt at the bottom of the steep ravine. LadyAnn shook me off her back. My left foot stuck in the stirrup; I dropped to the ground as she scrambled to get her hooves under her heavy black frame.

I lay in the damp, leafy soil, shaking, my hands deeply bruised, cut marks from the leather reins and horn embedded across both palms.

Today, these hands bring me memories of living a full life. I sculpted muscles with these fingers, manipulating spines and rotating joints until relief came to the client. Man or animal, it mattered not to these hands. They've always known where to place themselves, how to massage, gently press, and softly relieve another from discomfort. They slip a tender touch, a healing calm, into me now. They set my intention for the day: to remember what we have done, where we have been, what we have seen, and who we have met. To remember where we come from and where we are going. To remember how to embrace and how to live.

Time has allowed these hands to build stories. Black ice, 360 spins on a winding highway, and a concrete barrier ping-ponged my car through its collision. Time stopped as I watched my hands gripping the steering wheel. The airbag failed. Nothing stopped my chest from slamming into the wheel. And then these very hands clawed me through the smashed passenger's window while the car now rested entirely on its driver's side, its axle, and wheels buried into the muddy mountain incline. Bloody, these strong hands swelled and discolored for weeks.

These same hands grasped around a stranger's waist when she stepped off into the void between an inbound Hungarian train and the open station platform. She collapsed into my grip, nearly fainting.

And these same hands held a naked, lifeless 3-month-old baby girl in the middle of the night. She was thrust into my arms by her father, who awoke to her silence. He ran from his house to mine, yelling for me, carrying his infant against his bare body. "Help her! Regina! Help."

"Call 911," I said to him, his fragile, limp child now in my arms.

Angel's small purple-black lips parted as my fingers opened her mouth. She was so tiny, so frail. This infant's black angel's hair was full of tight, fine filaments of curls.

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With my thumb and forefinger gently pinching her nose, I placed my mouth over hers.

"Breathe, breathe," I whispered between breaths. I blew into her tiny body. I put two fingers of my left hand on her chest to palpate her infant heart between breaths. And so I continued. Still cradling baby Angel, these hands begged her heart to stir. “Wake up. Wake up and breathe.”

The fire department arrived; I passed Angel into their arms, and they continued what I had begun. My hands pressed themselves together in prayer. "Please hear our prayers." I silently begged. "Give Angel her life."

Immediately, barely audible, the infant gasped, then let out a tiny cry. In stillness, wrapped within my bedcovers, images of innumerable lives appeared, played on my mind's screen—those my hands touched, held, and then let go.

I could still feel my father's skin—soft and thin —pressed against mine as I placed my hand on his stroke-curled left fist. The artist's skilled fingers were tightly squeezing a tube of Grumbacher: burnt-sienna oil paint, unable to let go.

I methodically worked his fingers apart to remove the metal paint tube. I sensed his eyes on the back of my hands, the shame he felt—no longer able to perform this simple task of opening his hand. I dipped a cotton rag in Terpenoid, washed his palm, and gently wiped each finger clean. The cloth soaked up all traces of paint. His right hand held firmly to the sable-haired paintbrush as he watched me. All the while, Dad's artist's mind clung to his creative inspiration on the canvas before him—cattle fording the river of a canyon deep in the mountainous wilds of Montana.

The odor of paint thinner hung in my room as I felt his hand beneath mine. And then his hand became my mother's hand. She held her silver beaded rosary. My fingers sensed the pain of arthritis in her swollen knuckles. My hand, her hand, just as she must have touched me when I was born, I now hold her as she lay dying. I have no breath of life for her, no ability to relieve her discomfort—my mother's hand. My hands held her until her last breath. Her porcelain hands had held us, bathed us, prayed for us, and showed us the way.

My sister and I bathed her after her passing. Her fragile skin, still slightly warm yet cooling, reminded us she was gone. With our hands holding hers, we let go.

Nestled within the comfort of my thoughts, I say a prayer of blessings. Gratitude fills my heart, mind, and soul for taking this journey back. My hands are strong; I know this now.

No matter how heavy the future is, we will carry its immense weight together.

Δ

Regina Ochoa is a veteran psychic, medium and writer with over 60 years experience in spirit communication. As one of the Founders of https://www.cosmicvoices.network/, Regina channels messages of healing, guidance, and hope from Spirit.

Found on Facebook

Nature Mandalas & Land Art

“The peace that takes place during the creation [of these mandalas] is extremely healing.”

This group is for folks to post photos of Nature Mandalas or other 'man made' nature art. It was set up to encourage people to have a go at creating something beautiful from natural found objects. You don't have to be artistic to do this! Enjoy!

–Adrienne Cranmer







Learn More at: www.AngelaZabel.com



To Heal a Bleeding Planet

It was the mid-1970s in San Francisco, and enlightenment workshops were all the rage. Perhaps the most celebrated (and notorious!) was Werner Erhard's *est*. Another, led by Australian-born Stewart Emery, was known as *Actualizations*.

Spurred by new technologies that put audio and video production within reach of activist and hippie cultures, this era birthed a slew of new-age media makers. A giant among them was New Dimensions Radio, which had begun nationwide syndication of radio interviews with leading-edge teachers and thought leaders. At the time, I was (and a half-century later still am!) part of the New Dimensions team. Stewart Emery was a great fan of ours and generously gifted our team one of his weekend Actualizations workshops.

About halfway through the workshop we were asked to turn inward and do a short meditation. I'm not the world's most accomplished meditator by a long shot, but soon found myself entering a peaceful state, and then, to my astonishment, tumbling upward through a long tunnel! Emerging from it I was stunned to find myself floating in space, surrounded by a firmament of brilliant stars. Beneath me a planet rotated slowly, appearing as a pure white sphere of energy — a giant, perfect billiard ball traveling in the Sun's embrace. But I was flummoxed. What is this? Why am I up here in the vastness of space looking down at this pristine planet?

A few moments into this exquisite scene something odd crept into the picture. As this lovely white planet turned on its axis, a huge, ugly red swelling or bubble rotated into view. It covered a chunk of its northern hemisphere and had an ugly vibe to it.

What could this be? What was I seeing and feeling?

In a moment it struck me. This was Earth's energy, seen at a higher frequency, and that ugly swelling was the deadly energy emanating from World War Two in Europe! It was as if I were remembering or replaying the last thing I saw before being born onto a bleeding planet in September 1942, three years before the end of the war.

Shocked back into my workshop chair I briefly struggled for breath, then wept uncontrollably for an hour.

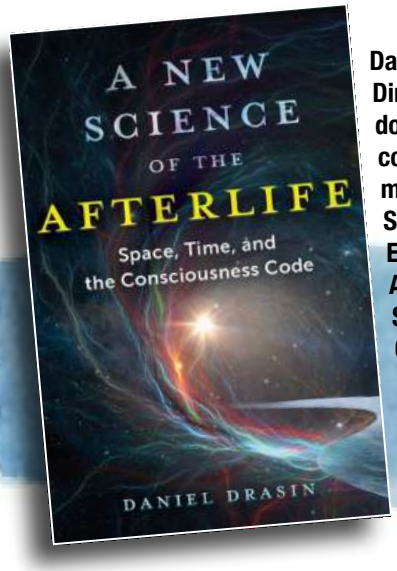
Today, as it was then, our planet is bleeding. So many of its inhabitants seem oblivious to the greater reality of peace, beauty and natural balance that awaits just beyond the boundaries drawn by fear, ego, and misplaced power. As yet, too few can feel or understand who they, themselves, really are. Those who have inklings of it are often muzzled by social conventions and taboos, religious mind-control, and cynical debunkery masquerading as openminded science.

Thankfully our 21st-century media environment is spreading the word. Personal accounts of NDEs, reincarnation, ET contact, the afterlife and spiritual experiences, as well as the new physics, are now common fare on YouTube. Podcasting, free from commercial and ideological pressures, has become a protected zone for outside-the-box conversations. The self-publishing of books and magazines is only a laptop and a mouse-click away.

Is there also a lot of noise and nonsense out there? Sure, but that's the price of freedom of expression. We just need to keep building our communities of kindness and wisdom, and keep on telling a better story.

Δ

Editors' Note: Both The Inner Voice editors, Steve and Nancy, completed EST training in the early 1980s. Steve was also a listener of New Dimensions Radio, a program heard throughout the Chicago area that inspired him to create his own show.



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

Create a Cozy Reading Nook

No need to do a complete home remodel

As November days grow shorter, darker and outside temperatures cool, we naturally seek warmth and comfort at home. In Five Element Feng Shui, autumn corresponds to the Metal element, associated with letting go, creating healthy boundaries, and bringing clarity into our lives. If you don't already have a cozy sanctuary to retreat to, a little imagination can help you transform even a small space — a corner, niche in a hallway, or a nook beneath the eaves into a welcoming spot where you can unwind with a favorite book or project. In Essential Feng Shui®, our surroundings can influence how we feel and experience everyday life. Creating a cozy reading nook is a simple way to bring more peace and comfort into your home.

Here are four ideas for creating your own cozy nook:

Find a Special Spot. You don't need an entire spare room to create a reading retreat. A comfortable chair near a window, a quiet corner of the living room, or even a small space beside your bed can become your personal sanctuary. Choose a spot where you can relax without distractions. If space is limited, a corner of a larger room, with a small side table or nearby basket, can hold your book, reading glasses, and other essentials. Set the intention for this to be a special place where you can unwind, feel welcomed, and enjoy a little time just for yourself. Before long, simply sitting there can become your cue to relax, recharge, and enjoy some well-deserved R&R.

Layer in Warmth and Comfort. Bring in autumn's colors with a warm throw, a soft pillow, and inviting textures. Golds, burnt orange, deep reds, purples and earthy browns add seasonal color without requiring major changes to your décor. Sometimes, a cozy blanket is all it takes to make your favorite chair a place you'll want to linger.

Warm it up with a Gentle Glow. As evenings grow darker, good lighting becomes especially important. Position your reading spot near a window to enjoy natural daylight, if possible. For evening reading, choose a lamp that provides adequate light without harsh glare. A flameless candle can add a welcoming glow.

Add a Personal Touch. Surround yourself with a few things that make you happy. A favorite photograph, a small plant, a vase of flowers, or a treasured keepsake can make your nook feel uniquely yours. Keep the area uncluttered and consider placing a journal nearby to capture an inspiring thought or moment of gratitude while you sit and reflect. Let this be a space where you can truly pause and reconnect with yourself.

Your home doesn't need a major transformation to offer you a special retreat. Sometimes, all it takes is a comfortable chair, a little warmth, and a good book. As the season invites us to slow down and go within, create a small sanctuary where you can rest, recharge, and enjoy the simple pleasure of being home.

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A classic armchair nestled by a sunlit window creates the ultimate cozy autumn reading nook. Photographer Unknown.

Essential Feng Shui® Solves Problems

From the colors to the furnishings to the placement of everything in your home, your surroundings influence how you feel, think, and live. Through the integration of interior design, Essential Feng Shui®, and Angel Guidance, Nancy helps you transform your home or workplace into a supportive, comfortable, and uplifting environment.



Seasonal color picks for 2026:
Photograph by Jamie Beck and Kevin Burg.



A Harvest of Autumn Colors: A mosaic of dried hydrangea sepals and fallen leaves showcasing the rich, moody jewel tones of late autumn. Image Source: Pinterest / Digital Art Archive. Photo by La Petite Daisy.

Reasons to Consider having an Essential Feng Shui® Consultation:

- You're moving into a new home or workplace.
- You're remodeling or rearranging your space.
- Certain rooms feel uncomfortable, cluttered, or uninviting.
- You want your surroundings to better support your goals and lifestyle.
- You're ready for a fresh start or a change in your life.



Ready to create a space that better supports you and your life? Contact Nancy!

Nancy Freier Essential Feng Shui® Consultant

Consultations available virtually or in person.

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Teacher 💚 Coach 💚 Medium

ANGELA ZABEL

"Personal growth is my passion.
Spiritual growth is my calling!"
Online / Phone / In-person Sessions are available!

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

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

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

November 4, 2026
Healing Beyond Earth with Author Dr. Gail McLeod, North Carolina

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