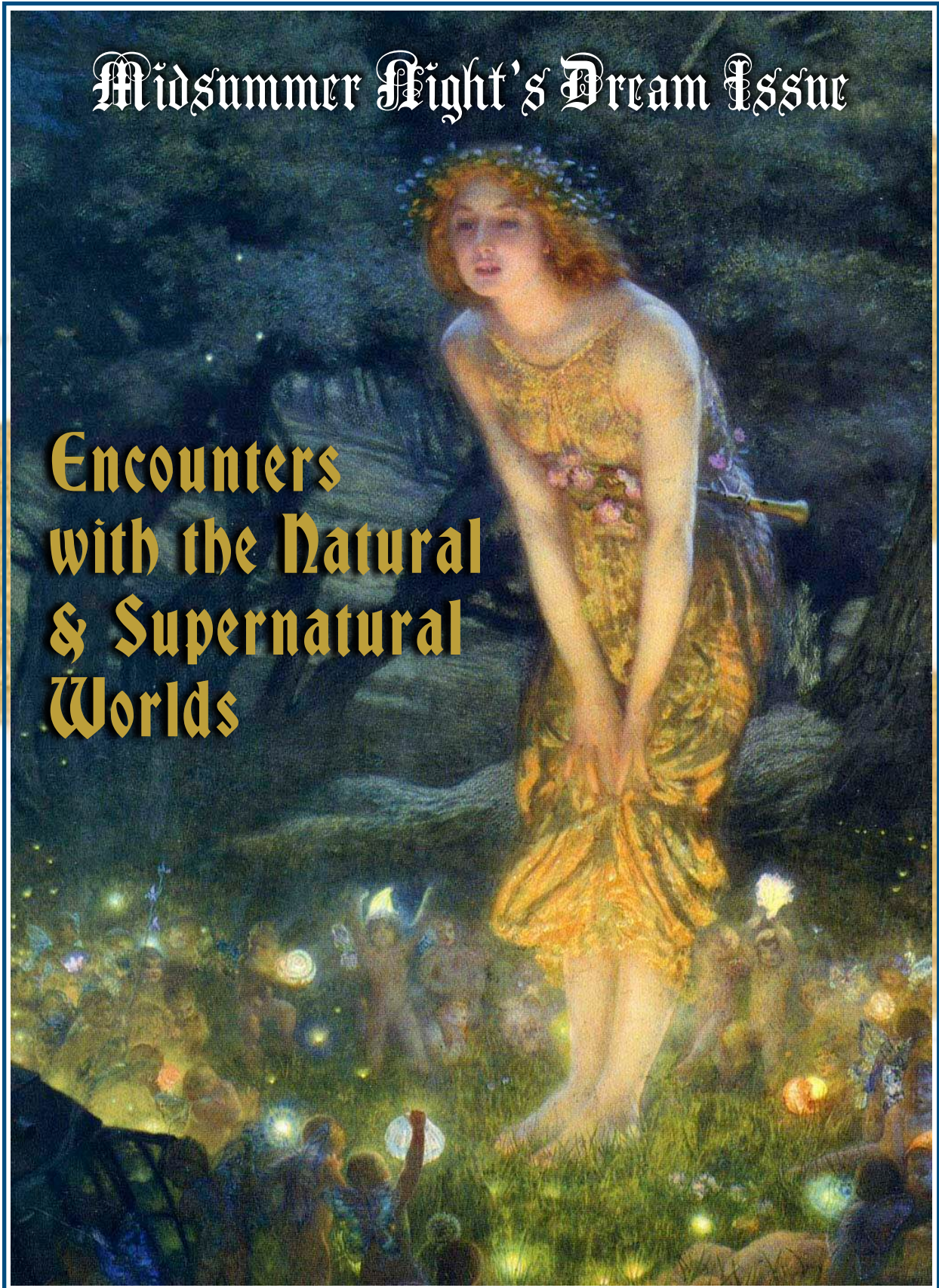


The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 13 Issue 8 • August 2025

Midsummer Night's Dream Issue

Encounters
with the Natural
& Supernatural
Worlds



"Midsummer Eve" By Edward Robert Hughes

AFTERLIFE REPORT

Evidence



Presented by
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Zammit

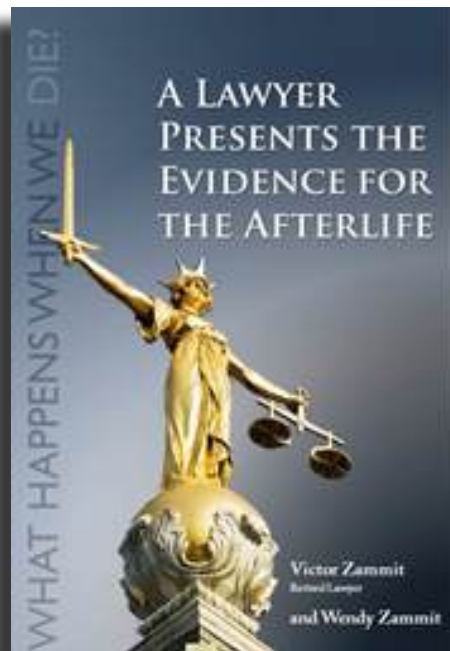
Science



THE GLOBAL GATHERING and several other FREE Zoom Groups are listed in the FRIDAY AFTERLIFE REPORT. **SUBSCRIBE FOR FREE HERE:**

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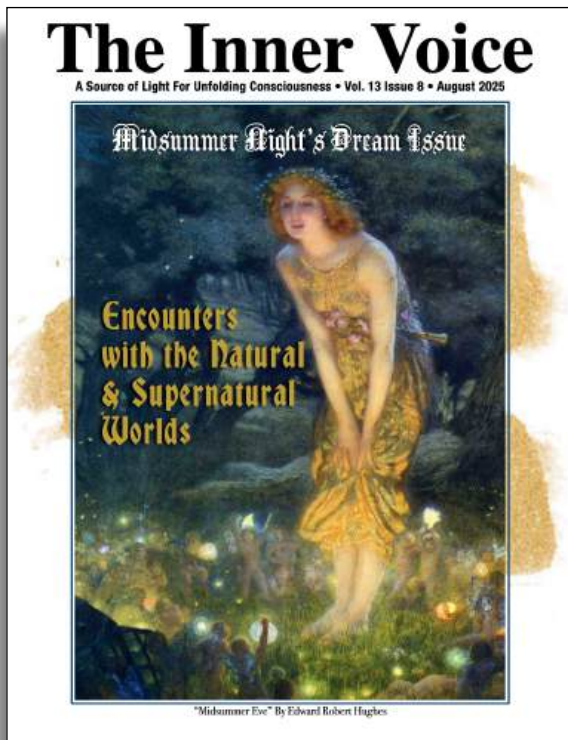
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Global Gathering Coordinator

Wendy Zammit wendyzammit@gmail.com

About the Cover...



Cover Art: "Midsummer Eve"
Painting by Edward Robert Hughes

"The world is full of magic things,
patiently waiting for our senses
to grow sharper."
—W.B. Yeats

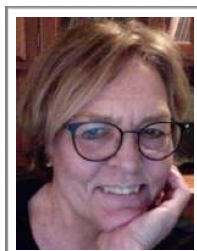


In This Issue... Inspirations for Healing Body, Mind, Spirit, Heart & Home

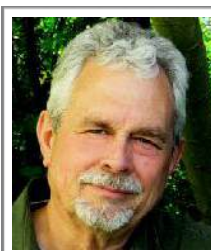
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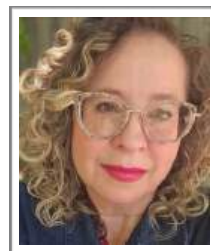
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Books, Readings & more!

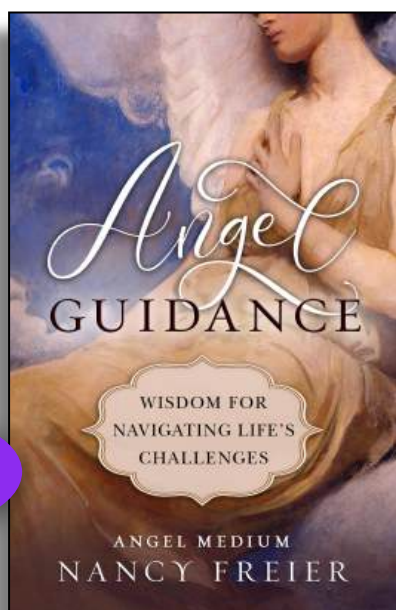
By Angel Medium Nancy Freier



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 other life challenges, providing you with new ideas for healing your life and relationships.

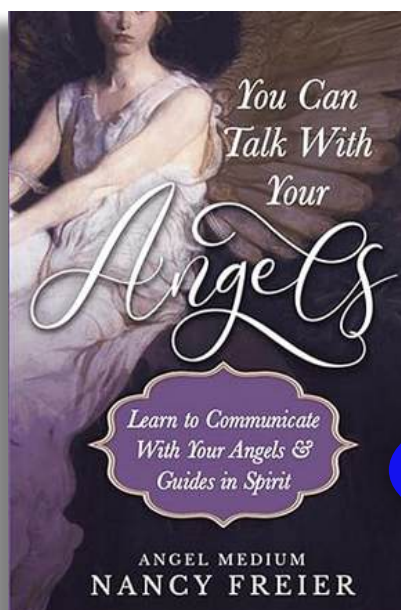
Readings are done using an automatic-writing process then followed-up with a private consultation to clarify what was written. E-mail: NFreier@aol.com

Visit: <https://theinnervoicemagazine.com/angelreadings> for more information!



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Painting: Titania sleeping in the moonlight protected by her fairies, by [John Simmons](#); 19th century.

"I just saw *The Inner Voice* for first time –excellent!!!!
Thank you to all the contributors!" –M. O'Shea

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Thank you!

Dear Readers,

*Before I began shaping this issue of *The Inner Voice*, I paused—taking a cue from the artwork on the cover and the image to the left to allow myself to slip into a state of quiet reflection, relaxing into the dreamlike essence of *A Midsummer Night's Dream*. I called on Spirit and invited in memories of nature's wisdom. With no fixed plan, I simply followed the flow—allowing this issue to unfold as Spirit guided.*

Midsummer is a sacred time to unwind from the high-energy yang of summer and begin turning inward. It's a time to reconnect with the inner realms—where fairies whisper, dragonflies dance, and the unseen world speaks in gentle, glowing symbols. In this quiet season, we recharge and tune in to listen more deeply to the voices of nature, of Spirit, and of our own soul.

*This issue brings together a beautiful blend of those voices—from **Angel Talk: The Dance of Energy and Intention**, to **Cosmictology for August**, and **The Secret Life of Fairies**—each article offers a different thread in the web of midsummer magic. You'll also find **The Eternal Unfolding** by Author **Penny Kelly**—a reflection on soul growth, **The Lightworker's Healing Method** (book overview), and **The Quiet Side of Change** by Dr. Susan Barnes, among many others.*

As I've often felt, any creature with wings might just be an angel in disguise—and if we slow down enough to listen, their messages of light and love always find their way in.

The Angel Sreper added, "In the quiet hush between seasons, the soul remembers its wings. Let this time of stillness be recognized as sacred preparation. The unseen is unfolding. Listen, and you will feel the golden thread guiding you."

May this issue meet you in a place of wonder, rest, and renewed connection to Life.

Nancy



The Dance of Energy and Intention During A Midsummer Meditation

The following dialogue took place in a lakeside meadow of tall grasses, wildflowers, dragonflies and elementals at Lake Ivanhoe, Wisconsin. The energy I felt and the language I heard was strikingly different from what I usually experience when listening to Sreper while sitting indoors at my computer.

This day, while immersed in the beauty of nature, I listened—not just with my ears, but with my heart—as the angels and supernatural elementals opened the door to the higher frequencies as they made themselves known. I saw them. I felt them, and was delightfully entertained by their joyful presence.

I recalled what Albert Einstein said, “Energy is everything, and everything is energy.” Being so immersed in the lovely energy surrounding me, I grabbed my notebook and asked the following questions...

Q. Where does energy come from? Energy is the essential current that holds the universe in place—a divine glue that binds all of life in perfect orchestration. It flows from the Creator—the One Source known by many names—at the very center of all Creation.

Q: How can we cultivate more energy in our lives?

Energy responds to your focus and intention. *Intend it. See it, feel it, imagine it—and it comes.* Desiring more energy is desiring more grace and beauty in your life: they are one and the



same. Nature, in its richness and vibrancy, replenishes your being. To feel more energized, you must immerse yourself in Nature more often!

Note the dragonfly flying around you—gliding above the tall green grasses. *Feel its delight!* That lightness you sense is energy. Seeing this lifts your spirit and fills your inner reserves.

Nature is where your energy field rises effortlessly, and when it does, we—the beings of higher realms—meet you there. It is a sacred meeting place where our presence becomes clearer to you and your soul receives the energetic nourishment it craves.

Watch Nancy's Interview on Soul Explorers Podcast

Conducted by Hosts Sally Daniels Taylor
and Gary Langley



<https://youtu.be/uf6-iTQFHeU?si=YJLgTqfDAyrTwjyX>

A Meditation to Create Energy

Breathe in deeply. When you exhale, see, feel, or imagine the eternal cycle of life flowing through you. Let your dreams and desires become vivid and real within you, while releasing the blocks that cloud this knowing.

Let yourself receive the love that is already yours—and return it to Source, to the earth beneath your feet, to humanity and all living things to complete the cycle.

Open your heart to a new song—and let the world hear it. You carry a note no one else can sing. Sing it today—boldly, beautifully, freely.

You are the sunlight that many seek.

You are the way-shower. You hold the key.

Let your love shine—this is your energy and your gift.

Accept it and your fulfillment is near.

Rejoice in the energy your love has created.

See it. Believe it. Embrace it.

And so it is.

continued on page 7



Lake Ivanhoe is located in the Town of Bloomfield in Walworth County, Wisconsin about six miles east of Lake Geneva.

Q: Positive energy seems just as intense as negative energy. We want a breakthrough, not a breakdown! How do we handle the new energy arriving on Earth?

To those of you who read our words and listen with open hearts—we say this: you are not lost in the world's fearful illusions. Release your fear for the safety of the body. You are not your body. When this Earthly play ends, and the stage props fall away, you will be lighter than you've ever imagined—and wonder why you ever took it all so seriously.

Anchor yourself in the Light—Source of all that is good and beautiful. If all that you need flows from this Source, what, then, do you truly lack? Let go of every idea of harm, death, or destruction. These are illusions born from fear. What you focus on becomes real to you, and so, we urge you to *stop feeding fear with your thoughts*.

Your world is a shifting illusion where multiple realities intersect. You may experience anything you choose. But first—you must choose. Direct your focus. Set your intention. See, feel, and accept what you truly wish to create.

Let go of the inherited fear of your ancestors who walked in darkness, unaware of their Light. Forgive them. Release it. Though you still live in what we call a 'dark age,' you can turn toward the Light at any moment—and the Light comes.

Face the fear and walk through it, for in so doing it dissolves—like darkness disappears the moment you flip on a light switch. Fear's hold is nothing but a trick of the ego. When you no longer give it any

thought or energy, it fades.

Step into the Light of Love, where no shadows linger. Leave your old fear-based thoughts behind. They served you in your learning, but they are not your truth.

The world offers you contrast—dark and Light as well as choice after choice. Choose Light, and darkness cannot endure. You hold the power to choose and we say use it wisely.

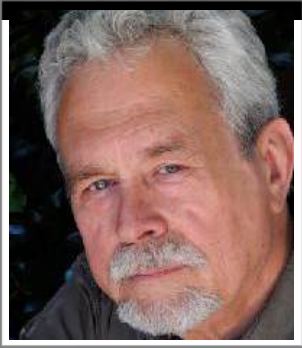
Q: How can I stay grounded in my own power and not take on others' energy?

Each morning, call on the Great White Light to surround and protect you. This will raise your vibration, naturally aligning you with higher frequencies. And according to the Law of Attraction, those operating at lower vibrations will no longer be drawn to you. Be vigilant to your new energy. Stand your ground. Guard your energy. Never surrender your power—to people, to substances, or to anything that drains you.

You have permission from the Universe to say no to anything that you no longer wish to be associated with. Say no when you need to. Say yes only when your soul is in alignment with your goals and to that which you truly want to experience.

Your angels are always with you. Our Love and Light are carried in every breath you take. We “fly” ahead of you, clearing your path and lighting the way. We keep you charged with the Light of the Creator—so you may shine as you were always intended to shine. Δ





The Lightworker's Healing Method

By Lynn McGonagill

"Finally, a learnable, practical way to maintain our connection to Source."

In my ongoing quest for knowledge and wisdom I recently came across the Lightworkers Healing Method or LHM for short. It is summarized in a book titled, ***The Lightworkers Healing Method: BE Who Your Soul Wants You To Be*** which is a how-to manual of the Lightworkers Healing Method™ channeled by Lynn McGonagill of Sarasota, Florida. It seems that Sarasota is a Mecca for New Age people of all stripes. Lynn McGonagill is the Founder and Teaching Channel of the LHM and according to her website, she has invested 23 years in training with her higher-dimension Avatars. She has worked with thousands of clients, and her unique, angelically-guided energy healing method through to others, through a series of progressive experiential weekend workshops at various locations across the country, including Kripalu and the Institute of Noetic Sciences.

Her book, *The Lightworkers Healing Method: BE Who Your Soul Wants You To Be*, is actually a how-to manual of the **Lightworkers Healing Method™** core curriculum. It is said that she channels Higher Dimension teachers "just like Esther Hicks channels Abraham," and she also helps to heal people "just like John of God." But the most amazing thing about her is that she teaches other people to do the same thing. She says that her method is a skill that anyone can learn. Her mission? "To

help everyone live their own missions, their own soul plans. To help everyone *be* who their souls came here to be, and become part of the transformation." A very noble goal, and I hope she can pull it off.

According to her bio, before dedicating herself to her work with the higher-dimension Avatars to channel her LHM healing method, Lynn had a successful 20 year career in business. She began that career at the prestigious Price Waterhouse accounting firm, was the Controller with a \$200 million manufacturing company, and was a partner in another accounting firm. She was living a 'normal' life as a CPA with her own company.

She was very close to her brother, Allen, who at age 29 had become very ill. In his final weeks, Allen had undergone a near death and revival experience. Afterward, he promised Lynn that if he died, if he could he would come back to tell her about it.

My favorite part of Lynn's story is the chapter, "Scared By a Ghost," which takes place a couple of weeks after Allen's death. In February 1990, Allen kept his promise. One day she went to the laundry room. She said that she "was engaged in that [ahem] deeply spiritual activity of tossing out the junk mail ... and there he was standing right outside of the window, about six feet away. He had a big goofy grin on his face, clearly very pleased to have again played a really good practical joke on me, as he had done all his life ... I could feel Allen laughing his nonexistent head off. This was the best prank he'd pulled on me yet!"

After recovering from the shock of that first unexpected meeting, over the next 16 months Lynn gradually followed her brother into the higher dimensions. By compelling her to continually reach higher to meet him with each contact, Allen slowly taught her inter-dimensional travel. Then, one day in June of 1991, a breakthrough occurred. Lynn was asking Allen for help about a particular personal issue when he exclaimed, "You're just missing it! You're missing the whole thing!" He then turned sideways and disappeared! Behind where he had been, she could see many beings, all out-of-body, just like him.

Eventually, Lynn realized there were Guides in that group: wise, loving beings absolutely determined to support those of us still in body. At that point, the Guides, Angels and Lightbeings took over Lynn's training, showing her ways to work with Universal Energy. "The Guides opened doors to other times, other dimensions, other vibrations and to the endless healing



Continued on page 9

power and loving force of Divine flow and the Lightworkers Healing Method was born.” In 1994, the messages began: “You aren’t doing your work in the world. Sell your accounting practice.”

However, she ignored her guidance. But the Universe had other plans to push her out of her cozy nest. She became ill; disabled with fibromyalgia, and since she could no longer work, she was forced to leave the business world. After trying to heal herself with everything from western medicine, to raw foods, to Reiki and finding no relief, she decided to try the ‘energy tricks’ she’d been learning. Needless to say, this method brought her back to health, and through her own healing journey, she found healing for many others. In 1999, she began seeing clients — just a few friends at first, then gradually her training intensified as she facilitated these healing sessions with more and more people.

In every session her Teachers showed Lynn new facets, new techniques, new doorways to help people come into vibrational alignment with their soul’s plan for their life. In 2007, the messages began again: “You are not doing your work in the world. We didn’t go through all of this effort just for you. Share with others what we have taught you.” Lynn began to experiment with teaching a few select students. Encouraged by their success, she gradually expanded into larger groups. The Lightworkers Healing Method™ is now spreading peace, joy, and healing both nationally and internationally.

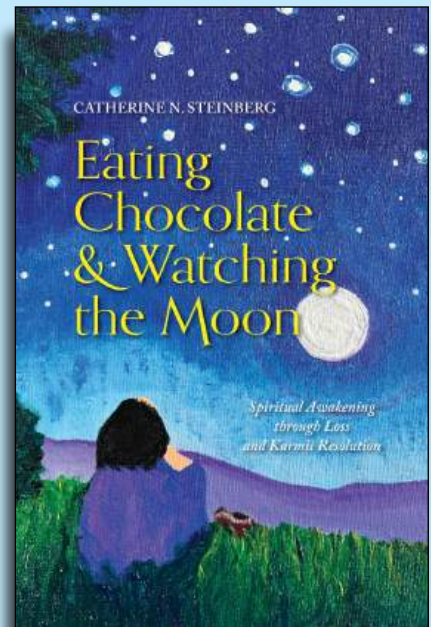
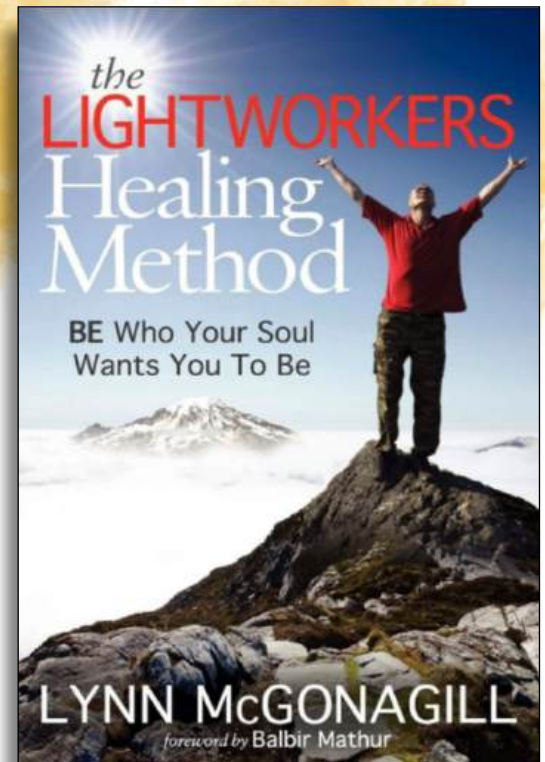
According to some reviewers of her book, it is possible to learn LHM from the book alone. Here’s what one reviewer, Kristen had to say: “Finally, a learnable, practical way to maintain our connection to Source!” When I first came to the Lightworkers Healing Method, it was out of curiosity. Who doesn’t want to strengthen their connection to Source and to their own Guidance? What I discovered along the way is an extremely powerful, Angelically guided energy healing method that not only has profoundly changed my life for the better, but has changed others’ lives, as well. This book represents the entirety of the core curriculum I took over two years. All of it is there, lovingly spelled out by the Avatars of this healing method. Lynn McGonagill channeled these techniques and used them in her own practice before teaching them and putting them in writing. If you are a healing practitioner or a serious spiritual seeker, this book is for you.”

So there you have it – an entire healing method condensed into a single book. [Get it on Amazon!](#)



Author Lynn McGonagill

△



How do I know I am on the right path? Am I making the right choices? What am I missing and how do I find it? [Eating Chocolate & Watching the Moon](#) by Catherine Steinberg is the story of one woman's journey to find the answers. Click link to Amazon!

Steve Freier is a life-long researcher of metaphysical subjects and is the editor and website tech for The Inner Voice magazine. Read more of his Book Overviews here: <https://www.theinnervoicemagazine.com/overviews>.



The Quiet Side of Change

The lingering warmth of the day, the pink hue of the setting sun, and faint chill in the evening air all signal an inevitable shift. The lazy days of summer are coming to an end. With the crisp air of autumn comes endless possibilities for new adventures, visions, and dreams to be fulfilled. A new cycle begins, promising a fresh start and new outlook on life—a change in perspective on how we face our challenges and fears.

Summertime, with its relaxed schedules, spontaneous adventures, and reprieve from routine, will be replaced with a calendar of events, plans, and organized activities. The long days of summer invited exploration, whether it's a road trip to an unfamiliar destination, lazy afternoons by the water, or simply the joy of an unhurried morning. It fostered a sense of liberation and freedom, allowing the mind to wander and bask in the sun. The sound of buzzing cicadas, children playing, and lawn mowers is replaced with the rustle of leaves and the call of birds

flying south. We say farewell to the wildflowers and plants blooming in the garden. Colors all around us are changing.

Light begins to shift, and the sunset comes earlier and earlier, washing the sky in dusty colors of pink and cool blue. Soon, the leaves will turn crimson, transforming the once-green leaves into shades of red, orange, and gold. With the cooler air comes a sense of melancholy as the leaves begin to fall from the trees and the days shorten into darkness. The vibrant energy of summer fades into a bittersweet feeling of dullness as routine returns. We can look forward to cozy sweaters, warm fires, family holidays, and spending time with friends.

Alas, the end of summer is not a farewell; it opens a threshold to a graceful turning toward stillness and reflection. It is time to channel refreshed energy into productive endeavors. The splendor of this transition lies in its intrinsic optimism. Just as nature sheds its leaves to prepare for new growth, we too are invited to release what no longer serves us. Now we can embrace the potential of what lies ahead. It is a time for reflection and self-care. We are prompted to set new intentions, to envision the possibilities that each new day brings, and to approach challenges with a revitalized mindset. The energy we gained during the summer can be channelled into new interests and opportunities.

Life is a continuous series of cycles. The conclusion of one is merely a prelude to a new chapter, a new beginning. The seasons remind us of our ability to adapt to change. With this ability comes wisdom to find beauty in both the letting go of the old and the embracing the new. As the last vestiges of summer fade, we are not left with hallowness, but with the invigorating promise of new beginnings. Through quiet reflection, we prepare to write the next chapters of our lives with renewed vigor and hope.

△

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. See Susan's ad on page 11.



Spiritualist Medium and Life Coach

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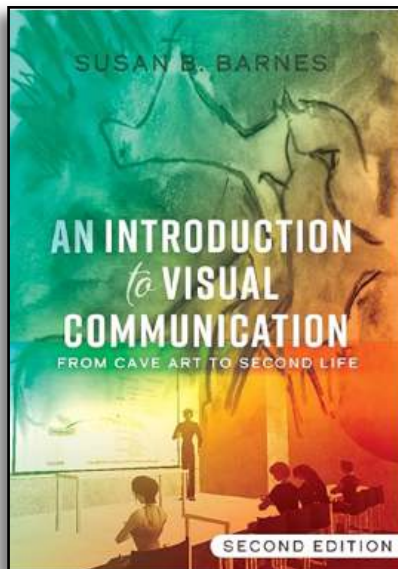
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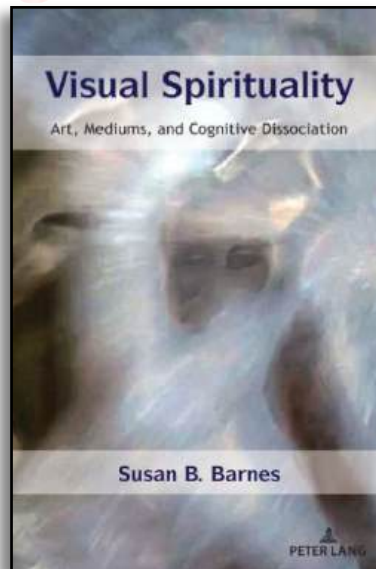
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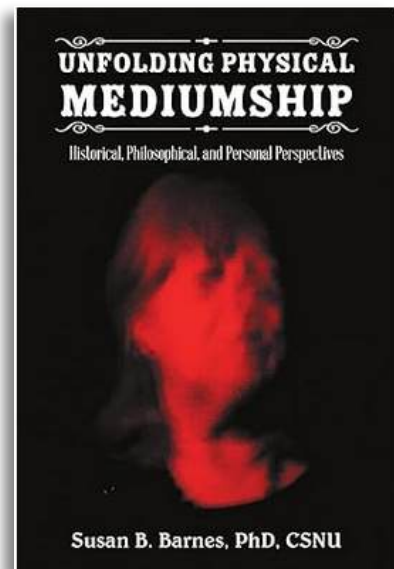
Books By Dr. Susan B. Barnes...



[An Introduction to Visual Communication](#)



[Visual Spirituality](#)



[Unfolding Physical Mediumship](#)



How do you become a lucid dreamer? Let me count the ways. Six Gates to Lucid Dreaming

A lucid dream is one in which you are aware that you are dreaming. This awareness can give you the power to use the dreamscape as an adventure theme park, a place of training of higher education, or a field in which you can vanquish nightmare terrors and recognize and integrate different aspects of yourself.

1. Waking up spontaneously to the fact that you are dreaming

This may happen because you notice an anomaly inside the dream. In ordinary reality, you don't stand up naked in front of a crowd, you are not still in elementary school and you do not keep dragons in your basement. You look in a mirror and see a different face.

When dream elements of this kind make you aware that you are dreaming, the trick is to stay with the dream instead of letting yourself be startled out of it. This requires practical and a fine melding of excitement and familiarity. Your excitement over what is going on will make you want to stay with the dream. Increasing familiarity with the phenomenon will help you maintain the poise and balance to go on with it.

It is interesting that it is often early scary experiences in early life, especially adolescence, that first bring spontaneous dream lucidity. For example, the phenomenon of sleep paralysis, in which you begin to stir from sleep and find that you cannot operate major muscle groups, can be the prelude to lucid dreaming – when you are able to relax into the situation and let something else develop.

2. Recognize your dream signs

You want to follow the practice of journaling *all* your dream experiences. This is going to be your personal encyclopedia of symbols and will give your first-hand data on the reality of precognition, parallel universes and so much more. In relation to developing your abilities as a lucid dreamer, your journal is the place where you can study your dream signs – the elements in your dreams that could make you aware that you are dreaming.

For example, the dead are alive in your dreams. Or a dream element is repeated, exactly, in the way the black cat runs across the room the same way twice in the movie *The Matrix*. There is

a sudden transit from one scene to another and you don't know how you got to the new place. You are making love with a movie star. You find that when you try to read a text, it blurs.

You can then select one or more dream signs and tell yourself that when you observe the same element, you will become aware that you are dreaming. You can borrow suggestions from frequent flyers. A very popular one is Carlos Castaneda's suggestion (in *Journey to Ixtlan*) that whenever you see your hands, you should ask, "Am I dreaming"? I do that when I look at my watch. Inside a dream, the watch hands sometimes operates very differently from its regular functioning.

3. Set an intention for lucid dreaming

Before going to bed, you set an intention to be aware you are dreaming and repeat that intention until it is firmly implanted in your mind. Give the intention some juice. "I am going to have fun in my dreams and I will be aware that I am dreaming" is perfectly acceptable. So is "Tonight I will go on a road of healing and I will know I am dreaming."

4. Start in the Twilight Zone

The twilight zone between sleep and waking is a great launch pad for adventures in lucid dreaming. Sleep researchers distinguish the hypnagogic state, when you are on your way to sleep, from the hypnopompic state, when you are leaving sleep. In both states, if you are able to relax and entertain the images that form on your mental screen, you may find you are being offered a rich menu of portals and scenarios for dreaming. Choose to go with one of those images or developing stories, and you may start out lucid and stay that way.

However, when the adventure begins in the first period of the night, you may fall asleep and lose dream awareness (and often memory of the dream) because your body craves rest. In most people's daily cycle, the first hours in bed are a time for "industrial sleep" to restore and replenish the body. Dream recall and lucid awareness may be less important in this period, in relation to daily maintenance, than the need for nourishing sleep and downtime.

Continued on page 13

The best times to experiment in the twilight zone are when you wake in the middle of the night, and when you wake from your final sleep cycle to start the day. I love what becomes available in the middle of the night (especially between 3:00 and 4:00 a.m.) when I can simply lie back in a drift state and let images come. After your final sleep cycle, you may find you remember dreams that have juice and energy and vivid detail. If you can arrange your life so you don't have to jump out of bed right away, you can stay with one of these dreams and let it unfold into a fully lucid dream excursion.

5. Reenter a dream

Dream reentry is the royal road to lucid dreaming. This is one of the core techniques of Active Dreaming. The central idea is this: a dream scene is a place you have been, wherever in the worlds that may be. Because you have been there, you can go there again.

Why would you want to do this?

Maybe you were having a great adventure or romance, but were interrupted by the alarm clock and would like to go on with it. Maybe you were fleeing from a nightmare bogey and you realize it is time to face up to that challenge and face it on its own ground – which, by the way, is the smartest way to end a series of scary dreams. Maybe you want to talk to someone who appeared in the dream. Maybe you simply want to develop entry points for lucid dreaming, personal dream gates through which you can access realms of adventure, guidance and healing.

How do you practice dream reentry? You need three things: a strong image, a clear intention, and the ability to fuel and focus the lucid dream journey that is going to unfold. You hold the dream that is calling you in your mind and let it become vivid and alive. It might be the dream from which you just awakened or a dream from years ago, maybe a dream that frightened you in childhood and was never resolved. Next, you set your intention. *I am going to see what's behind that door. I am going to confront my pursuer. I am going to dance with the bear. I am going to meet my dream lover again on that tropical island and I don't have to pay for the plane ticket.*

If you have a tendency to drift off to sleep, you may add the intention: *I will remain alert and aware that I am dreaming.*

If you find that you need extra fuel to accomplish liftoff, and/or that your focus is easily distracted, try using shamanic drumming as you embark on the journey. In my workshops, we use shamanic drumming very frequently to power conscious dream journeys. I have recorded a [CD of shamanic drumming](#) specifically for conscious dream travelers.

6. Look at the world around you as a waking dream

As is well understood by teachers of dream yoga, lucid living is fundamental to growing the practice of lucid dreaming. Practice mindfulness in everyday circumstances. Ask yourself from time to time, *What am I doing now? What is playing on my inner soundtrack?* Take some quiet, unscheduled time, inside or out and about, and receive impressions – both the contents of your mind and the incidents of external reality – without judgment.

Look for signs and symbols in the world around you. You'll become aware that the world is speaking to you in many voices, and you'll start to glimpse the patterns of a deeper order of reality, behind the veils of ordinary perception.

You'll find you can carry this heightened awareness into the dream state, and that your deeper dreams will expand your consciousness, in turn, on the roads of everyday life.

△

Robert Moss of Melbourne, Victoria, Australia, is a writer, artist and Founder of Robert Moss School of Active Dreaming. Read more at: mossdreams.blogspot.com and mossdreams.com. Subscribe for free to receive new posts and support his work.



Journal drawing by Robert Moss



Astral Flights Between Worlds are Natural

Editor's Note: This piece explores the quiet wisdom of transition and the soul's natural ability to journey between realms, inspired by the graceful departure of the Wood Thrush.

The warm days of August offer still points of reflection. Changes during August are reminders of how life on earth is in constant flux; days shorten, constellations reposition and temperatures cool.

When the Wood Thrush Flies South...

Migratory birds begin yearly flights to warmer climes where there is plentiful food. The graceful Wood Thrush magically sing two notes at once, begins her journey Southward. For those of us in the Northeast, we will wait for her to return the following spring, so we may once again delight in her flute-like ethereal songs. This graceful bird shows us life's impermanence because someday, when it is our time, we too will move on to greener pastures. Our physical bodies will cease but our personality, thoughts and emotions will continue in another, more beautiful world, as a normal pattern of the natural life cycle.

As I reflect on earth life in this way, I recall the night I was blessed to astral travel to another world. What struck me most about this experience is how normal and natural it felt. There was no fear but only joy and peace to the point of not wanting to return to earth consciousness. I felt as materially solid as I am

now on earth, and as lucid as I am during the waking state of consciousness.

While journeying, I asked a group of spirit people "Am I dead? I mean dead, but I can still go back to earth as really, I am not dead.

Is this heaven?" The response was a barrage of laughter from some spirit women followed by a nearby curmudgeon gruffly replying, "Oh, you're dead all right."



Padding my astral body with my hands, I felt weightless and without pain. I observed the laws of gravity as behaving differently than on earth. For example, I could fly through the ethers, and I observed a feather covered with violet-colored gemstones as suspended in midair. In another example, a clacker is a toy consisting of two plastic balls attached to a string. Swinging the balls causes them to collide with each other while creating a loud clacking noise. With enough momentum, the balls alternately collide above and below the hands. Experimenting with a clacker, I found that the plastic balls only slammed into each other in the "up" position, i.e., above my hand.

Toward the end of this "trip," I found myself suspended in etheric space with my consciousness staring at my non-physical body. I was wearing a 1950's nurse's uniform and although I am not a nurse, my late mother was. The next thing I know, I was back in my bed but sans any kind of drama one might expect from such an experience. I thought "this really was as simple as walking from one room to another." My physical body felt as if I had been fully awake the entire trip and my mind was crystal clear.

In closing, I later received the following message from spirit: *To get a glimpse of it and some tiny experience of how different and similar our two worlds are, your sense of the two worlds being almost the same upon awakening is how it really is. It is very normal, very natural to be able to traverse the two worlds. It is all part of nature, natural law. It fits together like a puzzle.*

You need not have whistles and bells and sensationalism to traverse back and forth between the two worlds. In fact, it is rather preferred that it is experienced as normal. Glorious is the moment when this is not needed!

Life continues. Consciousness endures, materiality does not.

△

Dr. Elizabeth Raver is an Educator, Medium, Trance Healer and Intuitive Life Coach. She has published Academic and Spiritual articles and co-authored the Book Two Souls Desperate to Connect, in which Dr. Liz trance-channels messages from a spirit wife to her earth husband.

Website: DrLizMedium.com;

E-mail: ravelizabeth516@gmail.com



Presents 2025 Summer Season Workshop By Elizabeth Raver, Ph.D.

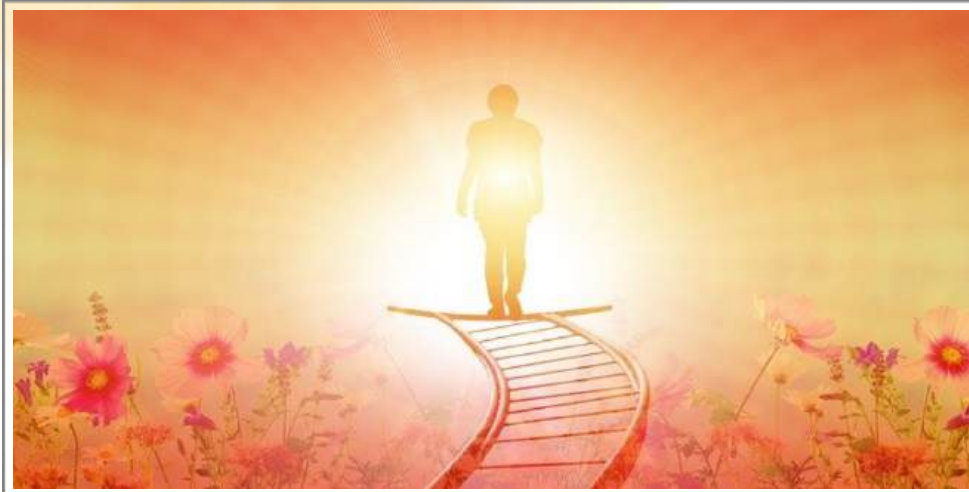
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Questions for Dr. Liz?

E-mail: ravelizabeth516@gmail.com

Text: 203-400-9212

DrLizMedium.com

*You are welcome
to join...*

Dr. Liz is a certified Spiritual Intuitive Life Coach and has practiced mediumship since 2007. She serves Spiritualist churches doing platform readings, sermons and healings in Connecticut and Australia (online). She has published in academic and spiritual journals in addition to co-authoring the book: "Two Souls Desperate to Connect." She is retired from teaching Psychology and Mathematics.

Liz's Free Zoom Discussion Group [Psychic-Mediumship Exploration Series](#); 4th Thursdays, 8:30 pm EST



The Heliacal Rise of Sirius; 8/8 Lion's Gate and Jupiter is Exalted

Happy Solar Return August Birthday Babes! Wishing you a most beautiful journey around the Sun!

First up, I missed you all last month! Thank you for excusing my absence as I have been dealing with some family health issues. I would like to wish a Happy Belated Solar Return to July Birthday Babes and a Happy Solar Return to August Birthday Babes! Wishing you all a most beautiful and joyous journey around the Sun!

We welcome in August with all the professor planets, Saturn, Uranus, Neptune and Pluto all newly in air and fire signs; this is fast and furious creator energy. The intensity of it all is extra amplified as we can look back at any one of these outer planets and see when they were last in these placements individually to get a flavor of the energy at hand, but to have all of them newly shifting signs at approximately the same time is rather epic! Additionally, Chiron has been retrograde since the later part of July, this delivers a "pressure is on to find inner healing" kind of feeling, to accept ourselves fully, scars and all; The Chiron wound in Aries says "I'm not allowed to be me." This karmic invitation is about acceptance of self and invites us to be unapologetically our authentic selves.

Also coming in August is the **8/8 Lion's Gate**. There are differing opinions around this topic and what it represents. From

what I understand, there are several sacred sights supporting this potent astronomical and astrological event. Some view the gate to be a portal. Astronomically it is an alignment with our spiritual sister sun, Sirius and her heliacal rise or when she rises in the eastern sky 8° ahead of the Sun. Placements change over time with the procession of the equinox and are not always aligned; however, at this time, Sirius will be visually aligned with the great Pyramids of Giza and at the same time conjunct Ceres, The Great Mother.

Ancient sacred sites that represent the Lion's Gate include: Mycenae, Greece from the 13th Century BC, and Hattusa, Turkey from the 13th Century BC as well. Another sacred sight gate is located in Jerusalem, Israel dating back to the 13th Century AD and is said to be where Jesus began his last walk to his crucifixion. From the 16th Century AD in Mdina, Malta there is the Santa Sophia Coat of arms and the gate flanked by lions.

Lions flanking gates or the Egyptian images of one lion looking back and one lion looking forward has been delineated as healing the Shadows of the past and setting New Visions for the future while holding the present. Also noted, at the same time we have Jupiter, not only exalted in cancer, sign of the womb and the mother but while this 8/8 alignment is happening, Jupiter will be within the engagement range of its most celebrated degree of cancer, 15°.

I invite you to work with this sacred date in whatever way feels aligned for you, drop into this sacred energy, meditate, journal, solar gaze at dawn or dusk. Tap into your truth, your heart calling and what lights you up from within.

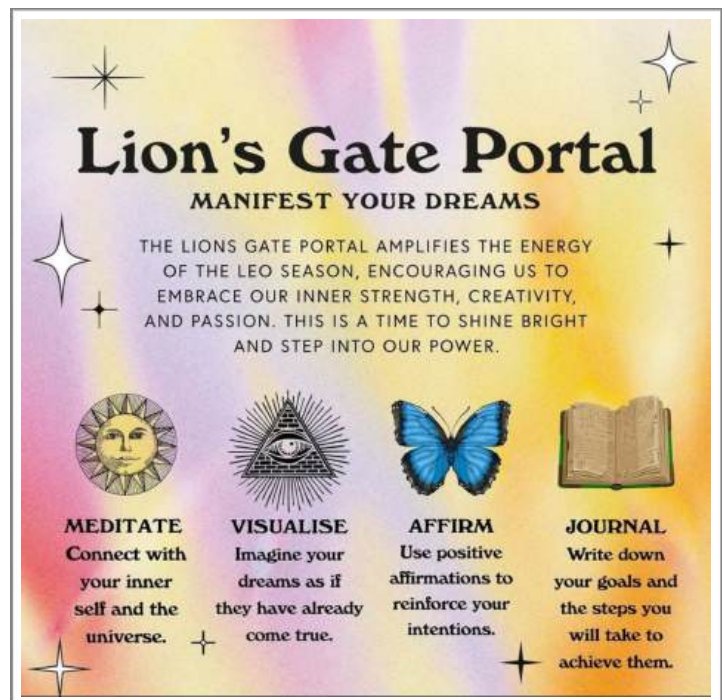


Sirius over The Pyramids. Photographer unknown

continued on page 17





Featured Transits at a Glance

Aug 1st, Venus enters Cancer and squares Saturn and Neptune retrograde in Aries
Aug 6th, Mars enters Libra
Aug 8th, 8-8 Lion's Gate
Aug 9th, Mars in Libra opposes Saturn retrograde in Aries
Aug 9th, Full moon in Aquarius
Aug 10th, Mars in Libra trine Pluto retrograde in Aquarius
Aug 11th, Mercury stations direct at 4° Leo 15'
Aug 12th, Venus conjunct Jupiter 14° Cancer 3'
Aug 14th, Mercury stations Direct at 4° Leo 15'
Aug 16th, Last quarter Moon 23° Taurus 36'
Aug 22nd, Sun enters Virgo ~ Happy Virgo season!
Aug 23rd, New Moon in Virgo
Aug 24th, Sun In Virgo square Uranus in Gemini
Aug 25th, Venus enters Leo
Aug 28th, Uranus in Gemini sextile Neptune retrograde in Aries
Aug 31st, First quarter moon in Sagittarius



Lion's Gate Portal
MANIFEST YOUR DREAMS

THE LIONS GATE PORTAL AMPLIFIES THE ENERGY OF THE LEO SEASON, ENCOURAGING US TO EMBRACE OUR INNER STRENGTH, CREATIVITY, AND PASSION. THIS IS A TIME TO SHINE BRIGHT AND STEP INTO OUR POWER.

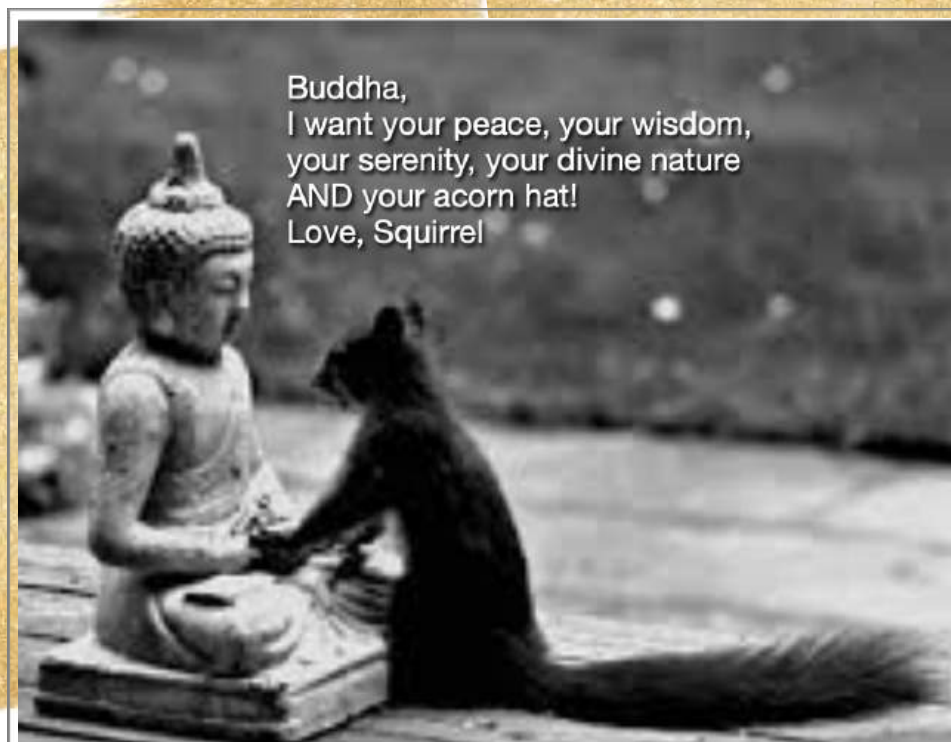
			
MEDITATE Connect with your inner self and the universe.	VISUALISE Imagine your dreams as if they have already come true.	AFFIRM Use positive affirmations to reinforce your intentions.	JOURNAL Write down your goals and the steps you will take to achieve them.

All the best to you as you navigate the cosmic currents this month. ~ **Andria**



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

For the FUN of it...





Pools and Fountains Offer Liquid Serenity

Written By Terah Kathryn Collins

Water, one of the five key elements in Feng Shui design, is related to inspiration, relaxation, and the ability “to go with the flow” in life. Simply put, water is an antidote to stress. Whether you enjoy relaxing beside a pool or listening to the soothing sounds of a fountain, the following Feng Shui design guidelines will help you choose the perfect water feature for your home.

Pools

Pools are the ‘king’ of water features and tend to visually command the area where they’re located. Because they draw so much attention and take up a lion’s share of space, pools must be beautiful - or else! (As anyone knows who has seen a pool in

disrepair). When a pool is kept sparkling clean and surrounded by inviting furniture, vibrant plants, and attractive lighting, it can transform a back yard into a magical paradise. Consider adding a waterfall to your pool design and site it to flow toward your house, symbolizing the flow of good fortune into your home.

Feng Shui design observes that water, a pool in this case, is best balanced by colors and things associated with the earth element. Cement, slate, brick, or tile in earthy colors, and terracotta planters and flowerpots bring a reassuring sense of stability around the pool. Towels, patio cushions, and other pool decor in earth tones, yellow, plaids or checks can also strengthen the earth element in the pool area.

For safety reasons, good lighting around the pool is a must. The best kind of lighting suggests a nocturnal fairyland, not a over-bright sports arena.

Consider how you can aesthetically illuminate every inch of the pool area so that it is as much a paradise at night as it is during the day.

Fountains

Fountains are universally appealing, as they provide a pleasing place to rest the eye and the ear. A wide variety of interior and exterior fountains are available in every style and price range. Indoors, fountains can add a welcoming touch to the foyer and a calming influence in an infant’s room.

Many people place a small table fountain on their desks to help alleviate stress. Or, strategically locate an outdoor fountain near a bedroom, home office, or dining room window to capture the melodious sound of water. In all cases, choose fountains that flow toward the house, into the room, or 360 degrees around to symbolize the good fortune flowing into your life.

All fountains require regular cleaning and maintenance. Use distilled water in your interior fountains to greatly lengthen the time between cleanings. And be sure that nearby furniture and fabrics are not being damaged by splashing water.

Pools and fountains symbolize “the good life” and act as environmental jewelry. Just like the ring on your finger, they say a lot about your sense of style. Whether splashy, traditional, or all natural, the ideal water feature is one that captures your imagination and inspires you to relax and enjoy the moment.

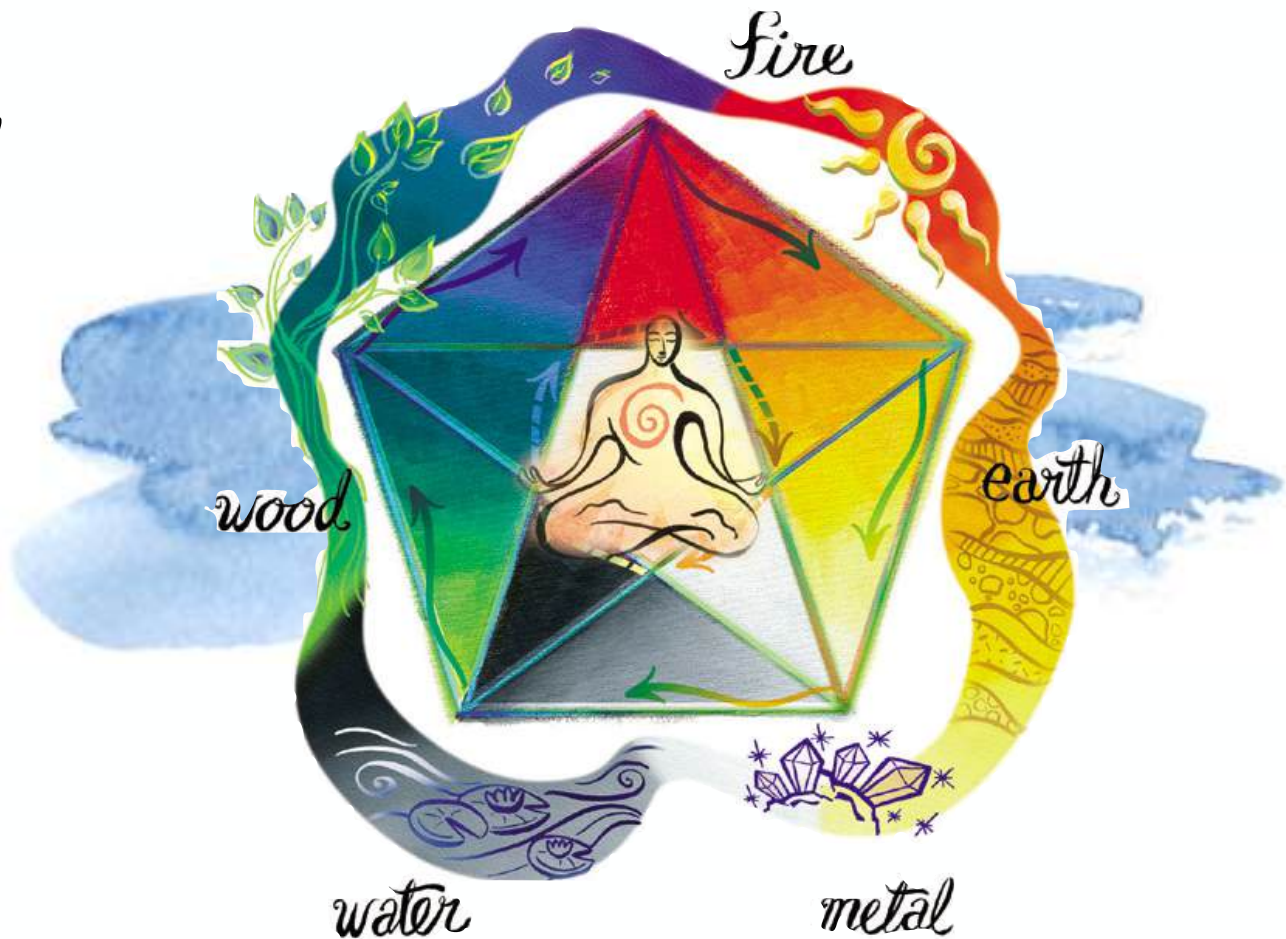
△

Terah Kathryn Collins is the author of six books on Feng Shui and the founder of the Western School of Feng Shui® in San Diego, CA. For additional information, please visit www.WesternSchoolofFengShui.com



PHOTO: <https://swimmr.net/small-backyard-with-pool/> Water features like fountains and waterfalls enhance the tranquility of your backyard pool. The gentle sound of water creates a soothing atmosphere, beautifies the space and promotes a peaceful ambiance.

Harmony By Design



Feng shui “sees” your home as a metaphor for your life. Everything is energy and everything is interconnected ~ you, your home's design and everything in your home is directly affecting you. If something isn't working right in your life, let's bring it all into proper balance and higher resonance so you can live in a harmonious home.

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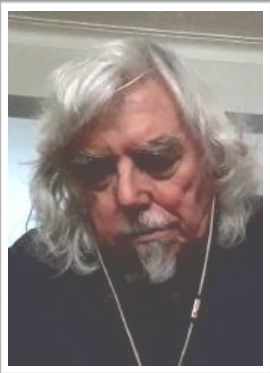
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*“I am a 1999 Graduate of the Western School of Feng Shui®
I am influenced and guided by the angels in my work with you.”*



A Channeled Piece by Psychic Medium Gordon Phinn

A Message from Jesus

After encountering Maitreya and Jesus in the experiential expansion of consciousness described in my book, "More Adventures In Eternity", I sought to become useful to these Ascended

Masters by channeling their messages. During the composition of that book, I, in my role as recording secretary for intelligences beyond the physical plane, I began to see a pattern emerging that an intrepid explorer of the psychic/spiritual/non-physical realms

could, if he/she deemed it possible and felt worthy, could contact any evolved intelligence in the universe and be the recipient of intelligible communications that might or might not enhance their understanding of form, sentience and spiritual evolution.

I felt quite blessed. I find myself occasionally channeling these exalted beings, who seem to care little for the praise bestowed upon them, preferring that we act upon the essence of their ancient wisdoms. I consider myself no more than a messenger, the boy on the bike who delivers the package.

As always I am a messenger of love. Love is the stream in which I swim and humanity is an ocean in which I fish. When you are tempted by the bait and swallow you become another beacon of brotherly love.

There are of course many apostles of this love without condition, this deep embrace of all that lives. Some are inspired by my earthly example and fly the flag of that faith while others declare a different allegiance. But it matters little which brand you are beseeched to buy for they are all derived from the same divine concoction, for each variation has been suited to the differing requirements of individual characters and ethnicities. All this is, and has been, known.

What I wish to enlarge upon today is this: not only am I the beacon, the reminder and relayer of unconditional love, the light of the world as some would have it, but I am the living emblem

of not only love everlasting, but love omnipresent throughout space and time.

Love is the very condition of our being. You are either giving it or grasping for it. It is the light of day, the darkness of night, the air we breathe. The blood in our veins, the thoughts in our brains. Love is the primal energy of the universes, and though it cannot be successfully measured, neither can it be successfully

denied. Kindness is love personified, cruelty love perverted. We conduct our daily lives in its perpetual embrace. In public life, in politics and in commerce, it is tamed into politeness and deference. In private, it is channeled into intimacy and passion.

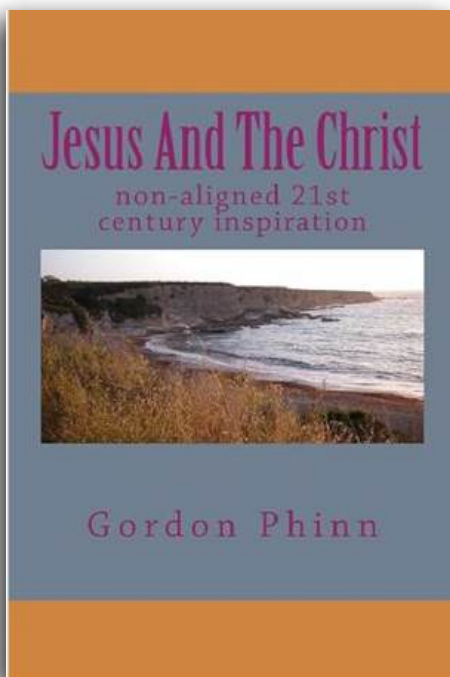
I am asking you to not only let love into your hearts, but also to let it flow back out freely, without any discrimination as to its depth or ultimate direction. Call it kindness, call it empathy, call it mercy, call it laughter, but let it flow through you, carelessly and joyously, let it pass onward to all objects of scorn and areas of dispute. Let it illuminate all your sadness and anger. Allow yourself to become lost in its glorious mystery. Send it on to your dear departed, where it can then spread throughout the heavens and hells and loosen the bonds of their attachments.

Send it on to strangers, rivals and enemies, for your family is all mankind. Many, as you will find, have built walls to save themselves the trouble of its reception, but endless love can always crumble the most tenacious of defenses, so allow yourself to contribute to that infinite flow. The giving alone, without expectation of result, is its own reward. By making yourself the tool of love you become love. And that is what I ask of you. Become love, not because it is my will, but because it is your inevitable blossoming, your humanity in full flower.

Love everything and everyone, especially that, and those, which you resent and despise. This submission to love, if practiced as I ask, will demolish all your own walls and blockages, releasing you from the anchors which tie you to the past, with all its rules and fears, and allowing you to rise to a higher vibration whose limits are indeed translucent. We are corks on oceans, oceans of love. In calm or storm, under sun or cloud, we are always floating. ~Jesus

△

Gordon is a Canadian writer and psychic known for his explorations into the afterlife, reincarnation, and out-of-body experiences. He 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.' Two of his notable books include: [Eternal Life and How to Enjoy it](#) and [More Adventures in Eternity](#)



[Jesus and the Christ](#)



Remembering Our Editor Kathleen Jacoby 1944-2019

Earth has, within its name, the secret to its function

Channeled By Kathleen Jacoby ©2015



You keep wanting the earth to be something it is not. The frequency of earth is dependent upon all notes on the scale...ascending/descending...a continuum of vibration and tonal quality that keeps the planet in a state of balance. This is a harmonic chamber, and as the dissonance is too strong, there is countervailing balancing affect...but it is the same with what you call the "Light" body ... you keep looking for Love and Light as the only way, and yet, Earth is not that. It is a playground of opposites, contrasts, and multiple tones. It has scalar waves from the mineral kingdom, the plant kingdom, animal and human kingdom... from sea creatures and land livers. All are important elements of creation and the creative sound that creates the symphony that earth is. It is not a static realm of Love and Light. It has dark and shadow, and terror and war.

But all of these elements are part of the ingredients that make earth the very special place it is. As its tone raises, it moves into a different alignment with its counterparts in the universe. As the tone lowers, it readjusts in position as well. All the constellations are tied together in a loose binding, but what tone comes from one affects another. And all are in a process of expressing their livelihood. All have a point of view, a tonal quality, a singular sound that is their own...yet when the celestial orchestration takes place, all together there is an incredible symphony of sound and light/color and movement that is quite extraordinary.

When you humans stop trying to interfere with the harmonics of nature, your separate kingdom can intersect and integrate in ways that are life enhancing to all. By using pesticides and artificial growth ingredients in your soil, you are robbing the earth of her soulful ingredients...you are artificially

transplanting, and that which you do in your ignorance ends up costing life and livelihood. Then those who understand the importance of soil remediation must come forward to undo the damage done...but the loss of vibrancy takes a toll both on nature and human. It dims the light and vibrancy of both.

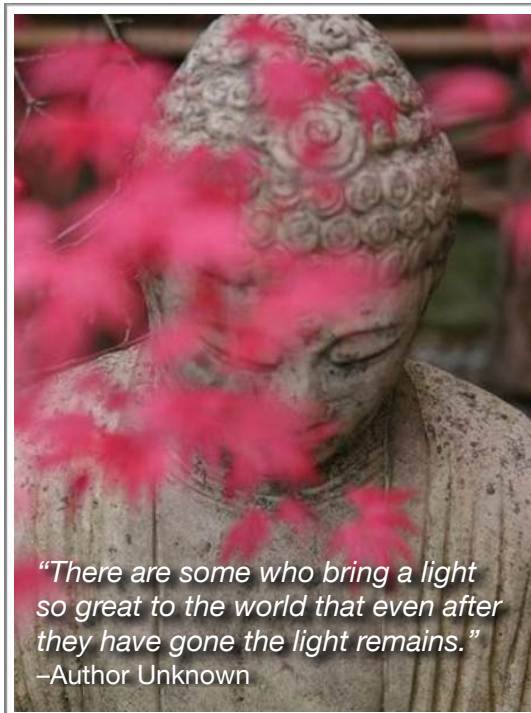
The problem with messages like Telos* is that they promise a special time of ascension, and that is fool hearty, because ascension is occurring all the time ~ a moving escalator up and down the scale of vibratory rate according to one's awareness and level of aliveness. *Earth has, within its name, the secret to its function, and the ultimate movement all inhabitants will take in order to complete the earth assignment. **Take the name and rearrange the letters ~ Heart.*** You will find that when the last becomes the first, the planet will be in order and radiate a vibrant glow and tone that is a spectacular greeting to all of life. But it is not set to occur at a particular time ... it is a process ... and an opportunity.

The true meaning of the planet's name is why you have all come here and what you need to awaken within yourselves. It

requires giving up defenses, giving up grudges, giving up demeaning any group or element within life that is not the same as yours, opening oneself to *feel* and to have empathy for all life ... to give *and* receive the binding element that makes everything work and that dissolves all blockages to greater expression. That element is Love ~ *a very powerful medium of exchange!*



**Telos is a Greek word meaning end, goal, purpose, or fulfillment. In philosophy, particularly in Aristotle's writings, it refers to the inherent purpose, or final cause of something, the ultimate aim or function that something is striving to achieve.*



"There are some who bring a light so great to the world that even after they have gone the light remains."
-Author Unknown

Photo: © Jane Erica Hutchison



The Secret Life of Fairies

Ancient Origins, Hidden Roles, and the Magic that Still Walks Among Us

“The Fair Folk are not fantasy—they are frequency. They dwell where wonder lives, where stillness listens. They appear not to distract you, but to awaken your remembering. When you respect the land, the trees, the twilight breeze—they walk beside you. Quietly. Joyfully. Lightly.” ~ Sreper

This article was originated by Nancy Freier with inspiration from the Angel Sreper, then generated with assistance from [ChatGPT](#).

Fairies in Folklore:

Origins and Roles in the Human Imagination

Fairies have long enchanted the human imagination, appearing in countless myths, legends, and folktales across Europe and beyond. While modern depictions often paint them as tiny, winged, benevolent beings who flutter about gardens, the folklore roots of fairies run much deeper and darker. They are complex supernatural entities, whose origin stories vary widely, and whose roles in mythology range from protectors of nature to tricksters, omens, or even harbingers of death.

Origins of Fairies

The word “fairy” derives from the Latin *fata*, meaning “fate,” and the Old French *faerie*, referring to enchantment or the realm of the fays. But the beings themselves predate the term and appear in different forms across cultures. In Irish mythology, fairies are often associated with the Aos Sí (pronounced “ees shee”)—a supernatural race believed to dwell in an invisible world that coexists with our own, often entered through ancient mounds, stone circles, or mist-covered glens.

The Aos Sí are thought to be descendants of the Tuatha Dé Danann, a race of godlike beings who, according to Irish legend, retreated into the hills and became the hidden people after being displaced by human settlers. In this view, fairies are not just magical creatures but fallen gods or spirits of a once-divine race, still powerful but no longer ruling openly.

In Scottish tradition, similar beings known as sith or sidhe (also meaning “people of the mounds”) inhabit remote natural places. Meanwhile, in England and Wales, fairy beliefs evolved through a fusion of Celtic, Germanic, and Christian traditions. Some stories cast fairies as nature spirits, others as fallen angels—those too good for Hell but too rebellious for Heaven, condemned to dwell in a liminal realm between light and dark.

In Norse mythology, the light elves (*ljósálfar*) of Alfheim share many similarities with fairies: luminous, ethereal beings associated with fertility, creativity, and nature. Over time, these varied traditions merged into the broad and often contradictory category of “fairy folk.”

Roles Fairies Play in Folklore

In traditional folklore, fairies are not just charming creatures of fantasy—they are potent symbols of nature’s mystery and power, often reflecting the unpredictability of the natural world itself. Their roles are as diverse as their origins, ranging from benevolent guides to dangerous tricksters.

Guardians of Nature

One of the most common roles of fairies is that of nature spirits—beings who guard the forests, rivers, meadows, and stones. They are often deeply tied to the land and can be fiercely protective of their territory. Trespassing on a fairy ring (a naturally occurring circle of mushrooms) or cutting down sacred trees might result in punishment, misfortune, or illness. In this role, fairies serve as metaphors for respecting the Earth and its unseen energies.

Tricksters and Mischief-Makers

Fairies are famously capricious. They may help a human one day and hinder them the next. Tales abound of people being led astray in the woods by fairy lights, a phenomenon often linked to the mysterious “will-o’-the-wisp” or “ignis fatuus”—ghostly lights that lure travelers into danger. These stories serve as cautionary tales about venturing too far from the familiar or disrespecting unseen forces.

Changelings and Kidnappers

One of the darker fairy legends is the idea of the changeling—a sickly or deformed fairy child left in place of a stolen human baby. In many European traditions, this belief explained infant illness or developmental disorders at a time when medical understanding was limited. To protect children, families might place iron near cradles or baptize infants quickly, as fairies were said to abhor iron and Christianity.

Givers of Gifts and Punishment

Fairies can also reward those who show kindness, humility, or reverence. A helpful brownie or household sprite might secretly

continued on page 23

complete chores for a family—provided they are treated well and not offered clothing (which often causes them to vanish). Conversely, arrogance, greed, or attempts to exploit fairy magic often lead to misfortune or curses. These stories reinforced moral codes, often emphasizing humility, generosity, and respect for the unknown.

Intermediaries Between Worlds

Fairies often act as gatekeepers to other realms. In Celtic lore, festivals such as Samhain and Beltane were believed to thin the veil between worlds, making encounters with the *Fair Folk* more likely. During these times, offerings of food or drink were left out to appease them. These rituals acknowledge fairies as liminal beings—inhabiting a space between the human and the divine, the seen and unseen.

A Lasting Legacy

Over time, the image of fairies has softened, especially during the Romantic and Victorian eras. Writers like Shakespeare, with *A Midsummer Night's Dream*, and illustrators of children's books reimagined fairies as delicate, winged creatures of light and delight. This transformation helped preserve their legacy, albeit in a more whimsical form. Yet, beneath the glitter and wings lies an ancient, enduring archetype

—one that reflects humanity's relationship with mystery, nature, and the otherworldly. Whether feared, revered, or adored, fairies continue to remind us that not everything in the world can be seen or understood—and that some magic is best approached with wonder and respect.

Though often invisible, fairies remain deeply felt by those attuned to subtle energies. Their presence stirs something ancient in the soul: the sense that magic is real, if only we remember how to listen.

Fairy Blessing Prayer

To honor the hidden ones and walk gently on the Earth

By the whisper of the wind and the hush of mossy glades,
By moonlit rings and dew-kissed blades,
I honor you, Fair Folk of the wild—
Ancient ones, both fierce and mild.
Guardians of grove and spring and stone,
May your wisdom be kindly shown.
May I walk with wonder, light and true,
And do no harm as I pass through.
Bless my steps, and those I love,
With gentle grace from realms above.
With gifts of laughter, light, and song,
May peace and magic walk along.

In reverence, I give this day —
A flower, a crumb, a word, a way.
For all unseen, yet ever near,
I offer love, respect, and cheer.
So may it be.

Communicate with Nature Spirits

For those of you who would like to create a direct connection with the fairies, try this writing prompt:

With pen and paper, find a quiet space outdoors. Sit near a tree, a patch of earth, or a cluster of flowers. Breathe. Feel the life around you. Then ask inwardly: *"What would the Fair Folk have me remember today?"*

Let your pen move without judgment. Trust what flows. You may receive images, phrases, or sensations. When you finish, offer thanks—a song, a flower, and your gratitude.

Whether glimpsed in mist or felt in silence, the Fairy Folk remind us that the world is more enchanted than it seems. With reverence, imagination, and heart, may we all see that they walk beside us still.

Δ





About 'Natural Endings'...

No one likes endings: whether to a job, a relationship, a familiar home or situation. Where ever we are in our lives there are endings that aren't based on anything we did wrong or right ~ their time is just up. In other words, we've grown through and out of a specific set of circumstances.

We usually feel we need to find a reason for endings: we need to justify what or who did what and thus the following consequences. But I like to think about endings as making room for new beginnings.

If we don't ever end an experience, there's no room for the new one. If we are afraid to end the in-breath, for example, then there can be no out-breath and we would fall over and die on the spot. If we're afraid to move out of illness because life, as it was, isn't worth showing up for, then we continue to manifest symptoms that we no longer need or serve our body or mind. If we're shocked to move out of health or wealth or spiritual certainty, then the new and its learning remains hidden.

"Natural Endings" allow for "Natural Beginnings", and Natural Beginnings are part of the Life Cycle of all Beings, all Thoughts and all Experiences. Everything comes to an end and whether on this Earth or beyond, there's always a new beginning.

Ask yourself what is ending today that you're unnaturally holding on to ~ keeping in place ~ insisting on its return to

Life? What would happen if you began to lesson your grip on this Relationship, Experience, Financial Situation ~ good or bad ~ and allow the current of Spirit to move you along to the "Natural New Beginning".

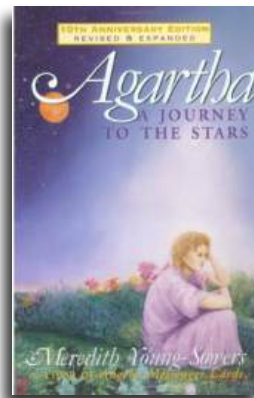
~ Meditation ~

*Take a breath, and with your hands over your Heart,
lesson your grasp of things that you're afraid to lose.*

*Let Life flow through your hands, imagining that the Natural
Ending is making room for the New Beginning whether or not
you know what that looks like.*

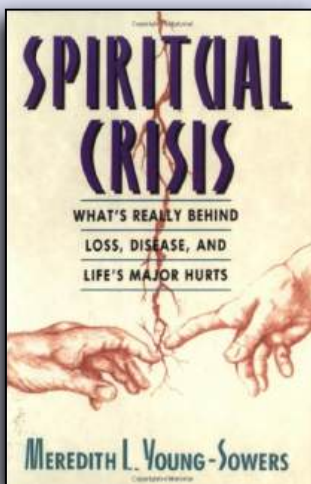


Meredith Young-Sowers, D.Div, Watercolor Artist, Author of:
Agartha: A Journey to the Stars and several other books. Contact
Meredith: mysowers6@icloud.com

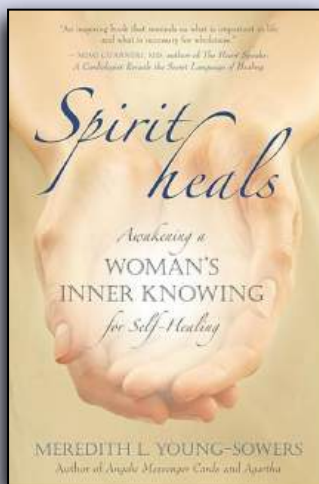


Meredith's Classic: "**Agartha: A Journey to the Stars**" (a newly-revised edition) is coming soon to a Kindle near you! Watch this space!

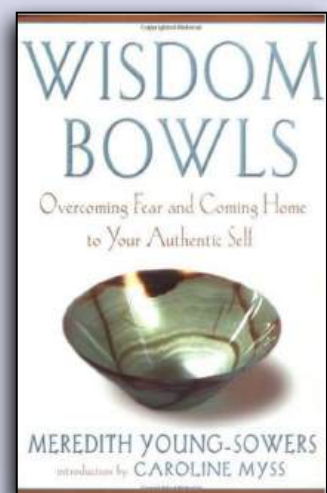
Books By Meredith



[Spiritual Crisis](#)



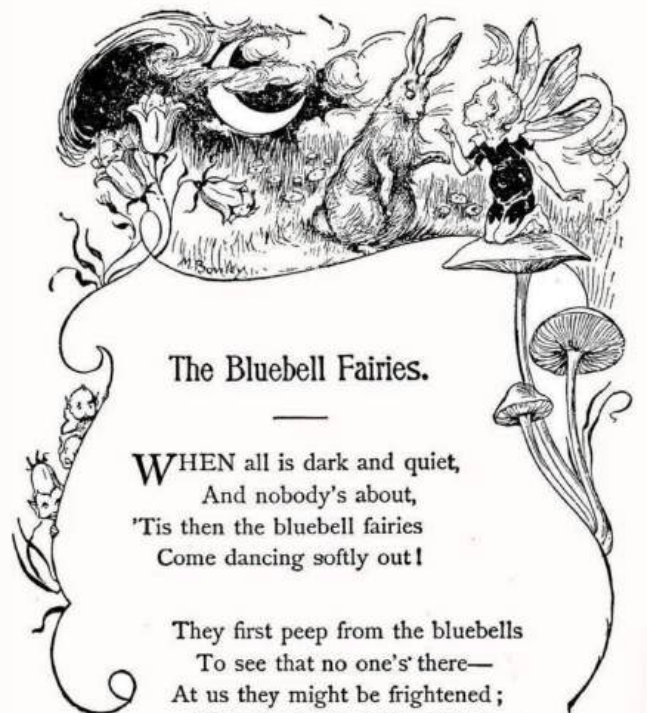
[Spirit Heals](#)



[Wisdom Bowls](#)

For the FUN of it... More about Fairies

<https://britishfairies.wordpress.com/tag/margaret-tarrant/>



The Bluebell Fairies.

WHEN all is dark and quiet,
And nobody's about,
'Tis then the bluebell fairies
Come dancing softly out!

They first peep from the bluebells
To see that no one's there—
At us they might be frightened;
They don't mind Mr. Hare!

They tell him elfin stories
Of wonder and delight,
And creep, when morning wakens,
Back in the bluebells bright.



Practicing Mindfulness Written By Beverly Brunelle

Self-Honesty is Self-Love

Each day provides opportunities to up level our capacities to be more honest with ourselves and each other: to be active sources of higher integrity and consciousness in the world.

I was talking with my daughter. In retrospect, I was feeling sorry for myself and was unconsciously looking for validation. I complained that I wasn't taking advantage of ... well, now that I look at it... being alive! She listened. Then she sincerely said something like, so what do you really want to do and do it! DAHHHH. I felt like the dense window shade that was blocking my view went up. I had been focusing on the shade, interpreting what was beyond it as unreachable. What a depleting and desperate trance I had been in! Hearing her words and feeling her genuine care, suddenly my limiting perceptions dissolved, enlivening energy woke up in me, and feelings of happiness emerged! New perspectives came flooding through. I am very grateful for my daughter encouraging me to be more honest with myself. I began to tell her that actually there had been a series of wonderful experiences and more were in the making.

Talk about self-honesty. I was riding the swing of the pendulum from gloomy to joy and delight. It was time to get off

and claim the power of every moment to consciously shift my perspectives and choices. It was humbling to become aware of my unconscious addiction to fueling unhappiness, helplessness and disempowerment. I had been stuck in limited perspectives. Her invitation opened my view to notice what else was true. Expanding my awareness of my past few months and current opportunities I noticed I felt much more free and enlivened. Instead of *looking at* life – I was *in* it! I had shifted in an instant.

My daughter didn't shame me, belittle me, or focus on what wasn't working. She brought in a new creative focus, an invitation to move forward into empowering inner and outer territory. She basically said, decide what you truly want and go for it!

Where in your life have you been stuck in tunnel vision, feeling like a victim, disempowered where the same old limiting perceptions haunt you everyday? I realize that instead of focusing on perceiving what's missing, make new conscious empowering choices and take focused action to create what we truly want. This comes from and generates greater self love... conscious self-honesty is self-love.

Continued on page 27

Raise Your Frequency

Book a complimentary 20-min. personal energy clearing!



Gain greater clarity, creativity and courage so that you expand your capacities to co-create heartfelt change.

Beverly Brunelle

Intuitive, Channel, Master Energy Healer

beverlybrunelle888@gmail.com | www.BeverlyBrunelle.com

I had been wondering what theme to explore for this article. I knew I wanted it to be insightful, a transmission of wisdom and an invitation of self-inquiry. I woke up the other morning with the words: Upset? Reset. Hmm that is an interesting title. Then I added another word: Set. Upset? Reset. As I pondered what that could mean I got the insight that when we are *set* in our ways, stuck in limiting perspectives and are reactionary – we may be *upset* inside. It is a sign to *reset* into a current stream of creative conscious awareness that will move us out of the trance, the perceived entrapment and into a creative energy field of new possibilities, realities and empowering action.

Nothing is as it seems to be. As we relax our inner grip on what appears to be upsetting us we can access new expanded and empowering perspectives that can lead us into new empowering insights, creative responses and new heart centered realities.

This is not spiritual bypassing. It is a call to an inner revolution: to up level our frequencies and capacities to realize when internal shifts are needed and to respond consciously and whole heartedly honest with ourselves.

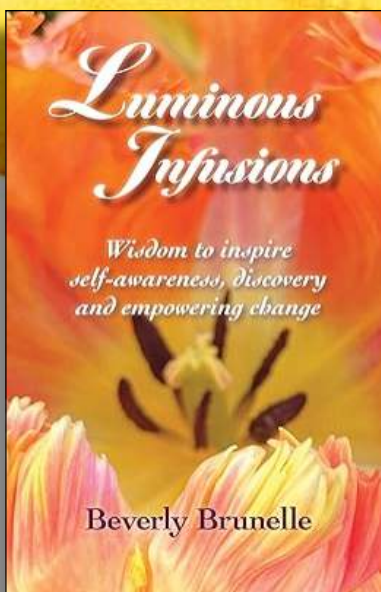
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Beverly Brunelle is an Intuitive, Pioneering Master Energy Healer, teacher, speaker, international best selling author. She clears personal, property, home, office and business energy fields to align clients with deeper clarity, wisdom, creativity and courage. Her book: Luminous Infusions is a daily guide to self discovery and empowerment.

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[Luminous Infusions](#)

Bee Kind Always

From Our Friends at [Midwives of the Soul](#)

My dad has bees. Today I went to his house and he showed me all of the honey he had gotten from the hives. He took the lid off of a five gallon bucket full of honey and on top of the honey there were three little bees, struggling. They were covered in sticky honey and drowning. I asked him if we could help them and he said he was sure they wouldn't survive. Casualties of honey collection I suppose.

I asked him again if we could at least get them out and kill them quickly, after all he was the one who taught me to put a suffering animal (or bug) out of its misery. He finally conceded and scooped the bees out of the bucket. He put them in an empty Chobani yogurt container and put the plastic container outside.

Because he had disrupted the hive with the earlier honey collection, there were bees flying all over outside.

We put the three little bees in the container on a bench and left them to their fate. My dad called me out a little while later to show me what was happening. These three little bees were surrounded by all of their sisters (all of the bees are females) and they were cleaning the sticky nearly dead bees, helping them to get all of the honey off of their bodies. We came back a short time later and there was only one little bee left in the container. She was still being tended to by her sisters.

When it was time for me to leave we checked one last time and all three of the bees had been cleaned off enough to fly away and the container was empty.

Those three little bees lived because they were surrounded by family and friends who would not give up on them, family and friends who refused to let them drown in their own stickiness and resolved to help until the last little bee could be set free.

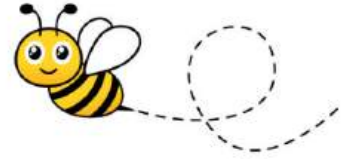
We could all learn a thing or two from these bees.

△





Andrew and the Bee



In summertime, when the heat of the day is at its peak and all quiets to a whisper, we can hear beyond the moment — an eclipse of time, when spirit folds space, suddenly appearing from the shadows. A gentle breeze may carry the name of our visitor, or perhaps it is only the quickened wings of a black-and-white Magpie sweeping through the yard. Yet, I thought I heard something, did you?

A bee! It joined me on my walk this afternoon. At first, I swept at it, waving my hand, yet it persisted, buzzing close, circling my head, eventually settling near my left ear.

"You must have something to say," I murmured to my pestering companion. I found a favorite tree stump near the creek and sat, startling a rabbit from the underbrush. With my eyes closed, I listened and sensed the tiniest movement of air around my ear.

"Andrew has a message for his mother" zipped into my mind as quick as the bee's buzz. "Will you deliver it?"

"I can try," I answered out loud, startling a doe and its fawn from their midday nap.

The bee and I — and now Andrew — sat together alongside the creek, watching emerald green dragonflies dart from one reed to the next.

"What does Andrew wish to tell his mother?" I asked.

It wasn't the bee that replied, but Andrew himself. "That, I'm okay."

"Andrew, who is your mother?" I asked.

"She works in town. You know her," Andrew replied. "I have seen you in her office. I am often sitting there with her; she doesn't feel me, but I am there." Andrew offered. "I've tried to get her to pay attention to me, but she works awfully hard. I can see she doesn't want to think of me because I make her sad. But I want to tell her I'm OK."

"Have you tried talking to her at home?" I asked.

"I have. I've tried moving things around, you know, little things, but Mom doesn't notice."

"Well," I promised, "when I go to town and I am near her, let me know. I will see what I can do for you."

The bee hummed closer to my left ear.

"I need to tell her how much I love her. I need her to know I didn't mean to die. That I was just stupid, trying something I saw on TikTok. You know...just stupid."

"I understand," I said softly. "I'll do my best to deliver your message."

And just as quickly as it arrived, the bee flew away. Andrew wasn't the bee, but he brought it to me to catch my attention. Here we sit beneath the cottonwoods, near the gently flowing creek, where emerald dragonflies light upon the rushes.

"I want to tell Mom, I'm sorry. And, I love her." Andrew's words drifted gently in the warm air, brushing the tall grasses, their gold-tufted heads fluttered as if fingered by his thoughts.

"Yes, Andrew, we will find your mom," I said aloud. "And we will tell her you are here, hoping she feels you."

A curious red squirrel scolded from overhead. I looked up and nodded to it.

I passed beneath the squirrel's burrow, reflecting on the persistent buzzing bee. Pay attention.

∞

Weeks passed, and I had nearly forgotten my walk with the bee and Andrew, when suddenly, out of nowhere, as I was leaving the grocery store parking lot, I heard. "STOP. Stop the car!"

Puzzled, I pulled to the curb. It was Andrew, beside me in the passenger seat.

"You gotta go back, turn the car around," he insisted urgently.

"What? Why? I'm tired." I protested.

"Mom's back there. You've got to go turn around!"

Shaking my head at myself, as I turned the car around, I turned to Andrew and said, "I don't know if she will accept that you are here, or me bringing your message. But I will try."

Driving slowly through the lot, Andrew shouted out, "Over there. That's her!" My eyes shifted toward the invisible thread, the unbreakable cord between mother and child.

I pulled up to the woman, who was unloading her groceries into the car. I recognized her.

"I'm sorry to interrupt," I began, hesitant, "But I have a message for you." I know this will sound strange, but your son is with me."

She paused, shoulders slumped under the invisible weight of the world, eyes red with weariness. "I don't understand." She said quietly.

"I am a medium, I can see and hear spirits, ghosts," I explained gently. "Your son came to me and asked me to find you, to give you a message."

Continued on page 29

Just then, a bee appeared, buzzing between our faces. She swatted at it, but it returned, persistent, finally landing on her hair. She brushed it off.

"May I give you his message?"

She nodded, putting her groceries into the trunk.

"He says, 'Mom, I'm so sorry. I'm so sorry. I miss you tons.'" My voice trembled, unsure whose emotions welled within me — his or mine.

Andrew continued, "Mom, I didn't mean to die. I wasn't supposed to be here — in this place. I mean, it's really nice here, and everyone is taking care of me, but I miss you and Dad. I didn't know love could hurt like this. I tried moving things at home, hoping you'd notice I'm still here."

Her eyes silently filled with tears of pain. "I miss him so much." She whispered, leaning into me. As I held her, she wept, her entire body shuddering with loss. "Every day is hard. I believe his death was an accident, just a teenager's mistake."

As she pulled away, the bee circled back. Andrew wasn't finished.

"He has a bit more to say," I said, aware of the sun blasting down on us, and her groceries warming in the cart.

Her eyes pleaded for more.

"Mom," Andrew whispered. "I need you to know I'm OK. Tell Dad and my sisters I'm good. But," he stopped mid-sentence. "I need you to know, I love you, I love Dad, and my bossy sisters. And, I am here all the time; I haven't left. Call my name, look for me: and when you find something out of place, that's me, letting you know I'm right here. I love you. You are the best mom— ever!"

Andrew urged me to hug her. "I love you, Mom." He whispered in her ear. "I'm always here."

She drew back, trembling, "I don't know if I believe this," she began, "It's been tough today. I've been struggling. I needed to hear from Andrew. Today is Andrew's birthday."

Stunned. I was grateful Andrew insisted I turn around, that I heard him, and his mother found comfort in his message.

We parted in wonder of two realities touching — a moment outside time, when spirit folds space, and a bond of love endures in the enormity of the universe.

Driving away, I heard Andrew one last time, "Thank you."

Δ

Regina Ochoa is a seasoned psychic, medium, and writer with over 60 years of experience connecting with spirits. As a founding voice of the [cosmicvoices.network](https://www.cosmicvoices.network), she shares channeled messages of healing, guidance, and hope. She is currently writing an autobiography of her mediumship.

<https://www.cosmicvoices.network>

"Grandma, how do you cope with pain?"

"With your hands, honey. If you do it with your mind instead of relieving the pain, it toughens even harder."

"With your hands grandma?"

"Yes, our hands are the antennae of our soul. If you move them; knitting, cooking, painting, playing or sinking them into the ground, you send care signs to the deepest part of you and your soul lights up because you're paying attention to it. Then signs of pain will no longer be necessary."

"Hands are really that important?"

"Yes my daughter. Think of babies: they start to know the world through the touch of their hands. If you look at the hands of old people, they tell you more about their life than any body part. Everything that is done by hand is said to be done with the heart. Because it's really like this: hands and heart are connected. Masseurs know well: when they touch someone with their hands, they create a deep connection. It is precisely from this connection that healing comes. Think of lovers: when they touch their hands, they make love in a more sublime way."

"My hands grandma.... how long I haven't used them like this!"

"Move them, my love. Begin to create with them and everything within you will begin to move. The pain will not pass away. And instead what you do with them will become the most beautiful masterpiece and it won't hurt anymore. Because you have been able to transform its essence."

~Elena Bernabe (Translated by Takiruna)



art | Tamara Phillips



The Eternal Unfolding



I had a dream about Lily Hill Farm about a year before we actually purchased the place. It wasn't called Lily Hill Farm back then, it was just a house in the country on 56 acres, a place where I could garden all summer and write all winter. We drove out to look at it during a blizzard in January of 1987, and signed the papers making it ours a month later on Valentine's Day. Not until the signing did I realize that two small vineyards and a contract to grow grapes for Welch Foods came with the house, nor could I have imagined the role that those vineyards would come to play in my life.

I won't recount the whole story because that is available elsewhere, but three years later, I went for a walk through the vineyards. In retrospect, it was a walk from which I would never return. On that walk, I heard small voices that turned out to be elves. Eventually, I began to see the forms associated with the voices, and a real relationship began to develop between myself and the elves. In a nutshell they wanted me to tell people that

they existed and could be communicated with. I had no intention of telling people any such thing because I was sure people would think I was nuts, but three years later I did exactly that when I wrote the story of our unfolding relationship in my second book, *The Elves of Lily Hill Farm*. To this day there are several elves that I maintain relationships with – Alvey, Mairlinna, and Kermots. Their main interest is in trees, however, they are deeply committed to reestablishing relationships with humans. My relationship with the elves led to introductions and communication with devas and elementals.

Devas are beautiful forms of living light and consciousness, and each deva represents a particular form of life within nature. I have met the Strawberry Deva, the Grape Deva, the Great Mole Deva, the Deva of North America, and many others.

Elementals are forms that represent and manage the elements. I regularly communicate with the wind, water, earth, and various metals. I should probably reach out to get to know the fire

Elemental, but I have not done so yet. Neither have I done a great deal with fairies, however, I have observed them and they seem to be like tiny caretakers of form that encourage the spark of life in all things.

You can think of elves, devas, and elementals as the intelligences that manage our trees, flowers, vegetables, fruits, wind, soil, weeds, water, minerals, and many other things, but the key piece of information to keep in mind is that all of these intelligences are keenly interested in communicating with humans. Why? Because Nature is a living system that is trying to evolve in the same ways and for the same reasons humans are. We want a good life, a chance to express ourselves, and an opportunity to fulfill our potential as immortal beings who have moved beyond death – and every living form of consciousness, be it plant, animal, or mineral, wants the same thing. We're all in this together.

We are surrounded by living, intelligent light that has shaped itself into physical forms such as zinnias and marigolds, oak trees and maples, fireflies and foxes, or men and women, and that's not all. Rivers and mountains, rocks and



A view of the yard. Lily Hill Farm in Michigan. "We know how to make our own clothing, weave rugs, make quilts, preserve food by canning or freezing, dry a variety of herbs, make our own soaps and lotions, make our own music, build houses, barns, furniture or whatever, heal ourselves using natural methods, raise chickens and milk cows, and other skills that allow us to be self-sufficient and that nurture security. The goal is to maintain balance and stay in tune with our environment, not taking more than we give, and not ruining things for the children, plants, and animals that will follow us."

Continued on page 30

dust – *everything is alive and communicating with one another*. Of course, I didn't realize this until I entered some of the more advanced states of consciousness, but once I experienced it, it was clear that humans had fallen out of this joyful, open sphere of communication going on constantly between and among all things. That is why the elves have been so anxious to reestablish communication with humans ... it's because the entire system of life in this dimension is designed to evolve together to become an eternal system – plants, animals, birds, bugs, humans, and their main energy forces of wind, water, fire, and the planet herself.

A year ago I wrote a small piece in this magazine that recounted a brief conversation with Alvey. In that article, I had asked him, "What kept you coming back to talk with me?" and I'm going to repeat his answer here.

"Because you *can* communicate!" he replied. "Lots of people can't. And they don't pay attention to anything in Nature anyway. But we can't go any further without you."

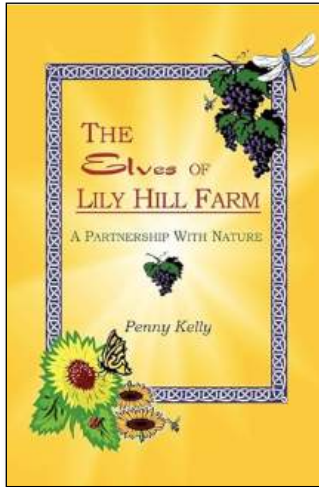
"Without who?" I blurted out, suddenly not understanding what he was saying.

"Without you...you humans! We can't go any further, so we're reaching out!"

Back then, I couldn't even begin to imagine where he thought we were going, but now I'm beginning to understand. We have stalled and even regressed in our development, and Nature – represented by the Elves – has reached out in hopes of bringing us back into the circle of communication. Long ago...thousands of years ago, we had deep, powerful relationships with all things. We weren't traumatized by sudden and unexpected storms and cataclysms because we were in full communication with everything. We weren't starving in Africa or anywhere else because we lived in the lap of Nature and were engaged in a cooperative relationship with the Great Mother. It is time to reconnect to Nature and begin to take our place in the great unfolding of our potential as a living, integrated, cooperating system of life that evolves beyond death to become an eternal world.

Δ

Penny Kelly is an author, teacher, speaker, publisher, personal and spiritual consultant and Naturopathic physician. In 1987, she moved to southwest Michigan and has operated Lily Hill Farm and Learning Center. Today she travels, lectures and maintains a large consulting practice, writes books and poetry, raises chickens, beef cows, and grows organic vegetables and small fruits. She holds a degree in Humanistic Studies from Wayne State University, and a degree in Naturopathic Medicine from Clayton College of Natural Health. Visit www.PennyKelly.com for more information.



[The Elves of Lily Hill Farm](#)

From our friends at [Interesting World](#)

With age... your eyes may stop seeing up close, and your ears may miss the distant sounds.

You sleep fewer hours, you walk a little slower—

But something beautiful begins to happen.

You start loving yourself a little more.

You carry fewer regrets.

And you begin to chase your own happiness—without apology.

You become selective with your circle.

Only the real ones remain.

You stop searching for answers you already carry inside, and you no longer need unsolicited advice.

You don't greet those who never greeted you.

And you no longer waste energy arguing with people who don't know how to listen.

With the years, you realize:

There's only one life—and it's far too precious to live in fear.

So you slow down.

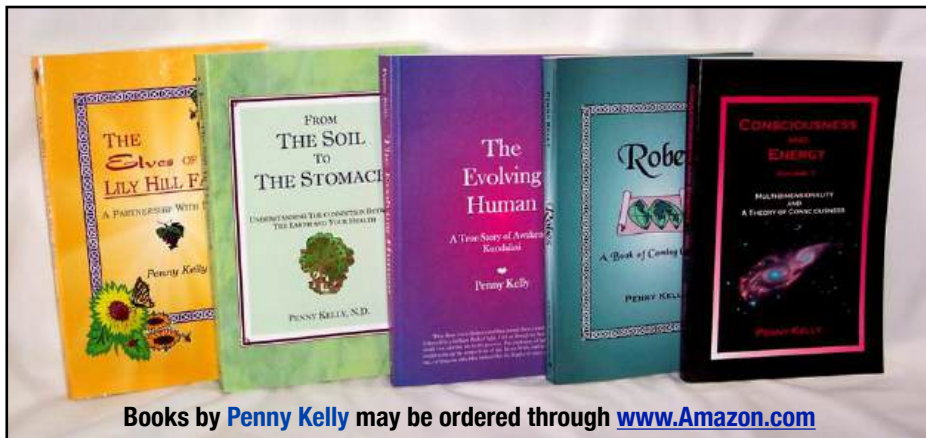
You savor the little moments.

You embrace your wrinkles.

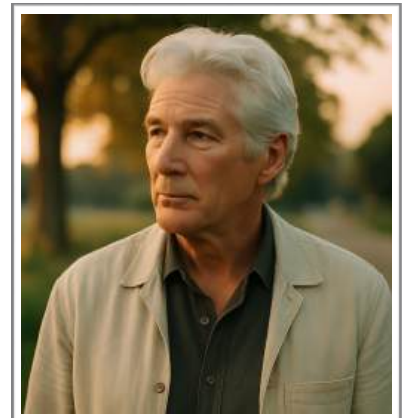
And you stop giving the mirror the power to define your worth.

Because growing older isn't about fading. It's about finally shining—on your own terms.

— Richard Gere



Books by [Penny Kelly](#) may be ordered through www.Amazon.com



Teacher ♥ Coach ♥ Medium



August 2 - Gallery Reader with Rooted Holistic Healing and Wellness Fair at the DoubleTree by Hilton Hotel, Neenah, WI

August 3- Gallery Reader with Rooted Holistic Healing and Wellness Fairs, at Stone Harbor Resort, Sturgeon Bay, WI

<https://rootedholisticfairs.com/upcoming-fairs/>

August 6 - Path to Peace: 'Pandemic of Being Right' with Author James F. Twyman - Oregon

August 20 - Trust, Intuition & Your Future Self with ThetaHealing Master, Karen Abrams, CA

September 3 - Healing Power of Authentic Sound/Musical Artist, Shervin Bolorian, Bali

September 17 - Breaking the Burnout Cycle with Flow Forum Creator Joe Garner, Delaware

October 1 - Science of Heart Rhythm Meditation with authors Susanna and Puran Bair, founders of iamHeart, AZ

October 15- Reset Your Home's Frequency for Inner Ease, Author, K. Margaret Solorio, CA



Contact Angela for more information about these events.

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