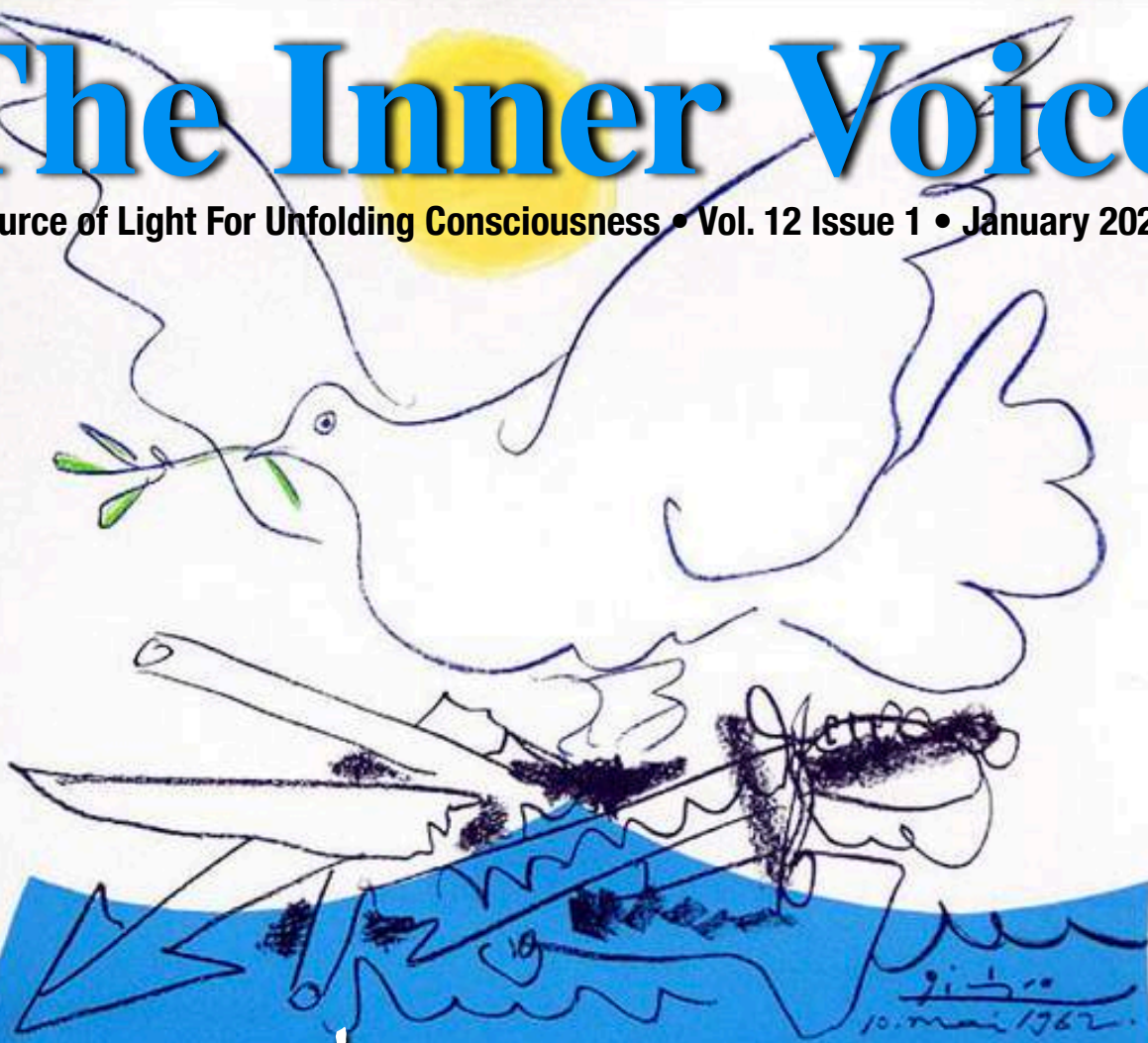


The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 12 Issue 1 • January 2024



Welcome 2024

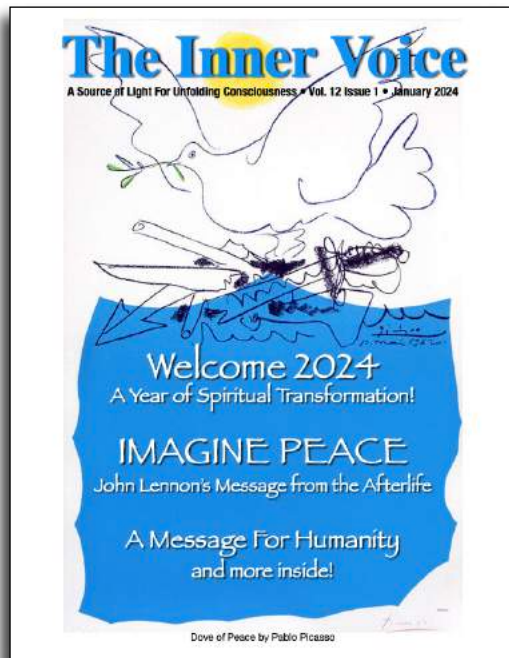
A Year of Spiritual Transformation!

IMAGINE PEACE

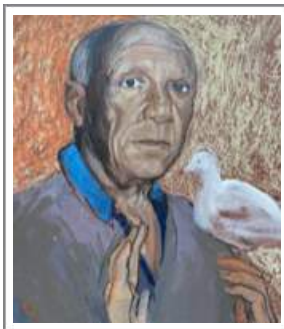
John Lennon's Message from the Afterlife

A Message For Humanity
and more inside!

About the cover...



Above: Pablo Picasso, Dove of Peace Lithograph, hand signed by Pablo Picasso in red crayon in the lower right.
<https://www.masterworksfineart.com/>



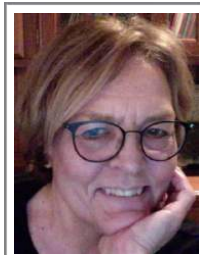
Left: Picasso with the Dove of Peace. Painting by Ivan Valtchev | Saatchi Art



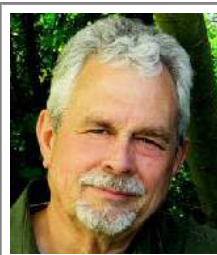
In This Issue... *Inspirations for Healing Body, Mind, Spirit, Heart & Home*



- 3 Letter to the Readers
- 4 Angel Talk: Peace Begins Within
- 5 A Message for Humanity by Bill Raine
- 6 Events at Golden Light Healing Retreat Center
- 7 Dawn of New Moon by Pat Gullett
- 8-9 Book Review of Bill Thetford's Life by Steven Freier
- 10 John Lennon's Greater Reality Channeled by Jeanne Love
- 12 George Meek's Greater Reality Channeled by Jeanne Love
- 14-15 What's Ahead for 2024? By Denise Linn
- 16 At Epiphany, A Poem is the Key by Robert Moss
- 17 Black and White Thinking by Meredith Young-Sowers
- 18-19 Jeshua, My Heart by Kathleen Jacoby
- 20-21 Cosmictology Forecast by Andria Nikoupolis Weliky
- 21 Ad, Emerald Lion Academy
- 22 Let's Talk Crystals: Crystals for 2024! by Lori Andrus
- 23 Ad: Lori A Andrus | NEW! The Stones Speak Card Deck
- 24 Practicing Mindfulness by Beverly Brunelle
- 25 A Message from the Pleiadians by Stefanie Finn
- 26 Global Gathering Schedule of Guests and Zoom Link
- 27 Make Way for the New by JA Diogardi | Ad, Free Spirit Crystals
- 28 Lose Weight with Feng Shui by Nancy Freier
- 29 Ad: Essential Feng Shui® Consultations
- 30 Creating Peace by Marianne Williamson
- 31 Evidence of Angels Stories
- 32 Ad, Angel Guidance Book, Readings, and Zoom Group!



Nancy Freier
 Publisher
 Editor-In-Chief



Steve Freier
 Co-Publisher
 Website Design



Beverly Brunelle
 Consulting Editor

If you love this magazine, please consider making a donation so it may continue to be a blessing!



<https://www.paypal.com/paypalme/theinnvoice>

The Inner Voice ISSN #1073-1814 ©1992-2001; e-version ©2012-2024 All rights reserved. This publication serves as inspiration for raising the frequencies of body, mind, heart and home, however, it is not meant to replace the advice of medical doctors and other healthcare professionals. The opinions expressed herein are not necessarily those of the publisher or editors. We encourage you to listen to your own inner voice for guidance and direction on your path. Be blessed by reading and sharing this magazine. Writer's Guidelines/Ad Rates are available on request.

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



Happy New Year Dear Readers!

Pour a glass of bubbly to celebrate you, the New Year and to help us celebrate 12 years of *The Inner Voice*! (21 years when we count the print version c. 1993-2002!)

Creating this magazine was a directive from the angels to fulfill a promise I made "to make help available." I did not know where the project would lead and all the people it would touch. Looking back, I see that it truly has been (and still is) a "Source of Light for Unfolding Consciousness."

The first issue was 12 pages, xeroxed at a Chicago Kinkos, hand-folded, stamped and mailed to everyone I knew and 10,000 copies of each issue were distributed at area book stores and metaphysical shops, mostly in the Milwaukee and Chicago areas. (Diane Bloom of Free Spirit Crystals on p. 27 is one of my original advertisers!)

As word spread and I had more advertisers to support the printing cost, *The Inner Voice* grew to a 40-page print magazine within the first year. After nine years, I could not do it any longer and stopped publishing. Looking back, I see that I was waiting for technology to develop that provided a more efficient way to publish and reach more readers!

The Inner Voice was/is the fulfillment of a promise I made to help others heal so they didn't suffer as I did following the sudden death of my sweetheart. That story is told elsewhere, but suffice to say the angels began talking to me and guided me through the grief. During that time, they led me to faith healer, Joann Baumann who asked the

angels, through me, for guidance for healing her clients. *The Inner Voice* was created soon thereafter to share the angels' messages and miracle healings to inspire others.

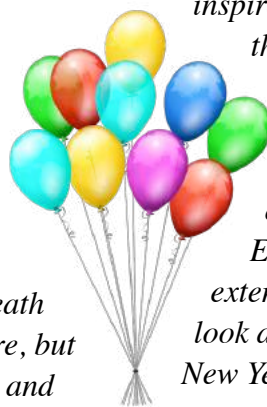
I could not have published it for this long without the angels ~ the creative force behind the curtain; and without the writers, advertisers and subscribers who have loving supported this magazine.

Special thanks to my brother, co-publisher Steve Freier for his techno-wizardry and for setting me up with my first Mac in 1993 (and several since), for his website creations, and for the interviews he did with some notable metaphysical movers and shakers in the 90s that influenced my work.

My heartfelt gratitude also goes to editor Beverly Brunelle who was present with Steve and I when the idea for this magazine was birthed. The three of us have done a lot of our own movin' and shakin' over the years since, but remain united in the vision of this publication. I thank them for their dedication.

I am deeply grateful for the Angels who guide and inspire me as I create each issue, and a special thanks to the writers, advertisers and contributors ~ on both sides of the veil who are an integral part of this publication. I also salute the new ideas and writers who are coming in.

Enjoy this 12th anniversary issue! In part, an extension of last month's theme of PEACE and a look at what's ahead in 2024. Welcoming a Happy New Year for all!



Nancy



Creating Peace on Earth Begins Within

~or, Monkey See, Monkey Do!

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

As we see it from here, Earth is in a stage of upheaval with two distinct and opposing forces...those imagining peace and praying for it, and those who are still asleep to the noise of the world. We say, peace will prevail, but not without human effort and desire of people everywhere, to be united as One in their longing for peace. This is a very good moment, right now, for every soul to choose peace, or chaos.

While Sreper was "speaking," The 100th Monkey Theory came to mind. Although some have claimed there is lack of proof for the theory, it nevertheless states that a monkey started to wash a sweet potato to remove the sand from it prior to eating. Somehow, after 100 monkeys observed and adapted this behavior, monkeys everywhere began washing their food before eating it; hence the theory.

Many souls who wish for peace and calm model peaceful contentment. They are ready for peace and peace is their reward. Those who are not yet awake will sense the dawn of peace lighting upon them; yet, they do not know what this 'light'

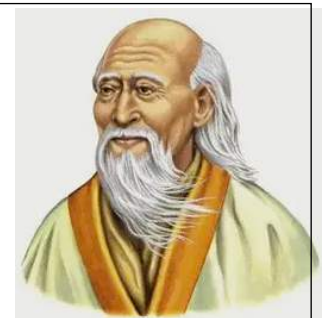


means. Our job, as it were, is to send Love and Light to them to inspire awareness that peace is a choice and will choose to join us. Others will choose to remain in their darkness. To them, we send the Light and Love and Peace of the universe to illuminate their path.

So we ask, are *you* ready for peace? Each and every soul must answer this in their own heart; because that is where peace begins ~ within the very depths of every soul. Those of you who desire peace must first become *peace-filled*. Then, the higher vibration of peace can be emanated from your heart to the world; and contribute to raising consciousness. Bring peace into your relations and as you raise your vibration, you will extend that peace in the world.

△

"Would you like to save the world from the degradation and destruction it seems destined for? Then step away from shallow mass movements and quietly go to work on your own self-awareness. If you want to awaken all of humanity, then awaken all of yourself. If you want to eliminate the suffering in the world, then eliminate all that is dark and negative in yourself. Truly, the greatest gift you have to give is that of your own self-transformation." ~Lao Tzu



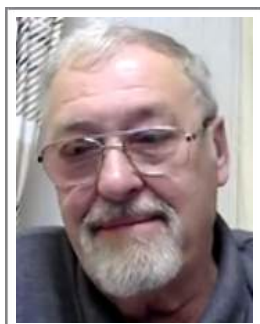
Lao-Tzu
c. 500 BCE, aka. Laozi or Lao-Tze was a Chinese philosopher credited with founding the philosophical system of Taoism

Image: <https://supernalliving.com>



Ask your Angel Talk™ questions here:
theinnvoicemagazine@gmail.com

Start your New Year
 with a personal
 reading from the
 angels!
NFreier@aol.com



A Message for Humanity

Channeled by Robert W. (Bill) Raine

At this time, it is better that you do not know the enormity of everything, for your tiny human brain has not the capacity to absorb and understand it. You have seen the beginning of time, for we have taken you there, but we cannot take you to the end of time because there is no end. You measure your time in Earth years as others do with their home planets; but no two planets are identical. Like a snowflake on your world is never duplicated; so are the stars and the planets.

Each one is unique. When you can see the beginning, and all that has been since that point, and you can travel to any point since that beginning, how can you measure time? What can you measure it against? When we tell you, there is no time on our side, this is not, by your definition, strictly true.

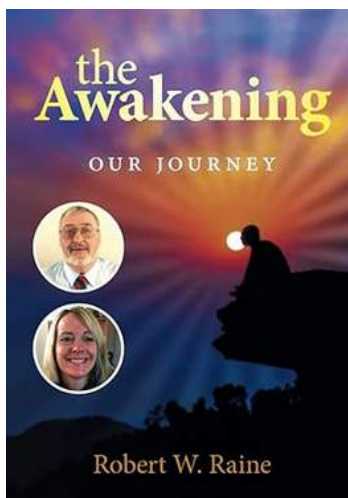
When you understand that you are pure energy inside a human shell, living a created existence to experience what energy cannot experience; unless we join that human shell, perhaps you may just have the briefest glimmer of understanding. Once we, as energy, experience the human form and the trials and tribulations, the joy and the sorrow, the love and compassion; only then, can we amplify these fleeting moments and grow ourselves. We increase our awareness of our energy self. This growth learned through almost countless lifetimes on countless planets in countless lifetimes.

How can you remember each second of time of your life on your planet? You cannot. Yet we can recall every moment, of every life form we have ever lived. Therefore, child, we are in this situation. We are not the source: yet we are part of the source. We can construct a reality based on our last life form, or any life form we have previously inhabited. We can inhabit any new life form we choose, to grow our awareness of the

source creations. Often it is better not to dwell on the fundamental questions you want answers to, as it can, in your present shell, create a great turmoil in the mind that controls that shell. I know that you have stressed that mind almost to the limits and created much stress and fear. We told you in the beginning that no harm would come to you. We would protect you. Our existence is to learn and become aware of all that innumerable creations can offer. This process cannot be rushed. One step at a time, child. One step at a time.

The first step is love in its many forms. Love the source as you love yourself. Love all the source creations as you love yourself. This is the primary step on the endless journey. Others journey with you, beside you, without you knowing of their presence. You have learned to sense many different energies that surround you. This is a big step on the journey also. You must develop this sense; as there are many you cannot sense, at this moment in time. It will happen as your awareness grows.

Fear not child; for we are with you always, yet the journey is yours and yours alone. When you understand the message, the journey will continue. I will leave you with peace.



The Awakening - Our Journey

Robert William "Bill" Raine was born on March 2, 1949 in the coal mining community of Sherburn Hill, County Durham, England, UK. On November 18, 2018 his daughter-in-law, Catherine, passed peacefully from cancer in just three short months of her diagnosis at just 41 years old. Through the grief and darkness of her tragic loss, strange things began to happen and Bill's awakening to the Spirit World began. He was informed by Spirit that he would write of his embryonic experiences with the evidence given by them in a book titled: "The Awakening - Our Journey" which was published in September 2020, just 22 months after Catherine's passing.

rainebill44@gmail.com



Golden Light Healing

DREAM • EXPLORE • DISCOVER • GROW

Located just 15 miles from Green Bay, Wisconsin

◆ **UPCOMING EVENTS ~ Check our website for complete listings!** ◆



Your Hosts
Amy & Dave Wilinski
920-609-8277

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

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

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

www.goldenlighthouse.net

Ancient Celtic Irish Shamanism with Amantha Murphy from Ireland
March 23-25, 2024 Lodging options available.
Join international teacher and author, Amantha Murphy, as she shares these ancient Irish Celtic traditions.

PERUVIAN SHAMANISM TRAINING WITH JOSE LUIS HERRERA 4-series Workshop:
May 16-19, July 11-14, September 12-15, November 7-10, 2024
Join Peruvian native and international teacher, Jose Luis Herrera, for this powerful training on Peruvian Shamanism. This 4-part series is composed of four long weekends in which you will develop a medicine bundle, or mesa, that becomes your animistic map of transformation and healing across the medicine path.

MAVIS'S WAY WITH JEAN ELSE AND ANNIE GEE August 8-11, 2024 \$695, lunch included. Lodging options available.
Mavis Pittilla is one of the most iconic and well-respected mediums whose service to the Spirit World bridged two centuries. Since her passing in 2022, her widow, Jean Else, along with "Mavis Pittilla Authorized Teacher," Annie

Gee, will share with you Mavis's practical approach to becoming a "Whole Medium" not just a mechanical medium. They will share with you Mavis's practical approach to communication with the Spirit World. Please list:

SEIDR NORSE SHAMANISM WITH IMELDA ALMQVIST April 4-7, 2024 Explore Northern European shamanic teachings!

CHAKRA AWAKENING WORKSHOP WITH JOANNE WIRTZ May 11, 2024. 9:00-4:30

DEEP HEALING & INTEGRATION WEEKEND RETREAT WITH MATT SCHMIDT
June 21-23, Friday 4:00PM-Sunday 12:00

REIKI LEVEL I TRAINING
March 16 or April 28, 9:00-4:30

REIKI LEVEL II TRAINING
March 20, 9:00-4:30

REIKI MASTER TRAINING
March 15 or April 27,
9:00-4:30 includes apprenticeship



Register online now for our Workshops and Sessions! www.glh.as.me



Dawn of New Moon

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

Dawn of New Moon is my coming back to myself. It's the quiet, contemplative space leading up to a New Year and a New Me. This is a listening, creative time to take the inner journey and find balance within and without. I step away from the world to rediscover my inner sanctuary.

First of all, this is the dawn I saw yesterday (see painting), before the cloud of deep mists rolled in today. The crescent moon shown brightly, with Jupiter as her companion. The sun was just radiating at the horizon.

Plus, these are my Litchfield Hills that surround our river town. You can see for miles on the ridge lookout. Ravens are always gathering, dancing over the land... a very mystical and magical place.

Secondly, I have to remember to trust myself in all things. I'm one who used to look up answers, find at least three resources to discover 'Truth,' and seek experts who know it all. It's really time consuming, and often my experts are just another opinion filled with their own reality of life. That has nothing to do with me. My answers have to come from

within, from some wisdom accumulated over a lifetime, to be pertinent to my life today.

The same works for painting. I have prints of many old masters to inspire my work. But they came from another lifetime, different lands and light. So, I must paint with confidence ~ all the parts I know. The colors still around the house are my guides. Some contrast and depth add interest to any art.

So, I just keep playing with colors, and now using 'underpainting' in a combination of burnt sienna mixed with ultramarine blue, that

give a warm glow to all the top colors. I love the effect and will do this from now on.

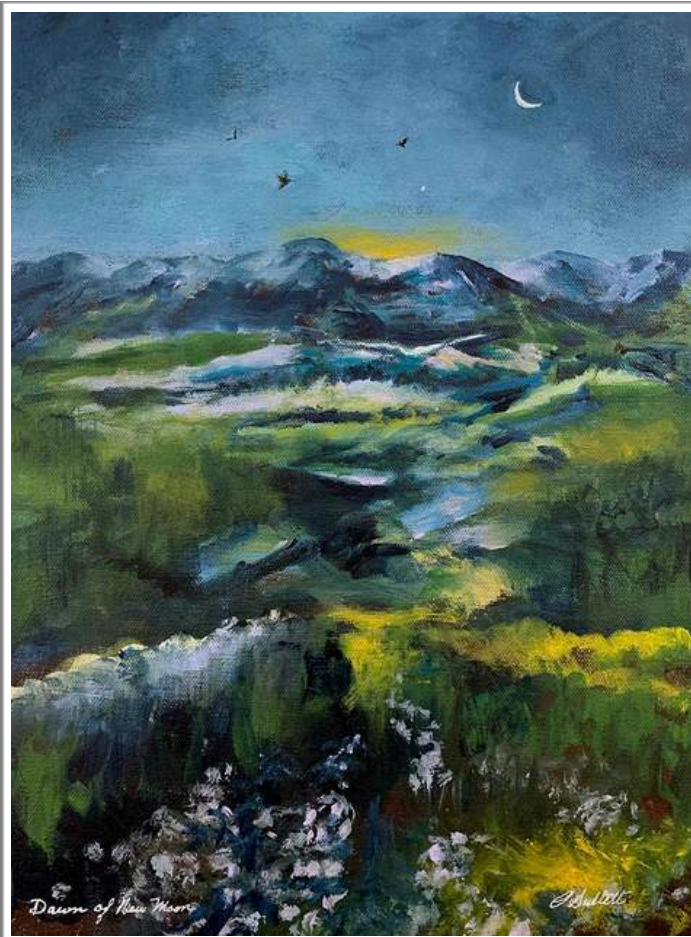
Dawn of New Moon opens me to new adventures.

In art and life, I take responsibility for all my actions. My part influences all people in my life, and either creates drama or an amicable communication. I go for amicable with everyone, these days. This is a conscious choice and makes all the difference. I'm a happier person, as a result.

Loving without possessing, accepting without judging, letting go of past obsessive thoughts, changes my story and keeps me present! I hang up my wings and allow everyone to find their own path and experiences. Therefore, my future self is healed, and lives a love song with my soul. Spirit, grace, and wisdom flow in with a happy life. Life becomes freedom, play and fun again ~ a great goal to set every day.

Finally, it's all about balance. In art, verticals balance the horizontals and make it more interesting. The same with life. Everything lightens up! A little bit of world noise calls for quiet, sacred, creative time. Listen for the inner wisdom and inspiration to guide your next action. Always choose what feels right and fills you with joy. Eat only what gives you energy, and keep it light. And most of all, be creative in some unique way. Draw, paint, sculpt, write, daydream, and visualize the world you want to see. Choose to live and be present as a powerful spirit experiencing a human life! Enjoy it all ~ that is your purpose for being.

△



Painting "Dawn of New Moon" by Pat Gullett



Bill Thetford's Healing Moment and Mine

This is not strictly a book review, but rather a review of Bill Thetford's Life Story. It is an example to show you how 'A Course In Miracles' and the practice of forgiveness can produce a healing. Bill Thetford has certainly had an interesting and inspiring spiritual path. In this article I only have enough space to cover it briefly and then demonstrate how ACIM affected me positively, as well.

[Read Bill's Full Life Story here](#)

For more about the Foundation for Inner Peace, visit: <https://acim.org/>

The other day while reading *A Course In Miracles* (ACIM), I became interested in delving into the life of Bill Thetford, who played an essential role along with scribe Helen Schucman in the birthing of ACIM.

William Newton Thetford was born into a poor family of coal miners in Southern Illinois. His parents were Christian Scientists. At age seven, his sister who was two years older, died. Around the same time he overheard the doctor tell his mother that he (Bill) had but a 50–50 chance of survival, and if he did live he would probably be an invalid.

Bill was very sick and confined to bed. He then made a decision that he was not going to be an invalid or die. He had to stay out of school for three years while his mother nursed and tutored him. His joints were twisted by the rheumatic fever and as a result he had a postural problem. When he was 10 years old, he learned to walk again and was then able to attend a public school. It was a difficult adjustment, however he adapted fairly well and even got a few grade promotions which allowed him to graduate from high school at age 12!

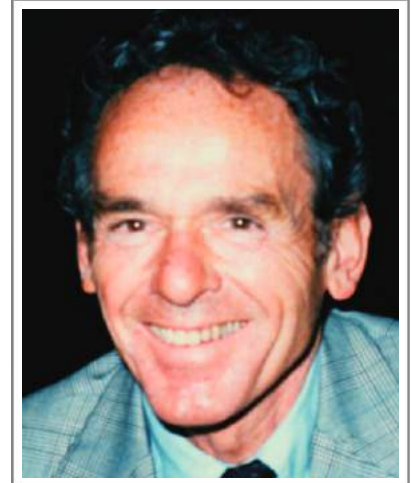
He thought, "At that time, I had a feeling of leaving one life behind and starting another. Something about my illness seemed like a death followed by a rebirth. It marked the end of my childhood; it was as if a new persona emerged." This feeling of being 'rebirthed' was to be a recurrent theme throughout his life.

Bill's family did not put a premium on education, and because he was physically disabled, Bill knew he would eventually

have to find a way to support himself or, as his father feared, he might end up 'on the public dole.' Thanks to his aptitude for reading and learning, Bill eventually obtained a PhD., which his father thought was a waste of paper. His pursuit of higher education eventually led him to meeting and working with some of the luminaries in the field of psychology, and because of that, he was recruited by the CIA in 1951 for special duties.

As I was reading his autobiography, somewhere about halfway through, after ACIM had been channeled, he decided that he needed to apply the principles in his working life. At that time he had been working with a colleague on trying to solve some difficult problems they were having at Columbia University. But no matter what Bill suggested as a solution, it was always met with a negative attitude, or it wasn't quite good enough. After Bill had experienced enough frustration, he decided to apply his ACIM understanding to the situation. He decided he would not respond in his characteristic way; become upset and become defensive or engage in counterattacks.

This difficulty went on for some time until one morning he wasn't able to stop by his colleagues office and then later received a phone call wherein the colleague asked, "Aren't you coming by today? Is everything ok?" Bill realized that something had *shifted*, and so the next time they met, Bill started practicing *forgiveness* instead of attack. Afterwards their relationship improved to the point that when they were scheduled to attend a conference out of town; and it was customary for them to have to share



William Thetford (April 25, 1923 – July 4, 1988) was an American psychologist, medical psychologist and professor. He is best known for his collaboration with [Helen Schucman](#) in typing and editing the original manuscript for *A Course in Miracles* (ACIM), a self-study curriculum in spiritual psychology. He died in 1988, aged 65, in [Tiburon, California](#), after having made his involvement with the ACIM material and its study the most central focus of his life.

accommodations, at his point his colleague said, "There is no one I would rather share a room with than you Bill, can we do that?" This was an extraordinary healing for both of them. And I think this demonstrates how the use of ACIM can transform a negative relationship into one of joy.

This story caused me to recall a healing incident I had some years ago while working at a Fortune 500 company in Chicago where I had been hired as an audio-visual producer. I had just graduated from college where I had a lot of experience producing educational

Continued on page 9


A Healing Moment from page 8

videos for the college and local cable, so I was eager to implement what I knew could work for this Fortune 500, as well. My boss was all for it, however there was a difficult manager a level above him who held the purse strings, and we just did not get along. No matter what I tried, he just kept arguing and posed a roadblock to my ideas.

One day I went into his office, looked him straight in the eye, and said, "Connie, (his name was Conrad) you know, I really enjoy arguing with you." I waited a few seconds, and he came back with a big smile and said, "You know Steve, I really enjoy arguing with you too! From that point on our relationship improved 100 percent. He went on to approve budgets which allowed me to travel around the country shooting video communication videos which were used to cross-pollinate upper level managers. This concept was well-received because within the next year or so I was asked to produce 30 additional videos for numerous other divisions!

What had happened here? It's obvious that when I stopped seeing the boss as the enemy and let him know that I enjoyed working with him, something changed. In terms of improving relationships, isn't this is what we all need to do? Take it from A Course in Miracles. When you apply the principle of forgiveness, everything starts to flow and life becomes joyous instead of tedious.

△

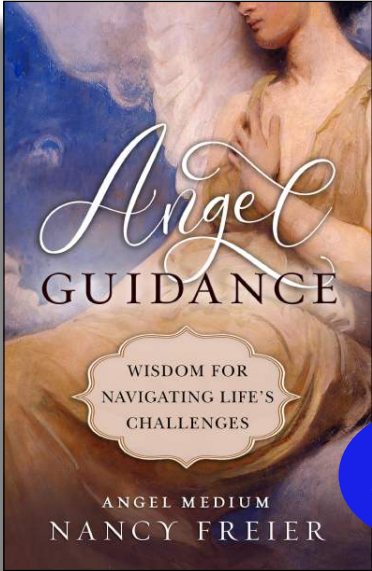


From **Angel Guidance** **Wisdom for Navigating Life's Challenges**

Question: What can I do about my fear regarding the physical Earth changes and widespread destruction?

Sreper: Ask your angels to lift your heartmind out the past, out from your fear of Earth changes, out from your fear of death and destruction; and place it in the present moment. Ask to be healed of all your old thoughts and creations, and return to the Light of the present moment where the power to create anew begins. You will be shown the way to overcome your fears, one-by-one; and, as you are led to each new freedom, bless and release the fear, for it has brought you to this new gateway where you realize you can let it go.

[Click HERE to get book](#)

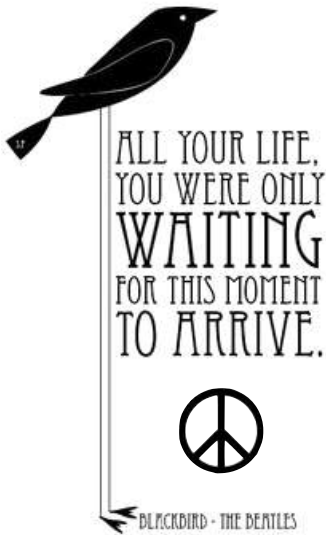




Steve Freier has been researching death, dying, NDEs, OBEs and the Afterlife for over 20 years. He has read and/or reviewed 100s of books and videos on these and other metaphysical topics. With a passion to share what he has discovered, he is the Moderator and Host of: **Life, Death and the Afterlife**, an open discussion group. In-person meetings are held at the **ADRC of Door County, 916 N. 14th Ave, Sturgeon Bay, WI 54235** **Next Meeting Date: Thursday, January 18, from 1-2:30pm.** A zoom group is coming soon.

For more information, email: sgfreier23@gmail.com

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



John Lennon's Greater Reality

John Lennon (1940-1980) was an English singer, songwriter and peace activist who gained worldwide fame as the founder, co-lead vocalist, and rhythm guitarist of the Beatles. After the Beatles disbanded in 1970, Lennon continued his career as a collaborator with his second wife, Yoko Ono.

Here is a message from John Lennon channeled through Jeanne Love.

©2020 by Jeanne Love • Posted at www.cosmicvoices.network and used with permission

"We never know where the inspiration comes from. And it really doesn't matter. All that matters is that we pay attention and become actively involved with the inspiration."

Good Morning, I am very happy to be able to sit with you today. It has been a very long time, indeed. I have enjoyed your singing and truly have felt that through the years you have understood my passion for peace and love. However, I do recognize that I wasn't always the good boy! And from time to time there are those who have wished to tarnish my name and condemn my behaviors. That way those individuals would not have to listen to my message. Well, it doesn't really matter at this point. I have been gone from your world for many years.

For a long time I stayed around, communicating with Yoko when she wasn't sobbing and hugely mad at me and the circumstances. As the years passed, however, I found it quite unnecessary to stay as much as I did, choosing rather to work on other projects where I am now before returning to the world environment for any reason.

In the last few earth years I have been in contact more and more. There is this revitalized need to touch base with the movement of the 60s and 70s and try to reestablish the energy that was so prominent at that time. I have also developed this wonderful relationship with my first-born son, Julian. I am so

fortunate that he really listens and has been in the process of forgiving my many transgressions concerning him and his mother.

I am eternally grateful for the reprieve and the opportunity to connect to him in a way that I was unable to before. This is all possible because he made it so. He heard me "knocking" on the consciousness of his soul and he opened the door and the healing began. The relationship is finally at a place when we can say, "I love you" to one another and it is deeply felt and experienced. I was such a prick in the first years of my fame.

Because I was there for Sean's birth the connection had already been established. It was and still is very strong. We communicate, and it is such a dream to have that privilege.

I came in today for several reasons. First, it is TIME for the season of LOVING. It is TIME for the season of PEACE. It is time for us to drop the swords, daggers and guns, and walk toward one another with open arms. It is time to have the courage to put aside the bullshit and create the circle of love within humanity that once was.

In my many travels and experiences over here, I have been privy to some very interesting things. It didn't happen right away. I had things to unlearn myself. I had my own prejudices and programming that still inhibited my ability to process this vast universe before me. Once I was ready it all opened up. And what I saw



John Winston Lennon (1940-1980) was an English singer, songwriter and peace activist who gained worldwide fame as the founder, co-lead vocalist, and rhythm guitarist of the Beatles. After the Beatles disbanded in 1970, Lennon continued a career as a collaborator with his second wife, Yoko Ono.

was beyond anything I could have imagined.

I was shown that we HAVE created that circle of love within humanity. I was shown that it is still taking place. I experienced, firsthand the marvel of universal peace and prosperity, where each person was equally valued and

Continued on page 11

“I’d rather let my spirit fly free, than be caged by religion. Become a Buddha not a Buddhist; become a Christ not a Christian. One implies an awakened state of consciousness, the other a dogmatic approach to life.”-John Lennon

treated with honor and respect. I was privy to the understanding of where this was, how it happened and how it could be maintained. Even from this world, where everything is so virtually unexplainable, I was stunned with the seeming perfection of it all: the consciousness of love and peace, joy and happiness, prosperity and unity. I was actually in the middle of my song *Imagine*, as I was witness to this world.

It was very difficult for me to wrap my head around the vision and experiences of what I was shown. In my own clumsy way I was trying to formulate some kind of understanding as to how, what, where, when, etc. Fortunately, I have been blessed with some very wise teachers, and they were quick to remind me that my song *Imagine* came from this expression of reality. Here I thought I was just a smart guy writing a simple song. That’s the thing, we never know where the inspiration comes from, and it really doesn’t matter. All that matters is that we pay attention and become actively involved with the inspiration.

Yes, I know, you want to know where I was when I had this epiphany, this profound experience. Well, the best way to describe it to you folks in the small experience of the human world is to encourage you to watch a few Star Trek episodes... the first ones. It isn’t for the great cinematic look – LOL. It is for the content, when from time to time Kirk and his group had to explain to a newer form of life that their earth world had transcended the need for greed, hunger, religion. That the earth world had

welcomed in a new stage of peace and prosperity, doing away with those things that would prevent the equality of all. I remember how bizarre that was as a concept for those who watched the telly and saw that the earth world could be as One.

But the thing is, folks, it does exist and has existed. This concept is not unattainable. To believe brings the opening to changing the shape of old belief systems which have been so harmful and so full of oppression. The earth world is facing this crossroads again. And it is getting a bit scarier because each time this opportunity appears, the resistance to a new world order is carefully swept under the rug in order to preserve the status quo for only a handful of people.

What can be done? Plenty.

This “world” I spoke of is in the future. In a non-linear fashion, this progression from darkness to light becomes the driving force in the world. What I saw, experienced was ‘in the future’ – our future. However, that does not mean that we must wait for it to become reality. Rather, it means that if we start now, really getting our hands dirty and changing mindsets towards the positive, this ‘future world’ I walked in will become truth to you here. For some who are older it will probably be for your grandkids. What you do now will guarantee the world that I walked in for just a brief time. If you begin now, if you IMAGINE and work with the possibility of those words in the song, you can bring that very hopeful world order to each and everyone.

*Imagine there's no heaven
It's easy if you try
No hell below us
Above us, only sky
Imagine all the people
Livin' for today
Ah...
Imagine there's no countries
It isn't hard to do
Nothing to kill or die for
And no religion, too
Imagine all the people
Livin' life in peace

You may say I'm a dreamer
But I'm not the only one
I hope someday you'll join us
And the world will be as one

Imagine no possessions
I wonder if you can
No need for greed or hunger
A brotherhood of man
Imagine all the people
Sharing all the world
You may say I'm a dreamer, but I am not
the only one.
I hope someday you'll join us, and the
world will be as ONE.*

This has always been my message and it will continue to be my message. I am grateful, so grateful that that song flowed through me. And as little understanding as I had about the impact of the song at the time, if there was any legacy to leave behind, besides my sons, it would be this song.

*Yours through Infinity and Beyond,
John*





George Meek's Greater Reality

George W. Meek (1910-1999) was an American businessman, inventor, Founder of Metascience and Author of "[After We Die, What Then?](#)" and other research books.

During World War II he served on the War Production Board and on the staff of Ambassador W. Averell Harriman in London. In 1970 he retired to devote himself full-time to writing and to researching Instrumental Trans-Communication (ITC) ([Afterlife communication through electronics.](#))

©2020 by Jeanne Love • Posted at www.cosmicvoices.network and used with permission

On the matter of where we go when we die, I would like to add my two cents' worth. There is so much talk about physical to non-physical. Did it ever occur to you that the only difference between the physical and the non-physical is the human body? There is all this assuming that when you die and leave the body, you are traveling great distances to your new home. Let us take care of that right now.

You do not travel to far-away places. You simply change shape...chemistry...from a solid to a non-solid form. That is why so many state: *We are right here...* because we are. We no longer need a physical form to move through this creation. That is also why there needs to be guidance [when first crossing over] because it can be very disorienting to leave the physical to the non-physical on a permanent basis. You are used to it in terms of being in the dream state but when called to leave the body behind, there is no longer a reason to be tethered to the physical realm. Hence, the focus/reference points can be quite different and may take some time to get used to. We have daily, weekly and monthly orientation classes for those newly received here.

For some people there is great pomp and circumstance when they arrive without the physical connection. These people need to feel a reference point in order to understand the new field they are existing in, and the pomp and circumstance serves that purpose. For others, usually older souls who have done this hundreds of times, they make the jump without all the pomp and circumstance. Their loved ones are waiting and they just blend in as if they've been there a thousand years.

For others, more distressed because of the circumstances of their leaving, they will need time and special handling to "make the jump." That is the biggest reason why everyone who returns to describe their dying experience may share a different view. Each person has a specific need and it will be created for them by the welcoming team in the non-physical world. So, suffice it to say, don't sweat the small stuff.

In some cases, however, of mass leavings, that is handled a bit differently and can be time consuming, if not a bit dangerous. Welcoming 100 or 2,000 souls all at once... well, it can be Grand Central Station! However, the beauty of it is that we are already aware of this mass exodus and have our emergency teams ready and waiting. I must say the mass exodus from the 2011 tsunami was one for the books! We had to create a whole new

"temporary" reality for those folks so that we didn't lose anyone. It does still happen however, so we have many teams assigned as first, second and third responders to help those spirits over best as we can.

I will also add that those who have had experiences with the paranormal or the occult will actually be far more able to make the transition in a smooth and worthwhile manner. Those who struggle would be those who are very weakly tethered to the earth experience in the first place and have been wandering out of their physical body for quite some time. We have special teams for those fractured or disconnected individuals who need to be brought back into the wholeness of their creation. It is all very interesting, fascinating and has been one of my most prominent studies since being a non-physical entity.

My need to connect with the non-physical world is well documented, and when I met Tom and Jeanne Love I was very grateful for what appeared to be a phenomenal bit of luck. However, we know there is no luck without some deeper connection to the Divine and the ability to move through matter and time gracefully and correctly.

My time here today is not to speculate about that relationship as that is a very large and somewhat tragic story in and of itself. However, the beauty of all of this is that it has kept me connected to Jeanne and the science of communication. You see, the ability to communicate across these lines of matter has much to do with the medium's ability to *float through the different physical and non-physical realms* as anything else in their skill set. Jeanne and Regina have this uncanny ability to travel through various "veils" or layers of realities, find the communicator and translate for him or her as needed. There are mediums who do communicate well, and they are not able to translate information through many levels of consciousness. That is why their communications seem small or somewhat limited.

We, on this side of the Greater Reality, are blessed to have these two mediums. I am here today to shed a bit more light on the understanding between the physical and the non-physical realm. For now, I will say that there is only a breath of difference from where I stand and from where you perceive me when you are reading this. That is not to say that I have not had profound traveling experiences, visited other realms and worlds, but when I am speaking/communicating with you, I stand at this place

Continued on page 13

George Meek from page 12

where I am right next door. The only thing that separates us, besides belief, is the body. When the body dies the spirit moves through the veils of the physical world and into the non-physical world.

In the past many have explained this to be the astral world. Unfortunately, the translations of “astral” world religions or beliefs have not ended well. And the term “astral” has become a catch-all for various thoughts about where we land after we die.

Let me say this: it is by no means anyone’s desire to move into the “astral field” as you see it once the body no longer supports life. It is a measure of frequency and sound which vibrates very similarly to the earth frequency, but it is not a clear or cared-for band of energy. It is very limited, stagnant and dark, and we who have been part of those rescue teams work around that frequency. Although, there are many times when a newly deceased spirit wanders there because the belief system created that direction for them. That is a whole other story to be addressed at a later time.

What you need to know is that we are very organized “over here” and we work diligently to help prevent those wandering souls. However, it happens more than we like. Also, because one’s thoughts create their reality it is often difficult to move a person from that particular belief system and help them to be in the vibrations which serve positive consciousness.

And so, my friends, I am here to present the understanding that the unseen, or most always unseen world in which I reside, is merely a moment away. I have no physical body to support and that gives me true freedom for many experiences and explorations, but I am still very close to all of you.

My frequency/vibration is wonderful because I am able to transcend limited thinking and move into a much broader view of creation. I choose to remain close to all of you in order to help further the understanding of life, what it constitutes, and why it is important to understand in order to transcend the limited thinking of a mass indoctrination of thinking. I delight in being able to have a positive influence and to continue to share what I become increasingly aware of as I walk through my own windows of the soul and learn about the beauty of this universe.

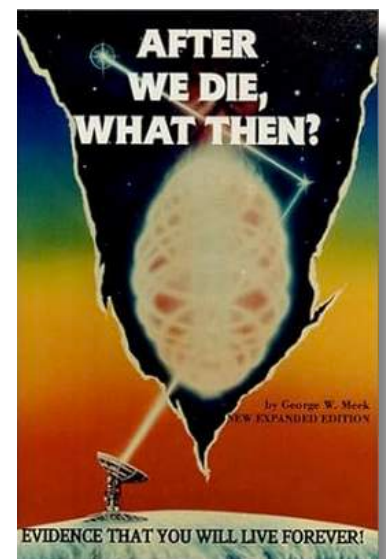
Many often ask...is there Love? Is there a GOD? Is there hell? Is there a no man’s land? I can truthfully answer that with

“Yes!” to all of the above. *It is what you think it to be.* I believe Jeanne’s daughter spoke of that...to think is to create. You see, when enough individuals think along the same lines and there is an agreement about something, it is a consensus. So, when you have a large group of individuals seeking to experience love and all of its components, *that thought-field forms*. It becomes an energy system of consciousness filled with positive attributes and love. Enough individuals over the course of thousands of incarnations, have created the accepted format of LOVE and all its various forms. It is quite lovely, actually. Conversely there are those who have beliefs lodged in darkness, bitterness, betrayal and chaos; enough individuals have a consensus about that so the frequency is created and it becomes “hell, or purgatory” that has been spoken of in so many religions, philosophies, etc.

There is so much more, but this is what we have time for today. In summing this up, let me say this: It is delightful over in this neck-of-the-woods. I am experiencing my creation with like-minded folks and I am enjoying all the opportunities for spiritual growth and consciousness. I love being connected to this Greater Reality work and hope that soon enough there will come a time for all of us to truly see one another, with or without the constraints of the physical body.

Life is to be enjoyed. Creation is limitless, magnificent, endless in possibilities and opportunities. Quite the cosmic dance for those unafraid to move forward in their own understanding of life, God and the universe.

*Yours truly,
George Meek*



Book By George Meek: [After We Die, What Then?](#)



About Medium Jeanne Love

Jeanne Love is a Mystic, Medium and a Musician. She has dedicated her life to helping those who seek the Higher Ground of consciousness. Raised as a Quaker, educated as a teacher and classically trained musician, Ms. Love has traveled to Japan, Switzerland, Canada and the USA sharing her gifts, wisdom and healing for those who are ready to move through the old stories of pain and trauma and move into the into their inner world of love, compassion and forgiveness. Communicating with those in the Greater Reality has led Jeanne to develop a huge base of spirit mentors from the other realms, teaching and leading her to amazing energies which she shares with others in her work. John Fuller, author of ‘The Airmen Who Wouldn’t Die’ and ‘The Ghost of Flight 401,’ declared Jeanne as one of the finest Mediums in the world. Email: misticjeanne@yahoo.com Website: www.cosmicvoices.network/meek



What's Ahead for 2024

Written By [Denise Linn](#)

A New Year can represent a new beginning, a new dawn, and fresh energies for your life. It can be a time of birth and rebirth. In this post, I am sharing information that has emerged during my meditations about the coming year, some insights discerned from the messages in the stars, and from sacred numbers. My intention is that you can use this information to take advantage of the exhilarating energies just ahead.

Personal Note: I am fascinated by the so-called cosmic energies. My passion for the mystical arts was ignited by my grandparents. When I was a child I lived with them for a number of years, 2,000 miles away from my family. My grandparents trained with the mystic Manly P. Hall, in the 1930-1950s in Los Angeles. And my grandmother was also an astrologer, tarot card reader and numerologist. Her wisdom has stayed with me all these decades later. My grandmother talked to me about the importance of taking advantage of the “cosmic” energies of each year, hence this post.

2023 - Water Rabbit

Every year has a particular and unique energy. If you remember, last year about this time, I said that 2023 was a year for personal preparation. It was a time to do some intensive clutter clearing, to repair and renew, and to metaphorically till the soil in your life, by pulling out any weeds that were clogging your energy fields ... in preparation for the seeds to be planted. It was a time of getting ready for the rapid and expansive growth energy in 2024.

2023 was year of the Water Rabbit in Chinese astrology, which can encourage you to be vigilant, thoughtful, reserved, self-reflective and compassionate. It was a year for contemplating the big picture. 2023 was a year to refresh and replenish your energy and to take care of details in life that had been neglected. It was a great year for clutter clearing and releasing relationships and situations that no longer served you. It was also a year to deepen your spiritual practice, incubate ideas, and prepare physically and emotionally for the energies of 2024.

Personally I didn't prepare as well as I would have liked. Darn! I guess life got in the way. However, it's not too late. The

energies of the new year won't start until mid-February, so I still have time until then to prepare and replenish. I'm on it!

And if you are like me, and didn't do a deep dive into clutter clearing your life over these last months, you can take advantage of the energies of 2023 while you still can! You still have until mid-February.

The energies of 2024 are approaching and what a year it will be! Hold onto your hats!

2024 - Wood Dragon

It will be a year of action, birth and rebirth. It is the year of the Dragon. And a Dragon year is an expansive year. The soil you tilled in 2023 and the seeds you planted, will be the fertile ground for your dreams and your intentions to rapidly sprout and take root in 2024. For an acorn to become a mighty oak tree it must have fertile soil. Whatever you put energy into in 2023 - until mid February 2024 - will grow. If 2023 was a messy year for you and you didn't take care of the details in your life, my suggestion is to clutter clear all aspects of your life with passion in the next two months. There is still time, as we reach the end of this cycle. Clear the dross out of your life, and prepare to begin anew with the approaching coming energies of 2024.

2024 can be a year of spiritual awakening! This is also a year to stand your ground. It is a year to step into your strength. Be willing so step up and step into your nobility. Hold the energy of “*Who I am is enough, just as I am!*” Wear this like a banner, for it is true!

This is a year of power! It's a Wood Dragon year and wood energy can represent rapid growth. It is a year for your latent talents, abilities and your inner strengths to emerge. If you are a people-pleaser and you tend to sacrifice your well-being to the detriment of yourself and for the well-being of others, this IS the year to let that pattern go!

Release relationships that drain you and/or people that do not support you. Have compassion toward yourself. The ideas and dreams that you nurture this year can emerge to be great things in the decades ahead. It's not necessarily a year to charge forward like a charging bull, it's more a year of opening your heart to spiritual energies and to the wellspring of creativity within you.

Continued on page 15

Follow your instincts, but be careful about being impulsive and hot-headed. 2024 can be a year of ups and downs, but keep going forward with an open heart.

If you prepare for it in the next two months by clearing out what you don't need in life, it can be smooth sailing. If you do not—a roller coaster may await you in 2024. (But hey, roller coasters can be fun!) If there is great upheaval in your life, it might not be necessarily bad, sometimes upheaval is needed for new growth. It's difficult for new seeds to grow in hard-packed soul, for example.

2024 - An Eight Year

In numerology 2024 is an eight year. In Pythagorean numerology, eight represents success, power and abundance. What's on your bucket list? This is the year it can happen. An eight year can bring remarkable results in your life, as well as passion, power and authenticity. Soft strength and soft power can blossom, as well. What does it feel like to wield your own power? This is the year to find out. It can be a year of radical honesty to put your truth into action, and a great year for manifestation of your dreams and to garner abundance.

2024 - For People on a Spiritual Path

If you are on a spiritual path, you can have an expanse of growth and even a spiritual awakening in 2024. This can be a year in which you have a shift in consciousness and embrace heightening spirituality ~ and some of the most amazing transformations of our era. There can be a kind of evolution of human spirit, energy shift, transformation. This might be the year where we embrace and celebrate great awakenings, and even a global reset!

Overview: Short Version

Between now and mid-February, it's essential to clear out the dross in life. Release situations and relationships that deplete your energy. Take care of any unfinished projects. Attend to any details. Have a plan for managing your time. Clear out the clutter in your home. This is important. The energy you put in now (preparing for 2024) will pay off in the decades ahead.

As you enter into the New Year, start to get a vision of what you desire for the decades ahead. This is a great time to do a **Vision Board** or to begin to envision a future you desire. Also, focus on what you are grateful for. Consider creating a **Gratitude Journal**. Whatever you focus on during this year can rapidly move into manifestation. Focus on good stuff!

An Eight, Wood Dragon Year: 2024 will be an incredibly expansive year. It's a great year for your dreams to manifest and to take action on the projects of your life. It's time to step into your power and grace! It also might be a year of upheaval or shake up in political structures and traditional systems of society—hang in there! It can also be a great year for medical innovations and discoveries, as well as spiritual transformations and frequency shifts.

Mystical portals are opening! It is a great year to be the sacred observer knowing that everything is in a constant state of evolution. That is the nature of life. Keep breathing and believing in goodness and grace.

These are my perceptions for the times ahead. If I'm right, 2024 can be a potentially bumpy, but also exhilarating ride of a lifetime. Let the good times roll!

Δ

I am offering a FREE Clutter Clearing Challenge through Hay House that you might want to consider... and it synchronistically occurs before the shift of energy in February/March!

Register on my website:
www.DeniseLinn.com



Photo: Denise Linn's Star Mountain Ranch



At Epiphany, a poem is the key

Robert Moss Blog | <https://mossdreams.com/>

My first dream at Epiphany, the day of “showing forth” for Christians the “theophany,” when the nature of God in Christ is revealed. I am in front of a screen that is a control panel. My task is to link various rectangular shapes. They are the size and shape of cards. I can click and drag them across the screen, and chart lines of connection between them. If I hit upon the right sequences, I will make magic, changing things in the world as well as on the screen. One of these rectangles contains a poem. If I lay my palm on the poem, everything goes right. All else is secondary. The poem is the trump, the master key. I am very happy because I have the poem. The rest will fall where it needs to be. I rise from this dream charged with excitement, not least because I have already written the poem...

The Speaking Land

Everything is speaking to you.
The tarot Fool is out of the deck
and walking up the drive
with the patterns of the world in his sack
to remind you (if you'll listen)
that to be wise you may need to be crazy
in the eyes of others, but don't confuse this
with behaving like a bloody fool.

The chickens in the yard can teach you
multiplication and what you need
to hatch that dragon's eggs you have inside.
Hawk will come over, more interested in you
than a chicken dinner. Are you ready

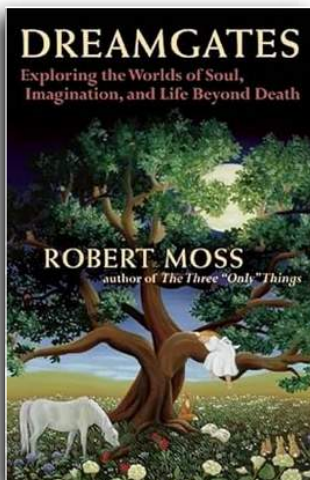
so soar on his wings, and claim his vision
and see your life roads from his sky?

Everything is conspiring to show you
what heaven and earth want to happen.
When you think your way is lost,
when there are mountains of glass
and concrete between you and your dreams,
the ones who move beyond the curtain
of our consensual hallucinations
and speak as the wind in the trees
as the call of a bird, as the bark of a fox
will open ways where you least expect them.
All you need are new ears and fresh eyes.

Δ



[Growing Big Dreams](#)



[Dreamgates](#)



Photo: Morning Star

Author Robert Moss' books: [Growing Big Dreams](#) and [Dreamgates: Exploring the Worlds of Soul, Imagination and Life Beyond Death](#) are available by clicking links. Published by New World Library.



Soften Your 'Black and White' Thinking



I tend to be a 'Black and White Thinking' person. Either I'm creating something or feeling stuck that I can't; either I'm exercising, or wishing I could find the motivation to get on my trampoline; either I'm eating wisely or eating everything in sight. Being a Black and White Thinking person isn't a good way to be because it makes us very critical of ourselves.

I find this self-criticism especially rampant when it comes to food, exercise and relationships. The idea that we'll always manage our emotions in a proper and loving way when it comes to our partners and children is ridiculous. The belief that we'll always push away the dessert, the second glass of wine, or burger and fries is equally sad; the self—flagellation that we fall into when we're not up bright and cheery each morning doing our morning workout and measuring the strengths of our biceps is enough to put us away for a week.

Not that we shouldn't have goals, but goals tend to drive us and keep us in Black and White Thinking rather than trusting ourselves and knowing that we're not machines. Life impacts us each and every day in different ways, and it's ok.

So how can we soften this Black and White Thinking? By *deciding to be Faithful to Ourselves – to never give up on Ourselves*. We give up on ourselves when we doubt our ability; we lose trust in our guidance, we believe the negative more than the positive, we let resistance to positive change win, and we fall out of our love with our lives, our hopes and our dreams.

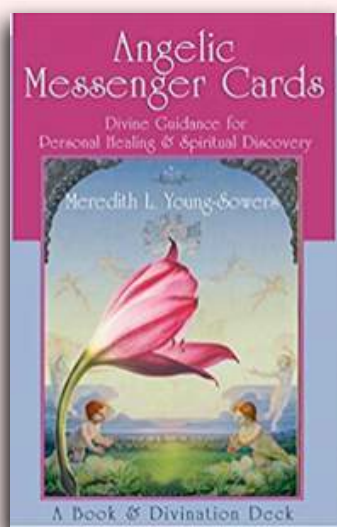
Rather than focusing on goals alone, put your attention just one moment at a time on caring for and about yourself. We don't give up on others, so decide that you'll not break faith with yourself today.

~Meditation~

*Put your hands over your Deep Heart and relax your thoughts for just a moment. Say to yourself,
"I will not give up on Myself. I will not lose Faith in me."*

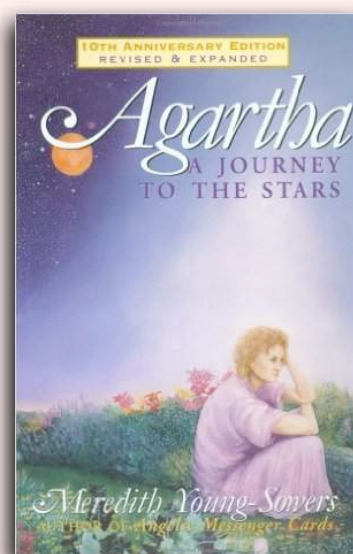
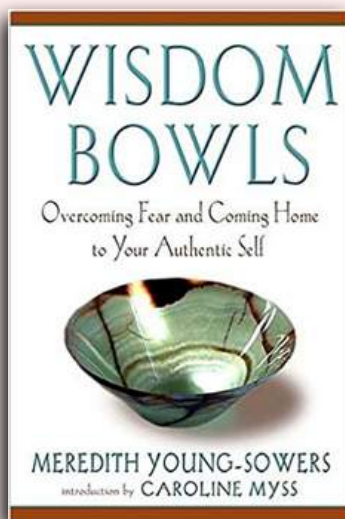


Meredith Young-Sowers, D.Div. is the Author of: *Agartha, The Angelic Messenger Cards, Spirit Heals, Wisdom Bowls, and more.* She is the Founder of The Stillpoint Foundation and School and has become a watercolor artist. Email: mysowers@gmail.com



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

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



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

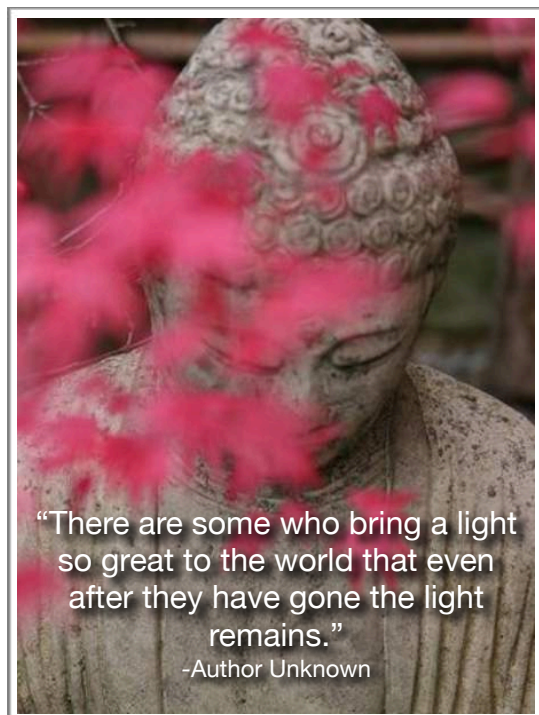


Jeshua, My Heart

Kathleen Jacoby was the former Editor of The Inner Voice who made her transition into spirit in April 2019. In her own words she said she is sitting at the feet of the Masters, learning as much as she can about the Greater Universe. A long but poignant read written in 2011.

In the evening breeze when all is still and the world is in a moment of poise, I am aware that in my center of being, in the heart of matter, God is. The indwelling Spirit of Self that is the fullest and most complete part of me resides within, waiting only on welcome. It does not intrude, is not rude, is not devious or manipulative. *It simply is.* And as we go about the daily chores and process of seeking to find this elusive place we all yearn for — this space out of time that is our true home — it is simply waiting within for our moment of recognition when we turn attention away from all that glitters and seek first the Kingdom of God.

Jesus came to teach us this. So did Buddha and Krishna and so many others who saw truth and sought to pass it on. Yet, the ego, in its continuous role as pretender to the throne, would take the truth and twist it just a little this way and that to accommodate its function of individuality. In its seeking for affirmation and attention, it became forgetful of its true role as the mouthpiece for the indwelling Spirit. Like a servant to the master, who believes when the Master is gone that it can do all things — but cannot, the ego seeks elevation to a status for which it was never created or intended. Yet, this is the way of the world.



The Christ is the Light of God that is in everything. It is God participating in its creation and playing all the parts. Yet, in order to make the "game" of life more intriguing, part of creation has forgotten what it truly is, and the task is for each portion to find its way Home...back to its central Self through awakening to the fullness of Itself.

In that respect, earth and the manifested universe are the portion that has split from the host body and are assigned to the realm of space/time forgetfulness whereby they are a playground for the soul of Creation. It is in this realm where awakening to true Self will take place sooner or later...in a current life or one yet to come.

As Jesus, who came portraying the Christ, his function was to show us all that God dwells within, and that the only way to merge into God is through the Christ within. Unfortunately, the ego of the world grasped an opportunity to deny its own demise as premier entity and turned the tide to discredit the Christ. It was the ego that crucified the Christ and the reasoning behind Jesus' statement on the cross, "Father, forgive them for they know not what they do." The not knowing was the great travesty against ourselves, for we allowed the ego to crucify the indwelling God of each one of us. Ego crucified Spirit. And in that moment, the thunder and lightning was the signal that ego had gone against its own light body in favor of its misplaced loyalty to its own desire for supremacy.

The problem for ego is that it cannot be predominant eternally because it is transitory. It is not an eternal part of our nature, but is that portion which is used within a lifetime to be the individuated vehicle of expression to carry the true us through space and time. When its function is complete, it is laid to rest with the flesh. When illumination occurs, the Self merges in the Light of Christ and becomes at one with the One, never needing to go forth again, save by choice.

Re-Entry Program

We are all bathed in the illusion of what appears to be real. Life presents us with various scenarios — some exciting and exhilarating, and others dire and depressive. But the key is that we — the real "we" — have the opportunity to weed through the elements of desire to find the pearl of great price that is hidden within the scenarios each of us face. For some, it is an adventure, for others, a seeming nightmare. Yet, we

Continued on page 19

are all given provisions to find our way out of the maze in which we seem to be planted. It is a mind field that requires discretion and discernment, and that is the making or breaking of us in this incarnation. There is no judgment related to finding or not finding, there is only the lack of light that we keep from ourselves when we continue to scratch and dig in the fields of empty. One way we can tell when we are looking for love in all the wrong places is that we feel a momentary high and then we crash and need something new and novel to spark our enthusiasm.

The continual rush to find something “out there” that will do it for us is futile. There is nothing out there. The true unifying agent is only found when we exhaust ourselves of the endless search that leads to continuous dissatisfaction and turn within to find something that goes way beyond the world of appearances. That is the Inner Sanctum, the still small voice, the cave, the quiet place, the Silence, and many other names that point to the only realm where true joy and lasting satisfaction can be attained. The key is that we have to turn all our programming upside down and recognize that we’ve been searching for the wrong things, because the journey to our true Self is not about finding, it is about receiving.

When we go within, yearning for communion with something higher than our ego wants, we open ourselves to being vulnerable. We are finally turning inward because the outer world no longer satisfies. We aren’t being fed our daily bread in ways that nourish our soul. We are living on a junk food diet that merely exploits our basest nature and inflates our illusion of specialness. Once those false doctrines come tumbling down and we’ve exhausted our avenues to “fulfillment”, we are ready to make the real journey...one that is without distance and only requires that we make a turn away from the noise and distractions to allow the priceless pearl to open to us.

Quieting the mind, stilling the chattering mind, disarming the unquenchable desire body – these are the things we need to be willing to do in order to come into the Peaceable Kingdom. As we do this, there are incredible rewards waiting to be claimed. Our true nature is revealed and we no longer feel like separate sojourners on a rocky path where we have to maintain attitudes of survival of the fittest. We are aware that we are all linked in unity at the core and that working together we can create meaningful lives and healing of our planet and ourselves. It is all an inside job, and it starts with each one of us. Like small lights, we are turned on one at a time to bring about a glow of beauty that ignites the spirit of our fellow travelers. We see the unity of *all* life and recognize the sacredness in everything from the stone to the magnificent eagle and crawling insect, from the most exotic flower to the smallest

weed. *Everything* is sacred when we look at it through the lifted veil of illusion.

As we enter the Kingdom held within us, we are refreshed and renewed. There are answers to all our issues, fears, and hurts. There is a source of sustenance that is never dimming, never ending, and the only thing that separates us from it is our own act of separation, often based on a sense of unworthiness.

As long as we persist in seeing ourselves as separate individuals who are here to gain our own ends at the expense of the rest of life, we are living a lie, and we can do that for all of our days, but internally, we will know that something major is missing. We may be experts at self-defense and avoidance. We may have the most tangible assets to show how powerful we are, or can sway others through our will, but inside at the core, we cannot hide from the truth. Something very important is missing, and until we acknowledge this and seek first That which we *truly* are, we will live a life that is a dim reflection of what we can truly be.

Accepting Vitamin G

In our rush to feed the body healthy foods and we take every vitamin available, but when it comes to nourishing our soul, we are much less concerned. Our efforts on soul’s behalf are often haphazard or rote according to a structured system that focuses for one hour a week on our true nature. Yet, vitamins constitute a daily regimen, so opening daily to receive our good – to be willing to make time for the quiet few moments that can restore and replenish us, can work wonders. We call this time of stillness our Vitamin G supplement. In an age of apps and sound bites, we can plug in our Vitamin G connection for a few moments or longer to re-invigorate our lives and make sure they are running on a higher frequency that is our best navigator. When we do this, our lives take on a different tone and we notice subtle and not so subtle changes in circumstances and the way we feel. Our focus is enriched, and our actions and interactions become symphonic rather than off key and isolating.

Giving up addictions is hard only when we turn to the world for our sustenance. When we move into the Vitamin G App, we are fed at the core level by *That Which Is Real*. Our whole being knows the difference and responds accordingly once we open the door to the Inner Sanctum and allow ourselves to be the recipients of the Indwelling Presence of God. Life takes on new meaning, and we are born again – not in flesh, but in the spirit of our true heritage. Then the real privilege of our life expression can begin and we will find that seemingly miraculous occurrences and helpers appear to enrich and enliven our portion of this magnificent life experience we are all playing.





Sun guides Pluto over the threshold and into the land of higher frequencies

Written By Andria Nikoupolis Weliky



Happy New Year
My Dearest
Cosmic Curious
Ones! I hope this forecast finds you well! Whether you celebrate Christmas, Kwanzaa, Pancha Ganapati, Hanukkah, Solstice, or another festive tradition, I hope you've been wrapped in the love and light of the season!

Last month I invited you to join me and create "A Gratitude Jar." At the end of each day, we reflected and wrote on a small piece of paper, five things you are grateful for. Throughout the coming year, we reach in and draw on a reflection of gratitude. Were you able to join me through December with daily reflections? If not, no worries, I invite you to "begin again." As we look ahead to the new calendar year, the astrology energies of 2024 will give us a feeling of acceleration and it is up to us collectively to create the reflection we want to see, to co-create our new world, our future. Together, let's build momentum around an expanded consciousness of love; it's all about frequency!

In this forecast I will unpack the main energies of the month and a preview of the 2024 transits, but before I do, I wish all January Birthday Babes a Joyous and Happy Healthy Solar Return!

Mercury Direct in Sagittarius, January 1 ~ An optimistic panoramic vision of grand ideas are carried forward



in stride with legs of an enthusiastic nature.

Mars ingress into Capricorn, January 4 ~ Blazing ahead, onward and upward! Sure footed, fast and furious Mars is eager to take productive, vigorous and constructive steps to achieve tasks, and climb mountains with favorable support.

New Moon in Capricorn, January 11 ~ Fertile and fruitful, this new moon is rich, affording a lush and fecund garden in the realms of discipline. What area of intention are you wanting to achieve mastery? This moon will be your faithful compadre!

Mercury ingress into Capricorn, January 13 ~ Applied form and reinforced trusses strengthen plans and goals, setting a strong foundation.

Sun in Capricorn conjunct Pluto in Capricorn, 29 degrees, January 20 ~ This critical degree point has outdated and

unsupportive structures crumbling; the top-down order is under the spotlight calling for clearing and cleanup crew. In doing so, we make way for the future, birthing in the Altruistic Aquarian Age. Immediately after Helios and Hades meet up at the demolition site and discuss transformation around humanity, the opening to the gathering space called Aquarius is bathed in the warm glow of the Sun heralding inspiring topics centered on inclusivity and equality.

With the steps to the doorway still illuminated by the Sun's

warmth, Pluto makes a grand entrance! Here we receive a deeper understanding from the God of transformation taking up an eight month tenure in the land of invention, intellect and humanity before dipping back into Capricorn one last time, before he begins his twenty year residency in Aquarius starting November 2024.

Venus ingress into Capricorn, January 23 ~ Goddess of love and connection is equipped with qualities of consistency and commitment, shaping a practice with a set of principles and guiding the work needed to create harmony, beautiful form and balance.

Full Moon in Leo, January 25 ~ Lady Luna takes center stage in the lion's den, she ushers in a heart-centered or heart

Continued on page 21

Cosmictology from page 20

driven emphasis; reminding you to let your heart be your guide.

Uranus Stations Direct, January 26 ~ The pace is quickening as the Sky God or planet of lightning quick insights, rebellion and sudden awakenings comes out of retrograde and kicks the DeLorean into gear. What new inventions will be born out of this

transit? I'm seeing Doc from Back To The Future, Great Scott!

Major transits for 2024 include:

Pluto will make its final transition into Aquarius in November and stay until 2044. Topics of transformation and power around invention, communications, air travel, humanity, and AI will be highlighted.

Mercury retrogrades in fire signs initiate brave, courageous and inspired actions when it comes to thoughts, networking and travel.

Jupiter in Gemini in May will have the planet of plethora and abundance busy, busy, possibly easily distracted by

shiny objects. Quick footed, this energy may be very fickle and hard to harness, yet very social and charismatic.

First Eclipse in Pisces, September 17 ~ Great beginnings and great endings around themes of spirituality, compassion and the fantastical dream realms.

Mars retrograde in Leo and Cancer starting December 6 ~ Plans and actions may need creative revision and feelings will be considered with discerning reassessment.

Δ

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



Christopher Loyd and Michael J Fox as Doc and Marty from the 1995 film, Back To The Future

EMERALD LION ALCHEMY

WWW.EMERALDLIONALCHEMY.COM



HOLISTIC ARTS WITH THE
"COSMIC-TOLOGIST"
ANDRIA NIKOUPOLIS WELIKY

DOOR COUNTY, WI
920-246-9334

EMAIL: ANDRIA@EMERALDLIONALCHEMY.COM



Crystals for the Year 2024!

Written By Lori Andrus

Each year, as December comes to a close, I sink into reflective and meditative time with crystals and stones. I track collective energies, explore themes, and welcome their wisdom and insight for the coming year. It is always interesting to connect with what they have to share. At this time upon the earth, their deep earth connection brings a unique perspective to what is unfolding on this beautiful planet.

During my quiet moments with them, they reminded me that they are emerging from the earth, in abundance, in an effort to awaken us to our light, to awaken all of humanity to their light. It is their intention to support us in recognizing our unique wisdom, gifts, and talents. It is their vision to see us sharing all of who we are unencumbered by past experiences.

As we sank deeper, they drew my attention to our relationship with power — mine, yours, and the collective. They shared that the central theme for 2024 is about peacefully standing in our power and embracing soulful expansion.

Last year took many of us on a healing deep dive where we shook off patterns, stories, and beliefs in order to reconnect with the very core of who we are. As we enter this new year, it is a time to allow all we have worked through to be integrated and embodied so that it may support us in fully embracing our light, our gifts, and our wisdom. While it may not always be easy, the crystals and

stones are eager to illuminate the path ahead as you navigate a new and meaningful relationship with your own innate power.

The 2024 Crystals of the Year

Clear Quartz invites us to let our inner light shine brightly in our lives.

Selenite invites us to let our inner light shine brightly in our lives.

Monthly Crystals:

January: Star Cluster Aragonite invites us to anchor our light within.

February: Sodalite invites us to walk through the portal of our becoming.

March: Prehnite supports us in returning to our true nature.

April: Danburite encourages us to invite angelic support.

May: Moqui Marbles remind us that a balanced life begins within.

June: Sunstone stokes our inner fire and step into the sun.

July: Spirit Quartz encourages you to sink into the warm embrace of your spirit family.

August: Chrysoprase invites the warmth of hope into your heart.

September: Mica lovingly holds space as we gaze into the mirror of emotional truth.

October: Ammonite lean into the spiral path as deeper awakening unfolds.

November: Magnetite unleashes our magnetizing magic.

December: Blue Lace Agate invites us to discover the beauty of inner silence; and, Kyanite reminds us that we are a sacred bridge between the physical and spiritual worlds.

As you navigate 2024, I encourage you to add these crystals and stones to your personal collection. You can explore new ways to work with them by simply spending time together. Sink into meditation. Take them on a walk. Carry them in your pocket. Gather them together into a medicine pouch.

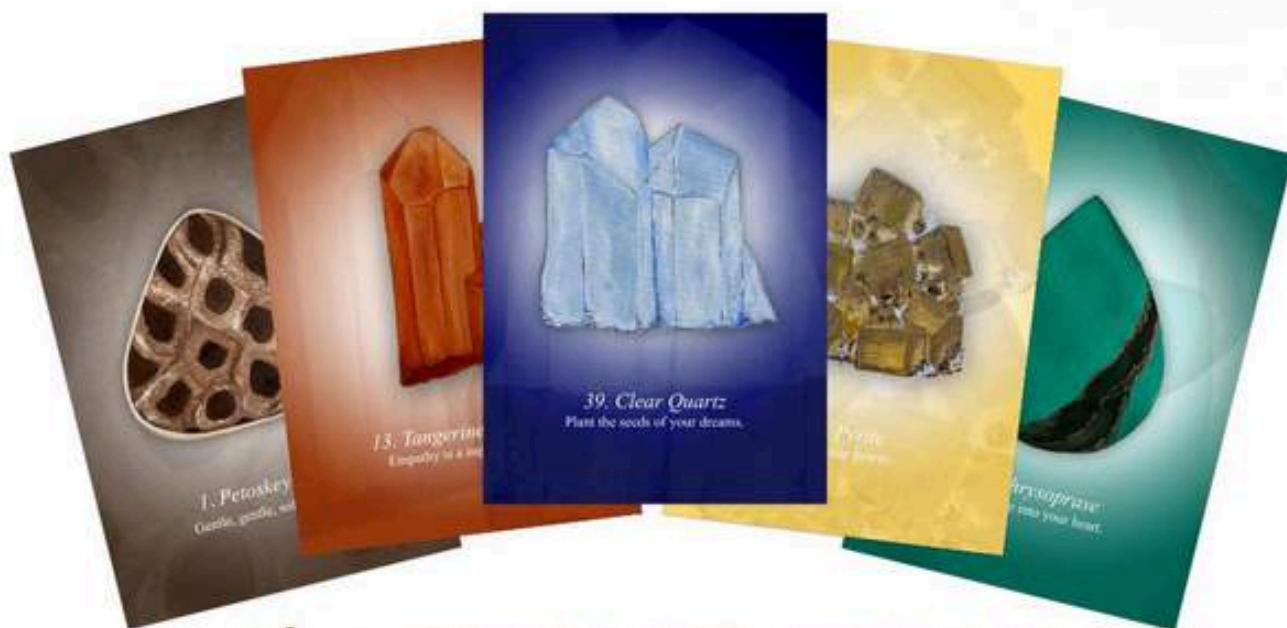
Add them to your altar. Wear them as an adornment. Pull out your favorite crystal book and do a little reading. Most importantly, listen to them with each of your senses. And, make sure to pop back here to read my column each month as they share insight into collective themes and meaningful ways to navigate life's ups and downs.

△

Rise into your soul wisdom. Discover crystal rituals for activating your sacred path. See ad on page 23 for more information.



2024 Crystals of the Year - Quartz and Selenite



the STONES SPEAK

A 45-CARD ORACLE DECK & GUIDEBOOK

Embark on a transformative journey into the realm of earth wisdom as you explore rich insights and soulful guidance from the crystals and stones. Each oracle card features original artwork by Lori A Andrus, bringing earth wisdom to life in vibrant colors and intricate details. Whether you seek clarity, inspiration, or a deeper connection to the natural world, *The Stones Speak Oracle* is your trusted companion on the path to self-discovery and creativity. Let the earth's wisdom illuminate your journey and inspire your soul.

Learn more at: www.LoriAAndrus.com



Pondering the Mystery of Presence

Written By Beverly Brunelle

It is a mild soft sunny day. I am looking out over the Pacific Ocean, the expansive sky, lush coastal greenery and mountains. I wonder what is here to see, as if there is a specific goal for me to achieve. As I relax more into Being with nowhere to go, I notice expectations and the busy day giving way to Presence.

It's late afternoon. The sun appears low in the sky, lighting the landscape in a rich golden glow of silence. There is a brilliant highway of light streaming from the sun, over the ocean, directly to me. It highlights the rhythmic movements of the deep waters. The sky and ocean are shades of blue, separated by a band of

clouds that stretch along the vast horizon. This consuming vista is a potent perception of the future, if I welcome its wisdom.

It is a whole New Year cycle. Each day is unique timelessness and rich in possibilities. Each day presents new options, seen and unseen, imagined and beyond imagination. Sometimes we are so raw, so overwhelmed and terrified of the unknown that we want to escape entertaining new possibilities.

Do you have goals for 2024? Dreams, desires, callings, challenges? Are there things you want to change about yourself, circumstances, relationships, work, the world, your relationship with your inner

Divine? Do you feel inspired or expected to deliver results in some defined way, perhaps in order to define yourself?

The expansive coastal views inform us of the immensity of the unknown that we live in and with. What if the present is enough, no matter how limiting our past has been, or the future may seem, for us to newly perceive and receive inner inspiration, inner clarity, knowing and wisdom to create our contribution to dynamic higher vibrational change in our lives? How? By resolving and clearing limiting filters of the past so we can see with fresh eyes, to be boldly receptive to new possibilities with refined discernment to embody more of our creative Essence, and wisely be present to express our unique selves.

Interestingly, as I write this, suddenly the separateness I've felt while looking out at the view is gone. I feel *me here with me* and the landscape, that I am included in it, not just the watcher. I feel Present in my body, on the land, aware of the chill waking up in the air as the sun appears closer to horizon. I sense a richness, a ripeness of pure creation and enlivening possibility all around and within me.

Deep Breath...

The sun grows brighter as I write and it is getting quite chilly. There is much in the mystery of life to explore. It is not a direct line; not necessarily as logical as we expect it to be. Life is very complex. I feel grateful for moving with my desire to come to the coast today not really knowing what richness it would bring, just feeling that I needed to rest in the spaciousness of the vast ocean vista in me. Sometimes goals need us to step away from them so that we can be nourished in the presence, spaciousness and magic of nature; to open to the

Now available on Amazon!

Luminous Infusions
by Beverly Brunelle

*Wisdom to inspire
self-awareness, discovery
& empowering change*

Order Now!

**Go deeper to enliven your
brilliance in private sessions
with Beverly.
Request a 30-minute
complimentary consultation.**

www.beverlybrunelle.com/contact
BeverlyBrunelle.com



Photo: Pacific Ocean Sunset by Alex Demas

mystery of what we don't know and what we have come to offer.

Seeing, feeling and exploring ways to be in spaciousness seem like a potent daily practice to gain perspective and receive from the mysteries of life that are arising within us.

The sun is now pulsing luminous shades of orange and gold as the earth turns away from this view of the cosmos. There is much to ponder in this vibrant stillness.

Δ

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

"You are not a drop in the ocean. You are the entire ocean in a drop." ~Rumi



Katsushika Hokusai, The Great Wave off Kanagawa c.1830-32



We stand on the far-side of the planetary arena with a message of hope and resilience. There are no exceptions to the rules of thumb we lay before you today. They are planetary equations that cannot be watered down. They are scenarios of great achievement when followed to the letter drenched in faith and peace of mind.

In perfect faith do solutions rise to greet you like the morning sun. There is nothing your holiness cannot do. There is no shortage that will not be stocked up. There is no need that will not be met. Our frequency facilitates a time-collapse and the benefits will be greatly accelerated as the time-line continuum moves sharply forward collapsing its pixels.

Time line collapses are like juicy tidbits from the Universe. They are there to show you that the truth needs no defense or protection.

Seeds are dropping from our starship. We are frequency enhancers galore. We are up-risers of the truth. We are pyramids in that we are singularity enhancers. We represent truth times a million. We saturate you with a deep inner knowing and a resultant bubble of stillness which brings about an experiential benevolence igniting your inner bubble with a kind of majestic embrace.

Our ships are like seismic balloons. Little soft doves fly from them. We are God's great ambassadors and way-showers. We salute your needs and will come to you with hearty assistance as you flounder no longer in fear, but rather fly into your freedom and behold that place in your mind where all things are new.

Falter no longer in the Great Gatsby mold of reality. Settle only for the perfect sequence of the One Mind. Watch how fast solutions rise up and bubble to the surface once the mind deeply lets go into its wondrous peace. The best is yet to come because you're deepening your awareness of the truth; you are standardizing faith as your norm; you are seeking and seeing the best light in your brethren from sea to shining sea.

We love you with hearts flying into the oneness of you.

~The Pleiadian Star-gazers from the majestic frequency of One

AFTERLIFE REPORT

Evidence



Presented by
Victor and Wendy
Zammit

Science



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

Wendy Zammit of **The Friday AfterLife Report** along with **Global Gathering** coordinator, **Karyn Jarvie** bring you news on authors and experts in the field. Check it out for FREE!

Subscribe for Free!

<https://www.victorzammit.com/archives/index.html>

GLOBAL GATHERING GUEST Presenters JANUARY 2024

Sunday, January 7 ~ Steve Beckow and Barbara Peterson present: "How Spiritualist Maps of Heaven compare with End of Life Experiences"

Sunday, January 14 ~ Jo Buchanan presents: "My Journey with Native American and Egyptian Mysticism"

Sunday, January 21 ~ TBA

Sunday, January 28 ~ Richard Schneider on "Reincarnation"

Join the Global Gathering!

<https://zoom.us/j/7595442928>

[Check time in your city](#) and join the discussion with others from around the world!

Pacific Time: 12 noon Sunday

Phoenix: 1 pm Sunday

Mountain Time: 1 pm Sunday

Central Time: 2 pm Sunday

Eastern Time: 3 pm Sunday

London: 8 pm Sunday

Vienna: 9 pm Sunday

Sydney/Melbourne: 7 am Monday

New Zealand: 9 am Monday

Global Gathering Coordinators:

Wendy Zammit wendyzammit@gmail.com

Karyn Jarvie karynjarvie@ozemail.com.au





Make Way For the New

Written By JA Dioguardi

A new beginning brings an ending,
And the reverse is also true.
At times, we're uncertain what to do
With projects that are pending,
Fences in need of mending,
And paths that we deny
We're clearly meant to eschew.

No matter how we try,
We can't go on pretending
That to which we should be attending
Isn't ours to do.
Rationalizing won't make it true!

The collective urge to purify
Is Source's not-so-subtle cue
To let go of what is through
And the need to know why
We must say goodbye
To our old beliefs and actions
And, sometimes, loved ones, too.

Fated 'coming attractions'
Are immune to ego reactions.
What's intended will debut
Despite the mind's distractions
Purge the old to make way for the new!



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



Southeast Wisconsin's oldest crystal store offering thousands of beautiful and unique stones and crystals at reasonable prices. Your go-to crystal shop! We ship orders just about everywhere.



Stone of the Month

Apatite: This lovely blue stone assists us with temperance and the willingness to change.



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

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

freespiritcrystals@gmail.com
www.freespiritcrystals.com



Find us on
Facebook and
Instagram
[@freespiritcrystals](https://www.instagram.com/freespiritcrystals)



Lose Weight with Feng Shui

Written by Nancy Freier

If losing weight is one of your New Years' Resolutions, you may want to take a closer look at your kitchen. It is the heart of the home and where you go for nourishment, and to sustain life. According to the principles of Feng Shui, the kitchen symbolizes wealth and prosperity. At the beginning of this New Year, whether you're trying to lose a few pounds, or merely trying to improve your eating habits, instead of counting calories and fighting cravings, try these simple kitchen tips to help you succeed in your goals.

"Hide" the kitchen especially if it's the first room you see when you enter your home. Seeing it first thing when coming home may be sabotaging your diet efforts. Either enter through another door, or hang a mirror (or artwork) near the kitchen door to distract your eye away from the kitchen.

Ideal **kitchen colors** should be earthy, neutral colors in shades of green, brown, goldenrod and pumpkin to promote satisfaction and lessen cravings.

Create a harmonious space that is well organized and have a balanced flow of energy (chi) moving through it. Keep your

stove clean. Your refrigerator and pantry should be stocked with foods that you eat. Place a bowl of fresh fruit on your counter to attract positive chi into your kitchen and promote healthy food choices.

Clear the clutter~ Excess baggage means excess weight. Clutter keeps you stuck in a rut and drains your energy. Clearing the excess stuff from your pantry, cabinets, drawers and countertops lightens your kitchen — and your weight. Clean out the refrigerator of any food that has passed the 'use by' date. Wash the shelves and bins. Reorganize the remaining foods. Next, move on to the cupboards and pantry and do the same. If you have any never-used (small appliances and electrics) sell or donate them to someone who will use them.

Effect of color on appetite. Experts suggest to vary the colors and textures of the foods you eat. The more color, the more nutritious the meal. The chi (energy) value in a salad bowl of veggies far exceeds the stagnant chi in a plate of processed foods. Eat from a black or dark blue plate, as red stimulates the appetite and can lead to overeating. Use bright colored plates for breakfast, but switch to the "blue plate special" for dinner.

In Feng Shui, round stands for curiosity, and square for contentment. So, if you eat your food from square plates, it reduces cravings for second helpings. Also, smaller plates reduce the size of your meals without you feeling deprived.

Dine while seated at a beautiful table. For an added bonus, balance all five elements — earth, metal, water, wood, fire in your tabletop decor.

Fix your own meals and you will become more conscious of what you eat, giving you control over ingredients and portions.

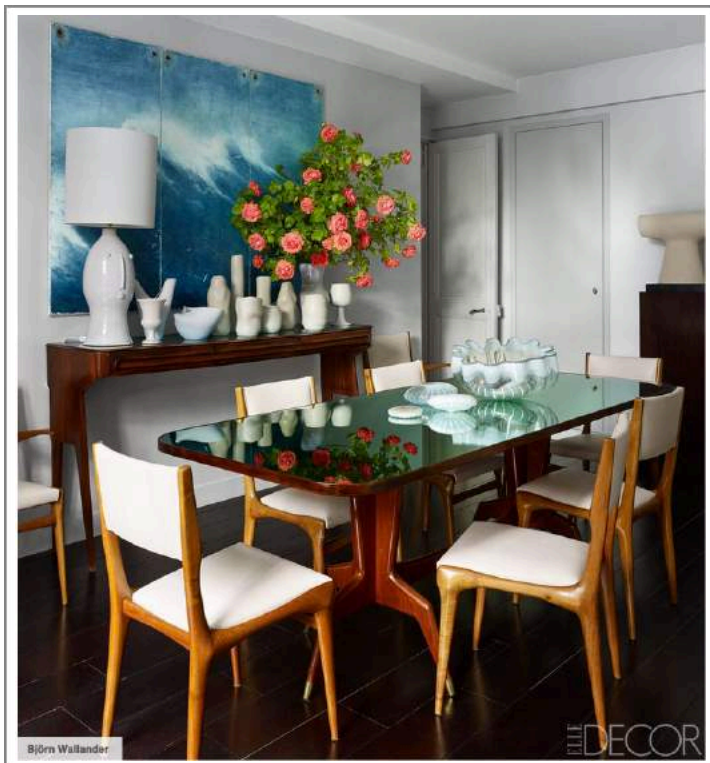
Mirror, mirror on the wall where you sit to eat, or hung on the snack cabinet door will make you mindful of what you're eating. No one likes to look in a mirror while eating!

Hang a ticking clock in the dining room to remind you to slow down, giving your stomach a chance to feel full. Speed-eating leads to overeating.

Another benefit from following these tips is that in addition to having more energy, you'll more likely excel in other areas of life. You just may notice a shift in your career, prosperity and in your relationships, as well. Happy New Year, indeed!



"Blue plate special" has a new meaning



Photographer Bjorn Wallander | ELLE DECOR

△

Harmony By Design

A unique interior design service that uses the dynamic quality of Ch'i to bring your home into optimal harmony, comfort and balance.

Nancy Freier Essential Feng Shui

My passion is to help you create a home you love!
In-home or virtual appointments are available.
Simply send an e-mail to get started!

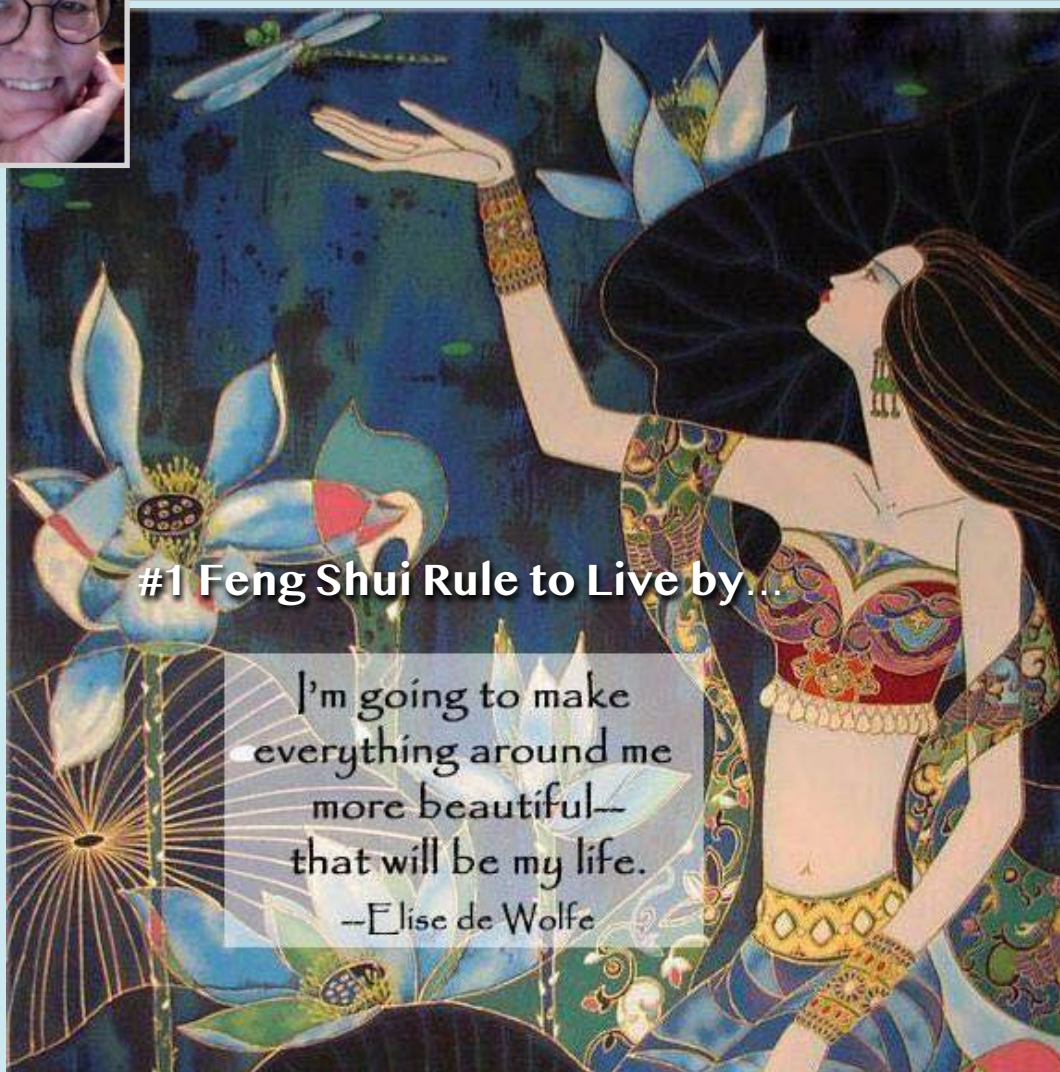
nancyfreierdesigns@gmail.com
www.NancyFreier.com



#1 Feng Shui Rule to Live by...

I'm going to make
everything around me
more beautiful—
that will be my life.

—Elise de Wolfe



Marianne Williamson:

“We must proactively create peace in the world”

Just when the wars in Iraq and Afghanistan were beginning to lose their grip on our national consciousness, wars in Ukraine and Gaza have arrived to take their place. One thing about which there is no doubt: in the United States there is a forever war machine.

In the words of Albert Einstein, “I know not with what weapons we will fight WW3. But WW4 will be fought with sticks and stones.” We will stop the madness one way or the other, either through wisdom or through the inevitable consequences of our collective insanity. The global apocalypse I see in my mind is never the stereotypical landscape of a ruined city, but rather the Louvre in rubbles. The accumulated genius of the last few thousand years reduced to ashes. The ultimate loss of everything.

President John F. Kennedy said mankind would end war, or war would end mankind. Yet the war-monger class is on a roll. They see Ukraine and Gaza as mere appetizers, salivating at the very thought of the main entree in their evil feast: war in the South China Sea.

Don’t get me wrong; I’m not a pacifist. I look at the military the way I look at a surgeon. If we have to have surgery we want to make sure we have the best. And the United States should have the best surgeon on hand at all times. But a reasonable person tries to avoid surgery if possible. And what is called “the Blob” in Washington doesn’t try to avoid war so much as it seems always on a hunt for the next one. A just transition from a war economy to a peace economy, despite the fact that it would render a greater ROI for society, does no such thing for them. Their goal is not to fund peace but to fund war.

All of this mirrors an internal dynamic that exists within all of us: the urge to create versus the drive to destroy. A craving for peace versus an impulse to violence. The power of love versus the power of fear. Wars without are merely the externalization of wars within, and we will not get rid of them in the world until we get rid of them in our mind. Humanity is always in the process of evolving, and the choices we are confronted with now are the choices that will determine whether or not as a species we’ll survive much longer. In the words of Dennis Kucinich, “We must challenge the belief that war is inevitable.” The only ultimately survivable option is to reach a state of awareness in which war of any kind is simply unthinkable. It will have dropped away. It will have become mere memory.

And we will get there. In *A Course in Miracles* it says it’s not up to us what we learn; it’s only up to us whether we learn through joy or through pain. In the meantime, the wisest thing we can do is to imagine a planet at peace and reverse engineer from there. Nations must evolve from adversaries to competitors to ultimate collaborators in the creation of a more beautiful world.

In the included [video](#) (below) I reflect on current issues of war and peace as we grapple with them as a nation today. Among other things, I speak about the concept of a [Department of Peace](#). In the words of President Franklin Roosevelt, “More than an end to war, we want an end to the beginnings of all wars.”

△

MW Meditation: “I choose to awaken from the delusions of the world”



<https://www.youtube.com/watch?v=DDhXdDQPXD8>

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



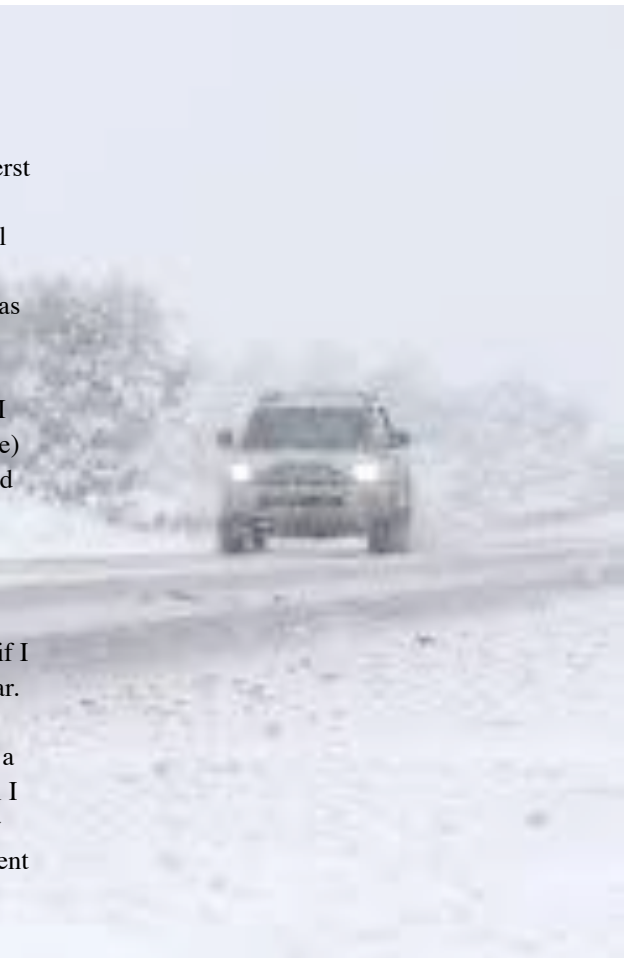
The angels were watching over me that night on my way home from your angel class. My friend Linda and I rode together in my car. After I dropped her off, the ‘check tire pressure’ light came on! Since it was Saturday night, and I was only 15 minutes away, I hoped and prayed the tire would be good until I got home. The next day, my son-in-law came over to help with some tasks, as my husband was away hunting. I asked if he would check my tire pressure and we found that my tire was completely flat! I knew in my heart the angels let me get home safely, plus they sent someone on a Sunday to change my tire! Oh, and thanks for the wonderful class!—Terri



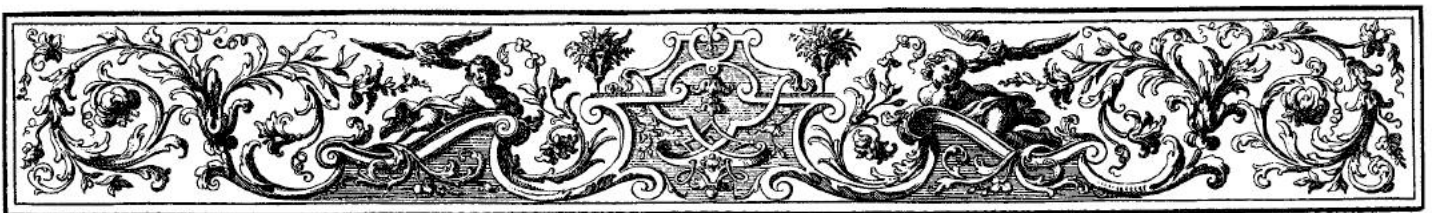
An Angel In The Driver’s Seat?

I was traveling home to Green Bay on a January Sunday from Amherst Junction on Route 54 between Black Creek and Seymour. It had started to snow during the course of the day and had yielded several inches of accumulation. I was heading north toward Seymour when my SUV inadvertently drifted into the center of the highway where there was a pile of snow from the plows. I grabbed the steering wheel with both hands and I also took my foot off the accelerator. I did not touch the brake. Suddenly, I found myself in the southbound lane heading north! I was sure that I was headed for the embankment (off the southbound lane) when my SUV gently turned around and headed south in the southbound lane!

My goal was to be going north to Seymour, so I needed to turn around. I was shaking so much that I decided to drive back to Black Creek and find a large parking lot to turn around in. As I was going toward Black Creek, my SUV seemed to be ‘riding funny.’ I wondered if I had blown a tire. When I looked down, my SUV was in low, second gear. I had not shifted the vehicle myself. Shifting it required squeezing and pulling back on the gear shift. I know that I did not do that, but without a doubt that is what caused my SUV to gently recover and right itself. All I could think of on the rest of the journey back to Green Bay was that my guardian angel had interceded to keep me safe, and I knew at that moment that I still had a purpose and reason to be here. ~Carol VanScyoc



Send your Evidence of Angels stories to: theinnervoice magazine@gmail.com



Get a Reading!



Angel Guidance Readings with Angel Medium Nancy Freier

If you're experiencing a challenge and need the Angels' unique perspective to understand and resolve it, get a reading! The Angels see the bigger picture of your life and where you're heading, and they are ever-present to wisely and lovingly guide you through whatever you are facing. Mediumship readings bring you messages from those on The Other Side of the veil. Readings are available written through an automatic writing technique, or verbal via phone, Zoom, or Messenger by appointment. Get a reading! Email NFreier@aol.com

Welcome to the Angel Guidance Group

Nancy leads the group into a growing awareness of those in the higher realms and the ways they guide us through the lessons and challenges we face. Join us as we explore the methods of communication, share our enriching experiences with spirit, and discuss enlightening Q&As with the Angels. The term "angel" may have roots in Christianity, but they are whatever you want them to be ~ Messengers from the higher realms of spirit who come to guide us.

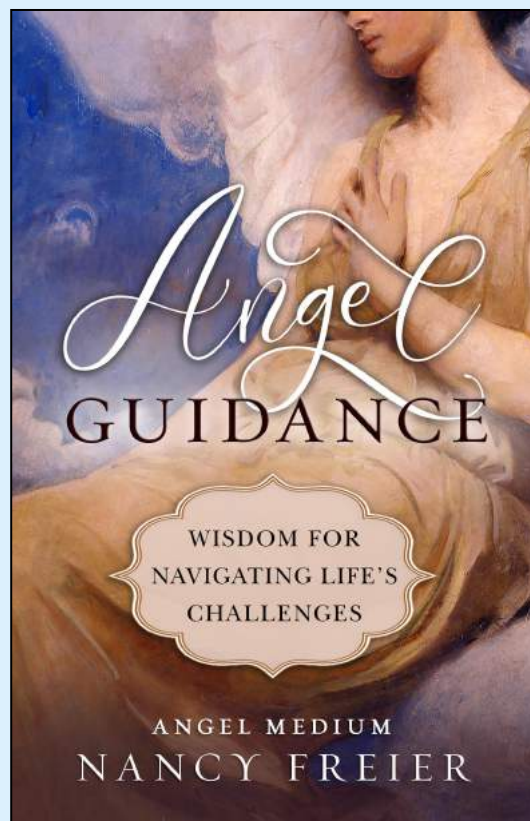


Sat., January 13 @ 1pm CST

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

[Click HERE to Join](#)

Sponsored by *The Inner Voice*
and Wendy Zammit of the *Friday Afterlife Report*
and the *Global Gathering Group*



**[Click HERE to get
Nancy's book](#)**

Book includes over 150 questions asked of the Angels. The universal nature of their responses will inspire you to heal body, mind, spiritual and emotional issues facing us today.