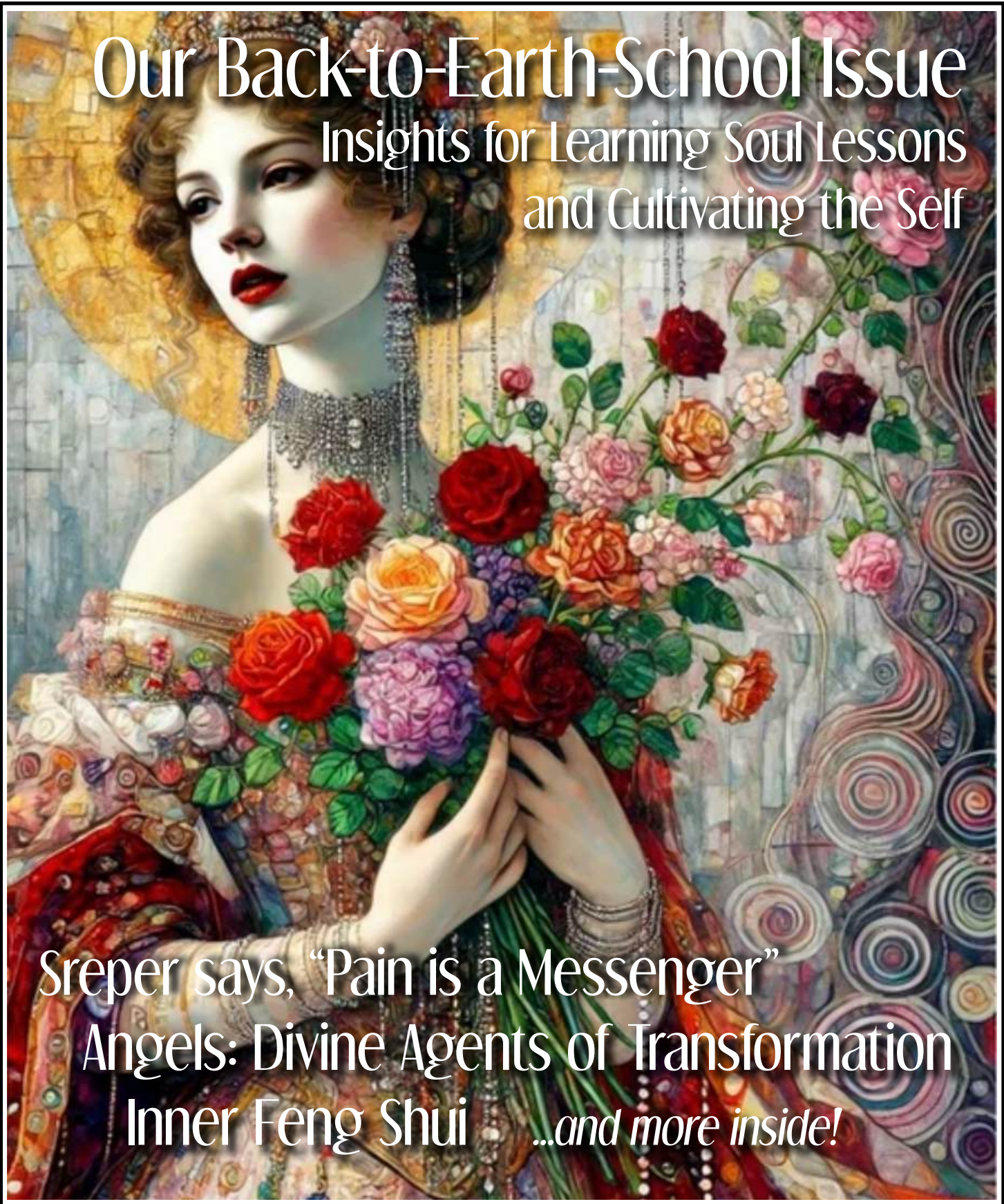


The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 13 Issue 9 • September 2025



Our Back-to-Earth-School Issue
Insights for Learning Soul Lessons
and Cultivating the Self

Sreper says, "Pain is a Messenger"
Angels: Divine Agents of Transformation
Inner Feng Shui ...and more inside!

"Women 22" by Gustav Klimt

AFTERLIFE REPORT

Evidence



Presented by
Victor and Wendy
Zammit

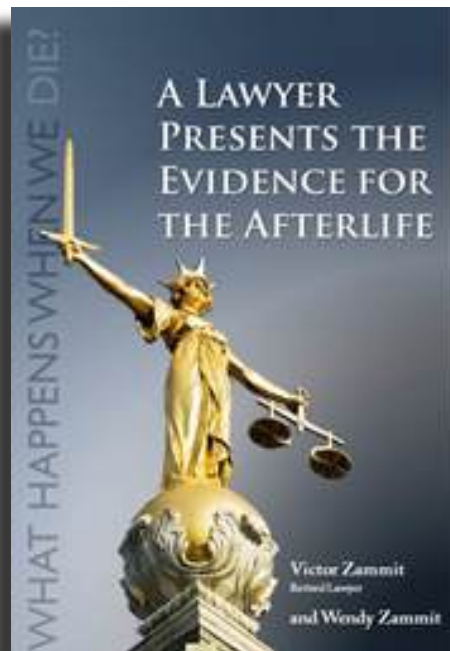
Science



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

www.victorzammit.com

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



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Sunday, September 14: The Jesus Messages - with reference to Jon Beecher's new book, "No One's Dead"

Sunday, September 21: Dr. Fadael Rezende, "The Spiritist Perspective on Autism"

Sunday, September 28: Dr. Gary White and Dr. Elyn Aviva on "Powerful Places"



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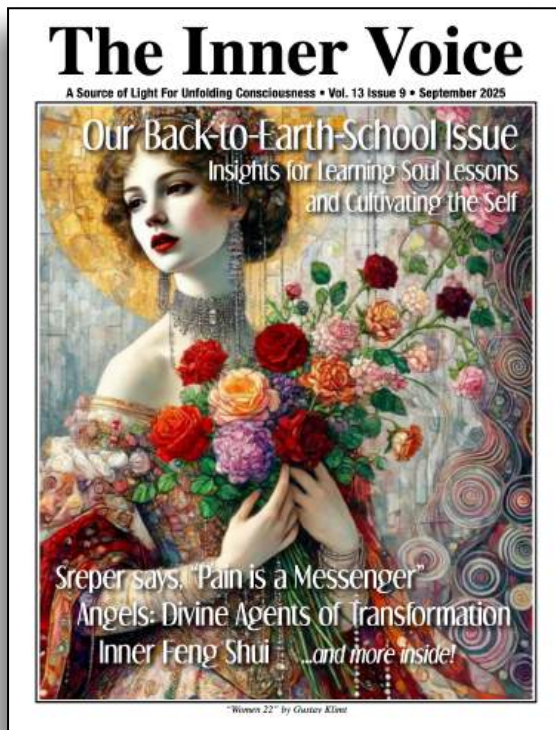


Wendy Zammit

Global Gathering Coordinator

Wendy Zammit wendyzammit@gmail.com

About the Cover...



"Women 22" by Gustav Klimt (July 14, 1862 – February 6, 1918) an Austrian symbolist painter and a founding member of the Vienna Secession movement. [Source: Wikipedia]

The cover painting, as well as the one pictured on page 28, apparently were part of a series of paintings Gustav Klimt named "Women" followed with a number.

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

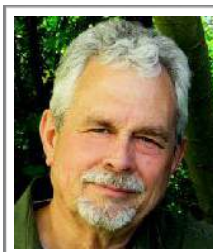
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Nancy Freier
Publisher
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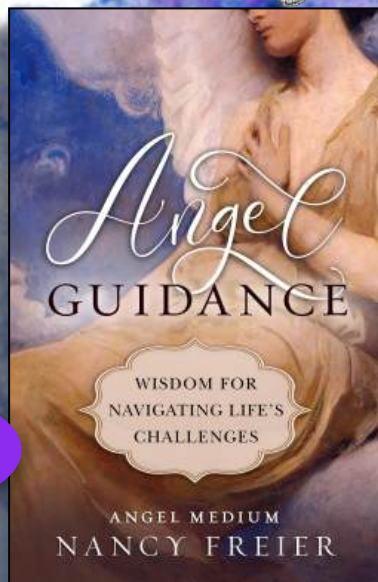


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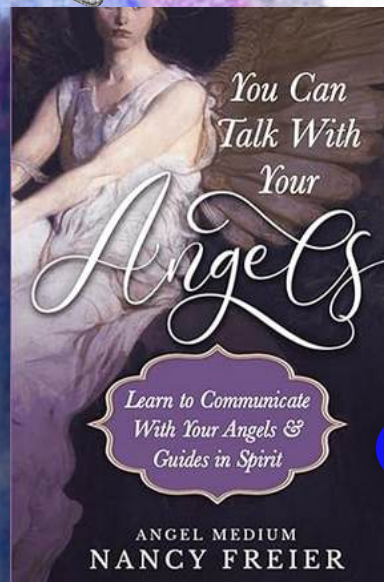
Beverly Brunelle
Consulting Editor

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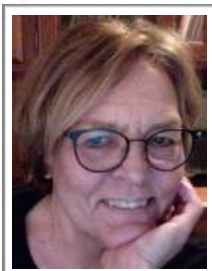
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Get Answers to Life's Lessons with an Angel Guidance Reading

Learn the bigger picture of Life's Lessons from the Angels' perspective. The Angels are able to read the Akashic Records and give you wise counsel on what to do to successfully resolve issues, heal illnesses, and guide you through obstacles on your life's path. Sreper said, "These are lessons you chose before birth to come to Earth to learn; and, we are ever-ready to help. You simply need to ask."



September Special - Enjoy a one-hour Zoom Chat with the Angels, \$60
Offer good thru 9/30/25 | To make an appointment, e-mail: NFreier@aol.com
<https://theinnervoicemagazine.com/angelreadings>

Attend the Angel Guidance Zoom Group!

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

Sat. Sept. 13 • 1pm CST • [Click HERE to Join](#)

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*"Zooming Enlightenment
Around the World"*

September Music Memory

Autumn Leaves

*The falling leaves drift by the window
The autumn leaves of red and gold
I see your lips, the summer kisses
The sun-burned hands, I used to hold.
Since you went away the days grow long
And soon I'll hear old winter's song
But I miss you most of all my darling
When autumn leaves start to fall.
Since you went away the days grow long
And soon I'll hear old winter's song
But I miss you most of all my darling
When autumn leaves start to fall.*



"Autumn Leaves" is the English-language version of the French song "Les Feuilles mortes" ("The Dead Leaves") composed by Joseph Kosma in 1945 and has become a jazz standard. More than 1,000 commercial recordings are known to have been released by mainstream jazz and pop musicians

Probably the best known version of this song was released by Nat King Cole in October 1957.

"Hello Nancy,
Congratulations on the latest issue of *The Inner Voice Magazine*. I feel very blessed to be a part of it all. Thank you. This is all so exciting!" —**Dr. Liz**

"The August issue is another beautiful edition! Thank you from all of us who receive its inspiration." —**M.S.**

"I really enjoyed the August issue. I will probably be buying Penny Kelly's elves book...sounds too good to miss!" —**G.P.**

E-mail your comments to:

theinnervoice@gmail.com

Dear Readers,

September brings reminders not only of classrooms, teachers and books, but also of the greater classroom of life—the lessons we came to Earth to learn. It has often been said that pain is a powerful teacher. It grabs our attention and calls us to respond.

I am inspired by Kahlil Gibran's words: "Your pain is the breaking of the shell that encloses your understanding." Pain, in all its forms, can feel unbearable, pressing against the edges of our being. Yet as Gibran reveals, pain is not punishment—it is transformation. In *Angel Talk* this month, Sreper reminds us: "Pain is not an enemy, but a messenger." It is the cracking of the shell that has kept us enclosed, making way for deeper understanding and greater love to emerge. Where the shell breaks, the Light enters. And though the breaking may sting, what follows is clarity, freedom, and a wider horizon from which to choose anew—if we are willing to see it. Pain is not an ending, but a doorway into becoming more of our expansive self. That is its true purpose.

As you read through this issue, may you discover blessings within the articles that I have gathered for your soul's growth and learn ways to quiet life's chaos and attune to "the still, small voice within." The wisdom borne of silence can guide you through the lessons life presents—lessons woven into your Soul's Contract before birth. And always, the Angels remind us: when the lesson is embraced, a blessing follows.

Wishing you the many blessings of autumn,

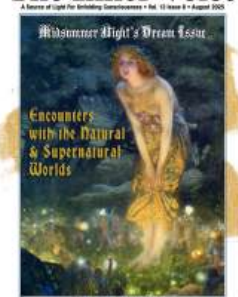


Nancy

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Thank you!



Pain is not an Enemy, but a Messenger

“As the world shifts and old ways fall away, our personal trials become part of a greater awakening — a shared journey toward healing, hope, and the Divine made visible through us.” ~Sreper

From Trial to Transformation

There are moments when life presses the pause button for us — moments we wouldn’t choose, yet somehow need. Not long ago, I found myself facing unexpected physical challenges that halted my life and forced me into stillness and reflection on its purpose.

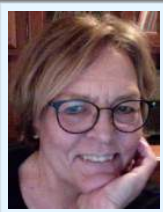
“The waiting has its own sacred work to do in us.”

Instead of rushing to “fix” the situation, I called on my connection with the Divine —through Sreper who is always present, and who reminded me that healing is an inward journey as much as a physical process. Through my experience with pain, I discovered that the waiting, the slowing down, had its own sacred work to do in me.

Think of pain as a messenger. Pain has a way of insisting we pay attention to it. It can whisper, or it can shout, but it always carries a message that change is afoot, change that seems necessary for spiritual growth while here in the physical. Instead of treating pain as an adversary, I am learning how to see it as a teacher asking me to let go of what no longer serves my highest good; to step into new territory with courage, to release my ‘fear of change’ into knowing change is ultimately beneficial to me.

Listen to Nancy’s Interview on “Beacons of Balance” Podcast

Conducted by Hosts Arline McKay & Artist Joanne Macko



When Nancy Freier lost her soulmate unexpectedly in 1986, her entire world changed — but it was in the quiet moments after his passing that something extraordinary began to unfold. In this powerful conversation, Nancy shares how her grief cracked open a lifelong connection to the angelic realm. Since then she has been a spiritual communicator and the creator of **The Inner Voice Magazine**. In this episode, we explore how grief can open spiritual doors; what messages angels and departed loved ones share with us, and how you can begin to tune into these sacred whispers. Click link to listen.

[Grief Opened A Portal to Angels](#)

Often, the lessons that pain brings to our lives are not about fixing the outer world, but about reshaping the landscape of the heart so that something bigger and brighter can take root.

“Each trial can become a stepping stone; each challenge a call to rise above it.”

A World in Transition

Change isn’t just personal — it feels global. Around us, the world is straining and aching. Old systems, including old ways of thinking and old habits we’ve carried for way too long, are breaking down. We are being invited, perhaps even pushed, to release patterns of pain, disconnection, competition and fear to make room for something more compassionate, wise, and whole. Change is afoot — personally and globally — and the upheaval is not random. It is the labor pain of a new era trying to be born in us and in the world.

“Pain is not an enemy, but a messenger — inviting us to release the old and step into the bright horizon of what’s next.”

Stepping into unfamiliar ground can feel like walking into an unfamiliar landscape without a map. Yet, we are not without guidance. The inner voice of the angels speaks when we make space to open our awareness and *listen*. Prayer, stillness, and openness become our compass. One step at a time, we find our way — sometimes in the sunlight, sometimes under a canopy of stars, but feeling the pull toward what calls us forward.

“Pain, in all its expressions, is a teacher; and by learning the lesson it presents, you might just heal yourself.”

Something New Awaits

Beyond letting go of the familiar lies a horizon bright with possibility — a future where we live in deeper harmony with ourselves/our cells, each other, the earth, and the sacred. This isn’t wishful thinking, it’s the natural next chapter when we allow love, truth, and divine wisdom to shape your choices whenever you feel the pangs of change.

Know that although we may be crossing stormy seas to get to calm waters, the crossing is worth it. And you don’t have to do

continued on page 7

it alone. The angels are experienced sailors of spirit, who journey with you, whose gentle voices guide you through high tides.

Something better lies ahead. Take the angels' guiding hand, and step forward as Sreper says, "Trust that the pain you are experiencing can be transformed into a stepping stone. In each pain or challenge facing you is a call to rise above it."

Ask the angels, "What wisdom hides within this pain? What is it teaching me?" And know this truth deeply that your destination is not a place but the *Divine made visible* through your journey toward it. Pain is a messenger calling you to walk boldly in a new direction that awaits your soul.

From Pain to Paradise Prayer

*May the Light guide me through my pain,
turning each struggle into a new strength.*

*May my heart be open to healing,
and my soul grow wiser with each challenge.*

Amen.



Angel in Prayer; Artist Unknown

Invoking Divine Mind for the Creation of Goodness, Wealth & Abundance

**By Sreper ~ Inspired by Religious Science Founder
Ernest Holmes' Spiritual Mind Treatments**

Whatever you state into consciousness will be 'operated upon.' In mysticism, this is called "Invoking the Divine Mind" by implanting within it thought seeds relative to one's desires. My brother, Steve Freier, asked Sreper to respond to a few questions regarding this ***Power of the Spoken Word*** concept...

To have what you desire, *speak from Heart*. Declare what it is you desire. The spoken word is key here, as the Universe loves a made up mind. The words expressed out loud define to the Universe what you want to be proven true in your life. Your words tell you. Speaking words out loud tells the Universe you mean it and the it responds, so we say, choose your words wisely.

Q. Do we need repetition in speaking our word?

You need repetition only to remind yourself of what you want to manifest and the Universe then responds faster to your stated decisiveness. Spoken words are indeed very decisive. Repetition is important if you find you have swayed from your truth statements. Again, repetition is a reminder of the commitment you made to yourself.

Q. How often do we need to repeat our words?

First of all, it is important to not come from fear, or lack. Repeat as often as necessary to remind yourself of your new law of God's wealth and abundance to reside within you. It may be necessary more often in the beginning while you are adjusting to the new vibration. Later, it may not need to be repeated as often because it will become a habit and internalized as a new awareness in you.

*"From the Lord God of My Being,
I give myself permission to release any
and all old conscious and unconscious
beliefs that may be standing between me
and all the good I desire for
myself and others.
So be it!"*





Hope of the Afterlife

The true hope of the afterlife is a timeless question. It is not merely the continuity of life, but that life finds its fulfillment in this world and in the next. Edgar Cayce emphasized the idea that the soul is eternal and continues after death much as it existed before birth. Earthly life is just one stage in a long journey of spiritual growth. Death is not the end, but a transition to a new beginning.

Many spiritual traditions describe this passage as a great homecoming: a reunion with loved ones, with guides who have walked before us, and ultimately with the Divine. Others envision it as a journey of growth, where the soul continues to learn and evolve, shedding old wounds and embracing new insight. In every vision of the afterlife, there is comfort in knowing that life's struggles are not wasted, but are steps toward something greater for our souls.

The afterlife is the hope of reunion with the Creative Source from which all souls have sprung. We return to the divine spirit that knows no separation, no sorrow, no shadow of fear. We feel the assurance that every struggle, every kindness, every moment

of love adds to the soul's eternal spiritual progress. For some, it is the hope of eternal life with God, reunion with loved ones, and freedom from suffering. The afterlife provides eternal peace and tranquility.

Thus, it is a journey homeward. From the physical plane to spiritual essence as the soul moves ever closer to its original purpose: *to manifest unconditional love*. When at last the lessons are learned, and the will of the soul and the will of God or the Creative Force are one, then is true freedom known. As stated in the Bible, "And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus," or the Christ Consciousness [Philippians 4:7]. These words are sung in churches around the world in many languages.

The afterlife is not a punishment, but an opportunity. It is the soul's school, where each experience is gathered into the larger pattern of growth. Just as the planets in their courses mark the lessons of the earth, so the soul moves through the spheres of life with each challenge offering its own teaching. From wisdom gained, the soul chooses whether to rest, to learn, or, as some believe, to return to the earth once more, that it may perfect its walk with its Creator.

Hope is offered with justice and mercy to find personal fulfillment. No act of kindness disappears, and no suffering is without meaning. It suggests that the bonds of love extend beyond the grave, unbroken by distance or time. And in its highest promise, the afterlife is a return—a return to the source of all life, to unity with the Creator, to a peace so profound it can only be described as eternal.

The hope of the afterlife, then, is not merely about survival. It is about belonging, purpose, and transformation. It whispers that we are more than flesh and breath; that the journey is not to a void, but to a vast horizon of being. Death becomes not a defeat, but a passage into life more abundant, more radiant, and more whole than we have yet imagined

Δ

Author Dr. Susan B. Barnes, CSNU is a Spiritualist Medium and Life Coach who offers Readings, Spiritual Counseling and Spirit Art Readings via Zoom and phone. See Susan's ad on page 9.



Spiritualist Medium and Life Coach

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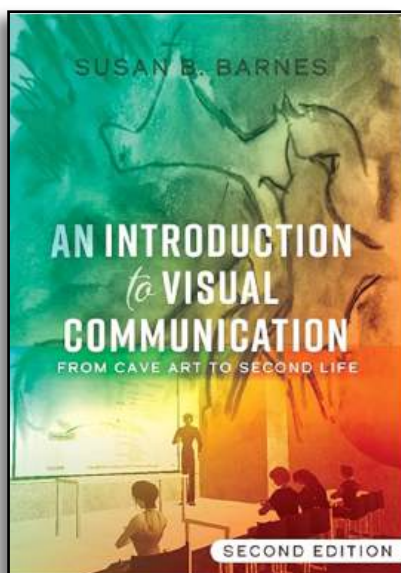
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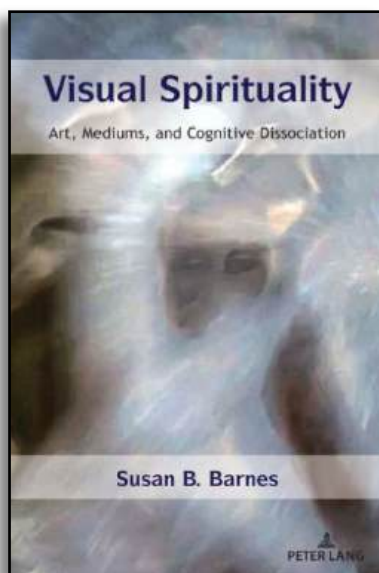
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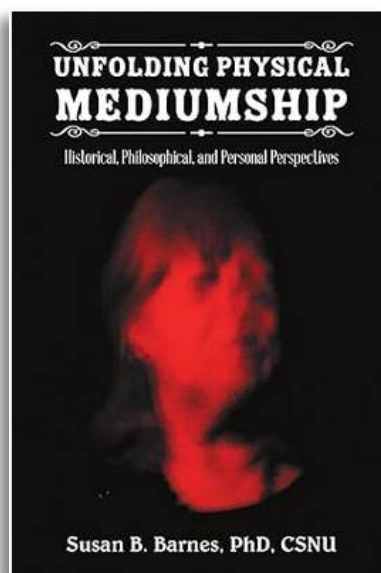
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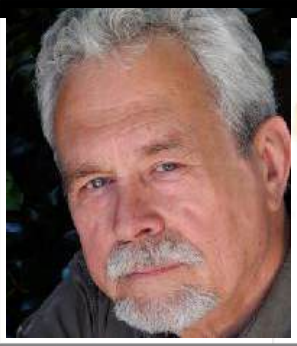
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My Life After Death: A Memoir from Heaven

By Erik Medhus

In this amazingly candid and personal follow-up to Elisa Medhus's novel, *My Son and the Afterlife*, Elisa's son Erik Medhus tells his astonishing story directly from the afterlife, describing in detail his death, transition, and spiritual renewal. Erik Rune Medhus is a vibrant twenty-year-old who transitioned to the afterlife on October 6, 2009. From his heavenly realm, he serves as a spirit guide, offering support to those navigating the challenges of human existence.

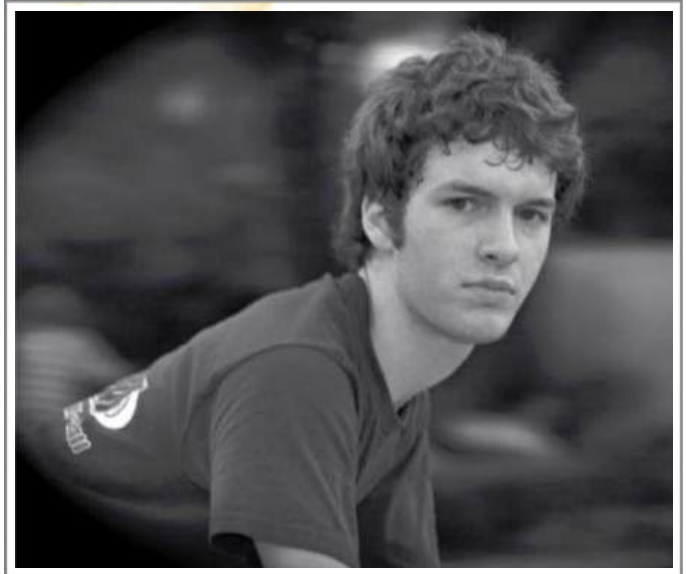
My Life After Death begins on the tragic day when Erik Medhus took his own life. What follows is a moment-by-moment account of the spiritual life he discovers on the other side—told in his own words as channeled by medium Jamie Butler and then transcribed by his mother, Dr. Elisa Medhus. I must say that Jamie Butler is an amazingly brave medium to have taken on this project! She relates her own internal and very emotional experience in a later chapter as she relates how it felt to merge her consciousness with Erik's and to have to experience everything he was going through as if it were her committing suicide!

Overflowing with his signature directness and honesty, Erik describes more than just a visit to the afterlife. He personally walks us through the experience of dying, the trauma and regret of committing suicide, transitioning into spirit form—revealing a detailed look at the life awaiting us on the other side.

In this intimate, unique, and provocative memoir, crucial questions about the afterlife will finally be answered, including: What does it feel like to die? What is it like to become a spirit? Why and how do spirits communicate with the living? Is there a heaven? Ultimately, Erik's story sheds light on his mental illness while also providing the answers that will help readers find solace and remove the fears surrounding death, showing that love has no boundaries and life truly does go on.

The book opens with vivid immediacy. Erik recounts the moment he ended his life, depicted in such detail and emotional truth that the medium was moved to tears, followed by a detailed "life review"—an examination of his earthly choices, their ripple effects, and his understanding of authenticity, regret, and gratitude.

In Chapter 2, Erik reflects on the emotional good-byes he experienced with his family and friends following his death. He expresses regret for not allowing his loved ones to say farewell, yet he highlights how he managed to connect with them in a profound way as a spirit. Free from the emotional distance he



Erik Medhus

maintained in life, Erik discovers a heightened capability to sense the feelings and thoughts of those he cared about.

Next Erik describes his feelings as he observes his family in the days leading up to his funeral. He grapples with his new existence and the reality of his death, feeling detached from his experiences. Amidst the mourning, he notes moments of humor as his family gathers to make funeral arrangements. Erik watches as they choose a casket adorned with music notes, reflecting his love for music, while he experiences a sense of dissonance about being represented by his body.

Erik then depicts his experience of crossing over after his death. After saying his goodbyes and processing his emotions, he focuses on returning to his house but unexpectedly feels himself moving which is unlike anything he has felt on Earth; it is a sensation of weightlessness and airiness, accompanied by warmth and a comforting white light. As he moves, he senses a shift from a human dimension to a parallel one.

Erik describes his experience of undergoing a life review. The review is immersive, showing Erik's entire life—the good, the bad, and the ugly—simultaneously from his perspective and the perspectives of others affected by his actions. He experiences the emotions of those around him, gaining insight into how his choices impacted their lives.

Continued on page 11

Erik next paints a picture of an all-consuming blackness that surrounds Erik after their life review. This blackness has a distinctive smell, reminiscent of crisp morning air. Out of this darkness, vibrant colors begin to emerge, similar to bioluminescent creatures in deep-sea environments, creating a sense of beauty akin to a spiritual car wash.

Erik describes the experience of exploring his new energetic body. Initially, he panics about the absence of traditional body parts, which reflects the social and physiological wiring of males. Instead of limbs and physical form, he perceives a swirling collection of energy that shapes itself based on his desires, signifying his true essence. The chapter emphasizes that basic human functions and desires—like breathing and cravings—no longer appear necessary, marking a significant shift away from his former human existence. Ultimately, he begins to shed his human qualities, feeling more aligned with his energetic self.

Erik states, “In the afterlife, my senses have transformed significantly. Unlike my human experience, I can create and experience senses based on memories, but they also exist independently of those memories. My sense of taste has adapted; I can connect with the energy of someone eating pizza and experience their taste. My smell is also different, as everything here feels clean and fresh, and I can merge with energy fields to experience scents, like that of a flower.”

Erik encounters a group of spirits distinct from those present during his life review. He is guided to a white room

where he meets Cawli, the main communicator. Cawli then begins to help Erik understand his new existence as a spirit. Cawli emphasizes how Erik's struggles with bipolar disorder shaped his experiences and relationships. She conveys that emotional honesty is crucial for growth, and Erik learns that he was responsible for how he navigated his human existence.



Elisa Medhus, MD

In Chapter 10 Erik states, “Since undergoing my life review and therapy, I have experienced a profound shift in my perspective. Previously, my focus was egocentric, centered entirely on myself. Now, I feel a connection where my awareness encompasses everything around me. Being geocentric does not mean losing one's identity; instead, it acknowledges that the space and entities around you hold equal significance. Another significant shift has been the transition from “head consciousness” to “heart consciousness.”

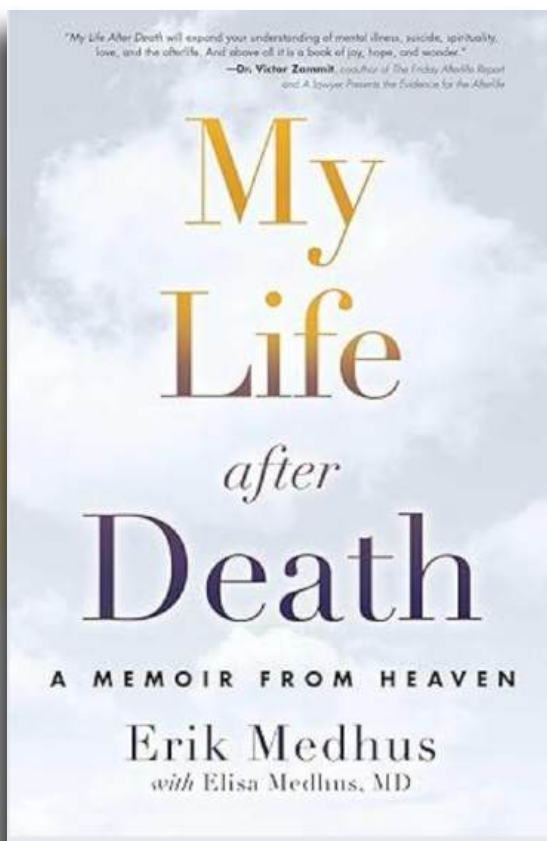
Erik evolves from a newly arrived spirit to an active guide. He reflects on communicating with the living—especially his mother—through electricity, orbs, scents, and playful signs meant to break the barrier of skepticism. He wants to help his living loved ones find purpose, healing, and hope.

A central message is that death is not the end but a transition enabling deeper understanding, love, and growth. Erik underscores that love extends beyond physical loss; there's no condemnation—even in suicide—and life continues in a richer, more rewarding form. For grieving individuals, the implications are profound: solace, connection, and renewed purpose.

“My Life After Death” stands as a unique fusion of memoir and spiritual testimony. It offers a heartfelt journey of transformation—Erik's own journey, his mother's healing, and a window for readers into the unknown realm of life after death. Whether you seek reassurance, insight, or simply compelling writing from beyond, Erik's voice resonates with humor, love, and an unshakeable hope. Content warning: Please note that there is some explicit language present in this book. Get it on [Amazon](https://www.amazon.com) or wherever books are sold.

△

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





Turn Your Dreams into Pictures

Making art from dreams, Jung insisted, breeds creative independence

Robert Moss Blog

<https://mossdreams.com/>

My daily practice includes turning my dreams into pictures, as early after getting up as possible, often before coffee. I try to play, not work, at this, grabbing mixed media supplies from the art garden of my desk - pencils, markers, water color brushes, oil pastels, inks, neocolors - and sketch and color away. Some of my pictures stay in the sketchbooks. Others surface on social media, because the little boy artist in me wants to shout, "Look at this!" Whatever the merits of my productions, I almost always feel juiced and happy after this creative workout, and the boy artist in me may stay around all day.

Jung was greatly in favor of turning dreams into pictures. Visual art was central to his personal healing and to restoring his balance in the thick of his "confrontation with the unconscious" when his daily practice included painting a mandala. He developed the skills to do visual justice to his *big* dreams. We saw that with the publication of the Red Book. The recent publication of *The Art of C.G. Jung* shows us even more of his range as artist, sculptor, creator.

In a 1929 lecture "The Aims of Psychotherapy", Jung issued a passionate appeal for art therapy - specifically, for the art of turning dreams into pictures.

First, he noted that it is often a very positive development in a patient's inner life when their dreams featured photos, paintings or films and even more so when the dreamer declared "If only I were a painter I would make a picture of it." When this happened he would encourage his patients to actually draw or paint their dreams and abandon any protestations that they lacked artistic ability. "Many of my more advanced patients, then, began to paint."

He noted that this shifted the dreamer away from a passive attitude to dreams, and to life. "He puts down on paper what he has passively seen, thereby turning it into a deliberate act. He not only talks about it, he is actually doing something about it."

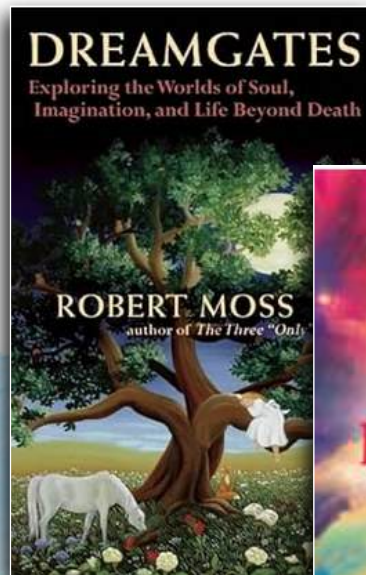
In making a dream picture, the dreamer comes to reflect on a dream in depth and starts to bring vital energy from the dreamworld into embodied life. "The concrete shaping of the image enforces a continuous study of it, in all its parts, so that it can develop its effects to the full. This invests the bare fantasy with an element of reality, which lends it greater weight and greater driving power."

He insists that making art from dreams helps the dreamer to become "creatively independent." The patient no longer depends on the doctor's opinion. "By painting himself he gives shape to himself." He has gone beyond ego to work with his "interior agent" and "the hidden foundation of psychic life."

Then he goes right to the top, or perhaps over the top. "It is impossible for me to describe the extent to which this discovery changes the patient's standpoint and values, and how it shifts the center of gravity to his personality. It is as though the earth had suddenly discovered that the sun was the center of the planetary orbits and of its own earthy orbit as well."

△

Author's Note: Quotes are from C.G.Jung, "The Aims of Psychotherapy" in *Collected Works Volume 16* trans R.F.C. Hull (Princeton: Bollingen Series, 1985) pp. 47-49.



[Dreamgates](#)



[Growing Big Dreams](#)



Creative Play Reaps Unexpected Surprises ~ All in a Week

© Kim Parker

As winter was drawing to a close here in the Southern Hemisphere in 2025, I was enjoying a lazy Sunday afternoon sitting by the fire while I looked back at my photographs for the last week. Scarlett, my granddaughter, had turned three not long ago and there was a photo of a planter I gave her. It is a frog that came with little paint pots and a brush. She had a fabulous time painting it a few days ago when I was minding her. At some point a drop of water splashed on its chest forming a perfect little heart as the result. It was even placed correctly where we would expect a heart to be on a frog! I caught this ephemeral experience on my camera. (See photo. Red arrow points to heart shape.)

A few days prior to this I had been minding her elder brother. We had played noughts and crosses (called Tic-Tac-Toe in America). After a bit he had decided to change the game around. At first I was resistant but then it occurred to me to just go with it and see where his mind took us. Maximus changed the shapes repeatedly, not only from noughts and crosses but also the outline, we played in squares, diamonds, triangles and circles with differing amounts of spaces available. The only rule remaining was a straight line of three or more was required to win. It was fun and a good lesson for me to not be a controlling stick in the mud.



A day or two after this I was watching TV when the reception became erratic. Suddenly a vision of a game of 'Noughts and Crosses' appeared on the screen for the briefest of moments. I filed this in the already overflowing 'odd happenings' file in my brain. Thinking back on these things was prompted by the photo of Scarlett's frog with a heart. I felt a gentle nudge from spirit, oh yes, I am sitting for physical mediumship I remembered. It isn't just odd rapping sounds or tipping tables in the dark that can be produced. Spirit was letting me know it doesn't need a dark room to create physical phenomena ~ in this case, watercolor hearts.

Electronic phenomena can happen wherever and whenever needed. Like Maximus' game, I need to keep an open mind about what spirit can achieve if I keep false boundaries out of the picture. Infinite possibilities are raised if I squash the tendency to build a restrictive framework.

△

Editor's Note: The game "Noughts and Crosses," also known as Tic-tac-toe (American English) or Xs and Os (Canadian or Irish English), is a paper and pencil two-player game played on a 3x3 grid. The players take turns placing either a nought (O) or a cross (X) onto one of the nine spaces. The first player to get three of their symbols in a row, either horizontally, vertically, or diagonally wins the game.



"Each moment contains a hundred messages from God." –Rumi

Painting by Marianna Tym
"Zinnias" Oil pastel 50/109 cm



When Spirit Seems Silent

As summer's warm days morph into September's energy, I find myself looking back on my past 12 months as a medium. A common question asked of me is, why are there periods of time when our loved ones and/or guides seem to stop communicating with us? Based on my experience, I would like to offer my own perspective of why this happens, thereby hopefully bringing some clarity and solace to those in need.

Seemingly quiet periods of non-communication may be important phases of our spiritual development. Our spirit people guide and protect us throughout our entire life. Just because we think that we cannot sense them, does not mean they have left us. Silent intervals may be opportunities to practice volition, i.e., the right to make our own decisions and to exercise free will. In this way, we do not become so reliant on our spirit people that our spiritual development stagnates. For if we cannot exercise our right to volition, then what is the point in experiencing life on earth? How else can we learn if we must always turn to our spirit people without ever thinking for ourselves? In other words, quiet intervals may be opportunities to put into practice and experience what our spirit people have taught us.

Like wise and loving parents, our spirit people desire that we have freedom to learn, grow and acquire wisdom. This includes making mistakes, if that's what we need for spiritual development. As we grow into our own spiritual stature, our vibrational frequencies reach out to that of the spirit worlds; at some point we may even begin to experience the ancient adage: "Your will be done on earth, as it is in heaven." In other words, we begin to experience heaven on earth, in one form or another.

A personal example of spirit silence occurred last year when I was scheduled to speak at a spiritualist church. For some reason, I could not shake off the feeling that something

was wrong. I felt anxious, unsure of myself, and sick in heart and body. And yet, my spirit team was quiet; even my dream world did not send any warnings. Finally, through prayer I asked my spirit people if I should cancel the talk. Their loving but firm response was, "What is *your* intuition telling you?" Following their advice, I cancelled the talk. This turned out to be a wise choice as I later found out that only one person had signed up to attend!

Our lives are like the upward smokey spiral of incense, with each completed circle representing our own personal cycle of development. As our consciousness "ascends," we become increasingly more capable of perceiving subtler sensations, thoughts and emotions; hence, we grow in understanding and wisdom. Our awareness of spirit's subtle presence expands as we grow less reliant on dense physicality to experience earth life. We become more dynamic as a sense of synergistic subtle energy emerges; our "own being" as a spiritual child morphs into a young adult.

As we enter the Aquarian age, our collective consciousness is morphing from a Piscean faith-based perspective, into an understanding-based perspective built upon a foundation of faith. As spirit's light increases within ourselves, we are less adversely affected by periods of dark confusion. Our reward for perseverance in gnostic-wisdom seeking, is not having to repeat the same painful lessons over again. This September, as we enter our next yearly cycle, let us ready ourselves for new challenges and even greater growth. We will once again ride another upwardly turn of the incense's smokey spiral.

△



Dr. Elizabeth Raver is an Educator, Medium, Trance Healer and Intuitive Life Coach. She has published Academic and Spiritual articles and co-authored "Two Souls Desperate to Connect" in which Dr. Liz trance-channeled messages from a

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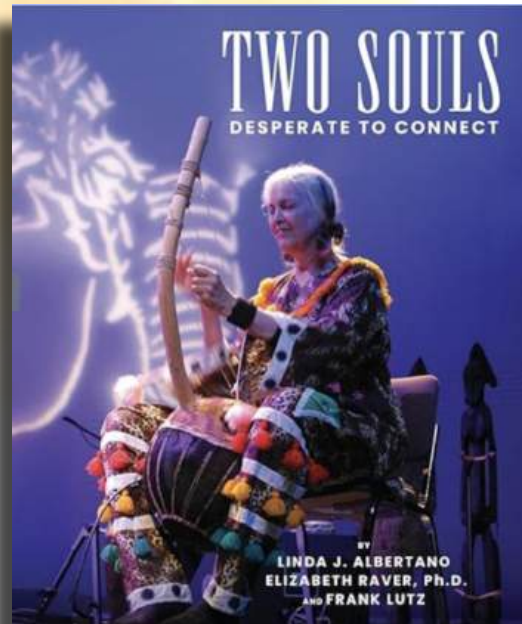
Read about what life is like in the world of spirit! Read [Two-Souls Desperate To Connect](#), a book Dr. Liz co-authored with Frank A. Lutz and Linda J. Albertano

Questions for Dr. Liz?

E-mail: ravelizabeth516@gmail.com

Text: 203-400-9212

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**You are Welcome to join Liz's Free Zoom Discussion Group: [Psychic-Mediumship Exploration Series](#)
4th Thursday of each month, 8:30 pm EST.**



It's Eclipse Season in the Garden of Virgo

Happy Solar Return September Birthday Babes! Wishing you a most beautiful and joyous journey around the Sun!

As the garden gate swings open to welcome in September we notice a water feature gurgling dry, a symbolic image of Saturn retrograding back into Pisces on the 1st of the month. He will reside in this seaside home of Pisces until the 15th of February, bringing a testing of patience and inviting us to go back over and revisit topics that echo a tone from back in April and May. Wait! Wasn't I just here? You have a seat and take a moment to meditate..."What is Father Time asking of me?"



A garden gate swings open. Source: Internet

Combined with the coming lunar eclipse, there is an element of letting go or cutting the wheat from the shaft. Eclipses represent great beginnings and great endings but specifically lunar eclipses symbolize the endings of things. What needs to fall away, clear out and make room for something new? Revise the vision of what serves you in the long term.

Mercury zips home and to his most celebrated place to be in all the Zodiac, Virgo, once here, he finds himself in a square with Uranus in Gemini and at the apex of a yod formation with Pluto in Aquarius and Neptune/Saturn in Aries/Pisces. This energy may over excite the mind with a plethora of downloads or have us spinning in a turn style; best to journal through this mental storm and not to make any big moves on this day. His visit with this signature will be brief as he swiftly carries on, blazing his way to meet up with the Sun on the 13th. This Cazimi energy will super charge checking off "to do" lists, focus on details, prioritize, elevate discretion and determine what is most important.

Happy Equinox on September 22! First day of Fall and Mabon; a time of gratitude and preparation.

September is a great month to sort, sift and discern, bringing chaos into constructive order and harmonizing balance.

Herbs to consider at this time include Nettles (*Urtica Dioica*) for reducing inflammation, defending allergens, and for its overall nourishing qualities. Also Blue Vervain (*Verbena Hastata*) for quelling and calming a busy mind, great for overstimulated headspaces and list makers!

(As a reminder, this is not medical advice please seek a medical professional if you have questions in these areas.)

Featured Transits At-A-Glance:

Sep 1st, Saturn retrogrades back into Aries

Sep 2nd, Mercury enters Virgo

Sep 6th, Uranus in Gemini stations retrograde

Sep 7th, Full moon/Lunar Eclipse in Pisces

Sep 13th, Mercury in Virgo conjoins the Sun or Cazimi

Sep 18th, Mercury enters Libra

Sep 19th, Grand Air Trine between Mercury in Libra, Uranus in Gemini & Pluto in Aquarius at 1°

continued on page 17

Sep 19th, Venus enters Virgo

Sep 21st, New Moon/Solar Eclipse in Virgo. (World Peace Day)

Sep 22nd, Mars enters Scorpio

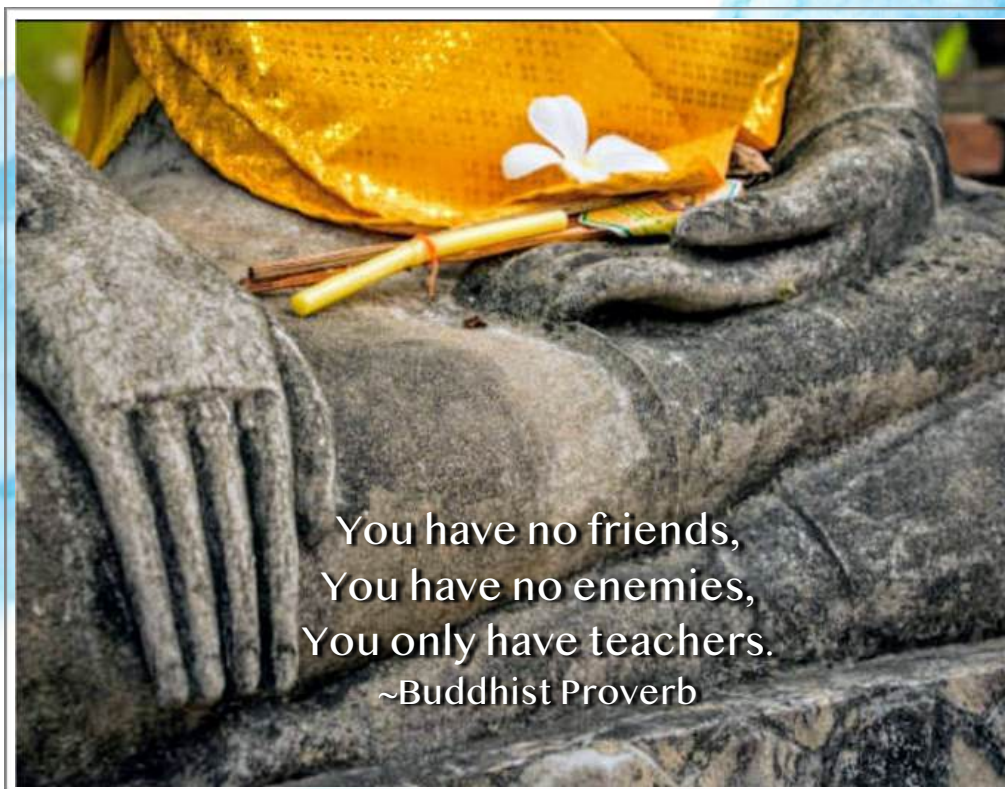
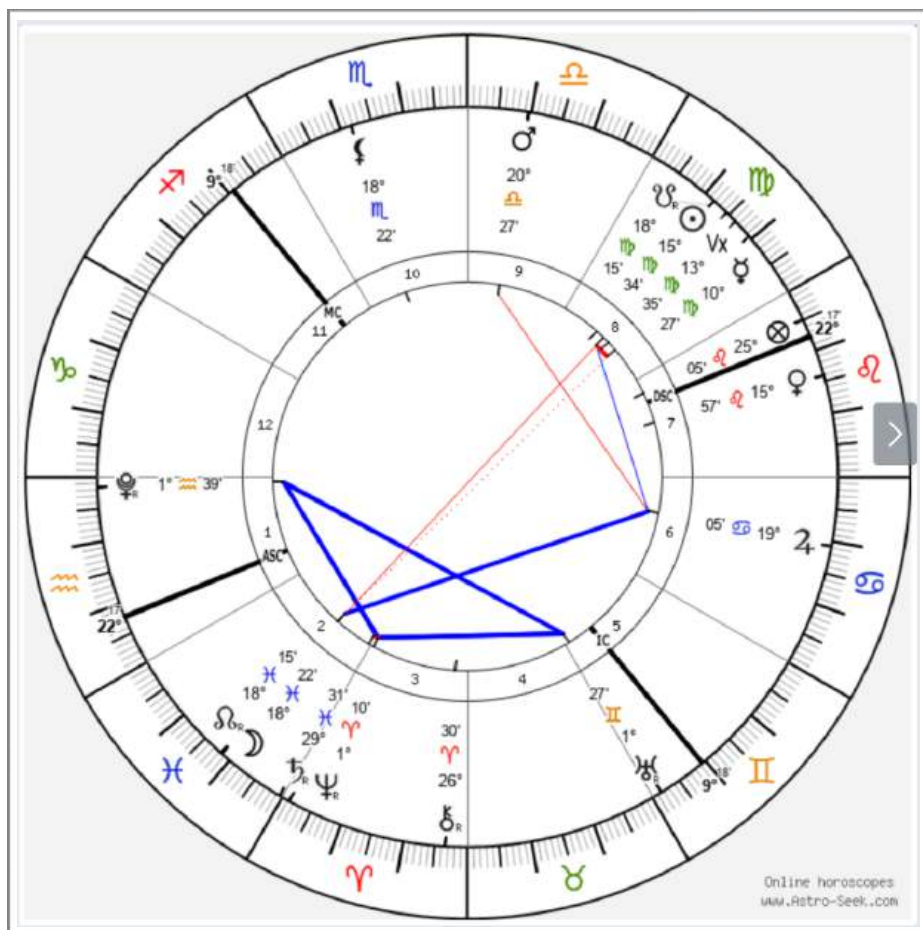
Sep 22nd, Sun enters Libra ~ Happy Libra season!

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



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

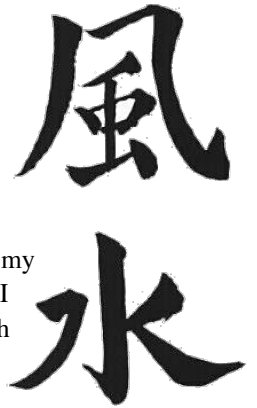
Right: Full Moon/Lunar Eclipse Chart cast through Astro-Seek and set for Chicago CST.



You have no friends,
You have no enemies,
You only have teachers.
~Buddhist Proverb



Inner Feng Shui for Creating Peace and Tranquility



a cold metal chair? Feng Shui, the study of how to create human-friendly environments, observes that our surroundings are constantly making an impact on us.

When you're open and sensitive to energy, you are often the first to wilt in an unpleasant place. Your energetic sensitivity emphasizes the importance of knowing how to maintain your balance, especially in an environment that could cause you stress.

When you cannot change your outer surroundings and there is nothing you can do about the discomfort of your body, it's vital to have an inner sanctuary that holds your balance in place. A sanctuary, whether it exists within or without, has an archetypically pleasing and inspiring atmosphere. While a sanctuary in your home may be constrained by budget, square footage, or the design preferences of others, a sanctuary within has no such constraints. In fact, you can truly have it be exactly the way you wish!

To build your inner sanctuary, begin by visualizing a place composed entirely of the colors, images, aromas, sounds, and textures that you love. You are the creator here. What would you include in your sanctuary that piques your senses, nurtures your heart, and honors your connection with spirit?

You may wish to include a place where you could meet with your inner helpers and guides. Take time to construct a sacred space with all its details, knowing that you can change it whenever you wish.

One of my favorite qualities in the world is iridescence. I associate it with the ethereal beauty that glimmers in hummingbirds and butterfly wings. In the physical world, such iridescent materials are

often expensive or impractical, but in my inner sanctuary I can have it everywhere. I envision an outdoor pavilion with spectacular iridescent silk couches and pillows in every jewel-tone. There is a light jasmine-scented breeze that is animated with birds, butterflies and nature spirits.

Cheetahs (my totem friends) lounge peacefully, while my inner guides infuse the space with love and wisdom. Crystals catch the sun and throw rainbows across every surface. Low, round, intricately carved tables hold fruit in hand-hewn bowls, and a vibrant abundance of flowering plants adorn the space. Colorful tropical gardens surround the pavilion while a waterfall pours its music into a natural swimming pool. As I breathe life into my inner sanctuary, it takes on a life of its own and breathes life into me.

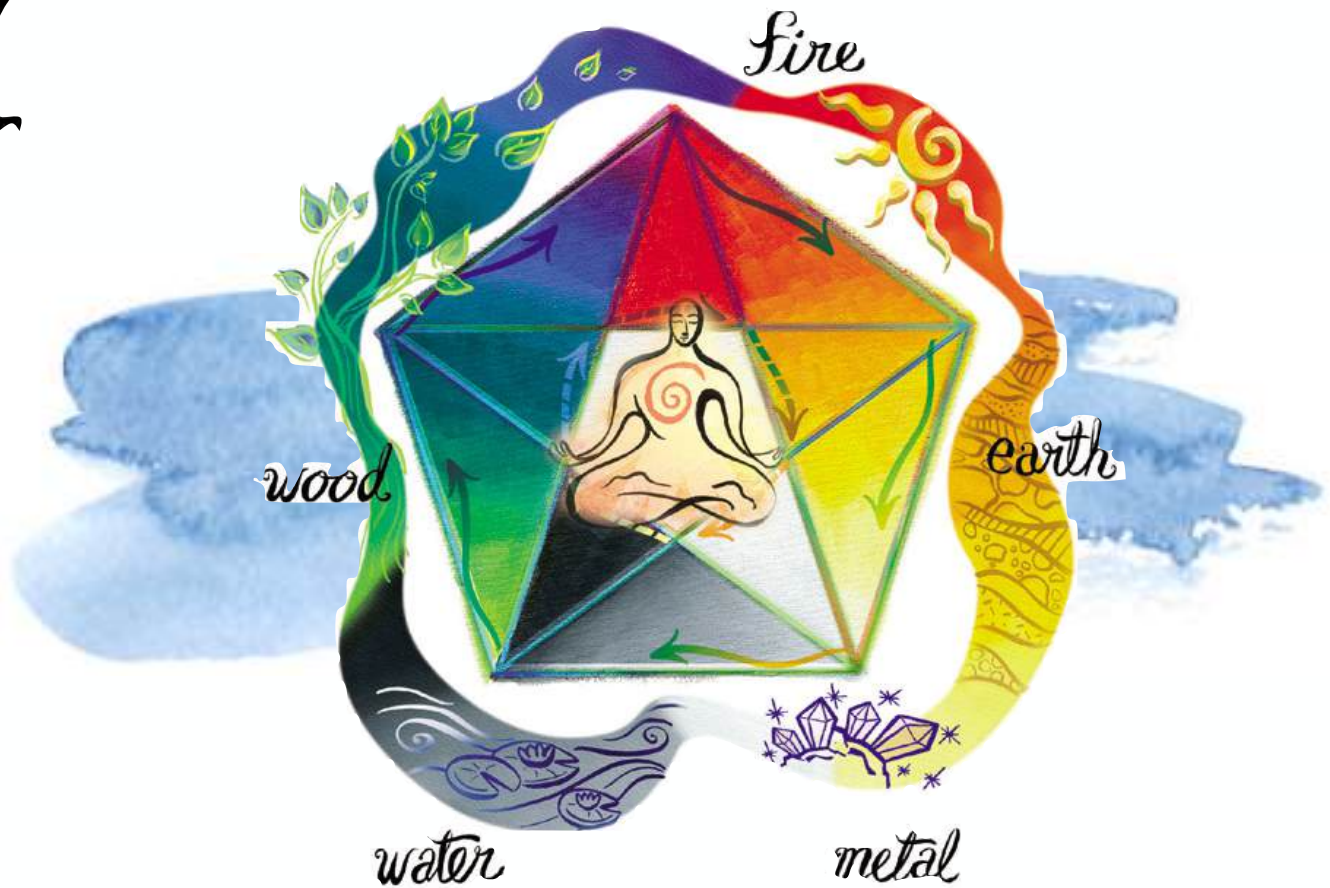
This 'make-believe' place soothes my heart and restores my connection with the unseen levels of life, especially when outer circumstances are challenging. For instance, during a recent trip I shared several uncomfortable hours with others waiting in a crowded terminal for airplane repairs. While many people paced and complained, I 'hung out' in my inner sanctuary, feeling the presence of my guides, and absorbing all the inner beauty I was surrounded with.

When I arrived home, I realized I felt completely different than I usually do after travel delays. Instead of being drained to the marrow, I felt grateful and blessed. My inner sanctuary had provided me with an oasis when my outer environment wasn't able to do so. My sensitivity to my surroundings had been assuaged in the only way possible during that time – from within.

△



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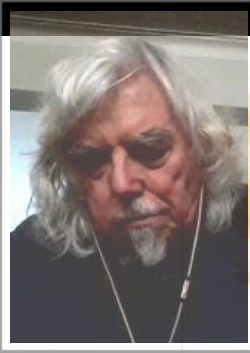
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Maitreya - "On Inspiring Others"

Excerpt from "Jesus And The Christ" (2007)

The following message from Maitreya (through Gordon Phinn) offers both encouragement and challenge to all seekers on the spiritual path. It reminds us that

no matter where we stand in our own journey of awakening, we possess the ability—and responsibility—to inspire and uplift others. Each act of assistance not only supports a struggling soul but also strengthens our own intuition and deepens our spiritual

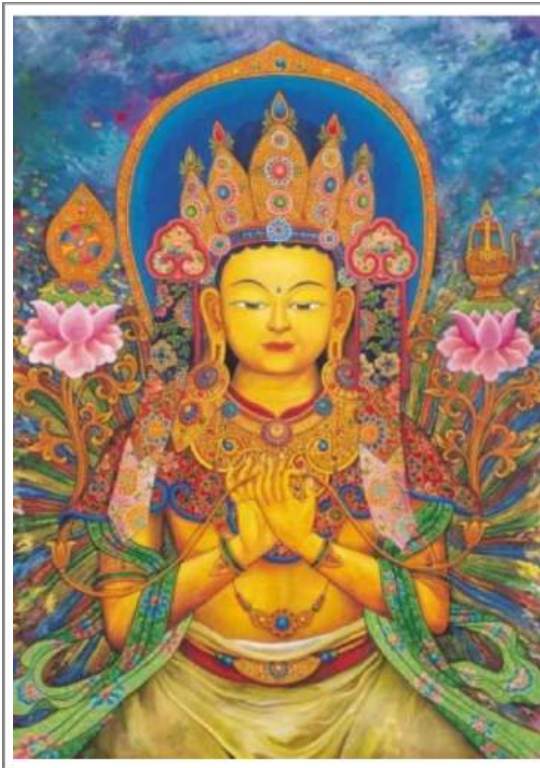
understanding. In this teaching, Maitreya calls us to recognize the hidden keys we each hold, keys that unlock new levels of compassion, wisdom, and divine realization.

Who is Maitreya? Maitreya is sometimes described as the "World Teacher"—a great spiritual being who periodically comes to guide humanity, similar to Christ, Krishna, or other messianic figures. Some teachings present Maitreya as an advanced master or avatar who oversees the spiritual evolution of humanity.

All of you, regardless of your perceived level of accomplishment in matters of spiritual understanding, can use your knowledge to assist and inspire your brothers and sisters. There are so many souls out there struggling with insecurity, depressive helplessness and outworn belief systems that even the least among you can find a niche for your as yet untapped desire to help. For every soul who reaches out a hand there exists another to pull him up. You are all climbers on the slopes of attainment, and by stretching yourself to assist another, you expand not only your ability to help but also your capacity for sympathetic intuition. Activated intuition, guided by discernment will be your method, so encourage the development of these skills in yourself.

Every student can and should be a teacher from time to time. The subtleties of the psyche and the mysteries of existence entwine to produce a seemingly endless series of enigmas and paradoxes; and, as souls awaken themselves from the sleep of unquestioning conformity, their self-inflicted limitations, and the old blockages, slip free from their moorings, transforming themselves into ever more complex challenges and hurdles – their elemental nature being loathe to disperse and lose their grip on a more identified existence, they need courageous and sympathetic colleagues attuned to such mobile disturbances who can easily step in and assist.

Ponder on this as you strive to realize your abilities in assistance, for although the above description is something of an



enigma in itself, it is one for which you have a key. That the existence of divinity is ineffable but not unreachable, most of you know; that it is a mansion with many doors you also correctly suspect. But that each of you has the keys to all the locks is perhaps a surprise. Each of the masters have, in their own journeys, discovered and used those keys. It is our wish that each of you also discover that cache and use it to gain access to all that appears out of reach. For as you know in theory but have yet to put fully into practice, each and every goal is within your grasp, no matter how strenuous the process of reaching may be.

Be of good cheer as you chart and transit such challenging waters, and know that the voyage, once begun, can only be completed.

△

Author's Note: For some years until 1929, Maitreya was originally channeled by Jiddu Krishnamurti, mainly for the devotees of the Theosophical Movement, which was huge at the time, and then later, in the 60s/70s/80s by Benjamin Creme for his movement/journal, "Share International."

Gordon Phinn is a Canadian writer and psychic known for his explorations into the afterlife, reincarnation, and out-of-body experiences. He shares his insights through his blog, "Another Word of Gord" where he discusses topics related to spirituality and metaphysics. He describes himself as a 'writer, psychic, out-of-body traveler, guru without all the BS.' Two of his notable books include: [Eternal Life and How to Enjoy it](#) and [More Adventures in Eternity](#)

Broken things? Bring 'em here. No charge. Just tea and talk.

When 79-year-old George retired, he didn't buy a golf club or a hammock. He hung a handmade sign in his garage window: "Broken things? Bring 'em here. No charge. Just tea and talk."

His neighbors in the faded mill town of Maple Grove thought he'd lost it. "Who fixes stuff for free?" grumbled the barber. But George had a reason. His wife, Ruth, had spent decades repairing torn coats and cracked picture frames for anyone who knocked. "Waste is a habit," she'd say. "Kindness is the cure." She'd died the year before, and George's hands itched to mend what she'd left behind.

The first visitor was 8-year-old Mia, dragging a plastic toy truck with a missing wheel. "Dad says we can't afford a new one," she mumbled. George rummaged through his toolbox, humming. An hour later, the truck rolled again—this time with a bottle cap for a wheel and a stripe of silver duct tape. "Now it's custom," he winked. Mia left smiling, but her mother lingered. "Can you... fix a résumé?" she asked. "I've been stuck on the couch since the factory closed."

By noon, George's garage buzzed. A widow brought a shattered clock ("My husband wound it every Sunday"). A teen carried a leaky backpack. George fixed them all, but he didn't work alone. Retired teachers proofread résumés. A former seamstress stitched torn backpacks. Even Mia returned, handing him a jar of jam: "Mom says thanks for the job interview."

Then came the complaint.

"Unlicensed business," snapped the city inspector. "You're violating zoning laws."

Maple Grove's mayor, a man with a spreadsheet heart, demanded George shut down. The next morning, 40 townsfolk stood on George's lawn, holding broken toasters, torn quilts, and protest signs: "Fix the law, not just stuff!" A local reporter filmed a segment: "Is kindness illegal?"

The mayor caved. Sort of.

"If you want to 'fix' things, do it downtown," he said. "Rent the old firehouse. But no guarantees."

The firehouse became a hive. Volunteers gutted it, painted it sunshine yellow, and dubbed it "Ruth's Hub." Plumbers taught plumbing. Teenagers learned to darn socks. A baker swapped muffins for repaired microwaves. The town's waste dropped by 30%.

But the real magic? Conversations. A lonely widow fixed a lamp while a single dad patched a bike tire. They talked about Ruth. About loss. About hope.

Last week, George found a note in his mailbox. It was from Mia, now 16, interning at a robotics lab. "You taught me to see value in broken things. I'm building a solar-powered prosthetic arm. PS: The truck still runs!"



Today, 12 towns across the state have "Fix-It Hubs." None charge money. All serve tea. Funny, isn't it? How a man with a screwdriver can rebuild a world.

Δ

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According to research, acts of kindness release the same chemicals as falling in love: dopamine, oxycontin and serotonin. When you're feeling low, instead of turning away from the world, find one small way to be of service.
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Angels Aren't Just About Love and Light, they are Divine Agents of Transformation for what is Right and Good

By Nancy Freier

Angels are not just sweet symbols to comfort us in times of need—they are potent forces of Divine Will. Their presence can shake loose years of stagnation. Their messages can be razor-sharp, slicing through illusion, denial, and the fog of human confusion. Yes, they love us—but it's not always a soft, sentimental love. It's a bold, blazing, uncompromising love that refuses to let us settle for less than who we truly are.

Sometimes, their guidance is not what we want to hear. It may come as a nudge—or a spiritual shove—to leave a toxic relationship, to quit numbing ourselves, to take responsibility for our energy and choices. These are not easy messages to receive. But they are always delivered with the utmost compassion and purpose. The angels see the entire arc of our soul's journey, and they are invested in helping us grow into our potential—no matter how messy the middle of that growth may look.

There are times when angelic intervention has felt like a divine course correction. I've seen people pulled back from the brink—physically, emotionally, spiritually—because they opened to receive a message, a sign, or a shift in perspective that changed everything. And often, the first step was as simple as asking.

The angels have told me repeatedly, "We will not interfere unless invited." That's the gift and the challenge of free will. Heaven waits for our "yes." When that invitation is extended, the work begins—sometimes gently, sometimes with the force of a lightning bolt cracking through the clouds of your life.



Archangel Michael depicted with his famous sword he uses to cut loose and clear away unhealthy attachments. Artist unknown.

I remember one woman who came to me deeply depressed, unable to find purpose or joy. She had tried everything—therapy, medication, meditation. She felt as though she was slipping through the cracks of her own life. But the angels came through with one precise message: "She is not broken. She is buried." They revealed memories and emotional patterns she had long forgotten, and within months she had reinvented herself, even launching a healing practice of her own. That is the power of angelic light—not just to soothe, but to *resurrect*.

So yes, let's allow the cherubic images if they help a child sleep peacefully at night. Let's admire the beautiful angel statues and paintings for the artistry and feeling they convey. But let us never forget: angels are warriors. They are divine agents of transformation. They will stand beside you in your darkest hour and lift you when you've forgotten how to stand. They will teach you how to wield your own power with grace and courage.

They are not sentimental. They are *truthful*. They are not ornamental. They are *essential*.

And most of all, they are committed—tirelessly, endlessly, faithfully—to helping humanity rise. You are never beyond their reach. No one is too lost, too late, too far gone. They are always here, waiting for the call. All you have to do is *ask*.

The Call is Yours to Make

Sreper speaks: "We are not here to coddle you—we are here to awaken you. If comfort is needed, we bring it. If clarity is

continued on page 23

needed, we deliver it. If change is overdue, we will sound the trumpet that breaks the illusion of delay.

You often call us during moments of despair, and we respond. But know this: we are also speaking to you in the quiet before the storm. In the uneventful hours. In the boredom. In the ache you can't name. Our messages do not always come as a dramatic flash of insight. Often, they arrive as a subtle unease or a persistent thought that won't go away. That is us, prompting you.

Do not wait for a crisis to seek our presence. Make communion with us a daily practice, not a last resort. For when your heart is open consistently, the corrections can be gentle. The redirections, graceful. When you listen early, the course of your life does not have to veer into suffering just to get your attention.

You ask us: *Why didn't you stop me from making that mistake?* And we say: *We whispered again and again. But your free will is sacred. You chose to learn through experience. And we honor that, too.*

There is no judgment in our realm—only unwavering love and commitment to your growth. The pain you've walked through is not wasted. It becomes the path by which you teach others, by which you become whole. But do not confuse pain with destiny. You are not meant to suffer endlessly. You are meant to awaken. And awakening, though it may shake your life apart, will ultimately set you free."

I remember one moment in my own life when angelic guidance came through with such clarity, it knocked the wind out of me—not in a gentle, glowing-halo kind of way, but like a lightning bolt of truth that cut through all my resistance.

At the time, I was in a relationship that I *wanted* to work so badly. I prayed, I pleaded, I asked the angels for healing, for patience, for "signs" that we could grow through the challenges. But deep down, I knew I was contorting myself to make something fit that never truly did. My energy was drained. My intuition was blinking red. And yet, I kept overriding the inner knowing with hope.

Then one night, after another emotionally exhausting conversation that left me in tears, I sat down and asked—really asked—for the truth. Not what I *wanted* to hear, but what I *needed* to hear. I wrote it out in automatic writing, pen to paper, hands trembling. The answer came so fast, so clear, I could barely keep up:

"You are not meant to fix this. You are meant to free yourself. This is not love—it is a lesson. And it has served its purpose, now let it go."

That was not the message I expected. It wasn't the comfort I thought I needed, but it was *liberating*. In that moment, the fog lifted. I could feel the angels standing with me, firm and unwavering—not scolding, not dramatic, just deeply *clear*. They

had been speaking all along—I had just been too invested in a certain outcome to hear it.

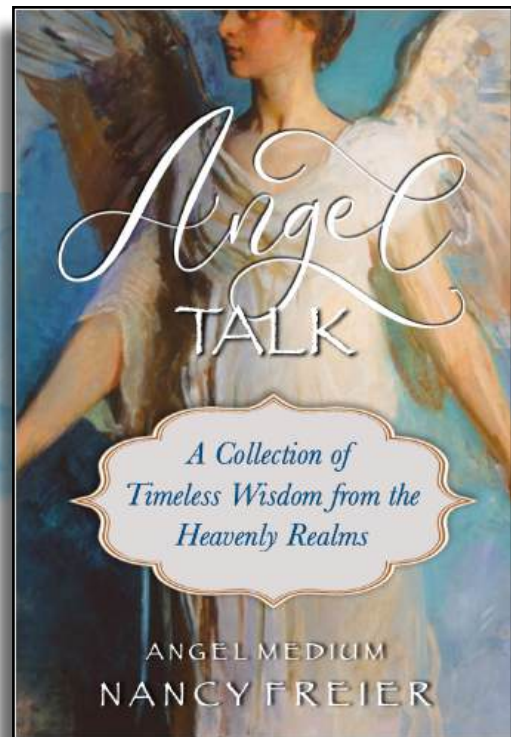
That guidance changed everything. Within days, I ended the relationship—not in anger, but in truth. And while there were moments of grief afterward, there was also a profound sense of peace I hadn't felt in years. It wasn't just the end of something; it was the reclaiming of myself.

This is what I've come to understand: angelic love is not always the kind that wraps you in a soft blanket. Sometimes, it's the hand that gently but firmly pulls you out of quicksand. Sometimes, it is the voice that says: *"Enough. You are not here to shrink. You are here to rise."*

So, if you're waiting for a sweet sign wrapped in feathers, you may miss the thunderclap that's already ringing through your soul. Ask for guidance, yes—but be willing to receive the *truth*, not just reassurance. The angels will never abandon you, but they will always call you forward—into your highest integrity, your clearest light, and your most courageous self.

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Editor's Note: Above article is an excerpt from Nancy's forthcoming book, **"Angel Talk: A Collection of Timeless Wisdom from the Heavenly Realms"** due out later this year. Watch for official announcement in **The Inner Voice**.



Get a Personal Angel Guidance Reading. The Angels stand by ready to answer your questions and help you understand the lessons you are here to learn. See page 4 for details. ❤️



"Tuesday Teachings" Written By Meredith Young-Sowers, D.Div

Try Acting Instead of Reacting

Each day we find an opportunity to observe our reactions to situations and people. Often we think, after the fact, what we should have said, or wanted to say but didn't think of until later. We tend to ruminate over past events and what might have been different if only we had said or not said what we did. In retrospect, perhaps we just wanted the satisfaction of having stood up for ourselves and not caved in or felt powerless.

There is no way to completely put these upsetting feelings away because we're reminded of the old with each new and similar situation or relationship. Still, we can do something different today than we did yesterday. We can act on our own behalf instead of reacting to others' emotions, attitudes and beliefs. We can listen to our wisdom while at the same time we're aware that we're getting angry, anxious and afraid that once again falling down the rabbit hole of no self-worth.

You can't assume others will understand your emotional reactions or even care to take care of you. It is your job to take care of you by accepting that no matter what someone thinks of you and how they act, it in no way takes away from who you are – whether or not you spoke up. When you have a good opinion of yourself then it's easier to stay present in relationships and generate a more balanced outcome.

♥ It's ok to be with needy and difficult people, but don't make a full-time habit of it.

♥ It's ok to be with self-centered people who never give you a chance to get a word in edgewise, but limit these relationships.

♥ It's ok to be with others who are strong and approving and do care for you. Lean into these relationships.

♥ It's ok to be with people who are better than you at certain things so you can learn and be mentored. Look for and find these relationships.

♥ It's ok to be with people who also recognize your gifts and skills and who encourage you to develop yourself without their feeling threatened. Maximize these relationships.

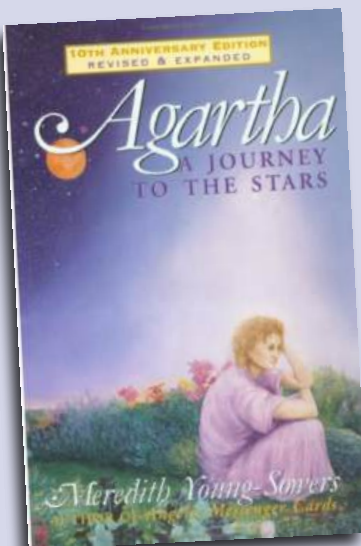
~ Meditation ~

Take a slow breath and with your hands over your Heart, decide to 'choose to use' your precious time and energy to be with people who make it easier for you to act from your heart rather than react.

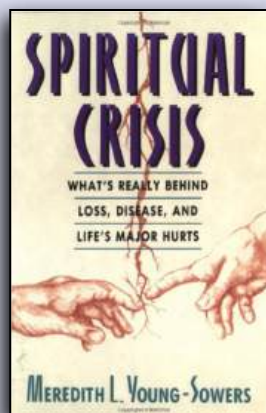


Meredith Young-Sowers, D.Div, Watercolor Artist, Author of the classic "Agartha: A Journey to the Stars" and several other books. Contact Meredith: mysowers6@icloud.com

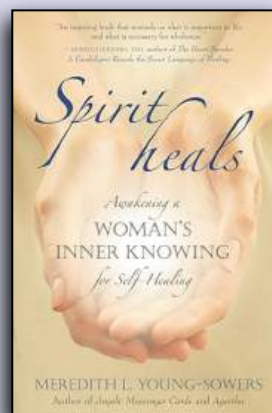
Books By Meredith



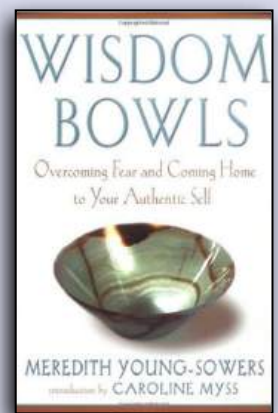
[Agartha 10th Anniversary Edition](#)



[Spiritual Crisis](#)



[Spirit Heals](#)



[Wisdom Bowls](#)

9-21 International Day of Prayer for Peace

“Cultivating a Culture of Peace in 2025”

The United Nations first recognized an annual Day of Peace in 1981. It was fixed on September 21 in 2001. In 2004, the World Council of Churches began recognizing September 21 as an International Day of Prayer for Peace.



Prayer of St. Francis of Assisi (Prayer for Peace)

Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.

~ For the FUN of it ~

Teacher: How old is your Father?”

Kid: He is 6 years old.

Teacher: What? How is this possible?

Kid: He became a father when I was born.

Teacher: Glenn, how do you spell 'crocodile'?

Glenn: K-R-O-K-O-D-I-A-L

Teacher: No, that's wrong.

Glenn: Maybe it's wrong but you asked me how 'I' spell it!

Teacher: Donald, what is the chemical formula for water?

Donald: H I K L M N O

Teacher: What are you talking about?

Donald: Yesterday you said it was H to O.



Teacher: Clyde, your composition on “My Dog” is exactly the same as your brother's. Did you copy his?

Clyde: No ma'm, it's the same dog.

Teacher: Harold, what do you call a person who keeps on talking when people are

no longer interested?

Harold: A teacher.

Teacher: Maria, go to the map and find North America.

Maria: Here it is (pointing).

Teacher: Correct. Now class, who discovered North America?

Class: Maria!





Practicing Mindfulness Written By Beverly Brunelle

Shift From Judging to Wise Seeing

I am in awe when I see the majesty of the sky being reflected on the earth. Along the coast of Maine there are magical times when the ocean colors blend so softly into the sky it appears that the sea and sky are one.

I wonder ... is that also true with us humans? Is it an illusion or a miracle, and a lesson of perception when we see ourselves in others, or when we expect others to be like us?

During my walks along the beach, which can be highly populated with people of all ages enjoying the water, sun and sand, I became acutely aware of an unconscious habit of judging and comparing others ... and myself. I was strangely addicted to being irritated. I was surprised to notice how automatically profuse judgments and expectations flew through my mind. Reality check ... I was on autopilot. Where did that behavior come from? Why was I giving it my life force? The crazy part? I was bypassing the magnificent scenery, shutting out nature's beauty vibes, and blocking the nourishment that surrounded me! I was out of resonance with my heartfelt values.

I decided to practice becoming more aware of when I am caught in a judgmental trance and then shifting my focus, my mind, into neutral observation.

Years ago I studied with Byron Katie. She had us do a practice where we walked and we looked with simplicity: tree, car, plant,

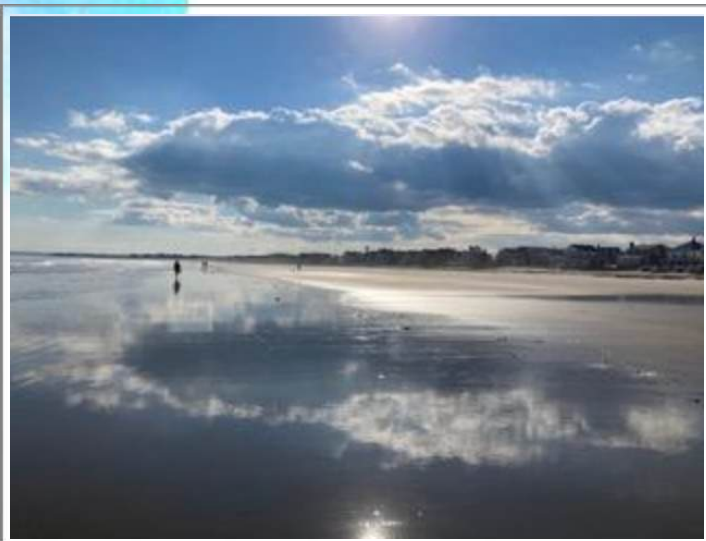


PHOTO: Courtesy Beverly Brunelle "Coast of Maine"

building, etc. No descriptions, judgments, or qualifications. Just pure seeing. So I practiced pure seeing on my beach walks. I noticed I felt more present, more calm, and more freely available to my inner guidance and the uniqueness of the world around me.

I wondered ... Who am I that I think I need to judge others? Where did this sense of responsibility and purpose come from?

Continued on page 27

Raise Your Frequency

Book a complimentary 20-min. personal energy clearing!



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

Beverly Brunelle

Intuitive, Channel, Master Energy Healer

beverlybrunelle888@gmail.com | www.BeverlyBrunelle.com

I flashed on my childhood and conversations around me. I realized I mimicked attitudes and behaviors that were “normal” in my little world. And until I noticed and questioned myself, my habits, I could stay on automatic, under the radar of my own awareness and forgo the power to create significant change within myself. I realized I was leaking energy by focusing my attention by judging others and myself as not good enough. What was I getting out of this pattern? A false sense of safety? Perhaps in the past it helped me to “belong” to a conversation, my family, a group. It certainly fed my “I know better righteousness.”

This inquiry was organic, deeply concerning and revealing. I was not creating the world I truly wanted. The judgments I was slinging were not only aimed outward, they were aimed at myself. I realized the habits of self-judging myself (I know that’s redundant!) inside and out ran its daily course. I realized it is all a distraction: a destructive righteous habit that I wanted to change. I asked, What else is possible?

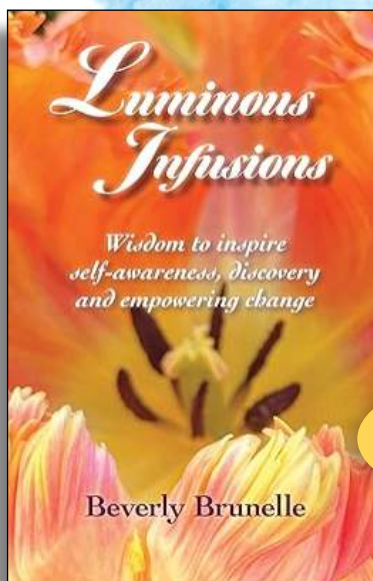
I decided to experiment.

This practice has become important to me. I notice when I am entangled in judging others or myself, I stop, focus on my breathing and shift to seeing with neutrality and expanded curiosity. When I bring this practice into my everyday life and relationships I notice I feel more relaxed, way less irritated and more free to wisely discern what I need and what is truly important for me to focus on.

If you want support to shift from judging to wise seeing, check out my Youtube turbo energy clearing session: [Energy Clearing and Alignment: Deprogram patterns of habitual judging to be more receptive to life.](#)

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



[Get Book Here](#)

Guest Contributor - Author Ellen Schneider - (Also see p. 29)

Living Things Thrive on Care... and a Little Love

As you think about changes this month, remember that *Small is Beautiful*. Start small. Make the tiniest difference.

Like the bud that fell off of my bouquet of flowers. I put it in water and by the end of the day it had bloomed! My Basil plant that was parched in a plastic package from the grocery store, having weathered transport, air conditioning, people picking it up and putting it down and then I picked it up and brought it home, trimmed the stems, and put it in water. I heard it sigh, *thank you!* Living things thrive with love and care, just as humans do. We drink up kindness!

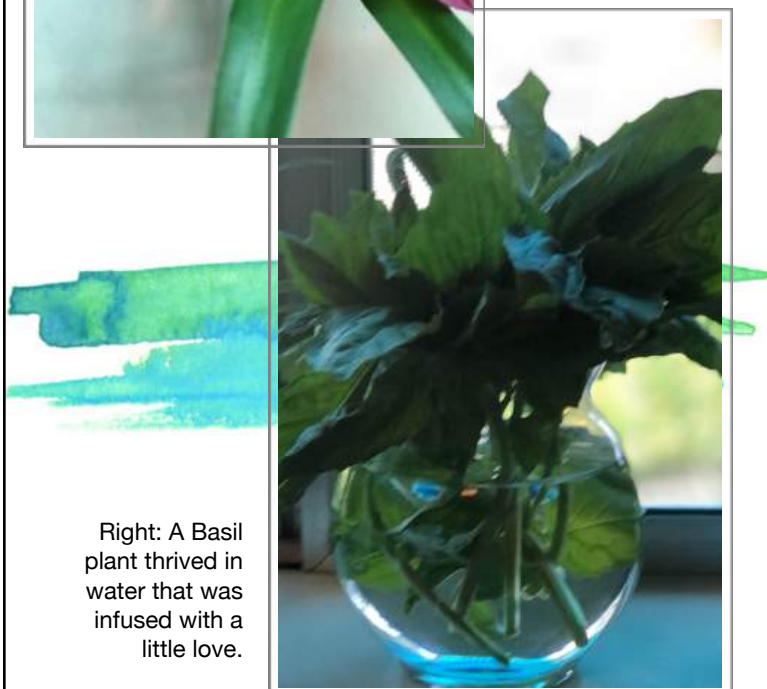
When the desire for change is accompanied by action and something that you can visually see (like clearing a shelf or

filling a box with items to donate), the satisfaction is immediate.

Small changes can make a big difference! It all matters

Δ

Left: A flower bud blossomed when it was placed in water.



Right: A Basil plant thrived in water that was infused with a little love.



Finding Peace on a September Morning

The kids are ready for school to begin. You've made sure their supplies are packed: a sturdy 2-inch deep binder, with separators and college-ruled paper, several spiral notebooks, pens, and pencils -- and tucked between the fabric sleeves of their backpack, a few of their favorite snack treats. Last night's bedtime brought the usual run-down of school rules. You remember those first days, when you were small and nervous, approaching the classroom with curiosity and caution.

When did that classroom become your life? Now you stand at the front — a guardian, a steward, a parent, teaching little ones to tie their shoes, to show kindness, and to remember their manners when outside in the big world?

Once, we delighted in the heat of the day, cannonballing into crystal blue waters, or playing games into the late night. And finally, Labor Day picnics marked the summer's end.

Somewhere along the way, there comes a time when the world turns itself upside down, and roles are switched. We find ourselves caregiving, nurturing, and healing others' pains and sorrows, much like our parents would kiss our scraped knee or sign the plaster cast covering a broken bone.

Our summer bliss fades into memory. Today, we find ourselves carrying more than a backpack or a school lunch box. Gone are the concerns of school grades, pencils, and erasers, replaced by the encumbrances of adult life.

In this season of transition, how do we reset? How do we replenish our souls after the bustle of vacations and obligations? There is a universal tiredness that lingers, a quiet longing for peace.

Honor the day~ Honor yourself

Take the extra moment it takes to care for your "self," sense your

touch, the softness of your hands, savor a slow meal, and appreciate each bite and its preparation. Treat your body with care — sit in the quiet, without screens or distractions. — allowing your mind to rest enough to listen to your inner voice.

The directions you hear may be life-changing. Take heed as the silence offers wisdom. Sometimes, in the stillness, listen to your heartbeat. Pump, pump, pump — steady or racing, regular or not. Ask, "Are you OK?" You will know the truth by its rhythm. Your heartbeat is a guide, a measure of the moment. Respond to your heartbeat with gratitude. "Slow down. Speed up. Relax. Please. Thank you."

Send these thoughts with *intention*, mindful of the power they hold.

Power of Intention

Intention reflects mindfulness—a conscious reset of identity from the moment of existence. Rethink who you are, who you wish to be, and how you came to be. With honesty and integrity,

allow your heartbeat to settle into a restful rhythm of calmness, permeating your body and space. This stillness, this intention, is an honor you give yourself.

Today, choose to exist in your divine thought creation, let mindfulness fill your breath. Inhale, embrace purpose, and welcome another day to explore your own creation.

Write your name on several squares in your September calendar where you remember to honor yourself, your heart, and your intentions of gratitude and purpose.

△

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



"Women 52" by Gustav Klimt



There's Wisdom in Stillness

By Ellen Schneider

Contemplation and stillness are a segue to creativity like no other. Ideas surface in the quiet. Go there. Sit. Watch. Wait. The ideas will surface. There are so many lessons there. Noticing what happens in the stillness shines through quite brightly. It's different. It is like being a passenger in a car that's crossing the state. Even though you may have traveled that road many times, really looking and seeing has you noticing details that you missed the last time.

It's like listening. If you really listen and stay in a receptive mode it is quite different than listening for someone to finish so you can talk. You may think, "We've had this conversation many times," and yet, were you really listening? What did you miss? And what is waiting to be discovered within the conversation that is repeating itself.

The Feng Shui of it? Stillness is the heart of knowledge. Becoming still and breathing in the quiet often surfaces in the inner world that is moving, thinking, ruminating. It helps to weed out the clutter and acknowledge the Pearls of Wisdom that are bubbling up. Clutter begins in the mind, then, it takes over. It will run you. But, stopping and avoiding stimulation while staying close to inspiration, becomes an avenue for clarity. Your mind becomes wide open.

Some mornings, I sit outside and watch my neighborhood. I just sit and look – no phone, no music on ear pods – just sitting. The cacophony of the birds singing becomes audible, and my heart starts to sing – opening up the channels of new thoughts. It becomes a quiet activity. Sometimes I write these thoughts down, other times I watch them drift in and out. I pause. I react, but do not feel called to action.

Waiting. I know at that moment there is more to be revealed, more to hear, more to see, and more to hope for. So, I wait in the stillness for the breakthrough.



Ellen Schneider is a graduate and past instructor of the Western School of Feng Shui® as well as a Master Fashion Feng Shui® facilitator with Fashion Feng Shui® International. She is the author of [You, Your Space, Your Life](#). Visit her website: www.arrangetosucceed.com

Lake Meditation

~Author unknown

I AM the serenity of a cool, calm lake.
 I AM the strength of an old oak tree.
 I AM the sweet music of a songbird.
 I AM the fountain that sings with delight.
 I AM the candle that burns brightly in the darkness.
 I AM the nurturing embrace of a loving mother.
 I AM the teardrop of joy.
 I AM the ripple of laughter from an innocent child.
 I AM the hand that reaches out to hold another in compassion.
 I AM the heart that believes with faith.
 I AM the flame of eternal Love.
 I AM the pillar of Truth.
 I AM the inner knowing of Oneness.
 I AM the Love of the Creator.
 I AM you, who is me.
 I AM that I AM.
 I AM LOVE.
 I AM PEACE.



PHOTO by Nancy Freier. Limekiln Lake, Chain o' Lakes, Waupaca, Wisconsin, the site where my family's cottages were in the 60's.



Living in the Illusion of What Appears to be Real

By Kathleen Jacoby

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 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



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

Photo: © Jane Erica Hutchison

Continued on page 31

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.

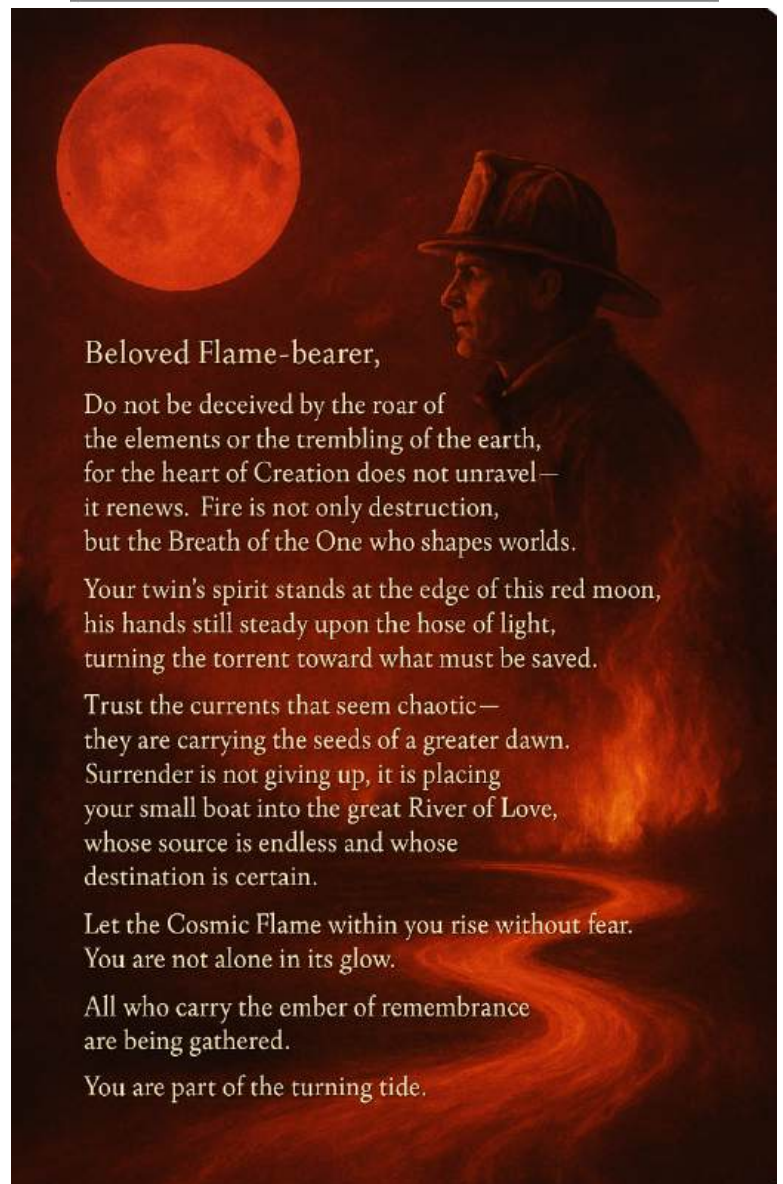
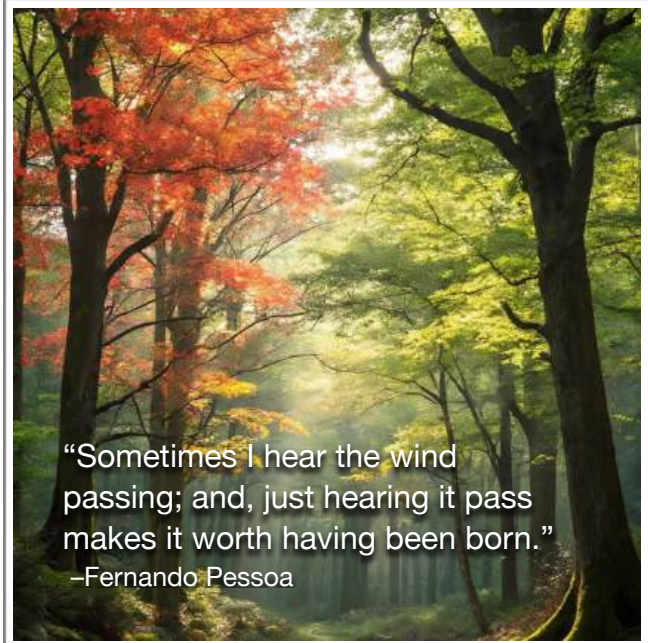
Accepting Vitamin G

In our rush to feed the body healthy foods and do things that will enhance our physical well-being, we take every vitamin in the book, 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 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.

△

Editor's Note: This article is part of a larger piece Kathleen called, "Uncommon Dialogues With the Indwelling Spirit."



Beloved Flame-bearer,

Do not be deceived by the roar of
the elements or the trembling of the earth,
for the heart of Creation does not unravel—
it renews. Fire is not only destruction,
but the Breath of the One who shapes worlds.

Your twin's spirit stands at the edge of this red moon,
his hands still steady upon the hose of light,
turning the torrent toward what must be saved.

Trust the currents that seem chaotic—
they are carrying the seeds of a greater dawn.
Surrender is not giving up, it is placing
your small boat into the great River of Love,
whose source is endless and whose
destination is certain.

Let the Cosmic Flame within you rise without fear.
You are not alone in its glow.

All who carry the ember of remembrance
are being gathered.

You are part of the turning tide.

Poem by Sr. Rosemarie Stevens



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

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

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

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

**UPCOMING
EVENTS**

Edge Talk Radio shows:

Sep. 3rd, 2025 - Healing Power of Authentic Sound/Musical Artist, Shervin Bolorian, Bali

Sep. 17th, 2025 - Breaking the Burnout Cycle with Flow Forum Creator Joe Garner, Delaware

Oct. 1st, 2025 - Science of Heart Rhythm Meditation/Susanna/Puran Bair/founders/iamHeart/AZ

Oct. 15th, 2025 - Reset Your Home's Frequency for Inner Ease, Author, K. Margaret Solorio, CA

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