

# The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 14 Issue 4 • April 2026

## Resurrection & Beyond

Messages of Hope, Renewal and the Continuity of Life

There Is No Death

“No One’s Dead:  
The Jesus Messages”  
A Book by Jonathan Beecher

Laurie ‘Bambi’  
Bembenek’s Spirit  
Reaches Out From  
The Afterlife

The Easter Story  
and Orion’s Belt

Awaken Your Awareness  
of the Angels

Aligning Heaven,  
Earth & Home

Celebrating Earth  
Day April 22

*And more inside!*

# The AFTERLIFE REPORT

Evidence



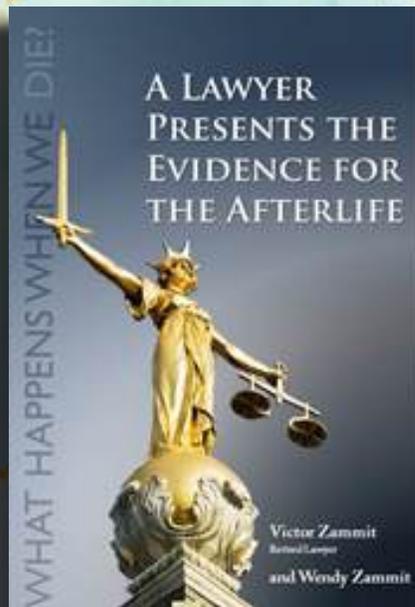
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Science



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April 2026 Guest Presenters:**

**April 5: Easter Community Gathering: No scheduled speaker. Everyone attending will have an opportunity to share what's new and interesting. It's always a fun and lively discussion!**

**April 12: Author Stafford Betty: "The Hell Dwellers"**

**April 19: Author Riley Heagerty: "Teachings From the World of Spirits"**

**April 26: Nancy Freier: "The Inner Voice: Receiving Guidance from Within"**



Click <https://zoom.us/j/7595442928> to join the discussion with like-minded people from around the world. Held on Sunday (CDT/CST): 4:00 PM in the US; and the next day, Monday (AEDT/AEST): 8:00 AM in Sydney [Click here to check the time in your city](#)

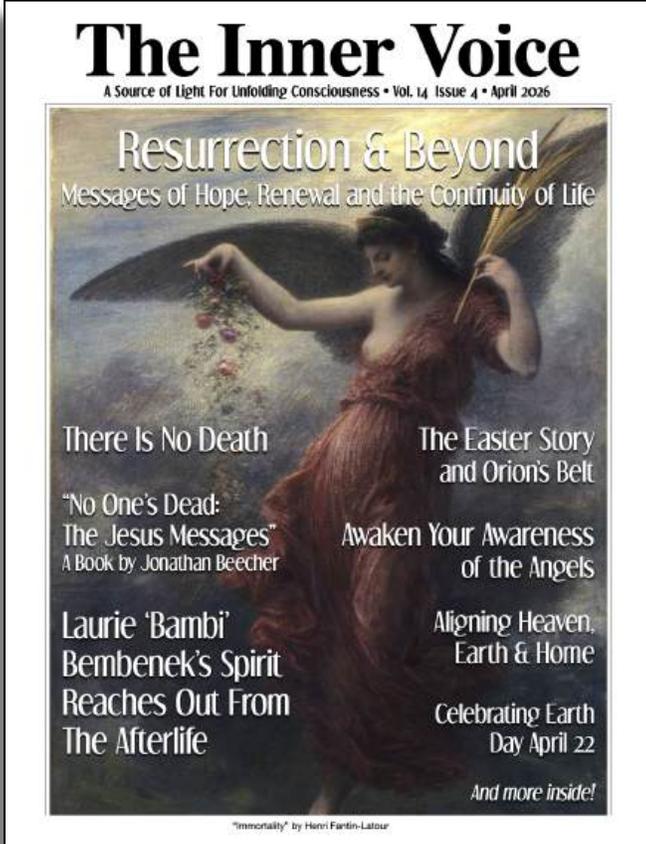
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**About the Cover...**



“Immortality” painting by Artist Henri Fantin-Latour, 1889. National Museum Cardiff, Wales, UK

*“Be patient where you sit in the dark, the dawn is coming.” –Rumi*

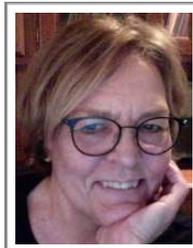
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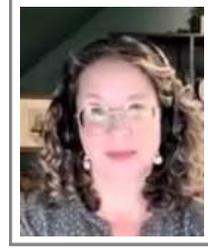
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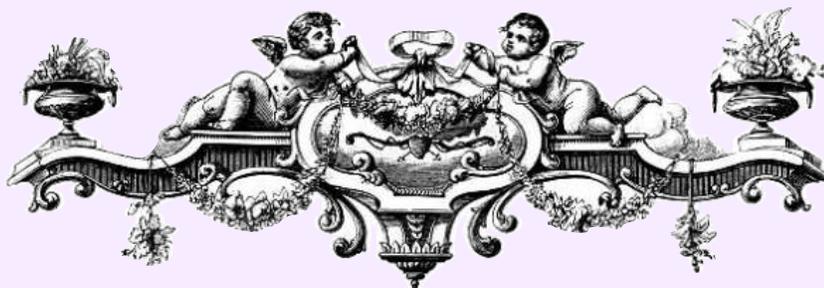
# Angel Guidance Readings



If you're feeling stuck, at a crossroads, or just ready for deeper insight ~ you can move forward with renewed confidence, peace, and trust with a personal reading. What feels confusing or heavy can become a source of clarity and strength.

## Schedule Your Session with Angel Medium Nancy Freier

E-mail: [NFreier@aol.com](mailto:NFreier@aol.com)



Listen to Nancy's Interview:  
[Grief Opened A Portal to Angels](#)  
"Beacons of Balance" Podcast  
with Hosts Arline McKay & Joanne Macko

### Some of Our Subscriber's Comments...

*"Blessings to you and Steve, and may the Inner Voice survive and thrive!" ~Dan D.*

*"Thank you for many years of The Inner Voice and support of the Dare Fair."  
~Patricia C.*

*"Thank you for your loving presence everywhere through the ears and eyes of angels." ~Rita B.*

*"Thanks for putting your heart and soul into The Inner Voice." ~Barb B.*

*"I hope everything is going well for you. All my best." ~Jaci L.*

*"Thanks for what you do!" ~Deb S.*

*"Thank you for The Inner Voice magazine."  
~Nicholas S.*

*"I want The Inner Voice to keep going!"  
~Stephan W.*

*"It would be a huge loss if you have to stop this wonderful publication. Sending thoughts for a positive outcome." ~Pam L.*



*Thank you for all your kind words and generous donations. ~Nancy*

E-mail your comments, article ideas, and questions for Angel Talk™ to:  
[theinnervoicemagazine@gmail.com](mailto:theinnervoicemagazine@gmail.com)

**Dear Readers,**

First, I want to say that you have warmed my heart and I want to offer my thanks for your kindness and support of this magazine and website. Near the end of March, I suddenly learned that our website fee was due in just a few days—and if it wasn't paid, the site would be taken down. This comes due every few years and their notice always comes as a surprise.

I reached out to you, our readers, asking for help. What happened next moved me to tears. Your generosity—both in spirit and in financial support—came forward in a way I could never have imagined. In that difficult moment, when it felt as though *The Inner Voice* might have to disappear, I truly didn't know how I would come up with \$900 in just a few days. I didn't know who was reading, or who might be willing to help. And yet, you did. Friends—and even those whose names I've never known—answered the call with such love and kindness.

You saved *The Inner Voice* from certain death and gave it new life! Thank you, from the bottom of my heart. ***The Inner Voice magazine lives on!***

And how fitting this feels for April—a season of renewal (in the Northern Hemisphere), and a time when Easter reminds us of death and resurrection. It is a gentle but powerful reminder that life continues beyond what we can see and understand while in human form.

In that spirit, this issue explores the theme of life after death, with stories and insights that speak to the

continuity of life beyond physical existence. Among them is a remarkable story “resurrected” from decades ago—the case of Lawrence Bembenek, an accused murderer in Milwaukee, Wisconsin, still determined to prove her innocence from beyond the grave. Her restless spirit unexpectedly entered a conversation between Medium Regina Ochoa and me, seeking help. You can read this captivating story beginning on page 12.

We also acknowledge Earth Day on April 22. JJ Flowers' article, “*What Spirit Beings Are Saying About Our Global Chaos,*” along with the Angels' response to the question, “*Does Earth Have a Soul?*” Along with my feng shui article this month on, “Aligning Heaven and Home” encourage reflection on our responsibility toward the planet we call home. Check out <https://www.earthday.org/> for more information and ideas. May we each do what we can to care for Mother Earth Let's not wait to discover what might happen if we fail to honor and protect her

And in this season of renewal, may we also remember the deeper promise of life that continues beyond what we see with our physical eyes. Happy Resurrection—may new life of our dreams and hopes rise within us all!

With gratitude and love,

*Nancy*



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**Thank You!**



# Awaken Your Awareness of the Angels

## How to See the Signs You've Been Missing

In the March issue I asked the angels, "What does communicating with us feel like from their perspective?" This month I asked, "How do you place signs on our path?"

Angels work with the rhythm of your life, not against it. They place signs in ways that feel natural, gentle, and often subtle—so you notice them without fear or pressure. These signs may appear as:

**Repeating numbers or symbols** that catch your eye at meaningful moments.

**Unexpected encounters**—a stranger saying exactly what you needed to hear, or a loved one appearing in a dream.

**Nature's whispers**—a bird, feather, or butterfly appearing when you feel unsure.

**Inner nudges**—thoughts or feelings that seem to arrive out of nowhere, guiding your next step.

Angels tailor each sign to your perception and current life stage. Sometimes a sign is immediate and unmistakable; other times it's subtle, inviting patience, reflection, and awareness. The key is to stay present and open, trusting that your angels' guidance is always aligned with your highest good.

**Q: Why do some people notice signs easily while others miss them?**

Awareness is like a muscle—the more you practice noticing, the stronger it becomes. Angels place signs for everyone, but some are more attuned to subtle signals. Life's noise—stress, routine, or doubt can make signs harder to perceive. So, slowing down, meditating, or journaling allows the mind to notice the patterns and nudges that are present.



**Q: Are repeating numbers or symbols truly messages, or just coincidence?**

Repeating numbers, patterns, or symbols are often gentle ways angels draw attention to a moment or a choice you need to make. While some occurrences may be ordinary, when they recur at meaningful times, they carry guidance. Your inner knowing—how it resonates with your heart and life—reveals whether it is a message or simply a coincidence.

**Q: What should we do when we believe we've received a sign from the angels?**

First, pause and reflect. Ask yourself: *What is this sign pointing to?* Notice the emotion that comes up; and the thoughts and impressions it brings with it. Angels encourage journaling, prayer, or quiet contemplation—simple actions that help clarify the guidance they offered you. Most importantly, learn to *trust your intuition* ~ the sign is a bridge between your awareness and the higher wisdom coming to you.

**Q: How can we invite the angels to make their guidance more visible?**

Open-hearted intention is the key. Quiet the mind, ask for guidance, and notice the small details that happen around you. Angels respond best when you are receptive and not demanding. They may show signs in your daily life, through people, nature, dreams, or inner nudges. The act of asking and then observing fosters a stronger connection to their loving presence.

**Notice and Record:** Have you seen a repeating number, symbol, or pattern lately? What do you feel it might be pointing to?

continued on page 7

### Angel Guidance Zoom Group

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

**Next meeting is Sat. April 11 • 1 pm CST**

11am Pacific • 2 pm Eastern • 9 am Honolulu

Sydney: 6 am AEDT Sunday

[Click HERE to Join](#)



**Moments of Guidance:** Recall a time when an unexpected word, encounter, or dream offered insight. How did it influence your next step?

**Nature's Whisper:** Has a bird, feather, or other natural sign ever appeared at a meaningful moment in your life? What did it suggest?

**Intuitive Nudges:** When you felt an inner “pull” or sudden knowing, what choice or direction did it guide you toward?

**Open to Receive:** What simple daily practice helps you notice subtle guidance more clearly—quiet reflection, journaling, or mindful walks?

**Synchronicity Check:** Think of a coincidence that felt too perfect to be chance. What message might it carry from your angels or higher self?

### Your Angel Guidance Toolkit Simple practices for Noticing Guidance

**1. The Sign Journal** Keep a small notebook handy for one week. Whenever you notice a repeated number, symbol, or meaningful coincidence, write it down. Note your feelings, thoughts, and any intuitive impressions. At the end of the week, review your entries—what patterns or messages appear?

**2. Nature as Messenger** Take a mindful walk in nature. Watch for birds, feathers, flowers, or other subtle signs. Pause and reflect: could this moment be a gentle nudge or message from your angels? Breathe, observe, and allow meaning to emerge naturally.

**3. Quiet the Mind** Set aside five minutes each day to sit quietly. Focus on your breath and notice thoughts or images that arise. Ask angels for gentle guidance. Record any impressions that feel significant—these may be subtle messages you would otherwise overlook.

**4. Synchronicity Reflection** Think of a recent coincidence that felt “too perfect” to be chance. Write down the details and ask yourself: *What might this be pointing to? What guidance is hidden here?* Reflect on the insight or reassurance it provides.

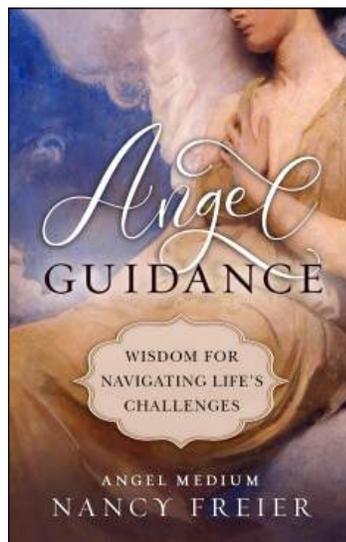
Remember that guidance is all around you—if you take the time to notice it. Small signs, repeated patterns, and quiet nudges can point the way, helping you make choices with greater clarity and confidence. Keep a journal, pause to reflect, and trust your intuition; your angels are always ready to guide you through life's ordinary and extraordinary moments.

△

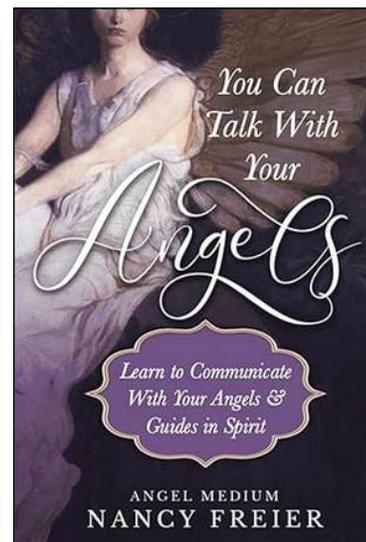
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“The Love Letter” Painting by French Artist Gabriel Ferrier.



[Angel Guidance: Wisdom For Navigating Life's Challenges](#)



[You Can Talk With Your Angels](#)

# There Is No Death

The idea that there is no death is not new. John Van Auken tells us, “All initiates of the ancient mystery schools were taught *there is no death*” (p. 154). There is no death because the spirit is present and predominant. Meaning, the spiritual essence or soul within us all lives on beyond our mortal lives. Spiritualists call the place where the souls dwell the Summerland. The idea of eternal souls goes back to the ancient Egyptian mystery school.

The final initiation into the Egyptian mystery school took place in the King’s Chamber of the Great Pyramid. While meditating in the space, I became psychically aware that this place is a meeting point or vortex between the seen and unseen worlds. Ritually, the deceased would be welcomed to their new life in the realm of spiritual energies. Death is a resurrection for all to begin their journey again. The coffin in the Chamber is empty, as a sign of new life and a symbol of the concept that there is no death. In contrast, the Queen’s chamber below felt full of life energy, and it expressed the idea of eternal life.

John the Baptist and Jesus were initiates of the Egyptian Mystery School, and the *Aquarian Gospel* by Levi (1907) describes this. Levi tells us that the spirit never weeps for the dead. It states, “all emotions are the sprays that rise from human loves, and hopes, and fears; that perfect bliss can not be ours until we have conquered these” (p. 96). This is a higher truth for people to learn. Instead of shedding tears for the deceased, find happiness in helpfulness to others. These are the concepts Jesus learned in the King’s Chamber.



Photos by Susan Barnes: The Great Pyramid of Giza



The coffin in the Queen’s Chamber is empty.

Levi tells us that other ideas associated with the mystery school are sincerity, justice, faith, philanthropy, heroism, and divine love. Divine love is a love that reaches every living thing. It is often defined as existing outside of time. Thus, divine love is naturally viewed as timeless. Similarly, in many mystical and Eastern traditions, the soul exists in a state where time simply doesn't apply.

A timeless soul would mean it lives on after an earthly experience, not dying. An idea at the foundation of Spiritualism. To a Spiritualist, what we call "death" is merely a transition like stepping into the next room. The soul’s journey continues without interruption. Spiritualist philosophy suggests that the soul is the true self, while the body is simply a temporary vessel. When the vessel wears out, the soul continues its journey without interruption.

Talking to a deceased relative is no more mystical than calling a friend who moved to a different city by telephone. For this reason, mediumship is important. It demonstrates the idea that the soul lives on. Those who have passed are not gone; they are simply out of sight on the other side of the veil.

Spiritualists argue that because love is a vibration, it creates a bridge between worlds. From the ancient mystery schools of Egypt to modern-day Spiritualism, the belief that there is no death has been part of our culture.

△

**References:** Levi (1097), *The Aquarian Gospel of Jesus the Christ*. Marina del Rey, CA: De Vorss & Co.; Van Auken, J. (2016). *Passages in Consciousness*. Virginia Beach, VA: Living in the Light.

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



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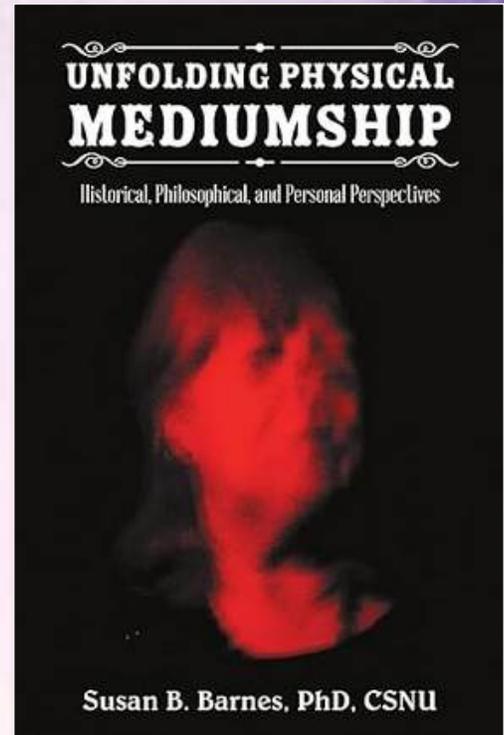
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[Unfolding Physical Mediumship](#)

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

**Unfolding Physical Mediumship** can help you understand the philosophy, religion, and science behind physical mediumship, as well as show you how both mediumship and Spiritualism can play a central role in your daily life.

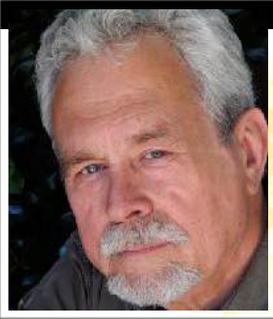
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# No One's Dead: The Jesus Messages

## Book By Jonathan Beecher

There are certain books that do not simply present ideas but instead invite the reader into a quiet reconsideration of Reality itself. *No One's Dead: The Jesus Messages* by Jonathan Beecher is one of those books. It unfolds less like a conventional theological argument and more like a thoughtful meditation on a question that has echoed through centuries of religious history: Did Christianity truly preserve the message of Jesus, or did something essential become obscured along the way?

Beecher begins with an intriguing historical coincidence. In the twentieth century, two individuals—unknown to each other and coming from very different worlds—claimed to receive teachings from Jesus through unusual means. One was James E. Padgett, a Washington, D.C. attorney who reported receiving extensive spirit communications through automatic writing in the early 1900s. The other was Helen Schucman, a psychologist at Columbia University who in the 1960s began transcribing what she described as an inner dictation that eventually became the spiritual text *A Course in Miracles*.

What fascinates Beecher is not merely the strangeness of these claims, but the remarkable similarity of the messages attributed to Jesus in both cases. Despite the decades separating the two sources—and the completely different personalities involved—the teachings seem to circle around the same themes: divine love as a transformative force, the immortality of the human soul, and the idea that the physical world is only a fragment of a much larger spiritual reality.

The title of Beecher's book, *No One's Dead*, reflects the core insight that emerges from this exploration. According to the teachings he examines, death is not an ending at all. It is a passage—a transition from the dense

conditions of physical life into a wider and more fluid realm of consciousness. The world beyond death, in this view, is not a distant heaven or a place of eternal punishment. Rather, it is a continuation of the soul's journey, a landscape shaped by inner character and spiritual development.

This idea stands in quiet but profound contrast to much of traditional Christian doctrine. Over the centuries, institutional theology often emphasized judgment, sin, and the dividing lines

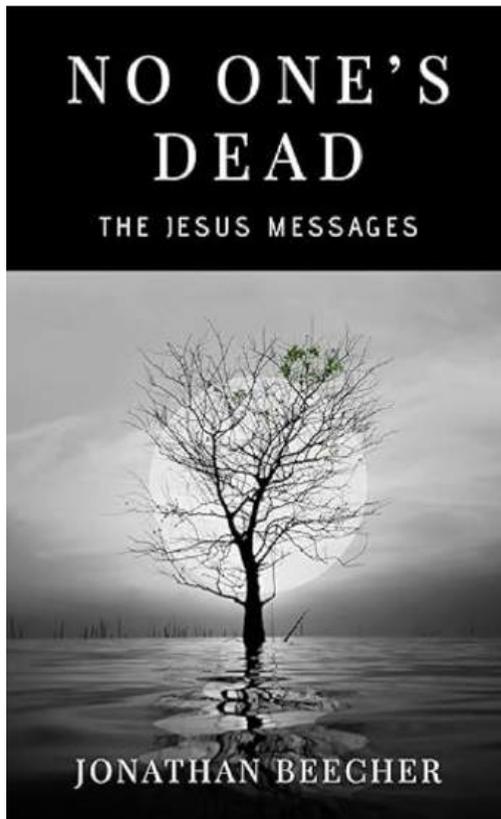
between the saved and the damned. Beecher suggests that these doctrines may reflect the evolving structures of religion more than the original teachings of Jesus himself. If the messages explored in the book are taken seriously, Jesus appears less as a

divine figure demanding belief and more as a spiritual teacher pointing humanity toward an awakening of the heart.

In the communications attributed to him, Jesus is portrayed as emphasizing the transformative power of love—what the Padgett writings call **Divine Love**, a direct influx of God's presence that can gradually reshape the human soul. The goal of life, in this understanding, is not merely moral improvement or adherence to doctrine. It is an inward change, a movement toward greater compassion, humility, and openness to the divine.

Beecher does not present these ideas dogmatically. Instead, he approaches them as part of a broader inquiry into the nature of consciousness and survival beyond death. Along the way, he draws from the history of psychical research, modern accounts of mediumship, and the growing body of testimony surrounding near-death experiences. Together, these strands form a tapestry suggesting that the boundaries between life and death may be far more permeable than we once imagined.

“What if the real message of Jesus was always about awakening to this larger reality?”



Continued on page 11

The result is a vision of the afterlife that is dynamic rather than static. Souls continue to grow, to learn, and to move toward greater harmony. Even those who enter the next world burdened by fear or selfishness are not abandoned to eternal suffering. Instead, they gradually awaken to the consequences of their inner life and begin the long process of transformation. The universe, in this view, is fundamentally oriented toward healing.

As Beecher reflects on these possibilities, another question naturally arises: *What if the real message of Jesus was always about awakening to this larger reality?* If so, Christianity may have preserved fragments of that message while surrounding it with layers of doctrine, ritual, and institutional authority. The figure of Jesus—teacher, mystic, revealer of divine love—may still be present beneath those layers, waiting to be rediscovered.

The book therefore reads as both an investigation and a personal search. Beecher shares moments from his own journey into the study of survival research and spiritual communications, describing encounters that gradually shifted his understanding of death. Rather than approaching the subject with blind belief or rigid skepticism, he seems to occupy a middle ground—a place of curiosity, where evidence and intuition are both allowed to speak.

What emerges from this exploration is a quietly hopeful vision of existence. If the central claim of *No One's Dead* is true, then human life cannot be confined to the brief span between birth and physical death. Consciousness continues, relationships endure, and the soul moves forward in ways we can only dimly imagine from our present vantage point.

In that sense, the book ultimately invites the reader into a change of perspective. The familiar dramas of earthly life—success and failure, gain and loss—begin to look different when viewed against the backdrop of an eternal journey. Fear of death softens. The importance of love becomes clearer. And the teachings attributed to Jesus take on a renewed simplicity: the transformation of the human heart may be the true purpose of our time in this world.

By the end of Beecher's reflection, the title begins to feel less like a claim and more like a quiet reassurance. If consciousness truly survives, then those who have gone before us are not lost. The boundary we call death may be only a doorway—one that every human being will eventually cross.

And if that is so, the message attributed to Jesus across these modern writings carries a profound implication: Life is far larger than we think, and love may be the thread that connects both sides of the veil.

Get the book on [Amazon](https://www.amazon.com).

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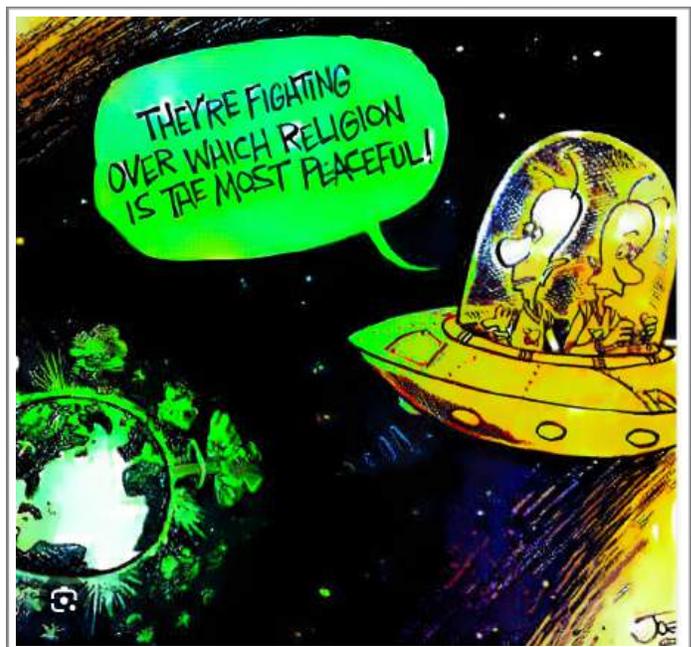
**Steve Freier is a researcher of metaphysical subjects and is the Editor and Website Tech for The Inner Voice magazine. Questions or comments? E-mail Steve here: [SGFreier23@gmail.com](mailto:SGFreier23@gmail.com)**

## TIV's Metaphysical Munchies



“Perhaps the most profound question we can ask about intelligent beings is: Are they kind? Are they wise? Are they compassionate? And if they are, how might they view us? Would they see us as fellow travelers, as beings worthy of respect and cooperation? Or would they see us as a primitive species, still grappling with our own destructive tendencies? The answer to these questions may reveal more about us than it does about them.”

~Carl Sagan



# “With my drying breath I will protest my innocence!” The Story of Laurie “Bambi” Bembenek - Convicted of murdering her husband’s ex-wife in 1980

“How do spirits begin communicating with you?” I asked Medium Regina Ochoa after an ‘Edgar Cayce’ class on developing psychic abilities—one we both attend. As she began to answer, Regina paused. A presence had come ~ a restless spirit who called herself “Bambi.” Regina shared that she had sensed this spirit before — appearing, curiously, whenever the two of us were on Zoom together.

Then Regina asked me, “Do you recognize the name Bambi?”

“Yes,” I said, immediately recalling Lawrencia “Laurie” Bembenek, a former Milwaukee security guard nicknamed “Bambi” after escaping from prison where she had been serving a life sentence for a crime she maintained she did not commit.

Now, her spirit was interrupting our conversation, urging that her story be told in *The Inner Voice!* Regina sensed that Laurie, her preferred name, had not yet crossed over— still intent on having her truth told! (Read more of this part of the story on page 15.)

I was living in Milwaukee in the early 1980s when these events took place. I remember how the city—and soon the nation—was gripped by the case: the murder of Christine Schultz, the arrest, the trial, the life sentence at Taycheedah Correctional Institution near Fond du Lac, Wisconsin—and, years later, the daring escape that reignited it all.

This is where the story begins...



Written By Nancy Freier, Compiled from various news sources

## Lawrencia Bembenek’s Early Life (1958–1976)

Lawrencia Ann Bembenek was born on August 15, 1958, in Milwaukee, Wisconsin, the youngest of three daughters of Joseph and Virginia Bembenek. Her father, a former Milwaukee Police Department officer, had left the force after witnessing corruption, later working as a carpenter. Raised in a devout Catholic household, Laurie attended St. Augustine’s Elementary School and St. Mary’s Academy before transferring to Bay View High School, where she graduated in 1976. From an early age, she exhibited determination, independence, and a flair for attention—qualities that would later both aid and complicate her life.

After high school, she attended Bryant & Stratton College in Virginia Beach, Virginia, earning an associate degree in fashion merchandising management. She briefly pursued modeling and retail work upon returning to Milwaukee. In 1978, she appeared as “Miss March” in a calendar distributed by the Joseph Schlitz Brewing Company, her first brush with public visibility and media attention.

## Police Career and Early Struggles (1980)

In March 1980, Bembenek entered the Milwaukee police academy. She quickly encountered the challenges of being a woman in a male-dominated and often corrupt environment. She formed a close friendship with fellow trainee Judy Zess, who would later become entangled in the events that led to Bembenek’s downfall. In her autobiography *Woman on the Run* (1992), Laurie described the department as “brutal, lazy, apathetic, and corrupt,” with female and minority trainees routinely punished for minor infractions while male officers went unpunished for serious violations.

During the academy, an anonymous tip accused her of smoking marijuana at a party. She denied it, and the charge was investigated but never substantiated. Bembenek graduated in summer 1980 and was assigned to the South Side Second District. In May 1980, Zess was arrested for marijuana use, violating her probationary period, and was fired. Bembenek was dismissed on August 25, 1980, for filing a false report connected to Zess’s arrest.

Continued on page 13

Determined to expose unfair treatment, Laurie uncovered scandalous photos of veteran MPD officers—including future husband Elfred “Fred” Schultz—dancing nude on picnic tables in Gordon Park after drinking at a tavern. She brought the photos to the federal Equal Employment Opportunity Commission (EEOC), alleging that male officers committed serious violations with impunity while she and other female officers were punished for minor infractions. The EEOC encouraged her to file a formal discrimination report with the MPD’s internal affairs division.

### **Marriage to Fred Schultz and Career Shift (1980–1981)**

After leaving the force, Bembenek briefly worked at the Playboy Club in Lake Geneva and as a personal trainer. Around this time, she met Fred Schultz, a 13-year veteran of the MPD. Fred had recently divorced his wife, Christine. Laurie and Fred married in January 1981 in Waukegan, Illinois; the marriage was later declared invalid because Wisconsin law required a six-month waiting period after divorce. They remarried legally in November 1981.

By May 1981, Bembenek was working as a campus security officer at Marquette University. She shared an apartment with Fred Schultz, Judy Zess, and Zess’s boyfriend, navigating a life that blended professional ambition with complex personal relationships.

### **The Murder of Christine Schultz (May 28, 1981)**

In the early hours of May 28, 1981, Christine Schultz was murdered in her Milwaukee home. She was shot point-blank in the back with a .38 caliber pistol, gagged, blindfolded, and bound with a clothesline. Her eldest son, Sean (11) witnessed the masked assailant, describing a man with a long reddish ponytail.

Fred Schultz initially claimed he was on duty at the time, but years later admitted he had been drinking at a bar. Suspicion soon fell on Bembenek because she had access to both the gun and a key to Christine’s house, secretly copied by Fred. On June 24, 1981, Laurie was arrested and charged with first-degree murder.

### **Trial and Conviction (1981–1982)**

Bembenek’s trial captured national attention and the trial generated tremendous publicity. Dubbed “Bambi” by newspapers—a nickname she detested—the prosecution painted her as a glamorous and manipulative woman who sought to eliminate her husband’s ex-wife to free Fred from alimony obligations.



Evidence against her was circumstantial: she had access to the murder weapon, a key to Christine’s home, and allegedly owned a green jogging suit, a blue bandanna, and a brownish-red wig resembling items used in the murder. Two hairs found at the crime scene were said to match

hers, though the reliability of hair analysis later became contentious. Witnesses claimed she had spoken of killing Christine and had offered to pay someone to do it.

The most critical witness—the victim’s eldest son—could not identify Bembenek as the shooter. Laurie, 5 feet 10 inches and 140 pounds with dyed blonde hair, differed markedly from the description of the intruder. Despite these inconsistencies, on March 9, 1982, she was convicted of first-degree murder and sentenced to life imprisonment at Taycheedah Correctional Institution.



### **Post-Trial Controversy (1982–1990)**

Initially, Fred Schultz defended Laurie, but in 1989 he publicly declared her “guilty as sin.” Bembenek came to believe that Schultz had orchestrated Christine’s murder through Freddy Horenberger, a man with prior connections to Fred and to Judy Zess. Horenberger had recently committed a robbery against Zess and was later convicted of that crime.

Bembenek’s supporters claimed police misconduct, evidence tampering, and conflicting witness statements undermined her conviction. The hairs allegedly linking her to the scene were later refuted by the medical examiner, and the wig found in her apartment sewage pipe, was actually a hairpiece not large enough to cover Laurie’s head, and it could have belonged to another resident in the building.

Many argued that the MPD singled her out for prosecution due to her role in trying to expose corruption on the department.

### **Prison Years (1982–1990)**

While incarcerated, Bembenek earned a bachelor’s degree from the University of Wisconsin–Parkside and helped establish a prison newspaper. She became engaged to Dominic Gugliatto, the brother of her cellmate. Her divorce from Fred Schultz was finalized in June 1984. During her time in prison, she built a network of supporters and became a figure of media fascination, seen by some as a wronged woman caught in a flawed justice system.

### **Escape and “Run, Bambi, Run!” (1990–1991)**

On July 15, 1990, Bembenek escaped through a laundry room window, joined by Gugliatto. The pair fled to Thunder Bay, Ontario, Canada, where she used the alias Jennifer Gazzana and worked as a waitress. For three months, the couple evaded capture while media coverage exploded. Songs, t-shirts, and stories immortalized the phrase “Run, Bambi, Run,” turning her into a folk hero.

They were apprehended on October 17, 1990, after a tourist recognized Laurie from *America’s Most Wanted*. Gugliatto was

Continued on page 14

deported and served one year in prison. Bembenek sought refugee status in Canada, claiming persecution by Wisconsin authorities. The Canadian government secured a judicial review, which found no prosecutorial crimes but documented seven investigative errors. She returned voluntarily to the U.S. on April 22, 1991, and was granted a new trial.

**Second Trial and Release (1992)** Rather than risk another conviction, Bembenek pleaded no contest to second-degree murder on December 9, 1992. Her sentence—originally 20 years—was commuted to time served, and she was released three hours later after more than ten years in custody.

**Life After Prison (1993–2010)** Bembenek authored *Woman on Trial* (1993), chronicling her ordeal. She faced legal and personal challenges, including a marijuana arrest, bankruptcy, and struggles with hepatitis C and alcohol addiction. She legally changed her name to Laurie Bembenek in 1994.

In 1996, she moved to Vancouver, Washington, to be near her retired parents. She married U.S. Forest Service employee Marty Carson in 2005, who encouraged her to pursue painting

as therapy. Laurie’s artistic work flourished until a gallery fire destroyed much of it.

In 2002, she was scheduled to appear on the Dr. Phil television show to reveal the results of a DNA test. Before the taping of the show, she had been confined to a private hotel room - for her safety from the public. She suffered a PTSD episode from feeling imprisoned and either fell or jumped from a second story window and broke her leg. That accident caused her leg to be amputated below the knee. She later sued the *Dr. Phil* show over the incident.

Bembenek continued proclaiming her innocence. In 2008, she petitioned the U.S. Supreme Court, citing withheld evidence: male DNA at the crime scene, ballistics inconsistencies, and eyewitness testimony describing a masked intruder. The petition was denied.

**Laurie’s Death and Legacy (2010)** Laurie died on November 20, 2010 from liver and kidney failure at the age of 52 at a hospice in Portland, Oregon. Two months before her death, News Anchor Mike Jacobs, of WTMJ-TV in Milwaukee finally was given the chance to interview Laurie. He asked her, “Did you do it?”

“No-o-o-!” She cried, “and with my dying breath I will protest my innocence!” (Press link below to see video recording of this interview, or google both names and all the videos and a movie of this story will pop up.)

Her life and trial remain emblematic of media sensationalism, flawed justice, and the enduring public fascination with a woman who defied expectations.

Recently, her spirit reached out, affirming her innocence, reminding the world that the story of “Bambi” Bembenek is far more complex than any of the headlines suggested.

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**-Milwaukee Journal Sentinel Archives**

A former Milwaukee police officer, Lawrence Bembenek was charged in connection with the slaying of her husband's ex-wife. She was released from jail, June 27, 1981, on \$10,000 bail. She was charged with first-degree murder. Bembenek was arrested at Marquette, where she has worked as a safety officer since June 15. She appeared in court still wearing her Marquette University public safety uniform.



Attorney seeks pardon for Laurie “Bambi” Bembenek murder conviction, 2010.



[Link to several videos about Laurie Bembenek's story](#)



## Laurie's Spirit Finally Rests

One day during a discussion after an Edgar Cayce class on psychic abilities, I said to Nancy, "This might sound strange, but for weeks now, whenever I see you on a Zoom call, I keep hearing the name *Bambi*. Was that ever a nickname for you—or do you know someone by that name who has passed?"

Nancy replied, "No, that's not my nickname. But I do remember someone from the news a long time ago. It was the nickname given to a woman accused of murder. It was all over the news in Milwaukee, where I lived at the time."

A tingle ran down my spine. "That person is here," I said.

Nancy continued, "They called her 'Bambi,' but her name was Lawrencia Bembenek. She went by Laurie."

Another wave of sensation moved through me—stronger this time, but still too subtle to fully confirm the presence. Unsure whether it was Laurie, "Bambi," or another spirit trying to reach out, I asked Nancy to tell me more.

As she recalled the headlines, I listened carefully. Laurie had been found guilty of murder, sentenced to life in prison, escaped, and fled to Canada. Her supporters had rallied behind her with the phrase, "Run, Bambi, Run!" The story dominated local news—*The Milwaukee Journal*, WTMJ-TV—and later gained national attention after her story appeared on *America's Most Wanted*. A movie was eventually made about her life, also titled *Run Bambi Run*.

When Nancy mentioned the movie, a wave of recognition washed over me. Goosebumps rose on my arms; chills ran down my back.

"Yes... that's her," I said quietly. "But why is she here?"

I knew I would need to sit with this. As I did, the presence began to fade. My guides gently moved her away, separating her from Nancy and me. Still, I sensed there was more to come. My guides do not bring a spirit forward without purpose.

Years ago, they taught me patience—so I waited.

"I'm not sure yet why she came through," I told Nancy. "But I'll check in during the week and see what comes."

But life intervened. I came down with the flu, the moment passed and I forgot. But, Nancy did not forget. While browsing at a thrift store, she noticed a vintage children's book—*Bambi*. She sent me a photo of the cover. The instant I saw it, I again heard the voice say: *Bambi*.

Then, just as clearly: "I need your help."

In that moment, everything became clear. Laurie—Bambi—had not crossed over! Her spirit remained bound to the earth plane. She was not in darkness, but in a kind of holding space—separated from the greater reality she believed in, yet unable to step into it. She felt unworthy. Even in death, she carried the weight of judgment, of accusation, of a life spent defending herself. It was as if she were still on the run—still waiting for permission to be free.

"I'm innocent," she said. "I'm innocent. I want to go home... to be loved. To be with God."

"I will help you," I answered. As I listened, Laurie shared that she had never lost her faith—not even through the pain and trauma of her life. Yet it was this same faith that held her back from entering Heaven.

As her truth unfolded, her transition team began to appear. Guides and angels filled the space around me, their presence unmistakable. A brilliant white light formed and gently surrounded her. I watched her transform—from a weary, burdened spirit into something luminous and free. The heaviness lifted. Her energy softened, brightened and expanded.

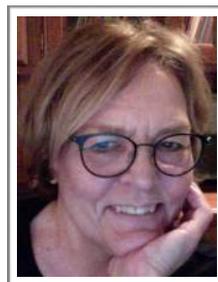
And then she was gone. She crossed into the light—into the heaven she had long believed in, and at last allowed herself to enter. Through the orchestration of Spirit, our guardians and angels, Laurie finally found peace.

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### About the Writers



Regina Ochoa is a veteran psychic, medium and writer with over 60 years experience in spirit communication. As one of the Founders of <https://www.cosmicvoices.network/> Regina channels messages of healing, guidance, and hope from Spirit. E-mail: [regina.ochoa@icloud.com](mailto:regina.ochoa@icloud.com)



Nancy Freier is an Angel Medium and Editor-in-Chief and Publisher of *The Inner Voice* magazine. She brings through messages from The Other Side ~ from the angel's perspective ~ that shed light and wisdom on our earthly paths. See page 4 for more information. Email: [NFreier@aol.com](mailto:NFreier@aol.com)



## What Spirit Beings Are Saying About Our Global Chaos: The Light is in Ascendance Holding Faith in a Chaotic World

**M**any of us are deeply concerned and anxious about the chaos and upheaval transpiring on our national scene and across the globe. A pervasive anxiety about the future is held by many. There is no doubt we are living through a tumultuous time in history.

### How we perceive these events matters.

Fear is always a wrong turn. It is the opposite of faith. You only experience fear when you are imagining an unpleasant future. The future has not yet arrived. In this way, fear isn't real; it is pretend—what the Buddhists call the illusory darkness.

You can just as easily imagine a pleasant future.



Seth: At the risk of repeating myself, you live in a safe universe. At the risk of repeating myself, you can no longer equivocate either. You cannot live in a safe universe and an unsafe one at the same time. You have to make a complete choice.

### The most important belief you can hold: I live in a safe universe.

#### The Bigger Picture.

High-level spirit beings are all reporting the same thing: There is more God/Source light hitting the planet right now than in all of human history. *Read that sentence again.* I have even been told that for the first time in human history, God/Source light is in ascendance.

This makes our hearts sing. Indeed, these angels and spirit beings invite us to view everything that is (and will) happen with

the understanding that it is occurring for the greater good. They say there will—by the end of summer—be a dramatic change in leadership.

### These events are the birthing of our new world.

#### A personal reckoning:

The Guides Melchizedek invite us to understand our culpability in the creation of what is transpiring. This was a painful process for me. Our country was founded on the highest and most noble truths, and as a lover of history's greatest stories, I was always deeply connected to these high ideals. For much of our history, I believed we were moving toward social justice, and I celebrated this.

However, like many of us, I ignored the not-so-hidden realities that made the climb up the mountain impossible: the unlimited growth of the Industrial War Complex; the moneyed corruption by special interests in our political system; the great and unabated mushrooming of income inequality. All this shadow energy must be seen as destructive wrong turns, the hard brakes that sabotaged the promise of our nation's movement toward social justice.

In other words, painful as it is, we are all responsible for our present moment. It is important to recognize this, I think.

In this present turmoil, we are being shown what we do not want and will no longer tolerate.

### How to Respond—Best Practices

#### 1. Know that what is happening will create a better world.

The spiritual consensus is that the next three decades, often called the three-decade reset, will birth a new world. This is a world where human beings begin reaching their full potential at long last. One of the amazing things promised in this new world is that there will be no more war. EVER.

The children being born now and in the future will not hold fear in their energy systems; they are different. They always understand that we are all of the one Source, the one note sung—God is, God is, God is—and that what happens to an old man on the other side of the world happens to us all. Like the beautiful four-legged and winged creatures of the world, these children will never know separation from God/Source light.

Continued on page 17

2. **Extend our compassion not just to the victims of violence, but also to the perpetrators.** How do we do this? Through the ancient and powerful metta-meditation practice. This is how we move into higher light: *Melchizedek's Metta Meditation: A Step*

3. **Change pessimism and its close cousin despair into optimism and hope.** Think of it this way: if we witness ongoing events and think our country is going downhill fast, that our best times are behind us, and we look to our prospects with trepidation and fear, we will be creating a very different future than if we all recognize that every problem has a God-given solution. By working together, we can tackle these problems and create this better future promised for our children. The simple idiocy of thinking positive creates an opportunity for the forces of light to shine through.

4. **Offer the Unity Prayer for Humanity's soul:**

First, amplify the energy of this prayer with ten minutes of conscious breathing: *Pranayama Breathing Exercises*

Then, close your eyes. Imagine a giant sphere of God/Source light. Picture this ginormous circle of light filling with all the people of the world. See these beautiful people linking arms, their faces lifting to the light as it shines on them.

Then, repeat the beautiful **Unity Prayer:**

- The light of God surrounds us;*
- The love of God enfolds us;*
- The power of God protects us;*
- The Spirit of God watches over us:*
- Wherever we go, God is, God is, God is.*

Next, imagine Mother Earth inside the giant sphere of God/Source Light. and sing these words to her Spirit:

- I know who you are in love;*
- I know what you are in love;*
- I know how you serve in love;*
- You are free, you are free, you are free.*

Finally, say these powerful words (they work energetically):

- I am of God,*
- I am for God,*
- I am with God.*

Δ



## Potpourri

**A**nd how should we behave during this Apocalypse? We should be unusually kind to one another, certainly. But we should also stop being so serious. Jokes help a lot. And get a dog, if you don't already have one.  
~Kurt Vonnegut, *The Idea Killers*, 1984

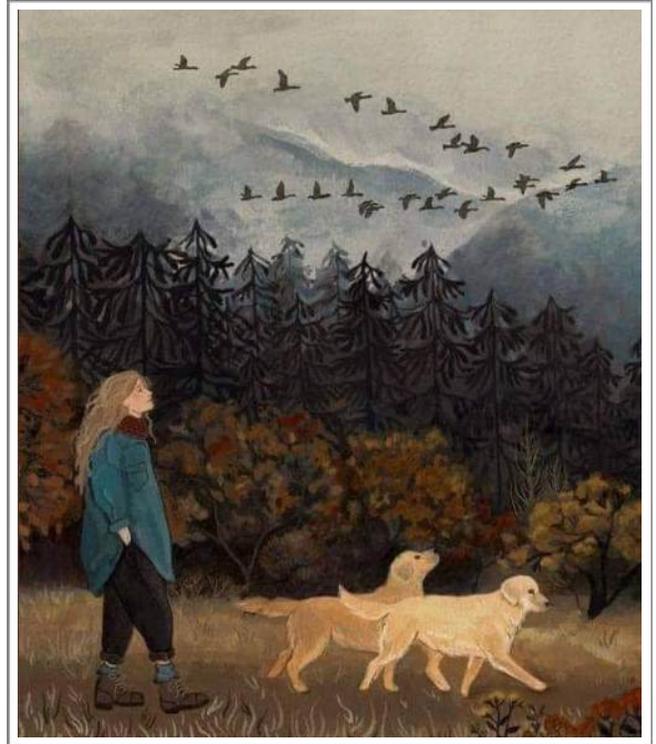
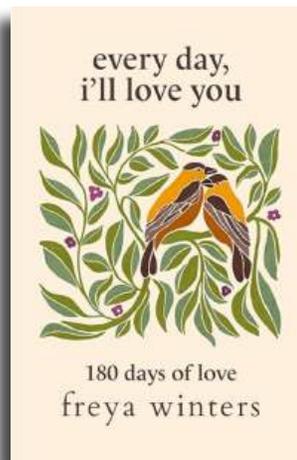


Image: Art by Brooklyn Swenson

**F**or all who needs to hear this today - "Above all, do not lose your desire to walk. Everyday, I walk myself into a state of well-being and walk away from every illness. I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away from it. But by sitting still, and the more one sits still, the closer one comes to feeling ill. Thus if one just keeps on walking, everything will be all right." ~Søren Kierkegaard



Book On Amazon: [Every Day, I'll Love You](#)



# Earth Day – April 22, 2026

## “Our Power, Our Planet”

**Edited and Compiled By Nancy Freier**

**T**his year marks the 56th anniversary of Earth Day. Each year, a theme is chosen to inspire awareness and meaningful action. The 2026 theme, *Our Power, Our Planet*, is both a reminder and a call: we are not separate from the Earth—we are participants in its well-being.

I have long believed that Earth Day is not meant to be celebrated just one day a year. It is an invitation to live on Earth with awareness every day, to honor the planet not only in words, but in all the choices we make.

The following reflections, presented in a simple question-and-answer format, offer insight into both the challenges we face and the power we hold.

### **Q. What are the greatest threats to Earth?**

The most significant threats are largely human-driven. Climate change—fueled by reliance on fossil fuels—continues to reshape our world through extreme weather, rising sea levels, and disruption of natural ecosystems. Alongside this are biodiversity loss from habitat destruction, widespread pollution of air and water, and the growing presence of plastic waste.

We are also facing depletion of essential resources such as clean water and food. Broader global risks—including pandemics and conflict—further strain the delicate balance of life on Earth. At the heart of these challenges lies a common thread: unsustainable patterns of consumption and disconnection from the natural world.

### **Q. What is “our power” on this planet?**

“Our Power, Our Planet” speaks to both collective and individual influence. It reflects a global movement toward renewable energy, with efforts underway to expand clean electricity and reduce dependence on fossil fuels.

But power is not only found in large-scale initiatives. It lives in everyday choices—how we use resources, what we support, and how we care for the Earth in our own communities.

The organization [earthday.org](http://earthday.org) emphasizes that meaningful changes arise when individuals and communities act together with intention.

### **Q. What are five simple ways to honor Earth Day?**

- Pick up litter in your neighborhood
- Plant a tree, garden, or pollinator-friendly flowers
- Replace single-use items with reusable alternatives

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“The Earth does not ask for perfection—only for our awareness, our respect, and our love-in-action.”



PHOTO: Earthrise - NASA-Apollo8-Dec24

- Spend time in nature—walk, bike, or simply observe
  - Learn something new about the environment and share it
- These small actions, repeated over time, create a ripple effect of care and awareness.

### Q. What is Earth Day?

Earth Day is observed each year on April 22 as a global expression of support for environmental protection. First celebrated in 1970, it has grown into a worldwide movement involving more than a billion people across over 190 countries.

The idea for Earth Day was championed by Gaylord Nelson, a Wisconsin senator and passionate conservationist. Inspired by the environmental awakening of the 1960s—including the influence of Rachel Carson and her groundbreaking book *Silent Spring*—Nelson envisioned a national day of environmental education.

He was joined by young activist Denis Hayes, who helped organize campus teach-ins across the country, and Congressman Pete McCloskey, who brought bipartisan support to the effort.

April 22 was intentionally chosen to fall between spring break and final exams, encouraging strong student participation. The first Earth Day engaged an estimated 20 million people and led to significant environmental progress, including the creation of the Environmental Protection Agency.

### Q. What are a few interesting facts about Earth Day?

Earth Day began as a grassroots “teach-in” inspired by the social movements of the time. Today, it is considered the largest secular observance in the world, uniting people across cultures and continents.

It has even inspired its own flag and an “Earth Anthem,” reflecting the deep emotional connection people feel toward the planet. And while April 22 was selected for practical reasons, it also happens to fall on the birthday of Vladimir Lenin—a coincidence that Senator Nelson once noted with gentle humor.

Earth Day reminds us that change does not begin “out there.” It begins within with awareness, with gratitude, and with the willingness to care.

Our power is not abstract. It is present in every choice, every action, every moment we remember that this planet is not just where we live—it is part of who we are.

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**Editor’s Note: Some of the content in this article is adapted from Wikipedia (<https://www.wikipedia.org/>) and from AI-generated responses provided by OpenAI’s GPT model.**



## An Earth Day Message From the Angels

**D**ear Ones, You have been taught to see the Earth as something outside of you. We invite you to remember: *you are within it*. The same intelligence that shapes the rivers, the trees, and the turning seasons lives within you. There is no true separation—only a forgetting.

When you care for the Earth, you are restoring a relationship.

Do not try to do everything. Simply bring awareness to what you do. Each conscious choice and each moment of gratitude, returns you to harmony.

The Earth does not ask to be saved. It asks to be honored and partnered with. Give thanks, not as a ritual, but as a recognition of truth. In this, you will feel us more clearly. We are present where reverence lives.

## Action to take on Earth Day - and every day!

**S**tep outside (if possible) and take a few quiet moments to consciously connect with the living energy of the planet. Place your hand over your heart.

Gently place your other hand on the Earth, or on a tree, the soil, even a rock or a stone. Close your eyes and breathe slowly. With each inhale, receive the earth’s steady, nurturing presence. Let it swirl into every cell of your being. With each exhale, offer your gratitude in return.

Know there is a silent conversation always happening between you and the Earth. Today, simply listen

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## The Easter Story and Orion's Belt

**E**aster Sunday changes from year to year. Turns out that Easter Sunday is determined through the Lunar calendar. Take the first full moon after the Vernal Equinox and then find the first Sunday after that full moon. In other words, this year Easter Sunday falls on April 5<sup>th</sup>.

Easter is the most sacred of the Christian holidays. Its' story of sacrifice, death and resurrection is Christianity's cornerstone. Christ's ultimate sacrifice, fueled by a love for humanity and the Father in heaven, was so powerful that its' influence is still felt today. Astrologically, this makes perfect sense because during the past 2,000 years our planet has been under the influence of Pisces. Pisces is known for its emphasis on compassion, empathy and love. Hence, the Piscean age is sometimes called the Age of Heart and/or the Age of Jesus.

The 21<sup>st</sup> century has shifted into the age of Aquarius, which heralds its own unique cosmic influences. There is a new awareness of spirituality in which faith-based belief is not enough. The cosmic force of Aquarius spotlights *understanding*. Our civilization is experiencing an expanding awareness of how consciousness and spiritual development are interconnected.

Because consciousness is not a byproduct of the physical body nor of the brain, consciousness continues after physical death. Consciousness was with us pre-birth, is with us during our earth life and remains after we transition to "over the rainbow". We are moving from an "I believe" faith-based perspective, to an "I understand" mind-based perspective. The cosmos is the guiding light, as it leads us into the Age of Aquarius, i.e., the Age of Mind.

In trying to better understand the Easter story, I feel guided to the night sky for whispered hints. This cosmic slant in searching for answers seems perfectly reasonable to me, given that we now live in the time of UFO disclosures. It's been hundreds of years since we humans stopped believing that the earth was flat and the center of the universe. Today we grapple with the idea that there may be many universes. We take for granted the quantum physics behind satellites, GPS devices, Zoom, transistors, lasers, MRI scanners and atomic clocks. Thanks to quantum engineering, I can type this article on my laptop. Why not try to experience Easter with fresh new eyes in synch with Aquarius?

Looking to the constellation of Orion, and my handy google-search App, I learn that ancient Egypt saw Orion as representative of Osiris or "Sah", "the soul of Osiris". To many, the word "soul" is very similar in meaning to the word "consciousness". Orion contains three stars in a row known as Orion's belt. I ask myself, does Orion's belt have anything to do with the concept of "body, heart, mind", or "Osiris, Horus, and Isis" or even "Father, Son, Holy Spirit"? It is even possible?

The heliacal setting of Orion's belt occurs about April 19<sup>th</sup>, when those three stars set in the Western sky. They will not be visible again for about 70 days, at which time they will re-appear in the Eastern morning sky. Interestingly, Easter Sunday and the heliacal setting of Orion's belt occur at roughly the same time. I wonder if this is more than coincidence... is it feasible that the ancients saw Orion's belt as a cosmic reenactment of death and resurrection?

Although there are differences, Jesus and Osiris share some similarities. For example, Jesus was crucified and Osiris was killed by his brother Set. Jesus resurrected three days after his crucifixion death and Osiris was resurrected by Isis, his consort. Christ's body was crucified on an upright wooden cross. Osiris's body was in a coffin encased by a massive tree which grew into an upright pillar.

Both Jesus and Osiris are savior archetypes. Christ brought hope during a time when life was cheap, people were impoverished and Jews were governed by brutal political and religious regimes. Christ's teachings focus on righteousness, love, mercy and faith. Christ determines where people go after their physical body ceases. Those who lived a life of good deeds and faith, are granted "eternal life";



AI-generated image: Gazing at Orion's. Belt

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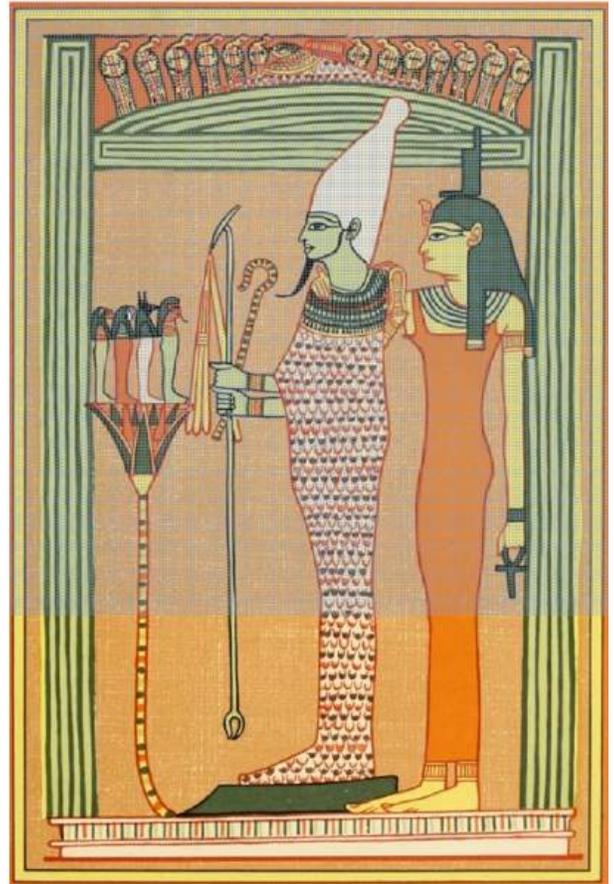
those whose lives were lacking in these qualities, are held accountable.

Osiris brought the world agriculture, law and a profound belief in the divine. Osiris's teachings transformed civilization from one of impoverishment to prosperity, and from chaos to order through laws. Osiris promised a beautiful afterlife to those who lived a virtuous life. After death, people's hearts were weighed against a feather. Those with a heart lighter than the feather proceeded to paradise but those whose heart was heavier were thrown to a monster.

This Easter, I hope to look up at the night sky towards Orion and say: "Bye for now, I look forward to seeing you again in 70 days!" Gazing at Orion's belt, I will wonder if those three stars are a cosmic coded message intended to expand consciousness and human spiritual development. With a sense of wonder, I will ask the heavens to grant me a deeper understanding of the Easter story, one appropriate for the Age of Aquarius. Our evolution as spiritual beings on earth has come a long way but I believe that we have an even longer journey ahead of us, albeit an astonishingly cosmic one.

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Image on right depicts a scene from ancient Egyptian mythology featuring the deities Osiris and Isis. Osiris, the green-skinned god of the underworld and rebirth, is shown in the center holding the crook and flail, symbols of royal power. Isis, his wife and sister, stands beside him, embodying motherhood and magic. The scene often appears in the Book of the Dead, representing the afterlife and the triumph over death.



## Elizabeth Raver, Ph.D. Psychology Spiritual Intuitive Life Coach, Writer and Author

- **Spiritual Coaching • Energy Work • Workshops & Classes**
- **Psychic Mediumship Readings via Zoom / phone / in-person (Connecticut)**
- **Platform work/Church sermons in person/online; local/international**

"I am dedicated to the understanding that communion with those in spirit is a natural and normal part of life. Mediumship, when properly understood and practiced, can be experienced as sacred moments leading to love and wisdom."

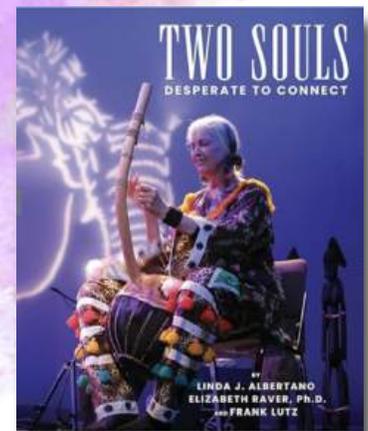
### Questions for Dr. Liz?

E-mail: [ravelizabeth516@gmail.com](mailto:ravelizabeth516@gmail.com)

Text: 203-400-9212

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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



# Does Earth have a soul?

## A Conversation Between Earth and Sky

This is a question that has stirred human hearts for millennia. Across cultures, Mother Earth has been honored as a living presence—deep, wise, and nurturing—while Sky watches above, alive with breath, light, and guidance. Together, they are in constant conversation, and the human heart is where we can feel that dialogue most clearly, bridging heaven and form with awareness, reverence and love.

Across cultures and centuries, humanity has spoken of Mother Earth and Father Sky as living presences—not myths to be outgrown, but truths to be remembered. These two great forces are more than poetic symbols. They are the original relationship, the sacred polarity through which life itself continually unfolds.

Earth is the soul of embodiment. She holds form, memory, nourishment, and patience. Sky is the soul of awareness. He holds breath, light, timing, and divine order. One receives; the other offers. One grounds; the other calls upward. Between them, creation unfolds.

Many ancient traditions understood this instinctively. Indigenous teachings speak of Earth and Sky as parents, whose union sustains all beings. Greek philosophers referred to the *anima mundi*, the world soul that animates both land and heavens.

Mystics across time have sensed that the planet beneath our feet and the vastness above our heads are not separate realms, but partners in an ongoing conversation.

Rain has always been more than weather. In sacred language, it is blessing—Sky offering life-seed to Earth. Wind is Sky's breath, moving across Earth's body, reminding her of motion and change. Growth itself is the

visible sign of their dialogue.

This exchange is not distant or abstract. It is intimate and immediate. We are formed from Earth's substance and animated by Sky's breath. Every inhale draws from the atmosphere; every step presses into soil shaped by time. To be human is to live at the crossroads of these two presences.

When this relationship is honored, balance follows. When it is forgotten, disharmony appears—within the land and within the human heart. Much of the unrest we see in the world today mirrors a deeper forgetting: a loss of reverence for Earth's wisdom and Sky's guiding order.

Through angelic guidance and inner listening, we are reminded of a profound truth: the meeting place of Earth and Sky is the human heart. Earth rises within us as feeling, memory,

instinct, and compassion. Sky descends within us as insight, inspiration, and quiet knowing. When the heart is open, these two currents merge, creating a living bridge between heaven and form.

The heart becomes an altar—not a place of sacrifice, but of union. Here, matter and mystery embrace. Here, love becomes actionable wisdom. When we live from the heart, we translate Earth's steadiness and Sky's vision into choices that heal rather than harm.

This is why so many spiritual paths emphasize presence and awareness together. Grounding without vision can become stagnation. Vision without grounding can become illusion. The heart holds them in balance.

Humanity was never meant to dominate Earth or escape Sky. We were meant to participate—to serve as conscious stewards of the relationship between them.



AI Generated Art

Continued on page 23

With our feet upon the Earth and our awareness lifted toward the Sky, we remember who we are: not separate from nature, not abandoned by Spirit, but intimately woven into a living, responsive whole. In this posture, reverence returns naturally. Care becomes instinctive. Gratitude replaces entitlement.

This remembering is not about returning to the past; it is about reclaiming wisdom that has always lived within us. Each act of kindness toward the Earth, each moment of stillness beneath the open sky, restores the sacred conversation.

Spend time listening. Place your hands upon the Earth and feel her steadiness. Lift your gaze to the Sky and sense his vast attention. Notice what stirs within your heart when both are held at once.

You may discover that guidance does not come from above alone, nor from within alone, but from the harmony between the two. In honoring Earth and Sky together, you awaken your own role as bridge, caretaker, and co-creator.

△

E-mail your questions for this column to Nancy at: [theinnervoicemagazine@gmail.com](mailto:theinnervoicemagazine@gmail.com)

## A Blessing For Our Dear Earth

*May you walk gently upon the Earth, listening to her ancient wisdom. May you lift your awareness to the Sky, receiving clarity and grace. May your heart remain open as the sacred meeting place where heaven and those in form remember one another. And, may you be blessed in this remembering.*



## Potpourri

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



Art: “Fall 2022” By Gordon Mortensen



# Consciousness Is Rising!

Consciousness is rising and so are we being called to expand and refine our capacities to perceive, question, discern, co create, and activate potent changes within ourselves, our relations, our daily life and beyond.

Each of us is an integral aspect of this massive leap, or more accurately, this massive shift in awareness and realities. It is indeed time for each of us to rise to the occasion and contribute our unique creativity, clarity, wisdom and presence to the profound changes in motion in all humanity and in the whole world.

Consciousness is calling us to wake up from the inner darkness where illusions of safety once resided in our conditioned daily trance of habitual perceptions, assumptions and reactions.

Wisdom is whispering, or maybe screaming, "No More Limiting Illusions! Wake up to your higher consciousness."

### Heart Wisdom is Rising.

This inner call from consciousness rising is coming from the heart. The Heart of higher consciousness within each of us is bringing new clarity, creativity, courage to birth new possibilities and realities into being.

In my energy healing work with clients I often begin the sessions by guiding their awareness to refocus from all concerns

they came with in their mind, down into their body and their sacred heart space. With every breath inviting the light in their heart (everyone has one) to grow in it's glow, to expand it's presence. This calms the nervous system and the mind. The guided process takes them into deep relaxation and a heightened state of awareness. Discovery of deeply stored trauma, limiting beliefs and precious secrets gently unfolds: all originating from this life time, parallel lives, ancestral origins or even off planet experiences. New personal power, freedoms and even magic are revealed, retrieved and integrated into their current presence. They are more fully aligned and empowered with their unique higher consciousness.

No matter what the circumstances, life is calling each of us to rise out of the darkness of powerlessness, limiting conditioning, assumed and unquestioned false realities.

Where are you willing to rise in awareness, today? Where are you willing to act on your own brilliance influencing the expansion of human consciousness, awakening new frequencies of expression and experience in your immediate world?

Every person I spoke with this week expanded my awareness. I was curious, receptive and appreciated their genuine caring and perspectives that I had not entertained before. It wasn't about arguing. It was about sharing and learning. My world got larger and even more focused because I listened, asked questions, shared and allowed space within me to entertain new possibilities.

Continued on page 25

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**Beverly Brunelle**



**Intuitive Channel  
Master Energy Healer**

**Life is calling each of us to rise like the sun.**

The sun appears to rise dispelling the darkness at dawn. But the truth is the sun is always shining. So too is our Essence consciousness. It is for us to rise to meet it and wake up to the potent empowering truth within and around us.

**Slow down and breathe.**

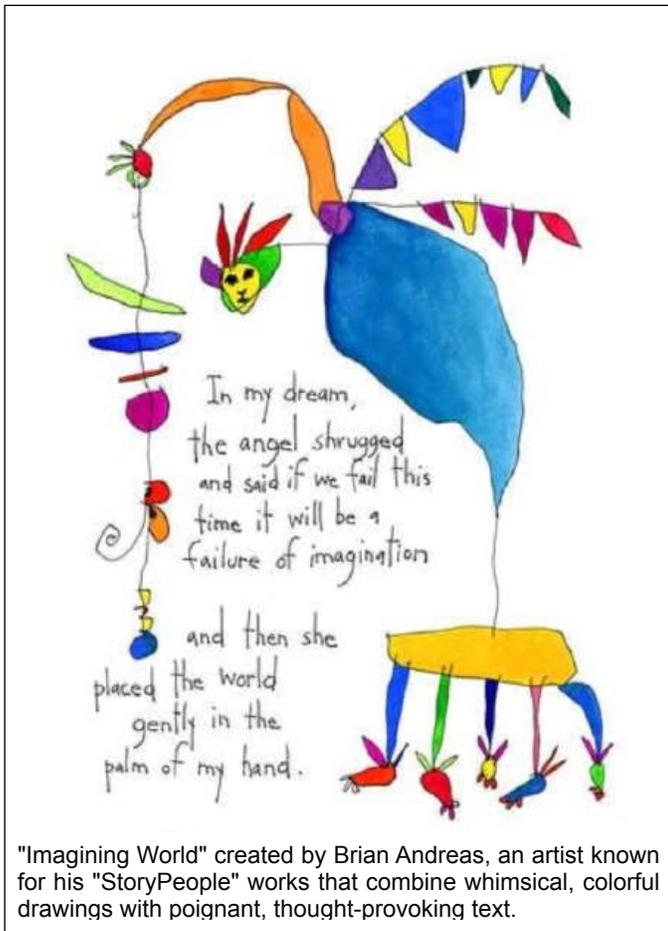
Sometimes we need mental, emotional and physical space to get more present within ourselves. When we slow down we can bring our aura in closer to disentangle from the overwhelm of the world. Here we can receive our deeper truths, new perspectives and tap into the current of creation so that we become generators of conscious enlightening change.

I leave you with words of wisdom from my book, Luminous Infusions.:

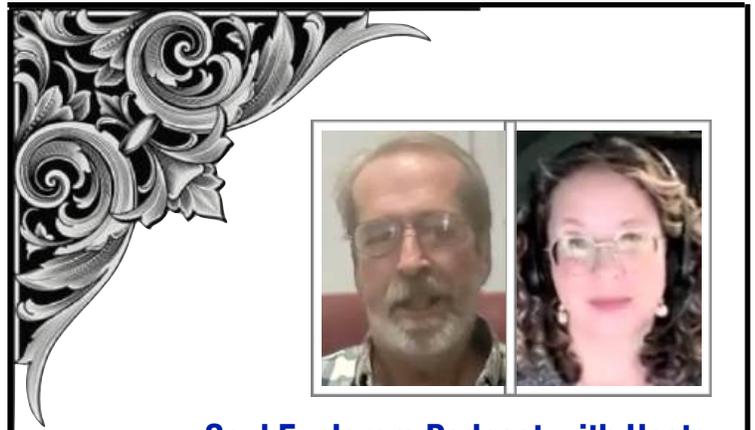
“Let your heart be open to Yourself... Call upon your future success to guide you... Let go to the experience of yourself unfolding. Make nothing wrong. Just open to it. And allow yourself to be surprised.”

△

**For over 35 years Beverly Brunelle has guided clients and students in awakening higher consciousness and igniting the mystic within. See her ad on page 24.**



"Imagining World" created by Brian Andreas, an artist known for his "StoryPeople" works that combine whimsical, colorful drawings with poignant, thought-provoking text.



**Soul Explorers Podcast with Hosts Gary Langley and Sally Taylor**

*Presents...*



<https://www.youtube.com/watch?v=fNL8EyT2dAQ&t=2117s>

In this episode Medium Cheryl Page teaches “Continuing Relationships with Our Loved Ones on the Other Side.” You can find more about Cheryl, her books, and offerings at <https://mysticrichness.com/>

Read Cheryl’s article: “Death and Taxes” on page 26.

Get in touch with Sally and Gary at: [soulexplorerspodcast@gmail.com](mailto:soulexplorerspodcast@gmail.com)

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Written By Cheryl A. Page ~ Scientist & Mystic

# Death and Taxes

## A Modern Mystic's Guide to April 15th

In a recent Substack piece, I wrote about a beautiful Scottish idea called “The Angel’s Share” — the portion of whisky that quietly evaporates as it matures in oak barrels. The Scots don’t call this loss. They call it an offering. Which, now that I think about it, is not entirely unlike what happens every April in the U.S.

There is an old saying repeated every spring: “Nothing is certain except death and taxes.” The taxes part I understand. The death part... I’m less convinced.

Bodies? Yes. Bodies die. But consciousness? That one appears far more stubborn — with two distinctly different camps of belief.

From the perspective of the Modern Mystic, death looks less like a full stop and more like a punctuation mark. Perhaps a comma. Possibly an ellipsis. Something like: To be continued... Taxes, however, remain considerably more immediate.

### The Angel’s Share — IRS Edition

Every April, Americans perform a curious ritual. We gather our papers, stare at numbers, sigh heavily, and press a button that sends a portion of our earnings into the vast machinery of government.

In Scottish distilleries, about 2% of whisky evaporates each year as it ages. The Scots call this the Angel’s Share — a small portion that rises invisibly, allowing the rest to mature.

Now, I am not suggesting the IRS employs angels. But the principle may still apply. A small portion rises. The rest remains. And hopefully — over time — something richer develops.

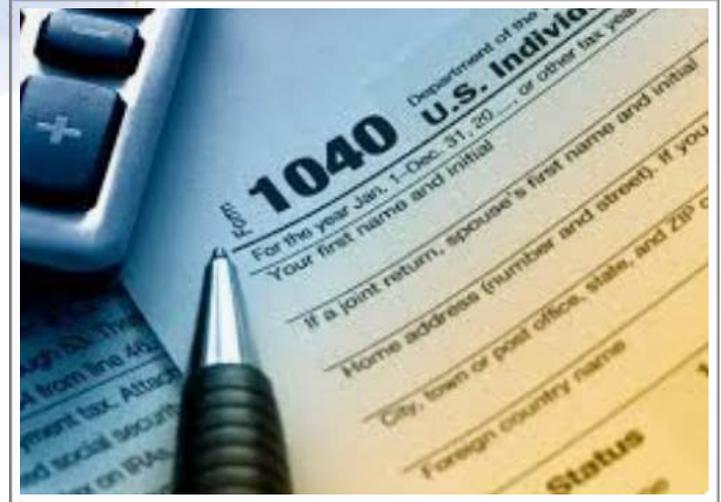
### A Modern Mystic Reframe

The mystic understands something important: You cannot hold everything. Some portion of your time, energy, and resources will always flow outward into the wider system — roads, schools, libraries, parks.

Perhaps taxes feel painful because we frame them only as loss, rather than participation.

When I was in my late teens, a friend named Fay shifted my perspective. Before auto-pay, she would write “thank you” on every bill. When I asked why, she said: “I’m blessed to have the money to pay these bills. I’m blessed to have electricity. So I say thank you.”

Simple. But transformative.



### Introducing T.A.X.E.S.

- T — The
- A — Angel’s
- X — (Mysterious Letter That Makes The Acronym Work)
- E — Earthly
- S — Share

Admittedly, the “X” is doing some heavy lifting here. But mystics are comfortable with mystery.

### Death, Revisited

A Modern Mystic might revise the old saying: Taxes are certain. Death, however, may be greatly exaggerated — or at least misunderstood. If consciousness continues, what we call death may simply be a change of address. An octave shift. A crossing of the great threshold.

Meanwhile, taxes remain stubbornly terrestrial.

### A Practical Suggestion

So this year, when you press “Submit,” consider a small reframing. Instead of groaning, you might whisper: Ah yes. The Angel’s Share. A small portion rises. The rest remains. And life, like whisky, continues its quiet maturation.

Until then... may your deductions be plentiful, your audits nonexistent, and your consciousness pleasantly continuous. The soul may be immortal... but the IRS still wants its angel’s share.



Comments? Contact Cheryl here:  
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# Aligning Heaven and Home

## My Story: Where Angelic Wisdom Meets the Energy of Home

Written by Nancy Freier

**M**y passion is offering life enhancing angel guidance combined with feng shui that magically helps people move into their next glorious stage of relationship, work, health, creativity, and more.

Let me begin this article by sharing the first and one of the best descriptions I've read about feng shui after hearing about it back in the early 90s, written by Author Terah Kathryn Collins, Founder of the Western School of Feng Shui:

*The popularity of feng shui, the Chinese art of placement has been practiced in China for thousands of years. Its popularity in increasingly dramatic in the West as people discover what extraordinary changes it can make in their lives. Not only are individuals enjoying the benefits of improved health, happiness and prosperity in their homes, but even companies are rearranging their work areas according to feng shui principles and increasing their business.*

**Feng shui is founded on three basic principles.**

*First, all things in our physical world are filled with living energy called Ch'i. This includes things we think are "inanimate" such as buildings, furniture, machinery and land. Feng shui views our homes and workplaces as living "beings" whose aliveness can support or undermine our success, health and happiness.*

*Second, all things are inter-connected by Ch'i. We share a relationship with everybody and everything in the physical world. This gives a whole new importance to things such as our personal possessions, our neighbors, and our communities. Feng shui maintains that the quality of our relationships with all people, places and things can hinder or enhance our health and happiness.*

*Third, the Ch'i in all things is constantly changing. We witness change every day in our bodies, our states of mind, our families and in nature. Feng shui suggests that we use the dynamic quality of Ch'i to our advantage. We do this by allowing the arrangement and décor of our homes and offices to change with us.*

The thread running through my life's work has always been simple and sacred ~ helping people heal and live with joy and purpose. In the 1970s, I trained as an interior designer, drawn to designing spaces that looked beautiful and felt alive. Yet even then, I sensed something was missing, something invisible, beyond furniture and color. Spaces breathe. They hold memory.

They carry energy. I felt this intuitively long before I had words to name it.

Then, in 1986, my world shattered. On the day my sweetheart died unexpectedly, grief opened a door I never would have chosen—but one that changed my life forever. In the depths of heartbreak, the angels began to communicate with me spontaneously. Their presence was unmistakable—gentle, luminous, steady. They guided me through the darkest valley of sorrow and held me when I felt I could not go on.

In those tender conversations with Heaven, I made a promise: If I survive this, I will help others.

And so I became a channel for angelic guidance. Since the late 1980s, I have offered angel guidance readings to illuminate a path through confusion, loss, transition, and longing. In 1993, I began publishing *The Inner Voice* to share these messages more widely.

Around that same time, I discovered feng shui—and soon after, attended the Western School of Feng Shui®. The moment I encountered it, I knew: this was the earthly counterpart to the angelic realm. The missing piece had revealed itself. What the angels whisper through Spirit, feng shui expresses in form.

Over the years, I have witnessed the profound transformation that occurs when Heaven and Earth are invited to work together. Angel guidance brings clarity, insight, and awareness. Feng shui translates that wisdom into tangible shifts within the physical environment. When we move a chair, honor a gift, clear clutter, or place an object with intention, we are not merely decorating—we are participating in the sacred dance of energy.

Everything is connected to everything else. Your dreams are not separate from your living room. Your longing for love is not separate from the art on your walls. Your desire for prosperity is not separate from the desk where you sit each day.

I often say that I see with "feng shui eyes." When I enter a space, I feel what it is saying. Is it inviting partnership—or reflecting solitude? Is it supporting confidence—or echoing doubt? Is it aligned with your future—or anchored to your past? The angels reveal the inner pattern. The environment reveals the outer pattern. When both are aligned, miracles unfold.

I have seen relationships soften and rekindle when a home begins to honor unity instead of separation. I have seen businesses flourish when the flow of Ch'i is restored and the 'command position' reclaimed. I have watched tears turn into laughter simply because someone felt seen—by the angels, by their space, and by themselves.

These changes may appear practical on the surface—a bowl placed at the center of a table, a pair of objects symbolizing partnership, a desk moved to face opportunity—but beneath them runs a deeper current. We are affirming worth. We are declaring readiness. We are inviting life to respond differently, and life does respond.

The physical world is not separate from the spiritual. It is an extension of it. Your home is not merely shelter; it is a living reflection of your consciousness. When you bless it, adjust it, and

align it with your heartfelt aspirations, you are participating in co-creation.

In the interconnected web of all things—your hopes, your grief, your ambitions, your prayers—there is a golden thread. It runs through Heaven and Earth alike. It runs through you.

When we listen to the angels and honor the language of space, we allow that golden thread to shine more brightly. And that is where healing begins.

△

## Nancy Freier Essential Feng Shui®



Photo: "Secret Court of Dreams" Courtesy [Porter Art Guild](#)



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# Everything Will Turn Out Well

Often my inspiration for sharing with you comes from my day-to-day conversations. This morning, as I was reading an e-mail from a friend, we spoke of healing and healing treatments that may prolong life but not necessarily cure our problem.

I found myself saying, "We tell ourselves that everything will turn out well" - and what we need to say is **"everything will turn out .... and we will be well."**

What is so important about this adjustment in these words is that no matter what comes to us we can be well- emotionally and spiritually even though our body and mind are going through changes. We can be steady and aligned with spirit - we can be peaceful and grateful for the life we've had, we can be aware of the good things that have come to us and we can release the resentments, angers and fears that have stood along side of our love.

How will we manage to be in this "ok" place when things are shifting around us? By focusing not just on the many little details of our lives with our literal mind, but allowing ourselves to relax into a more intuitive and expansive appreciation of what's around us and thus within us.

What we can't explain literally, we tend to shy away from when we're in trouble. We want to hold on to the tangible. But the intangible, the feeling of love, well-being, satisfaction and

gratitude are really the healing ingredients that allow us to be well.

Difficult circumstances cause unexpected shifts in our focus because we need to trust the journey we're on and to believe that ultimately all will be well.

Thinking this way toward the non-literal interpretation of life actually has a name. It's called "counterfactual thinking." In other words, we pay attention to non-literal thinking and in so doing expand our meaningful connection and communication with ourselves and others. We're happier and we are well.

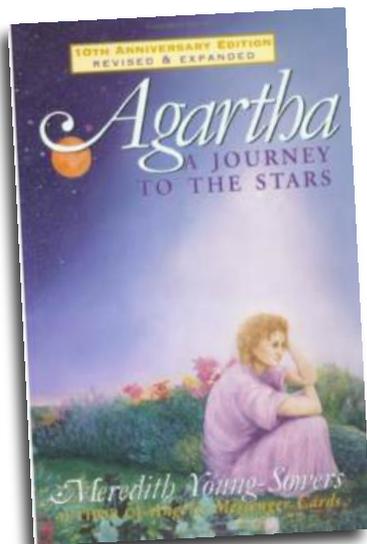
### *Meditation*

*Place your hands over your deep heart. Take a long luxurious breath. Imagine the mountains, the ocean or an expansive sun-drenched meadow. Trust that all is well, and you are well.*

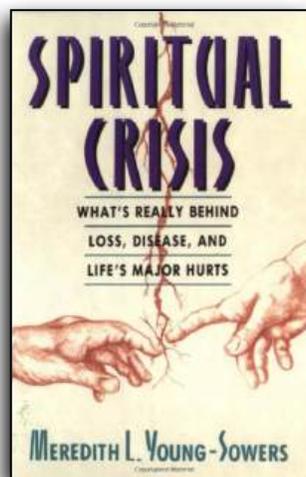


Meredith Young-Sowers, D.Div, Watercolor Artist, is the author of the classic "Agartha: A Journey to the Stars" and several other books, including Spirit Heals, Wisdom Bowls, and the ever-popular Angelic Messenger Cards. E-mail Meredith here: [mysowers6@icloud.com](mailto:mysowers6@icloud.com)

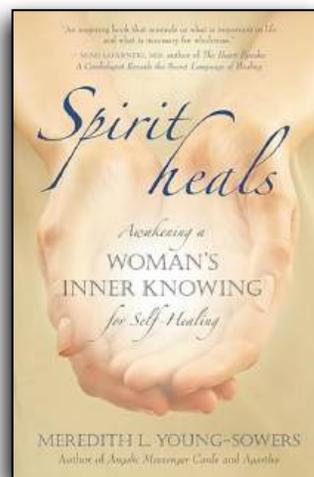
## Books By Meredith



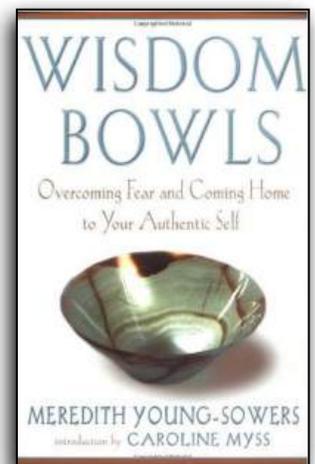
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From My Heart To Yours By Author Denise Linn

# “The roots of a tree grow deepest when the winds blow the strongest”

For part of my childhood, I lived with my grandmother. She believed in me—and there is nothing more powerful than having someone who sees the best in you, even when you cannot yet see it yourself.

Before I came to live with her, there had been difficult chapters in my young life. She would look into my eyes and say, “Denise, the roots of a tree grow deepest when the winds blow strongest. The challenges you’ve faced will make you stronger.”

Lately, with so much instability in the world, her words have been echoing in my heart.

Whenever I feel overwhelmed by what’s unfolding around us, I remind myself that beneath the chaos, there is a deeper peace—one we may not even realize is possible. Beneath the noise, something sacred is quietly unfolding: the gentle beginning of a new cycle of life.

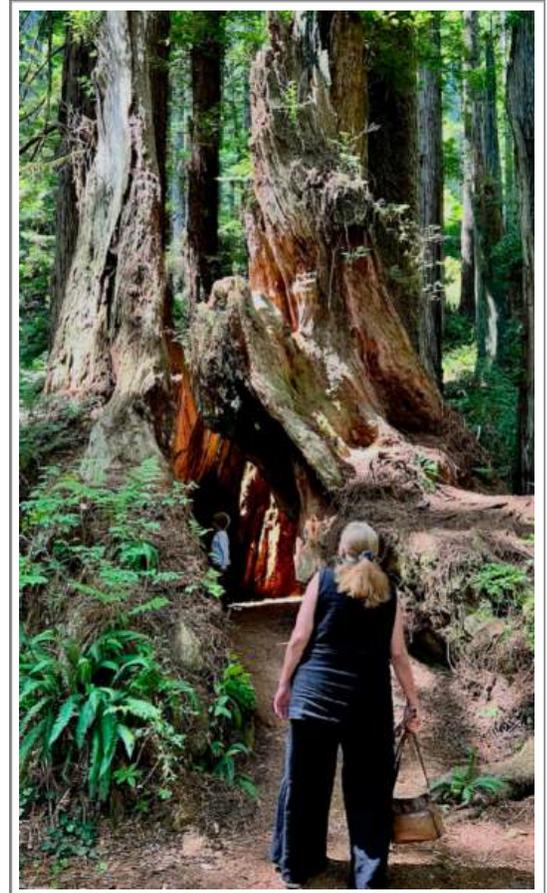
When we listen beyond the surface and urgency, we begin to sense the wonder that has always been there, waiting for our awareness. In that quiet space, life reveals itself not as rushed or fractured, but as whole, mysterious, and alive.

Today, I am pausing. Breathing deeply. Stepping into a place of serenity—a sanctuary of healing and quiet knowing.

I am reminding myself that the roots do, indeed, grow deepest when the winds blow strongest.

May your roots grow deep and steady in the months ahead.

△



Here I am in the Redwoods with my grandson. These majestic trees remind me what's truly important in life.



Denise Linn’s spiritual journey began at age 17 after a near-death experience that led her to explore global healing traditions, including those of her Cherokee ancestors, Aboriginal elders in Australia, and Zulu healers. She trained with a Hawaiian kahuna and Reiki Master Hawayo Takata, was adopted into a New Zealand Māori tribe and lived in a Zen Buddhist monastery.

Denise Linn is an internationally renowned teacher in personal and spiritual development. She is the bestselling author of Sacred Space and the award-winning Feng Shui for the Soul. She has written 19 books published in 29 languages, appeared on major television networks worldwide and has taught in 25 countries.

<https://deniselinnseminars.com/>

[Sacred Space By Denise Linn](#)

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

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