

The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 12 Issue 2 • February 2023

Harmony Rising

Welcome the Year of the Rabbit

Totem Animals

Bird Meanings & Symbolism

Learn how to talk to your pets!

Soul Agreements, NDEs

...and more inside!

What the World Needs Now is LOVE

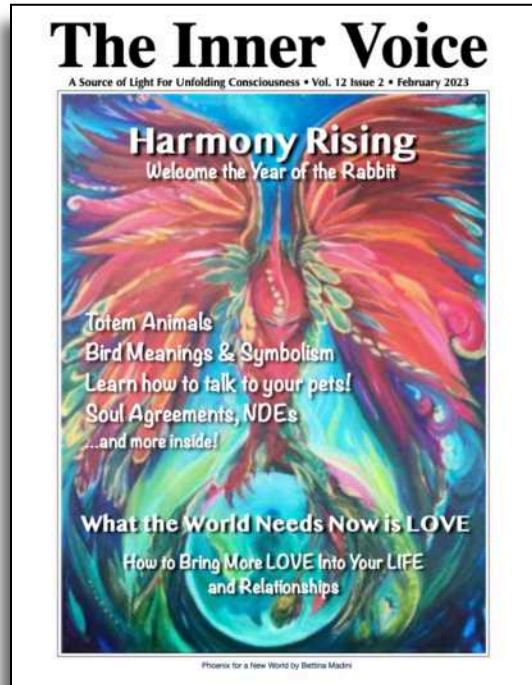
How to Bring More LOVE Into Your LIFE
and Relationships

About the Cover...

Phoenix for a New World

The Phoenix is a mythological bird with great power. As the legend goes, there was only one Phoenix, and every 500 years, it would burn, then rise again from the ashes, trans-formed and rejuvenated with greater power.

Phoenix represents great creation energy that is available to all of us, now. We all are powerful creators! What future can we actualize, bring to fruition and start creating?



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

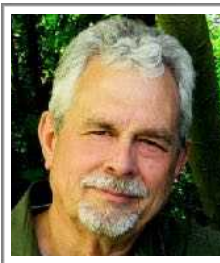
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This publication intends to be an inspiration for healing body, mind, heart and home. It is not meant to replace the advice of medical doctors and other healthcare professionals. The opinions expressed herein are not necessarily those of the publisher or editors. We encourage you to go within and listen to your inner voice for guidance and direction on your life path. It is our sincere hope that you will be blessed in wonderful ways by reading and also sharing this magazine around the world. Ad Rate Sheet and Writer's Guidelines are available on request.

We LOVE hearing your thoughts and ideas for future issues! Email: theinnervoice@gmail.com



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LISTEN TO YOUR BODY & HEAL YOURSELF WITH MATT SCHMIDT

April 8, 2023 1:00-5:00pm

MEDIUMSHIP TRAINING

June 24-25, 9:00-4:00pm

INTRODUCTION TO IRIDOLOGY WITH GIGI STAFNE

April 14, 6:00-9:00pm \$111

Iridology is a natural medicine modality and technique that identifies patterns, colorations, markings and other characteristics of the iris that can be examined to determine information about a patient's systemic constitution, health and disease patterns.

NATUROPATHIC CLINICAL ASSESSMENT SKILLS TRAINING WITH GIGI STAFNE

April 15, 9:00-3:00pm

Acquire and practice gentle, non-intrusive assessments to help yourself, friends, family and clients. Learn tools and techniques that are ancient yet hold an important place in contemporary clinical CAM practices. Lodging options available

WHISPERS ON THE WIND SHAMANIC PROGRAM

Group #28: April 19-23, July 12-16, Oct. 4-8, 2023 and Jan. 3-7, 2024

Are you searching for the meaning in your life? Would you like a deeper connection with nature and the spirit world? (cont. next column)

REIKI LEVEL I TRAINING

March 15 or May 28, 9:00am-4:30pm

REIKI LEVEL II TRAINING

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ANCIENT CELTIC IRISH SHAMANISM WITH AMANTHA MURPHY

March 18-20, 9:30AM-5:30PM. Lodging options available.

Join Irish teacher and author, Amantha Murphy, from Ireland as she shares these ancient Celtic traditions.

THE HERBAL APPRENTICE WITH GIGI STAFNE

July 22-23, 2023, 9:00-4pm

SEIDR NORSE SHAMANISM WITH IMELDA ALMQVIST

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with Dave Wilinski
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10:00am — 2:30pm

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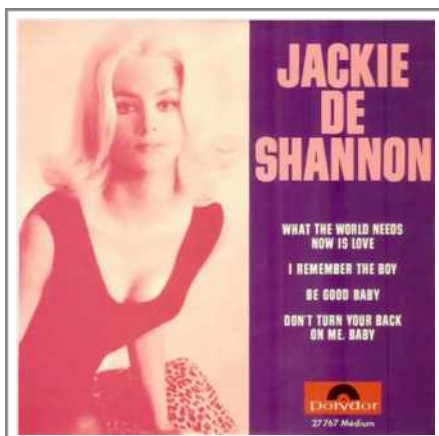
Dear Readers,

I don't know about you but Birds inspire me. Loving kindness moves me and in this issue I present both. I love watching birds and when they appear, I know they carry a special message for me...just like the angels do. Maybe everything with wings offers us a keen awareness of their unique role in healing our spirit. In addition, this issue offers you a pause to breathe and choose love and kindness in your actions and reactions to others. It will change your outlook and your life!

Nothing says my message to you this month better than that of the 1965 song by Jackie DeShannon, *What the World Needs Now Is Love, Sweet Love*. The lyrics are spinning around in my head like the old 45rpm record ...

***What the world needs now is love, sweet love
It's the only thing that there's just too little of
What the world needs now is love, sweet love
No not just for some, but for everyone
Lord, we don't need another mountain
There are mountains and hillsides enough to climb
There are oceans and rivers enough to cross
Enough to last 'til the end of time
What the world needs now is love, sweet love
It's the only thing that there's just too little of
What the world needs now is love, sweet love
No, not just for some, but for everyone
Lord, we don't need another meadow
There are corn fields and wheat fields enough to grow
There are sunbeams and moonbeams enough to shine
Oh listen, Lord, if you want to know
What the world needs now is love, sweet love
It's the only thing that there's just too little of
What the world needs now is love, sweet love
No, not just for some, oh,
but just for every, every, everyone***

Be the LOVE you want to see in the world. This issue provides a multitude of ideas of how. Enjoy and share!



Nancy

Angel Talk™



What the World Needs Now is Love

By Nancy Freier & the Angels of the Great White Light

What the world needs now, is LOVE sweet love. Shout it from the rooftops! We had a saying back in the 60s, "If it feels good, do it!" And, I must say that showing love and kindness *feels good*. It feels good to you, the giver, and to the recipient.

February 14 marks a time for expressing love to one another... and remember that however we act in relating to others, if we extend love or something else, it is returned to us multiplied. So, why not be kind and loving to one another every day of the year?

The angels said, *Be kind to one another in thought, word and deed. Lay down your frown and your ego defenses, and rather than being defensive when under attack, you can choose to react differently. Turn it around! Smile at those you pass on the street and at the mall. Extinguish the fiery thoughts of fight and retaliation. Pause for a moment and empty yourself of every negative notion that may still linger in there and let them go.*

Center yourself on this new day and on how you want your relationships to be. When you feel a knee-jerk reaction of retaliation, pause. Take a breath and wait for a new idea of how to respond. It is up to you to stop the train of unkind thoughts that keep you tethered to the past. Choose a new way to relate with others. Be kind. Be how you want to be treated. Choose to show love to those you meet and enjoy the ripple effects that will certainly come to you.

Holding on to grudges and being unkind to someone because they were unkind to you hurts you. Your mind is a mirror of your world, and how you behave toward others returns to you! Extending love raises your vibration, and attracts more love into your experience. When you raise your vibration to love and you choose to act with loving kindness in all interactions with others, you draw the same to you.

We are here to learn and experience Love. Let's demonstrate it in all our interactions. As the Beatles' song goes, "And in the end, the love you take is equal to the love you make."

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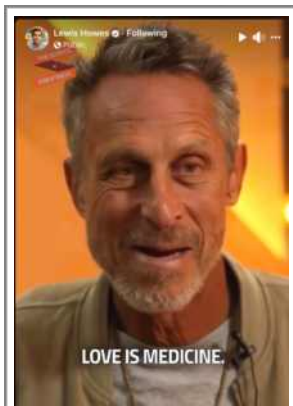
Send your questions for this column to:
theinnervoiceMagazine@gmail.com
Personal Angel Guidance Readings
are also available.





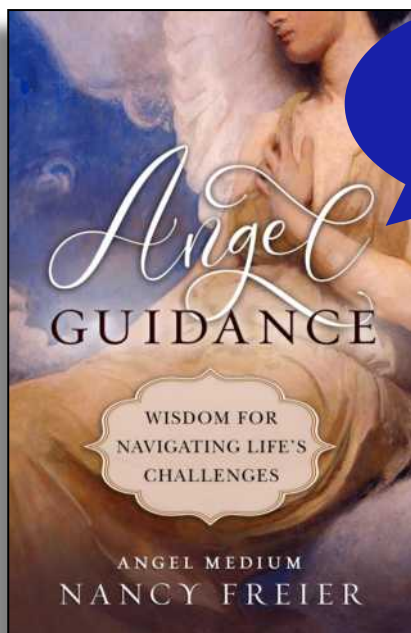
All you need is Love; Love is all you need.

The Beatles' song lyrics often were about love. Did you know? According to his wife Olivia, George Harrison's last words were: "Everything else can wait, but the search for God cannot wait, and love one another."



"Love is Medicine" ~ Dr. Mark Hyman

Click link to see short video
https://www.facebook.com/reel/1243288619925935/?s=single_unit



Click [HERE](#) to get
Nancy's book!
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Angel Guidance is filled with the Angel's words of wisdom that will guide you to new possibilities. Their words will lift you above the fray and lovingly show you the way through life's challenges.



Angel Guidance Readings

Endorsements

Thank you for this beautiful reading! I will continue to read it over again and reach out to you in the future. – Anne B.

"Thank you so much for the reading! It was such a pleasure meeting you and connecting with the Angels! I received much insight about my life. Thank you!" – Carrie A.

"I just wanted to drop you a note on how much I appreciate the work you do. Life has been tough for me lately. My mom, dog and cat all passed away within the last six months. It's been really hard, but I'm doing my best to soldier on. Your book has been a great comfort to me during this time of grief and mourning." – Steve W.

"The reading you did for me was awesome beyond words. The angels answered questions I hadn't even verbalized to you! Thank you so much!" – E.K

Order Your Reading today!

[Angel Medium Nancy Freier](#)

NFreier@aol.com

<https://NancyFreier.com>

Bird Meanings & Symbolism



Photo: FotoRequest, Andreas Nesslinger, & Connie Barr / Shutterstock

By Megan Hatch

Birds are fascinating creatures that have been studied and admired for centuries, each with their own underlying bird meanings.

Throughout history, birds have inspired humans to give meaning to them, with birds acting as symbols representing the connection between heaven and the earth as well as good and bad omens.

Bird symbolism is also popular throughout different cultures across the world. We can find bird stories from the most bizarre to the most peaceful, and whatever makes them special, there's no denying that each bird has a special uniqueness to them.

Bird Spirit Animal

Birds are known for being the closest animals to heaven which is why their meaning and symbolism have a substantial effect on people's lives.

Having a [bird spirit animal](#) is known to be one of the biggest honors because of this. Even a small bird can be powerful as all birds can connect to the human spirit.

Having a bird spirit animal means you are a very introspective and intelligent person and you can also sense danger long before it comes near you. You will stop at nothing to make sure that your loved ones are protected as you are fearless and courageous.

Bird Totem

[Bird totem animals](#) are often seen as symbolic as they have a sacred history behind them. They are commonly associated with Native American culture and tribes as they created these poles with the shape of a bird's head carved into the words as a reminder for them to learn self-awareness and insight.

Bird totems are very powerful connections know to help you connect to the past as well as become a talisman to help you see into the future. The spiritual meaning of a bird totem is about elevation, enlightenment, hope, and wisdom. The bird totem can therefore use its unique gifts to translate awareness.

It inspires your spiritual goal and reminds you that you are very close to it and to not give up.

Bird Meanings in Different Cultures **Native American Bird Symbolism**

Birds are special symbols in Native American, with the mythology and folklore speaking profoundly of all different species of birds.

In most stories, birds serve as a connection to both the human and the spirit worlds. The godly divinities charge birds with a duty to deliver messages from the heavens to us. This then casts birds in different roles and explains why birds have different meanings in Native American folklore from villainy to jealous competitors to heroes and wise elders.

Continued on page 7

There are also a number of Native American tribes that designated birds as their clan animal. Some clans relate themselves to a specific type of bird such as the raven or eagle clan, while others choose to follow a more generalized approach.

For example, The Fusualgi clan or fuswvlke bird clan is the bird clan of the creek, the anijisqua bird clan or antisiskwa clan are the clan of the Cherokees, and the feather clan of the Mi'kmaq tribe.

In most northwest coast tribes we can see various bird spirit animals and totem crests that proudly display artistic, creative, and significant birds to the tribes like eagles, ravens, and more.

Native American tribe descendants and clan members also are known for their enchanting tales, legends, and stories about different species of birds. Each story ends with a moral lesson about the value of life.

Bird Symbolism in Christianity

Bird symbolism and recognition are the living embodiment of religious scripts in which birds are symbols of hope and strength.

In the Bible, birds are a very significant creature as they appear again and again and often play a vital role in the formation of history. They symbolize mercy, hope, and divine intervention.

In one story, a bird carries the Israelites to safety on her wings. In another one about Noah, the bird brings back an olive branch to him, which signifies the end of a deadly flood. Jesus is also seen by a bird accompanying him to his first temple visit.

Birds also bring bread to the prophets, provide hope when they feel defeated, and give relief when they feel anxious.

Bird Celtic Symbolism

The ancient Celtic people also believed in the power of birds, recognizing them as the souls of the departed. Birds were reincarnations of highly respected

individuals and a symbol for the Celts as transcendence and freedom.

The Celts also believed birds represented liberation and freedom for humans as they looked as if they could fly to the heavens and act as a moderator between their god and humans. They also believed birds could bring them prophecies and messages of guidance from "the One that is all-seeing."

They have many legends and stories about birds and how druids were able to shape-shift into them. The most widely known is about a witch named Ceridwen who could turn into a hawk, and a wizard named Taliesin, who portrayed companion of King Arthur and could also turn into a bird.

Birds still have significant meaning in Celtic culture as they are considered spiritual guardians, allies, and even helpers.

Celts also brand different symbols based on different bird species and carve the shape on their shields, banners,

clothes, ornaments, and even get a tattoo design of a bird to represent the importance of birds in their culture.

Δ

Megan Hatch is a writer at Your Tango who covers pop culture, love and relationships, and self-care.

<https://www.yourtango.com/users/megan-hatch>



Different Birds and Their Spiritual Meanings

- 1. Eagle: Freedom and Independence**
- 2. Parrot: Opportunities and Wisdom**
- 3. Hummingbird: Love, Joy, and Good Luck**
- 4. Goose: Fearlessness and Bravery**
- 5. Flamingo: Balance, Grace and Beauty**
- 6. Falcon: Vision and Protection**
- 7. Crow: Knowledge and Intelligence**
- 8. Cardinal: Faithfulness and Loyalty**
- 9. Condor: Leadership and Goodness**
- 10. Blue Jay: Fearlessness and Protection**
- 11. Blackbird: Beauty and Intelligence**
- 12. Bluebird: Hope and Awakening**
- 13. Magpie: Good fortune and Love**
- 14. Stork: Long life and Mother's Love**
- 15. Dove: Gentleness and Peacemaking**
- 16. Crane: Healing and Rebirth**
- 17. Cuckoo: Alertness and Warning**
- 18. Owl: Knowledge and Wisdom**
- 19. Raven: Sickness or Guidance**
- 20. Phoenix: Transformation, Immortality and New Beginnings**





Soul Agreements

By [Dick Sutphen](#) & Tara Sutphen

Soul Agreements is essentially a continuation of the book Dick Sutphen wrote which was the million-copy bestseller back in 1976 called *You Were Born Again to Be Together: Fascinating True Stories of Reincarnation That Prove Love Is Immortal*. The inspiration for this initial book was, “After being hypnotized and shown his own past lives, Dick Sutphen went on to become a practitioner of hypnosis and past-life regressions. Over the years, he worked with many people and discovered the importance of karma: that we have lessons to learn, and if we do not do so in one lifetime, we will encounter similar karmic situations in another lifetime. Other people are

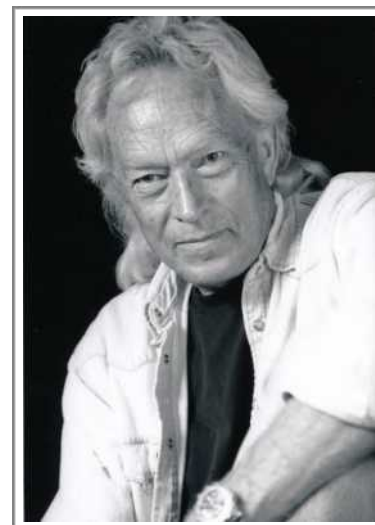
instrumental in our learning these karmic lessons, and we can be tied to certain individuals in life after life. In this first book, Sutphen does regressions with several clients and includes transcripts of their sessions. In hearing their stories, we discover what these people came to understand about the challenges in their present lives after they were able to observe their past.”

I have been aware of new age guru and entrepreneur, Dick Sutphen for many years. Dick (1937-2020) was an author, hypnotist, and seminar leader. Dick Sutphen was called “America’s foremost psychic researcher” and “America’s leading past-life therapist” In addition he has authored 23 additional metaphysical books and more than 600 hypnosis, meditation, and regressive hypnosis audio programs.

Dick Sutphen is known for promoting Sedona Arizona starting back in the 1980s where he claimed to feel the vortexes in the area. After that he made a career out of psychic workshops held on Sedona’s vortexes aimed at developing psychic abilities, and publishing books about the vortexes and their powers.

After all these years of being aware of his work but not really paying much attention to it, I thought it was time to pick up one of his many popular books and actually read it to see what he had to say. That book happened to be *Soul Agreements*. In this book Dick works in conjunction with his wife Tara Sutphen who is a deep trance psychic and astrologer.

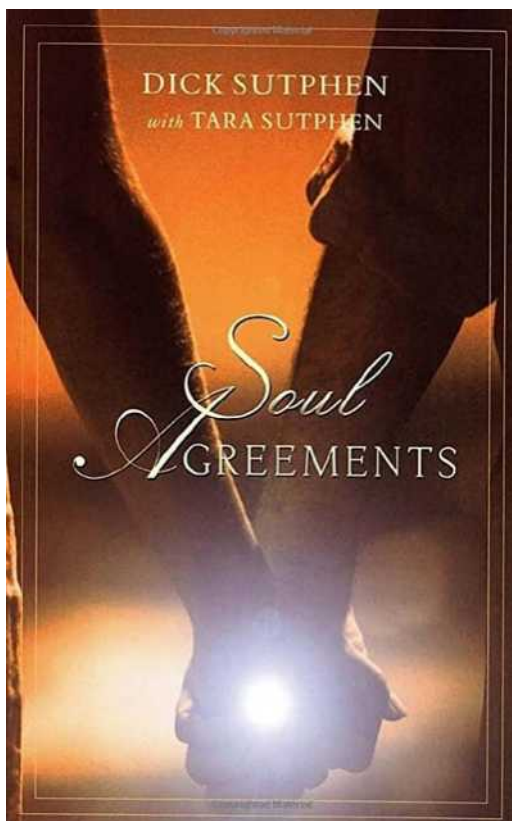
The introduction states this: “While in spirit, before you were born, you



Dick Sutphen

wrote a script for your life on Earth that included soul agreements establishing your relationships with your parents, lovers, children, and others who would affect your life in meaningful ways. Your career directions were planned out, as well as the major challenges you would encounter. This karmic road map was programmed at a soul level and can be examined by psychic researchers like Dick and Tara Sutphen. In *Soul Agreements* his investigations expand to a variety of cases: a woman born with a severe disability; a couple who came together to experience tragedy; and others who incarnated to be famous, or influential, or to become healers.”

In addition to the wonderful information and soul-life examples depicted in the book, what I enjoyed most about how soul agreements was written was the easy fluid style. For instance each chapter typically starts with a paragraph or two discussing the individual that they



Continued on page 9



Tara Sutphen

are going to work on and how they met that person and the reasons why they actually decided that having a past life regression might be beneficial to them. In most cases the client is someone they have casually met or perhaps is one of their friends, neighbors or associates they've met through their work. The flow from one story to the next is very natural and pleasing as well as educating the reader while building to more complex situations along the way.

Towards the center of the book they begin to focus a little more pointedly as they begin working with a couple of healers they have met. One woman healer was known for taking on the disease of her subjects and then having the ability of dissipating the disease problem relatively quickly... until she can't anymore. So with this issue in mind they regress her and talk with her soul in order to discover why she planned this sort of life, and why she now has this new problem and how to deal with it going forward.

So, what's the payoff to you, the reader, after obtaining the knowledge from his research? You can learn a whole lot about how and why we plan our lives before birth to include difficult the karmic situations that go along with those choices. This book is really an enlightened teaching! Once you understand how soul agreements work, Dick teaches you how to make the most of your destiny. The more self-actualized you are, the less likely you will be adversely affected by negative life experiences. This awareness shows you how to best override fate and create your own reality of love and success.

Get it on [Amazon](#) or wherever!

△

Steve Freier is an Afterlife researcher and book reviewer of metaphysical topics. He is the author of "My Road To Healing - How I Ditched My Doctor's Advice and Healed Myself of CLL Stage 4 Cancer" available here: <https://amzn.to/3agweoq> For more of his book overviews, visit: www.myunobstructeduniverse.com Steve hosts an After Life Discussion Group in Sturgeon Bay, WI. See ad on this page for details. Contact Steve at: sgfreier23@gmail.com



Afterlife Discussion Group

An Open Dialogue About Life, Death and the Afterlife



Have you given the death and dying process any thought? What are your concerns? Have you lost a loved one, or perhaps you fear your own death? We all have our worries and concerns, and in this discussion group, you are invited to freely express your thoughts and feelings in an open, non-judgmental, non-religious based atmosphere.

Moderator, Guide & Host Steve Freier has over 20 years researching death, dying and the Afterlife. He has read or reviewed 100s of books on these topics, and has viewed as many or more videos on NDEs, OBEs, the Afterlife, and has a passion to share what it's like on the Other Side. Steve is also a video producer, writer and contributes regular book reviews to The Inner Voice Magazine.

Registration is appreciated: Call ADRC 920-746-2372
Space is limited to 12 people, any age over 18

Date: Thursday, February 16, 2023

(every 3rd Thursday of the month)

Time: 1pm - 2:30pm

Location: ADRC of Door County

916 N. 14th Ave, Sturgeon bay, WI 54235

See You There!



Practicing Mindfulness By Beverly Brunelle

Love, Gratitude and Appreciation

Beverly is an Intuitive, energy healer and author, who helps people discover their truer selves, their inner clarity, wisdom, power, and deepen their self-love. Request a Free 30 min. Discover Self Love call. www.beverlybrunelle.com/contact

What if we are each in a continuous process of discovering love, and the mystery of pure creation is at our service as a living garden, continuously blossoming with love? We just need to have clearer vision of these higher vibrations of love, genuine gratitude and appreciation.

Life is movement that can either be repetitive, or filled with fresh new possibilities. In the repetitive mode, we tend to perceive ourselves, relations and experiences through filters of recycled past emotional experiences, beliefs, and

accumulated conditioning. Those invisible filters can direct us to righteously draw judgmental conclusions, creatively build resistance, and adamantly resist love. We live stuck in expecting repetitive negative behaviors. These filters can foster a false sense of authority, control, and safety. They can block our capacities to perceive, receive and to give love.

Bringing conscious awareness to all this can move us from mental, emotional and behavioral habits of expecting a loveless future, into a spiritual

spaciousness filled with the magic of creative, loving possibilities.

Deep breath... What potential love, gratitude and appreciation are in your world, today? What habitual ways do you tend to perceive yourself and others that can provide a key to open you to more love and gratitude in your relations? Be curious. Experiment.

Relax your mind's hold on what you expect to be true. Give mental space for yourself, the people involved in life to show up in new ways that may even surprise you. Intentionally invite new possibilities, then go about your day surrendered to being consciously present. Take moments to notice new flows of love, appreciation, and gratitude that blossom into your experiences. Expecting the unexpected can create a shift out of the loop of habitual ways of perceiving, receiving, giving into a bold new world. It can open the flow of love.

The phone rang. An old friend apologized for missing my gathering last week. I appreciated his caring, expecting nothing more. Then, he totally surprised me. He said, let's have our own celebration. I'd like to take you to lunch! WOW! Fun! I had been intending to be more available to getting together with good friends, not knowing how that would show up, and here it was! Then he asked, Tuesday or Thursday? Wow again! It wasn't just a general idea he was putting out; it was a real, solid invite! Gratitude galore!

I was visiting another friend. We seemed to be flowing with delightful conversation. After an hour, there was a long pause. I began to feel uncomfortable and noticed the familiar thought pattern

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Continued on page 11

of assuming it must be time for me to leave. I was feeling more fear than gratitude. Before I spoke, I moved my attention to my breathing. This created some mental and emotional relaxation and space for me to rest in the unknown. I stayed with my breathing and in a few minutes a new flow of appreciation opened up and we talked for another interesting hour. Then, I noticed another long pause and I jumped to the same “must go” conclusion. Again, I turned my attention to my breathing. From the silence of the unknown, a new opportunity arose. He asked me to do an energy healing session with him. After a delicious meditation, we both expressed great appreciation for our extended time together. We agreed our evening felt lovingly enriching and was now complete.

Living in an organic flow of love, appreciation and gratitude may feel challenging. It involves conscious intentions of inviting love in, relaxing expectations, a deep breath or two, listening to the moment and opening to the unknown. It is *being curious*, perceiving with refined awareness and receiving new possibilities from the movement of life ~ in yourself and in others. Living with the intention to love, to be grateful and appreciate the unknown, invites you to be willing to see with fresh eyes, even if you have seen this person or situation a thousand times before.



You gotta start romanticizing your life.

You gotta start believing that your morning commute is cute and fun... that every cup pf coffee is the best you ever had, that even the smallest and most mundane things are exciting and new! You have to because that's when you start truly living. That's when you look forward to the day ~ every day.

– Unknown



The Gift of NDEs

By Kristina L. Bloom

They say that there's a gift, an awareness or awakening, that follows a Near Death Experience. Many people report an increase in empathy or psychic ability. Almost everyone comes back changed, usually with some improvement in their outlook or personality.

This has certainly been the case with me. In fact, after each of the four Near Death Experiences that I've had, I've come back with a greater understanding, heightened energy or a new skill that has either improved my life or the lives of others. The first I was five years old, child abuse. The second was technically a ruptured bowel due to extreme dehydration as a result of heavy drug and alcohol abuse, I was 14. The third was childbirth at 25. The 4th was pneumonia at 47.

Following my first experience I returned with the knowledge that I could leave my body when I needed to, and return later when it was safe to do so. As a child living in a violent environment, this newfound ability saved me from at least some of the mental trauma of my reality.

Experience “on the other side” offers a perspective we don't often have access to. Granted, an NDE isn't the only way to access awareness that offers a galactic spiritual perspective. They are the experiences though, that taught me how to access it. Some key skills that have developed are the abilities to bi-locate, trance channel, and see into other dimensions. More importantly, I have reached deeper into my emotions which in turn helps me to be compassionate and hold space for the emotions of others.

From the perspective of the other side, or as I prefer to call it, “The Light Space,” all is well on good ol' planet Earth. No action or feeling or word or thought is out of Divine order. Love is indeed the only thing that exists, and everything else is created from it. The challenge then was to bring that Love back to Earth when I returned, and to see it in others close-up, as I had from a distance. Having returned from a place of unexplainable joy and bliss, then dropped back into a painful physical body, the challenge was daunting. How would I ever duplicate that experience here?

The reality is that I could, at least sometimes, duplicate that *feeling* here on Earth! After months of painful recovery, physical therapy, and a lot of love and support from my family, friends, students and clients, I was able to return to my life healthy. It was then that I made a decision to only do things that bring me joy! Happiness is a choice, and I continue to choose it every day. Life is perfect, not flawless, but perfect in its infinite variety of experiences. We always have the choice of perception in every situation. Not that every situation is easy. Sometimes circumstances can challenge even the most determined positive thinker, and sometimes I give in to the difficulty and let it get to me. Then I remember that feeling of absolute Love and bliss and find my way back to it.

△

Kristina Bloom is a psychic, metaphysical teacher, public speaker, author, paranormal investigator, and talk radio show host. For more than 20 years she has been serving people across the US, and now worldwide via the internet. She also travels to several states to facilitate spiritual retreats and attend paranormal conferences. Visit: <https://kristinabloom.com>



Let's Talk Crystals ~ By Lori Andrus

See the Unseen With Iolite

Every time I picked up my iolite sphere in an effort to attune to its February message, the opening line from the song *Sounds of Silence* by Simon and Garfunkel echoed in my thoughts. *"Hello darkness my old friend. I've come to talk with you again."*

Ahh, yes, here it is again. Iolite, my old friend, has once again made its way into the annual crystal forecast. I listened closely, trying to recall the rest of the verse. When the words themselves were silent, I did a quick google search for the lyrics and popped over to youtube to play the song in full. As it finished, I played it again. And then again and again and again. I put this song on repeat and let my thoughts simply drift away.

The entire first verse pulled me closer... *"Hello darkness my old friend. I've come to talk with you again. About a vision softly creeping. That left its seeds while I was sleeping. And the vision that was planted in my brain, still remains. Within the sounds of silence."*



The words reverberated through every cell of my body. My iolite sphere pulsed in my hands as I simply let the energy flow. It felt like an initiation was unfolding. Little by little a renewed sense of possibility and vision awakened. For the past several years (okay, since 2020) I have felt distant from my own sense of vision. Actually, as I say that, I realize it was not the vision I felt distant from, it was the desire and strength to bring my sense of vision to life. Part of me felt

exhausted and defeated. 2020 called me into a deep level of ancestral healing. I dove into the generational patterns of trauma and abuse that were running a painful narrative in my life. Many times along the way I sincerely wondered if perhaps it was time to step back from my spiritual path altogether. Instead, with a sliver of hope, iolite encouraged me to see this facet of my healing journey through to the finish. It reminded me that it was creating space for new possibilities.

Iolite was the 2020 crystal ally of the year. I think that year called many beautiful souls into a healing deep dive and initiated them into a new level of awakening. Since that time, Iolite has continued to pop back into the annual crystal forecast. Each time it has felt like a sliver of hope. Its deep midnight blue and flashes of silvery stardust invite us to step

outside of the moment-to-moment details, and into a visionary space where we can recognize the bigger picture.

Here it is again, as we kick off 2023, the February crystal ally. A renewed sense of hope and possibility is something many of us have been hungry for, and I think it is something many of us are feeling as we move into the second half of the winter season. This month, Iolite invites us to see the unseen, to bring light to all facets of life. It will be a sliver of hope as it guides us to navigate both our inner and outer worlds, bringing light to new possibilities. It will help us to strengthen our sense of courage, will, and desire to breathe life into the visions that have been planted deep within our soul. And most importantly, it will create space for our souls to move forward, freely.

△

Rise into your soul wisdom. Discover shamanic practices and crystal rituals for activating your sacred path. Begin today with the Crystal Magic journey: <https://loriaandrus.com/crystal-challenge> LoriAAndrus.com





LORI A ANDRUS

artist. ceremonial guide. wisdom teacher.



Online + In Person Events

Earth based Spirituality, Practices, and Healing to for Courageously Navigating Your Sacred Path.

Crystal Soul Fusion - Feb 3rd, 6pm - 7:00pm (in person at Balance SoundSpace in Manitowoc, WI)

Embark upon a soulful journey to connect with your voice of inner wisdom. Experience messages from the crystals as Lori weaves together the sounds of the drum, rattle, and native flute to carry you on a soulful quest.

The Foundations of Ceremony - February 17th - March 17th (5 week online training)

This highly experiential class will open your heart to your unique medicine as you explore your relationship with the sacred through the art of ceremony.

Spring Equinox Community Ceremony - March 19th (free online gathering)

The Sanctuary Circle - Ongoing. A sacred space to nourish your soul & reconnect with your inner wisdom.

Join Lori for virtual Full Moon Ceremonies, New Moon Community Calls, inspirational messages, a growing library of guided meditations, crystal insight, sacred practices, and soulful resources.

Meet Me in Sacred Space Podcast - Available on Apple Podcasts, Podbean, Spotify, & other podcast apps.

Press pause on the busyness of your day to day life and reconnect with your authentic self during episodes that explore crystal wisdom, sacred practice, ceremony, ritual, and soulful travel.

Amplify Your Light RETREAT - August 10th - 13th (in person in Upper Michigan's Keweenaw Peninsula)

Meet me by the fire and sink into a soul nourishing weekend of ceremony, ritual, sacred creation, and reflection.

Learn more at LoriAAndrus.com



A Self-Reflecting Universe

You have not because you believe not

Kathleen Jacoby, a prolific essayist and former Editor of *The Inner Voice*, made her transition into spirit in April 2019. She communicated that she is “sitting at the feet of the Masters” where she is continually learning about the Greater Universe.

Everything in the visible world is a manifestation of your inner perception based on experience and bias of culture, religion, ethnicity, gender, and age. You place victory or defeat at your feet based on the underlying sense of reality that you inhabit. You ask yourself why your life is better or worse than someone else in a similar situation, and the answer is not because of karma or luck or education or anything other than your own identification.

What does this mean? It means that you have been looking in all the wrong places for your salvation and completeness in life. What you have forgotten is that you are Light Beams coming into this incarnation to bring the gifts of spirit to this parched Earth; to reflect the Garden on a planet that has experienced a multitude of insults based on your exploration in consciousness.

Going more deeply, each of you has come into this arena, jousting with the illusions presented to you. What illusions? The illusions of external salvation, of external authority, of being powerful or powerless depending on your station in life. You have been programmed since early childhood to fall into the trap of belief systems that limit what and who can be the ultimate authority in your life. It cannot be your parents, your teachers, your peer group, your country, your biases. None of these things are more than a phantom of temptation. For beyond these things there is a flow of truth and beauty, health and well being, wisdom and compassion that surpasses anything your mortal mind can behold.

As you are overcome by the testing agents from early childhood on, you begin

to look outside yourself for answers. You go to doctors when you are sick. You seek teachers to learn how to think and what to think. You look to authority figures to follow, and you seek an external savior to redeem you. The truth is that none of these things can do what you truly want because they are not the source of the answer you are looking for. What you are looking for is closer to you than your breath, but because it is hidden in plain sight, it is not visible to you. And that is the test ~ to overcome the world to access the hidden treasure within yourselves.

What is this treasure, you ask? It is the reality of who you are, an individuated aspect of the Light. What does this mean? It means that you keep looking out into a reflected universe that you have envisioned based on the messages you receive in this realm, and you seek your answers to your life (and life in general) through that medium which is, in reality, nothing more than a screen ~ just like your television set. The tv screen is not the source of the reflection, it is merely the appearance of something that has been produced and directed somewhere else. It is the filament upon which appearance is made, an imprint is shown.

The true You is much more than this portion of you that has manifested. You are a Company of Heaven, an Adonai, an Abraham, a point of light that can only reflect higher truth and a higher calling and higher demonstration when you are connected to your source of inspiration and manifestation. This is the inner conduit that draws from its true reserves to be lit up individually and then be the light bearer that lends that light to one another so that each remembers who they



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

intrinsically are and can access their own inner vision and project it into the world.

In other words, as Light cells in the Being of Creation, you each have a point of view that when expressed fully without illusion of separateness, can provide a grand and glorious vision that is life affirming and life changing all at the same time.

So when you go outside of yourself into the world for answers, you may be fortunate enough to find someone who has awakened and can shine a light for you that directs you inward to the ultimate resource you represent, or you will continue to feel as though you are trying to find missing pieces only to be disappointed again and again because you are looking at the screen of your reflected universe (your television screen) and asking that to provide you with something it is not able to produce because it is the end result of your reflection, not its source.

When you wake up to the truth of your existence, recognizing that there is a host of energy that is in the pipeline waiting for you to remove the plug to its full expression, you will feel a surge of light moving through your body, encompassing every cell of your physical being that brings the healing and energizing and insights that you need in order to achieve what you came to do.





Other Realities Owl

Discover Pat Gullett's [Art of the Dreamtime](#)

patgullettdesigns.com | www.awegroup.net www.patsartfulllife.com

Other Realities Owl is the messenger between the worlds since ancient times. She holds the ancient wisdom of the ages. Athena called on her, as well as her Roman counterpart, Minerva. Plus, carrying the owl amulet promised inner knowing, seeing through the darkest times, and prophecy. The Ancients believed owls carry insights and inspiration through the ethers to anyone tuned in enough to listen. That's why so many inventions, solutions, and amazing ideas are created simultaneously by different people in various parts of the world.

Other Realities began with the Sacred Geometry of the Circle of Spirit in the Square four directions of Earth. Then Owl appeared, dividing the above from the below, bringing in balance and knowledge. This also shows our coming Full Moon, beacon of the night sky, illuminating the land and showing us our truth.

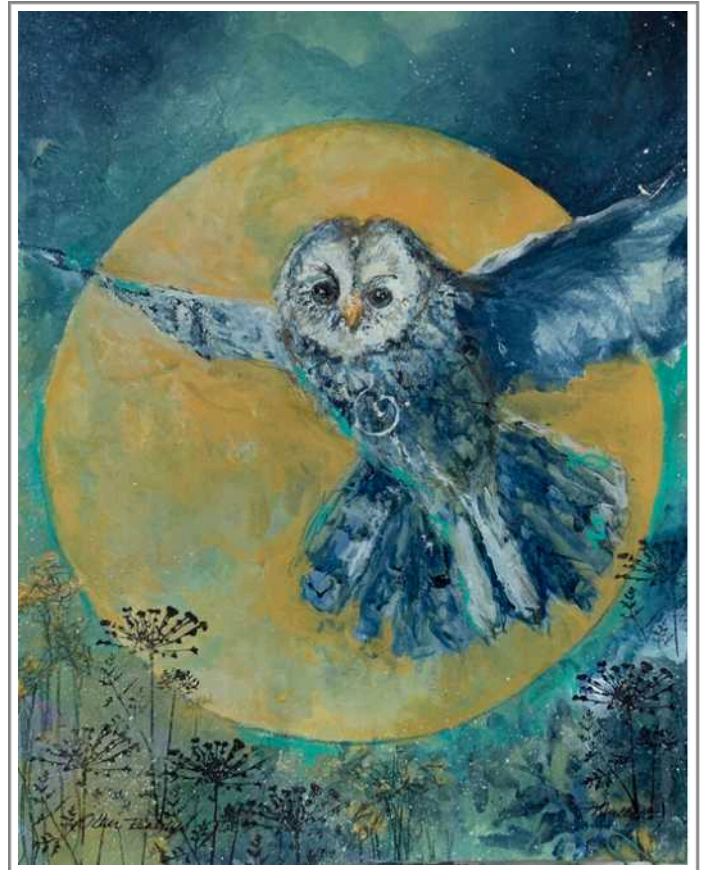
Our world is so much more than just what we can see. Our eyes were first developed to see underwater and so our range of vision is limited to a small spectrum. The electronic spectrum is made up of photons and wavelengths. The human eye sees only about [0.0035 % of the entire rainbow of electronic colors](#).

Many animals have a far greater visible vision than we do and see a totally different world. For example, while humans cannot see radio, infrared, ultraviolet, x-ray, and gamma-rays, which are all around us but completely invisible, animals can see many of them. Birds even see magnetic fields for their migration paths.

Animals are said to see other worlds as a vast field continuation of ours. They easily go from one reality to another all through the day. Cats, and especially dogs, but really all of the creatures close to the land, moved easily through to an astral world. In addition, it looks just like ours is 'seen' in a different wavelength. Tune in and you can see the vision in your mind's eye. Believe it and you will experience it.

We travel too, but our minds limit what we can believe and therefore what we remember as our reality. Dreams are so fleeting, as are visions, connections, and interactions in other realms. Our brain has to tune into a [Theta wavelength](#) as with drumming, chanting, dreaming, or meditation to 'see' other worlds. But the world of the imagination holds an energy and is just as real, if not more so, than what we see.

Other Realities turn inspiration into our visible reality. Is it reality, imagination, or magic? (Yes, to all three!) Magic is just what we don't understand ~yet! It doesn't mean it's not real. We



Other Realities Owl painting by Pat Gullett

become like owls of the twilight and bring back ideas, concepts, and directions from the [Other World of Wisdom](#). Is it touching on some Universal Consciousness full of knowing? Possibly, but it is often surprising and something you had never thought of before. It's like love; we can't really explain it, it's often invisible, yet it's a deep, undeniable feeling. You make it your reality as you adapt it to your life, write it down, or create art about it. Like music, new recipes, or a painting, you make visible to our world the insights from the Other Side.

So, find some quiet time. Put yourself in a receptive mode while doing something without thinking about it. Pay attention to images that float into your mind and write them down. Ask questions and allow time for answers to come from 'out there.' You may discover the seeds of some original concept never seen in the visible world before! These are our authentic gifts to 'reality.' It's why we're here.

△



Red Bird In A Crazy Quilt

How My Power Animal Came To Me

Discovering one's Power Animal is a continuing fascination. Recently, a friend visited my apartment and saw the crazy quilt block that I created some years ago (photo below) depicting my journey with Red Bird. She was interested in learning more and asked if I would run this article again, from the October 2015 issue. ♥

By Nancy Freier

Many years ago I was at my artist friend Jeanine Semon's house for a painting class. A Cardinal kept flying around outside her studio window where we were. Jeanine said, "I think he's trying to get your attention!" That was the beginning of the odyssey of discovering this bird was my power totem, animal guide and ally.

Pictured below is a crazy quilt block I created over a seven year period. It began with a simple desire to learn crazy quilting, but as time went on, a theme emerged for this quilt block that included the flora and fauna I saw, or could possibly see, on walks in the woods. The walks took place in Door County at Peninsula State Park and at High Cliff State Park on the Eastern shore of Lake Winnebago.

A huge surprise developed near the end of this creation. I grew up in Neenah, on the Western shore of Lake Winnebago. Whenever I wanted to be alone to think, meditate, pray, cry or otherwise process my life events, my favorite place to go was Kimberly Point Park in Neenah, located directly across the lake from High Cliff State Park. I particularly recall going there after I

returned to Neenah several years ago after living away for most of my adult life. I prayed to know what I was to do next in my life... contemplating the fact that I had come into this world at nearby Theda Clark Hospital which is just across the harbor from Kimberly Point. I also wished my ashes be spread right here on the shoreline, near the lighthouse, the swing set I played on as a child, and underneath 'my' willow tree, whose branches I wore as my hair later on. On this day, I prayed to know what was to happen in my life between my coming in and my going out. And I must say that every time I went to this special place, known as 'the Point' to locals, I always felt someone was watching over me and listening to me.

After I returned home to Neenah in 2004, I shared this with a high school friend at a class reunion. I also told him my power animal was the Cardinal. The next day he took me to High Cliff

where I had never been before. We walked up to a statue of an Indian Chief that overlooks the lake. Engraved on the plaque? *RED BIRD, Chief of the Winnebagos.*

I just about fell off the cliff in amazement at this discovery! A past life regression later revealed that I may have been Chief Red Bird. I'm not sure about that, and it really doesn't matter. What matters is the thrill I feel every time I see a Cardinal, not to mention the ongoing love and guidance I sense that comes from Red Bird. I was then able to finish my quilt with a silhouette of Red Bird's statue in the center.

△



Red Bird Crazy Quilt by Nancy Freier features woodland birds and animals, flora and fauna; the beach and waves of Lake Winnebago, actual beach glass from a walk along the shore, and the willow tree that is no longer there. In the center of the piece is a silhouette of Chief Red Bird's statue at High Cliff State Park, directly across the lake from where I often parked and prayed.

From The StillPoint Within

By JA Dioguardi



The Vibration of Love

The vibration of love is everywhere:
It dwells in the earth and infuses the air;
within volcanoes, it's ash and it's fire;
it flows in the seas and in tears of desire.

It's not only alive in passion's gaze,
it also exists in uncertainty's haze.
And where there's grief, true affection lives on.
When laughing, towards love, we are easily
drawn.

While connecting us with a hidden thread,
it tugs at the heart as it quiets the head.
Love's voice can't resound in a cluttered mind....
To hear its sweet song, leave your worry behind!

This vibration divine gives birth to wings
so angels can pluck their ethereal strings,
which quiver with music from heaven's height,
transforming the darkness of earth into light.

The vibration of love must permeate
each corner of Gaia before it's too late.
When greed and hatred no longer remain,
serenity, truth, and communion will reign.



In her own words: "I am a Cosmic Consultant for Change whose mission is to help others see the possibilities available to them so that they are inspired to create a joyful life that honors the intention of their soul. I inspire, teach, and heal via the vibration of my words." For more of her writings visit: www.jadioguardi.com

Snowy Night

by Mary Oliver

Last night, an owl
in the blue dark
tossed
an indeterminate number
of carefully shaped sounds into
the world, in which,
a quarter of a mile away, I happened
to be standing.
I couldn't tell
which one it was –
the barred or the great-horned
ship of the air –
it was that distant. But, anyway,
aren't there moments
that are better than knowing something,
and sweeter? Snow was falling,
so much like stars
filling the dark trees
that one could easily imagine
its reason for being was nothing more
than prettiness. I suppose
if this were someone else's story
they would have insisted on knowing
whatever is knowable — would have hurried
over the fields
to name it — the owl, I mean.
But it's mine, this poem of the night,
and I just stood there, listening and holding out
my hands to the soft glitter
falling through the air. I love this world,
but not for its answers.
And I wish good luck to the owl,
whatever its name —
and I wish great welcome to the snow,
whatever its severe and comfortless
and beautiful meaning.



Mary Jane Oliver (September 10, 1935 – January 17, 2019) was an American poet who won the National Book Award and the Pulitzer Prize.



Natural Endings and New Beginnings

Meredith Young-Sowers, D.Div. is a watercolor artist and Author of: Agartha, The Angelic Messenger Cards, Spirit Heals and Wisdom Bowls. She is the Founder of The Stillpoint Foundation and School.

I've already begun to think about spring and so today's message suggests there is more to come as we let go of the old to allow the new to manifest.

It's been a difficult time all around, however, as we focus on how our thoughts and actions allow "love to win," we move into a powerful inner space that opens us to the expansive Love and Joy of Spirit.

No one likes endings: whether to a job, a relationship, a familiar home or situation. Where ever we are in our lives there are endings that aren't based on anything we did wrong or right, their time is just up. In other words, we've grown through and out of a specific set of circumstances. We usually feel we need to find a reason for endings: we need to justify what or who did what and thus the following consequences. I like to think about endings as making room for new beginnings.

If we don't ever end an experience, there's no room for the new one. If we are afraid to end the in-breath, for example, then there can be no out-breath, and we would fall over and die on the spot. If we're afraid to move out of illness because life, as it was, isn't worth showing up for, then we continue to

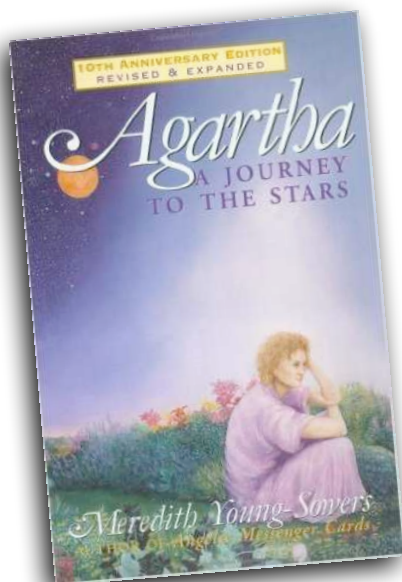
manifest symptoms that we no longer need, or serve our body or mind. If we're shocked to move out of health, or wealth, or spiritual certainty, then the new and its learning remain hidden.

Natural endings allow for natural beginnings. And natural beginnings are part of the life cycle of all beings, all thoughts and all experiences. Everything comes to an end and whether on this Earth or beyond, there's always a new beginning.

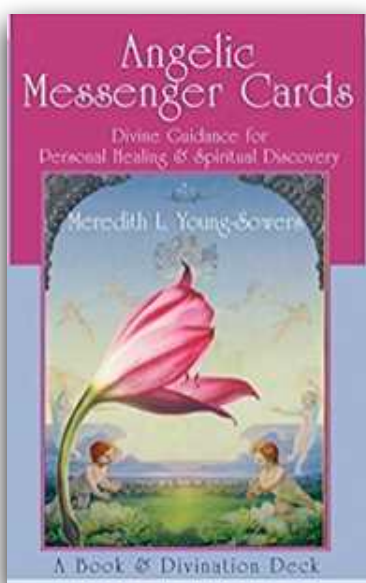
Ask yourself what is ending today that you are unnaturally holding onto, keeping in place — insisting on its return to life? What would happen if you began to lessen your grip on this relationship, experience, financial situation—good or bad—and allow the *current of Spirit* to move you along to the natural new beginning?

~Meditation ~

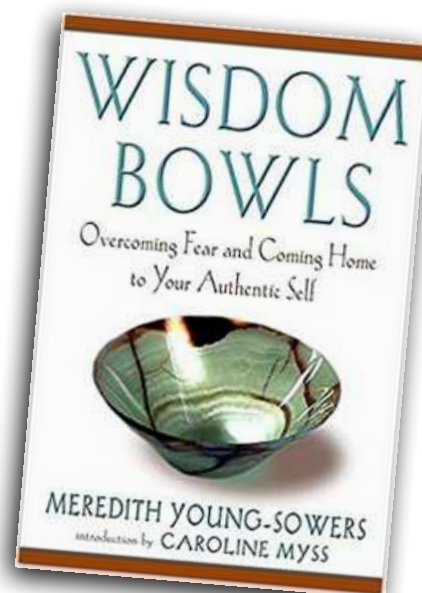
Take a breath and with your hands over your heart,
Lessen your grasp on things that you're afraid to lose.
Let life flow through your hands — imagining that the
natural ending is making room for the new beginning,
whether or not you know what that looks like.



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



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



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



URANUS: Living Authentically

Rules: Aquarius | Element: Air
First Chakra

Uranus rules the sign of Aquarius and resonates with freedom, authenticity, intuition, collective humanity and seeing past the limits of the status quo. Though our inner Saturn agreed to conform to the seeming limits of the world, our inner Uranus, orbiting just beyond Saturn, intuitively knows the possibilities that our physical senses cannot perceive, and prompts us to push past the status quo and limits of our earthly perceptions.

Uranus wasn't discovered until 1781, though it was always playing a subversive role in the unfolding of human culture and evolution, its' discovery during the American and French revolutions, reflected a forward change toward democracy and freedom around the planet. That radical, collective expression of freedom was necessary to allow for the individuation we each need to eventually grow out of tribal religious beliefs and into the truly spiritual consciousness of unity.

On a personal level, Uranus urges us to not get trapped in the illusions and limited thinking of the physical world. It's a guide from our larger soul, maintaining a helpful, though sometimes disruptive influence on our ego. Conscious of it or not, it gives us the information we need to stay true to our soul's lifetime intention. As Uranus comes into play through the cycles of our life, we feel an increased tension around what is out of integrity.

Particularly, at age 38-44, Uranus reaches the halfway point of its 84 year orbit and sits exactly opposite its position on our birth chart. This profound life passage relates to what has traditionally been called the "midlife crisis."

Whatever choices we've made in lifestyle, commitments, and values are tested against our feelings of authenticity. What falls short becomes less tolerable. We long for change. Depending on how true we've been to our soul's path, this can be a radical and disruptive revolution in our life, or a liberating acceleration and deepening of our existing commitments. Changes will happen, voluntarily or not. It's a natural part of our growth cycle. Resistance creates suffering.

On the collective societal level, we are currently in a similar "crisis" of vision and authenticity regarding our organized systems and institutions. As the age of Aquarius dawns, awareness of this dissonance is demanding our attention more than ever. And just as on the individual level, once we collectively see past the limits of the status quo, there is no going back, even if the necessary changes bring us some chaos, challenges and pain.

Some healthy attributes of our inner Uranus are flexible, original, common sense, individual, independent, intuitive, innovative, authentic, progressive. The unhealthy attributes are rebellious, capricious, unreliable, moody, unrealistic, withdrawn, emotionally aloof.

In your body, the energy of Uranus sits in your 1st Chakra. Bring your awareness there and ask yourself: Am I living my truth? Am I even listening to



URANUS: The Blue-Green Planet

An infrared composite image of the two hemispheres of Uranus. Image Credit: Lawrence Sromovsky, University of Wisconsin-Madison/W.W. Keck Observatory

my deep, inner truth? Am I willing to be different so that I can be me? Do I accept and embrace change as how I create my life and contribute to humanity?

To lend strength to your inner Uranus, try repeating the following affirmation: *"As a being of creative consciousness, though I am in this world, I am not of it. By listening to my higher, inner truth, I live an authentic and uniquely individual life which brings more love and beauty into the world for everyone."*

Δ

Barry Kerr is a certified soul-based astrologer with over 40 years of experience. Located in Sedona, Arizona, Barry offers remote astrology, energy healing and transformational coaching. <http://www.chooseconsciousliving.com/>



Lessons from a Leafcutter Ant

By Beverly Hutchinson McNeff



The other day, I was watching a documentary on the tropical rainforest. Out of six million square miles of tropical rainforest that once existed worldwide, only 2.4 million square miles remain. But they are still there. As you can imagine, those rainforests are not only critical to our survival as a planet, but they can teach us something about living together.

The goal of everything in the forest is to rise to the sun. Because of the dense and lush flora, the forests must grow fast to rise above the mass of others for their existence. There are many barriers to its growth, one being the leafcutter ant.

The leafcutter ant lives beneath the ground in a fungus colony. This fungus feeds off the leaves the ants bring, which produces proteins and sugars for the ants' survival. Therefore, the leafcutter ant climbs to the surface and cuts leaves with its mighty jaw, which serves as a type of chainsaw, to bring back the leaves for their survival. Of course, ants cutting leaves sounds harmless until you see how these little chainsaws move. At only a quarter of an inch long, they can travel at a speed of 16 mph, which is faster than Usain Bolt's sprint considering the ants' size. They can carry 50 times their body weight by their jaws, like an average-sized human carrying a minivan in their mouth. And they can completely strip a tree of its life-giving leaves in 24 hours.

With this kind of destructive behavior, you might wonder how any trees survive! As plants and trees detect

the threat of the leafcutter ant, they send poison to their leaves that, when brought back to the fungus, begin to kill it. As the ants detect the destruction of their food source, they avoid the poisonous leaves and move on to other food sources. This process will continue with other plants so that the ants cannot destroy the entire foliage of any one plant or tree. But don't worry about the ants; there is plenty of food for their survival.

You may wonder what benefit the leafcutter ants provide. Well, according to the US Fish & Wildlife Service, studies of the leafcutter ants have contributed to scientific advancements in pharmaceuticals and clean energy alternatives. This is because of their cellulose intake, which they can't digest, but their fungus crops can break it down. It is a fascinating example of what we can achieve in symbiotic relationships. Plus, leafcutter ants coat their bodies with an antibiotic-producing bacteria that has played an integral role in research on human antibiotics. It's amazing!

You might be wondering why I am telling you this story; well, think for a moment if you have ever felt attacked. Maybe an unforeseen event, person, law, or even a physical disease has made you feel powerless. But you are not. That is

the point of the message of *A Course in Miracles*. It is the reminder that no matter how powerful the world may seem, how destructive the event may be, or how hopeless the reconciliation, a miracle can shift it from disillusionment to victory! Just as the trees and plants have developed a way to survive the leafcutter ants and even benefit from their presence, we can develop our survival skills. The Course is our manual for survival that helps us rise above the battlegrounds of the world to the light of truth.

When we are faced with challenges in this world, this is what our brother Jesus is telling us,

In this world you need not have tribulation because I have overcome the world. That is why you should be of good cheer. (T-4.I.13)

If it is possible for Jesus, who is our elder brother, it is possible for us. And that is his promise to us. Just as trees in the rainforest develop their resistance to the leafcutter ant, we can find a new approach to the destructive experiences of fear and separation — not by destroying them but by allowing them to be transformed into a miracle of awareness. A miracle can lift us to a new

Continued on page 21

perception and possibility, and those miracles are ever present.

This world is full of miracles. They stand in shining silence next to every dream of pain and suffering, of sin and guilt. (T-28.II.12)

So let us not be troubled by the world of illusions but be transformed by the renewing of our minds through the power of miracles.

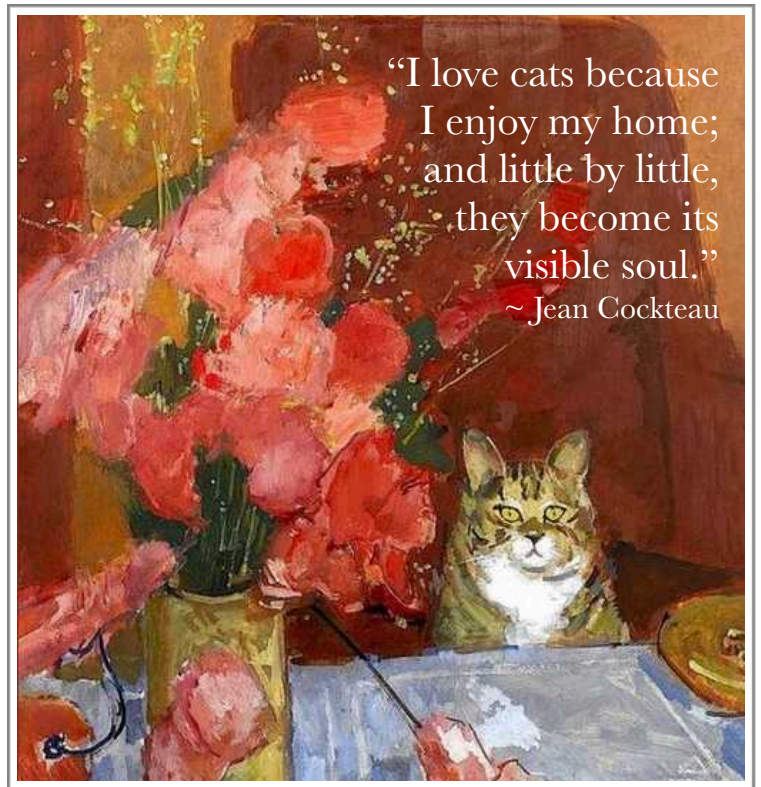
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Beverly Hutchinson McNeff is the Founder and President of Miracle Distribution Center, A Course In Miracles Resource Center. Visit: <https://www.miraclecenter.org>



"The most important thing in life is to learn how to give out love, and to let it come in."

- Morrie Schwartz



"Cat and Flowers at the Table" Painting by Ruskin Spear, 1911-1990

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The Helpful Guide to Living an Intentional Life

becomingminimalist



By Joshua Becker

Recently, I spoke to a room full of high school students on the topic of “Don’t Waste Your Life.” Among the advice that I gave them, I offered this nugget of truth: “Don’t just drift through life. Live with intention and purpose.” I believe that is one of the most important lessons that a person can learn—and the sooner we get it, the better.

Living a simple life certainly requires intentional living. In a world that is hectic, busy, and hurried, simplicity is not. In a culture that encourages selfishness and excess, [minimalist living](#) does not. And in a society that is rushing to gain more, satisfaction with less is counter-cultural.

To begin living with intention, we must begin by laying a proper foundation and then add practical steps on top of it.

First, Lay the Foundation.

Realize that your life is made up of choices. Every morning is a new day full of decisions and opportunities. You get to pick your attitude and your decisions. You don’t have to let the circumstances of your past negatively determine the pattern of your life in the future. You have a choice in the matter. You do not need to be stuck in the same pattern of living that you have been for years. Realize that every morning is a new opportunity.

Evaluate the culture that you’re swimming in. Life is not lived in a

Minimalism In One Sentence:

*“Get rid of anything and everything that no longer contributes to the life you want to live. **Becoming Minimalist** is designed to inspire people to pursue their greatest passions by owning fewer possessions.”*

vacuum. It is lived surrounded by a culture that is moving somewhere. This culture around us forms a swift downstream current. Living with intention will require you to take a step back and evaluate the flow of the stream to determine where it is headed, how it is affecting you, and if it is taking you in a direction you desire.

Examine yourself. Know who you are. Get a strong handle on your passions, talents, abilities, and weaknesses. Give precious time and energy to this endeavor. It is one of the most valuable things you can do.

Second, Add Practical Steps.

Decide to live your life. [Stop comparing yourself to others](#). You were not born to live their life. There is no sense in wasting yours [being jealous](#) of theirs. Instead, you were born to live your life — determine today to be good at it. After all, you only get one shot.

Define a purpose. Identify what you want your life to communicate and contribute. Find a passion to live for that is bigger than yourself. Write it down. It will bring new meaning to

your life. It will wake you from the slow death of only living for yourself.

Set goals. Goals move us and goals shape us. Set goals that are directly in line with your defined purpose. By their very nature, they will introduce intentionality

into your life.

Stay focused. We live in a world of constant connectivity and distraction that is begging for our attention nearly every moment of the day. Learn to turn off the distraction and live your life instead. Turn off the tv and don’t read gossip magazines. Remove nonessential physical belongings that are robbing you of time and energy that could be better spent living with intention.

Learn from others. Successful people are curious people. They possess the humility to learn from others. Identify people accomplishing your purpose and goals. Then, study them and learn from them.

The worst thing you could ever waste is your life. Instead, commit yourself to intentional living and living with purpose.

△

Joshua Becker is the best-selling author of four books, including: *The More of Less* and *The Minimalist Home*. Visit: <https://www.becomingminimalist.com>



By Marc Allen

Marc Allen writes books and music and leads tele-seminars and live seminars in northern California. He is the Publisher and CEO of newworldlibrary.com. This is a post from his Facebook page:

Eckhart Tolle turned me on to Steve Taylor, who lives in the UK. Eckhart loves his work, and has brought us several of his books that we've published in Eckhart's imprint at New World Library. This was in the latest e-mail I got from Steve. It was so moving I recorded it on my phone, and have sat quietly and listened to it:

The Healing Place by Steve Taylor

*There is a healing place inside you
beneath your thoughts and feelings
beyond any concept of identity
or any sense of separation —
a reservoir of soul-force
radiant and pure
infinitely deep and dense
like the nucleus inside an atom.
When your body needs to repair itself
or your energies need replenishing
or your restless mind needs calming
let go of your life's demands
and sink into the healing place
like a diver into warm still water.
Immerse yourself in its radiance.
Let its healing force soak into you.
Let pure consciousness pervade the cells of your body
and shine through the space of your mind.
The healing place lies outside space and time.
It transcends matter, isn't bound by the laws of physics.
It's a supernatural place where miracles occur
as naturally as the wind blows.
And so you will emerge from the healing place
refreshed, even recreated
miraculously transformed
as if risen from the dead.*

Δ



Cut yourself some slack. An argument with yourself is like mixing a cup of coffee with a cup of tea and expecting a positive, delightful beverage. Let situations work themselves out, and try to rise above the need to fix anything in form. The formless has the answers and the one you are genuinely looking for.

Solutions will come looking for you

You just never know who reads what you post on Facebook... 😲



Marianne Williamson

December 21 at 9:13 AM · 🌐

This holiday season I'm doing what I can to appreciate the sacred in every moment and in everything. Every morning when I wake up, I have a date with myself on my living room couch. My copy of A Course in Miracles lives permanently on my coffee table, and this time with myself before I go about my day is like the engine room of my life.

Years ago, I was in Egypt when I had an amazing experience gazing at the Sphinx in the middle of the night. I felt as though I received my ... See more



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Nancy Freier

I love this idea! Beginning Jan. 1st, I am joining you in spirit, and doing this. I am also putting this post in the January issue of The Inner Voice e-magazine. ❤️

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PrinceHarry duke of Sussex

when you get your mind right. Focus on staging your mind with love's presence, and bask in your ability to love without expectations from yourself, others or life itself. Then watch the sparrow fly toward you and bring you little tidbits of delight from the heart of God - to the middle of your lap. Behold and make all things new.

We love you,

The Mighty Angels

Channeled by Stefanie Finn www.StefanieFinn.com





Tender Love for Your Heart



February is the month of love ... and it is an aligned time to talk about herbs, flower essences, and the many ways you may support emotions and what is referred to as **anahata**, or your heart chakra. Before I begin sharing more about support for your heart, try this...

Envision your heart chakra as the center of your body's energetic universe, radiating and regulating energy flow in a similar way that the physical organ of your heart regulates blood flow in your body. Historically, the heart has been thought to be merely a physical organ, (A very important one) yet, this one-dimensional type of thinking has changed radically after cardiologist Dr. Sandeep Jauhar, author of *Heart: A History*, identified that emotions can actually change the physical shape of the human heart.

Jauhar explains how deep grief can cause what is referred to as *takotsubo cardiomyopathy*, also known as broken heart syndrome. Another of my favorite research and education centers, The Heart Math Institute, continues to unveil how the human heart functions as an emotional intelligence organ. While there's much to explore within those realms that I find fascinating, what I want to share with you are an array of natural ways to help your heart along, not only in February, but for a lifetime.

Let's take a look at some of my favorite tips for patients when we discuss natural supports for the heart and anahata.

First, there are the standard heart healthy herbs and nutritional supplements that support this organ

overall: Cayenne, Garlic, Flax Seed, Green Tea, Hawthorn berry, Motherwort, Vitamins B-6, E, Coenzyme Q-10, Fish Oil (or Flax Oil), Folic Acid, Magnesium, and Pantethine.

Gentle, effective facilitators for grief, sadness, and emotional upheaval are flower essences. Here are one dozen to consider: Agrimony, Angelica, Bleeding Heart, Catalpa, Chicory, Forget-Me-Not, Fringed Violet, Fuchsia, Lady's Mantle, Motherwort, Peace Rose, Self Heal, and Sweet Chestnut.

Heart-Nourishing Foods

What are some of my favorite heart nourishing foods? Topping this list is Garlic, absolutely. There are others to consider: Beans, Berries, Dark Green Leafy Veggies, Hot Peppers, Legumes, Olive Oil, Salmon, and many others. I am sure you have heard of the Mediterranean Diet by now. Now, that's a heart healthy path!

And finally, herbs to support your energetic Heart Chakra for balancing some of life's most difficult emotions: Ashwagandha, Damiana, Hawthorn Berries, Kava, Lavender, Lemon Balm, Motherwort, Rose Petals, Tulsi-Rose Tea, Rosemary, Saffron, St. John's Wort, and Violet.

Try hands-on healing or immediate energy work applied to your own heart... Rub your hands together to generate healing energy. Then place your hands on your heart for five minutes, or so. Release that which is stressing or hurting you as you take long slow breaths. Consider anointing the skin over your heart center with the therapeutic perfume blend (recipe below). State this

affirmation, or one you create on your own, as you send healing energy to your heart center:

*Love and compassion are infinite.
They fully surround me and my life.
My heart is filled with love.*

To conclude, here is a Heart Chakra Perfume you can create on your own with a carrier oil and essential oils...

Anahata Perfume Blend

Start with 2 ounces of Rosehip oil or Almond oil. Add in these essential oils:

10 drops of Rose Absolute
4 drops Ylang ylang
2 drops Lavender
1 drop Bergamot
Rose Quartz Gem

Mix well, then add this oil mix to an anointing roller ball applicator. An optional, but delightful touch is to add a tiny gemstone such as emerald, jade, moldavite, or green amethyst. Apply topically to your heart center-chakra anytime to release feelings of sadness, grief, and to enhance love.

Try some or all of these suggestions and treat your heart to love and happiness this month!



Gigi Stafne MH, ND writes monthly for *The Inner Voice*. See her ad on page 23. www.greenwisdom.weebly.com and www.sisu-healing.com



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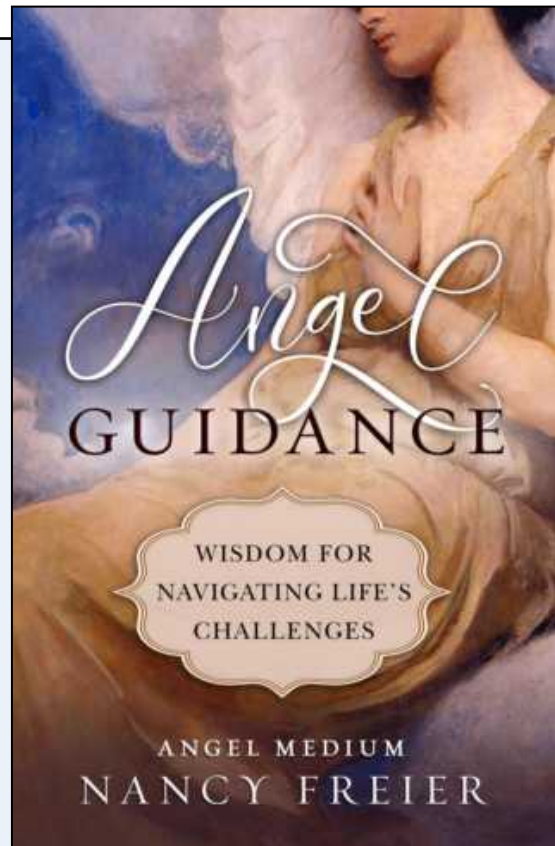
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2023 Harmony Rising

Welcome the Year of the Yin Water Rabbit

By Karen Abler Carrasco



On January 22, 2023, we entered the year of the Yin Water Rabbit, which cycles around once every 60 years in the Chinese Zodiac. As we explore its qualities, let's make note that 2020 began a full decade of global evolution. Each year's energies in this decade will contribute to this great shift, until lasting systemic changes place us in a new era. We best weather this turbulent time by sinking ever more deeply into ourselves and finding our most authentic feelings, talents and preferences for living as humans on Mother Earth.

After weathering the Yang Water Tiger, which bounded through last year with erratic pouncing movements, most of us can see that we DID make forward progress, though not always in the direction we had planned. Projects and desires were buffeted by unpredictable waves of forward motion and frustrating delays. Riding the yang Water energy of last year was often like a white-knuckle ride down class 5 river rapids. Paddle! Faster! Those big, unexpected boulders around the bend capsized many a plan...

Now, the waters are calming with the distinctly different quality of yin energy. It is subtle, gentle and refreshing to all of our senses. We can relax and restore our personal ch'i, regroup and reevaluate our position. We can make sure that our previously set priorities are still the right ones for our new circumstances, and realign our goals with what shows up now. This yin year offers us strong support to create inner and outer harmony in our lives.

Picture yourself happily floating on calm waters, soaking up the sun's warmth, sipping a delicious drink, hearing

sweet music on the breeze. Sensitivities for the arts, good food, good company and all things harmoniously beautiful are heightened this year. Take the time to sink deeply into your True Self and create a lifestyle that feels easy, natural and graceful. Channel strong emotions into greater understanding and compassion for others. Identify what your heart really desires. Envision any discordant ways of the past transforming into the benevolent possibilities as our new world takes form ahead. Let your imagination sail on quiet waters and encourage soulful enjoyment throughout the year.

What does the Rabbit character bring to 2023? With those long ears, keen noses and sensitive whiskers, wild rabbits know the quickest, safest and easiest way to survive in any situation. Split second instincts combine with reliance on a plentitude of relatives who sound the alarm whenever danger approaches. They co-create a vast, communal underground web of connecting warrens to find safety at any moment. All of this support gives them a bold confidence to know just how much risk to take to insure their own safety and comfort.

Rabbits are homebodies, desiring security, order, comfort, and beauty. They take indulgent care of themselves without harming anyone else in the process, since they desire communal harmony above all else. Their firm strength is hidden beneath a charming, pleasant demeanor, a truly wise and enviable skill. Rabbit energy is amiable, diplomatic, elegant, and discreet, finding the best solution possible while keeping the peace and deftly avoiding conflict. The wisdom of the Tao is embodied in Rabbit energy, as it is through its soft, accommodating nature that it gains commanding strength.

Tap into the fine art of negotiation this year. Take a little longer to study the situations that present themselves. Listen



for the undertones. Increase your levels of tolerance, understanding, and generosity.

Be a peace-maker. Find or refine your tribe and build communal rapport with your neighbors, friends and family. Develop a quiet wisdom. Smile more, lots more. Spend as much time as you can in the places that feel beautiful to you, and create more of them. Whenever and wherever you feel uncomfortable, trapped or out of balance with yourself or others, realize that those feelings are good, rabbit-y instincts. Hop away quickly! Look for the actions or negotiate solutions that show you and everyone else involved the most elegantly secure and comforting way to go.

As we sail through uncharted waters this year, our deepest instincts crave comfort, safety, and community amidst an unruly, changing world. May the Yin Water Rabbit provide the gentle, beautiful, harmonious way to carry us through. Have a Beautiful Year!

△

Karen Abler Carrasco is a Teacher/Coach/Mentor at the Western School of Feng Shui. For more information, visit: <http://westernschooloffengshui.com/>

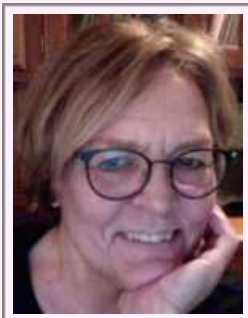
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Feng Shui Design Tips for the Master Bedroom...

Bedrooms: are rooms for the bed meaning your bedroom should be a comfortable space to nestle in for a good night's sleep. Place the bed where you have walking space on both sides. Choose colors from a palette of skin tones; a supportive mattress; and soft and pleasing things in your surroundings. If you must place your bed in front of a window, choose a sturdy, solid headboard and hang curtains to control the light and quiet the space. To make a small room appear larger, raise the height of drapery rods, and make sure the draperies come all the way to the floor. Make windows appear larger by extending the rods slightly beyond the window frames. And, contrary to what you might think, choose large-scale furniture pieces. Small pieces make the room appear cluttered.



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What is a Totem Animal?



Photo by Sue Tucker on [Unsplash](#)

By Lynn Schuster

While I was creating my website for Animal Spirit Talker, I took several days to meditate with 10 different animals. As I contemplated this, I asked each animal what their role is as someone's totem. The results of this deep meditation changed me. I felt closer than ever to nature and the wisdom that the animals teach us.

Eagle as a Totem

Freedom and independence are yours, he told me. Free will is your birthright. You must beware, however, that with this privilege comes great responsibility. Do not take this freedom for granted. Guard your choices carefully, for they greatly influence and affect the world in which you live. Value your freedom and your independence.

Native American culture is known for its reverence of nature and its strong belief in the spiritual world. Therefore, it comes as no surprise that one of their most sacred spiritual concepts is a being that brings these two ideas together: the totem animal.

Native American totem animals appear frequently in American Indian art, serving as a prominent symbol on both a cultural and individual level. A totem animal is a teacher and a guide, not necessarily an animal that characterizes you, but one that can help you learn more about yourself.

This animal guide offers wisdom and a spiritual connection, helping you to feel joy, peace and clarity.

In Native American culture, a totem animal is the spiritual symbol of an individual, family, or tribe.

Life Totems

We each come into this world accompanied by an animal spirit that walks with us on our soul journey through space and time. These spirit guides are very personal totems since they strongly reflect our inner spiritual nature. These life totems are animal spirits that are with you your entire life. They are your essence, your character, and reflect your innate core traits. This relationship remains the same throughout your life. They are your closest personal guides to help discover the truth of who you are. They are always with you.

One could have several of these life totems since they guide us along our path and give us courage and strength in our journey. They may appear to you at separate times throughout your life or perhaps alternating in appearances, all to teach us lessons we need to learn.

Spirit Animal Guides

Animal Guides are animals that are with you for a long or short duration of time depending on what is happening in your life. This relationship can last days or years depending on the lessons it is trying to teach. They guide you to expand

and incorporate knowledge by building up spiritual character and awareness. They may teach through the emotional experiences that we need to encounter whether it be fear, anger, insecurity, confidence, strength or patience. These animals may frequently come to you in dreams and meditation and impart valuable lessons and spiritual tools. The length of time they are around depends on how well you learn and incorporate their knowledge into your life.

These spirit animal guides have chosen you and will appear when you are ready to understand the lessons. They are also usually wild in nature (not domesticated). There is an unmistakable familiar knowing associated with its appearance.

Honor, respect and attentiveness must be given because you are now ready for a new segment in your journey. Over time trust is built and we eventually take on those imbued characteristics and merge with the animal spirits, becoming one with the energy.

Δ

Lynn Schuster is a Telepathic Animal Communicator, Reiki Master Teacher and Artist. As the founder of Animal Spirit Talker, she is passionate about helping to strengthen the bond between animals and their human families. She inspires people to see, feel and believe that they can, indeed, communicate with their animals. For more information see Lynn's ad on page 29.



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Stone of the Month

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