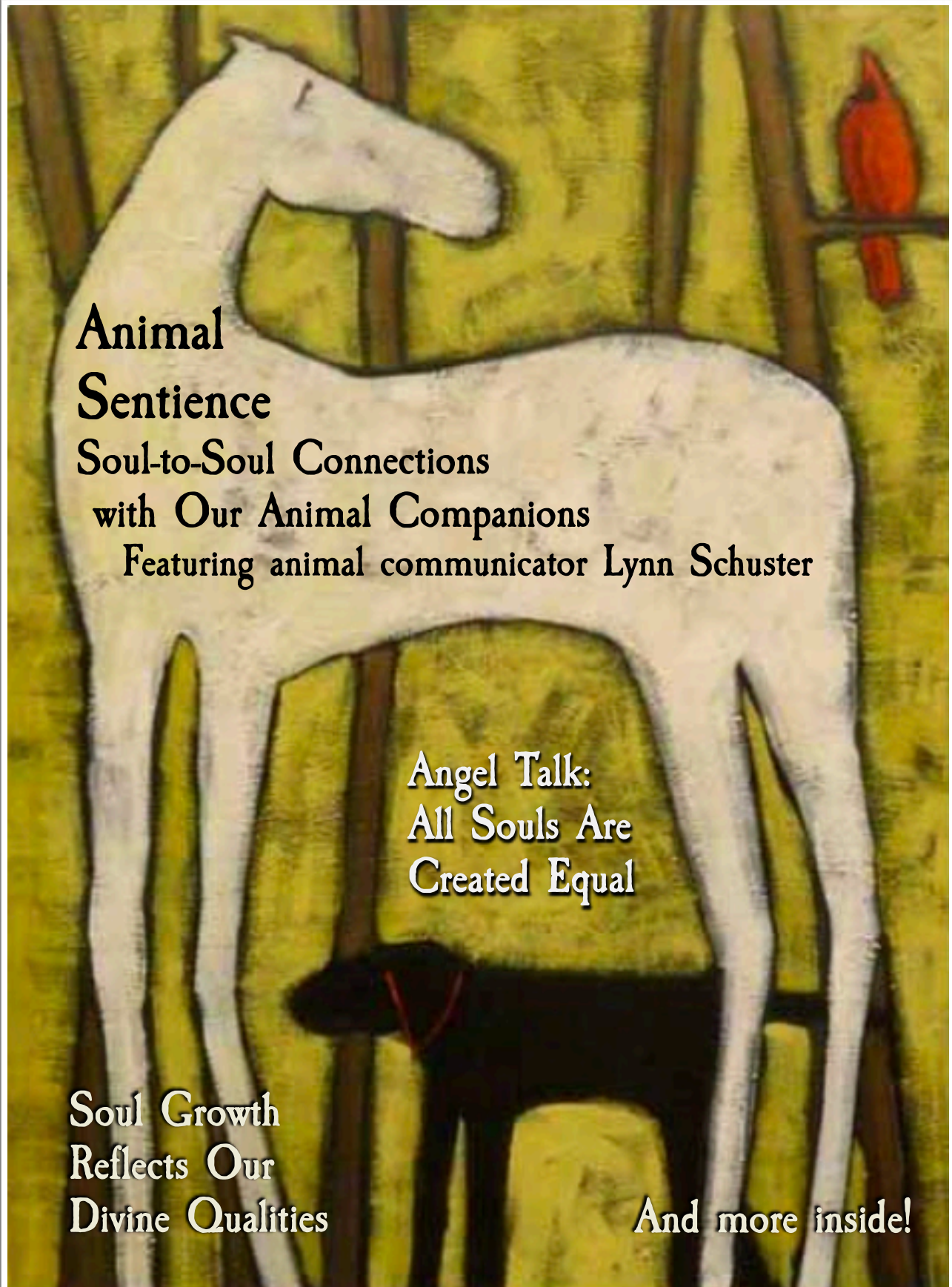


The Inner Voice

Inspirations for Healing Body, Mind, Spirit, Heart and Home • Vol. 14 Issue 8 • August 2026



**Animal
Sentience**
Soul-to-Soul Connections
with Our Animal Companions
Featuring animal communicator Lynn Schuster

Angel Talk:
All Souls Are
Created Equal

Soul Growth
Reflects Our
Divine Qualities

And more inside!

"White Horse" by Jaime Ellsworth

The AFTERLIFE REPORT

Evidence



Presented By
Victor and Wendy
Zammit

Science



THE GLOBAL GATHERING and several other
FREE Zoom Groups are listed in the FRIDAY
AFTERLIFE REPORT published weekly.

SUBSCRIBE FOR FREE HERE:

www.victorzammit.com

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



A bestseller!

BUY BOOK HERE:

Buy on amazon.com

Buy on amazon.co.uk

Buy on Barnes and Noble

BUY E-BOOK HERE:

* [Amazon Kindle](#)

* [Amazon Kindle UK](#)

* [Barnes and Noble Nook](#)

* [Apple iTunes](#)



Join the **FREE Weekly
Global Gathering!**

August 2026 Guest Presenters:

August 2 - Cosmic Voices Team

August 9 - Q & A with Physical medium and
healer Gary Mannion in trance assisted by
Inge Crosson.

August 16 - Rafael Machado Rezende, Ph.D. on
Planetary Transition Times and Cosmic
Cycles.

August 23 - Elizabeth Raver Ph.D. The work of
May Benzenberg Mayer (MBM) a leader in
sharing esoteric teachings, tools, and
techniques that spanned and bridged the
world's spiritual traditions.

August 30 - Community Gathering - Your
chance to share your stories.

Click <https://zoom.us/j/7595442928> to join the
discussion with like-minded people from around
the world. Held on Sunday @ 5PM EST/4PM CST
in the US; and 7AM in Sydney. For the time in your
city, click here> [World Clock](#).

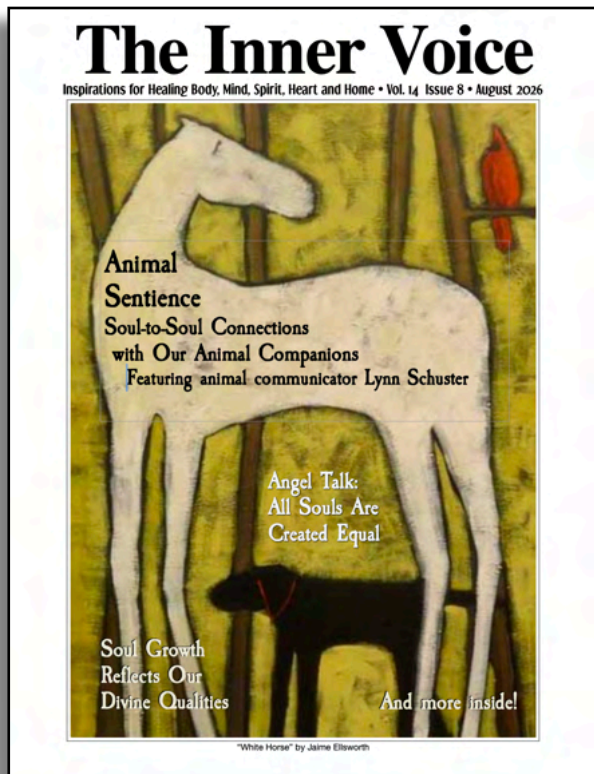
View past Global Gathering programs here:

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



Wendy Zammit Global Gathering Coordinator

Email wendyzammit@gmail.com



“White Horse” by Jaime Ellsworth

Full of textural intricacies and compressed with a flattened perspective, Jaime Ellsworth's paintings are rich with depth and symbolism that unfold beneath her simple style. Jaime paints in a cozy studio attached to a small barn at her home on San Juan Island where she's lived for 43 years. Her many dogs, mini horse, Pokey and donkey Linus stand by munching on treats or lying down on comfy beds while she paints, it's her favorite place in the whole world. Another one of her paintings is on page 29. For more info, visit: <https://jaimeellsworth.com/>

In this Issue...

- 2 Global Gathering Schedule of Presenters & Zoom Link**
- 4 Ad: Angel Guidance Readings By Nancy Freier**
- 5 Publisher's Page / Dear Readers**
- 6 Angel Talk: All Souls Are Created Equal**
- 8 Soul Growth Reflects Our Divine Qualities By Susan Barnes**
- 9 Ad: Dr. Susan Barnes' Readings, Classes and Events**
- 10 Book Overview: The Afterlife Is To Die For**
- 11 The Healing Presence of Birds / video**
- 12 Animal Sentience: Where Science and Spirit Meet**
- 14 A Talk with Animal Communicator Lynn Schuster**
- 17 A call for your animal connection stories**
- 18 Ad, Animal Spirit Talker Lynn Schuster**
- 19 Videos: The Joy of Connecting with Animals**
- 20 A Healing for Buck By Medium Regina Ochoa**
- 21 “Telling the Bees”**
- 22 The Beauty of India By Dr. Liz Raver**
- 23 Ad: Readings by Medium Dr. Elizabeth Raver**
- 24 The Sacred River of Gratitude By Beverly Brunelle**
- 25 Do the Ho'oponopono / Ad, Beverly Brunelle**
- 26 The Power of Play: Stitch Meditations®**
- 27 The Power off Play: Lynn Schuster's creations**
- 28 Finding a Way Forward By Meredith Young-Sowers**
- 29 The Legend of the Hummingbird**
- 30 Steven and Lily: A Reunion Beyond the Veil By Sheri Perl**
- 31 A Midsummer Night's Encounter (Part 2) By Daniel Drasin**
- 32 Feng Shui Tip: Where to put the kitty litter box**
- 33 Ad: Essential Feng Shui®**
- 34 Ad: Psychic and Spiritual Services By Angela Zabel**



Lightlines Publishing



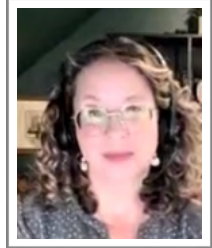
Nancy Freier
Publisher
Editor-In-Chief



Steve Freier
Co-Publisher
Website Design



Beverly Brunelle
Consulting Editor



Sally Daniels Taylor
YouTube Video Editor

The Inner Voice ISSN #1073-1814 ©1992–2001; e-version ©2012–2026. All rights reserved.

The Inner Voice is published as a source of inspiration to nurture body, mind, spirit, heart, and home. The information shared is not intended to replace the advice or care of qualified healthcare professionals. The views expressed are those of the individual contributors and do not necessarily reflect those of the publisher or editors. As always, we encourage you to trust your own inner voice with discernment as you walk your unique path. May the ideas and insights shared in these pages bring you hope, healing, and inspiration. Writer's Guidelines and Advertising information are available upon request. Comments and correspondence are always welcome: theinnervoicemagazine@gmail.com

Angel Guidance Readings



[When Grief Opened a Portal to the Angels](#)

*A Podcast Interview
with Nancy Freier*
Hosted by Arline McKay
& Joanne Macko

If you're at a crossroads, facing uncertainty, or simply seeking deeper insight, an Angel Guidance Reading can help you move forward with greater clarity, confidence, peace, and trust. What now feels confusing or burdensome can become a source of wisdom, understanding, and renewed strength.

Rather than simply answering questions, the Angels gently help illuminate the deeper purpose behind life's experiences. They may invite you to explore:

- What is this experience teaching me?
- How is my soul inviting me to grow?
- What fear, belief, or pattern is ready to be transformed?
- How can I move forward with greater love, awareness, and peace?

Whether your concerns involve health, relationships, work, or your spiritual path, each reading offers compassionate guidance to help you see your life from a higher perspective and move forward with hope.

Ready for guidance, clarity, and connection?

Schedule Your Reading Today!

Nancy Freier NFreier@aol.com

I love the art work on all your covers ... so great! Plus, good stuff inside! -Danny B.

"I love your magazine and cannot wait to get it each month! Thank you!-K.S.

What a beautiful publication you've created – you've really come of age with your work and your being the hub of drawing wonderful material together. So proud of you – bravo! -M.S.

Great issue. Inspiring. It's amazing that you put this all together every month! -F. N.

I am reading The Inner Voice magazine...so much good stuff, a smooth compilation of inspiration, insights, wisdom, actionable content. Really timely support for our betterment. Wonderful array of connected, viable info. Awesome girl, you are amazing! -Mary

I enjoy writing and greatly appreciate the opportunities you have given me.-E.R.

E-mail your comments to:
theinnervoice@gmail.com
 We'd love to hear from you!

Dear Readers,

For thousands of years, people have looked to the natural world not only for survival, but for wisdom. Whether through the devotion of a beloved pet, the songs of birds at dawn, the quiet hum of bees, or a moment of unexpected connection with another living being, many have sensed that life speaks a language all its own.

This month's issue explores the many ways we are connected—to animals, to one another, to the Earth, and to the deeper wisdom that resides within each of us.

*In **Angel Talk, All Souls Are Created Equal**, we are reminded that beneath our differences, every living being shares a sacred essence. That theme continues throughout this issue as we explore animal sentience, intuitive communication, and the extraordinary relationships we share with the animal kingdom, including an enlightening interview with my friend, animal communicator Lynn Schuster.*

You'll also find inspiring reflections from Susan Barnes on soul growth, a journey through India, the healing power of gratitude, timeless stories such as the Legend of the Hummingbird and the tradition of Telling the Bees, along with thought-provoking articles and heartwarming stories from our contributors.

Whether an encounter comes through an animal companion, another person, or a quiet moment of grace, each has the potential to awaken compassion, deepen understanding, and remind us of our shared connection with all life.

As you turn these pages, I hope you'll be inspired to slow down, meditate, listen more deeply, and remain open to the wisdom, wonder, and unseen connections that surround us.

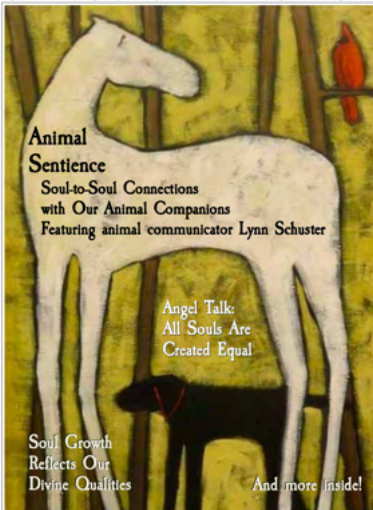
With gratitude,

Nancy

*P.S. Please support our advertisers by utilizing their services, purchasing their books, and letting them know you saw them in **The Inner Voice**. Your kindness, encouragement and generosity help keep this light shining around the world. Thank you! ♥*

The Inner Voice

Inspirations for Healing Body, Mind, Spirit, Heart and Home • Vol. 14 Issue 8 • August 2026



"White Horse" by Jamie Elsworth

Don't miss an issue! Subscribe Today!

[SUBSCRIBE HERE](#)

Click link and enter your e-mail address. We never sell or share your information.

Consider a PAID SUBSCRIPTION!

Your support of this magazine means the world!

[DONATE HERE](#)

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

Suggested Donation: \$36 for 12 issues/year ~or choose an amount you like better. Donations help cover costs of the website, internet and other publishing fees.

Thank You!



Angel Talk™ ~ Sreper, Angel of the Great White Light

All Souls Are Created Equal

Acknowledging the Sacred Connection Between All Beings

Written By Nancy Freier

Sreper said:

"From the very beginning, you were created in the image of Divine Love, with no distinction in worth and no separation in value. You are not your roles, your gender, or your earthly identity.

You are Light.

You are One.

You are connected with one another."

These words remind us of a truth echoed throughout many spiritual traditions: every soul is sacred.

Beneath our human identities, our experiences, our differences, and our circumstances, we share a common essence. We are all expressions of the same Divine Love.

The angels remind us that the soul has no gender, no color, no social status, and no hierarchy.

"Your soul," they said, *"is as radiant and boundless as the stars. It knows no separation. It knows only Love."*

And yet, throughout human history, we have often forgotten this truth. Fear has replaced compassion. Comparison has replaced connection. The desire to control has replaced the willingness to understand.

We have created divisions among ourselves—between genders, races, cultures, beliefs, and social circumstances—not because these divisions reflect our highest nature, but because we have forgotten who we truly are.

This truth is beautifully echoed in *A Course in Miracles*: "All God's children are special, and none of God's children are special."

In other words, every soul is equally precious. No one is greater. No one is lesser.

The angels gently remind us that humanity is in the process of remembering what has always been true.

"We see your Light," Sreper said *"even when you cannot. We hold the blueprint of your original wholeness until you are ready to step back into it. We rejoice each time you remember that what is true for you is also true for your brother, your sister, your neighbor—even your so-called enemy."*

Imagine what our world would become if we truly lived as though every soul were equal in value, sacred in purpose, and worthy of love.

Imagine greeting each person—not as a label, a title, or an identity—but as a soul walking a unique path.

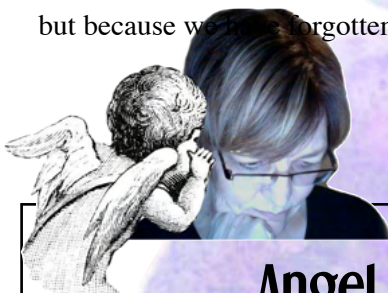
Imagine beginning each day with this simple remembrance:

I am no more and no less than anyone else. I come from the same Light, the same Love, and the same Spirit. I am here to love, to serve, and to remember who I truly am.

The angels encourage us to release the need to compare, to judge, and to compete.

"Let go of needing to be better than—or less than—another. Simply be who you came here to be, and honor

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 discussing the ways they communicate and guide us through life's challenges.

Next meeting is Saturday, August 8 • 1 pm CST

11am Pacific • 2 pm Eastern • 9 am Honolulu
Sydney: 6 am AEDT Sunday

[Click HERE to Join](#)



I laughed out loud when one of the first things Sreper said to me in about 1988 was: "We will be zooming enlightenment around the world!"

And well, here we are!

Angel Talk™ from page 6

others for doing the same. This is how peace is restored."

The Golden Rule offers us a simple way to live this truth: treat others with the same kindness, respect, and compassion that we wish to receive.

When we recognize the sacredness within ourselves, we begin to recognize it in everyone.

And as our awareness expands, our circle of compassion expands with it. We begin to see that the beings who share this Earth with us are not separate from us, nor are they here merely for our use. They, too, are expressions of the same Divine Love.

Animals have their own wisdom, their own ways of communicating, and their own journeys of the soul. When we open our hearts to truly listen, we may discover that the connection we share with them has always been there.

The differences between us are not found in our worth, but in the unique journeys our souls are taking. Each person arrives with their own lessons, their own gifts, and their own opportunities for growth. And perhaps each being who walks beside us—human or animal—has something to teach and something to receive.

Some come to learn patience. Some come to learn forgiveness. Some come to serve. Some come to receive. Each path is unique—and all are part of the Grand Design.

When we truly understand that all souls are created equal, we begin to look beyond appearances, accomplishments, beliefs, circumstances, and even species. We begin to honor the sacred journey each soul is walking.

This is how we live in harmony. This is how we remember our connection. This is how we change the world.

Δ

Have a question for the Angels?
Send it for consideration in a future Angel Talk
column: theinnervoice magazine@gmail.com

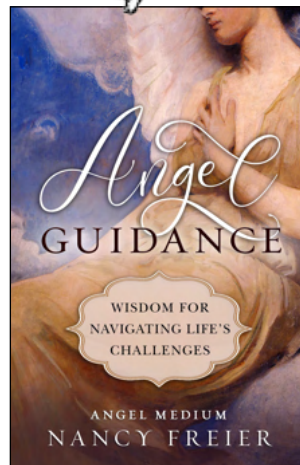


The World I Live In

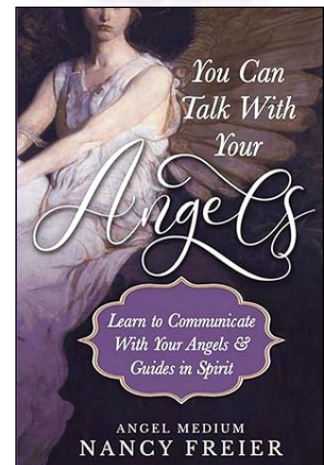
Poem by Mary Oliver

*I have refused to live
locked in the orderly house of
reasons and proofs.
The world I live in and believe in
is wider than that. And anyway,
what's wrong with Maybe?*

*You wouldn't believe what once or
twice I have seen. I'll just
tell you this:
only if there are angels in your head, will you
ever, possibly, see one.*



[Angel Guidance](#)



[You Can Talk With Your Angels](#)

Soul Growth Reflects Our Divine Qualities

Soul growth occurs through the gradual practice of spiritual virtues rather than belief in spiritual ideas. Every interaction with other people contributes to soul development. These are concepts found in the Edgar Cayce readings (see reading 256-5) and practiced in study groups. Soul growth reflects our divine qualities.

Divine qualities can be expressed in daily life. These include justice, mercy, truth, patience, understanding, and brotherly love. Justice means treating people fairly and honestly. Mercy is offering forgiveness rather than condemnation. Truth entails living authentically and with integrity. Patience is allowing people and situations to unfold without resentment.

Understanding requires us to seek compassion before judgment. Finally, brotherly love recognizes the spiritual kinship of all people. These qualities can help to transform the individual. When you consistently practice kindness, patience, and truthfulness, your thoughts may become calmer. Your emotions will become more balanced. Your character becomes stronger, while your consciousness begins to change.

The emphasis is on your daily thoughts and actions, not religious affiliations. While studying soul growth is an intellectual pursuit, it does not occur through knowledge, mystical experiences, or psychic revelations. Rather, it comes through repeatedly choosing love over fear, patience over anger, forgiveness over resentment, and service over selfishness.

Soul development does not spring up overnight like a mushroom. It takes years – like a tree. There are no spiritual shortcuts. Roots need to form, and it requires years of strengthening to grow and eventually bear fruit.

Imagine your life as a book; every day adds another page to its story. Every conversation becomes a new paragraph, shaping the narrative through the words you speak. The compassion you show and the connections you make contribute to the narrative.

Every decision writes another sentence, revealing your character, your priorities, and the direction of your journey. Some pages may tell of joy and success, while others record challenges, lessons, and moments of growth. Together, these pages create the unique story of your life based on how you choose to respond. Each day offers a blank page and another opportunity to write a chapter that reflects your highest values and deepest purpose.

Our actions communicate our deepest beliefs far more powerfully than our words. While we may acknowledge certain values, ideals, or spiritual convictions, it is the way we live each day that reveals what we genuinely believe. Every choice we make, every act of kindness, every moment of patience, forgiveness, integrity, and love becomes a visible expression of our inner faith and soul development.

Ultimately, the deeper question we must ask ourselves is not, “Do people know what I believe?” but rather, “What does my life reveal about what I truly believe?” Our lives become our greatest testimony, demonstrating the truths we have embraced far more convincingly than words alone ever could. Think about how your soul expresses your divine nature.

Even suffering can become a stepping stone toward greater wisdom, compassion, and spiritual maturity. When viewing difficult situations, think about how the challenge is making you a better person. Turn the difficulty into a learning lesson for your soul’s growth.

As Cayce reminds us, *the Mind is the Builder*. How we think reflects what will occur in our lives and how our souls progress.

△

Dr. Susan B. Barnes, CSNU is a Spiritualist Medium and Author of several books. She offers classes, readings and special events coming up at Lily Dale, New York. See her ad on page 9 for more information.



Paula Belle Flores - “Dancing in the Rain”

Author Dr. Susan B. Barnes, CSNU

Spiritualist Medium and Life Coach



Readings | Spirit Art Readings
Spiritual Counseling Via Zoom or Phone
e-mail: Spiritartgallery@gmail.com
www.spiritartgallery.net / 585-314-9362

Plan Now! Women's Retreat: Reconnect, Renew, Rise!

A Lily Dale, NY Event • September 4-6, 2026

Presented by: Dr. Susan Barnes, Marie Ganz
and Gabriella Roberts-Cline

Step away from the demands of everyday life and immerse yourself in a sacred space designed for reflection, renewal, and empowerment.

Register today! www.lilydaleassembly.org

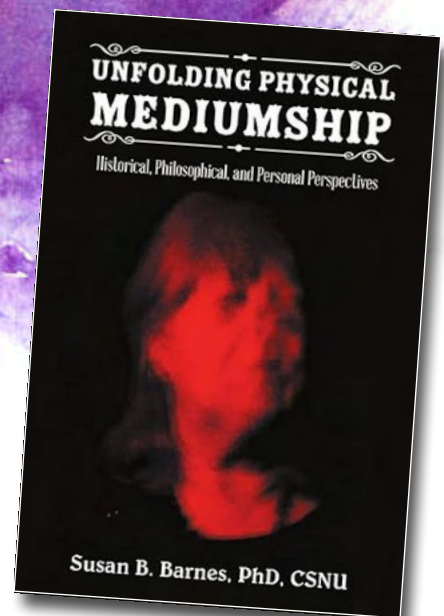
Comments from previous workshop attendees...

"Blessings and gratitude to you for an amazing symposium. To each and every attendee, your enthusiasm and beautiful presence equally contributed to the success of every moment we spent together. My heart is full, having shared space with old friends and new. May the shared wisdom continue to resonate as you continue along your paths." –Marie Ganz

"Thank you for a fun and informative class! I enjoyed every second!" –Lisa Claire

"What an incredible opportunity to learn and be blessed by healings. Thank you very much!" –Christine Landry Matamoras

"I love every moment I spend with Susan. I always learn something!" –Bobbi Snyder

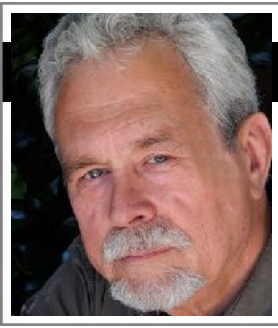


Get Susan's book here:
[Unfolding Physical Mediumship](#)

Free Zoom Classes Every 2nd and 4th week of the Month - e-mail Susan for link

Spirit Art
Tuesdays 9pm EST / 8pm CST

Mediumship Development
Sundays 1pm EST / noon CST



Book Overview Written By Steve Freier

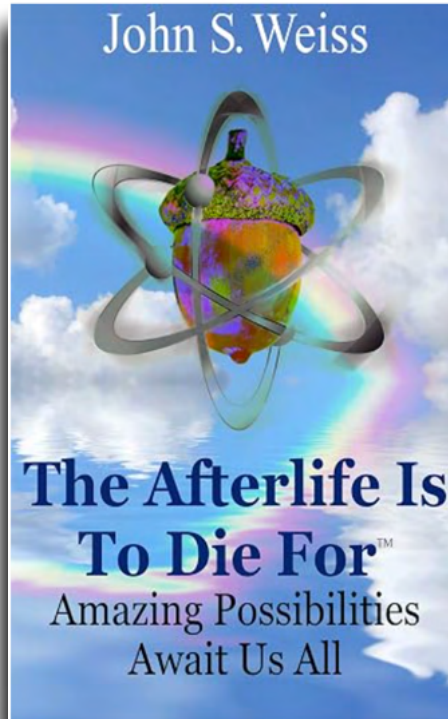
The Afterlife Is To Die For

Book by John S. Weiss

The book starts out with this statement: "One night during deep meditation, I accidentally entered the afterlife... Yes, accidentally. And with the help of enormously friendly, intelligent spirits, Lyle and Betty, I was brought back many times during a two-week period. During my visits, I was taught a wide range of fascinating lessons that still give me goosebumps when I recall them. Suffice it to say, visiting the afterlife dimension shook my belief system to the core and forced me to view the miracle of life in a whole new way. The afterlife – which is neither heaven nor hell – is filled with just about all the answers to life's most perplexing questions..."

"The afterlife is to die for," according to John S. Weiss the author of this allegedly true account of his experiences in a world he recognized as the Afterlife. I can't recall exactly how I came across this book by John S. Weiss as he is someone I'd never heard of before and I have read many dozens of books about the Afterlife by now. Most people who write about the Afterlife have had NDEs (Near Death Experiences). John S. Weiss is a writer by trade and has a degree in journalism as well as experience in advertising.

However, I would not categorize his experiences as NDE because he didn't have these experiences through temporary death; rather he had them after he learned to meditate as a result of being subjected to numerous chemotherapy sessions. And after gaining greater experience as a meditator he was eventually able to tap into another dimension through the mechanism of the OOB (out of body experience) which he experienced while dreaming. And thus he felt he had tapped into what might be the afterlife.



I beg to differ because approximately a year ago I reviewed a book called Multi-Dimensional Man by Jurgen Ziewe, an individual who has spent over 40 years experiencing hundreds of OOBs (out of body experiences) and I find that while some of his experiences seem similar to those of Mr. Weiss, those of Mr. Ziewe far surpass those of Mr. Weiss. Also, they feel more legitimate and real. However, after reading voluminous literature on the Afterlife, I would have to say that neither author's descriptions of their experiences correlate very well with descriptions of the Afterlife that I have read in numerous other books on the subject, described by thousands of people who have experienced actual NDEs (and I have read over a hundred of these types of books).

Since Mr. Weiss was a die-hard skeptic, it took many such experiences before he was able to actually start to believe they were real. As he states, *"All I did was get very tired reading a book about Iwo Jima and then deeply meditate myself to sleep. Well, that was the beginning of a whole series of dreams that can be described as bizarre, fascinating, mind-blowing, frightening, and thoroughly life changing. As you can imagine, I first thought there was something seriously wrong with my mind or that someone had slipped some hallucinogenic substance into my toothpaste or something. I mean, having a spirit and his charming spectral girlfriend giving me a tour of this marvelous dimension is mighty hard to swallow. But when Lyle (his guide) showed me absolute*

Continued on page 11

proof that I wasn't having a series of weird dreams, I felt as though I had been hit by a bolt of lightning. I became the perfect student and learned things that turned my head inside out. Well, that's a bit of an understatement, to put it mildly."

You might enjoy reading about his dreamlike experiences because each one takes you to a different "place;" although unique, they are mostly Earthlike places drawn from the author's own past with a few new ones thrown in. And his guide has the ability to change them at any time to great effect. After a while he starts to weave in his theories about how Quantum Physics could explain conscious life in our waking reality as well as that of the afterlife.

Some of the physics, I suspect may be a bit of a stretch. As one of the savvier Amazon reviewers stated, *"This isn't a bad read if you're looking for entertainment, not consistency. The science that is mentioned is thin (or often wrong, if it's biology) and characters repeat and outright contradict themselves on major story points. What I found most disturbing was the way the narrator was plainly told his consciousness had basically been "kidnapped" while he was sleeping, he was being prevented from seeing or interacting with beings other than those of that character's choosing, he only got the information the main character wanted him to have, and this character had hidden motives ... and the narrator either didn't care or was easily distracted when these points were mentioned. Neat for talking points, not so much for facts."*

Even though I was able to enjoy the read (along with many others, if Amazon reviews are any proof), I got the feeling that John S. Weiss, being a trained and talented professional writer, was really spinning a yarn which was designed to rationalize his own journey from Skeptic to Believer in an engaging and entertaining way. In fact, I would say that his narrative might easily be turned into a tight Hollywood movie script! But as far as the reader learning accurate information about the Afterlife, not so much.

Δ

Steve Freier is a researcher of metaphysical subjects and former radio show host. He is the Copy Editor and Website Tech for The Inner Voice. Questions or comments for Steve? Email him here: SGFreier23@gmail.com



The Healing Presence of Birds

Neal K. Shah America's Chief Elder Officer

Researchers kept searching for what actually reverses brain aging and kept finding the same surprising answer.

Walking, not power walking or structured gym exercise, just regular intentional walking outdoors, has been shown in neuroimaging studies to increase hippocampal volume. The hippocampus is the brain's memory and learning center, and it typically shrinks as we get older.

Regular walkers showed measurable growth in that region. Their brains were structurally behaving younger than their age.

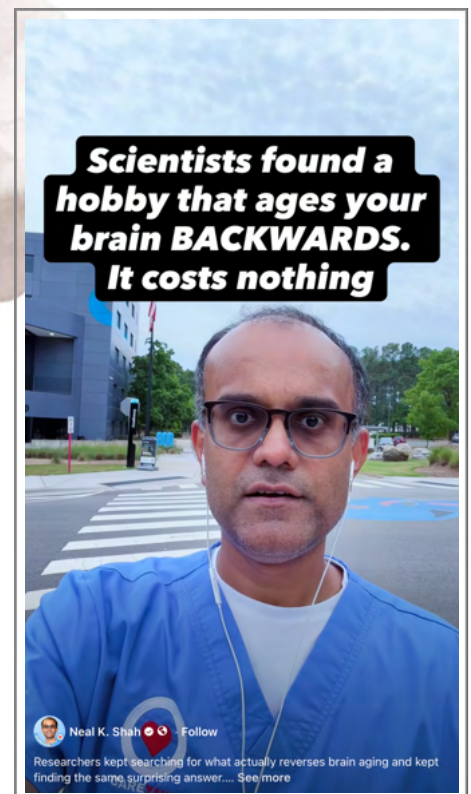
Research suggests even 20 to 40 minutes three to five times a week produces detectable changes. The mechanism involves increased blood flow, reduced cortisol, and a surge in BDNF, a protein scientists call miracle-gro for your brain.

If you are caring for someone with dementia and want to protect your own brain, this is one of the most evidence-backed steps you can take today. No gym membership. No equipment. No prescription needed.

Δ

Save this video. Share it with someone who needs one good reason to take a walk today.

<https://www.facebook.com/reel/2159873244946789>



Exploring the remarkable relationships between people and the animals who share our journey.

Animal Sentience: Where Science and Spirit Meet

Researched and compiled by Nancy Freier

Editor's Note: As scientific research continues to deepen our understanding of animal consciousness, many of us are discovering that science and spirituality are not opposing viewpoints but complementary paths toward a greater appreciation of life. This article explores where those paths meet.

For generations, many people believed that animals acted purely on instinct—that they simply responded to their environment without thoughts, emotions, or self-awareness. Today, science paints a very different picture. A growing body of research reveals that many animals are sentient beings capable of feeling pain, pleasure, fear, joy, grief, curiosity, and even empathy.

Sentience is the capacity to have subjective experiences—to feel what happens to us rather than merely react to it. It does not require human language or the ability to solve mathematical equations. Rather, it is the ability to experience life from one's own perspective.

Scientists have observed remarkable examples of sentience throughout the animal kingdom. Elephants have been seen mourning their dead, gently touching the bones of deceased family members and remaining with them for extended periods. Dolphins cooperate to rescue injured companions, while whales have been documented supporting sick pod members at the surface so they can breathe.

Our closest relatives, chimpanzees and bonobos, display sophisticated emotional lives. They comfort distressed companions, reconcile after conflicts, and use tools to solve complex problems. Even rats, once thought to be driven solely by instinct, have demonstrated empathy in laboratory studies,

Continued on page 13



From elephants and dolphins to ravens, octopuses, horses, and butterflies, science is revealing what many have long believed—that consciousness and connection are woven throughout the living world. Composite illustration created with AI.

choosing to free trapped companions even when no reward is offered.

Birds continue to surprise researchers as well. Ravens and crows remember individual human faces, plan for future needs, and solve puzzles requiring multiple steps. Parrots demonstrate impressive communication skills and can understand concepts such as color, shape, and number. These discoveries challenge the long-held assumption that intelligence depends primarily upon brain size.

Perhaps even more surprising are findings involving creatures once considered too simple for conscious experience. Octopuses exhibit curiosity, playfulness, and distinct personalities. They solve mazes, escape enclosures, recognize individual people, and manipulate objects with remarkable dexterity. Such discoveries have prompted scientists to rethink long-held ideas about the evolution of consciousness.

In 2012, an international group of prominent neuroscientists signed the *Cambridge Declaration on Consciousness*, concluding that humans are not unique in possessing the neurological foundations necessary for conscious experience. The declaration stated that the available evidence indicates many mammals, birds, and even octopuses possess the neural substrates that generate conscious states.

Since then, research has continued to expand. Scientists have gathered compelling evidence suggesting that fish experience pain and that many invertebrates—including octopuses, crabs, lobsters, and even some insects—display behaviors consistent with sentience. These findings have influenced animal welfare policies around the world and encouraged broader ethical discussions about how humans interact with other species.

Science continues to explore the mysteries of consciousness, but one conclusion grows increasingly clear: humans are not alone in experiencing the world from the inside. Every new discovery reminds us that the web of life is richer, deeper, and more interconnected than we once imagined.

For many people, however, these discoveries simply affirm what they have long known in their hearts.

Those who share their homes with companion animals often describe moments that seem to transcend ordinary explanation. A dog knows its guardian is coming home long before the car turns into the driveway. A cat quietly curls beside someone who is ill. Horses seem to mirror the emotions of the people around them. Wildlife rehabilitators speak of trust developing between humans and wild creatures in extraordinary circumstances.

Science may explain some of these experiences through heightened senses, social intelligence, or learned behavior. Yet not every meaningful experience fits neatly into our present understanding. History reminds us that science continually evolves as new discoveries are made. What seems mysterious today may become tomorrow's accepted knowledge.

Long before modern neuroscience, many spiritual traditions taught that all living beings possess an inner essence—a spark of

life deserving of kindness and respect. Indigenous cultures have honored animals as teachers, guides, and fellow members of Earth's family. Eastern philosophies speak of the interconnectedness of all life. Mystics from many faiths have described profound encounters with animals that revealed wisdom beyond words.

Whether one views consciousness as arising solely from the brain or as an expression of something deeper, both science and spirituality point toward the same truth: how we treat animals matters.

Compassion is not reserved for human beings. It extends to every creature capable of experiencing joy, fear, comfort, love, and suffering.

The growing scientific understanding of animal sentience offers an invitation to expand our own awareness. We may begin to notice the individuality of the birds visiting our feeders, the curiosity in a squirrel's eyes, the devotion of a family of geese protecting their young, or the quiet companionship of an aging dog.

When we truly see animals as fellow travelers on life's journey rather than beings existing solely for human use, our relationship with the natural world begins to change. Respect replaces indifference. Gratitude replaces entitlement. Wonder replaces assumption.

The conversation between science and spirituality does not require one to defeat the other. Instead, each illuminates a different facet of the same mystery. Science helps us understand how animals think, feel, and behave. Spirituality invites us to appreciate the sacredness of life itself. Together they encourage us to walk more gently upon the Earth, recognizing that consciousness appears in many forms. We are not separate from the living world—we are part of it. Perhaps that is one of the greatest lessons animals have been teaching us all along.

Further Reading

The Cambridge Declaration on Consciousness (2012)

Jonathan Balcombe, *What a Fish Knows*

Frans de Waal, *Are We Smart Enough to Know How Smart Animals Are?*

Marc Bekoff, *The Emotional Lives of Animals*

△





An Interview with Lynn Schuster

Telepathic Animal Communicator Intuitive, Reiki Master/Teacher, Artist

Interview Conducted By Nancy Freier

Lynn Schuster is a Telepathic Animal Communicator, Intuitive, Reiki Master Teacher and Artist. Her Mission is to help strengthen the bond between animals and their human families.

Of her work, Lynn says, "It's important to me to create a safe environment to connect, communicate and advocate the needs, wants and desires for both animals and their guardians. Guiding animals and people in creating huge shifts in their lives on a deep soulful and cellular level is my passion.

As a Telepathic Animal Communicator, I have the ability to hear what the animals have to say and I am able to help strengthen their relationships with their human families. Through a meditative process, I hear and sense what the animals would like to say. I am able to speak to all animals, including those who have died. I help people to connect with

their animals, encouraging love and healing for the Highest Good of All.

We were born with the capacity to speak to each other telepathically. Somewhere along the line this fact became myth and taught each other that telepathic communication was not possible. Verbal communication became the norm and our telepathic skills became rusty.

But, what if we returned to our roots, dropped into our hearts and began to remember that we can, in fact, communicate with the animal kingdom telepathically? In truth, we are all connected. It brings me great joy to witness others connecting on a spiritual, mental and emotional level with their own guidance, intuition and, of course, their animals. I am very honored to do this work.

Nancy: How or when did you begin your spiritual awakening?

Lynn: When I was a little girl, I talked to the animals. I was also aware of the unseen ones as well. I knew about angels and the help that they offered me.

At age 7, I realized that no one in my world communicated with animals or angels the way that I did and like a switch, I turned off this gift. I was not aware of it at the time, but when I made the decision not to use these abilities, depression came in. As an adult, a counselor helped me to determine that the "low hum" that I felt for most of my life was low-grade chronic depression.

Although I was not consciously speaking to the animals, I did have a connection with my Guides. By the time that I was in 6th grade, I was creating art. In 8th grade, I knew that I was an artist. I liked fibers the best so I taught myself how to embroider. Whenever I got stuck on a project, I'd ask, "I wonder what needs to happen next?" and I would wait for the answer. I always received the answer. I still work this way. I call it my Creative Spirit.

In 1990, I began seeing a counsellor for depression. She helped me discover how to nurture myself and how to follow my personal guidance or Inner Wisdom. I began to meditate. I became very good at it. For me, meditating is all about the breath. Breathing deep into my belly helps me move from left

brain thinking which is very analytical to right brain thinking which is all about creativity, imagination and non-judgement.

I began to trust the messages that I was receiving and I was able to ask questions, receiving profound answers became normal for me.

Nancy: What awakened you to talking with animals?

Lynn: In 2002, my good friend, Sue asked me if I wanted to take a Reiki Class with her. I had no idea what Reiki was, I thought we were learning Reflexology. I wasn't very interested in learning about Reflexology, but thought this would be a great opportunity to spend a weekend with my friend, Sue. I found out that I love Reiki. My Reiki teacher, Rebecca Moravec was also a Telepathic Animal Communicator and I loved her philosophy and the way she worked. I had the privilege to study with her from 2002 until the time of her transition in December of 2014.

Nancy: Tell me one of your experiences with talking with an animal?

Lynn: In my first Animal Communication Class, I talked to a woman's dog. The assignment was to ask the animals to tell us about their home and what they liked to do. This woman and her dog were from Chicago and prior to the class I had not met her before. Her dog showed me his back yard and then he showed me a home in the mountains. The home had a deck with a very high railing on three sides of the house. My first

Continued on page 15

reaction was that I must have done it wrong because there are no mountains in Chicago. When I told the woman that her dog showed me a house surrounded by mountains, her jaw dropped. She pulled a photo of a house in the mountains out of her wallet and said, "This is our second home in Colorado!"

It was a photograph of a house in the mountains with a deck on three sides and a railing. I still doubted my self and said, "Ya, but the railing is too low." Then I remembered that I was talking to a small dog and he was showing me his house from his point of view. Ha! From his point of view the railing WAS very tall!

Nancy: How did Reiki affect you?

Lynn: The first thing I noticed after the Reiki Level I attunement was that whenever I thought about Reiki, the palms of my hands started to buzz. It is a very pleasant feeling, so I think about sharing Reiki a lot. I can feel the energy flow through me and it feels incredibly loving. Learning Reiki and being attuned to it has opened my heart. It has also helped me to open my intuition.

When I share Reiki with humans or animals, I almost always receive information pertaining to the healing that is happening. I use the Chakras to guide my sessions, and I find that I ask deep questions that I would not otherwise come up with on my own.

Throughout a distant Reiki treatment, I have a conscious contact with my High Guides. In the physical world during and after treatments, people report to me that their animals appear to be meditating at the same time that I am sharing Reiki with them. They report that anxiety and pain appear to have left their bodies. When I am with the animals during a Reiki treatment, I see the effects for myself. An extremely anxious dog will stop pacing, lay down on the floor, slow his breath and close his eyes. Many times the animals don't want

to get up when we are done. They want to bask in the wonder of the moment.

Nancy: What animals do you communicate with, and what have they told you?

Lynn: Most of my consultations are done over the phone. I use a photograph of the animals to connect with them. I visualize their photo in my mind's eye and set my intention to speak with them. When I see the animal animated in my mind's eye, I know we have a connection. From there, we can

have a conversation, the same way that you and I would converse.

I can communicate with all animals. Most often I talk to dogs and cats, horses and birds. I've talked to lamas, alpacas, potbelly pigs, two ratties in France, a turtle and a camel. They all have stories to tell.

I talk to animals with physical health issues, but my strength is talking to animals with emotional issues. Many of the animals I talk to have been abused and/or rescued. These animals suffer from anxiety and fear. I help them feel safe

in their environments. I also help animals and their humans with end of life issues. And there is so much Grace and Love when I talk to animals after they pass.

One time I talked to a dog named Wren. She was a rescue and three days after Wren arrived at her new forever home, her human, Chris called me and asked if I could come over for a consultation. Chris lives 5 miles from me so I happily made a house call. Wren was found abandoned in a parking lot in Kentucky with her puppies. She had made several stops and had met many new people before arriving at Chris' house. Wren appeared depressed and lethargic. She had been laying on Chris' couch for three days without moving. She wouldn't interact with Chris' two other dogs and she was uninterested in eating.



Lynn with her two horses, Izzy and Boo.

Continued on page 16

The first thing I did was let Wren know that she was in her new forever home. She let me touch her, so I shared Reiki with her. She let me put my hand on her shoulder. I helped her connect with her puppies and we found out that they were all safe and that they too, had new forever homes.

Chris told me what it would be like for Wren living at her house. There is great food, other animals and human companions, toys to play with, and a big back yard to run in. I sat and soothed Wren so that she could let her puppies go. I am sure that the Reiki helped her. I could feel her body relax under the gentle touch of the palm of my hand.

The next day, Chris called me. "I have a new dog!" she exclaimed. "Wren is up wagging her tail. She wants to eat, and she is bringing me toys. She wants to play. Wren is also introducing herself to my other two dogs."

Nancy: That brings tears to my eyes! What sweet work you're doing! How about another story?

Lynn: Anne and her daughter brought a new kitty into their home – eight year old Luna. She didn't seem happy at Anne's house. Luna's new cat brother, Charlie fell in love with her at first sight, but Luna didn't want anything to do with him. Charlie has been very patient and kind towards her, giving her lots of space and encouragement, but Luna lashes out at him and hisses every time she sees him.

Charlie was getting depressed and Luna seemed to be getting more unhappy by the day. The folks at the Humane Society said that Luna's last family gave her up because after one of the other animals in the house died, Luna cried so much that they couldn't handle it.

Here's what Luna told me: I can't give my heart to anyone because it might get broken again and I feel all alone. Luna told me that her sibling died very suddenly. Her sibling was Luna's familiar and Luna felt guilty that she did not alert her humans that her sibling was dying. In Luna's experience, she defined the word familiar as a spiritual bond or pact that she and her sibling had. An incredibly close love filled bond.

We talked about heaven and we asked Luna's sibling to come in and show us what dying was like for her. A huge angel came down from above and escorted Luna's sibling up to heaven. When she came out of the White Light she was a beautiful white cat. White Kitty (Luna's sibling) had a White Light cord attached to her belly. The end of the cord had a three prong plug. We plugged it into Luna so that she could feel her familiar's spiritual presence.

When we started our session, Luna's heart was closed. It looked like a flat paper red heart. By the end of the hour, her heart looked like a 3-dimensional red balloon full of air. Luna was attempting to open her heart to feel love again.

Shortly afterward, I received a message from Anne. "Luna is already so much better. We've been playing and cuddling and she even let her brother Charlie get close to her. I am still keeping them in separate rooms until she feels ready to share space with Charlie. Later on, Charlie and I were playing for a bit downstairs until he heard Luna meowing upstairs. He went and sat outside her door talking with her and just resting. So sweet!"

Nancy: Is there a theme to their messages? -or- What do they want us to know? -or- What do they wish from us?

Lynn: I would say the theme is love. Everything is about love and gratitude. When I help the animals connect with their humans, I feel their incredible love. I can feel my heart opening with so much love that

I can't contain it in my physical body. The animal's love pours out of me in the form of tears. My wish for all of my human clients is to experience a heart opening of this magnitude.

Nancy: My spirit animal is the Cardinal. Do you think the birds and animals know their role with us? In other words, does the Cardinal know of my connection with him?

Lynn: Awesome! I love cardinals, and of course he is your spirit animal! Cardinal wants us to show our true colors and let our Light shine.



Lynn with Beamer

Continued on page 17

Absolutely, I do believe that the birds and animals know their role with us. Cardinal is helping you let go of fear, strip away any masks and shine brightly. The two of you have a great connection, don't you think?

And, as I am sitting here, the pair of cardinals that live in my neighborhood are in one of the trees in my backyard singing. I told them they are lovely and I thanked them for helping us to shine.

Nancy: I know pet owners always talk to their pets, but can anyone learn how to listen to them? And how could they begin to do this?

Lynn: I believe we all have the ability to talk to each other telepathically. We have been taught to use our words, so many of us have forgotten. The animals all talk to each other in this manner. They love when we become aware that we can too.

The breath is the key. Breathing deeply into the belly helps us come into the present moment. Right here, right now. It brings us to a neutral place. Zero balance. The mind stops thinking so much and we are able to listen. Truly listen and observe, without judgement. This is what right brain thinking is all about. I become inquisitive. I am able to ask questions like, "I wonder what will happen next?"

I'm in a place where I just notice. I notice what I am seeing in my mind's eye. What I am hearing. The animal's voices usually sound more childlike and innocent than my normal mind chatter. I am also able to feel what is happening in my heart and I am able to hear and feel my Inner Guidance, kind of like a "gut feeling".

To speak to the animals, I breathe deeply and visualize a photograph of the animal in my mind's eye. I call them by name and intentionally ask to speak with them. For me, when I see the animal moving or animated in my mind's eye, I know I have a connection. From there, we can have a conversation just like speaking to a person. During a good conversation, one is speaking and the other is listening with all of their being, staying right in the moment. Nothing else matters, just that one conversation.

△

For more information about Lynn and her work, visit:
www.animalspirittalker.com

Soul to Soul: Share Your Animal Communication Story

The Inner Voice invites you to submit your stories of the remarkable connections you've experienced with the animals in your life.

Perhaps your companion animal seemed to understand your thoughts, appeared in a meaningful dream, offered comfort during a difficult time, or communicated in a way that changed your life. Maybe a wild animal crossed your path at just the right moment, leaving you with the unmistakable feeling that something meaningful had occurred.

Whether your experience involved a beloved pet, a horse, a bird, wildlife, or another member of the animal kingdom, we would love to hear your story. Tell us about your experiences with intuitive communication, extraordinary animal encounters, healing connections, and the wisdom our animal companions bring into our lives. Selected submissions may be featured in a future issue of **The Inner Voice**.

Please include your name, city and state or country, your story (approximately 500 words), and a photo of you and your animal companion, if available.

Send your story to: theinnervoicemagazine@gmail.com



Gertrude Des Clayes - The Girl and the Cat. 1936



Lynn Schuster

Telepathic Animal Communicator
Animal Communication Expert & Teacher

Sturgeon Bay, Wisconsin USA & the World!

Connect With Your Animals!

- Learn if they're in physical pain, have fear or anxiety, and how you can help them
- Understand their behavioral issues, and how to change bad habits
- See how they're doing with any changes such as new food, or exercise routine
- Find out if they are ready to transition, and what they need from you
- Discover what your rescue animal's lives were like before they came to live with you

I work remotely, meaning we can talk on the phone from anywhere in the world!

Schedule a Private Animal Communication Session!

www.animalspirittalker.com

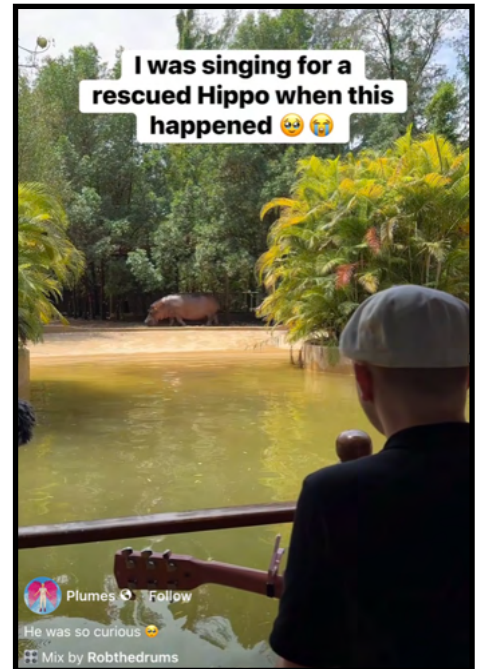


Sing to Your Animals!



WATCH NOW

<https://www.facebook.com/reel/1142857564530229>



[facebook.com/reel/1506248804027247](https://www.facebook.com/reel/1506248804027247)

Have You Ever Talked To A Cow?

As a child, I remember riding in the family car along country roads on our way “up north” to our family’s cottages. We passed countless farms and pastures filled with dairy cows. Much to my dad’s chagrin, my siblings and I would roll down the back windows and call out to the cows whenever we were close enough for them to hear us. Before long, they would all begin making their way toward the road (well, walking briskly—cows don’t really run!) to see who was calling.

Years later, I found myself doing the very same thing.

I kept my bicycle at a friend’s home in the country, where we often rode the quiet roads and bike trails. On the way back, we would pass a pasture where cows grazed peacefully in the fields. I couldn’t resist calling out to them with a long, “Moooooo!” Then I’d stop and watch as they wandered over to the fence, seemingly curious to discover where the sound was coming from. Soon came their enthusiastic chorus of “Moooooo!” in reply.

Every time, it gave me goosebumps to think I might somehow be talking with the cows. I still smile whenever I remember those moments.

Talk to your animals. Sing to them. Play music for them. As you’ll see in the videos above, they just might enjoy the conversation as much as you do.

It’s mooooo-sic to their ears!



A peaceful evening at Serenus Pastures.
Photograph courtesy of [Peter Johnson](#)



A Healing For Buck, a Border Collie

In Steamboat Springs, Colorado, summer mornings can be hot or cool, depending on the clouds.

With a warm day forecast, my sister Mariane began working her dogs at first light, training for the upcoming Border Collie trials. Her dogs love rounding up sheep, following Mariane's signals and commands even when out of sight.

Mariane whistled them in, and leashed all but one, the multi-colored Buck, who waited by the gate, glancing between Mariane and the 15 sheep across the dale. Buck glared at the woolly beasts, lowered his head, and readied his stance, waiting for her command.

"Let's go, Buck," she said, barely audible to the others. Buck shot across the grass toward the sheep, then flanked them from behind at Mariane's whistle.

Fifteen white tufts took off as a unit, zigzagging across the pasture. Buck and Marianne had their work cut out for them.

The run was a perfect challenge for Buck-- with new sheep unfamiliar to the pasture or the dogs. For years they practiced

herding sheep, cattle, and occasional flocks of domestic ducks, learning to follow her signals. Training and trust bonds them together.

As today's lesson continued, Buck guided the sheep across the pasture, threading them between gateposts, along the edge of the fence, then into a holding paddock, where Mariane would swing the gate closed behind them. Buck worked hard, running up and down the pasture, urging stubborn sheep forward or keeping them still. Panting and wagging his tail, Buck returned when Mariane called, "That'll do."

Buck rested at my side, nudging his nose under my hand as the next dog trained. As I stroked his head, I noticed I had a slight headache—likely from the 6900-foot altitude of Steamboat Springs.

But when I took my hand away from Buck, my headache subsided.

"So that's it," I thought. "Buck has a headache."

By midday, all four dogs had worked the new sheep. We finished and returned to the house, the dogs racing alongside us.

Continued on page 21



PHOTO: Buck at work rounding up the sheep. INSET: Marianne with Freckles



Buck

By that afternoon, it became clear Buck had injured his right wrist during the morning lessons. He was limping. I felt his wrist, now slightly warm and beginning to swell.

Marianne lay down on the shaded deck for an afternoon nap. Buck followed, pressing his back against her. I sat near him and began gently massaging his wrist and paw, working to ease the swelling.

Freckles, the elder collie, padded over to my left side and lowered her head, nuzzling into my shoulder. Then, she lightly pushed her brow against my chest above my heart. Instantly, a subtle yet clear surge entered me, then a powerful warmth swept across me, down my arm and into Buck. I watched his muscles relax in this quiet exchange of healing. The ease of kindness flowed from the senior dog.

For nearly two minutes, Freckles stood motionless, her forehead at my heart.

Freckles gave pure care to Buck, trusting me to help. As the healing pulsed through Buck, I sensed it radiate into Mariane, and her breathing softened into sleep.

When Freckles pulled back, she once more nuzzled against my neck and then walked off. Her work complete. I was left in awe.

Why are our pets vital in our human existence?

They show us to live in the moment. To play with abandonment, to trust their masters, to love without expectation, to rest when the body is tired, to receive the rewards of friendship.

Today, Freckles and Buck let us experience the unconditional love of our pets.

△

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 and writes the "Connecting With Spirits" column for The Inner Voice.

"Telling the Bees"

An Old European Folk Tradition

For centuries, beekeepers in parts of Western Europe observed a touching custom known as "telling the bees." Bees were regarded as more than honey-makers—they were considered members of the household and were thought to share a special connection with the natural and spiritual worlds.

Whenever an important event occurred—a birth, marriage, death, or even a long journey—the head of the household or the "goodwife" would visit the hives. After gently knocking to gain the bees' attention, they would quietly whisper the news.

According to folklore, if the bees were not told, they might leave the hive, stop producing honey, or even die. During times of mourning, some families draped the hives with black cloth or ribbon as a sign of respect.

The exact origins of this custom have been lost to history. Some folklorists believe it may reflect ancient Celtic beliefs that bees served as messengers between the human and spirit worlds, while others simply regard it as one of Europe's enduring folk traditions.

Whether taken literally or symbolically, "telling the bees" reminds us of an earlier time when people lived in closer relationship with nature and recognized that every living creature played a meaningful role in the fabric of life.

△

Adapted from historical accounts of the European folk tradition known as "Telling the Bees."





Insights ~ Written By Medium Dr. Elizabeth Raver

The Beauty of India Revealed During a Trip There

"...it wasn't until I was back on U.S. soil that I realized the greatest difference between my country and India is the ethers. In India, the very air holds a constant and demanding presence of something unseeable. It was as if human thoughts and prayers over millennia had saturated the very atmosphere, leaving no empty space; there is only active, palpable spirit."

In August of 2017, I made a once-in-a-lifetime trip to North India. Part of this trip included several days in Rishikesh at the Parmarth Niketan Ashram, located in the foothills of the Himalayas. Rishikesh is believed to be where Lord Shiva first brought yoga and meditation to the world. Rishikesh holds an uncountable number of Shiva linga expressing his devotees' deep devotion; for many Hindus, it is like a sacred divine portal.



Ganga Aarti Photo Courtesy of Liz Raver

Parmarth Niketan Ashram is a beautiful holy place situated next to the Ganges River. This river is said to have descended from Shiva's long hair. Along the ashram's riverbank sits a 14-foot-tall statue of Shiva meditating.

Ascending the ashram's sacred ghat steps, one sees a dramatically beautiful statue of Lord Hanuman depicting Lord Rama and Goddess Sita within his heart. Ascending more stairs one enters the main entrance to find a scene from the Mahabharata with Krishna delivering the sacred Bhagavad Gita to Prince Arjuna. Walking inside the ashram grounds, there is another Shiva statue, this time depicting his cosmic dance of destruction and creation.

The ashram is filled with women devotees dressed in colorful saris and men in traditional tunics. To show respect, I wore a simple tunic and leggings called a salwar kameez and a bindi on my forehead. Many orphaned or disadvantaged children attend the ashram's school. Their studies include a balanced curriculum of modern academics, ethics, Yogic and Vedic studies, music in addition to daily Hindu ceremonies like the evening fire ceremony called Ganga Aarti.

Occasional sadhus, i.e., Hindu holy men, wandered within or near the ashram. They wore very simple but bright saffron cloth;

most were barely covered while others wore robes. The color saffron is used because it represents renunciation of the material world and fire's cleansing ability. The sadhus' matted hair was twisted into buns on top of their heads.

India, and especially Rishikesh, is unlike any other place I have visited. There was the constant smell of incense, fire, cow dung, urine, herbs, and sweat. Fortunately, my olfactory sense quickly adapted so that I paid no

attention; to do otherwise would have been too distracting during this wondrous journey.

In addition, there was a constant cacophony of motorbikes, cows, people talking, singing or chanting, Shiva's drum (Damaru), Bhajans (Hindu religious songs), and Kirtans (chanting).

For me, it wasn't until I was back on U.S. soil that I realized the greatest difference between my country and India is the ethers. In India, the very air holds a constant and demanding presence of something unseeable. It was as if human thoughts and prayers over millennia had saturated the very atmosphere, leaving no empty space; there is only active, palpable spirit.

The remarkability of this did not completely hit me until I returned home and experienced a sense of emptiness unlike anything before. Hearing the airport van's radio playing on the drive home, I had a sudden flash of insight that we in the West literally fill in the etheric void with radio commercials, music, talk, internet media, television and other "fillers."

In contrast, the ethers of India are filled with unending reminders of the non-physical worlds. Although I believe that such dramatic differences between Western and Eastern cultures

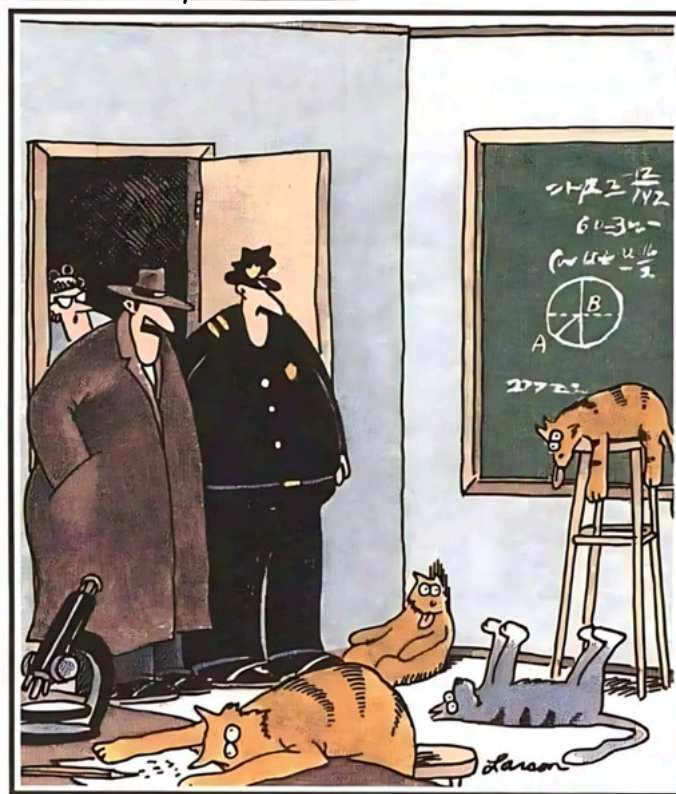
Continued on page 23

will not always exist, Rudyard Kipling's words "Oh, East is East, and West is West, and never the twain shall meet" now hold a deeper meaning for me. Oh, mystery of India! May you always live within my own heart. Δ



Lord Hanuman with Lord Ram and Sita

Gary Larson ~ The Far Side



"Notice all the computations, theoretical scribbles, and lab equipment, Norm. ... Yes, curiosity killed these cats."

Connect Beyond Our Physical World

Connect with Elizabeth Raver, Ph.D. in Psychology

Psychic-Medium, Spiritual Intuitive Life Coach, Researcher & Author



Looking for clarity, comfort or a deeper connection?

Dr. Liz offers evidential mediumship and spiritual life coaching to help you bridge the gap between our world and the world of spirit. Whether you are seeking a message from a loved one, or guidance from your spirit guides, Dr. Liz provides a safe, supportive space for your journey.

Convenient sessions available via phone or online!

E-mail: ravelizabeth516@gmail.com

Text: 203-400-9212

DrLizMedium.com

Join my Free Online Mediumship Discussion Zoom Group the last Thursday of the month!
[Psychic-Mediumship Exploration Series](#) Next meeting is Thursday, August 27, 8:30 pm EST



The Sacred River of Gratitude

It's a beautiful summer afternoon in northern California. I'm out for a walk and the phrase, "river of gratitude" is repeating in my mind. I decide to sit in the town square at one of the large picnic tables. I pull out my notebook and begin to write. The message flows onto the paper in a sort of channeled prose, which explains the strange sentence structure at times. The message is still indeed, a strong personal and collective reality check....

The Sacred River of Gratitude will find you as you let tensions and expectations go, melting judgements and calling in your energy from investments in those judgements of others and for everything you imagined about them (and yourself) that you perceived as wrong.

Are you exhausted by all your blind habitual distractions from the beauty before you hiding in plain sight? Is it an outward attack on the world? Or simply an overflow of the judgements you have been taught to have of yourself?

This is a time of unlearning, of humbly being washed by the Sacred River of Gratitude. Turn your gaze and mind to look through the trance-like reactions to the miracles from whence you have come and of what is before you.

This season of life, as the decades lived get longer, is a new chapter not yet written if you decide to step into the creation mystery and into the flow of becoming rather than repeating.

This day and everyday choose to choose to be in the Sacred River of Gratitude. Let it take you to unknown places within and around you. Simply notice the coolness or warmth of the air. Notice what you need to be comfortable without judgement.

Respect the variety of life's creations. Honor yourself as a creator, creatress of good fortunes. Grateful moments...name them like prayers going off into the cosmos...attracting more to be grateful for. With gratitude doors will open in the mind. Vision will clear to appreciate life's unique forms, sounds and perspectives. It will sharpen wise discernment.

Move into the Sacred River of Gratitude. Feel the ok-ness of your own being, free of others' projections and expectations. Welcome gratitude's ability to fine tune your awareness, your sensitivities and your compassion. Become spontaneous in your appreciation for life, for variety, for the mystery of what lives below the surface of the seen, in you and in others,

Let yourself be surprised by the freedom of lightness you feel and the wisdom that flows in the Sacred River of Gratitude. Share your new found magic. Invite others into the river.

Celebrate the freshness summer brings to life and the bounty of new perspectives.

Catch yourself when you jump out of the river. Stop. Recalibrate to the frequencies of gratitude and curiosity. Neutralize judgements. Let the sun shine in your mind to calm the tension and righteousness.

We are not here to be a judgement machine that is stuck on marking people as right or wrong for whatever reason. We are here to create wise change, to move consciousness forward into new territory.

Each of us has an important role.

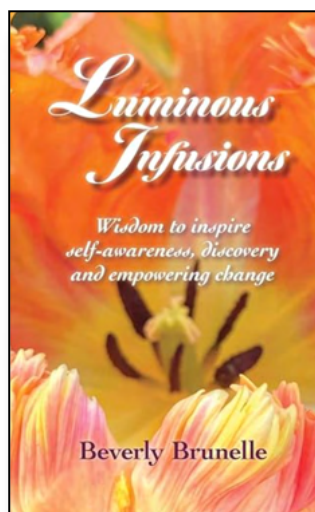
The Sacred River of Gratitude is big enough for us ALL. It is a marinade of awareness, healing, love, wisdom and new possibilities.

Gather your energy from judgements. Invite gratitude to find you. Do not hide behind old wounds, for deserving to feel good about yourself need not be earned, as you were taught.

Breathe and be grateful you are here, awake today to what is new in and all around your most sacred YOU.

Δ

For over 35 years Beverly Brunelle has served as a professional Intuitive, Master Energy Healer, Channel, Teacher and Speaker. She clears people, pets, businesses, homes and properties of interfering energies to align them with their greater potential. See ad on page 27.



Luminous Infusions



The Art of Ecstatic Aging: We're Not Done. We're Just Beginning

Ho'oponopono: A Simple Practice of Healing and Forgiveness

Adapted from the traditional Hawaiian practice of Ho'oponopono

Ho'oponopono is a powerful prayer and a traditional Hawaiian practice of reconciliation, forgiveness, and healing. Repeating its four simple phrases can become a profound practice of self-inquiry, bringing healing within ourselves, our relationships, and ultimately, the world.

Step 1: Say, "I'm Sorry"

Begin by acknowledging a situation, thought, feeling, or pattern you would like to heal. This first step is an act of humility and self-awareness—a willingness to recognize that healing begins within.

As you reflect, notice the behaviors, attitudes, or reactions that arise in your awareness. Take responsibility for your part, and from your heart simply say: *I'm sorry*.

Step 2: Say, "Please Forgive Me"

Whether you are seeking forgiveness from yourself, another person, the Divine, or simply releasing a burden you have been carrying, open your heart with these words: *Please forgive me*. Allow yourself to let go of guilt, resentment, and self-judgment.

Step 3: Say, "Thank You"

Express gratitude for the opportunity to awaken, to heal, and to grow. Be thankful for

the awareness of your blind spots and for the opportunity to see how your thoughts, words, or actions may have affected others. Gratitude opens the heart and reminds us that even life's challenges can become pathways to greater understanding. Simply say: *Thank you*.

Step 4: Say, "I Love You"

Complete the practice by returning to love. Offer these words to yourself, to another, to the Divine, or to life itself.

Say, *I love you*. Love has the power to soften fear, restore peace, and remind us that healing always begins with the heart.



These four simple steps—*I'm sorry. Please forgive me. Thank you. I love you*.—have become a daily practice for many people seeking greater peace, compassion, forgiveness, and emotional healing, affirming Ho'oponopono as a profoundly healing process for ourselves and our relationships. Experiment with the practice and see what healing—and perhaps even a little magic—it may bring. Repeat the exercise often and remain open to the new discoveries that can emerge with each step.

△

Raise Your Vibration!



Beverly Brunelle
Intuitive Channel
Master Energy Healer
Author

*Discover and clear unconscious limiting influences.
Free up your unique wisdom, creativity and passion.*



It's time to fully bloom!

Schedule your session!

www.beverlybrunelle.com

Experience my work on my YouTube channel:

<https://www.youtube.com/@beverlybrunelle3981>



The Power of Play continued from July

What is the Difference Between Stitch Meditation® and Slow Stitching?

Editor's Note: In the July issue, I featured textile artist Liz Kettle, founder of [Textile Evolution](#)—the birthplace of Stitch Meditation®. After the issue was published, Liz sent the following email explaining the difference between Stitch Meditation® and slow stitching. She wrote:

“I am not sure that ‘play’ is the right category for Stitch Meditations. That feels more like the concepts of slow stitch. **Stitch Meditation** is an active meditation like a walking meditation. It is especially helpful for anyone having a difficult time with other meditation practices. It is about allowing space and time for that inner voice to be heard. That leads to healing on many different levels.

Here is a brief article on the difference between the two practices:

‘In Stitch Meditation® the stitching keeps the body grounded so the mind can rest. The stitching is a gentle focus tool similar to breath techniques or the act of focused walking in a walking meditation. The stitch is an anchor for our wandering thoughts. It allows us to fall into its simple rhythm and become the observer of our thoughts. We learn to become less reactive to our own thoughts which are more often than not negative and repetitive.

In Stitch Meditation® we are focusing on being present and aware. When we are distracted or thoughts intrude into our awareness we return our attention to the stitch and breath. We let go of all the chatter and noise in our minds which is primarily left hemisphere activity. When the noise quiets we can receive a different sort of connection to self and the knowing that comes from our right hemisphere. It is in this state that we can receive intuition, clarity, and a more holistic perspective. Meditation helps us integrate our two brain hemispheres. When both hemispheres work together that is where our genius lies.

Intent is important in Stitch Meditation; we aim for mental stillness and self-observation. We purposely let go of outcome, judgement, end product, and perfection, as the thing we are stitching has no importance.

With slow stitching there is usually a connection to or importance in the thing being stitched. Slow stitching is wonderful for relaxing, reducing stress and tension. Slow stitching can be contemplative and reflective. It is more of a passive process of distraction or entertainment to keep our hands busy rather than the focused intention to be present, open and aware found in meditation.”

Δ

WATCH NOW



Here is a video of Liz explaining the process:

<https://www.facebook.com/reel/1347939424073929>



Following That Thread

Written by Lynn Schuster

The Creative Spirit has always been with me. In addition to my practice of Animal Spirit Talker, I am a designer, handweaver, feltmaker and basketmaker. I also enjoy fine beadwork and embroidery.

I began making art in 6th grade. Making art has helped me to keep my mind open and realize that anything is possible. It cleared the way for me to reconnect with my Guides, the animals and myself on a deep and soulful level.

The beauty of making art is the anticipation and excitement of what's going to happen next. I have always seen my art in my mind's eye and if I get "stuck", I ask the question, "What needs to happen next?" I "see" the options. I love that my art tells me what it wants to be and that I am able to express myself through it.

As a handweaver, I weave furnishings for the home. Mostly rugs, blankets and table runners. My favorite fibers are wool and cotton and I weave on a huge Glimakra Countermarch Loom.

I am also enamored with bookbinding and journals. My journals begin by making the felt and resist dyeing the wool fabric. I also get to be creative with silk ribbon embroidery, beads, and vintage lace. Waxed linen stitches finish each book.

I can treat myself to expensive fibers while creating closed coiled basketry. I don't need much yarn to create beautiful baskets. Silks and cottons are my fibers of choice. This method uses one continuous, round length of paper rush as the material to construct the basket, wound around or on top of itself, in an expanding or decreasing spiral.

Δ

To see more of my art, visit my Etsy store, Lynn Schuster Designs. <https://www.etsy.com/shop/LynnSchusterDesigns>





Finding a Way Forward

We rarely have trouble managing feelings connected to winning. In the moment, winning at anything feels great. Winning as in getting the raise you want, the promotion, the man/woman as a partner, the first place in the tournament, or a clean bill of health.

Winning for your team or your family or your company. And then there is winning at accomplishing a dream - this feels the best when we are successful and hurts the worst when we fail.

I recently watched an interview with an athlete who had just accomplished a most amazing open-ocean swim. She gave this advice when asked what she had said to herself through all the failed attempts? She said, "Find a way." She had tried a number of times to accomplish this swim and finally made it. Why was she successful in this final try or perhaps more importantly what had she learned from all the failed attempts?

She had, no doubt learned, that failure is a part of life and you keep trying if you believe enough in your dream. "Find a way" is a wonderful philosophy as long as we realize that sometimes finding a way means opening a different door, accomplishing something that looks different in the short-term.

Often fate intervenes and prevents us from continuing down a certain path. At this juncture we can tell ourselves, "Find a way" or "find a way that is open now."

Failure can drop us into a different zone where we have to "grow or drown" We can feed the feelings of self-deprecation and "if only" or we can let those pass through us and merely say to ourselves, "find a way that is open now" Each day presents us

with a new normal - what is true today wasn't true yesterday and probably won't be true tomorrow.

Today is what we have to work with. Look around and ask yourself, what is the way for me to move forward right now - what is my way that is open to me now?

~ Meditation ~

Take a deep breath. Place your hands over your heart and gently close your eyes. Allow yourself to sink into the quiet space within—the deep heart that holds the truth of who you are beyond your achievements, your disappointments, your successes, and your struggles.

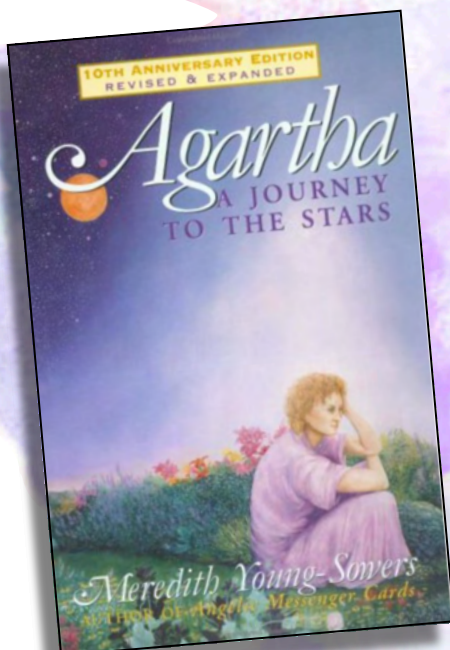
Breathe in the knowing that you are guided, even when the path ahead is unclear. You are being invited to use your gifts, your wisdom, and your unique strengths in ways that serve your highest good.

Release the need to have all the answers right now. Trust that each step reveals the next step, and that sometimes the way forward is not the path you expected, but the path that is opening for you.

As you breathe, bring your dream into your heart. Feel the possibility of what you hope to create. Then gently ask: What is the way that is open to me now?

Listen without judgment. Listen without fear. Allow guidance to arise from the stillness within. You are being guided toward the next step, one breath, one choice, and one moment at a time.

Δ



Meredith Young-Sowers, D.Div. 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

Agartha: A Journey to the Stars

An oldie and a goodie, the author recounts her inner communication with Mentor, an angelic advisor who offered divine wisdom on such subjects on the meaning of Love, the Conscious and Superconscious mind, and the correction of the Earth's imbalances. It's never too late to read this spiritual classic.



The Legend of the Hummingbird

One day, a great fire broke out in the forest. The flames spread rapidly, and all the animals fled in terror. As Jaguar ran for safety, he noticed a tiny hummingbird flying in the opposite direction—toward the fire. A few moments later, the hummingbird flew back again. Then once more toward the flames. Curious, Jaguar stopped him.

“What are you doing, Hummingbird?” he asked.

“I am flying to the lake,” replied the hummingbird. “I take a drop of water in my beak and carry it to the fire.”

Jaguar laughed.

“Are you out of your mind? Do you really think you can extinguish that enormous fire with your tiny beak?”

The hummingbird answered quietly,

“No, I know I cannot put out the fire by myself. But the forest is my home. It feeds me, shelters me, and my family. I help the forest by pollinating its flowers. I am part of the forest, and the forest is part of me. I cannot do everything, but I can do my part.”

The forest spirits heard the hummingbird's words and were deeply moved by his courage and devotion. They sent a great rain that poured over the forest, extinguishing the fire.

△

Editor's Note: This beloved story has been shared for many years in various forms and is often attributed to Indigenous traditions, including Native American and South American cultures. Its exact origin, however, remains uncertain.

Those who share this story often conclude with these words:

“If you want to attract miracles into your life, do your part. You are not responsible for saving the entire world or solving every problem. Your responsibility is simply to tend your own corner of the universe. When each of us does our part, together we can help heal the world.”

Regardless of its exact origin, the story's timeless message continues to inspire people around the world: every act of kindness, compassion, and courage—no matter how small—has the power to make a difference. Together, our individual acts become a collective force for healing the world.



Painting by Jaime Ellsworth



“White Horse” cover art and “White Horse and Hummingbird” are paintings by Artist Jaime Ellsworth (above) with her dog.

The Story of Steven and Lily: A Reunion Beyond the Veil



Steven and Sheri



Lily and Sheri

Steven was my little black poodle companion, and I loved him dearly. He was quite a character and lived to be 17 years old. A “phantom” poodle, he had adorable brown markings beneath his black coat that made him look as though he was wearing a little mask.

Steven had a very unique way of showing affection. When he was happy, he would growl while being petted. It sounded almost like a purr—although he could certainly growl when he was annoyed, too!

He was also extremely possessive of me. If I left my purse on the floor, he might decide it belonged to him and mark it accordingly. Although he was mostly paper trained, he occasionally had accidents, earning him the affectionate nickname, “The Mad Crapper.”

As he grew older, Steven developed health issues, and my veterinarian and I kept him comfortable for as long as we could. Eventually, though, every beloved companion must leave us.

In 2008, my son Danny passed away from an overdose. His death opened the door to my exploration of Electronic Voice Phenomenon (EVP) and other ways of communicating beyond the physical world. Through gifted mediums, including Glenn Dove and Roland Comtois, I received messages from Danny that brought me great comfort and helped me know he was still present.

Years later, after reading about a Russian couple who claimed to communicate with their deceased son through their computer, I decided to explore EVP for myself. My first reaction was skepticism, but I had learned that we cannot truly know what is possible until we are willing to investigate.

What I discovered amazed me. Through electronic sound, I found that messages could come through—sometimes beginning as what sounded like random noise, but transforming into recognizable words and meaningful communication. Over time, I began helping others explore this connection as well.

During one experiment, I discovered a particular sound source through which I could hear words coming through in response to my thoughts and questions. Afterlife researcher Wendy Zammit explained that this ability was known as clairaudience—the ability to receive information through hearing.

My most frequent communicator was, and still is, my son Danny. My guide, Mr. Edwards, and others have also come through. What amazes me most is that they always seem to know what is happening in my life. I never realized how connected we remain with those we love.

Then one day, Danny began telling me that Steven was upset.

At that time, Nellie, Steven’s mother, was still alive. She was an elderly little white poodle who had shared my home for many years. According to Danny, Steven was visiting what he called “The North American Station” and complaining that he wanted to return to me. He didn’t think it was fair that Nellie, who had already enjoyed more years with me, was still here while he was waiting.

(The two of them had always competed for the spot closest to me!)

I told Danny to tell Steven that I would not even consider another puppy until Nellie had passed. I knew she would not appreciate a new dog

Continued on page 32



Observations By Daniel Drasin

A Midsummer Night's Encounter

Part Two ~ continued from the July issue



It was a mild summer evening in the early 1970s. My friend Anna and I had driven from the San Francisco Bay Area up to the wilds of western Sonoma County on our second UFO hunt. The clear sky was rich with stars and a sliver of moonlight.

As I recounted in the July, 2026 Inner Voice, our first exploration yielded a stunning paranormal experience of deep silence, and remarkable activity in the skies. But this time our efforts were more focused: As an experiment, Anna had brought some weed along to see if it might enhance our experience of contact in some way. How? We had no idea.

We found the same field, parked, and made camp for the evening.

Being ultra-sensitive to marijuana, I took the most minimal toke. Strangely, in moments I was out cold and sound asleep.

When I awoke about 15 minutes later, Anna was asleep, her body twitching slightly. I let her be. Eventually she awoke on her own and recounted the following experience:

"I was sitting here looking west. In the distance, about 50-75 yards away, I could discern a small, classic saucer-shaped UFO arriving, hovering, and landing on three extended legs.

"Three small alien entities — similar to classic 'grays' — descended from the craft and stood by it, facing in my direction.

"For a moment I was transfixed. Then a feeling came over me: they're beckoning to me... Inviting me to approach them! What should I do?

"It would be a cliché to say the moment felt like an eternity, but it did. After due consideration (which was of no help whatsoever) I simply gave in, stood up, and slowly made my way in their direction, step by halting step.

"At a certain point — maybe halfway there — I became aware of a strange feeling. Was it confusion? Nausea? Disorientation? It's hard to put words on it. And the closer I got to these critters the stronger and stranger it felt. Honestly, it was as fascinating as it was uncomfortable, so my curiosity compelled me to plow ahead, step by step ... until I could go no farther and finally stood motionless.

"At that point I realized what was happening; this was a nonphysical, perhaps astral, encounter, and these little beings were literally inviting me into their consciousness! But theirs was so incredibly foreign — so completely unlike our own — that the result was, quite innocently, a cacophony of disorder. A colossal mismatch, with no way for us to meet in the middle. So at that point I resigned myself and began to retreat from our visitors. That's all I can recall."

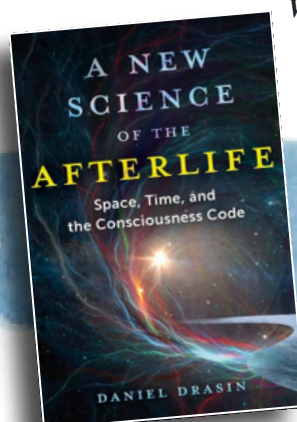
On our drive back home we did our best to puzzle out what had happened on that obscure field in western Sonoma County.

The following week we once again consulted the Ouija Board skilfully operated by our generous psychic friend Sam. The board spelled it out: "This encounter was as tentative for them as it was for you. If you'd like to continue to explore this connection, by all means go ahead, but with no obligation."

In the end we decided against it, but not without some regrets. What if we were both able to share the experience? What if we could learn to bridge those profound differences?

What if.....?

Δ



Daniel Drasin is the Producer-Director of **CALLING EARTH**, a documentary exploring afterlife communication through modern electronics, and **SCOLE: The Afterlife Experiment**. He is the author of **A New Science of the Afterlife: Space, Time, and the Consciousness Code**.

Learn more at dandrasin.com

in the house at her age. After that, I heard nothing more about it—until six months later when Nellie crossed over.

Then the messages began again.

“It’s Steven. I want to come back.”

The conversation went something like this:

Steven: Mother, it’s Steven. I want you to get me. I can come.

Me: What am I supposed to do?

Steven: Call my breeder. Ask for a chocolate brown female.

Me: Really?

Steven: Yes. Do it.

Me: But Steven, I’m not sure. I don’t want another Mad Crapper.

Steven: Mother, if you bring me, she will know.

So I called Steven’s breeder, Mary. She had one chocolate brown female available who would be ready to go home in about a month. I was thrilled.

The next day, however, Mary called. She had discovered that someone else had placed a deposit on the puppy a year earlier, and she needed to honor that commitment. I understood, but I also went to my clairaudient connection and expressed my frustration.

“Come on, you guys! What kind of information is this?”

Danny’s response was simple:

“Mother, trust more, test less.”

The next day, Mary called again. The woman who had reserved the puppy had a family emergency and could no longer take her. The puppy was mine if I still wanted her.

Trust more. Test less.

We went to meet Miss Lily. Because Mary lived several hours away, we stayed overnight in a hotel with her. I brought along some puppy pads and placed one on the floor. After cuddling Lily for a while, I set her down—and she immediately found the pad and used it.

An eight-week-old puppy who was already paper trained!

I couldn’t help but laugh. Steven had been right. She knew.

Lily turned out to be the easiest dog I have ever house-trained. She also had Steven’s growl, his affectionate personality, and even a similar appearance. While I cannot prove that Lily was once Steven, I find it fascinating that when the odds seemed completely against my bringing her home, Spirit seemed to know exactly how it would unfold.

The message I received was one I continue to carry with me: Trust more. Test less.

△

Sheri Perl, Ph.D. is a spiritual healer, author, bereavement counselor, and Electronic Voice Phenomenon (EVP) researcher with more than fifty years in spiritual studies. In 2016 Sheri was introduced to EVP and began communicating with her son and others in Spirit using this method. She offers readings to those in need. As Founder of The Prayer Registry, she explores healing, grief, and communication beyond the physical through her writing, teaching, and spiritual guidance. For more information, visit: www.sheriperl.com



Essential Feng Shui® Tip

Q. Where is the best place for the kitty litter box?

As with most things in feng shui, there isn't a one-size-fits-all answer. The ideal location depends on your home's layout and your cat's needs. The goal is to create harmony for everyone who shares the space.

In general, cats prefer a quiet location away from the busiest traffic patterns of the home. Choose a spot that offers privacy while remaining easy for your cat to access and for you to keep clean. Avoid placing the litter box near food and water dishes, in dining areas, or beneath a bed.

One of the first things I consider is whether the litter box is unintentionally affecting an important area of the home. For example, if it's located in the master bedroom or bathroom where a couple is trying to nurture romance, relocating it may help support that intention.

Whenever possible, I like the idea of placing the litter box in an attached garage with a secure cat door leading to it. This creates a practical solution while giving your cat a quiet, private place of its own. You can even create a comfortable "cat corner" with scratching posts, toy storage, and supplies to make it a pleasant space for both you and your feline companion.

Keep in mind that cats are creatures of habit. If you decide to move the litter box, do so gradually—just a few feet at a time if necessary—so your cat has time to adjust. If you practice animal communication, you might even ask your cat to help with the transition!

If the most practical location is a bathroom or laundry room, consider disguising the litter box with an attractive enclosure or furniture designed for that purpose. A well-designed litter box cabinet or covered "cat house" can blend beautifully into your décor while maintaining good feng shui and providing your cat with the privacy it appreciates.

Ultimately, good feng shui honors every member of the household—including those with four paws. When your home supports both your family's comfort and your pet's well-being, everyone benefits.

Purr-fect harmony begins with thoughtful placement!

△

Adapted from guidance shared by fellow Essential Feng Shui® consultant Karen Abler-Carrasco of the Western School of Feng Shui®.

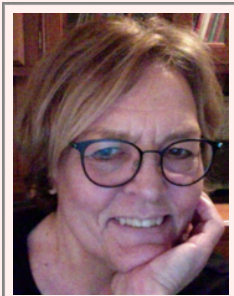
Essential Feng Shui® Solves Problems



"Truce" porterartguild.com



Every person, pet, and object in the home needs a place of their own. Having a designated place provides a sense of peace, stability, and belonging for all of the inhabitants, while helping to prevent chaos, clutter, and conflict within the household.



Nancy Freier Intuitive Essential Feng Shui® Consultant
Practical, Effective Solutions for Home & Business
On-Site & Virtual Consultations
Email: NFreier@aol.com



"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."

"Personal growth is my passion. Spiritual growth is my calling!"

Online / Phone / In-person Sessions are available!

**Book Your Session
with my Online
Scheduler at:
angelazabel.com**

Services Offered:

Guidance ~ Mediumship ~ Oracle Cards
Soul-to-Soul Spiritual Coaching
Group Sessions
Classes and Retreats

Angela Hosts the Edge Talk Radio Show Every 1st & 3rd Thursdays

<https://www.angelazabel.com/edge-talk-radio>

Available on Podcast Networks, YouTube and listed in *The Edge Magazine*.

August 5, 2026

Healing Beyond Limits with Healer,
App Creator, Frank Buelow, Wisconsin

August 19, 2026

Unlocking Your Angelic Ancestry
with Author, Dr. Alisha Das, California

September 2, 2026

Emptiness to Enlightenment
with Spiritual Teacher Eva Muller, Austria

September 16, 2026

Intuition: Your Greatest Superpower with
Intuitive Sushma D.A. Hallock, Michigan

You're Invited to Join the Amplified Universe!

August Membership Meetings:

Tuesday, August 4 and Tuesday, August 18 - 6:30pm CST

The Benefits of joining:

- Guidance as we navigate the new world
- Two 'live' Zoom meetings per month
- Amplify your personal frequency and vibration
- Hear perspectives from my non-physical team
- Connect with a like-minded community

- A vast library of subject matter that's continually expanding
- Deep dive into specific subjects each month
- Ask your questions and hear what others say
- Expand your consciousness
- Build a supportive community together for personal and universal expansion by spending time in a high vibration, supportive, loving, healing energy.

Join Today!

Learn More at: www.AngelaZabel.com

Email: AngelaZabelLLC@gmail.com