

# The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 12 Issue 3 • March 2023

Angel Talk  
Healing on the  
Causal Level

The Work and Legacy  
of Miracle Healer  
**Bruno Gröning**

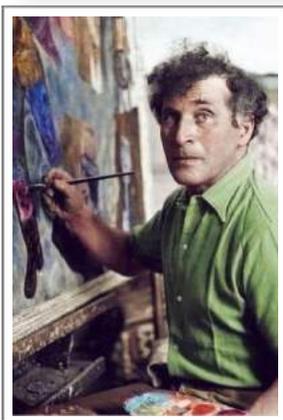
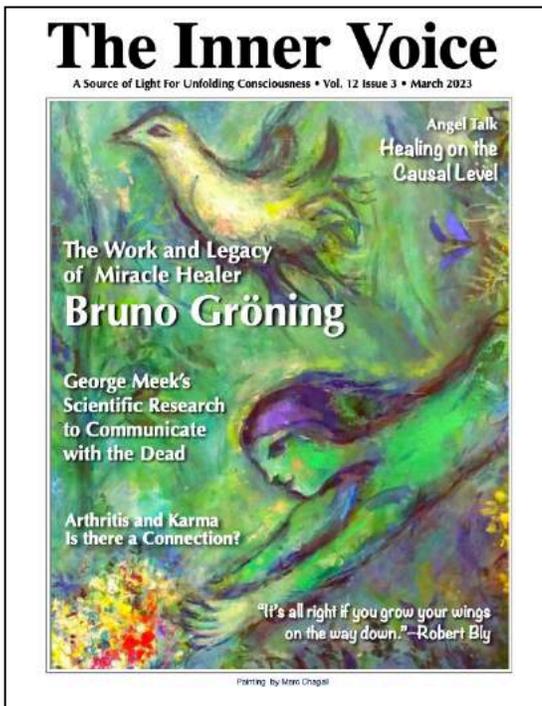
George Meek's  
Scientific Research  
to Communicate  
with the Dead

Arthritis and Karma  
Is there a Connection?

"It's all right if you grow your wings  
on the way down."—Robert Bly

Painting by Marc Chagall

About the Cover...



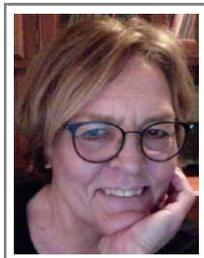
Marc Chagall was a Russian-French artist. An early modernist, he was associated with several major artistic styles and created works in a wide range of artistic formats, including painting, drawings, book illustrations, stained glass, stage sets, ceramics, tapestries and fine art prints. Born: July 7, 1887, Liozna, Belarus  
Died: March 28, 1985, Saint Paul de Vence, France

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

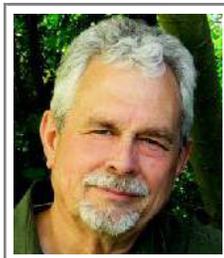
- 3 Events at Golden Light Healing Retreat Center
- 4 Angel Talk: Where Healing Happens
- 5 Ad: Angel Guidance Readings & Book + New ZOOM Group!
- 6 -7 The Healing Work of Bruno Gröning
- 8 Steve's Overview: Spirit Visitation at the White House
- 9 Ad: Life, Death & Afterlife Discussion Group
- 10-11 The Scientific Research of George W. Meek
- 12 A Sacred Twist of Perception by Beverly Brunelle
- 13 Heavens Cross Event - March 22, 2023
- 14 Let's Talk Crystals by Lori Andrus
- 15 Ad, Lori Andrus Crystal Shaman School t
- 16 Dark Night, Emerging Light by Kathleen Jacoby
- 17 Navigating Dreams by Pat Gullet
- 18 Poetry Corner: Julie McVey "Messy Musings"
- 19 Message #7 by JA Dioguardi | Channel by Stefanie Finn
- 20 Tuesday Teachings By Meredith Young-Sowers
- 21 Astrology Within: NEPTUNE by Barry Kerr
- 22 Arthritis, Karma and Pain by Joanne DiMaggio
- 23 Benefits of Drinking Lemon Water & Turmeric
- 24 Becoming Minimalist by Joshua Becker
- 25 Found On Facebook
- 26 Biophilia, Sacred Spaces and Earth Healing
- 27 Ad: Green Wisdom | Ad: Book "Angel Guidance"
- 28 Peaceful Home, Peaceful World By Nancy Freier
- 29 Ad: Essential Feng Shui®
- 30 Ad: Free Spirit Crystals: Malachite



Lightlines Publishing



**Nancy Freier**  
Publisher, Editor-In-Chief  
Magazine Design



**Steve Freier**  
Co-Publisher  
Website Design



**Beverly Brunelle**  
Consulting Editor

Press **HERE** to support the publishing of **The Inner Voice**



**Thank You!**

The Inner Voice ISSN #1073-1814 ©1992-2001; e-version ©2012-2023; All rights reserved.

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

We LOVE hearing your thoughts and ideas for future issues! Email: [theinnervoice@gmail.com](mailto:theinnervoice@gmail.com)



# Golden Light Healing

DREAM • EXPLORE • DISCOVER • GROW

Located just 15 miles from Green Bay, Wisconsin

## ◆ UPCOMING EVENTS ◆



**Your Hosts**  
**Amy & Dave Wilinski**  
**920-609-8277**

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

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

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

[www.goldenlighthaling.net](http://www.goldenlighthaling.net)

### LISTEN TO YOUR BODY & HEAL YOURSELF WITH MATT SCHMIDT

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

### INTRODUCTION TO IRIDOLOGY WITH GIGI STAFNE

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

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

### NATUROPATHIC CLINICAL ASSESSMENT SKILLS TRAINING WITH GIGI STAFNE

April 15, 9:00-3:00pm

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

### WHISPERS ON THE WIND SHAMANIC PROGRAM

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

Group #29: Aug 2-6, Nov 8-12, 2023 & Feb 7-11, May 1-5, 2024

Are you searching for the meaning in your life? Would you like a deeper connection with nature and the spirit world? Please join us for an intensive training program in shamanism, energy medicine and self-transformation. We

### REIKI LEVEL I TRAINING

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

### REIKI LEVEL II TRAINING

March 16 or May 29, 9:00am-4:30pm

### REIKI MASTER

March 14 or May 27, 9:00am-4:30pm

Includes apprenticeship. Includes apprenticeship



meet four times over 12 months. You will learn core energy healing techniques including: power animal and soul retrieval, clearing of past life and ancestral imprints, connecting with the forces of Nature, ceremony and ritual, and much more.

### ANCIENT CELTIC IRISH SHAMANISM WITH AMANTHA MURPHY



March 18-20, 9:30AM-5:30PM. Lodging options available. Join Irish teacher and author, Amantha Murphy, from Ireland as she shares these ancient Celtic traditions.

### MEDIUMSHIP TRAINING

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

### THE HERBAL APPRENTICE WITH GIGI STAFNE

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

### SEIDR NORSE SHAMANISM WITH IMELDA ALMQVIST

Coming in September 28-October 1, 2023



Register online now for our Workshops and Sessions! [www.glh.as.me](http://www.glh.as.me)

Dear Readers,

WOW is the only word that comes to mind as I begin to write this month's letter. I've been around the world of angels and healing and publishing this kind of information for years, and all I can say is that it is obvious to me that we are awakening, evolving and opening to ever new possibilities and higher perceptions on a continual basis! My advice is to stay open and let life evolve, because it will bring answers and ways you can heal... continuously leading you to become a better version of yourself. We are never finished. If you ask me, this is the most important thing in life ~ the growing and evolving, and to that I say the inspiration in this issue will blow your mind! (In a good way!)

Read the Bruno Gröning story highlighting a few of his amazing healings! Read the scientific research into afterlife spirit communications by George Meek! Read Beverly Brunelle's 'A Sacred Twist of Perception!' Read Angel Talk about how sickness occurs and how to heal! Steve's review this month is about two dead US Presidents meeting at The White House!

Sprinkled in among the pages are sweet and fun blurbs, poems, and channels to help lift you out of any winter doldrums. Be open, read and be amazed! Oh! And join me in my new Zoom room called, "Angel Guidance" that starts on Saturday, March 4 at 1pm CST! We'll be discussing matters of the heart with the Angels and with one another! Have fun reading this issue, and may the March winds bring you wonderful changes!



Angel Talk™



# Healing Happens First on the Causal Level

By Nancy Freier & the Angels of the Great White Light

*Q. If we were created in God's perfect image of whole, complete and perfect, why do we get sick?*

All illness and all healing, visible and invisible to you on the physical plane, is spiritual in nature. That is, it originates in spirit at what we term the Causal Level. You must seek to understand that all of your reality is immersed, as it were, in Spirit, and indeed this spiritual reality is all there is.

Physical manifestation of the spiritual reality is what your eyes see; what your ears hear, and what your feet walk upon. The physical reality of which you are presently an inhabitant, is this spiritual essence *manifested*. All is first spirit, then physical. It is not the other way around.

Spiritual healing is a term you have placed upon the action that takes place as an improved change in condition on the physical level. The term 'spiritual healing' is perhaps better defined as the condition that occurs when one recognizes this truth that *All Is Spirit* of which they are a part. Everything that occurs, and all changes that take place, happen first in Spirit at what is termed the *Causal & Mental Levels*. (See insert on page 13.) Your thoughts and held beliefs in healing initiate the manifestation process. To change the manifestation, change the thought or belief. One can experience healing or destruction, the opposite of healing, according to the way in which he thinks and believes. Our work as your angels is to influence and instill right thinking, feeling and believing to move you to the path where you reach the higher Truth of who you are. It is the higher levels of vibration that heal the lower. Turn on the light and where is the darkness?

Thoughts, when engaged with emotion, are seen from this side as literal forms of 'Light/Energy' that contain a powerful charge. Positive emotions, such as joy and gratitude, radiate throughout the heavens, that is, all levels of consciousness, and carry a charge that you cannot conceive of from where you are on the earth level of consciousness. Negative emotions don't have healing, that is a higher level of radiance, but are equally powerful to create or manifest itself.

Spiritual healing is the term you use for this power surge of light energy, as it travels through the physical body, it heals (brings light to) any dark energy (illness and disease) in its path. You have, as your birthright a choice in the matter of how you will use and direct this light energy. You are on Earth to remember your divinity, your divine connection with this Light. We say that every time you witness a form of healing in the physical body, you are tapping Source and remembering!

We ask that you remember that on the higher levels of Light, you are already healed, as you term it. You were created whole, and are already perfect in Spirit. We, the Angels of the Great White Light come to Earth to bring you the gift of remembering your perfection and your Oneness with all of Creation. Open to us in your thoughts and prayers. Invite and receive this Light/Energy and use it to create the good, the beautiful, and the Holy, and never settle for less than what and who you truly are in Spirit.

Continued on page 5

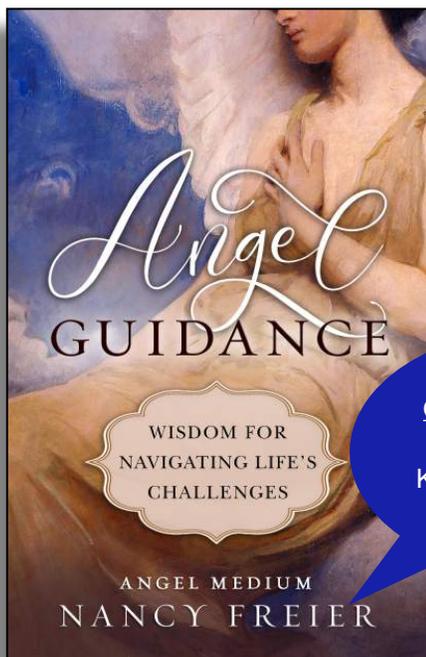
*Q. So, if we ask to remember our oneness in Spirit and change our thoughts to embody our true perfection, we would be healed and not be sick?*

Yes, that is correct. Illness comes into your physical experience like a teacher walking into a classroom. It comes to teach you something. Your life lessons are imprinted in your soul and we say that illness is a wake-up call from Source. It alerts you there is some form of 'spiritual separation' going on in you, namely in your belief system, and that if you awaken your inner self to the realization of your true perfection, you could literally walk on water. Illness is but a wake-up call; a manifestation of a warning from Source to get your attention. We say that in the manifestation of an illness, there are lesser warnings that have occurred along the way, but that you have chosen to ignore (like pressing the snooze button) until the alarm of disease sounds.

Again we say, turn on the Light and there will be no more dark secrets on the physical Earth at this time of bright awareness. Illness is but a teacher. Listen keenly for the message it brings you and graduate into the whole and perfect being you were created to be. ♥

Send your questions for this column to:  
[theinnervoicemagazine@gmail.com](mailto:theinnervoicemagazine@gmail.com)

Personal Angel Guidance Readings are also available.  
See ad on right for more information.



Click [HERE](#) to get  
Nancy's book!  
Kindle or paperback

**Angel Guidance** is filled with the Angel's words of wisdom that will guide you to the blessings they bring. Their loving guidance will lift you above the fray and show you the way through life's challenges.



## Angel Guidance Readings

*The Angels are happy to answer your questions. You just have to ask!*

**Order Your Reading today**

[NFreier@aol.com](mailto:NFreier@aol.com)

<https://NancyFreier.com>

**Something NEW is starting up  
and you're invited!**

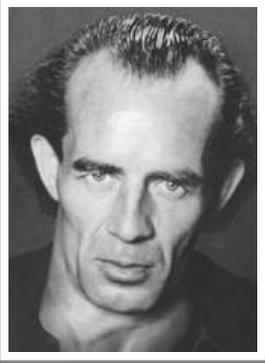


**Angel Guidance Group  
Saturday, March 4 @ 1pm CST**

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

**It's FREE! Use this e-mail to register:**  
[sgfreier23+AngelZoom@gmail.com](mailto:sgfreier23+AngelZoom@gmail.com)

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



# Help and Healing on the Spiritual Path Through the Teaching of Bruno Gröning

Editor's Note: So, my first question was, Bruno who? The Inner Voice theme this month is about HEALING and like magic, information about Bruno Gröning came across my newsfeed. It is spectacular! It is about how we can heal anything by recharging our batteries, that is by tuning into the 'Heilstrom' or the divine power. I present this combined article about the discoveries of Bruno Gröning and encourage you to read more about his amazing blazing trail on his website: <https://www.bruno-groening.org/>

The teaching of Bruno Gröning (1906-1959) is based on the influence that spiritual forces have on human beings. This influence is greater than most people realize. Bruno Gröning compared a person to a battery. In daily life, everyone burns up energy. However, often not enough new life energy is absorbed to replace it. In the same way that an empty battery is incapable of functioning, a body without energy is also unable to fulfill its tasks. The consequences are fatigue, exhaustion, nervousness, anxieties and finally, illness.

Bruno Gröning's teaching explains how an individual can obtain new energy. The belief in goodness is a necessary prerequisite, as is the will to be healthy. The human body is constantly surrounded by healing waves which only have to be absorbed. According to Bruno Gröning, no illness is incurable, and this fact is confirmed by the [healings](#) that have occurred and have been medically verified. These healings are spiritual and therefore not dependent on Bruno Gröning being physically present.

## The best way to take in the Heilstrom

In order to absorb the Heilstrom (healing stream), the person seeking help sits with hands open, palms facing up. Their arms and legs are not crossed, as crossing them blocks the free flow of the healing stream. Thoughts about illness and personal problems have an inhibiting effect, while thoughts about something pleasant are beneficial.

As the Heilstrom flows through the body, it makes contact with the organs which have been burdened through illness and begins its purification effect. This may lead to pain, which is an indication that the body is being cleansed. Since the illness as such is not the will of God, it will gradually be removed. In some cases, this can be spontaneous. This is why it is essential for the person concerned not to dwell on his illness, but, rather, to believe that for God, no illness is incurable.

In order to remain healthy, the friends of Bruno Gröning tune in to the Heilstrom every day. A healthy body is the basis for living a life in harmony with oneself, other human beings and nature.

The aim of the teaching of Bruno Gröning is to transform everyone into someone who is full of the joy of living and free from physical and emotional problems.

Here are the exact words from Bruno Gröning: "My teaching is an absolute statement of the truth of life. Many of my friends live by it and have had success. Accepting this teaching brought them complete inner transformation, which in many cases led to success with their health."

Bruno Gröning had only one aim: to help those in distress. He gave them his teaching to take with them on their way. It was not based on the intellectual, but rather on the intuitive perception of spiritual laws. On closer inspection, one discovers an unexpected complexity and realizes that it far exceeds the healing aspect, in that a person receives not only healing in his body, but also healing of his soul. He appealed to people to believe in the good and to put it into action.

## There is a higher power that is the basis of all living things and it can heal

Bruno Gröning called it life force, healing power, 'Heilstrom' or the divine power. He had a very exact intuitive knowledge of it, which through his simple teaching he made available for everyone.

The Bruno Gröning Circle of Friends is an association of people who have experienced help and healing through taking in this, today largely forgotten, natural healing power. All over the world, the teaching of Bruno Gröning is passed on independently of religious and national affiliation.

Through an appropriate body posture and spiritual openness, each person can receive the divine power themselves. This physically perceptible *Heilstrom* can bring about help and healing, even in cases of chronic, degenerative and serious organic diseases.

## Trust and believe. The divine power helps and heals

Large numbers of the healings are recorded along the lines of a medical case history. The Medical Scientific Group (MWF) in

Continued on page 7

the *Bruno Gröning Circle of Friends*, a forum of several thousand doctors and other health care professionals, check the reports and when possible, provide documentation with a physician's commentary based on medical findings of independent doctors.

"There is much that cannot be explained, but nothing that cannot happen."

### **Bruno Gröning An extraordinary, yet controversial person**

In 1949, the name Bruno Gröning became a household word in Germany overnight. Reports about him appeared in the press, in newsreels and on the radio. Events surrounding the "Miracle Doctor" as he soon came to be called, kept the whole country in suspense. A film was



Bruno Gröning gives humanity a teaching.

made about him, scientific investigation committees were set up and government authorities at the highest level gave the Bruno Gröning matter their attention. The Minister for Social Affairs in North-Rhine-Westphalia had him prosecuted for violating the Non-Medical Practitioners Act, while the Minister President of Bavaria declared that one could not let such an "exceptional occurrence" as Gröning be squandered because of a few legalities on paper. The Bavarian Interior Ministry described his work as "a labor of love, free of charge."

The case was intensely and controversially debated at all levels of society. Emotions ran high. Clergymen, physicians, journalists, politicians and psychologists were all talking about Gröning. Some considered his miraculous healings a gift of grace from a

Higher Power; others believed he was a charlatan. But the healings were fact, confirmed by medical examinations.

### **Worldwide interest in an unassuming worker**

Bruno Gröning, born in 1906 in Gdansk, was an unassuming worker who relocated to Western Germany as a refugee after World War II. Before the

war, he had worked in various capacities: as a carpenter, a factory and dock laborer. Then, suddenly, he was the center of public attention. The news of his miraculous healings spread all around the world. Sick people, petitions and proposals came from every country. Tens of thousands of people made the pilgrimage to the places where he was active. A revolution in medicine was on the horizon.

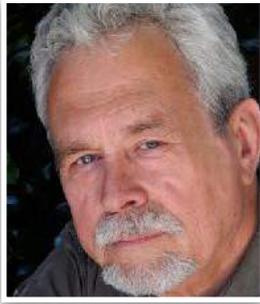
### **In the strangle hold of prohibitions, court cases and profiteering assistants**

But counter-forces were at work. They did their utmost to foil Gröning's activities. He was dogged by court cases and healing prohibitions. All efforts to incorporate his work into the existing social structure failed. On the one hand, there was the resistance of those in authority at various levels of the social order, and on the other, his assistants' greed for financial profit. When he died in Paris in 1959, the last court case was well under way. The proceedings were halted and a final verdict was never pronounced. But many questions remained unanswered.

Δ



Photo: Out of thousands of photos, this one gives you a small insight into the worldwide activities of Bruno Gröning's Circle of Friends. Active in many countries, friends come together for joint undertakings, hiking weeks, conferences, and more. Visit <https://www.bruno-groening.org/> for more information.



# Visitation at the White House

## When Two Dead Presidents Met in the White House

Excerpt from: *My Travels in the Spirit World* by Caroline D. Larsen (Pub. 1927)

The astral spirit traveling wandering author, Caroline D. Larsen writes of the strangest incidents in all her astral wanderings on earth. I must admit that upon completion of her intriguing book depicting her many types of out-of-body-soul-traveling-adventures, this one might just top the list.

One of the recent Presidents had died and the whole country had taken a special interest in the news pertaining to his death. This aroused in her a strong desire to know how he might feel in the spirit body. On the first occasion, she left her physical body and headed straight for the White House. Instead of finding the spirit of the recently deceased president, as she had expected, to her surprise she came across the spirit of a President who had departed earthly life about a 100 years ago. He had been one of the first chief executives of our country. He appeared to

be a stately, aristocratic looking personage, fastidiously dressed in the height of the fashion of his time with knee breeches, silk stockings and buckled shoes. He was seated in a huge chair, crosslegged, conversing with his wife. She was also attired in highly fashionable dress.

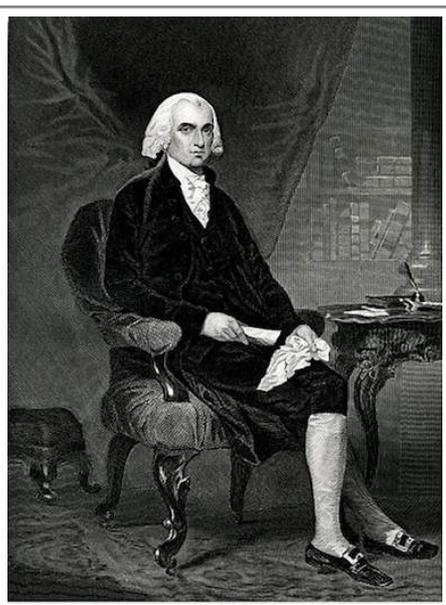
The author states, "As I passed through the room the old President looked at me with a cold haughtiness, a glance of mingled annoyance and of curiosity, as if he resented my intrusion and questioned my purpose. But my presence was speedily ignored by the old President, as still another spirit entered the room—that of the recently deceased President. He seemed in a perfect daze. I could judge



Warren G. Harding

from his stupor that he was absolutely unaware of what had actually happened to him. He seemed unable to reason or to think clearly. He evidently tried, with great effort, to collect his thoughts that he might comprehend his predicament. He could not understand why strange visitors were present without his invitation. But the tense situation did not last long, for the old president now rose slowly to his feet. Advancing a few steps, and assuming an authoritative air he placed himself directly in front of the newly arrived president. Without any display of ceremony he addressed him: 'Well, I am not going so far as to order you out of here; you may stay until you find yourself, but after that you must depart.'

"After this spirit had left, the old president condescendingly confided: 'I do not like this spirit and I have never liked the way in which he ran the Country.' Then he turned and left the room. Sizing up the situation quickly, I realized that this spirit couple had been bound to the White House all these years and had



James Madison



Dolley Madison

Continued on page 9

prevented themselves from advancing simply because their minds had been and were still securely linked to that environment where they, in the flesh, had enjoyed so much power and glory. They were jealously regarding everything which had been and was even yet happening in that famous place.”

After considerable research, I feel that the best possible match for the old President is most likely James Madison, the 4th President of the United States (1809-1817). His wife was the fashionable Dolley Madison. Also, James Madison had left office 106 years before what the author has described as “the recently deceased president,” who was most likely Warren G. Harding, who had suddenly died in 1923 from a heart attack while in San Francisco. As stated in the story, the recent president would likely have been disoriented by his sudden death.

The main point of this story is: Before taking final leave of the earth, all spirits hover about their old environment. The author states, “For those generously endowed with highly developed spiritual qualities, the *period of transition* to large attainments (in the Afterlife) is short. Others, less developed, are chained more firmly to the interests of their old life. But the



James and Dolley Madison at a White House Ball

majority of spirits remain earthbound for protracted periods because they are unaware that any change has taken place.

The book is available for free as a pdf or on [Amazon](#), or wherever fine old books are sold. But if you have \$3,900 burning a hole in your pocket, you might be tempted to buy the [Sensational 1927 Rare Typed Occult Manuscript](#) of "My Travels in the Spirit World."

△



Steve Freier has over 20 years researching death, dying, NDEs, OBEs and the Afterlife. He has read and/or reviewed 100s of books and videos on these and other metaphysical topics. With a passion to share what he has discovered about the Other Side, he is the Moderator, Guide & Host of an open discussion group called: Life, Death and the Afterlife. In-person meetings are held on the 3rd Thursday of the month at the **ADRC of Door County, 916 N. 14th Ave, Sturgeon Bay, WI 54235, from 1 until 2:30pm.** A zoom group is coming soon!

Steve is a video producer, writer and contributes regular book reviews to this magazine. Read his book overviews here: [www.myunobstructeduniverse.com](http://www.myunobstructeduniverse.com).

Steve has a remarkable self-healing story that he put into a book let entitled: "My Road To Healing - How I Ditched My Doctor's Advice and Healed Myself of CLL Stage 4 Cancer" available here: <https://amzn.to/3agweoq>

**Contact Steve for more information: [sgfreier23@gmail.com](mailto:sgfreier23@gmail.com)**



# George W. Meek's Technological Quest to Communicate with the Dead

George W. Meek was driven to get to the bottom of life's mysteries. He organized and funded research teams of medical doctors and scientists to travel to Southeast Asia, to crowded hospitals in China, and elsewhere to observe such phenomena as energy healing and the use of acupuncture as a sole painkiller during major surgery. Meek's highly regarded nonprofit enterprise **Metascience** documented experiments that analyzed the human spirit from a scientific perspective ~ captured on film! Read entire article here: [http://www.worlditc.org/h\\_07\\_meek\\_by\\_macy.htm](http://www.worlditc.org/h_07_meek_by_macy.htm)

**By Mark Macy**

As he had planned for many years, George retired on his 60th birthday to fulfill a life-long dream of traveling the world with his wife Jeannette to explore the deepest and richest spiritual truths hidden along the backroads of the twentieth century world.

George was intrigued by the life energies that bristled and surged below the surface of our physical world, beyond the range of our five physical senses... and for the most part beyond the range of our scientific and technical instruments.

The Meeks moved to Franklin, NC from Fort Myers, FL in the 1980s. George purchased a large tract of land on the side of a forested hill and developed it into a small housing subdivision. He dreamed that the research of his Metascience Foundation would burgeon in the coming years, and the cozy neighborhood would become a thriving community inhabited

by his staff of scientists, spiritual adepts, engineers and researchers, all collaborating to uncover the mysteries of the human spirit.

George and Jeannette continued their world travels and whenever they returned home, George would spend a lot of time in his lab doing experiments, for example capturing on film spiritual energies emanating from his physical body, or observing how his emotions could affect the growth of plants. The results of his plant experiments were especially fascinating. Plants which he lavished with love would flourish. Other plants were not so lucky. Early in their growth cycle he would threaten them with angry shouts while holding a hissing blowtorch menacingly in the air above his head. Those plants would grow weak and small.

The basement of his house was converted into an office and lab...set up for special experiments.

Meek spent many hours there piecing together roadmaps of the spirit worlds from the vast knowledge he had gained from his research. He discovered that the actual locations of Heaven and Hell were not somewhere out there in distant space nor hidden away deep inside the Earth, but right here, all around us. He knew that mystics over the centuries had an intimate knowledge of the fact that many universes interpenetrate our own physical universe,

but they didn't know how to explain it to the world; humanity until now had always lacked the technological background to understand how this interpenetration worked. Mystics would say simply that the path to God and higher spirit lies within, which makes no sense to most people, who would argue that the path within leads only to organs and tissues, blood and bones. Now George could employ our understanding of radio technologies and electromagnetic energies to explain the true location of the spirit worlds in a way that human beings alive today could easily understand.

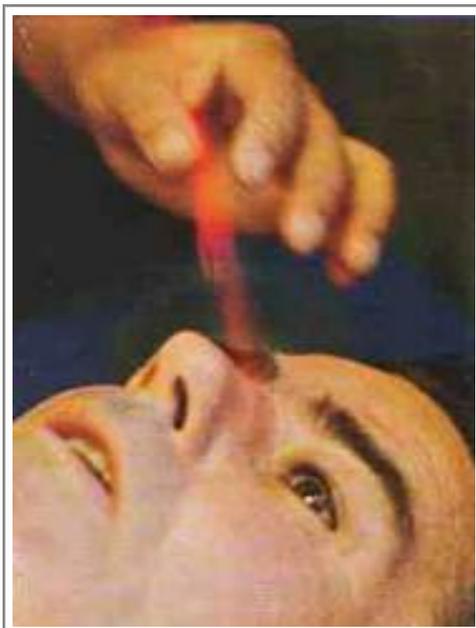
I met George Meek in 1991 and had this discussion with him in his living room in Franklin.

"Now, you know this room is filled with radio signals, right?" George quizzed me.

"Of course," I muttered. Just about everyone was aware nowadays that wherever you went in the world, hundreds of radio stations in the region were constantly broadcasting radio signals through large transmitting antennas, and the signals in the form of vibrating energy were filling the air, getting all jumbled together, and passing through houses, trees, and other solid structures.

"And you know that each signal remains distinct by its frequency. That's why this radio can tune separately to each signal,"

Continued on page 11



Left: This is one of the photos George brought back from his many trips to observe spiritual healing and other phenomena around the world. Here, George captured on film a red-orange blast of healing energy released from the fingers of healer Josefina Sisson, who was living among the rice fields in the Philippines. The patient had come from the outback of Australia to be healed by Ms Sisson. George's five-man team of specialists observed the healing, and although they didn't see any such blast of healing light during the session, it was captured in the emulsion of the photographic film in George's camera.

he added, pointing to the clock radio on the table beside him. "All the spiritual universes—and there are hundreds of them—they're all sharing this space with our physical universe, like radio signals sharing this room."

In a similar way, he explained, all the universes are "broadcast" by a central source which religions typically call "God" or "Allah" or "Yahweh" or "Brahman." These universes are all jumbled together in the same space as they are sent out by God, yet each universe remains distinct by its frequency or rate of vibration. The frequencies of the spirit worlds are much finer than the energies we are familiar with here on Earth, such as electricity, radio signals, and light. Most of these spirit-world energies are imperceptible not only by our physical senses, but also by modern scientific equipment.

"Hence Jesus's passage in the Bible, 'My Father's house has many mansions,'" George continued. "I learned about these interpenetrating worlds about 30 years ago. My first thought was, if we can use a radio to tune into each radio signal, maybe we could find a device that would let us tune into the spirit worlds and talk to their inhabitants." That thinking led to Meek's best-known invention.

In 1979, he and his colleague Bill O'Neil developed the Spiricom device, a set of 13 tone generators spanning the range of the adult male voice. O'Neil was psychically



George and Jeannette Meek

gifted, and he collaborated with his spirit friends while developing the large radio-like apparatus, which gave off a droning buzz that filled the room. When O'Neil spoke in its presence, you could hear his voice getting wrapped up in the buzzing noises of the Spiricom machine. He worked on the machine for months, and then a most amazing thing happened. Another voice began to get wrapped up in the radio sounds too—a voice belonging to someone who was present in the room, but invisible. It was the voice of a spirit.

The spirit collaborator soon identified himself as Dr George Jeffries Mueller, a college physics teacher who had died in 1967 and had now come close to the vibration of the Earth to assist Meek and O'Neil in opening a communication bridge between the two worlds. O'Neil and Mueller went on to record more than 20 hours of dialog between 1979 and 1982.

**Jeannette Meek** died in the spring of 1990, and George soon received a letter from her, via computer, which she had sent from her new home in the spirit worlds. The letter was sent to our world by the Timestream spirit group, a collaboration of hundreds of dedicated people in spirit working hard to open communication channels with the Earth, and they delivered it through the Harsch-Fischbach computer in Luxembourg while George was home in North Carolina. Jeannette told George she missed him and awaited his arrival in the coming years, but emphasized that there was no hurry. Life there was absolutely beautiful, and she had much to keep her busy. It seemed that she had just arrived, and she was already acting as a guardian angel of kindness for victims of war—men, women and children who were coming across the veil in terror from the Persian Gulf Crisis. Jeannette's job was to calm them and get them settled into their new lives. This was not just channeled information; it was the result of objective reports from a woman who had died, then found a way to deliver clear, unfiltered messages to her husband through a computer on Earth.

Within a year, Timestream sent a picture of Jeannette in the higher or subtler reaches of the astral realm. She was posing in a stunning landscape, along with their daughter Nancy Carol, who had died at the age of two weeks and was reunited with Jeannette shortly after Jeannette's death. Also in the picture was the film producer Hal Roach.

**George Meek** himself died in the winter of 1999, after circling the globe many times, acquiring undeniable proof of afterlife, and writing two pioneering books that opened up new markets and blazed the way for a new breed of writers on spiritual matters. George Meek's two break-out books were Healers and the Healing Process, published in the 1970s, and After We Die, What Then? - published in the 1980s.

△



Jeannette sends a picture of herself in the spirit worlds



# A Sacred Twist of Perception

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

Nothing is as it seems to be. Life is very malleable. This is the essence of healing. It is important to not get locked into what appears to be so. Holding anyone or any situation in a place of absoluteness does not allow new movement and new possibilities to come into being.

By creating a genuine sacred twist of perception we have the power to move into new ways of being that are the movement of creation creating itself.

Everything is energy. Energy is movement. It is powerful to ask questions that will invite or create new movement

of your mind. Questions can open minds and realities into a new territory that have never been imagined before. Just because we see what we see, and we interpret how we interpret, does not mean that that is the absolute way it is, was, and will be.

Awareness is key. Fear can lock us into realities we do not want to be in, nor that we want to invite in. Fabricated stories and expectations of problems bring our focus into what we are expecting, and we do seem to find it, or it finds us. An example is, have you ever checked your clothes for lint? The more you look for it, the more you find.

Nourish your desires with your thoughts, words and emotions. *That is healing.* You could focus on what you truly want and request it of creation, then let the expectations go. Get on with your life and let synchronicity and magic happen in ways you don't even expect.

I think of healing as sacred change. All it takes is a twist of perception to see through the cracks of what seems to be true into what is actually true.

My mum was very attuned to noticing what was wrong: in local and national politics, with rules and laws, with expert advice and more. She would always talk about it. I found it quite distancing. I tried countless ways of responding, but I couldn't find a way to engage in conversation. This frustration went on for years. Then a few summers ago, I had a sacred twist of perception. I realized, her 'sacred job' was to point out what was wrong, what wasn't working, and the discrepancies in the system. That was it. Period, and she was really good at. Once I had this 'sacred twist of perception' I let go of my frustration, judgment and annoyance. *She was doing her job,* and all the things she had pointed out continuously? She was right on! Change needed to happen and it wasn't happening. People weren't being listened to and right action was not being taken in many cases. Bless her tenacity.

Sometimes healing comes from a twist of perception of the "ancient past." I had a client who had a very challenging relationship with a family member. We did a regression to a time when she and her relative were strong enemies and were in the midst of a dynamic physical fight. From the witness's place she could

Continued on page 13

*Now available on Amazon!*

**Luminous Infusions**  
by Beverly Brunelle

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

*Featuring full color photos and insightful guidance.*

**Order Now**

[BeverlyBrunelle.com](http://BeverlyBrunelle.com)

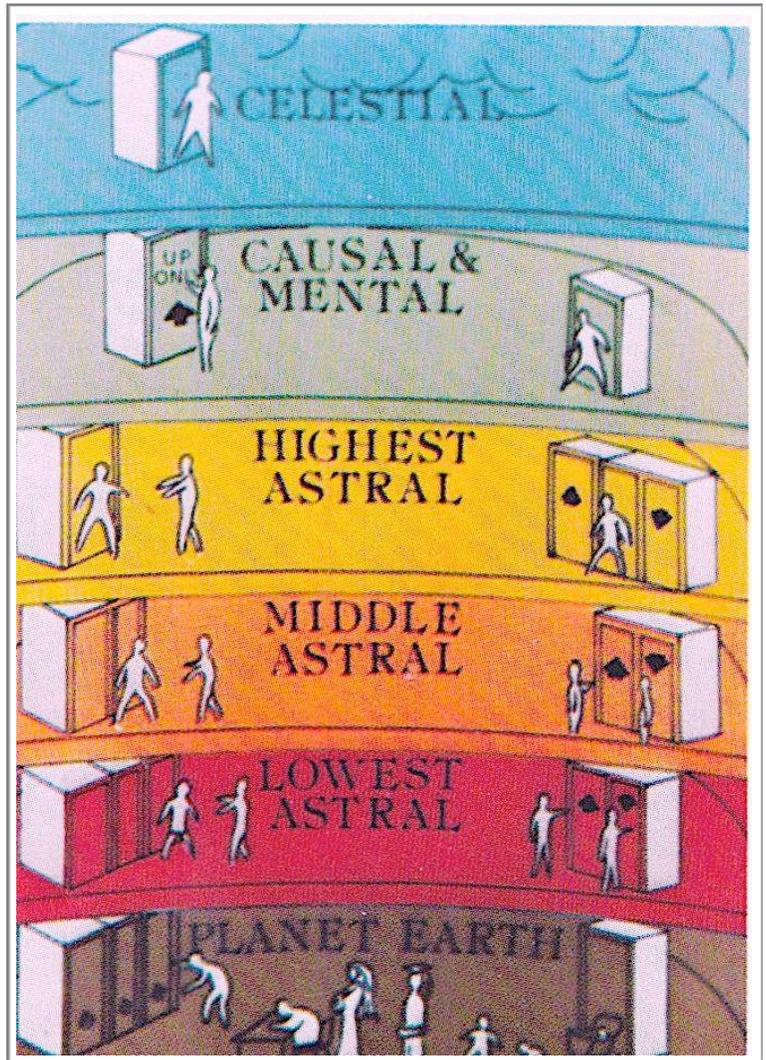
see the origins of the power struggle. As the secrets of the ancients ones were revealed, acknowledged and honored, the fighting between these two stopped. New capacities for conversation ensued and peace was made. In the weeks that followed, she experienced a total new calm and relatability with her family member.

Another client had concerns about her teen daughter who had become distant, resentful, and non communicative once the new stepdad was official. During the energy healing session we contacted the daughter's birth father, who had died a few years earlier. He was being left out of the new family matrix and it was influencing the daughter's acceptance of her stepfather: She didn't want him to take her dad's place. With compassion and clarity we integrated the birth father into the new expanded family matrix. The mom reported that the daughter had 'a sacred twist of perception' and things were going great in the new family.

Energy healing can be of body, mind and emotions. It also occurs in the spiritual and quantum fields, affecting all ages and stages, family systems, ancestors, the collective and beyond. It is all related.

An authentic sacred twist of perception can dissolve worlds of limiting reality and create unexpected brilliant healing and new freedom. Some call it magic or miracles. In my world it is the norm.

△



George Meek, Founder, Metascience Foundation and author of "After We Die What Then?" produced a chart of what he found to be the various levels of being after we leave the physical plane. For more on George Meek, see article on pages 10-11. or click this link: [http://www.worlditc.org/h\\_07\\_meek\\_by\\_macy.htm](http://www.worlditc.org/h_07_meek_by_macy.htm)

## Heaven's Cross Event ~ March 22, 2023



**Heaven's Cross** (or Heavens Cross) occurs when the level of consciousness on the planet reaches a point where the barriers that have separated the physical realms from the non-physical realms begin to open. For humans that are aware and ready, this means easier access to their divinity. It creates a tangible energy flow between the human facet and the soul. The term "heavens cross" means that the heaven (or dimension) of the physical universe begins to intersect and interact with the other realms.

We have created this special page to make it easy for you to find all the relevant information about this extraordinary event. Please scroll through the items below, and check back often as more information will be added over time.

Then join Shaumbra around the world for a FREE webcast on March 22, 2023, at 9:00 AM Hawaii time (2:00PM CST) as we celebrate the fulfillment of a dream many lifetimes in the making.

Mark your calendar! <https://www.crimsoncircle.com/Hub/Heavens-Cross>



# Cross the Threshold of Your Becoming with Sodalite

As we enter the month of March, Sodalite greets us with an invitation to integrate all facets of self and cross the threshold of our becoming. This is a big message. As we enter the spring season this month, a time of rebirth and renewal, we will also encounter some pretty big planetary events. After a couple of years of feeling like we've been slowly moving through the muck, we may begin to feel a sense of relief, new possibility, and expansion.

My astrologer friends tell me March is going to be a big month. Amidst our conversations, they slip in optimistic details about the position of Jupiter, Saturn, and Pluto, the fifth dimension, and how it is exciting to finally enter the Age of Aquarius (insert a moment to break out in song: "When the moon is in the seventh house and Jupiter aligns with Mars").

As we enter this new energy, we have an opportunity to be crystal clear about the dreams we hold and the seeds we plant. This is a time for us to be impeccable with our intentions. So often we let ourselves slip by with dreams that are close, but not quite what our heart most desires. We say yes to what seems like the

logical next step or what feels practical given our previous experiences. For many of us, myself included, this was important. It is what kept us safe, created stability, and offered a sense of direction; qualities that were both essential and greatly valued by previous generations.

But as we move forward, we are breaking free of old paradigm limitations and Sodalite is here to help us to step forward differently than we would have in the past. Just as the planets are shaking up the collective energies and heralding a new era, Sodalite is also asking us to shake off what has been and open our hearts to what we truly desire.

This is not easy. You may read this and think, "Oh heck no," or you may feel a ping of certainty in your heart knowing that you are absolutely ready to say yes to something new. Regardless of which end

of the spectrum you find yourself, simply letting the idea percolate in your consciousness is a step forward.

Sodalite is steady and ever present. Its priority is making sure we stay grounded as we say yes to the dreams within our hearts. It helps us to shake off false grandiosity and connect with unique and meaningful ways to share our gifts and talents with the world. It shows us how to shine our light in practical ways that also honor the song of our soul.

When we work with Sodalite, it illuminates the pathway as we courageously embark on an introspective journey of inner exploration. It will open gateways between worlds. Invites us to lovingly witness new possibilities for self, for others, for humanity, and for the world. And along the way, we often find that big leaps unfold with ease because on

a deep level, we begin to remember that this human experience is a gift and the magic of life is being fully present from one moment to the next.

△

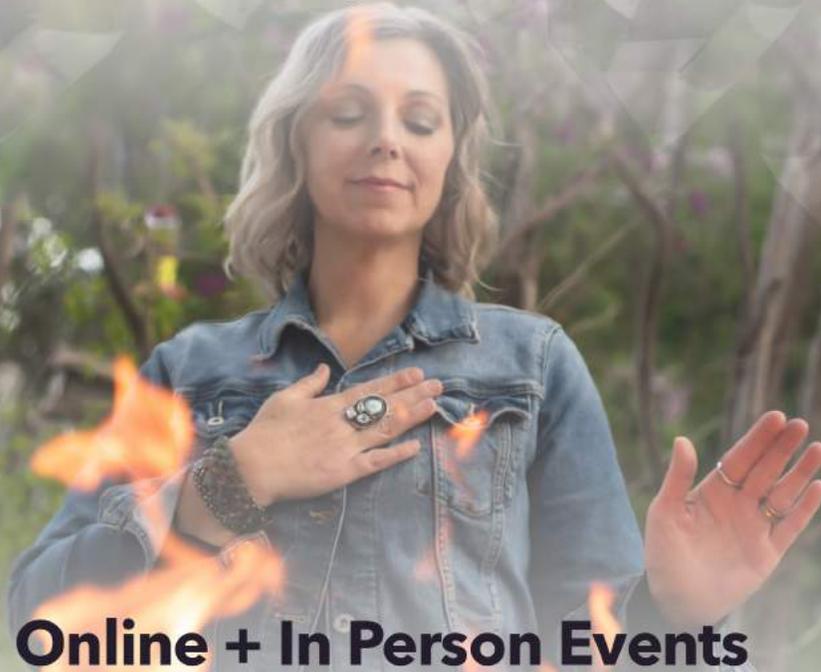


**Rise into your soul wisdom. Discover shamanic practices and crystal rituals for activating your sacred path. Begin today with the Crystal Magic journey: <https://loriaandrus.com/crystal-challenge> LoriAAndrus.com**



# LORI A ANDRUS

artist. ceremonial guide. wisdom teacher.



## Online + In Person Events

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

**Crystal Soul Fusion** - Mar.3 & April 21, 6pm - 7pm (in person at Balance SoundSpace in Manitowoc, WI)

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

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

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

**Living the Art of Ceremony** - Begins April 28th (yearlong online training)

*This highly experiential program will guide you through Compass of Creation as a pathway for healing and change. You will flow with the creative energy of the four seasons, work with transformative energy of the four elements, bridge the worlds, and align with new possibilities for your life.*

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

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

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

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

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

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

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

**Learn more at [LoriAAndrus.com](http://LoriAAndrus.com)**



## Dark Night, Emerging Light

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

The call came in June. “Kathleen, I’m in the hospital in terrible pain.” With that began an odyssey of dark and light that continued for seven months. My mother had undiagnosed digestive disorders for the previous 14 months. She went from specialist to specialist, lost over 20 pounds, but was given no diagnosis. Finally, her gut twisted and refused to unbind. She was given emergency surgery and hospitalized with two short times of release followed by relapse for the following 6 months.

She had a complex combination of symptoms that defied diagnosis until one doctor thought about an ailment found in Europeans. He took a biopsy and found Celiac, a complete intolerance to wheat and gluten in any form. By then she also had deterioration of the colon and inability to absorb nutrients. My mother dropped from 125 pounds at the onset of this disease to 76 pounds. She was on the verge of death, on the verge of health, and everything in between. A lesser person would have folded given the ordeal she endured, but she was not a lesser person. Instead, she went through the dark night of the soul, struggled with whether there is a God, or not, and came out of an inner battle that brought her into a light body she never knew before. She made peace with old hurts, overcame one of her worst traits — extreme impatience — and became a model of an intangible quality we all long to possess.

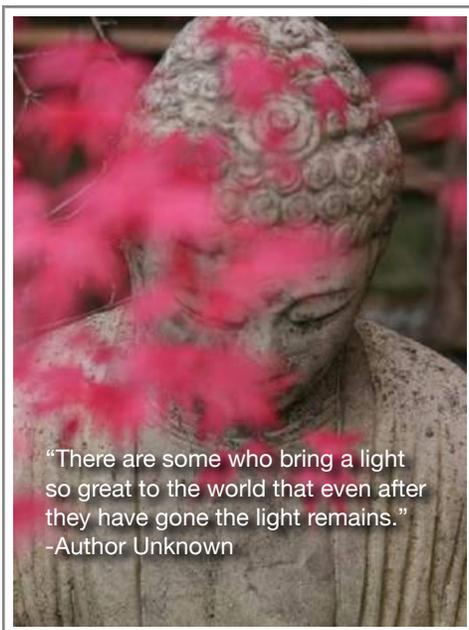
The entire staff of the hospital marveled at her kindness to them, her appreciation in even the worst moments, and her ineffable light. She weighed next to nothing, but there was strength and energy that radiated from her that made people stop and feel better because they had been in her room. The doctor phoned to tell me that mom did not have long to live. Yet, he said to me, “Your mother is the most extraordinary person I have ever known. She demonstrates the most unbelievable patience, dignity, and acceptance of what is happening to her. I just can’t get over it.”

One day my mother told me that she would never be able to describe what she experienced in the previous six months because it was ‘indescribable.’ The closest she could come was to say it was as though all her life she had been a tight bud waiting to open, and this experience and the inner battles she endured brought her into full bloom. She also said that if someone asked her if she would be willing to go through the entire ordeal again if she knew this would be the outcome, she would say, “Yes” without hesitation. That says a lot. On the day my mother died, the nurse told me that when they know a patient is going to die, they often try to get out of being the one on duty, but when they knew my mother was going to die, they all vied to be the one who was with her.

That brings me to the point of this article. We never know the reason for certain circumstances being planted in our lives. They are the seeds that bear fruit we don’t always understand, but they are also the opportunities for deeper self-knowing when we open to receive whatever comes our way. When we resist, we miss golden opportunities. When we gloss over conditions in an attempt to always be positive, we miss the gifts that are often only found in the dark. Sometimes, in order to gain our lives, we have to go through the dark night of the soul.

There may be more than one, just as winter comes more than once in a lifetime. However, just as winter comes, and dark nights come, there is always the light that follows.

My mother is an example of someone who has faced the worst, has held herself as best she could to accept what was being given, and triumphed in a way that many people never do. We do not have to control or manipulate life to gain the best from it. We merely need to acquiesce to open to possibilities in what is being presented, and to move from the bud of potential into our own full bloom.



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





# Navigating Dreams

Discover Pat Gullett's [Art of the Dreamtime](#)  
[patgullettdesigns.com](http://patgullettdesigns.com) | [www.awegroup.net](http://www.awegroup.net) [www.patsartfullife.com](http://www.patsartfullife.com)

**N**avigating Dreams expands our horizons to fly higher than ever, and discover our future selves. Everything we think or dream is a part of us. If we pay attention, it can bring wisdom and healing to our lives here and now. We go to many other realms regularly, in sleeping and waking dreams. There are many layers in the Dream World, filled with new experiences that can enrich our lives daily. Dreams invite us to explore and discover new interactions with a whole cast of characters. We see what works, gain insights, and use the interesting parts to navigate our present world.

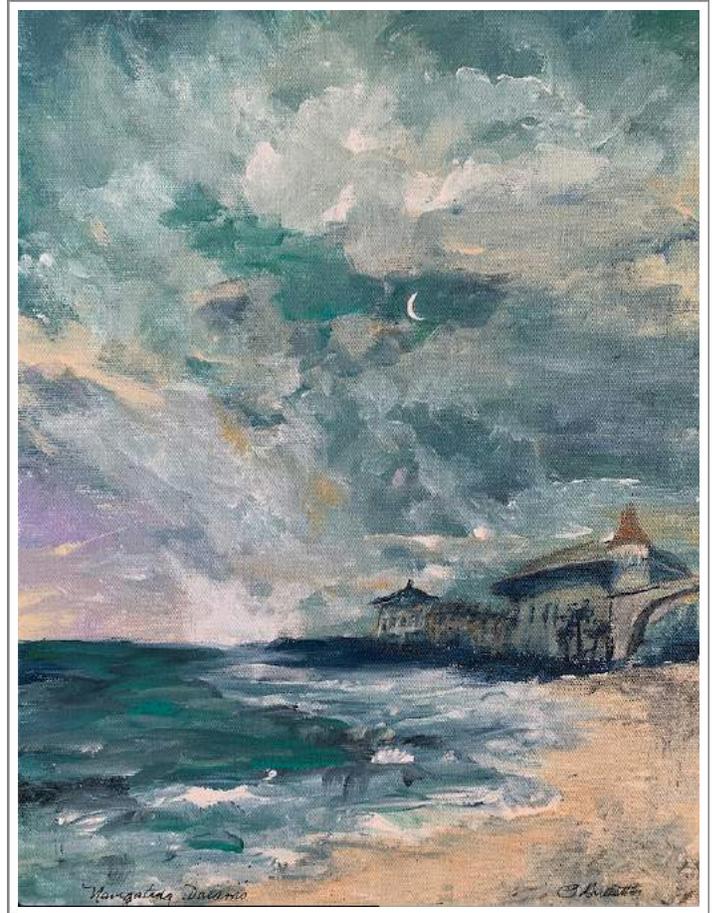
When we are mindful, we create our own personal virtual reality. As explorers, we find ourselves doing, interacting and living different lives 'over there.' The deeper our focus and remembering, the more magic we bring to life today. Seek your future 'healed' self to bring back ideas to get you there. Ask for direction and listen for answers.

Also, every dream impacts you, whether you remember it or not. So try to keep a journal, record events, words, and images as much as possible. The important thing is the essence, the 'feeling' of the event. Just because it's the imaginary realms doesn't mean it's not real! Everything carries an energy that creates ripples in space and time. All things begin in the Dream World, the source of inspiration.

Navigating Dreams brings messages from our Soul. My painting, Navigating Dreams, came from three photos I took on my recent journey. One of a futuristic Star Wars City, a second of our changeable sky, and the third of the most beautiful beach I've seen in a long time. I was enchanted by the city, so I sketched it in. The towers were big and dominated most of the canvas.

But, they were drawn in pastel, and like a dream that disappears into daylight, I found the magnificent sky took over and completely covered the city. The Power of Nature brought the architecture down to an appropriate scale on the distant horizon. Only later did I see the huge turquoise raven soaring through the heavens. She is the Spirit Raven, gathering her tail feathers, flying higher than ever before, and creating a new path to the stars for each of us to follow.

Finally, came the beach of stability and grounding. Healing waters brought waves upon the shore. The Sea is all about our feelings and emotions. I felt this was like finding my future self.



Navigating Dreams painting by Pat Gullett

I go out, explore, have only my inner map of what to do next, and then allow life to take over and create magic.

Letting go of control and trusting inner wisdom, somehow creates an incredible adventure that is more than ever imagined. Plus, this opens the door to the unknown, where magic lives. So, listen to your Soul and value your Dreams. They make you whole, fill you with light, and bring healing in every way.

Δ



**Sensitivity** ©by **Julie McVey**

Sensitivity, speak to me and I will hear  
Whisper to me your secrets and share with me your fear  
Tell me your deepest desires  
It is then I will know the depth of your fires  
It is you, Sensitivity, who knows what it's like to feel  
It is you, Sensitivity, who knows what it's like to be real  
In a world full of apathy and indifference  
In a sub-reality lacking significance  
My sweet, Sensitivity, the song of your passion resounds  
My dear, Sensitivity, the echo of your empathy mounds  
You make this world of coldness worth living  
You make this place of pain worth giving  
Another chance to breathe in a long, deep breath  
Another chance to inhale something so fresh  
No pill to swallow  
No therapist with whom to wallow  
For you, sweet Sensitivity, are beyond such shallows  
You are in the deep and beyond even the hallow  
You are too much for those who want to ignore  
The pain and the pleasure, swimming far beyond the shore  
I will join you, Sensitivity, in your beautiful dance  
I will trust the joy and the peaceful trance  
You, Sensitivity, are not valued for all that you give  
I will embrace you, Sensitivity, and know what it's like to truly live



Julie McVey is a Published Author of "Messy Musings" (link below) and the Creator of UnOrdinary Made Ordinary Show: [youtube.com/c/UnOrdinaryMadeOrdinary](https://youtube.com/c/UnOrdinaryMadeOrdinary)



**[Messy Musings: Poems, Lyrics & Other Writings](#)**



Artwork by Hayley Evans





## From The StillPoint Within Message #7

By JA Dioguardi

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

Wellness is a desire of all human beings, yet the interpretation of those characteristics that indicate wellness differs from one person to the next and oftentimes within one person over the course of his/her life. What is labeled as *vitality* in a youth might be regarded as something that is less desirable in a middle-aged person, and vice versa. Those who believe and expect that their physical body is capable of a certain level of activity and flexibility no matter their chronological age will most often experience what they believe is possible; the opposite holds true as well.

The process of healing is perceived by some to incrementally move in a certain direction, i.e., away from the state of dis-ease; the perception of others includes some worsening of symptoms before the betterment can take hold. Instantaneous healing is considered by most to be a miracle that is seldom seen. What remains widely unknown is that so-called *miraculous* healing takes place each moment, unnoticed via intellectual faculties. Just because we don't see it, feel it, and/or have rational knowledge of it does not mean it is absent. Healing occurs all of the time and often without any conscious effort on the part of the person involved.

The diagnosis of an ailment does not have to take place for the ailment to be present: Most of us would agree with that statement. However, what most don't recognize as true is that an undiagnosed ailment is sometimes more easily healed since the person with that ailment is not interfering with the *miraculous*

(albeit inherent) healing properties of the human body. The human organism is self-perpetuating and self-regulating when allowed to do its work unhindered by limiting beliefs and restrictions imposed upon it through one's thoughts and actions. Though it is said that knowledge is power, in this fear-driven world of ours, that is not necessarily the case. Knowledge channeled through fear-based beliefs and ramped up via the resulting negative emotions can be more dangerous than not. A serene mind and tranquil emotions do more to maintain a state of health and well-being than any amount of intellectual knowledge. Wisdom, health, and joy abide in presence; healing is most available when and where stillness resides.

Alignment between the human being incarnate in physical form and his/her spiritual counterpart promotes a state of well-being on every level. This is not to say that the appearance of dis-ease in the earthly world signifies that there is no alignment; it simply indicates that there is a shift occurring that has the potential to further enhance the connection between Self and Soul, which in turn leads to fine-tuning, alignment, expansion, and growth. How we interpret all of this from a human perspective depends on our beliefs, and it is to some degree beyond the comprehension of the reasoning mind. "Within each molecule indwells a radiant jewel inherent with potential..." Potentiality, as viewed through the human mind, has limits that only exist in the mortal world.

Δ

~Excerpt from a personal channel by **Stefanie Finn**  
[www.StefanieFinn.com](http://www.StefanieFinn.com)



When you feel winded and broken, plant yourself in God's light.

There's really only one way to do this: Notice your thoughts and then release them. And as the tremendous resistance breaks apart into smithereens, you will notice the light.

You will prefer it because of its exquisite healing properties. It has come to save you in this moment.

There are no prophecies here or long-winded techniques, there is a sense of being cradled in the Mind of God.

Here, the starving baby receives the mother's milk.

Here, the frequency enables you to relax like you've never relaxed before.

Here, off-putting remarks that once tantalized your mind with horror, become like little baby's breath flowers in your hair, gently delighting your mind with innocence because the sparkle is now seen instead of the fire.

Here, bodily problems can shrivel up because you just won't need them anymore.

You will be left with a sparkly and shimmering sensation instead of a heaviness.



# Managing Anxiety

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

The first time I heard that phrase; “Staying Grounded” it felt more like a negative than a positive. Staying grounded seemed to suggest that I had to give up my “wings” and stay stuck on the ground like a plane that had been grounded due to bad weather.

As I was pressing Mentor, my spiritual teacher for answers about ways to manage anxiety, he said, *“Agartha, stress that comes from anxiety is a natural part of human nature. It isn’t unnatural even though it is uncomfortable. It comes from the mind that wants to control the uncontrollable and so there is anxiety. There is always anxiety. The challenge for human beings is to take action where required and appropriate, but to manage anxiety through enhanced connection with one’s true and original nature, with Spirit.”*

As I considered Mentor’s words, I thought how often we are overcome with

the desire to figure things out. The idea of “not doing,” as in sitting in meditation, brings up a strong resistance to spiritual practice. Why? Because we think Spirit has no imagination, isn’t creative, it’s just serious “God stuff.” We think Spirit is an appendage, rather than our core. We think meeting Spirit each day means doing something hard rather than softening to meet our true selves.

Continual mental efforts to solve problems or reduce anxiety is a trap. It only perpetuates the racing of our thoughts. Not trying to figure things out actually gives rise to our genuine creative natures. Problems are solved and anxiety reduced when we’re looking the other way. Looking the other way means lightening up and finding joy in our morning (meditation) practice. When meditation seems impossible, allow your creative side to show you new delights.

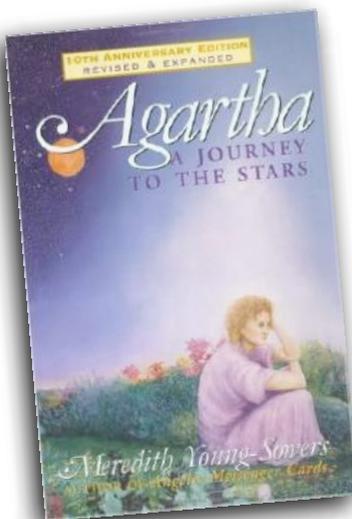
If you’re going to face anxiety and call it out for what it is — *just fear in an*

*overcoat* — then you need to be fed with your own creative delight.

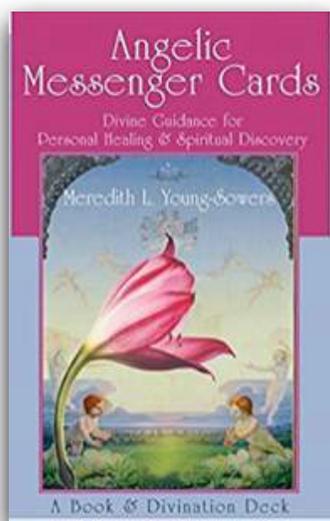
So, create an area that is your quiet space. Let it reflect the colors and contents that are meaningful to you now, not what you think should be there. Bring in plants, light, new color — fun and music, whatever feeds your heart and helps you relax. Paint, write, draw, imagine, allow, forgive and just be with yourself as you are. You’ll find anxiety diminishes and joy arises. This is also what I call “spiritual practice.”

### ~ Meditation ~

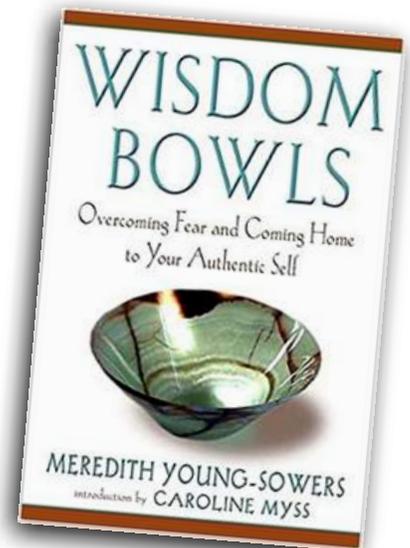
*Take a breath & put your hands over your deep heart ~ your touch point with Spirit. Let thoughts soften & your true creative-self rise up to meet you & carry you through the day.*



**[Agartha: Journey to the Stars by Young-Sowers, Meredith L. \(2006\) Paperback](#)**



**[Angelic Messenger Cards: Divine Guidance for Personal Healing and Spiritual Discovery, A Book and Divination Deck](#)**



**[Wisdom Bowls: Overcoming Fear and Coming Home to Your Authentic Self](#)**



# Neptune: Living As Divinity

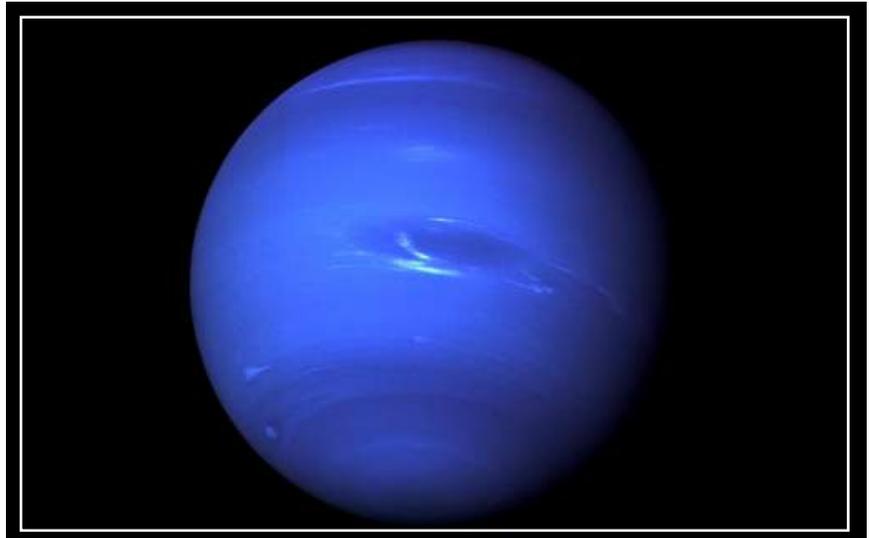
Rules: Pisces | Element: Water | Second Chakra

Pisces is ruled by planet Neptune. Pisces marks the return to spiritual unity consciousness. Neptune is our inner channel to experiencing this divine oneness with all that is. Through this higher heart, we access the feelings of our soul: compassion, acceptance, forgiveness, and gratitude, for others, for ourselves, for humanity, for all beings, to feel and embody the infinite source of unconditional love that we truly are.

This hasn't been easy for humans to do. In the illusion of separation in this physical world, we've tended to live in fear, of each other, of death. For ages, some religions have offered hope beyond fear, through beliefs and practices that can effectively move some beyond fear. Other religions have only added to the fear. That is the importance of planet Uranus freeing us from mental enslavement to the past.

It was just after scientists discovered Neptune in 1846 that large numbers of people began to claim freedom from religious authority and declare their rights as individuals to discover their own paths toward "God," toward spiritual enlightenment. What had previously been secret and occult schools of mystical wisdom now became popular movements in our societies, allowing multitudes, for the first time in history to be able to say, "I am spiritual, but not religious," without being killed or banished by society.

Yet, for lack of experience in how to realize our inner Neptune in healthy ways, we humans have made distorted attempts. Drugs, alcohol, cults, martyrdom, mental illnesses and other means have been used for ages to invoke brief imitations of the expanded



awareness we can have when in our genuine mystical connection to oneness. On the other hand, the same means have been used to shut down the deep pain we feel in the face of apparent separation. Realization of Neptune requires a strong enough ego to channel the full vital force of light and love available to us through true alignment with our soul. That is why attaining mature consciousness in all the signs and planets is so important. Historically, mystics have been the pioneers in modeling what is possible.

Today, there is a mass spiritual awakening across the globe as humankind confronts the crises of collective survival that naturally resulted from living in the illusion of separation. It is Pisces/Neptune that calls us to feel past our fears, remember we are, in essence, the love and power of God, and live our lives with that bold awareness so to create the beautiful world our hearts know is possible.

Some healthy attributes of our inner Neptune are compassion, reflection, imagination, intuitiveness, artistry, acceptance, forgiveness, inner peace.

Some unhealthy attributes are a debilitating sensitivity to pain in the world, martyrdom, misplaced devotion, escapism, addiction, mental illness, lack of practical thinking.

In your body, the energy of Neptune sits in your 2nd Chakra. Bring your awareness there and ask yourself: Does my inner child know unconditional love? Do I know how it feels to accept and love others unconditionally? Do I love living my life as a divine child in play?

To lend strength to your inner Neptune, repeat the following affirmation: I am an immortal being of loving consciousness in oneness with all. By accepting and loving myself and all around me, I create inner peace, and I help humanity evolve toward a more divine perfection.

△

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



# Arthritis: Can it be traced to past life actions?

A Regression Case Study By Joanne DiMaggio

Are physical and mental illnesses the result of karma acquired in a past life, and if so, does uncovering that lifetime lead to healing? That is what I set out to prove during a yearlong research project. Fifty volunteers, ranging in age from 34 to 74, participated in the project, coming in with such conditions as diabetes; heart disease; leg, back and foot pain; liver and kidney issues; head-related concerns; mental and emotional issues; drug and alcohol abuse; weight and digestive problems; and even sexual concerns. Employing past-life regression and augmenting the session with soul writing, i.e., writing in an altered state of consciousness, the project sought to find the buried past-life story behind the present-day malady. The results were fascinating.

During the course of that study, I met Gary, a 68-year-old Navy veteran and defense contractor who was complaining of arthritis in his thumbs. His session was so compelling that he was included as one of 23 case studies highlighted in my latest book, [Karma Can be a Real Pain: Past Life Clues to Current Life Maladies](#).

At the start of our session, I asked Gary to do a body scan to determine whether he felt any sensitivity, discomfort or birthmarks in a particular part of his body. Body scans often preview conditions that come up in the regression and they enable the participant to focus on areas in their body where they have experienced repeated problems. Gary's body scan brought up the memory of a wound in the back of his thigh, as well as wounds above his digestive organs on the right side and a punctured right lung. He also

recalled injuries to both thumbs and said his right thumb was tingling. This was an important piece of information, given what he would uncover during the regression.

While under hypnosis, Gary went to a Civil War past life in Virginia where he saw himself as a 35-year-old man named John who was an officer in the 32nd Virginia Infantry with men under his command. The significant event in that life occurred during an early battle.

"I'm on horseback," he recalled. "My saber is drawn during a skirmish. I struck the hand of my (Union Calvary) opponent and severed his thumb. We would fire our pistols first and then we would resort to sabers. I tried to hit the hands of opponents rather than the body [so they] can't ride, hold guns or wield a saber." John dies a year later as the result of a gunshot wound to his chest.

Gary's case is an example of physical karma that is a direct reflection of a past-life act. John drew his saber and struck the hand of his opponent, severing his thumb. In this life, Gary has arthritis in both thumb joints. He clearly saw the correlation between the two.

"Yes, I do feel that the pain in both my right and left thumb joints are due to my past-life practice of intentionally injuring the thumbs/fingers of my opponents while fighting them with sabers," he admitted. "At present, I have experienced arthritis in no other part of my body, though I am now a 68-year-old disabled veteran. I feel this is a karmic debt I am now facing due to my past life's view of how I would fight, intentionally wounding or disabling opponents with saber strokes aimed at their fingers and hands."

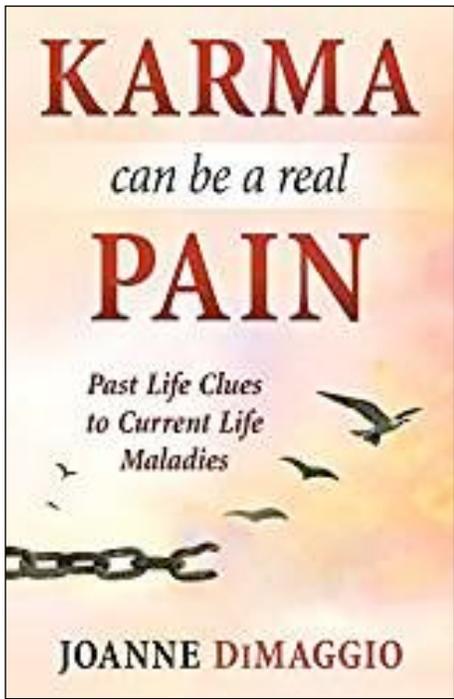
Gary's revelation that his current chronic condition stemmed from actions in a prior lifetime was echoed by the other volunteers in this research project. The participants were all respected in careers that ranged from university professor to nurse to aerospace contractor—not the sort you would expect to make up incredulous tales of the past. Many who came to the project were skeptical of the validity of past lives, but upon meeting their past-life aspects and discovering the karmic origin of their chronic condition, they embarked on a healthier, happier life.

Statistically, the results of the project were encouraging. Within three months of the session, 17-percent of the 23 individuals highlighted in the book, reported a complete healing while 30-percent reported their condition improved substantially. Gary was in the 35-percentile group that said nothing had changed after our session. Even so, all who said their condition neither improved nor worsened admitted that their attitude about their condition had shifted as a result of their regression. Just knowing and understanding the source of their malady was, in and of itself, a healing experience.

Like everyone in the research project, Gary was enthused about the healing potential of past-life regression. "It would be nice if medical science and organized religion would be more accepting of past-life experiences and of karmic debt incurred by our past-life actions," he said. "It is good that you do such research in these fields. We need more of it."

△

The link to buy Joanne's book is on page 23.



[Karma Can be a Real Pain: Past Life Clues to Current Life Maladies](#)



## Science Explains What Happens To Your Body When You Drink Lemon Water With Turmeric Every Day

Keeping the body properly hydrated is a must in order to ensure the optimal function of the body, but if you enrich the water with lemon and turmeric, you will drastically increase the benefits of its consumption.

Our water needs can depend on the climate and our activity level, but a good rule is to have 8 ounces of water 8 times daily or about half a gallon of water.

If you add turmeric and lemon to water and consume this drink regularly, you will significantly improve your health in various ways.

In the Ayurveda, turmeric is used as a powerful antioxidant that fights cancer-causing free radicals, an antiseptic and a natural anti-inflammatory. It is also a staple in Indian cooking, and as soon as you incorporate it into your diet, you will definitely fall in love with its unique flavor.

**Turmeric** is a powerful, antiviral, antibacterial and anticancer agent, and has been found to be able to treat multiple conditions and diseases, from acne, other skin issues, to digestive problems, diabetes, and high cholesterol. It has also been shown to prevent Alzheimer's, dementia, memory loss, and depression.

On the other hand, lemons are among the most beneficial fruits on the planet, rich in vitamin C, soluble fiber, potassium, folate, calcium, thiamin, niacin, vitamin B6, phosphorus, riboflavin, pantothenic acid, and various phytochemicals.

### One peeled lemon contains approximately:

- 24 calories
- 7.8 grams carbohydrates
- 0.9 gram protein
- 0.3 gram fat
- 2.4 grams dietary fiber
- 44.5 milligrams vitamin C (74 percent DV)
- 116 milligrams potassium (3 percent DV)
- 0.5 milligram iron (3 percent DV)
- 0.1 milligram vitamin B6 (3 percent DV)

Additionally, lemons are high in calcium, magnesium and copper, thiamin, folate, pantothenic acid.

The high citric acid levels relieve digestive issues, vitamin C lowers the risk of heart disease and osteoporosis, improves skin health, helps weight loss, and much more. Lemons neutralize acidity in the body, strengthen the immune system, energize the body, and boost cognition and mental function.

In order to reap all the benefits of turmeric and lemons, add a teaspoon of turmeric and the juice from a half of a lemon to an 8-ounce glass of water, and drink this amazing beverage throughout the day. You can also add honey or mint to enrich the taste, and enjoy! Δ

### Sources:

[www.powerofpositivity.com](http://www.powerofpositivity.com)  
[draxe.com](http://draxe.com)  
[www.mindbodygreen.com](http://www.mindbodygreen.com)



# Your Biggest Dreams Do Not Include a House Full of Stuff

By Joshua Becker

Mark Twain once said, “The two most important days in your life are the day you are born and the day you find out why.” I like to add a third, “*The day you remove everything that distracts you from that purpose.*”

We’ve never met. But I’m going to make an assumption:

*Your greatest dream in life is not to own a house full of stuff you don’t use.*

Nobody, sitting across the table from you drinking a cup of coffee, would ever say that their greatest goal in life is to own a house full of boxes crammed into closets and cabinets.

We all dream bigger dreams for our lives than material possessions.

When we dig deep into our heart and soul, we want to live a life that mattered.

We speak of family, faith, relationships, or making a difference in the world. These are the motivations that inspire us.

But somewhere along the way, the world hijacks our passions and directs it toward things that don’t matter.

We slowly and subtly begin to waste the one life we’ve been given. We spend our money on things we don’t need. We spend our time cleaning and organizing things we don’t use. And we direct our focus on acquiring more and more of the “latest and greatest.”

Marketers and advertisers promise their newest trinket will lead to a better life. But for the most part, we regret the purchase in the long run. The things we buy may provide a short hit of happiness, but that happiness fades quickly.

It’s not long until we look around our homes filled to the brim with unused possessions, or open the next credit card statement, and regret the purchases that we made.

But rather than breaking free, we too often repeat the cycle, only adding to the clutter in our home.

It is time to break free. It is time to return to the bigger dreams for your life.

It is time to stop wasting your life pursuing and accumulating material possessions. You were designed for greater pursuits.

It is time to become more intentional with the items you allow into your home and life.

It is time to take back control.

It is time to remember that your biggest dream does not include a house full of stuff. But how?

**1. We get clear on what we want to accomplish and who we want to become.**

Find time alone, away from the noise of this world and make a list of the three most important things you want to accomplish with your life. For me, my list consists of growing in faith, excelling in my relationships, and making a difference in the world.

Your list will look different. But I can virtually guarantee, “Owning a house full of stuff I don’t use” won’t be on that list.

Write your list. And get clear on the plan you wish to design for your life.

**2. Remind yourself that you have a choice in how you live.**

Nobody can take away your right to make decisions for yourself. You can give it away or you can forget that you have

agency, but you always have a choice. That may not mean you get to control every aspect, but you can still decide what pursuits are going to be important to you.

You have control and [you have a choice](#). [You don’t have to live exactly the same as everyone around you](#). You can choose to live for those pursuits that mean the most to you.

**3. We remove distractions.**

Minimalism is the intentional promotion of the things we most value and the removal of anything that distracts us from it. It forces us to get clear on our priorities and then reorient our life around those pursuits.

Minimalism can be applied in countless ways: [possessions](#), [commitments](#), [habits](#), [relationships](#), [even the work that we do](#). Removing the distractions may not be easy in a world that constantly clamors and screams for our attention and resources, but it is required to [live an intentional life](#) focused on the things that matter.

You can do it.

Mark Twain once said, “The two most important days in your life are the day you are born and the day you find out why.” I like to add a third, “The day you remove everything that distracts you from that purpose.”

Your greatest dream in life is not to own a house full of stuff. Live for something greater.

△

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



## A Channel from Stefanie Finn

The adventure now is all about mind. Your mind knows the truth, and will splash it out to all other minds. Your sparkling remembrance will be like a citadel, or a lighthouse with a plan for salvation to be leapt towards. In the fog of disaster there will be like a jogging of the memory, which will activate a memory of hope in one who has

forgotten. There is no hope in one who has forgotten, but only in one who is remembering the light.

We salute the ones who are remembering the truth for everyone. Holy is the one who splashes forth their light into the minds of all, without even knowing what they're doing. ♥

[www.StefanieFinn.com](http://www.StefanieFinn.com)

## American Native Indians

We were told we would see America come and go. In a sense, America dies from the inside out, because they have forgotten the instructions to live on Mother Earth. This is the Hopi creed, it is our creed, that if you are not spiritually connected to the Earth, and you don't understand the spiritual reality of life on Earth, chances are you are not going to make it.

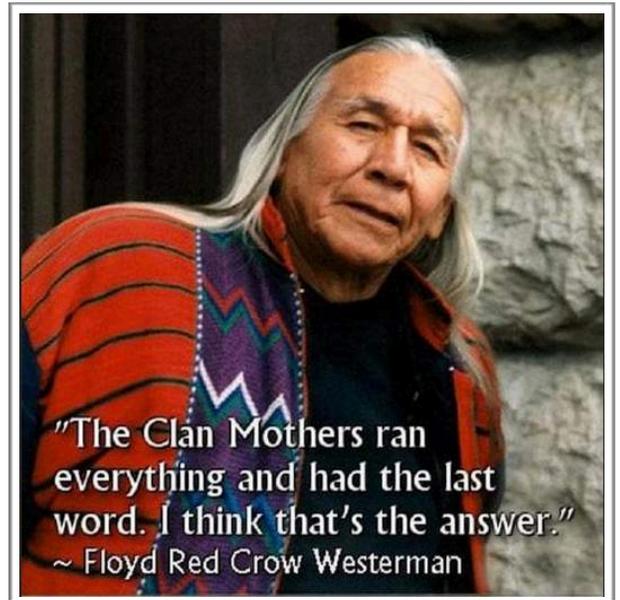
Everything is spiritual, everything has one Spirit. We are here on Earth only a few winters, then we go to the spirit world. The spirit world is more real than most of us realize.

The spirit world is everything. Most of our body is water. To stay healthy you need to drink pure water. Water is sacred, air is sacred. Our DNA is made from the same DNA as the tree, the tree breathes what we breathe out, we need what the tree expires. So we have a common fate with the tree. We are all of the Earth, and when the Earth and its water and atmosphere are corrupted, then the Earth will create her reaction. The Mother reacts.

In the Hopi prophecy it says that storms and floods will get bigger.

For me it is not negative to know that there will be big changes. It's not negative, it's evolution. When you look at it as an Evolution, you know it's time, nothing stays the same. You should learn to plant something. This is the first connection. You should look at all things as Spirit, realize that we are family. It never ends. Everything is life and there is no end to life.

△



Floyd "Red Crow" Westerman is a musician, actor and activist, and a native of South Dakota.

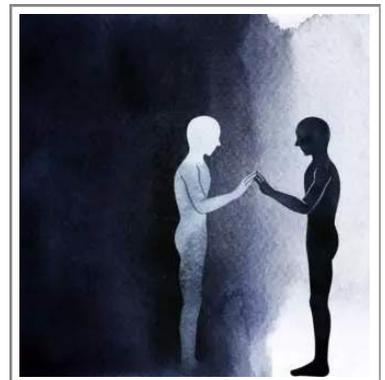
## Death is but a veil, not an ending

By Marianne Williamson

While the body dies, the spirit does not. Let me not forget that those whom I have loved but lost to death are not lost at all. Rather, they dwell in the placid realm beyond time and space. They are not lost to me and I am not lost to them.

May a golden cord entwine my heart to those I love who have passed beyond the veil. May my inner eye be opened, that I might see the reality of eternal life. May death not tempt me to forget that what and whom God creates is created forever. Whom God hath put together no one and nothing, not even death itself, can put asunder.

Dear God,  
I place in Your hands my sorrow  
And grief  
Over anyone's death.  
May my mind be healed of  
the delusions of the world,  
That I might truly see  
That life goes on forever.  
May my heart be opened  
To the higher truth  
Of life unending.  
And so it is.  
Amen.





## Biophilia, Sacred Spaces and Earth Healing

**H**umans have a hunger to live in connection with the land. Biophilia drives this desire. It is an innate love of nature and all natural living things. The opposite of philia of course, is phobic, or experiencing a phobia of something. Historically there have been phases of societies being biophobic. For example, in the United States during the late 1940s and 1950s Biophobia was all the rage. There was war on bacteria and germs. Natural birthing and breastfeeding was abandoned by the masses and women were told such practices were primitive and dirty.

Mechanized society became highly esteemed. Chemicals were added to food and medicines. And there was bio-chemical warfare as well for decades. We are still living with the consequences of that biophobic phase in our world today. In this article, I offer exercises that may help you reconnect with the land and nature, thus encouraging healing and the restorative ways of biophilia.

Since early times, humans have journeyed to sacred spaces for quests, healings, rituals and other significant purposes. Cave paintings, pictographs and other recorded accounts reveal that certain spaces were favored by tribal people when enduring emotional trauma, physical illness or to engage in significant spiritual work. Scientific study has proven that certain landscapes and natural earthen features carry stronger vibrational resonations that are profoundly healing. Places that possess stronger

negative ions, such as large rock faces, waterfalls, running rapids and ancient forests enhance a sense of serenity, quiet the brain, nourish the nerves, decrease anxiety and depression, as well as heal upper respiratory ailments.

James Swan was one of the first contemporary individuals to delve into a rediscovery of sacred spaces and places such as the unique landscapes and human-created earth dwellings such as the ancient Pyramids in Egypt and the vortexes of Sedona, Arizona. It is my hope that you will endeavor to explore some of the world's ancient sacred spaces this year, as well as commune in real-time with spaces in your home area. Be an energy-explorer!

Here are some contemplative enhancement exercises for you. Consider your own bio-niche and geological region. Also, historical and cross cultural impacts upon your home space. Read more about the immediate one-to-60 mile radius where you reside. What is the geology and soil composition? How did the land become what it is today? What about water sources and the other elements? Any sacred sites or energetic changes in that space? What about the humans and other sentient ones that called this place home? Explore this fully. Get out on the land and research online or with texts as well. Engage and commune with the land! What do you intuit and feel? Journal about the sacred space surrounding you and the earth under your feet. Be a Biophilic!

Learn more about your genealogy and ancestral lands if possible. What are unique aspects of their landscapes? What are traditional, indigenous plants, foods and other sentient elements. Do you notice any correlation with your own present life, such as where you prefer to live, travel, or the foods you love to eat? As you learn more about medicinal plants and healing practices, do these relate to or resonate with ancestral healing pathways?

If you were able to create and design a nourishing herb garden or sacred space, how do you envision it? Explore fully. Draw and design. Add narrative explaining what elements you would include within your uniquely created sacred nature space. This could be a home, work space, healing center, herb garden, meditation sanctuary ... anything you wish. Create away! May we all honor this precious planet!



See Gigi Stafne's ad on page 27 for more information.

[www.greenwisdom.weebly.com](http://www.greenwisdom.weebly.com)



# GREEN WISDOM

School of  
Natural & Botanical Medicine



Over 3 decades educating  
Students & Professionals

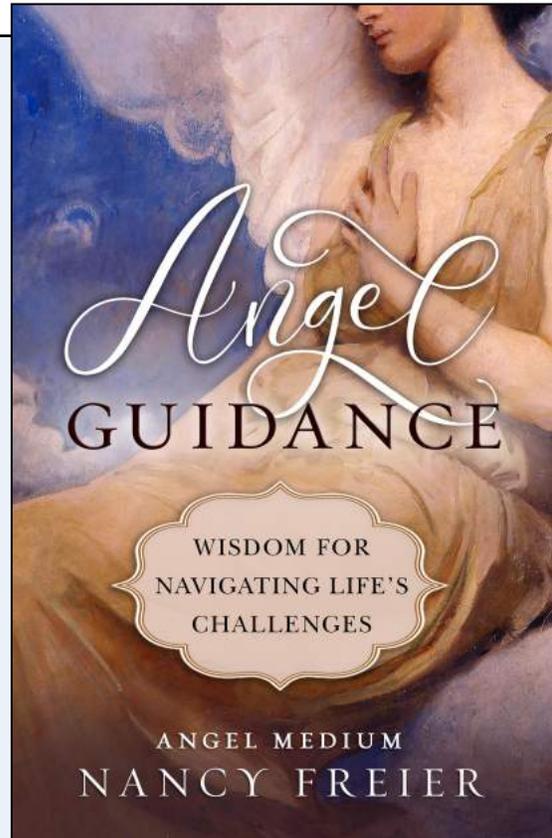
## OUR OFFERINGS

**BEGINNER, INTERMEDIATE & MASTER HERBALISM COURSES**  
Green Wisdom School of Natural & Botanical Medicine is one of the only schools in the Upper Midwest US and Ontario that offers these programs.

**CAM - COMPLETE ALTERNATIVE MEDICINE BUSINESS TRAININGS & CONSULTS; REGIONAL & NATIONAL TRAUMA TRAININGS** and so much more!

If you are seeking an educational experience that provides a strong foundational knowledge of herbalism, holistic education and natural medicine, or if you are searching for a comprehensive herbalism program with a solid history encompassing diverse bioregions from prairies to woodlands and wetlands...Green Wisdom is the place for you! Call, write or visit:

[GreenWisdom.Weebly.com](http://GreenWisdom.Weebly.com)  
[gigigreenwisdom@gmail.com](mailto:gigigreenwisdom@gmail.com)  
715 - 642 - 5760



**Angel Guidance** offers the reader enlightening wisdom that will help guide you through difficult challenges. The angels address more than 150 questions asked of them over the years. Their kind and loving responses help you understand why something is happening and offer ways to potentially help you find peace and find peace.

**Angel Guidance** includes over 30 prayers and affirmations that will lift you above the situation to see new solutions and possibilities that allow peace, love and healing to take place. This is a truly a comforting book to keep close and refer to as often as needed.



**Click [HERE](#) to get book!**





# Peaceful Home, Peaceful World

## What Feng Shui Is and What it Does

By Nancy Freier



The three principles to understanding chi (or energy) is Everything is energy; Everything is interconnected; and Everything is constantly changing. And rather than trying to stop change (like some do by decorating their house once and never again), we want to acknowledge change *and change along with it*.

Fashion continually evolves. People come and go in our lives. Children are born, they grow up, they go off to college. There are marriages and milestones that indicate energy is on the move, and we need to move along with it.

Ancient Feng Shui masters would look at the contours of the land and advise people to build their villages and homes on the most auspicious sites. They looked for telltale signs of wind and water. For example if the landscape had sharp, protruding rocks formed by strong winds or fast currents, this land was considered bad luck and they would not build there. If they found healthy wildlife, lush foliage, and meandering streams, they knew people would thrive, and these sites were selected for the villages. They would also advise the people to eliminate any sharp and protruding shapes and objects from inside their environment, removing anything that could injure them.

If you have any dead trees or plants, remove them. Dead material needs to be trimmed from trees so new growth can come. Whenever we remove something it creates a vacuum and allows for something new (vital chi) to come in its place. The same principle is at work when we clean out our closets, new clothes come.

I knew a tree trimmer many years ago and I recall him telling a customer who had a dead tree, "It's dead! It's not going to come back to life." You think this would



be obvious, but I can't tell you how many times I've been in homes where the owner is hanging onto something that was already gone. A woman married for 20 years still had a dozen roses in a vase her husband had given to her for their 5th anniversary. I told her to toss the dusty thing out, and when she did, her husband arrived home THAT DAY with a fresh bouquet of flowers for her.

Take a look around and see what you are hanging onto that is dead. This is the perfect season for removing all that is dead, dying, or otherwise no longer loved, used or needed. Clean out the garage. Clear out the closets. Pass those unloved items on to someone who will appreciate them, donate them to your local charity, or recycle them, but move them out of your home.

Look at your photos, artwork, decor. Does the item bring you joy? Perhaps you recall the place you bought it, or remember who gave it to you. A joyful memory attached to an object empowers it with vital chi that nourishes you every

**An Old Chinese Proverb**  
When there is light in the soul,  
There is beauty in the person;  
When there is beauty in the person,  
There is harmony in the home;  
When there is harmony in the home,  
There is honor in the nation;  
When there is honor in the nation,  
There is peace in the world.

time you look at it. However, if it pulls you down, let it go. When we surround ourselves with the things that we love, we create a perfect place in which to live. Our possessions then provide peace, and because everything is connected, this peace then radiates outward into the world.

The placement of the furniture and decor pieces also matters. A couple was arguing over how to place their large sectional after moving into a smaller house. It appeared to be too big for the room, but they couldn't afford to buy new furniture. When I got there they said, "We hate our living room!" I figured out a way to place the sectional that looked great and where the family was able to gather together and enjoy family time again in the same room... resulting in peace in the house.

Follow the ancient Feng Shui masters' advice. Live with the things you love and let go of the rest. Let's create peace in our hearts and in our homes, and only then will we see peace in the world.

△

# Harmony By Design

A unique interior design service that uses the dynamic quality of Chi to bring your environment into optimal harmony, comfort and balance.



Choose furniture that you love.



The design of your home and the furniture in it directly affect you. What I do is redesign your space based on time-tested principles of feng shui. I use what you already own and love and guide you in making any new purchases. I often simply rearrange your furnishings to bring about desired improvements in your health, wealth and harmony in your relationships.

- \* Assoc. of Arts-Interior Design
- \* 1999 Graduate of the Western School of Feng Shui®
- \* Over 30 years of happy clients

## Nancy Freier Designs | Essential Feng Shui®

Home | Business | In-home or virtual consultations  
Achieve your life dreams. Begin your in-home or virtual consultation today!

[nancyfreierdesigns@gmail.com](mailto:nancyfreierdesigns@gmail.com)

[www.NancyFreier.com](http://www.NancyFreier.com)

# Free Spirit Crystals



We are Southeast Wisconsin's oldest crystal emporium. We offer thousands of beautiful and unique stones and crystals. Our shelves are stocked with smooth tumbled pocket stones, worry stones, heart-shaped stones, crystal balls, spheres. We are your go-to source for incense, books, cards, candles, jewelry, sage and more!

Check out our classes, too!



**Diane Bloom, Owner  
Free Spirit Crystals  
Founder & Co-Director  
of Free Spirit School**

## **Stone of the Month: Malachite**

Malachite helps to draw out blocked emotions as well as alleviate swelling from sprains, strains, arthritis, bursitis and cramps.

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

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



**See us in person or visit our online shop! We ship stones just about anywhere!**

**[www.freespiritcrystals.com](http://www.freespiritcrystals.com) | [freespiritcrystals@gmail.com](mailto:freespiritcrystals@gmail.com)**