

The Inner Voice

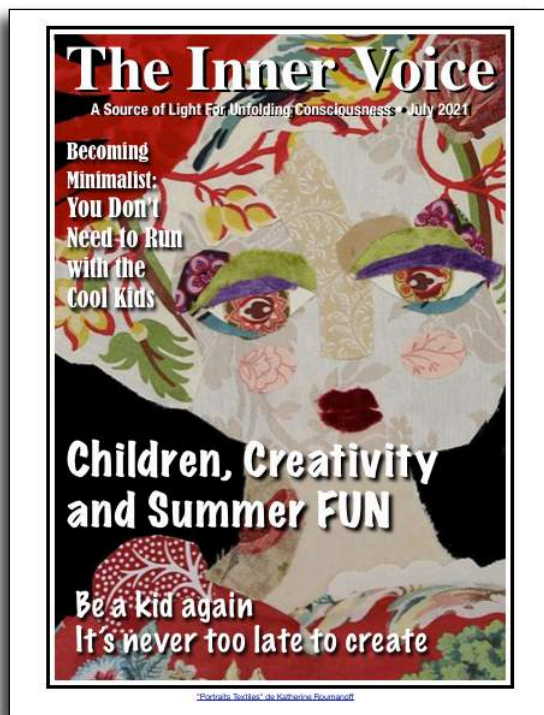


A Source of Light For Unfolding Consciousness • July 2021

**Becoming
Minimalist:
You Don't
Need to Run
with the
Cool Kids**

**Children, Creativity
and Summer FUN**

**Be a kid again
It's never too late to create**



Featured on the cover this month is a mixed media collage portrait by Artist Katherine Roumanoff. For more information, visit: <http://www.atelierdemma.com/lartiste-du-vendredi-katherine-roumanoff/> (It will be helpful if you speak French.)

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Body, Mind, Spirit, Heart & Home*

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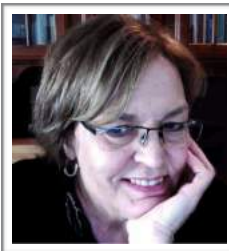
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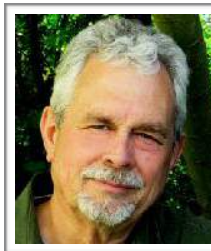
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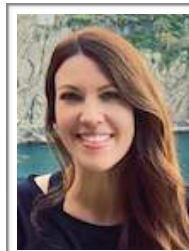
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The Inner Voice Magazine intends to serve as inspiration for healing body, mind, spirit, heart and home. The information in this publication is not meant to replace the advice of healthcare professionals. We aim to bring through the highest vibrational information we can find. The opinions expressed are not necessarily those of the publisher, or editors. We encourage you to listen to your own inner voice for guidance and direction on your path. May your life be blessed by reading and sharing this magazine.



Golden Light Healing

DREAM • EXPLORE • DISCOVER • GROW

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.

Your Hosts

Amy & Dave Wilinski
920-609-8277

info@goldenlighthouse.net
www.GoldenLightHealing.net



Here's a Partial Listing of Our Upcoming Events
Check our website for more events and details!

www.GoldenLightHealing.net

THE HERBAL APPRENTICE WITH GIGI STAFNE
July 24-25, 10:00am-4:00pm

QIGONG RETREAT WITH LORRIE FORMELLA
August 27, 9:00am-4:00pm

MEDIUMSHIP TRAINING
August 21-22, 9:00am-4:00pm

AWAKEN YOUR INTUITION!
August 14, 12:30pm-5:00pm

TRUSTING YOUR INTUITION
September 5, 12:30pm-5:00pm



DRUM MAKING WORKSHOP with Dave Wilinski
July 17 or Sept. 5, 12:30-5:00pm

REIKI LEVEL I TRAINING
July 18, 9:00am-4:30pm

REIKI LEVEL II TRAINING
June 21, 9:00am-4:30pm

REIKI MASTER TRAINING
August 28, 9:00am-4:00pm
Includes apprenticeship.

ANCIENT IRISH SHAMANISM WITH AMANTHA MURPHY FROM IRELAND
November 1-3 or November 6-8, 9:00-6:00pm



Join us as we welcome Amantha Murphy from Ireland! Explore the ancient Irish shamanic traditions as Amantha shares the ways of the Celts, Goddess and the ancient Tuatha de Danann. The way of the Celtic Shaman is rooted deeply in tradition and allows us to walk between worlds ~ recognizing the interconnectedness between all living beings.

WHISPERS ON THE WIND SHAMANIC PROGRAM

Group #24: Dec 15-19, March 9-13, June 8-12, Sept 7-11, 2022

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 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 & ritual, and much more!

Register now for our Workshops and Sessions online!

www.glh.as.me

July 2021

Dear Readers,

*I think it's time for some FUN!
And nothing spells fun more than
"playing in the clay" and creating
something with your own hands.*

*This month's issue is all about
awakening your inner artist and
becoming a kid again ~ when
creativity was easy and painting
flowed like a river. Summertime is
playtime here in the Midwest where
we savor the days we can get
outside and play, or go to a play, or
visit the local art galleries and be
inspired by what others are
creating. Whatever you do this
summer, my wish is that you have
fun doing it. If you feel you aren't
creative, let this issue be an
inspiration to pick up a new art or
craft. I would love to hear about
what you're making and perhaps it
will find its way into a future issue
of The Inner Voice ~ a figment of
my own imagination.*

*As always, we appreciate your
sharing this publication with your
friends and loved ones. May some
good news reach around the world!*

Nancy

Angel Talk™



By Nancy Freier and Sreper, Angel of the Great White Light

It's Never too Late to Create

I am happy just thinking about creativity and the joy in creating something. In 2020 I was hooked on watching the crazy unfolding events that followed the police killing of George Floyd and others. I was consumed in the madness of the riots and destruction, culminating with the insurrection at the U.S. Capitol that threatened our democracy; let alone the prevailing worry and sadness over the coronavirus pandemic.

I was having a conversation with a good friend during this time, expressing to her my angst over the news and what was going on in the world, when she said, "Turn on Gilligan's Island or The Andy Griffith show!" As deep into spirituality that I am, I had forgotten I always have a choice. I could change the channel. This morning presented the same thing again ~ the ongoing debate over the validity of the 2020 election but this time I remembered and turned the channel and there was Polka music playing and (mostly older) people dancing! Talk about changing the vibe!

So, what the angels and I write this day is all about changing the channel of our thinking. No matter how far down the rabbit hole you've gone and have gotten tangled up in the madness of the world, you can retreat to something else; something that brings joy and fun into your life. My happiest memories I have as a kid are: of making art, playing with dolls and pretending how my life would be when I was older. During my elementary school days, an art teacher visited my school once a week, and I could not wait. Would we be finger painting? Drawing? Sculpting paper maché animals? Puppeteering? Paper cut-outs? It didn't matter because it was always a form of artful expression of ideas floating in my head. I even wrote a short play that was acted out by my 3rd grade class!

As I got older, my creativity took me into writing poetry and short stories and eventually led me into interior design and later, the desire to help people with feng shui. There was no end to my creative expression, that is until my inner critic began judging what I was doing. I think most of you can relate. I now know my art doesn't need anyone's approval – no one else needs to like it. It just needs to be.

And there is hope, as the angels remind: "It isn't over." I'm in my early senior years and it feels like the flood gates of suppressed creative expression have burst forth! I have stood up to the inner critic and moved past it. I have turned off the news media and retreated to my crafts storage bins to delve into making the dolls and things I've been wanting to give birth to. It brings me peace and joy when I connect with my inner artist and express what wants to come into form.

I recently attended an art gallery opening in which someone was doing art I had thought of doing ~ stitching landscapes using colored threads in intricate details. (See more about that on page 7.) They were



An iconic painting by Grandma Moses "Queen of American Folk Art"

stunning, not to mention she was selling them for \$3,000 to \$5,000 a piece! I noted several had already been sold. Maybe I hadn't changed my channel soon enough to delve deeply into making the art that my soul needs for me to make? Yes, it is a need, and it's one of the reasons we are on Earth; to create what spirit wants to express through us.

Writing this, I am reminded of Grandma Moses, the "Queen of American Folk Art." She began painting at the age of 78 and is often cited as an example of an individual who successfully began a career in the arts at an advanced age. Thankfully, it is never too late to become who you always wanted to be. Perhaps this is the best gift of aging ~ that we have moved through the lessons and we are now moving into the promised land of peace, love and creating art.

As Rumi said, "What is planted in each person's soul will sprout."

Δ



From "The Velveteen Rabbit" by Margery Williams Bianco:

"You become. It takes a long time. That's why it doesn't happen often to people who break easily, or have sharp edges, or who have to be carefully kept. Generally, by the time you are Real, most of your hair has been loved off, and your eyes drop out and you get loose in the joints and very shabby. But these things don't matter at all, because once you are Real you can't be ugly, except to people who don't understand."

Ask the Angels for their help on anything



Do you wonder why something is or isn't happening in your life, or what lessons you might be learning? Perhaps you'd like to hear from a loved one in spirit? Readings are done through an automatic-writing process I developed over the years, so there is no need for you to be present. Or, we can meet on Skype or Facetime by appointment and do it live.

NFreier@aol.com • www.NancyFreier.com

Nancy Freier "the Angel Medium" Readings since 1986 ~ Publisher of The Inner Voice since 1993

Author: "Heaven Help Me!" Revised & Expanded book coming soon



The Afterlife Therapist

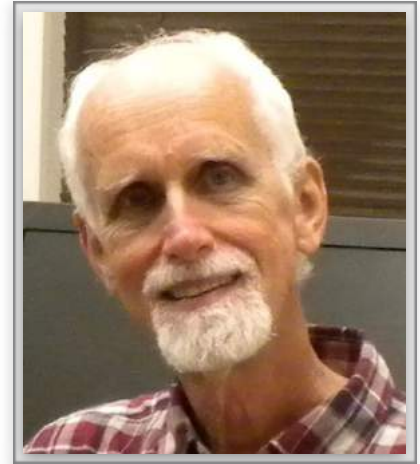
By Stafford Betty, Ph.D.

I am a big fan of Professor Stafford Betty who is a retired Professor of Religious Studies at California State University, Bakersfield, California. He has so far written 14 books, equally divided between nonfiction and fiction. The most popular deal with the afterlife. His new novel, *The Afterlife Therapist* has its setting in the next world and brings it to life as only a novel can.

I have read a few of his books on the afterlife so I am already acquainted with his work. I am not particularly fond of reading novels in general, as I prefer more factual informational types of books. However, when I saw Professor Betty being interviewed about his new book by

well-known interviewer, Jeffrey Mishlove on his YouTube channel, I immediately became interested. Why, you might ask? Because Professor Betty is such an inveterate and credible researcher and teacher about the afterlife and has read hundreds of books which corroborate the types of experiences one can expect to have there, I thought that it would be interesting to see how he managed to create a narrative which would be engaging, as well as educational, for the reader. Like Professor Betty, I have also researched hundreds of books in the same vein, and so I'm sure that what he has to say should accurately depict what one might expect after transitioning to the other side!

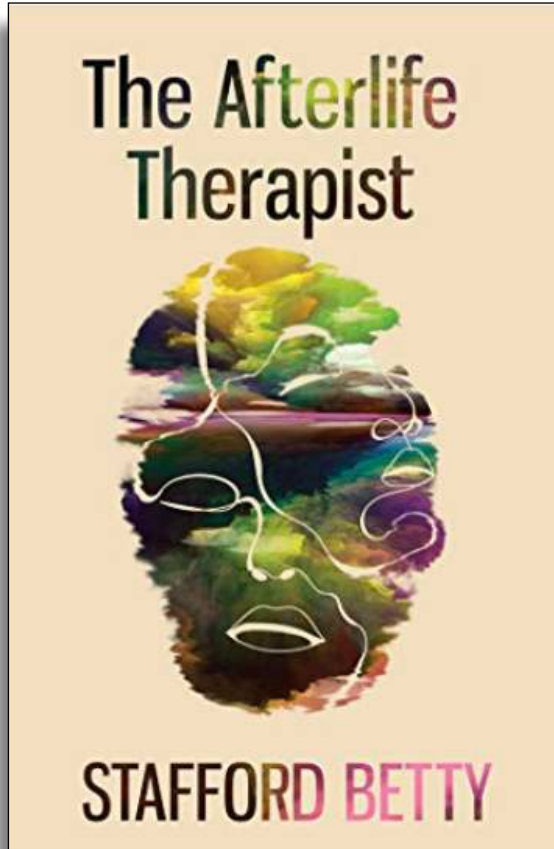
The book centers on the death and afterlife of a workaholic family therapist named Aiden Lovejoy. It's interesting to note that when one dies and transitions into the afterlife that things do not immediately seem much different. You would still have a body, and have friends, live in a house of some sort, etc. As for work, in other books I have read about the afterlife, we generally have to choose some sort of work to do once we are acclimated. And since Aiden Lovejoy had been a successful family therapist in his earthly life he naturally wants to continue to do the same thing in this afterlife environment. As the story plays out, he begins to discover that even though he is so hard-driving and creative in finding successful solutions to help his clients heal and



Author Stafford Betty, Ph.D.

vibrationally move up, he eventually discovers that there is jealousy in that world and that he must learn to deal with pride and other character defects before he himself can "move on up" to a higher level.

The book reads well, is fast-paced and is laced with unexpected twists and turns. For instance, Aiden seems to enjoy the challenge of delving down into the shadowlands area, which is the area where people with depression and guilt and other difficult attitudes reside. For Aiden, it's a challenge to see if he can counsel them to "see the light" and make a free-will decision to move upward to a higher Astral area. (Most average individuals, when they pass over find themselves in an intermediate, or middle realm of the Astral planes.) He seems obsessed with the challenges that go with trying to help these poor souls, and after a while he has some notable success counseling some very famous former humans to make the decision to leave their comfortable lower astral haunts and unfortunately this notoriety brought about



Get The Afterlife Therapist on [Amazon](https://www.amazon.com).

Continued on page 7

The Afterlife Therapist from page 6

becomes an even bigger challenge for him to overcome.

You might recall the 1998 film, “What Dreams May Come” starring Robin Williams, which is based on the book by Richard Matheson. It was very well researched and offers great psychological depth, however, I feel that *The Afterlife Therapist* is at least as deeply researched, if not more so. I heard somewhere that *The Afterlife Therapist* is also being considered to be made into a film as well. And that would be a good thing!

Dr. Lovejoy is by no means too good to be true; his character faults prove frustrating to his colleagues and mentors, just as they did when he was on earth. His “arc of development,” which by no means is completed at the story’s end, is wholly believable. This focus on the imperfections of all-too-human souls sets *The Afterlife Therapist* apart from other similar books.

I thoroughly enjoyed this exciting exploration of what happens in the afterlife of therapist Aiden Lovejoy, and by extension the many other souls he comes into contact with ~ saints and sinners and everyone in between. This was an engrossing and illuminating read, well worth the time.

Δ

Steve Freier is a researcher and reviewer of metaphysical books. He is also a professional video producer specializing in personal and promotional videos in YouTube fashion. He resides in Door County, Wisconsin.

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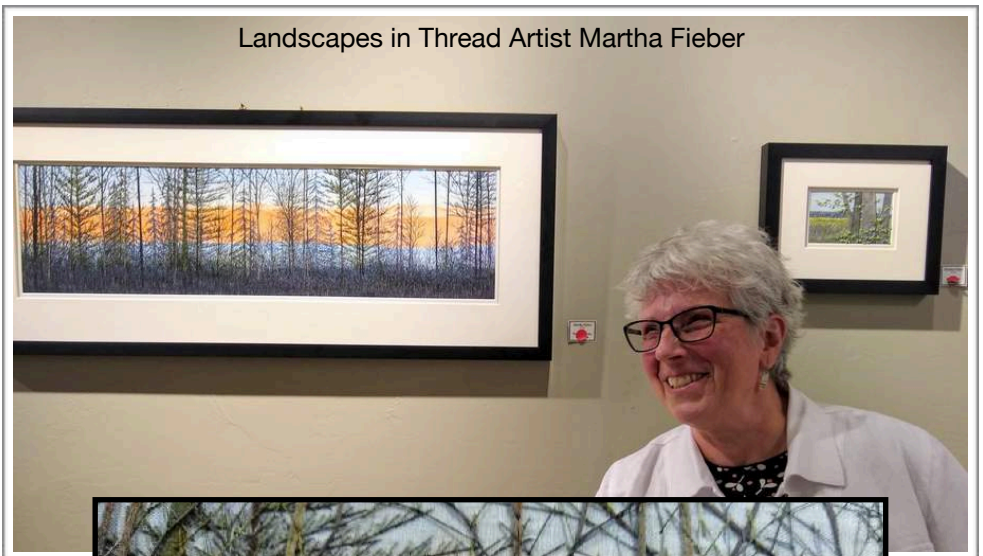
Landscapes in Thread

By Steve Freier

One Saturday in June, we paid a visit to the Fine Line Designs Gallery in Sister Bay in scenic Door County. It is housed in a 1950s chicken coop that was renovated in 1999 and turned into a beautiful multi-level space.

My show favorite was fiber artist Martha Fieber. She uses layer upon layer of hand-stitching, subtle color, and intricate details to create complex compositions which she titles, *Landscapes in Thread*. To her, these landscapes express a connection to the outside world and encourage the viewer to contemplate the ongoing interconnectedness of all things.

Working with single strands of silk, rayon, and hand-dyed cotton threads, as well as four types of stitches, she seeks to achieve a depth and perspective to her work ~ which echoes her feeling that there are several layers to everything we see in the world. Δ



A Matter of Some Importance

By [Jurgen Ziewe](#)

From [AFTERLIFE RESEARCH AND EDUCATION DISCUSSION](#)



Editor's Note:

This man has my attention, and for a couple of good reasons. For as long as I can remember, including previous lifetimes in other dimensions, I can still “see” what life was like then. Beautiful and breathtaking vistas beyond word description is what I consider Heaven to be like, and German Author and Artist Jurgen Ziewe Astral travels to these realities and then paints them!

I suggest exploring Mr. Ziewe’s websites and view some of his videos which will further educate you into the Astral worlds beyond this one.

[Quest for Enlightenment](#)

[The Illuminated Mindset](#)

[Reality and Out of Body Experiences](#)

I still come across uncertainty when reading some of the threads of columns where people try to summarize what they have heard and read about with regard to the afterlife. That is not surprising because the Astral world is such incredible, versatile, rich and astonishingly vast space, where things are possible that we cannot even dream of. But let me just state that there is so much more to it than simply encountering what you believe in.

Let me give you one example from my personal experience about how real the dimensions beyond this physical really are. I was walking along the beach. The sun had just

risen, casting its golden light over the wet pebbles along the water line, gentle waves lapping over the pebbles. It was a beautiful morning. The air was crisp and clear. The sea with its white noise, as the waves crushed ashore so clear, so musical even. My mind was superbly sharp and awake as you are when you wake up refreshed after a good night’s sleep.

It was only when I regretted that I had not brought my camera to capture the

golden light at sunrise, that another thought occurred to me. I couldn’t remember where I had parked my car. In order to get here to Brighton Beach, which was 17 miles from where I lived, my car was the only option at this time of the morning to take me here.

I was dumbfounded, and a little confused. In my mind I tried to retrace how I got here until I arrived at the conclusion that the last thing I did after

getting out of bed, was to settle down into my trusty arm chair for my morning meditation. Could I be? There was no way of telling the difference between being awake in my room and being fully awake walking along the beach! The only way to make absolutely sure was to lift off the



Painting: “Rivers of Heaven” by Jurgen Ziewe

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ground and into the air, which I did, about two or three feet, hovering for a few joyful seconds, literally standing in the air!

Then I knew for sure, as I had done so before, on many occasions, and yet each time it fills me with the greatest wonder and joy. *I was Astral traveling.* There had been a momentary blackout after slipping into trance and I found myself on the Astral counterpart of Brighton Beach, with my body resting in my meditation chair (at home). How did I know it was the Astral plane? I went back a few days later, to the same locality, noting down the differences, of which there were a few.

Why am I saying this? I want to stress that the Astral realm is not a place of your imagination. It is as real and as solid as our world we live in now. I cannot stress this enough, and my work here is not done until everybody I meet, who tells me differently, thinking the Astral world is not as real as our now, because of what they imagine, or because they are only thoughts or perhaps just hearsay.

I so often feel the need to make absolutely clear, that the world we inhabit after we leave this one behind, because our body no longer serves us, is as real and as solid, as sharp and as clear, as this physical world of ours, we have grown so used and accustomed to. If anything it is in many respects, clearer, sharper, more defined. So, if people say, "If you've been a nonbeliever all your life and that you were sure you'd be met by nothingness when you die, that's probably what you'll get." This is not true. Nonbelievers end up in the same place as the believer does.

Things may feel differently in the Astral realm in a hundred different ways. Our senses may be much enhanced, we may see better, feel better, taste and smell better and other things we enjoy here we will likely enjoy even more. But let me be clear about this. *It will be incredibly real.*

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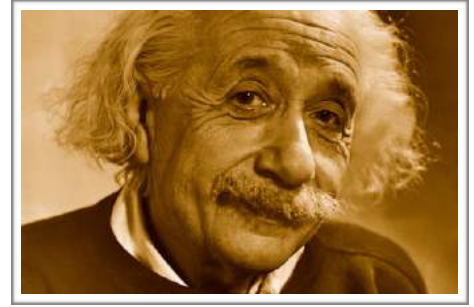


Three views of Heaven as close as Jurgen Ziewe could recall from his visits there. All four of these paintings were painted by him as a way to depict Heaven.

How Einstein Saw the World

Posted on [February 16, 2014](#) by [Christopher Chase](#)

Text Source: Einstein and the Poet: In Search of the Cosmic Man (1983). From a series of meetings William Hermanns had with Einstein in 1930, 1943, 1948, and 1954. PBS TV Special titled: How Einstein Saw the World



School failed me, and I failed the school. It bored me. The teachers behaved like Feldwebel (sergeants). I wanted to learn what I wanted to know, but they wanted me to learn for the exam. What I hated most was the competitive system, especially sports. Because of this, I wasn't worth anything, and several times they suggested I leave.

This was a Catholic School in Munich. I felt that my thirst for knowledge was being strangled by my teachers; grades were their only measurement. How can a teacher understand youth with such a system? From the age of twelve I began to suspect authority and distrust teachers. I learned mostly at home, first from my uncle and then from a student who came to eat with us once a week. He would give me books on physics and astronomy.

The more I read, the more puzzled I was by the order of the universe and the disorder of the human mind, by the scientists who didn't agree on the how, the when, or the why of creation.

Then one day this student brought me Kant's Critique of Pure Reason. Reading Kant, I began to suspect everything I was taught. I no longer believed in the known God of the Bible, but rather in the mysterious God expressed in nature. The basic laws of the universe are simple, but because our senses are limited, we can't grasp them. There is a pattern in creation.

If we look at this tree outside whose roots search beneath the pavement for water, or a flower which sends its sweet smell to the pollinating bees, or even our own selves and the inner forces that drive us to act, we can see that we all dance to a mysterious tune, and the piper who plays this melody from an inscrutable distance—whatever name we give him—Creative Force, or God—escapes all book knowledge.

Science is never finished because the human mind only uses a small portion of its capacity, and man's exploration of his world is also limited.

Creation may be spiritual in origin, but that doesn't mean that everything created is spiritual. How can I explain such things to you? Let us accept the world is a mystery. Nature is neither solely material nor entirely spiritual. Man, too, is more than flesh and blood; otherwise, no religions would have been possible. Behind each cause is still another cause; the end or the beginning of all causes has yet to be found. Yet, only one thing must be remembered: there is no effect without a cause, and there is no lawlessness in creation.

If I hadn't an absolute faith in the harmony of creation, I wouldn't have tried for thirty years to express it in a mathematical formula. It is only man's consciousness of what he does with his mind that elevates him above the animals, and enables him to become aware of himself and his relationship to the universe. I believe that I have cosmic religious feelings. I never could grasp how one could satisfy these feelings by praying to limited objects. The tree outside is life, a statue is dead. The whole of nature is life, and life, as I observe it, rejects a God resembling man.

Man has infinite dimensions and finds God in his conscience. [A cosmic religion] has no dogma other than teaching man that the universe is rational and that his highest destiny is to ponder it and co-create with its laws.

I like to experience the universe as one harmonious whole. Every cell has life. Matter, too, has life; it is energy solidified. Our bodies are like prisons, and I look forward to be free, but I don't speculate on what will happen to me. I

live here now, and my responsibility is in this world now. I deal with natural laws. This is my work here on earth.

The world needs new moral impulses which, I'm afraid, won't come from the churches, heavily compromised as they have been throughout the centuries. Perhaps those impulses must come from scientists in the tradition of Galileo, Kepler and Newton. In spite of failures and persecutions, these men devoted their lives to proving that the universe is a single entity, in which, I believe, a humanized God has no place.

The genuine scientist is not moved by praise or blame, nor does he preach. He unveils the universe and people come eagerly, without being pushed, to behold a new revelation: the order, the harmony, the magnificence of creation!

And as man becomes conscious of the stupendous laws that govern the universe in perfect harmony, he begins to realize how small he is. He sees the pettiness of human existence, with its ambitions and intrigues, its 'I am better than thou' creed.

This is the beginning of cosmic religion within him; fellowship and human service become his moral code. Without such moral foundations, we are hopelessly doomed.

If we want to improve the world we cannot do it with scientific knowledge but with ideals. Confucius, Buddha, Jesus and Gandhi have done more for humanity than science has done.

We must begin with the heart of man—with his conscience—and the values of conscience can only be manifested by selfless service to mankind.

Religion and science go together. As I've said before, science without religion is lame and religion without science is blind. They are interdependent and have a common goal—the search for truth.

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Hence it is absurd for religion to proscribe Galileo or Darwin or other scientists. And it is equally absurd when scientists say that there is no God. The real scientist has faith, which does not mean that he must subscribe to a creed.

Without religion there is no charity. The soul given to each of us is moved by the same living spirit that moves the universe.

I am not a mystic. Trying to find out the laws of nature has nothing to do with mysticism, though in the face of creation I feel very humble. It is as if a spirit is manifest infinitely superior to man's spirit. Through my pursuit in science I have known cosmic religious feelings. But I don't care to be called a mystic.

I believe that we don't need to worry about what happens after this life, as long as we do our duty here—to love and to serve.

I have faith in the universe, for it is rational. Law underlies each happening. And I have faith in my purpose here on earth. I have faith in my intuition, the language of my conscience, but I have no faith in speculation about Heaven and Hell. I'm concerned with this time—here and now.

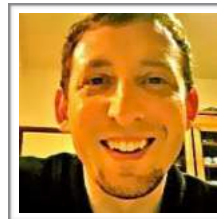
Many people think that the progress of the human race is based on experiences of an empirical, critical nature, but I say that true knowledge is to be had only through a philosophy of deduction. For it is intuition that improves the world, not just following a trodden path of thought.

Intuition makes us look at unrelated facts and then think about them until they can all be brought under one law. To look for related facts means holding onto what one has instead of searching for new facts. Intuition is the father of new knowledge, while empiricism is nothing but an accumulation of old knowledge. Intuition, not intellect, is the 'open sesame' of yourself.

Indeed, it is not intellect, but intuition which advances humanity. Intuition tells man his purpose in this life.

I do not need any promise of eternity to be happy. My eternity is now. I have only one interest: to fulfill my purpose here where I am. This purpose is not given me by my parents or my surroundings. It is induced by some unknown factors. These factors make me a part of eternity." ~*Albert Einstein*

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Christopher Chase is the Co-creator and Admin of the Facebook pages "Tao & Zen" "Art of Learning" & "Creative Systems Thinking." Majored in Studio Art at SUNY, Oneonta. Graduated in 1993 from the Child & Adolescent Development program at Stanford University's School of Education. Since 1994, he has been teaching at Seinan Gakuin University, in Fukuoka, Japan.

The Power of Play

Through Play, Children Create Themselves



The message in this video is clear and compelling: "Children need unstructured time and opportunities to simply play; play alone, play with other children, and especially to play with their parents. As early childhood experts make clear, 'Play is a child's job.'"

Unstructured play is crucial to the development of children during their formative years, from birth to age eight. It is how they learn about themselves and the world around them. In today's world of over-scheduling children through well-meaning parents who want their children to be prepared as early as possible for school, ***The Power of Play*** comes along to refute some of the notions about the benefits of overly structured early childhood education.

Steve Freier was involved with shooting and editing ***The Power of Play*** video back in 1997. It is still in demand by teachers, parents and educators who continue to learn from it today. In our increasingly fast-paced world, play is needed now

more than ever. This documentary is a "must-see" for parents, teachers and anyone else who is in the role of caregiver to young children.

The Power of Play is an eye-opener for parents who may not know what's appropriate for their very young children. It captures age appropriate behavior and forms of play that assist parents in determining the best ways to help their children develop their creative and critical thinking skills in early childhood; skills that will serve them for the rest of their lives.



Watch ***The Power of Play*** for FREE! <https://youtu.be/ppXQFnjLFo>

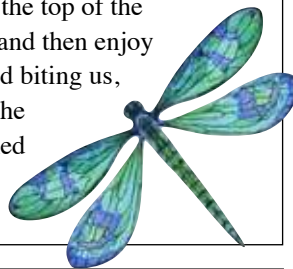
Check the Map!

The phrase, “The unexamined life is not worth living” is another way of asking whether you have checked the map. How often do we examine the course we’re on? What makes us happy, and what is the plan to get there? Are you going along with what’s an offer, or compromising to please the people you care about? What do you want? Do you know? Are you happy? That’s how you know.

Happiness is the feeling of wholeness. When your soul smiles and knows peace ~ even for a second ~ and you realize, everything is all right. Wholeness or holiness, is the center of a wheel, undeviating and dependable while the outer ring spins round and round. Life moves forward or back, whichever you choose. What is constant is the joy you can feel anytime ~ it’s always there. The spokes are our thoughts, our mind with many arms reaching out to the world. These follow the wheel to many places, some muddy, some smooth, but always somewhere.

If we focus our minds inward to that happy, content center, then no matter what road we travel, happiness will always be there. – **Cherrie Hanson**

“During a canoe trip, I scooped up a helicopter-sized dragonfly struggling in the water. Part of a wing was nipped but still ok. She sat on the top of the canoe and I watch her reconstitute, shake of the trauma and then enjoy the ride. When we got to an area where horse flies started biting us, she sprung into action — like a scene from Star Wars! She chased them off and came back to the boat. This happened several times” – **Philip Philo Kassner**



Artist: Abram Arkhipov

*Your children are not your children.
They are sons and daughters of Life's longing
for itself.
They come through you but not from you.
And though they are with you yet they belong
not to you.
You may give them your love but not your
thoughts,
For they have their own thoughts.
You may house their bodies but not their souls,
For their souls dwell in the house of tomorrow,
which you cannot visit, not even in your dreams.
You may strive to be like them, but seek not to
make them like you.
For life goes not backward nor tarries with
yesterday.
You are the bows from which your children as
living arrows are sent forth.
The archer sees the mark upon the path of the
infinite, and He bends you with His might that
His arrows may go swift and far.
Let your bending in the archer's hand be for
gladness;
For even as He loves the arrow that flies, so He
also loves the bow that is stable.*
– **Kahlil Gibran**



“Grandma, how do you deal with pain?”
“With your hands, dear. When you do it with your mind, the pain hardens even more.”
“With your hands, grandma?”
“Yes, our hands are the antennas of our soul. When you move them by sewing, cooking, painting, touching the earth or sinking them into the earth, they send signals of caring to the deepest part of you and your soul calms down. This way she doesn't have to send pain anymore to show it.”

“Are hands really that important?”

“Yes, think of babies: they get to know the world thanks to their touches. When you look at the hands of older people, they tell more about their lives than any other part of the body. Everything that is made by hand, so is said, is made with the heart because it really is like this ~ the hands and heart are connected. Masseuses know this: When they touch another person's body with their hands, they create a deep connection. Thinking of lovers ~ when their hands touch, they love each other in the most sublime way.”

“Move your hands, my girl. Start creating with them and everything in you will move. The pain will not pass away, but it will be the best masterpiece. And it won't hurt anymore. Because you managed to embroider your essence.”

– **Elena Barnabé**

CANCER - LONGING FOR SOUL LOVE

Dates: June 21 – July 20
Ruled by: Moon
Element: Water

Though true for everyone, the following information will feel more relevant to you if your Sun, North Node, Chiron and/or a group of other planets are in Cancer on your birth chart.

What Is Cancer's Intention?

In the first quarter of the zodiac, we establish the individual self in the physical world and begin to turn our attention outward. We then notice others and our need to feel connection and belonging. Oh Cancer! – I need love.

Our inner Moon is our emotional self. Feeling, knowing, and sharing our emotions all fall under the realm of the Moon and Cancer. Because our mother and family are typically our first opportunity to feel nurtured and loved, they are a prominent theme. It is in this stage of development, that we learn how to receive and give love, how to belong to a family and tribe. In a world that appears to be all about separation and survival, establishing a bond of loving care with others is primary to our ego's ability to remain stable and navigate the challenges that life in the greater world will present. Maintaining healthy emotional bonds with family and tribe are essential survival tools in the physical world.

Learning to swim in the watery lake of emotions and feelings is paramount if we are to succeed in the much greater challenges to the ego that will play out down the road in the intimate and raging rivers of Scorpio and the confusing mysteries of oceanic Pisces. For our ego to eventually transcend the fears that worldly illusions create, we must have at least a taste of the unconditional love that

originates from the universal, divine mother source. To whatever extent our earthly mother and family may have channeled such love to us, or not, Cancer and the Moon will repeatedly provide us opportunities to nurture our emotional security and wholeness until we know we are always loved.

When conscious, our Cancer notices and validates feelings, our own and others, without judgment and we feel empathetic, supportive and nurturing. From a foundation of emotional security, we can disclose our feelings and insecurities. We can stay centered in our feelings, not fleeing them, and be comfortable with others' feelings. Our unconscious Cancer can be overly dependent, clingy, moody, insecure, fearful, stuck in the past, avoiding risks, controlling of others through emotional overreactions or creating emotional dependency in others so we feel needed.

What Needs Healing and Growth?

Our Cancer ego, if wounded in youth, might feel love was lost, was never given or will never be found. We might believe that the world is not a loving place and whatever love there is will not be given to us. This can lead to a feeling of emptiness, a tendency to sabotage relationships, withdraw when love is given, withdraw the love we give, reach for unattainable partners or overreach in trying to prove we are lovable. Often there is a preoccupation with memories, family and tribal history.

What Can I Do This Month?

To heal and evolve your Cancer self, pay attention to your emotions. Can you allow

yourself to feel and share them? Do you even know what they are telling you? Or do you avoid them, stuff them, "postpone" them? Can you be present to "negative" emotional expression in others without rescuing or fixing? Do you feel unworthy of being loved or giving love? Is that guilt?

Things To Do

Give yourself time to feel whatever you feel. Cry. Cry some more. Throw some pillows around if you feel angry. Scream out loud. Let whatever is there come to the surface, without need for analysis. Just let it be. Share some tender feelings with someone you trust. Notice other people's emotions more and ask about them.

△

To see how this month of Cancer affects your own Sun sign, [click here](#).



Barry Kerr is a certified soul-based astrologer with over 40 years of experience with an international clientele. He and Kristine Gay, a licensed psychotherapist and transformational energy coach, are owners/practitioners at their Choose Conscious Living Center in Sedona, Arizona. Barry offers astrology, energy healing and transformational coaching by phone, Zoom or in person. Visit [their web site](#) for more information or email Barry@ChooseConsciousLiving.com



How I Became a 12-year-old Again

Rainy Summer Days are Perfect Movie Days. Tomorrowland, here I come!

Yesterday I was transported back to my 12-year-old self. The dark movie theater, fresh popcorn, a Walt Disney movie, and me ~ all the alchemy needed to immerse myself into nonthinking mode and be carried back in time.

"Tomorrowland" sounded like fun, but I had no idea where it would take me. Our wonderfully cute little movie theater in town can show four movies at a time ~

each an intimate, small group setting. Surrounded by other 12-year-old kids, those who are really about 12, and other interested grown ups, I felt like I was at the Olympic theater on 22nd Street with my friends on a rainy, humid Chicago Sunday afternoon waiting for the matinee to begin. Disney immediately sets the pace in a wonderfully colorful, action-packed combination of robots, inventions, gadgets, monorails, rocket man jet packs and Disney's *Tomorrowland* ~ moving me through a land I seem to know quite well. It's as though every feeling of the Magic Kingdom, stored up inside me over the years, was revisited again in this engaging story of imagination, reality, love, and magic. Never knowing what to expect and unable to anticipate the next step, this enabled me to fully participate in the dream. I came

out of there filled with lightness, happiness, a spark of joy, and a throwback feeling that it was time to call mom to come pick us up! It's as though a very familiar memory swept through my whole body, filling it with hope and sweet goodness. These are the kinds of in-the-moment-moments never to be duplicated; those hands-on experiences that are especially difficult to put into words ~ that are the highlights of life. It was definitely a Twilight Zone moment ~ a full consciousness experience taken out of time and space moment ~ that I highly recommend.

Δ

Pat Gullett is an artist and instructor in Connecticut. "The woods, hills, shores, and wildlife are my inspiration. My art reflects and transforms my life. I am a painter, mixed media artist, jeweler and guide on the inner journey." Visit:
www.patsartfullife.com
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Tomorrowland Movie Poster 24" x 36"

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Activate Your Super-Human Powers to Create Positive Change

Life is calling us to question everything, even our selves and especially our perceived limitations. Life is inspiring us to raise our vibrations and shift our focus to explore the possibilities that we are more powerful than we know. I call this “activating our Super Human Powers.”

There are new ways to perceive and express that are yet unknown to us until inspiration reveals the wisdom of the moment. Our daily invitation is to see with fresh eyes, awareness and open minds. We just need to be curious and available to receive and perceive something new—something completely out-of-the-box of old patterns, expectations and assumptions. Maybe even to entertain being surprised by the seeming impossible. Presence, desire, an open mind and creative action are key.

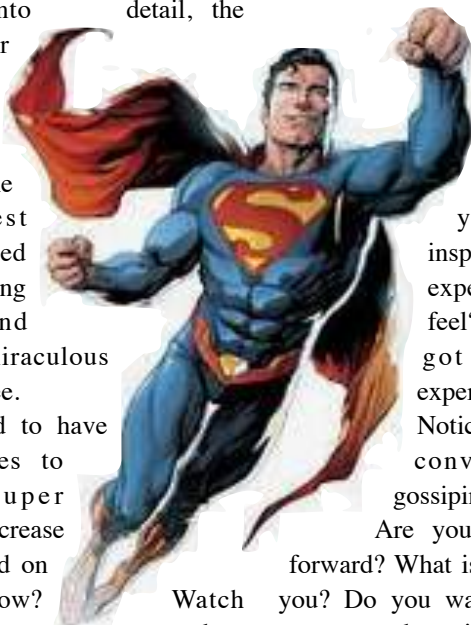
This year I have been part of a group who prayed and held high vibrational fields of support for three different friends who were strongly challenged with health issues and risky operational procedures. Without going into detail, the power of our focused group intention and active ongoing meditations for the highest and best outcomes, produced super human healing capacities beyond logic. Utterly miraculous journeys for all three.

We do not need to have dire circumstances to activate our super powers. We can increase our vibrational field on a daily basis. How? Watch and listen to our words. Our speech reveals our beliefs,

expectations and limitations. We are all living in a variety of trances; automatically repeating the same old sayings, making the same old assumptions, visioning the same lack now, in the past and more in the future. Looking for proof that we are right, we cycle our thoughts and perspectives into numbing limited points of view. We can stop. Notice the numbness and invite new options.

Focus on your internal world of body, emotional and mental sensations and the field of energy around you. This is where your intuition communicates with you. Explore your sensorial experience: what feels good, right, more true and what doesn’t? By becoming more aware of your internal experience you will be more available to notice being on automatic and to choose to shift into new inspired super human power options for positive change.

Create new intentions! Affirm: “*Today, I welcome new, inspiring possibilities and actualities.*”



What inspiration have you recently experienced? What did inspiration feel like in your body? In your mind? How did you respond to the inspiration? How did your experience of responding feel? What new something got birthed from that experience?

Notice your contribution to conversations. Are you gossiping? Judging? Inspiring? Are you moving the energies forward? What is really going on inside you? Do you want to belong? Do you want to be right? Do you want recognition? How does the conversation

feel? How can you infuse new possibilities into the mix?

Check in with yourself. Ask questions.

- What do I want?
- Am I aligning with my intention?
- How am I keeping myself safe by staying in the old patterns?
- What is the original wisdom of these old patterns?

Sit with the feelings and insights that come up. This is key. Journal your insights and ask more organic questions. When you feel a shift of inner awareness, you can ask yourself, “How can I live more from my super powers today?”

We are each leaders within ourselves, and within our circles of relationships and interests. Together we form fields of energy that influence humanity to become Super Human to access new creations and solutions beyond our current knowing.

Being super human doesn’t mean everything goes smoothly. We have to be willing to be curious in the unknown, even feel uncomfortable while we are poised for inspiration to move us.

It’s time to commit daily and recommit moment-to-moment to raise your vibration, activate your super human powers and be an active agent of positive change.

△

Beverly Brunelle is an Intuitive Energy Shaman and Teacher. Visit: www.beverlybrunelle.com
e-mail: dreamonbab@yahoo.com





Let Out The Child

By Jo Ann Dioguardi

*"The child within just wants to be seen,
no matter if you're an adult or a teen.
He doesn't remember making a vow
to be anybody but who he is NOW.
He assumes he'll be accepted as is.
You'll have your game plan, and he'll have his.*

*He doesn't grasp why anyone cares
that some of his choices are different from theirs.
(If all are required to do the same things,
we might as well be wooden puppets on strings!)
He agreed to terms he wants to employ.
Right from the start, he demanded...joy.*

*He knows from birth which path holds the key
that turns and unlocks who he's destined to be.
But dreams that he has, with doubt, could be
killed
if others convince him they can't be fulfilled.
He believed that wisdom deepened with age;
that was the error that locked his cage.*

*Intrinsic truths, in babies, still burn;
this knowing inside them, with time, they unlearn.
The child who resides inside will recall
the reason he's here, though his grownup may fall.
To unlock the prison, quiet your thoughts.
Let out the child and dismiss the "nots!"*

*Allow the child within to regain
control of your journey; you'll lessen the pain.
By trusting your feelings, boundaries dissolve;
the talents you doubted, at last, will evolve.
The inspired adventure life's meant to be
starts at the moment your child runs free.*

△

About 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



Poem By Nikki Rowe
*Everything seemed possible,
when I looked through the eyes
of a child.
And every once in a while;
I remember,
I still have the chance
to be that wild.*



Art: Catrin Welz Stein "The Fairytale Forest"



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Lori A Andrus is the founder of the Crystal Shaman School. She is an artist, soulful traveler, and practitioner of crystal shamanism. With great joy and deep commitment, Lori artfully blends her background as an occupational therapist with nearly two decades of study in the areas of spirituality, earth-based healing, ceremony, and crystal wisdom.

Known for asking spot-on questions, she invites her clients and students to explore the most intimate facets of their soul. Her creative online programs offer high level content and breakthrough lifestyle applications.

Lori hosts the Crystal Shaman Life Podcast where she shares practical ways to bring crystal wisdom and sacred practice into your everyday life.





Becoming Minimalist By Joshua Becker

Why you don't have to run with the cool kids

<https://www.becomingminimalist.com/>

"If you don't fit in, then you are probably doing the right thing."

In high school, I played tennis and my favorite class was Accounting. I found out pretty early that the tennis team didn't get invited to many parties....neither did the accountants.

On the other hand, my twin brother started on the football team, the basketball team, and the track team. He was pretty much one of the stars on each.

One of my best friends was three years younger than me and lived across the street. My brother hung out with the guys three years older.

Fortunately, I had plenty of free time to reflect on life while sitting alone at home—usually while my brother was hanging out at some party somewhere.

There was plenty of opportunity for me to long for the day when being one of the cool kids didn't matter.

Some days, I think I'm still waiting.

A few weeks ago, I was in a local clothing store with my wife. I needed new pants (something about a hole in the crotch of my old ones). They sold pants. It seemed like a good fit.

As would be expected, we were not the only shoppers in the store. And I was not the only one using the dressing rooms. In fact, I wasn't even the only one asking my wife for her opinion.

As I emerged from one of the dressing rooms wearing a khaki pair of pants, I noticed a young female shopper striking up a conversation with my wife.

The shopper began, "Do you think this shirt looks good on me? I think it looks a little boxy."

"Yeah, you're right. It does look a little boxy on you," my wife answered.

The young woman replied, "Yeah, I know. It's just that everybody is wearing this style now. Honestly, I just like wearing t-shirts and jeans. I really don't know what to do."

Of course, in my mind, the answer was simple: It doesn't matter what everyone else is wearing, buy the type of clothing you like best. Spend your money on something you really love, not just the current fashion trends at parties and in the magazines.

But I know full-well it's not always that easy.

The pull towards conformity can be strong. The desire to fit in with popular culture is significant at times. And no matter how old we get, the desire to run with the cool kids can still remain.

But within each of us is a desire that is even stronger—the desire to be ourselves, to embrace the things we love and enjoy and make us unique.

One of the best decisions we can make is to reject the cultural expectations that shift and change with the wind. And to accept the fact that we don't need to run with the cool kids to be happy. We can choose to be ourselves instead. Δ



Your Voice ~ Comments from Our Readers

"I love your magazine! I look forward to it every month as it always, lifts my spirits and helps me understand the deeper meaning behind what's going on in the world. Thank you so much for publishing it."—Robert W., Milwaukee

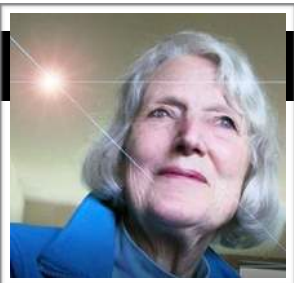
"Thanks! I always love getting this magazine."—Paula T.

"June was another good looking magazine. I am Gemini."—Jeanine S.

"I have to tell you that last month's Angel Talk about the Creation Story was right on for me and what I've been thinking about lately. Excellent reminder that we are all created equal. Hopefully, we will all behave accordingly!"—Erin K, Green Bay

Tell what you think. What would you like more of?

Write: theinnervoice@gmail.com



Be Your Own Unique Self

A friend writes a wonderful online newsletter where he highlights the lives of individuals who have made major contributions to the well-being of life. In one of our discussions about the work of a woman who tirelessly sought to help victims of war, he commented that he really needed to do more himself. Yet, he is someone who is giving in so many ways all the time. My response to our e-mail exchange prompted his suggestion that I share with you what I'd said, so here is the gist of it.

You *are* making a difference, and the ways and means each of us project to do that needs to be within a framework of what makes sense for us. I could berate myself for not doing volunteer work, but that's not my way. My way is to write and also to mentor people. It may not look like much on the surface, but I'm contributing to a larger vision ~ and so are you. Each of us is called in the ways that are best suited to our nature, and for those who go out and make the kind of difference the woman in your newsletter made, it is their calling, and how wonderful that they heard the call and responded. But it isn't mine.

In the Grail tradition, it was said that if a Knight tried to follow in the footsteps of another, he met with dire consequences because each of our journeys is a self-made and self-scripting event. We have to cut through the underbrush of our own paths to find the Grail ~ and the task is to determine what our calling is, not the calling of someone else.

You have your own ways of contributing to life that are valid and validating, and I have mine. And others have theirs. We each need to find the aspect of service that fills us with joy and gratitude for being able to give. To do something because others think we should is the wrong reason. To each is given according to his/her own temperament, and when we truly engage ourselves in what we love to do, the gift of giving is that much more powerful for the ones who receive it; and, that is much more of a blessing to us all.

△

Editor's Note: Kathleen Jacoby was the editor of The Inner Voice magazine until her transition in April 2019. She recently communicated to me that she is "sitting at the feet of the Masters" learning more about the Greater Universe. We plan to continue her "Seasons of the Soul" column as she inspires us.

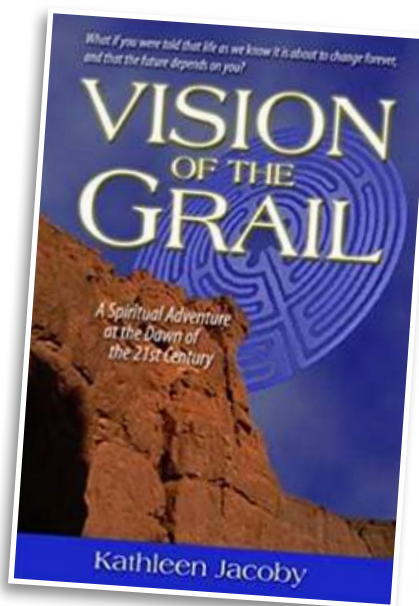


<https://www.eradity.com/blog/14-the-quest-for-the-holy-grail>

What is the Holy Grail?

The **Holy Grail** is a powerful artifact imbued with great divine power. The Grail is of enormous historical and religious importance and has the power to heal wounds, cure disease and even bring back the dead. Together with the **Spear of Destiny** and the **Crown of Thorns**, the Holy Grail makes up the **Holy Artifact Trinity**.

Read more here https://theworldofshadowfell.fandom.com/wiki/Holy_Grail



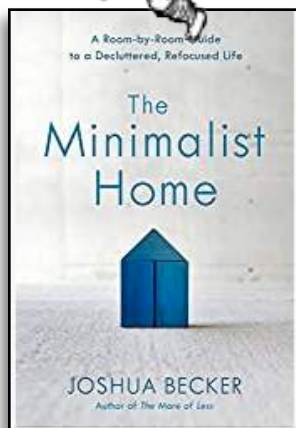
Kathleen Jacoby wrote Vision of the Grail ~ A Spiritual Adventure at the Dawn of the 21st Century. Book is available at Amazon.



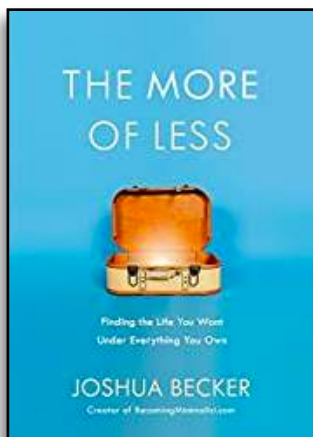


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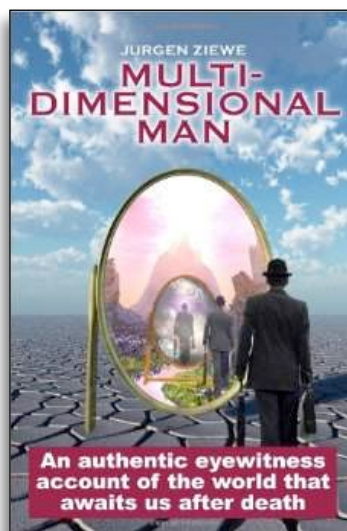
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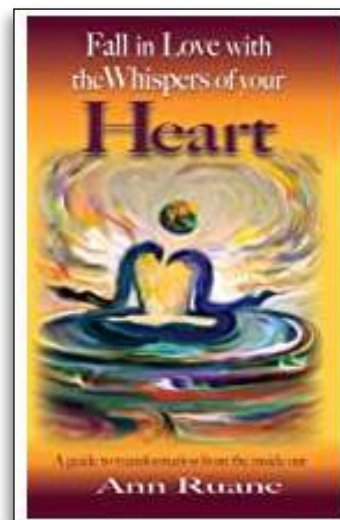
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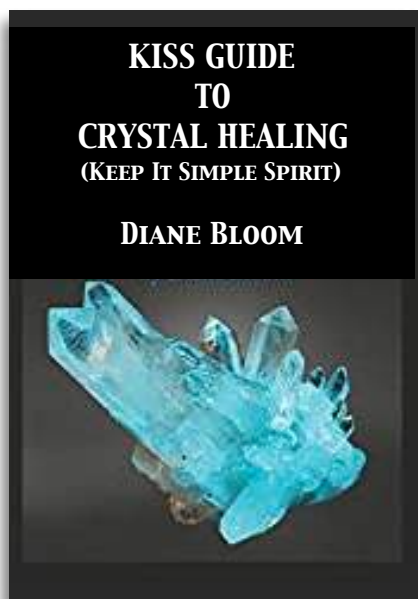
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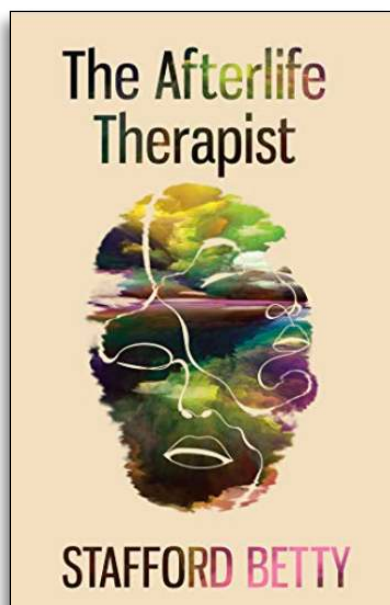
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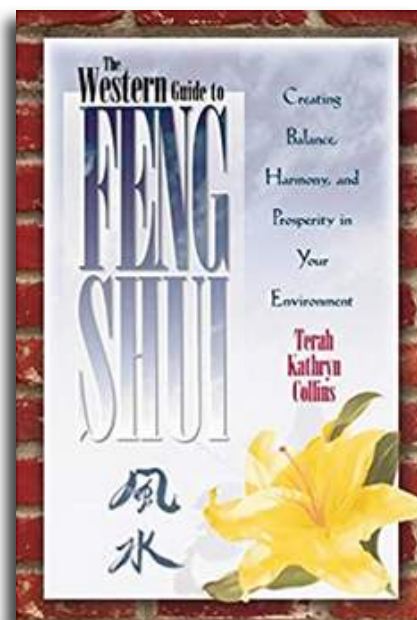
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See Book Review on p. 6-7



[Western-Guide to Feng Shui- Terah-Kathryn-Collins](#)



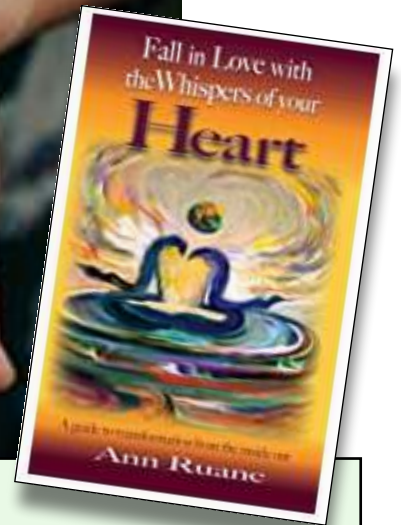
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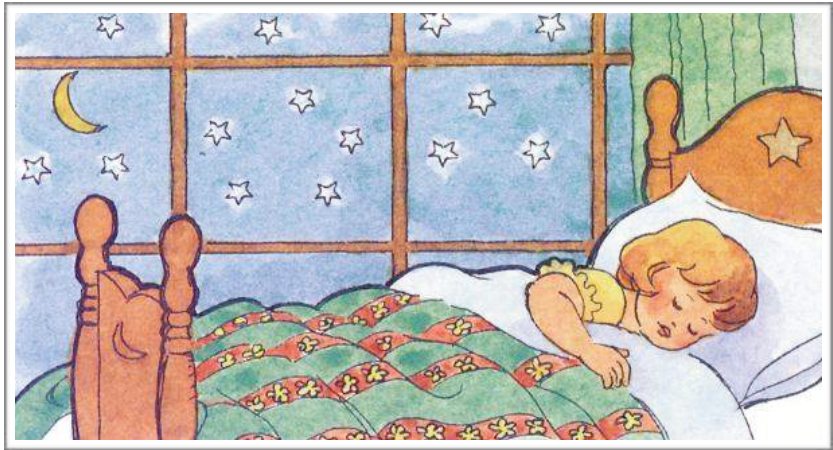
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Feng Shui to Quiet Kids' Busy Bedrooms



Serenity is the keynote here. When you calm the bedroom down, you'll calm your child down, too. Artist is unknown.

Most of the children's bedrooms I see are neon bright and busy, busy, busy. It's no surprise when the parents remark that their child never settles down. In almost every case, the child is being overstimulated by the bedroom decor. Feng Shui observes a direct correlation between the epidemic of hyperactivity in our children and the way their bedrooms are decorated. When you really think about it, could you relax in a bedroom overflowing with toys and accentuated by bright primary colors and action figures swooping across every surface? This is a room that's perpetually awake and active. Instead, we need to tuck our children into the tranquil embrace of a cozy, serene bedroom that encourages them to calm down and get the rest they need.

Colors to Sleep By

When choosing colors for a child's bedroom, keep in mind that the best bedroom colors are found in the skin tones of all the races: pearly beiges and tans, creamy cocoas, blushing pinks and peaches, subtle yellows, pale violets, and earthy reds. There are a wide variety of warm pastel colors, as well as more pigmented rich tones such as coral, chocolate, butter cream, terra-cotta, cinnabar, raspberry, aubergine, burgundy, copper, gold, and bronze. Pure white, gray, black, blues, and gray greens can create a gorgeous look, but when they dominate, they make the room too chilly. Replace bright primary colors such as fire-engine red, cobalt blue, and day-glow yellow with warm rich pastels or rich colors such as lavender, peach, butter cream, and cocoa. Change art and decorative themes that are flying, falling, driving, or running around the room to a motif that is tranquil and calm. Include self-esteem boosters that are frequently updated, such as a bulletin board for their

latest creations, or easy-to-change frames displaying their artwork. Serenity is the keynote here. When you calm the bedroom down, you'll calm your child down, too.

Possessions to Sleep By

Children's bedrooms can easily become overcrowded with toys, games, equipment, and collections. Every item that speaks of activity contributes to keeping the room *awake*. Display a selection of comfort toys, such as stuffed animals and dolls, and store their action-oriented toys out of sight in trunks, closets, and cabinets.

Children outgrow clothes, toys, and interests quickly, so it's an ongoing task to keep their possessions current. Teach your children that when they let go of the belongings they've outgrown or lost interest in, they make room to receive the new things they'd really like to have.

Family Photos, Mirrors, and Bedroom Pets

Unlike the master bedroom, it's a good idea to keep family photos near the child's bed. Photographs of parents and other family members communicate love and security to a child. Children are often very sensitive to the activating influence of mirrors. Be sure to curtain, cover, or remove mirrors in their bedrooms, especially when children aren't sleeping

well. Pets living in a child's bedroom, such as hamsters, lizards, turtles, and fish, need to be checked on a regular basis. Unfortunately, I've seen the dank green leftovers of aquariums and starving hamsters in bedrooms where the child had promised to take good care of them. This is not only cruel to the pet, but it depletes the energy in the house. Keep an eye on your kids' pets, even when it's their responsibility to provide pet care.

Siblings to Sleep By

When children share a bedroom, give each child a distinct place within the room to call their own. It may be half of the room, a table and chair, a toy trunk, a closet, or a bureau. This keeps each child's individuality defined and helps them learn how to respect other people's space. Bunk beds can be used as long as both children are happy with them. What may have been a snug retreat for a child can change 'seemingly overnight' into a claustrophobic box as the child gets older. Be sensitive to children outgrowing their bunk beds and rearrange the room accordingly.

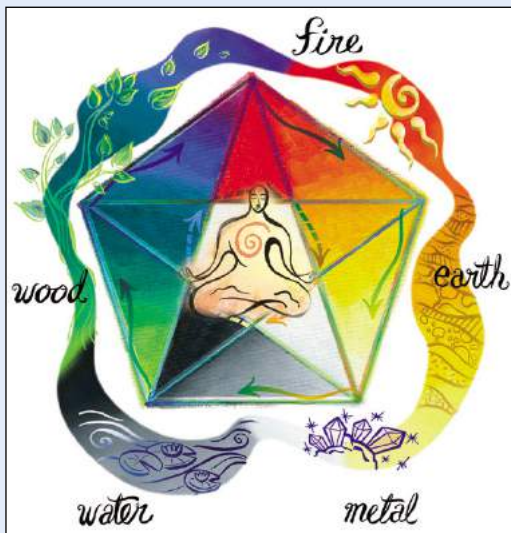
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Terah Kathryn Collins is the author of six books on Feng Shui and the founder of the Western School of Feng Shui®. For more information visit www.WesternSchoolofFengShui.com.

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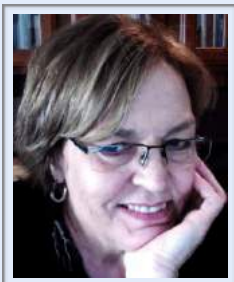


What can feng shui do for you?

Essential Feng Shui® is an environmental psychology, that when certain design principles are applied to your home and the five elements are balanced, the energy flows properly. The results are peace, tranquility, comfort, joy, improved health, harmony in relationships, even increases in cash flow.

Here's what one client reported...

"Thanks so much for your time 'feng-shui-ing' our sunroom and backyard. It was a fantastic learning opportunity for us. My husband and I love what you did with our sunroom. It is so much more inviting to be in. We actually spent a great deal of time in that room, and had coffee in there this morning. What a huge difference the new furniture placement has made! I can't thank you enough! The little yellow birds and even our dog have found a new hang out at the fountain. I found it amazing that while our dog was napping in front of the fountain, the birds played and splashed and neither were bothered by us watching all of it. What you helped us create in our yard made it come alive ~ and gave us new life, too!"—Amy R., Appleton



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Moving into the Age of Enlightenment with Help from the Animals

In the past, I have written about my horses, Boo and Izzy. One year ago, they joined a new herd. Their herd includes 36 horses, three dogs and several humans. At first, I worried. Would they like their new home? Would they fit in with the herd? How would they feel about being trail horses? How would I feel about other people riding them? This was a big move for them, but I think it was an even bigger move for me. After a few weeks, it was apparent that they fit in just fine. They even like their new jobs. You see, Boo and Izzy live and work at a riding stable in Door County, Wisconsin.

I visit and talk to Boo and Izzy all the time, and Boo has eased my fears. He tells me that he and the majority of the herd love living and working at the stable. They are fully aware that they are part of a major change happening on the planet right now. They are part of the New Earth, and as such, they are here to help humanity ascend. The ascension is not about dying and going to heaven, it is about raising our vibration and our consciousness. It's about letting go of limiting beliefs that we are separate and alone because we are not. On the contrary, we are all connected and we are all made of White Light.

We are at the threshold of what many are calling the New Earth. This time in our evolution will be known as the "Age of Enlightenment" which means becoming of the Light. All the animals are aware of this as they see the veils of mistrust, insecurity and fear lifting. They are asking us to let go of these limiting beliefs because in reality, we are all mindfully connected. All creatures, including humans are made of the White Light which is pure, unconditional love. It is the Light closest to the Divine.

Boo tells me that the horses are sharing their gifts as wise teachers and healers. Their minds and hearts are open and they are finding new ways to share these gifts with the humans they encounter. The



Photo of Izzy and Boo courtesy of Lynn Schuster

riding stable is perfect for them to share love with humans and help each person, individually, find trust, courage, strength, wisdom and most of all help them feel the Light that is here for all of us.

Boo talked to me about the shift in consciousness. He says we are moving from an egotistical state to a more unified and heart-based consciousness. The horses are perfect examples of this consciousness. They are herd animals. Because they are prey and not predators, they move as one body, alerting each other of the possibility of danger.

Boo says he meets each human where they are in their ascension process and if they are not in tune with it, he honors that too. Each person has a conscious choice to participate in the evolution of humanity, whether one chooses to participate or not

is an individual right. All of us are Divine creators with the gift of free will.

During the trail ride, the horses are not merely walking along the path, they are communicating with each person through body language and vibration. When we ride them, we are wrapping our legs around their bellies and we are close to their hearts. As they open their hearts, we can feel the surge of energy flowing through us and we, too, are able to open up to the frequency of the Light. In this frequency we will experience more joy, more happiness, more freedom and more abundance.

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Lynn Schuster is a Telepathic Animal Communicator, Intuitive, Reiki Master/Teacher and Artist. Find her on Facebook: www.facebook.com/healingthroughanimals Please see her ad on page 25.



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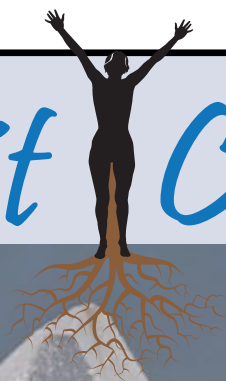
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Stone of the Month: Turquoise, the captivating sea-green stone of the ancients, represents wisdom, tranquility, protection, good fortune, and hope. Likewise, contemporary crystal experts celebrate it for its representation of wisdom, tranquility, and protection. Turquoise bracelets now in stock!



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