

The Inner Voice

A Source of Light For Unfolding Consciousness • November 2021

We Are All Connected

Angel Talk: Someone is Grateful for Your Story

Condition Your Body Into A New Future

Evidence of Angels in a Cemetery

Feel Deeply: A Healing Process

Proof of The After Life

...and more inside!



Photo Source: Internet | Photographer unknown

“A man has made at least a start on discovering the meaning of human life when he plants shade trees under which he knows full well he will never sit.”
 – Elton Trueblood

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 Body, Mind, Spirit, Heart & Home*

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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!



Your Hosts
Amy & Dave Wilinski
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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.

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November 7, 1:30pm-5:30pm. Fee \$55

A life enrichment workshop to learn self-healing. Every physical symptom is a message to your body, we have forgotten how to listen...Join Matt Schmidt as he teaches you how to listen to what your body is saying and then guides you to heal yourself. Bring pen and paper.

TRUSTING YOUR INTUITION

November 28, 12:30pm-5:00pm

COMMUNITY FIRE CEREMONY

November 10, December 2, December 15, 8:00pm. Free

THE ART OF SOAP MAKING

November 27, 1:00pm

LOTIONS & LIP BALMS

Nov. 2, 1:30pm or Nov. 27, 9:30am

DEATH & DYING WITH JOSE LUIS HERRERA

December 2-5. Open to mesa carriers.

ANCIENT IRISH SHAMANISM WITH AMANTHA MURPHY FROM IRELAND

March 27-29 or April 1-3 9:00-6:00pm

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December 12, 9:00am-4:30pm

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WHISPERS ON THE WIND SHAMANIC PROGRAM

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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!

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November 2021

Dear Readers,

My wish is that after reading this issue you will come away with a heart overflowing like a cornucopia on a Thanksgiving table, with newly discovered blessings; and, knowing that whenever you need one, you can ask the angels and know your prayer can be answered rather quickly. (See story on page 8.)

A Course In Miracles tells us that all things happen as expressions of Love or, as a lesson to learn Love. November reminds me of the first Thanksgiving and how the Native Americans welcomed us here. Let's take a clue from them, who teach we are One Family, connected to all other beings. (See page 11.) Let's live with honor and respect for one another, and be a blessing for the larger community of humanity.

In my work with the angels over the years, I have come to believe there is a silver lining to every one of our troubles; and, a tribulation to our trials. Polio, an epidemic in the 1950s and the origin of the childhood game Candy Land is one example. (See page 10.) Whenever you ask to see as God sees, you can be sure you will be shown the blessing the situation brings you. Then, may blessings fall all around you like autumn leaves.

Let's love one another and treat everyone as we would have them treat us. Let's live in harmony with all of life ~ with the trees, the animals and all of Creation. Let's feel the feelings and move to a new place in consciousness. (See pages 14-16.) For all of this, and for you the readers of The Inner Voice ~ I am truly grateful.



Nancy



Angel Talk™

Someone somewhere is grateful for your story

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

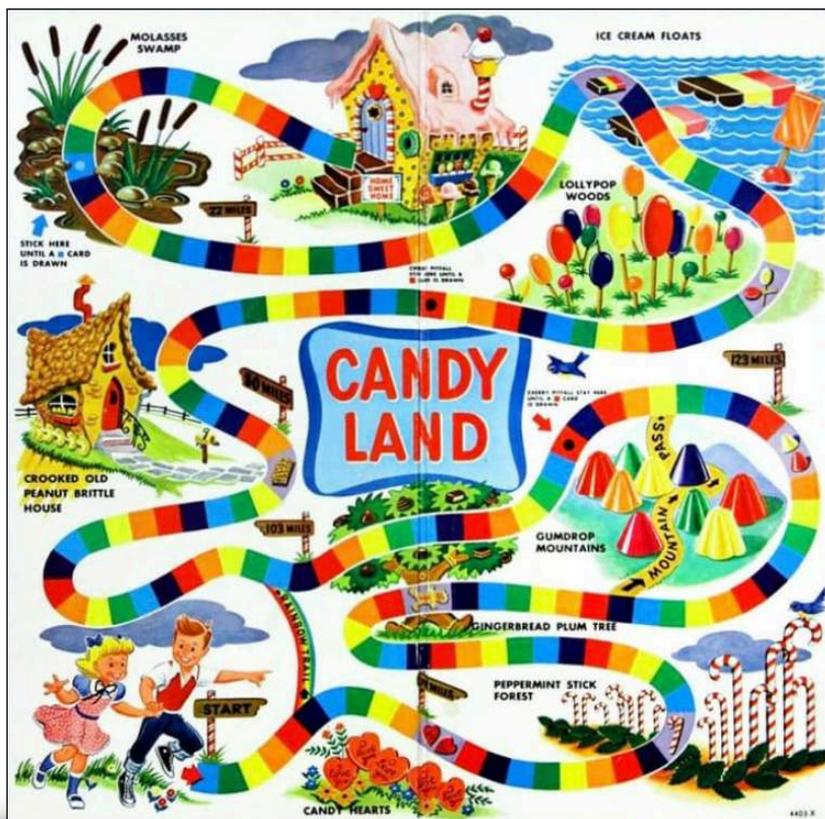
I seem to reflect on my life around the time of my birthday in late October, at the time of this writing. I check-in to see where I've been and plan the journey of where I would like to go. Recently I had been feeling the pangs of wondering ~ why am I here? What am I to do at this time of my life? I always wanted to make a difference in people's lives, but at this point I was feeling disconnected, similar to how I felt 20 years ago when I moved back to my home town, disappointed over events not turning out as I planned. I didn't know which way to turn. Life had become difficult and I was worn out.

In need of a new perspective, I went to see a counselor who suggested I create a timeline of my life up until that point, indicating all the main events, accomplishments and important

milestones along the way. I drew a wavy line that somewhat resembled a Candy Land game board. When I was finished, I showed it to a friend who suggested that I turn my story into a book!

I was surprised at her suggestion, unaware that anyone would be interested in reading my life's story. She went on to say that she shares my story all the time with people in the spiritual awareness classes she teaches at the Milwaukee County Jail. "These inmates are struggling with serious problems; with drug and alcohol addictions, who have been downtrodden by society, and are behind bars for crimes they committed. Most have lost all hope for a better life, so when I share your story of your personal struggles and how none of it made you drink, they have hope again," she said.

Continued on page 5



Angel Talk from page 4

I had no idea my story was being shared! I didn't know my suffering had purpose and meaning.

She went on to say, "These guys are crying for help and are longing to hear about people who have come through the fire, who've chosen a higher path and not looked back, and who have no more need to turn to substances to deal with life's circumstances."

She had been teaching her prison ministry for many years, telling my story of how my life had become unmanageable (as they say in AA), and how I came through the grief and shock of the sudden death of my fiancé in 1986 ~ and even that didn't justify a drink. She also told me how these (mostly) men were impressed by how the angels intervened in my life; and, how they lifted me up from the depths of despair and hopelessness and how they, too could come out of their funk and stay sober. I had no idea these guys found sobriety after hearing my story. I had no idea that all the pain I lived through, that my suffering held meaning and purpose and was helping others.

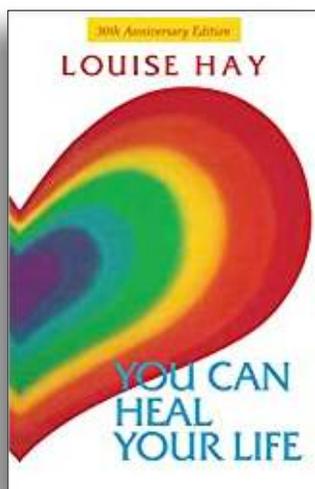
I had also noted on my timeline the positive incidents. In my case that meant when the angels intervened. One such incident was when I received the book, *You Can Heal Your*

Life by Louise Hay sent to me by my brother. It was a new book in 1987 when I first read it. It helped me heal my roughed-up life and made me aware there were other options than curling up in a ball and crying myself to death. Louise wrote about her own healing of uterine cancer. Her story, plus drawing my life path timeline provided the beam of light I needed to get through my emotional pain. I was able to note the gifts I was given from that loss and learn deep down there is a silver lining to our struggles!

I was on the phone recently with my friend who reminded me there have been hundreds, perhaps thousands of people in her classes over the 30 years she's been teaching, who have been inspired by my story. Many found permanent sobriety and she said some of them began writing their own stories. Until recently, I was simply unaware of the ripple effect it had.

We all have a story. Make a timeline of your life with all the twists and turns, including the times the angels intervened to light the way to lead you to the sweet treasures waiting on your path. Whether you write a book or not, know that someone somewhere is touched by your story, all that you've lived through and who you've become as a result of your sacred journey.

△



Editor's Note:

I was wonderfully impressed by self-help guru Louise Hay's groundbreaking book. It helped me heal my life and fueled my desire to help others. My life path led me to being a guest in Louise's home in San Diego in 1994 where I interviewed her for a feature in *The Inner Voice*. Click link to buy her book and begin your healing journey:

[You Can Heal Your Life](#)



What would you like to ask your Angels?

The Angels await your call to connect with them. They know and oversee "The Grand Plan" for your life and stand by ready to help you to heal and move through life's challenges. A reading lovingly explains your Earth School curriculum while answering the questions in your heart.

∨

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Angel Medium Nancy Freier

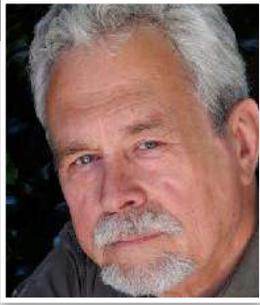
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Watch for Nancy's book

Heaven Help Me!

Coming soon



Pioneering Proof of The After Life

The Work of Frederic William Henry Myers

Founder of The Society for Psychical Research

I have read dozens perhaps hundreds of books about The After Life. Based on these books and numerous other studies I have read, I have no doubt that life after life does, indeed exist.

Some of the most interesting and validating material I have found are contained in books written 100 or more years ago, books about mediums and the research conducted by the founders of the Society for Psychical Research (SPR). In 1882, Frederic William Henry Myers (1843-1901) cofounded the SPR and was a major contributor to its success for the next 20 years. The evidence produced back then corresponds with the best of the research being conducted today.

Frederic William Henry Myers was the son of an English clergyman. He was a classics scholar-turned-scientist by his interest in psychic phenomena and mediumship. An after-death communication from his first wife confirmed Myers' belief in the survival of human consciousness. Myers wrote *Human Personality and its Survival of Bodily Death*, the culmination of his research, at a time when scientific pioneering was proceeding toward materialism—when simply expressing the belief that man possesses a soul was a very daring act. Risking even more, Myers declared the soul able to survive the death of the body. The object of his work was, in his mind, “To do what can be done to break down that artificial wall between science and superstition.”

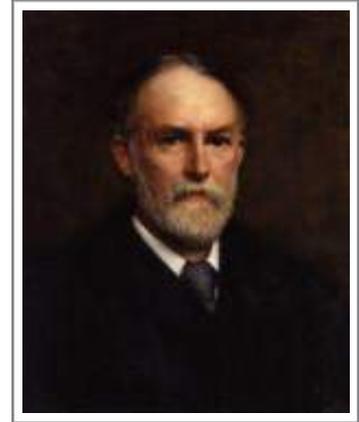
The Myers book accomplished the following:

- A landmark analysis of mediumship, psychic abilities, and life after death from one of the greatest forerunners of modern psychic research

- One of the first scientific studies to recognize extrasensory perception as a natural, observable phenomenon
- Describes the paranormal experiences of persons awake, sleeping, and hypnotized
- Applies scientific methods of observation and discussion to one of the universal mysteries of humankind—the survival of the soul
- Illuminated the path of consciousness exploration for some of the greatest minds of the last century

Myers legacy is a series of after death communications called the *Cross Correspondences* ~ fragments of information that came through different mediums and which in themselves meant nothing. However, when pieced together they formed coherent messages. The objective was for the communicating spirits to demonstrate that the messages were not coming from the conscious or subconscious of a single medium, or by means of telepathy from another human, or from some cosmic memory bank. It was as if the spirit communicators devised a 1000-piece jigsaw puzzle with the pieces scattered in various parts of the world.

Myers pursued this task with a diligence characteristic of him in life. Myers, for all the grand scope of his interests, was a very modest man. He was also a very systematic one. These two qualities perfectly explained the style and timing of his after-death communications. He wanted to prove to his friends that he still lived and he devoted 30 years to that. From 1901 to 1932, more than three thousand scripts were communicated. Receiving and interpreting such a vast body of material was often burdensome to those involved.



He had been dead for nearly 23 years before, at last, he started to communicate on that most mysterious of all geographies, the world of the dead. Myers was not the first to describe life after death, plenty of other communicators had done that in spiritualist séances. But although their reports had at first been examined with fascinated anticipation, they were soon dismissed with “snorts of derision.” For Heaven and The After Life had always been something very special to man ~ a transcendent paradise ~ where the pain and struggle of this life would be surmounted, and the mysteries of human life and death would at last be revealed in the very abode of God himself.

But what was reported was quite something else, indeed. For what the communicators described was nothing but an earth style of life. It was terribly beautiful and the ‘dead’ were very happy and active, too.

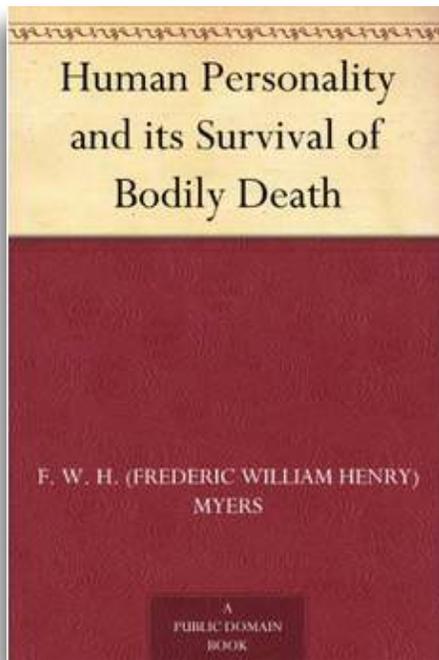
What exactly did they do there? Well, pretty much what they had always done. They played golf, for example, and drank Scotch. They had sexual adventures and they smoked cigars. They played cards, lived in houses like those they had occupied on earth, and even went to work!

Now this, obviously, could not be Heaven: it was clearly spiritualist self-delusion. Myers, however, was to show that these communicators were right, at least in part. For it had never occurred to the critics that if men were going to transcend their earth-lives after death and move onward to a 'divine' realm, then it would certainly be a kindness to them to start them off with something familiar, something to match the lives and beliefs they were familiar with on Earth.

This description matches much of what I have read in numerous, more modern books. However, not all after life experiences are an extension of one's current Earth life. Your experience on The Other Side seems to depend greatly upon your level of development of consciousness. For example, a Mother Theresa type of person would most likely skip past duplicating their earthly experience and move to a much higher plane. But for the vast majority of individuals here on Earth who are living the typical *unconscious* life, it seems inevitable that their view of heaven will bear close resemblance to, and become a direct extension of, what they are living now.

We will look at more of the details of how that might work in future writings. The investigation continues!

△



Human Personality and its Survival of Bodily Death

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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. Contact: sgfreier23@gmail.com



www.mosaicslab.com

Mosaic

By JA Dioguardi

I'm always asking questions,
seeking to know much more,
wanting to know for sure
that I am on the highest road.
Is this latest episode
playing out as it was drawn?
Or am I just a pawn
in other stories being told
while my own is put on hold?

We star in our own series,
yet they are intertwined —
lessons of life aligned
to synthesize divergent plots.
Higher visions call the shots
since the input they supply
assures a wiser eye
is overseeing every move,
even when we disapprove.

With questions never-ending,
ego is oft confused,
feeling that it's been used
in reaching ends kept out of
sight.

Longings are the dynamite
that were put in place by Soul
so that which serves the Whole
attracts each player to his part.
The result is living art!

Our lives form a Mosaic;
disparate paths relate,
merging to illustrate
a beauty shaped by every one.
Earthly yens by Spirit spun
yield a texture, form, and hue,
which won't come into view
until we rise above the bounds
that, the human mind, confounds.

A single life exhibits
part of Divinity
cast from infinity,
and all are equal, each required.
Light and dark are both desired,
and the textures must contrast.
What's born is unsurpassed!
As every aspect is expressed,
Source's love is manifest.

△



About JoAnn 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

Angel Guidance at St. Joseph's Cemetery

By Nancy Freier in
Collaboration with Steve Freier

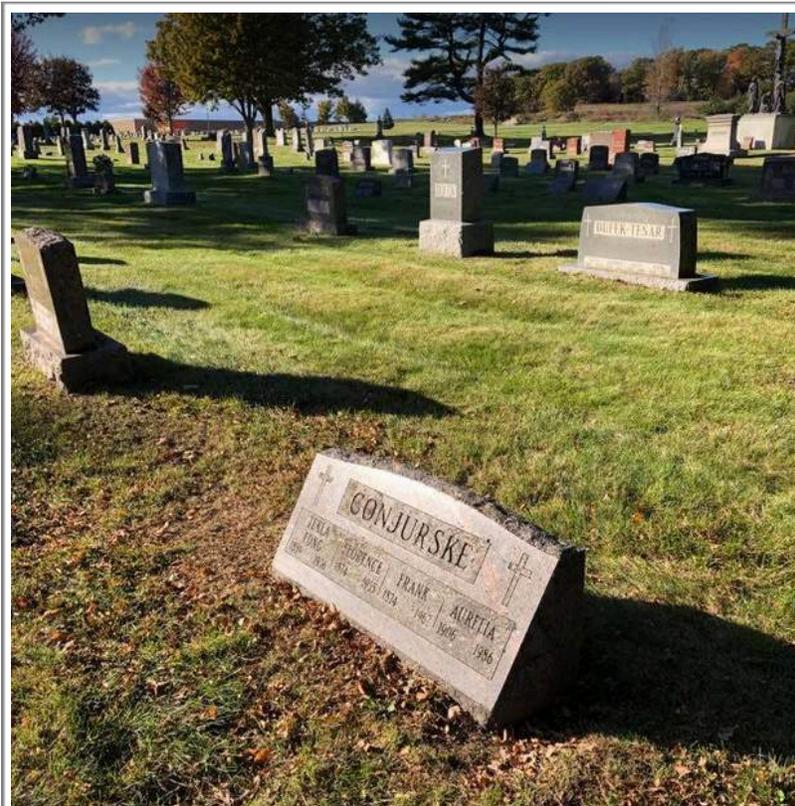
This could be a great Halloween story since it happened a week before Halloween and it took place in a graveyard. But since it was guided by the angels, it turned out to be a truly delightful experience instead of scary.

The adventure began on Saturday, October 23. Steve and I decided to hunt for the graves of a couple of ancestors on my mother's side of the family. Prior to the expedition, we conducted some preliminary research online. Fortunately, we discovered findagrave.com which produced actual photos of the headstones. We printed them out and we headed to St. Joseph's Cemetery in Sturgeon Bay, Wisconsin less than a mile from Steve's house. ∞

Our mother kept an old yellowed newspaper clipping about Great Great Uncle Frank in a box of old photos. The article was titled "Sturgeon Bay Barber, 86, Is Also Inventor, Violin Fixer, Pool Expert." In 2012, I wanted to learn more about our ancestor whom we had



"If this story isn't a great example of angel guidance, I don't know what is." ~Steve Freier



Great Great Uncle Frank Conjurske's Grave

never met, so on a trip to Sturgeon Bay, I brought that clipping with me to investigate. I hit the jackpot! I was guided to begin at the Door County Museum where Ginny the curator led me downstairs to an extensive exhibit of Frank's life! He had moved to Sturgeon Bay in 1900 and established a barber shop at 36 N. Third Avenue. The building still houses a barber shop today. Uncle Frank held several patents for his inventions of many barber-related implements, hair dryers, and Nu-Life Hair Tonic that prevented baldness! On that trip I also discovered one of Uncle Frank's descendants, his granddaughter Carol Ann Conjurske. I was told she worked at the bank so I went there to meet her. I am happy I did because she passed a couple years later in 2014. So, I wanted to find her grave, also. ∞

Steve's research to locate both gravesites turned up a photo that revealed a hint of a cherry orchard just behind where Carol Ann is buried. We were elated that when we got to the cemetery we found her tombstone right away. With such early success we were encouraged we would also find Uncle Frank's grave, and so the hunt was on!

St. Joseph's Cemetery is rather large and his gravestone photo provided no clues as to where to look. Siri was no help either. We started out on foot roaming row-by-row

Continued on page 9



Larry, An angel on a bicycle

in search of his grave, feeling more and more hopeless we would ever find it. I have some difficulty walking on uneven ground such as this, and was concerned I'd be in pain from all the walking, so I called out, "Angels! Please just lead us to Frank's grave!"

At this point Steve and I decided to hop back in his truck and drive over to the main building to see if we could find someone, or maybe a directory. When we got there, Steve found that the door was locked. There was no directory anywhere.

At that point Steve walked in the direction of an above ground mausoleum while I waited in the truck. A few minutes later I heard him talking to someone, so I got out and walked in that direction. I found him in conversation with a man on a bicycle wearing a sweatshirt with the words "Comfort Supply" imprinted on it, who just happened to be visiting the grave of a family member. He introduced himself as Larry and we told him we were there to visit our relatives' graves, had

found one of them, but we had no idea where Uncle Frank's grave was.

Steve and Larry continued to chat while I took off on foot to resume the search. A minute later I noticed Larry rode off on his bike through the cemetery while Steve also resumed searching on foot. Another minute later Larry was shouting to us from the other side of the cemetery, waving for us to come over to where he was. When we got there, Larry was leaning on his bike ~ right next to Uncle Frank's grave!!!

"How did you find it so fast?" we asked. Larry answered saying, "After we said goodbye at the mausoleum, I rode through the cemetery and suddenly a voice told me to turn and go in this direction. Then I rode right up to your Uncle Frank's headstone!"

It was then that I remembered my prayer from about five minutes earlier, asking the angels to show us where the grave was. I

chuckle at their perspective... they must have noticed Larry on a bike and decided that he would be their instrument. It was then that I told Larry about my prayer for help, and my theory that the angels had used him as their instrument. It brought tears to his eyes and we all got those affirmative "angel chills" aka goose bumps! Larry explained that he had heard this voice speak to him telling him to turn his bicycle in this direction. "And then," he said, "I just rode right up to it!"

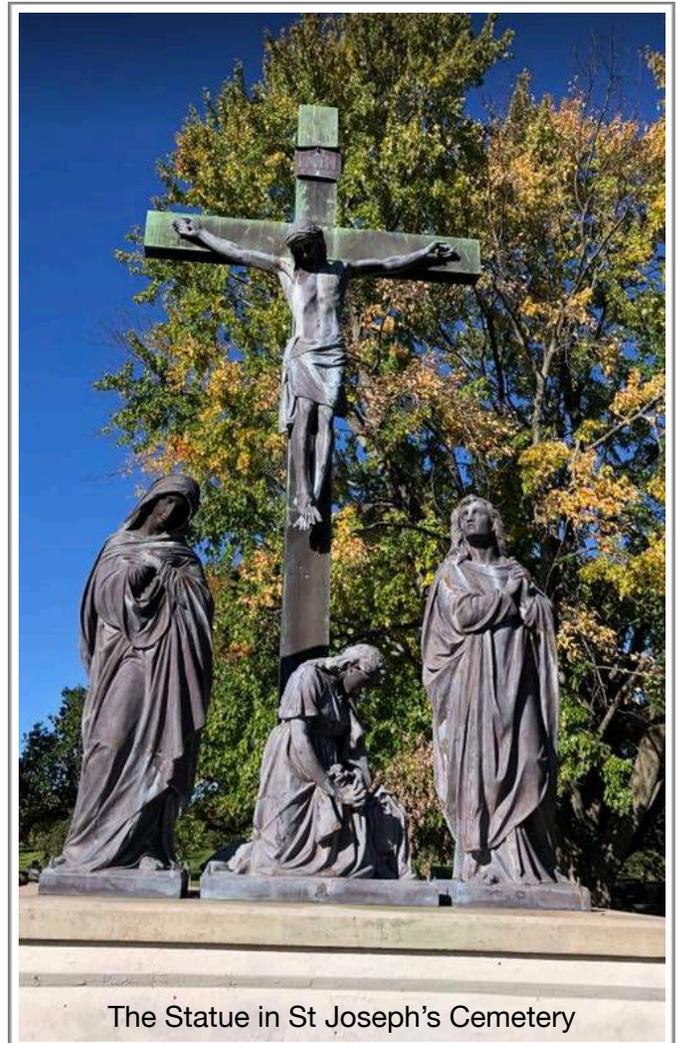
The three of us stood there next to Uncle Frank's gravestone absolutely stunned at what had just happened. I guess I should not be surprised at the angels answering my prayers, but whenever I witness

little miracles like this, I am always totally delighted to know the angels are always available to help us. What else might we ask them? How else might they love to guide us? ∞

We took some photos and exchanged email addresses. I told Larry we publish *The Inner Voice* and this *Evidence of Angels* story will be in the November issue. Still teary-eyed, he gave us a hug, said goodbye, and rode off.

But there was one more thing that deeply touched me. After we parted ways, I watched as Larry rode his bike over to a huge statue of St. Joseph with Mary and Jesus located in the center of the cemetery ... where he got off his bike, knelt down and prayed.

△



The Statue in St Joseph's Cemetery

Candy Land Was Invented for Polio Wards

A schoolteacher created the popular board game for quarantined children

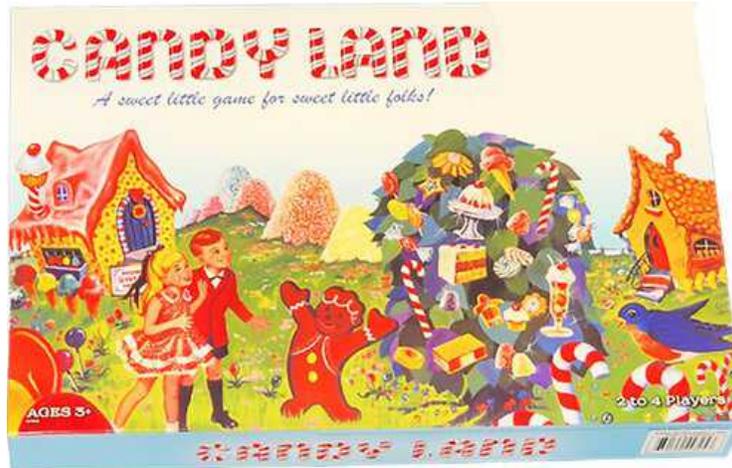
Editor's Note: You could look at this story a number of different ways: 1) to learn the origin of this popular game; 2) to learn how people dealt with an epidemic 70 years ago; and 3) as an example of a silver lining to a dark situation.

By Zoe Mitchell

Candy Land is one of the top selling children's board games of all time selling an average of one million units per year. The game, which invites players to explore a peppermint stick forest, a peanut brittle house, a molasses swamp, and a gumdrop mountain, was designed to foster imagination and individual play, rather than encourage competition.

In 1948, retired schoolteacher Eleanor Abbott invented Candy Land in a San Diego hospital. Abbott had been diagnosed with polio and during her convalescence she was surrounded by children suffering from the same disease. The experience inspired her to create a game that would entertain children during a painful and lonely time in their lives. Candy Land was so popular among the young hospital patients that Abbott decided to pitch it to toy manufacturer Milton Bradley. It quickly became the company's highest selling board game.

In the years after World War II, with the US economy thriving and the baby boom era in full swing, the timing was perfect for a game like Candy Land. "There was a huge market — it was parents who had kids and money to spend on them," noted Christopher Bensch, Chief Curator at the National Toy Hall of Fame. "A number of social and economic factors were coming together



for [games] that were released in the [post-war era] that has kept them as evergreen classics," said Bensch.

As popular as Candy Land was among children, they weren't the only audience for the game. "It was parents, not children, who were the true consumers of Candy Land," wrote Samira Kawash in a 2010 article for the American Journal of

Play. "If Candy Land promised children visions of unlimited sweets, what Candy Land offered parents was the image of children who were quite happy to play alone."

During polio outbreaks, children left alone in hospitals without their parents would often be overcome with homesickness and feelings of abandonment. Candy Land offered them an escape into a fantasy world. Even children

as young as three-years-old could enjoy the game since it required no reading or writing to play, only the ability to identify colors.

During the height of the polio epidemic in the 1950s, children were prohibited from congregating at public pools, lakes, or parks to prevent the spread of the disease. At a time when most board games were designed for all-family play, Candy Land was particularly popular because it could be played alone by children who were confined indoors.

Although Candy Land started in a polio ward, the manufacturers of the "sweet little game for sweet little folks" never promoted its connection to the infamous disease. As for Candy Land's creator, Eleanor Abbott never lost sight of her original goal for the game. She donated all the royalty income she received from Candy Land to charities dedicated to serving children in need.

△



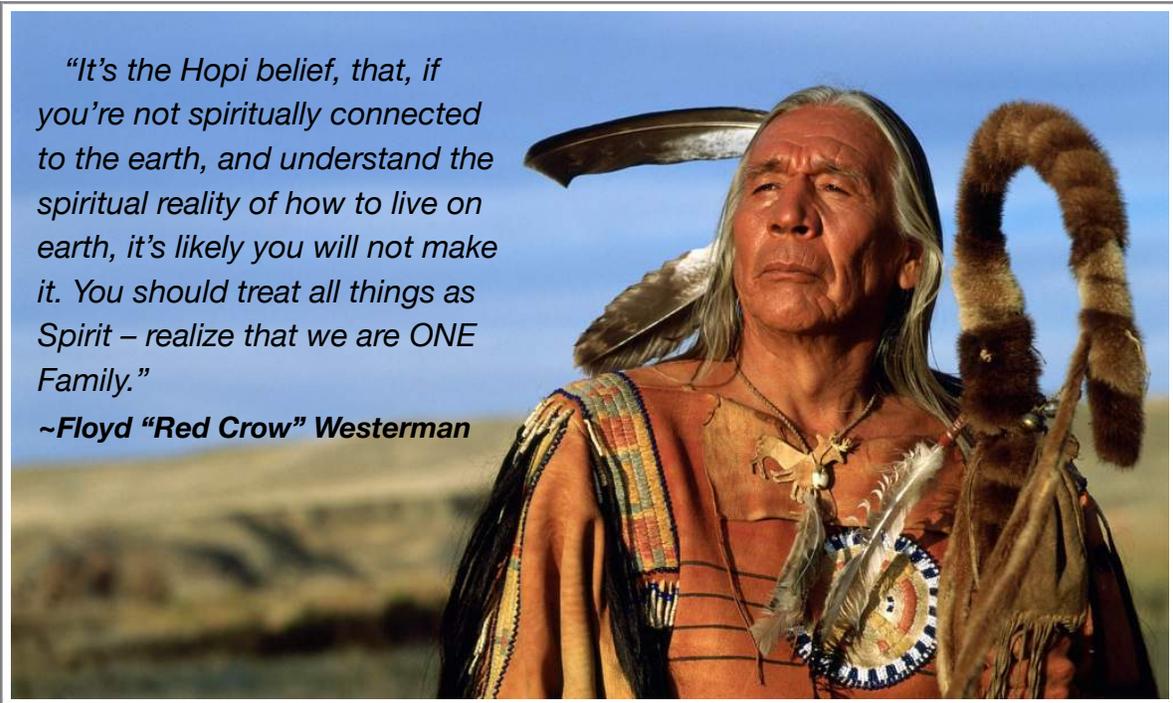
The Time of Renewal

Honoring Our Native American Brothers

[Try watching this video on www.youtube.com](http://www.youtube.com)

"It's the Hopi belief, that, if you're not spiritually connected to the earth, and understand the spiritual reality of how to live on earth, it's likely you will not make it. You should treat all things as Spirit – realize that we are ONE Family."

~Floyd "Red Crow" Westerman



By Christopher Chase

Time evolves and comes to a place where it renews again. There is first a purification time, and then there is renewal time. We are getting very close to this time now. We were told that we would see America come and go. In a sense, America is dying, from within ... because they forgot the instructions on how to live on earth.

Everything is coming to a time where prophecy and man's inability to live on earth in a spiritual way, will come to a crossroad of great problems. It's the Hopi belief, it's our belief, that, if you're not spiritually connected to the earth, and understand the spiritual reality of how to live on earth, it's likely you will not make it.

When Columbus came, that began what we term as the "First World War." That was the true First World War – when Columbus arrived – because along with him came everybody from Europe. By the end of the Second World War, we were only 800,000 ~ from 60 million to 800,000. So, we were almost exterminated here in America.

Everything is spiritual. Everything has a spirit. Everything was brought here by the Creator – the one Creator. Some people call Him "God," some people call Him "Buddha," some people call Him "Allah," and some people call Him other names. We call Him "Concachilla" or "Grandfather."

We're here on earth only a few winters. Then, we go to the Spirit World. The Spirit World is more real than most of us believe. The Spirit World is everything.

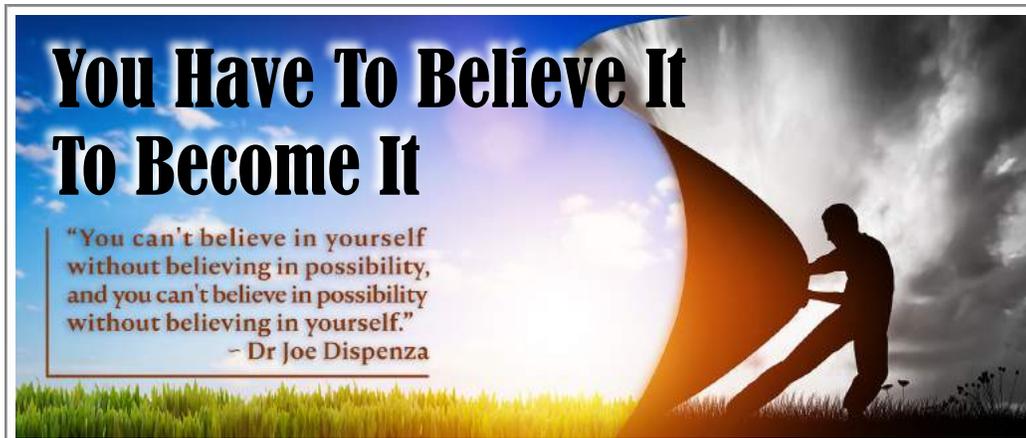
Over 95 percent of our body is water. And, in order to stay healthy, you've got to drink good water. Before Columbus, and before the Europeans came here, we could drink out of any river. If the Europeans had lived the Indian way when they came, we would still be drinking out of rivers, because Water is sacred. The Air is sacred.

Our DNA is made of the same DNA as the tree. The tree breathes what we exhale. When the tree exhales, we need what the tree exhales. So, we have a common destiny with the tree. We are all from the earth; and when earth, water and the atmosphere is corrupted, then it will create its own reaction. Our Mother is reacting.

In the Hopi prophecy they say the storms and floods will become greater. To me, it's not a negative thing to know that there will be great changes. It's not negative, it's evolution. When you look at it as evolution, it's time. Nothing stays the same. You should treat all things as Spirit – realize that we are ONE Family. It's never something like "the End." It's like Life – there is no end to Life.

~ Floyd "Red Crow" Westerman





At our workshops around the world, it's not uncommon that someone stands on the stage and tells the story of their own personal healing. Often they will begin by acknowledging the fact that, because they had been dealing with their health condition for so long, they became used to thinking and feeling in certain ways, doing the same things every day, behaving in certain unconscious patterns, making the same routine choices, and even taking the same medications—without experiencing any changes in their health condition.

They also elaborate on the fact that they were sent to several different specialists to whom they told the same story, reciting the same case history, only to receive limited recommendations and advice to utilize similar medications, surgeries, or treatment options. Unbeknownst to themselves, in the process of repeatedly retelling the story of their past, they were constantly reaffirming their state of health, which ultimately became their identity.

When it came time to apply the work, many of these people also shared the realization that, although they knew this work was the truth—because they saw it work for other people—they had the subconscious belief that it would *not* work for them.

If you have this belief, this is precisely the moment when it's time to get off the bench and step onto the playing field, because this is the moment when it matters most. This is the time when you

have to change that belief, and do the work with a new level of energy.

The Defining Moment

I say this as a reminder, because if you do the work without the belief that you *can be* or *will be* healed, then you haven't changed any aspects of your thinking, behaviors, or emotions. But if you get up from your meditation and believe in your new state of health, and thus your new future, more than when you sat down, then you *have* created a change in the way you're thinking and feeling. You've changed your state of being. This is important to note because it's this new feeling that causes you to believe in your future—and when you believe in your future, you're no longer feeling separate from it.

When people in this work decide they are no longer limited or defined by a condition, label, or prognosis—and when they eventually *do* heal themselves—they can always tell you the exact moment when they decided to go all in.

When they finally made the conscious, intentional choice to show up for themselves every day, they were doing so because they finally believed in the possibility of living a healthy life again. The truth of the matter is, you can't believe in yourself without believing in possibility, and you can't believe in possibility without believing in yourself.

The Truth Is Found in the Work

When I've talked to people who have had profound healings—and when I watch

their testimonials—they often comment on the moment they made up their mind to change as a pivotal point in their journey back to health. The decision did not come from their outer environment; in fact, they weren't waiting for something in their environment to change so they could begin to heal. They changed their inner environment, and that's what started the healing—that's the moment their healing began.

When they made the choice to heal, they did so with such firm intention that the amplitude of their decision caused their body to respond to their mind. The intensity of the decision carried a level of energy that was greater than their body's persistent, hardwired thoughts and conditioned emotions that were based on the past. And because the emotion was so strong, it altered their normal state of being and they remembered their choice in that moment even more. This is how long term-memories are formed.

Every time you make the decision to believe in your future with that level of energy, you're sending out a big signal that creates big ripples in the quantum field. If you keep doing it enough times, you're conditioning your body to a new mind. You're combining a thought and a feeling, an image and an emotion, and a stimulus and a response. This is how you condition your brain and body into a new future. In these moments, you're giving your body a taste of the emotions of your future, and you're branding it neurologically in your brain. *You're remembering your future.* You are aligning your brain and body to a new future, and because the environment signals the gene—and the end product of an experience in the environment is an emotion—you are actually signaling genes ahead of the environment.

That's the moment your healing begins. It's the mind-body connection in its ultimate form.

△

<https://drjoedispenza.com>



Dates: Oct 22 - Nov 21
Ruled by: Pluto
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 Scorpio on your birth chart.

What Is Scorpio's Intention?

If last month Libra was inviting us into relationship awareness, this month our inner Pluto is drawing us deeper into the crucible of intimacy, feelings and change that relationship inevitably requires. Ouch! It is Scorpio.

The Scorpio in us is driven to uncover the dark, hidden secrets in our self, others, and life. Thus, when we are in our watery, feeling Scorpio self, we can seem intense, hidden, and serious. We may be drawn to crisis situations and melodrama. Scorpio's spiritual intention is to strengthen our trust in spirit, to know that death, in any form, is but a rebirth of something new: that we are, as souls, immortal. Where change is demanded, Scorpio is there.

Our healthy, conscious Scorpio is learning self-discipline and how to choose constructive change, releasing whatever causes stagnation and low energy, eliminating non-useful possessions, and enjoying things without the need to own them. In relationship, Scorpio is learning to open into the vulnerable intimacy of feelings, to accept support from others, embrace cooperation and merging of power. In the process, we become more aware of other people's psychology (desires, needs, wants and motives) and learn how to blend our energy with theirs to meet their needs and our own needs.

Our unconscious Scorpio self becomes judgmental and impatient, overreacts intensively, and becomes preoccupied with other people's motivations, taking things personally. Unenlightened Scorpio can be fearful of change and frightened by the unknown.

What needs healing and growth?

Our wounded Scorpio, doubting our immortality, fears death. Change always involves some form of death. Thus, we cling to things and people. Perceiving enemies who threaten to take them away, we use our power to manipulate or destroy, all the time putting on a face of light-hearted sarcasm. Though we are very sensitive to other people's feelings, we keep ours hidden, afraid that vulnerability will be certain death.

To heal our Scorpio selves, we need to use our intense passion for truth to discover the mysterious secrets of life. Our wounds and losses will ultimately demonstrate that we never really lose anything, rather the essence of all we treasure remains with us, born into new forms and relationships.

This journey requires that we embrace our feelings and be vulnerable with others, knowing our ego will be challenged, and though it may feel like death upon us, it is actually another part of our phoenix soul, birthing through the fire of transformation with fuller expression into this world of time and space. We then feel spirit, know our immortality and are happy to release people and things to live freely and playfully in this world of illusions, knowing we can never really lose their

essence. Our Scorpio intensity turns to passionate delight in how spirit is hidden in the changes, deaths and re-births of this world.

What Can I Do This Month?

To heal and evolve your Scorpio self, pay attention to your feelings. Do you routinely honor and respect your own feelings and share them with trusted loved ones? Or stay hidden? How good are you at reading other people's feelings? What do you do with that? Are you drawn to melodrama, in yourself or others? Jealous much? What's behind that? Do you ask directly for what you need, or do you manipulate? Do you resist cooperation? Do you lash out when feeling threatened? Have you learned the difference between interdependence and co-dependence? Are you confident about your immortality? Can you enthusiastically embrace change?

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

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Barry Kerr is a certified soul-based astrologer with over 40 years of experience. Located in Sedona, Arizona, Barry offers astrology, energy healing and transformational coaching by phone, Zoom or in person. Visit [his website](#) for more information or email: Barry@ChooseConsciousLiving.com



The Road To An Amazing Life

“...Everything is interesting if you go into it deeply enough.” ~Physicist Richard Feynman

The best way to an amazing life is to stay curious and explore something new every day. People who read, write, and investigate their world as a daily habit, have more happiness and success in all they do. They are interested in life and therefore become more interesting people overall.

A number of my paintings lately have this light arch down a path, stream, or forest. The place leading up to this bright goal is my exploratory land of ~ paint on, wipe off, spray with water, and see what images are invoked. I never know where I'm going to end up within this approach,

but it's always teaching me something new that I had never created before. This is the incubation place. New art, techniques and textures appear here. Art enables me to [Create True Magic](#) every day. Plus, I have to have tons of patience with myself at this part of the painting. I'll rub things out and come back to them tomorrow with fresh eyes. I have to be brave here, and trust my intuition in all things. Images often appear, like a hidden bear, bird, or face, that are completely unintentional.

But we can find this place of discovery in anything we choose to do. Explore a new location, take a walk on a wooded path leading to a lake, or just drive down roads away from the city and see what's there. The best way to an amazing life can be found at home by reading an interesting novel, seeing a movie set in a past period of time, or learning that a famous Dutch painting has a secret second painting underneath that has been painted over.

All of these things can open many doors to new experiences. Just as in making art, the more curiosity you have about a place, an author, or a certain time period, the more fascinating

life becomes. Often the more you know, the more you want to know.

This very human trait has led humanity to create tools, colors, art, and to make their mark on the world. Plus, if you are curious with a partner, these explorations bond your love even deeper. Sharing your passion with another is a priceless gift.

But these traits have to be nourished. Learn something from a master, where you can connect, ask questions, and share your final piece. Life shifts from being a same flat old thing into living 3-D Prismacolor! Furthermore, you become more connected to a trip, a book, or a person by the energy you give it.

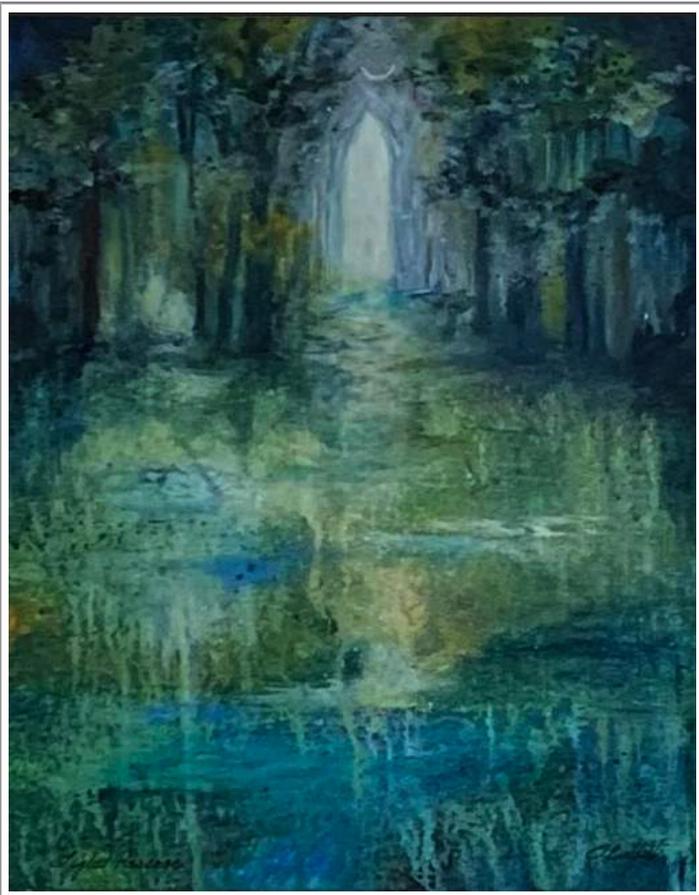
Create a collage about it. Write about it. Share your story with others to enrich the experience tenfold. First of all, begin by going deeper into the things that fascinate you. What catches your interest? Find out more about them/it on Wikipedia. Look for things that surprise you, then branch out from there. If it's the color of nature, take an up close photo, magnify it, bring it home and live with it for a while. Write your thoughts about it. Ask questions and discover answers.

The deeper you go to investigate something, the more you'll remember it. It makes an inroad into your psyche, so choose wisely. You may find yourself dreaming about them!

Only by living in curiosity, will you live a full, rewarding life. Play more, explore more, and discover your true self along the way.

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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 www.patgullettdesigns.com www.artisticwaytoenlightenment.com

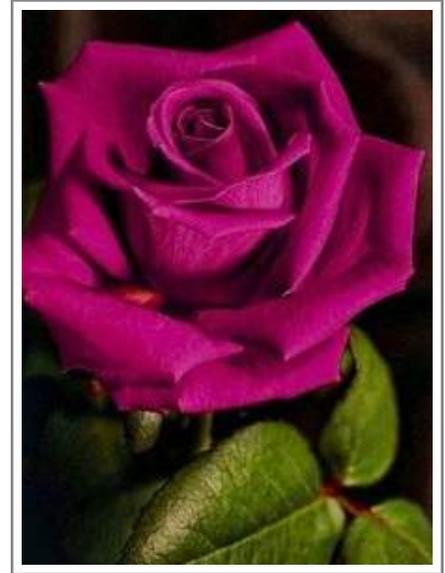


Light Passage, moving through the unknown, testing the waters, connecting with family, then the world. www.artisticwaytoenlightenment.com



Feeling Deeply

Shared heartfelt experiences build inner and outer communities



Before my eyes opened this morning, a phrase was softly and rhythmically repeating in my awareness. It was a strong, consistent effortless chant that stayed with me and *for* me throughout my morning rituals. I was eventually compelled to write it down. “*ALL your Hearts are grieving as ONE.*”

I slowed down. I became very still. I could feel a new and deepening connection within my being. I attempted to think, to understand the breadth of this chant. But, I couldn’t think. The physical and energetic sensations took precedent, expanded and deepened presence throughout my whole body. No emotions. No stream of explanations. Then, I heard a soft voice within say, “*Be with this.*” There was so much to feel.

Last night a dear friend texted me from across the country, “Can you talk?” It was late and I had another call planned in five minutes with someone in Hawaii and in an earlier time zone. I requested to adjust our Hawaii meeting so I could be with my texting friend who I sensed needed sacred space to share her current journey.

I called her. She answered in tears. My heart and mind softened, understanding the tenderness meeting me on the other end of the line. She needed me. I felt honored that she would share her feelings, her fears and her hopes with me. Tears came to me as I listened. I felt so much love, compassion and understanding. I felt so connected to her, and to myself. She said my listening was calming to her.



That’s a strange thing to say ~ “I felt connected to myself” ~ like there are two or more of me. In a sense there are diverse communities living within and influencing each of us. They consist of all the ages and stages throughout our own development, as well as a wide variety of personas, the energies of our ancestor’s traumas, wishes and dreams, and much, much more.

It’s clear. We need each other, more than ever, to express and share our humanity and our divinity, to expand the magic and miracles of new possibilities calling us to create. Shared heartfelt experiences build inner and outer communities.

Our opportunity, if we choose, is to feel to integrate the hidden, hopeless, hurt, separated, conflicted, confused, lost, grieving and eternally traumatized parts within us into a more resourceful collaborative community with new capacities to access expanded currents of love, acknowledgement, acceptance, curiosity, creativity and wisdom within and to share, and collaborate with our outer worlds.

I was curious when I received this morning’s ongoing message, “*ALL your Hearts are grieving as ONE.*” So I asked, please tell me more...

“You are indeed all on a mission, a journey as such. There is no end point, no time of arrival. Let this not deter you from your roles to play. There is much joy, delight and expanded perceptions to glean. All that you push aside or push away is pushing against you. It is consuming your unconscious attention. You can free this inner pressure by giving clear intention and focus to that which you are wanting and to that which

is truly how you feel. It is, indeed, not contrary, nor counter-productive to include seeming opposing views. It is to be all inclusive. To co-create a new reality of acceptance with what is. And from this, new options grow forth. Agreement to accept does not exclude your diverging desires. It is your grasping for rightness, your absoluteness of differing ideologies that keeps you on guard.”

“Relax your definitions and expectations of joy and delight, for there is much richness awaiting you in the subtleties of sensations within all flavors of emotions. You may consider the energies of joy and delight uplifting you, above and away from the everyday experiences of living. They are, in essence, within your daily presence, moment-to-moment; a quieting joy, a quieting delight of coming from the integrated wisdom of all of your past and the current creative flow and new potential in every moment.”

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Beverly Brunelle is an Intuitive Energy Shaman and Teacher. Her specialty is working with people to resolve early trauma, resource authentic presence, creativity and wisdom. Visit: www.beverlybrunelle.com; E-mail: dreamonbab@yahoo.com



Feel all the Feelings with Star Cluster Aragonite

As I sat down to write this month's article I found myself hitting a wall. I wanted to sink into what I thought was the message from the star cluster aragonite, the November crystal of the month. But the words on the page felt bleak and hollow. I've always known this stone to be an incredible ally for the embodiment and expression of our eccentricities yet this did not seem to be what it was wanting to share.

I took this pause on the page as a message to listen deeper. I gathered my favorite pieces of Star Cluster Aragonite and embarked on a journey with them. Journeying is such a great process for getting out of our own way and really listening to the wisdom that wants to emerge. As I sank into this soft space, I asked my crystals what they wanted to share this month... what was I missing in my focus on how they support us in shining brightly? As we journeyed, I could feel layers of emotion rising from within. Emotions ready to be felt. Ready to be honored. Ready to be released.

I was surprised by how many emotions had been lingering just beneath the surface of my awareness: worry, doubt, fear, hesitation, frustration, a bit of anger, some sadness, anxiety, and then grief. Ahh yes, grief ~ that sneaky emotion who seems to surface at the precipice of all change and transition. It rears its beautiful head in so many unexpected ways, presenting opportunities to surrender, to let go of what was.

I wondered, what is the surrender that the Star Cluster Aragonite is trying to bring into my awareness?

As I listened even more closely I began noticing how dramatically life has changed over the past year. My awareness drifted to loved ones who have passed; the ways "normal"

looks and feels different; the new ways people are struggling, as well as the new ways people are thriving.

Life looks different... dramatically different. We all feel this. The ripple affect of change is echoing through the very tapestry of our world right now. It is both a direct and indirect experience in many facets of our lives.

As we move forward during these changing times, emotions are a natural part of once again finding stability underfoot. It is natural to feel intense emotion, and in particular ~ grief. During other times in humanity, many of us found it best, and easier to push our emotions away and to leave them unprocessed. This manner of being may have served us during another time quite well, but not now.

The challenge is that unfelt emotions build waiting for the right moment to burst out, to be felt, and to be processed. But if we give ourselves gentle spaces to tune in and listen, emotions can flow gently rather than charging forward with a rumbling cascade of overwhelm. The sacred times we are living in are calling us to feel, to truly feel.

"Star Cluster Aragonite is showing up as an ally to remind us that as we grieve what was, we find our way forward together."

As we move through November, Star Cluster Aragonite is showing up as an ally to remind us that as we grieve what was, we find our way forward together. It is inviting us to feel all of the feelings, even the ones we don't quite understand. As we feel, our essence and our energy resets to the natural rhythm of life. We come into harmony with life itself, and from this place, we find the courage to allow our uniqueness and eccentricities to shine brightly.

△

Lori Andrus is the Founder of the Crystal Shaman School and the host of the Crystal Shaman Life Podcast. For more information see ad on page 17.





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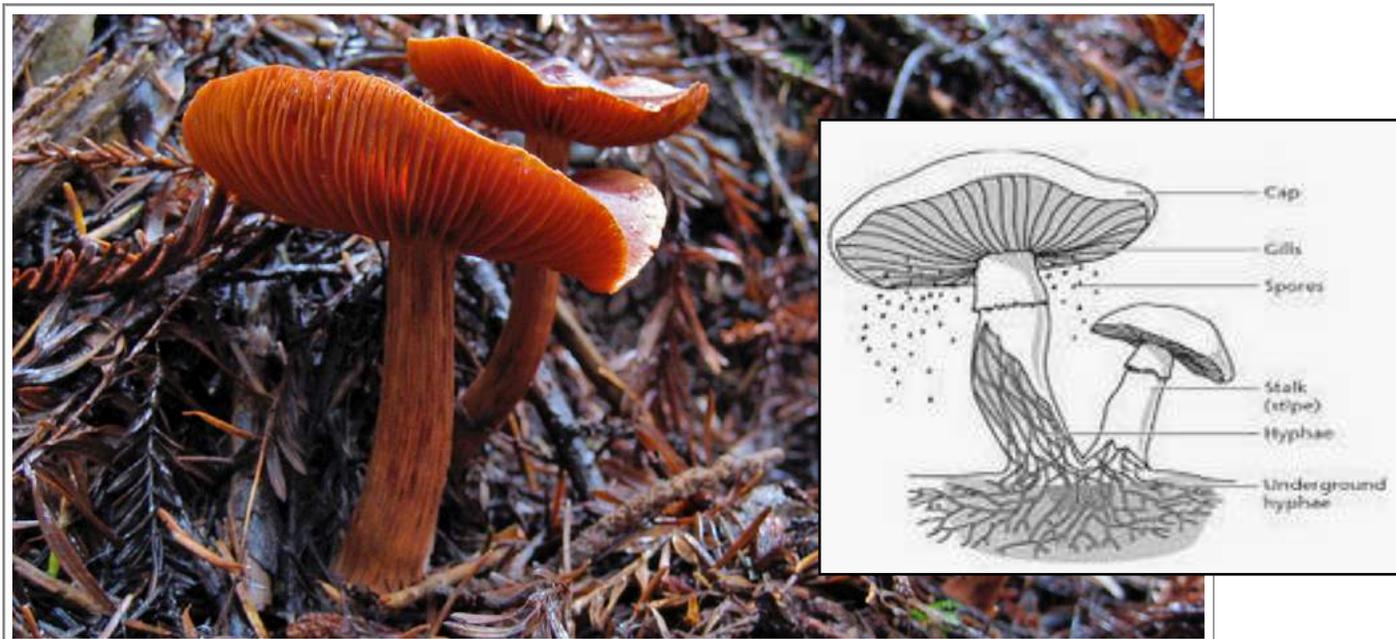
Known for asking spot-on questions, she invites her clients and students to explore the most intimate facets of their soul. Her creative online programs offer high level content and breakthrough lifestyle applications.

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



Wood Wide Web

The underground **network of microbes that connects trees** is mapped for first time



Global census of forest fungi suggests warming could trigger soil carbon bomb

By **Gabriel Popkin**

Trees, from the mighty redwoods to slender dogwoods, would be nothing without their microbial sidekicks. Millions of species of fungi and bacteria swap nutrients between soil and the roots of trees, forming a vast, interconnected web of organisms throughout the woods. Now, for the first time, scientists have mapped this "wood wide web" on a global scale, using a database of more than 28,000 tree species living in more than 70 countries.

"I haven't seen anybody do anything like that before," says Kathleen Treseder, an ecologist at the University of California, Irvine. "I wish I had thought of it."

Before scientists could map the forest's underground ecosystem, they needed to know something more basic: where trees live. Ecologist Thomas Crowther, now at ETH Zurich in Switzerland, gathered vast amounts of data on this starting in 2012, from government agencies and individual scientists who had identified trees and measured their sizes around the world. In

2015, he mapped trees' global distribution and reported that Earth has about [3 trillion trees](#).

Inspired by that paper, Kabir Peay, a biologist at Stanford University in Palo Alto, California, emailed Crowther and suggested doing the same for the web of underground organisms that connects forest trees. Each tree in Crowther's database is closely associated with certain types of microbes. For example, oak and pine tree roots are surrounded by ectomycorrhizal (EM) fungi that can build vast underground networks in their search for nutrients. Maple and cedar trees, by contrast, prefer arbuscular mycorrhizae (AM), which burrow directly into trees' root cells but form smaller soil webs. Still other trees, mainly in the legume family (related to crop plants such as soybeans and peanuts), associate with bacteria that turn nitrogen from the atmosphere into usable plant food, a process known as "fixing" nitrogen.

The researchers wrote a computer algorithm to search for correlations

between the EM-, -AM- and nitrogen-fixer-associated trees in Crowther's database and local environmental factors such as temperature, precipitation, soil chemistry, and topography. They then used the correlations found by the algorithm to fill in the global map and predict what kinds of fungi would live in places where they didn't have data, which included much of Africa and Asia.

[Local climate sets the stage for the wood wide web](#), the team reports today in *Nature*. In cool temperate and boreal forests, where wood and organic matter decay slowly, network-building EM fungi rule. About four in five trees in these regions associate with these fungi, the authors found, suggesting the webs found in local studies indeed permeate the soils of North America, Europe, and Asia.

By contrast, in the warmer tropics where wood and organic matter decay quickly, AM fungi dominate. These fungi form smaller webs and do less inter-tree swapping, meaning the tropical wood wide web is likely more localized. About 90 percent of all tree species associate

Continued on page 19

with AM fungi; the vast majority are clustered in the hyperdiverse tropics. Nitrogen fixers were most abundant in hot, dry places such as the desert of the U.S. Southwest.

Charlie Koven, an Earth system scientist at the Lawrence National Laboratory in Berkeley, California, applauds what he says is the first global forest microbe map. But he wonders whether the authors missed some important factors that also shape the underground world. Hard-to-measure processes such as nutrient and gas loss from the soil could affect where different microbes live; if so, the study's predictions could be less accurate, he says.

Despite such uncertainties, having the first hard numbers for which tree-associated microbes live where will be “very useful,” Treseder says. The findings could, for example, help researchers build better computer models to predict how much carbon forests will squirrel away and how much they will spew into the atmosphere as the climate warms, she says.

Crowther, however, is ready to make a prediction now. His results suggest that as the planet warms, about 10 percent of EM-associated trees could be replaced by AM-associated trees. Microbes in forests dominated by AM fungi churn through carbon-containing organic matter faster, so they could liberate lots of heat-trapping carbon dioxide quickly, potentially accelerating a climate change process that is already happening at a frightening pace.

That argument is “a little bit more tenuous” to Treseder. She says scientists are still puzzling out how different soil fungi interact with carbon. But, she adds, “I’m willing to be convinced.”

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Source: <https://www.science.org/content/article/wood-wide-web-underground-network-microbes-connects-trees-mapped-first-time>



The Leaf

By Thich Nhat Hanh

I asked the leaf whether it was scared because it was autumn and the other leaves were falling. The leaf told me, “No. During the whole spring and summer I was very alive. I worked hard and helped nourish the tree, and much of me is in the tree. Please do not say that I am just this form, because the form of leaf is only a tiny part of me. I am the whole tree. I know that I am already inside the tree, and when I go back to the soil, I will continue to nourish the tree. That’s why I do not worry. As I leave this branch and float to the ground, I will wave to the tree and tell her, ‘I will see you again very soon.’”

Photo by Aaron Burden on Unsplash



Super Spice Secrets

Common culinary herbs add not only flavor and color to meals they carry subtle-to-strong medicinal properties that aid human health in sundry ways! Learn more about these rich and flavorful herbs and spices then experiment in your kitchen this holiday season!

Disclaimer: This winter and holiday season integrate herbs and spices into your culinary dishes, as well as for health and wellness. Remember that many herbs and spices contain active constituents, some of which are very strong. Generally, smaller amounts in cooking are considered safe, however, please use carefully and in proper doses. If taking herbs for health reasons due to factors such as pregnancy, medical conditions and other medication contraindications, consult with your doctor or trained health practitioner.

Anise Seed

Often described as having a licorice mint flavor. An ingredient in candies, confections, used in baking. Anise is helpful for colds, coughs, bacterial infections, digestive complaints and is a delightful female reproductive tonic.

Basil

Everyone's Italian seasoning favorite! Long ago considered a potent 'love herb' in Europe. Aside from its potent taste, it supports the kidney, digestion, detoxifies the blood, lowers blood pressure, aids with colds, flu, bronchitis, anxiety, headaches, nausea, diarrhea and more. Consider growing numerous varieties in your herb garden. Don't forget to add Holy Basil to your bed, a stress-reducing herbal adaptogen.

Bay

This sacred herb was once used by ancient Egyptians to induce prophetic dreams! Add it to soups and stews for that distinct flavor. Bay reduces colds, infections, arthritis pain, stomach and menstrual cramps, plus help lower blood sugar levels.

Black Pepper

We know this as a popular food condiment. Did you know that this spicy herb will also stimulate digestion, support the kidneys, lungs and sinuses? Don't forget potent pepper!

Cardamom

These pungent seeds are actually considered fruits originally grown in Sri Lanka and the West Indies. Popular in

Scandinavian baking and other European dishes since the Spice Trade. Excellent support for the nervous and digestive systems, reduces nerve spasms, aids digestion, reduces acid reflux, coughs, lung ailments, colic, headaches, nausea, colds and depression.

Cayenne

The 'hot mama' so many of us love! Originating in South America, India and Africa, it is now cultivated all around the world. Cayenne is full of nutrients A, B-1, C, calcium, magnesium and potassium. This spice is a fine option for: digestion, circulation, reduction of inflammations, rids candida, some bacteria. It is also an excellent regulator and support for the heart, arteries, capillaries and nerves. Used for emergency cardiac arrest by some.

Celery Seed

All parts of this plant have been used as food and medicine historically, even found in King Tut's tomb. Rich in A, B-1, B-2, C, Calcium, and proteins. This spice aids in detoxifying the body, is a urinary antiseptic, helps reduce gout, blood pressure and arthritis.

Chives & Onions

We couldn't live without these strong allies! Rich in trace minerals, folic acid, plus vitamins A and C. They are anti-bacterial, anti-viral, anti-fungal, mildly laxative, circulatory stimulant, blood detoxifier, digestive aid and immune system support. Recent clinical studies are promising with Allium plants in tumor and cancer reduction.

Cilantro

Consider using this fresh herb in Mexican and Asian cuisine...and know you'll be 'cleaning your body' too! Helps to detoxify and inhibit mercury and lead absorption, knocks out some bacteria and parasites; also used if food poisoning occurs. All that plus cilantro aids proper digestion.

Cinnamon

Originally discovered in Sri Lanka, India and regions of Africa, Cinnamon was considered as valuable as money in the Spice Trade. This inner bark is still a sacred Ayurvedic medicine, considered to be like a perfume. Used for fear, anxiety, and depression, it is said to be stable and grounding. Side benefits include it being an aid for colds, infections, poor circulation, arthritis, diarrhea, aches, and colitis. Perfect for winter and as an aphrodisiac.

Clove

Most people have this spice in the cupboard. Did you know that it is helpful for gout, bacteria, and viral infections, stomachaches, tooth pain, nausea, diarrhea, and internal parasites? Of course, this one is an aromatic and aphrodisiac, too!

Curry

Add this to your culinary delights and it will stimulate circulation and act as a mild, natural anti-viral and anti-bacterial spice. A favorite in Indian and Thai cuisine. Try it!

Continued on page 21

Dill

Originally used in Asian cuisine and medicine. Dill reduces colic, indigestion, bacterial infections of the urinary tract, colds, flu, respiratory ailments, insomnia, and nervousness. If you are a nursing mama, this herb aids with lactation, too.

Fennel

This herb was used by ancient Greek Olympians for strength training. Fennel is an important digestive and nervous system aid, aromatic, natural anti-bacterial, lung support, anti-nausea...plus helpful with lactation, menstrual cramps, and mild estrogenic menopausal support.

Fenugreek

Popular in Asia, India and the Mediterranean regions, Fenugreek will enhance nutrition if included in cooking. This herb is rich in vitamins A, B's and C, plus it is an anti-oxidant. Fenugreek helps reduce fevers, stomach complaints, joint pains, reduce blood toxins, lowers cholesterol, supports pancreas and liver, stimulates hair growth and is now also used in alternative cancer treatment.

Garlic

Yes, ancient vampire-repelling remedy, but long considered to have "soul purifying" properties! The ancient Egyptians ate so much garlic they were dubbed, "the stinking ones" by others. Rich in vitamins A, B-s, C and E, also a natural antibiotic, anti-viral, anti-fungal, antiseptic, anti-spasmodic, lowers bad cholesterol, is a hypotensive, digestive aid, expectorant, detoxifies the blood ... all that and an aphrodisiac, too.

Ginger

A classic within the Old Spice Trade. Popular culinary and medicinal around the world, ginger aids digestion, circulation, and lowers blood cholesterol, too. Rids dysentery, reduces colds, bronchitis, sinusitis, joint pain,

nerve spasms and reduces nausea. Excellent warming winter spice!

Mustard

"Black Mustard" was an ancient healing spice mentioned in the Bible. Use nearly all species of mustard for taste, to reduce colds, stimulate circulation, to rid respiratory infections, relieve muscle spasms, rheumatism, arthritis, gout and to support healing from bladder infections.

Nutmeg

Early spice traders described the scent of Nutmeg as being akin to Myrrh or Musk and highly valued! This slightly sweet and pungent herb is useful for digestive ailments, nausea, insomnia, rheumatic pain, and toothaches.

Oregano

Many species of this herb, originating in Asia and the Mediterranean regions. Use this herb in your Italian and Greek culinary delights and know that toxins are being eliminated from your blood. Your skin will glow, bacteria or parasites will exit, nerves will benefit and irritability will be reduced. Oregano is truly important for skin conditions, shingles, fungal infections, headaches, gall bladder ailments and more!

Parsley

This herb was associated with the Greek Goddess Persephone and other ancient European icons. From Hildegard de Bingen to ancient Greek athletes and gypsy tribes, parsley was consumed in foods and drinks as medicines. This hard green herb detoxifies the blood, is an antioxidant, mild expectorant, mild laxative, aids digestion, reduces inflammations, lowers blood pressure, increases metabolism, reduces the risk of tumors. Plus, it is a fine source of vitamins A, B's, C, E, potassium, and folic acid.

Continued on page 26

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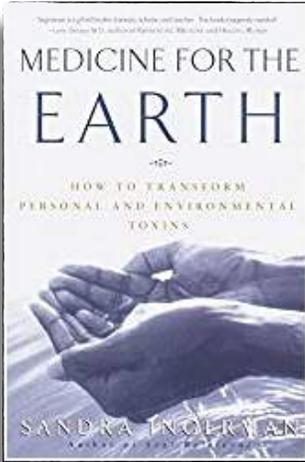
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When we were children, we knew that there was a spirit that lived in all things. We spoke to invisible beings, trees, the sky, the moon, the birds, our animals....

Once you harmonize and begin to work with becoming more observant in the natural world, the veil between the rational and invisible worlds begins to open. You will find that you will have a different connection with plants, trees, animals, insects, and rocks. You will begin to receive messages from these living beings that can take the forms of visions, feelings, telepathic messages, smells, and tastes.

We must once again reignite our invisible senses to be open to the wisdom of the life forms we share this planet with.



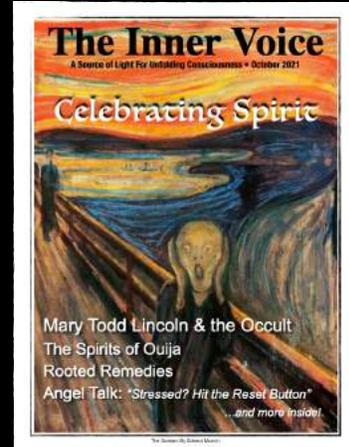
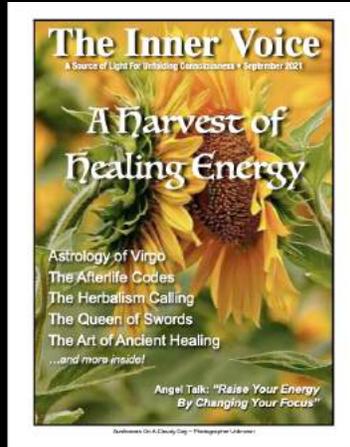
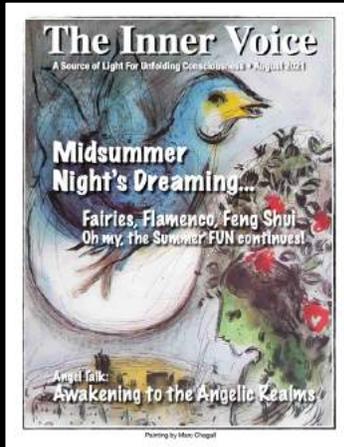
“As I gazed into the cosmos I realized the expansiveness and connectedness of all things. We are a collective consciousness forever evolving in perfect harmony, bound by love, raising our vibration to transition to higher states of awareness ... with this realization my perception changed.”



– Excerpt from [Medicine for the Earth: How to Transform Personal and Environmental Toxins](#) by Sandra Ingerman.

<https://faronmckenzie.tumblr.com/post/171616399790/death-is-merely-the-transition-of-consciousness>

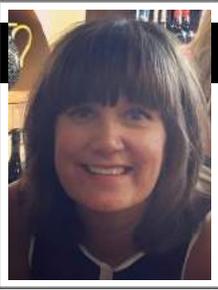
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Wealth and Well Being



In, “Money, Come Dance With Me,” author Gale West urges us to see money as a consciousness and ourselves as transceivers into the “field.” She points out that the origin of the word wealth derives from the word well-being, but proverbs like, “It’s easier for a camel to go through the eye of a needle than a rich man to go to heaven,” sent a message that money could not be spiritual because it was stuck in the old paradigm of domination and greed, rather than a reflection of our spiritual values. But she reveals that, “Money is one of our greatest spiritual teachers. It shows us our beliefs, limitations, fears and areas of growth.”

Gale West sees how, “We can help shift the personal and communal paradigm of our relationship with money and success to facilitate a more collaborative, equitable world where all can thrive ~ experiencing money as a dynamic, living force field of love connecting peoples, cultures and marketplaces.”

The money you disburse into the marketplace is your point of power. It is where you have agency. Who you hire, the means in which you purchase goods supports or devalues others, depending on your relationship with money.

When we want to “do good” with our money we consider the ways we can help. But after paying bills it always seems like there is never enough, and in contrast to helping others we fret about our own financial survival. Even those considered wealthy have this mindset, so before we can receive or use money in a healthy way, we need to check our relationship with it first.

If you seek the origin of many human problems by digging down to root causes, ultimately you will run into money. Further past money are the sins of mankind: greed, pride, wrath, envy, lust, gluttony and sloth.

Money shows up in politics, corruption, injustice, sex trades, oppression. It seems that in every way we are money hungry, starved for more without satiation. It is the undercurrent that most ocean-sized issues come from. “Follow the money” should be a personal mantra, to be ethical to your own beliefs and values first.

Steven Covey, author of, *The 7 Habits of Highly Effective People*, used the term, “Circle of influence” as the proactive action of what you can do, where it counts, and how you have influence. Lacking agency can be somewhat depressing. It is one of the reasons that people become disillusioned by troubling political events, or tragic news stories, especially from far-off places. They cannot necessarily act in a manner that will have any immediate or long-term impact. With multiple social issues ablaze, people want to solve issues that are beyond their control or reach. It is important to understand issues such as, Eco justice, mass incarceration, and sexism, but if you reach too far it can present as pretentious and patronizing.

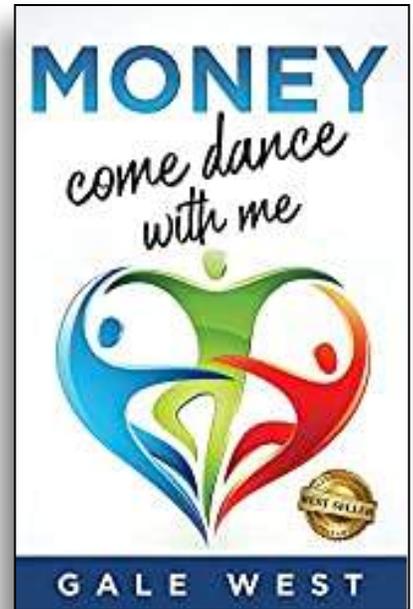
In her book, West provides a beautiful prayer to strengthen your intention and choices, coming from a place of empowerment rather than fear:

“I ask now that my mind, body and spirit be aligned for my talents and gifts to coalesce into their perfect divine expression in the marketplace.

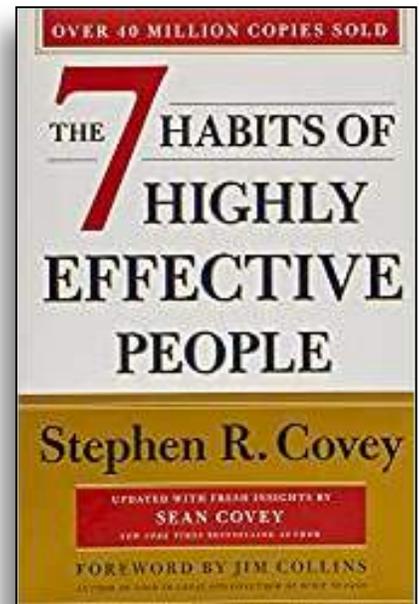
Let me step forward with confidence, ease and grace. May my magnificence shine as brightly as a star, illuminating the way for those I am called to serve.

May I flourish in all ways – financially, emotionally, physically and spiritually as I open my heart to receive, in joyous delight, all the good that life has to offer.”

Δ



[Money, Come Dance With Me](#)



[The 7 Habits of Highly Effective People: 30th Anniversary Edition](#)



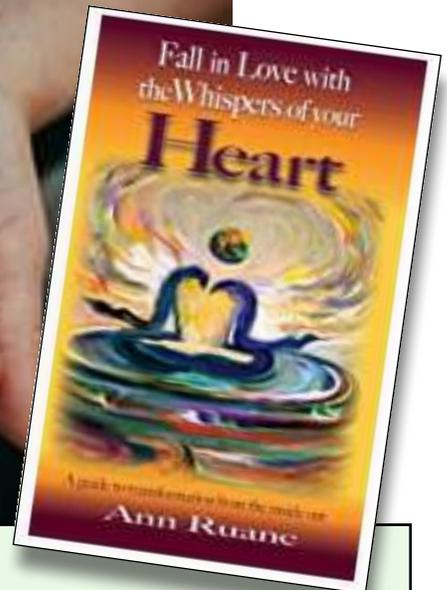
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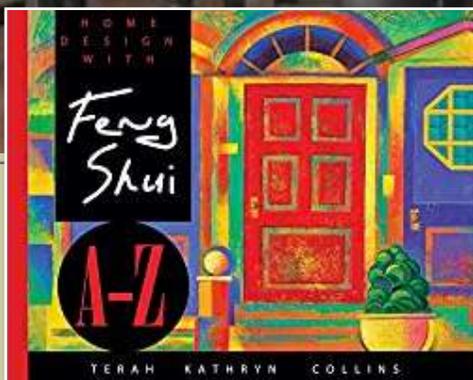
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Dining Room Tips*

In many homes, the dining room table and chairs sit empty most of the time, brought to life only during parties or holidays. Some homes don't have a dining room per se, but a nook or area within a larger room in which to dine. Whether it's a place or a room, chances are that it's not often used. Our cultural tendency is to rush through most of our meals perched at the kitchen counter, standing over the sink, or sitting in front of the television. The fine art of dining has been relegated to the occasional special event.

When we reclaim the deeply nourishing experience of enjoying our meals in a pleasant and serene dining environment, we become more aware of the Ch'i qualities in our food. Our heightened awareness tunes us into the essential vitality that is being passed to us in every meal. We also receive the gift of connecting with ourselves, as well as with others who may be breaking bread with us, partaking of both food for the body and food for thought. Our dining rooms become the oases where, with gratitude, we nourish and renew our bodies, hearts and spirits.

- Make sure your dining furniture is very comfortable. You should feel relaxed sitting in the chair.
- Is the furniture safe? Check for protruding legs that could snag a toe, or sharp detailing that could tear clothing. Pad, alter, or replace chairs that are rickety.
- Be sure you can easily scoot your chair under the table without hitting supports or the base of the table.
- If the table top has sharp edges or corners, as many glass tables do, soften them with cloths or table runners.

* From [Home Design With Feng Shui A-Z](#)
By Terah Kathryn Collins



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The beckoning paw of the Money Cat is a symbol of approaching wealth. Placed properly, this figurine is said to attract prosperity and new opportunities.

Sage

Numerous species of sage are used cross culturally! Try sage in cooking and know that it will aid digestion, serve as a tonic for the kidneys, reduce stress, anxiety, fatigue, increase energy, aids with asthma and some female reproductive ailments.

Tarragon

From the Caspian Sea and Siberian regions originally, the root of this herb was thought to look like a dragon or serpent. One of its early uses was to aid with snake bites and the detoxifying of venom. This herb does have vitamins A, C, mineral salts--including iodine. It is a natural antiseptic, anti-fungal, digestive

aid, arthritis support, kidneys tonic...also helps with insomnia, headaches, toothaches, and impaired immunity.

Thyme

Ancient Romans considered this spice to be a "courage herb" and it has a long history of being enjoyed in culinary arts. Medicinally, it is a strong antiseptic, anti-bacterial and anti-fungal. Also, useful for sore throat, colds, coughs, lung ailments, stomachaches, and aching joints.

Turmeric

This very popular spice is of the ginger family, native to India, China and Java and is a classic in Ayurvedic Medicine.

Curcumin, one of its strong ingredients, has proven to be a strong anti-inflammatory, immune system support, antioxidant, anti-bacterial, and is now used to help reduce tumors and certain cancers, especially melanoma cells, gastric and colon cancers.

Δ



Drink Recipes to Try *By Gigi Stafne, MH, ND* *from Foodies, Foragers and Friends*

Almond Drink

- 10 -15 raw almonds
- Cardamom, Black Pepper, Cinnamon
- 1 t local honey
- 1 cup warm milk (almond, coconut, rice or other)

Soak 10-15 almonds in water overnight. In the morning remove the almond skins. Put the almonds in a blender or food processor with one cup of warm milk. Add a pinch of Cardamom and Cinnamon powder, plus a smaller pinch of freshly ground Black Pepper. Top this off with one teaspoonful of honey. Blend for 4-5 minutes. Drink it up! You'll notice improved energy.

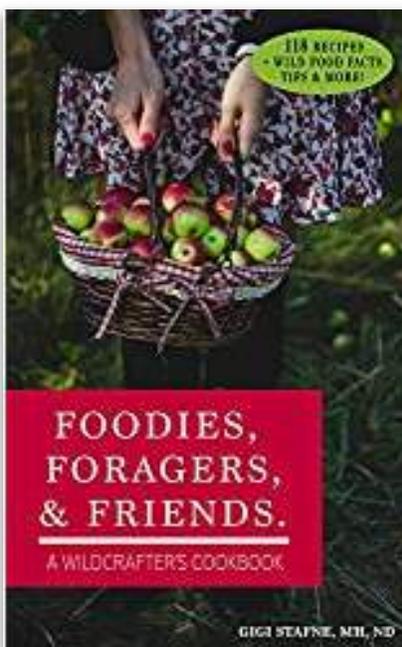


Super Yogi Brew

- 2 t fresh grated ginger
- 4 whole cardamom seeds
- 8 whole cloves
- 1 whole cinnamon stick
- 8 cups distilled water
- 1 ounce milk (almond, coconut, rice or cow's)



Mix all of the above ingredients into 8 cups of water. Simmer as you would a tea decoction, but do so until there's only about half of the liquid remaining. Add one ounce of milk after the mixture has cooled and it's ready to serve.



[Foodies, Foragers, and Friends: A Wildcrafter's Cookbook](#)



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Stone of the Month: Smoky Quartz

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