

The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 14 Issue 3 • March 2026

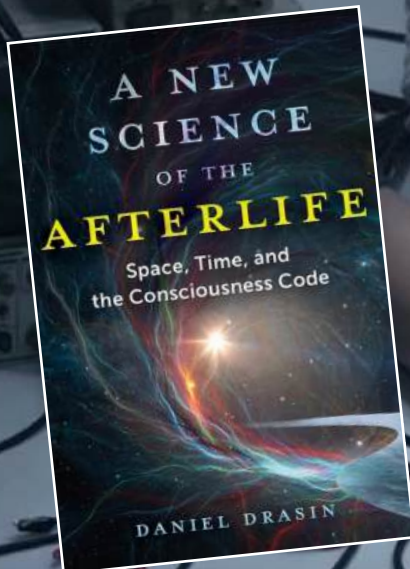
Does Spirit Use Technology To Communicate With Us?

Medium Sheri Perl Discusses
“EVPs & Spiritual Healing”

Are AI Chatbots as Good
as Humans?

Media Producer
Daniel Drasin Weighs In

And more inside!



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The AFTERLIFE REPORT

Evidence



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Science



THE GLOBAL GATHERING and several other FREE Zoom Groups are listed in the weekly FRIDAY AFTERLIFE REPORT. **SUBSCRIBE FOR FREE HERE:** www.victorzammit.com

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**Join the FREE Weekly
Global Gathering!
March 2026 Guest Presenters:**

Sunday, March 1- Cosmic Voices feat. Dan Drasin and Regina Ochoa

Sunday, March 8 - Ronnie Pontiac: "The Betty Books"

Sunday, March 15 - Mandy Boylett - Incredible Afterlife Communications with her son, Tomson

Sunday, March 22 - "Our Awakening" with Trance Mediums Freeda Robson and William Raine

Sunday, March 29 - Al and Jeanne Fike: Divine Love Sanctuary Foundation

Click <https://zoom.us/j/7595442928> to join the discussion with like-minded people from around the world. [Click here to check the time in your city](#)
Held on Sunday in the US: 3pm EST/2pm CST
7:00 am Mondays AEDT (Sydney)

View past Global Gathering programs here:
<https://www.victorzammit.com/archives/index.html>



Global Gathering Coordinator
Wendy Zammit wendyzammit@gmail.com

About the Cover...



Image by “stouthammerlite” Source: Internet.
Cover design by Steve Freier and Nancy Freier.

“In the depths of your hopes and desires lies your silent knowledge of the beyond. And like seeds dreaming beneath the snow, your heart dreams of spring. Trust the dreams, for in them is hidden the gate to eternity.”
– Kahlil Gibran

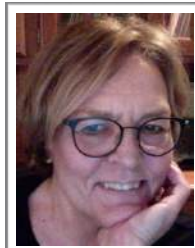
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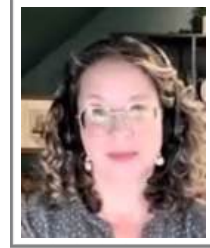
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Angel Guidance Readings

If you're feeling stuck, at a crossroads, or just ready for deeper insight, you can move forward with renewed confidence, peace, and trust with a personal reading. What feels confusing or heavy can become a source of clarity and strength. Offering 'automatic-writing' readings or 'live' sessions on Zoom or Facebook Messenger.

Angel Medium Nancy Freier
Schedule Reading Here:
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Thanks so much for the amazing angel reading ~ so lovely and potent with information and advice. You have such a wonderful gift for the world. I'm so glad we have reconnected in this life! -Love, Barb

Readers' Comments...

Nancy, Thank you, Thank you, Thank you. Your love for all to continue and persevere with brilliant results in spiritual growth, encouragement, and resources is simply amazing. My heart is full of emotional responses. With love, heartfelt gratitude and appreciation, Christine

Nancy, Just wanted to say what a great job you did today telling your story on Global Gathering. You had lots of people staying 'til the very end so I know it was helpful and appreciated by everyone. You not only got questions but several people praised your story and benefited from hearing it!

...and Steve,
I just had to let you know how much I enjoy reading your intelligent and thoughtful, well-rounded book reviews. Fascinating and appreciated, thank you! -CB

Thank you for the February issue ~ very wonderful and timely - especially the articles on Space Clearing in the Age of Fascism and the Year of the Fire Horse. ~WH

The art in the magazine is so spectacular. Each page is more incredible than the last! ~MT

Thanks, Nancy and Steve! Keep up your wonderful endeavor. ~David and Claudette

The editors and I thank you for all your kind words. Encouragement goes a long way! ~Nancy

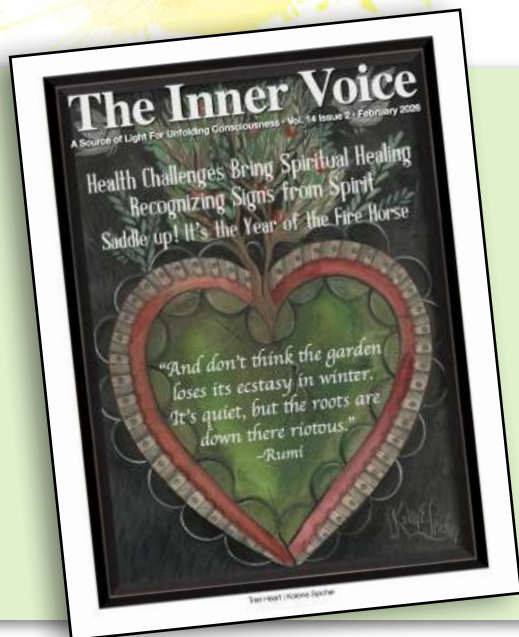


We'd love to hear from you!
E-mail your comments, article ideas, and questions for Angel Talk™ to:
theinnervoicemagazine@gmail.com



Painting by Cathy Nichols titled "[Possibilities: March Birth Flower - Daffodil](#)". Available as a fine art print.

Listen to Nancy's Interview:
[Grief Opened A Portal to Angels](#)
 "Beacons of Balance" Podcast
 with Hosts Arline McKay &
 Joanne Macko



Dear Readers,

As always, it is a joy to welcome you to this newest issue of *The Inner Voice*, where heaven and earth meet in quiet conversation.

In *Angel Talk*, we begin with the question: **Do angels use technology to communicate with us?** Their response describes the subtle, loving ways divine guidance reaches into our lives—through feeling, intuition, signs, gentle knowing... and even through our devices. And another question... How do they feel when communicating with us? Their answer may both surprise and comfort you.

Continuing this theme, **Medium Dr. Susan Barnes** shares *Spirit's Use of Technology*, offering insight into how the unseen energies may utilize modern tools to reach us. In a time when invisible signals continually move through the air, perhaps spirit is not so far from our devices after all!

A special feature this month is **Medium Sheri Perl**, who opens her heart in a moving interview about connecting with her son, Danny, in spirit through *Electronic Voice Phenomena (EVPs)*—a tender reminder that love does not end with physical departure—it transforms.

Filmmaker **Daniel Drasin** reflects in *Artificial Love* on the evolving relationship between humanity and technology, inviting us to consider what constitutes true connection. **Beverly Brunelle's** *A Paradise of Possibilities* lifts our spirits with hope, while **Medium Regina Ochoa's** *Cosmic Blessings Coming to Earth* explores the larger spiritual movements that are unfolding in our time.

We also touch the ancient and eternal through **Steve Freier's** overview of *Anam Cara: A Book of Celtic Wisdom* by **John O'Donohue**, reflection on the sacred companionship that walks beside us in this life and beyond.

In my piece, *Feng Shui & Religion*, I gently explore "What Feng Shui is—and what it is not"—clarifying its spiritual roots and practical application. **Meredith Young-Sowers** invites contemplation in *Does God Care?*—a question that has echoed through the ages and still stirs the heart.

We close with **Medium Gordon Phinn's** "On Entering the Golden Glow"—a luminous account of awakening to divine presence during a medical emergency. (And after going through all that he did, he wrote it in time to make the deadline!)

May this issue gently expand your awareness to know that through technology — spirit is speaking to you!

Nancy

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Pictured is the
 Feb. 2026 cover

Thank You!



Are Angels and Guides in Spirit Using Technology to Communicate With Us?

The short answer is ‘yes; they always have and always will. They adjust along with us as we continue to develop more and more sophisticated equipment.

Over the years, many readers have asked me whether angels and guides still find ways to reach us in a world so full of noise, speed, and screens. It’s a question I’ve carried myself. This article grew out of that shared wondering, and from listening closely to how guidance continues to arrive in my own life—often quietly, often through the most ordinary digital moments. My hope is that these reflections invite you to notice where and how gentle communication may already be unfolding for you. Trust that you do not need to strain or search—what is meant for you knows how to find its way.

In every era, humanity has wondered how guidance from the unseen reaches us. Long before computer screens and signals, people sensed that help, insight, and reassurance could arrive from beyond ordinary perception. Across cultures and centuries, angels, guides, and spiritual helpers were understood not as distant beings, but as presences willing to meet human awareness wherever it naturally opened.

Today, our lives unfold in digital spaces. We read, write, search, connect, and create through screens, and it is natural to ask whether spiritual guidance can move through these same channels. The answer is not that angels have learned to use technology, but that technology has become one of the many environments in which human attention now resides.

“Even the most ordinary ‘digital moment’ can become a meeting place between worlds. Angels and guides meet us where we are—sometimes through the simplest technology.”

Angels and guides work through consciousness, intention, and subtle influence. They do not operate devices or transmit messages in a mechanical sense. Technology is not the source of communication; it is simply a modern carrier, much like parchment, ink, or the spoken word once were. What moves through the carrier is awareness itself.

Because guidance follows attention, angels meet us where we are already listening. In earlier times this may have been through prayer, nature, or ritual. Today it is often while reading an article, opening an email, watching a video, or typing words of our own. When a message arrives through a screen and feels deeply personal, it is not because the device is intelligent, but because the moment is aligned.

Many people recognize this alignment through timing. A line of text appears just as an unspoken question rises within them. A passage seems to speak directly to an inner concern. A theme repeats across different digital encounters, gently drawing attention to something already forming within. These moments are rarely dramatic. They are quiet recognitions, often accompanied by a sense of calm rather than excitement.

Creative flow is another common doorway. Inspired typing, journaling, or automatic writing can unfold through keyboards just as it once did through pen and paper. In these moments,

continued on page 7



Angel Guidance Zoom Group

Angel Medium Nancy Freier leads the group into a growing awareness of Angels and Guides in Spirit in the ways they communicate and guide us through life's challenges.

Next meeting is Sat. March. 14 • 1 pm CST

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

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technology serves as a neutral surface, allowing guidance to take shape without interruption from overthinking. The hands move, the words arrive, and meaning gathers gradually.

It is important to note what true guidance through technology does not do. Angels and guides do not seek to alarm, coerce, or overwhelm. They do not demand belief, predict catastrophe, or insist on immediate action. Communication that creates fear, urgency, or a sense of being pressured to respond quickly calls for discernment. Genuine guidance is steady and respectful. It leaves room to breathe.

Discernment becomes especially important in a digital environment, where information is abundant and emotionally charged. A helpful distinction lies in the aftertaste of an experience. Guidance tends to leave a sense of clarity, reassurance, or gentle understanding, even when it invites change. Projection, by contrast, often brings urgency, anxiety, or a need for confirmation. True guidance remains intact when questioned and does not diminish with time.

As technology becomes ever more woven into daily life, spiritual communication has not diminished. It has simply changed clothing. Angels have always worked through the shared language of a culture, and today that language includes networks, screens, and digital exchanges. What matters most is not the medium itself, but the message and the quality of presence we bring to it.

Technology does not amplify guidance, nor does it weaken it. The true conduit has always been the human heart and mind, capable of recognition when something quietly rings true. When we remain grounded, receptive, and inwardly listening, even an ordinary digital moment can become a meeting place between worlds.

The signal has not changed; only the format has.

A Simple Experiential Practice

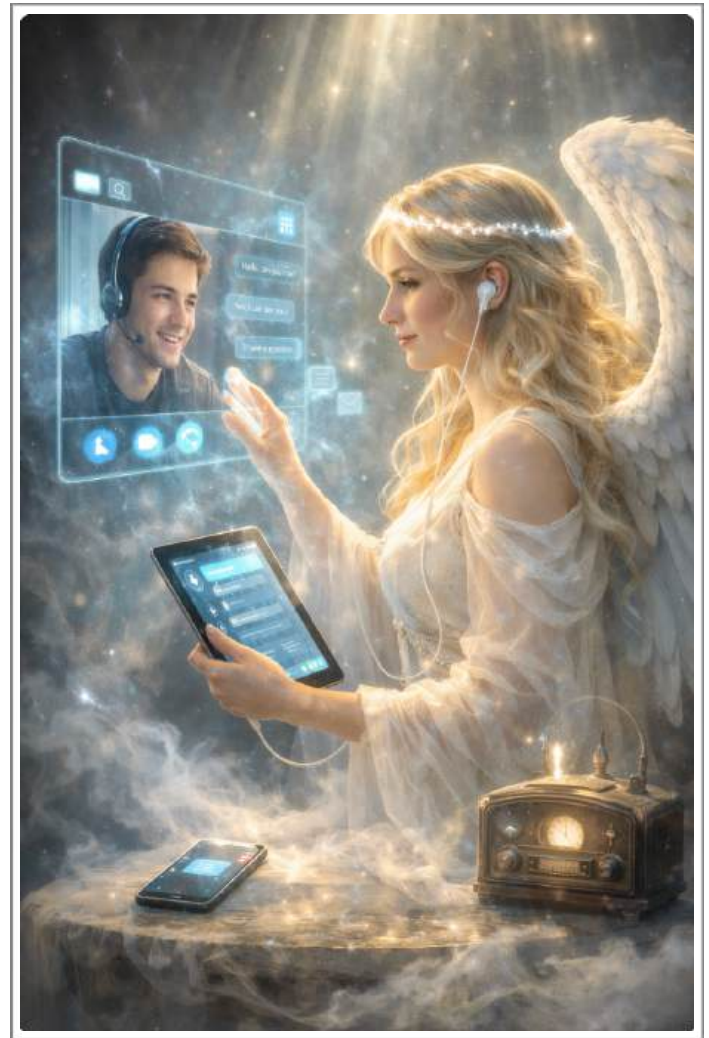
If you are curious to notice how guidance may already be moving through your digital life, begin by pausing briefly before opening your phone or computer. Take a breath and set a quiet intention to notice *what is meant for you, without searching for signs or outcomes*.

As you move through your normal on screen activities, allow your attention to remain relaxed. If something catches your awareness, or carries a subtle sense of recognition, pause for a moment and notice how it feels in your body. Rather than asking what action is required, gently ask what is either being reflected or affirmed.

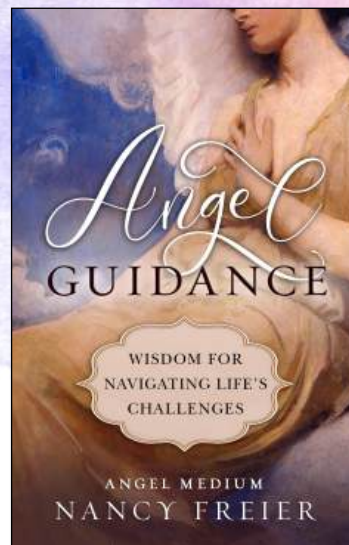
When you feel complete, close the moment inwardly with a simple acknowledgment of gratitude. No interpretation is necessary. Awareness itself is the doorway.

△

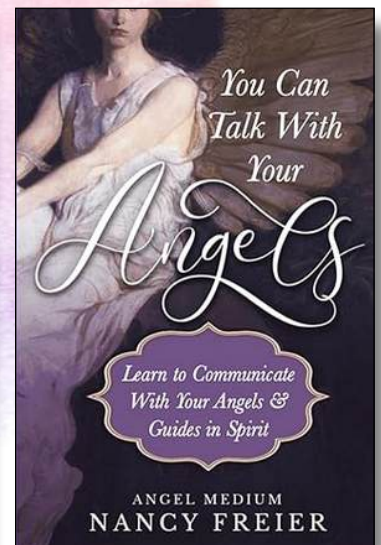
For a personal Angel Guidance Reading, see page 4.



Above is an AI Generated image of an angel using technology to communicate with a human.



[Angel Guidance: Wisdom For Navigating Life's Challenges](#)



[You Can Talk With Your Angels](#)



Spiritual Energies Can Use Technology to Reach Across the Veil

Psychic information from the spiritual world needs to become manifest in some form of physical reality. Vibrations from the divine can become known through the physical human body. The body is the perfect conduit for spiritual energy. Often this is a feeling or sensation. It can manifest in thoughts and words communicated to oneself and others. In trance mediumship, spirits can speak directly through individuals' mouths.

Technology is also a perfect instrument for the universal consciousness that surrounds us all. Telephone calls from the dead have been documented, computers reporting words from loved ones, and songs not recorded on CDs played in seances. All of these various phenomena have been witnessed by individuals.

However, technology cannot replace the spiritual essence; it can only provide new channels for distribution and bridge the gap between the seen and unseen. Spirit photography captures the ghostly outlines of the departed. Spiritual forces manipulate radio frequencies in Electronic Voice Phenomenon (EVPs) to create sounds. Random words expressed through these frequencies can answer questions and use the voice of loved ones.

The idea of the “ghost in the machine” takes on new meaning in the digital age. Originally described by Gilbert Ryle in the 1940s, the idea holds that the mind and body are two separate substances (the “ghost” being the mind and the “machine” being the physical body). Ryle wasn't trying to be mysterious; he was making a logical argument. Science fiction writers took Ryle's idea and ran with it in books and films. To ask the question, can we digitize souls?

Today, the “ghost” is perceived as an actual discarnate being or spiritual presence. New terms for comparing the spiritual with the technological world are emerging. For instance, electricity parallels the concept of the life force; the mind is compared to a computer, and the cloud has been compared to the

akashic records. Some believe we can use technology for ritual and energy work.

Rappings and sounds from the departed were the initial method for spirits to communicate. This goes back to the beginnings of Modern Spiritualism and the Fox sisters. Similarly, table tipping is an attempt to allow spirits to create raps and taps in the material world. I have witnessed this digital evolution firsthand. During a digital Zoom conference, the air didn't change, but the audio did. The rhythmic, intentional “raps” of a spirit didn't echo off the physical walls of my room as they resonated within the network itself, pulsing through the speakers of every participant across America.

Zoom allowed raps to come through the network and communicate. Whether it is a Victorian mahogany table or a sleek MacBook Pro, the protocol for contact remains unchanged: *Seek the Intelligence*. By establishing a code, the original 1s and 0s of the spirit world, we can translate these echoes into “Yes” and “No.”

In my own encounter, a series of methodical questions pulled a personality out of the static, revealing the distinct identity of a former medium who had crossed the threshold. It was a startling, electric reminder: even in a world of fiber optics and cold pixels, the soul still knows exactly how to communicate.

△



“Ghost Machine 1 and 2” images are Susan's original art enhanced in AI.

Author Dr. Susan B. Barnes, CSNU

Spiritualist Medium and Life Coach



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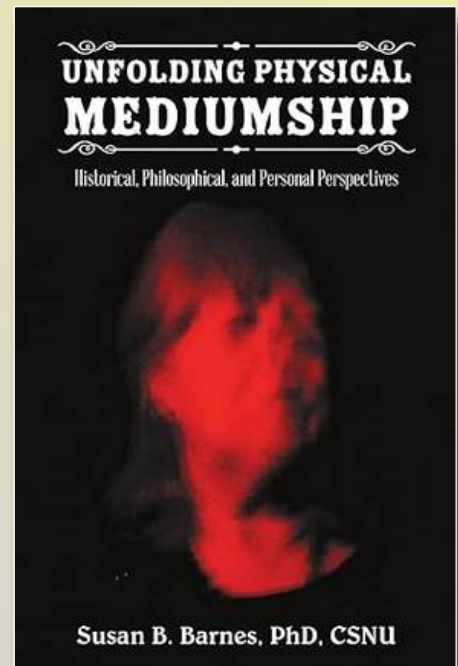
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[Unfolding Physical Mediumship](#)

Unfolding Physical Mediumship by Dr. Susan B. Barnes offers a basic understanding of physical mediumship, its phenomena, and its practices. She provides an overview of the subject with some practical guidelines on how you can experience physical mediumship yourself, also exploring the philosophy, religion, and science of Spiritualism, which is essential for developing physical mediumship with a spiritual connection.

Unfolding Physical Mediumship can help you understand the philosophy, religion, and science behind physical mediumship, as well as show you how both mediumship and Spiritualism can play a central role in your daily life.

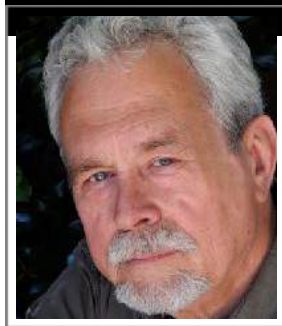
Free Zoom Classes Every 2nd and 4th week of the Month - e-mail Susan for link

Spirit Art

Tuesdays 9pm EST / 8pm CST

Mediumship Development

Sundays 1pm EST / noon CST



Anam Cara: A Book of Celtic Wisdom by John O'Donohue

I first became acquainted with *Anam Cara: A Book of Celtic Wisdom* a few months ago in a discussion group at a local meet up and found it fascinating to say the least! Written by John O'Donohue, this book is not simply about Celtic spirituality — it feels like a slow unfolding conversation about the soul itself. It carries the quiet depth of the Irish landscape from which it emerged: windswept coasts, ancient stones, wide skies that seem to blur the boundary between earth and heaven. From the first pages, you sense that this is not a text designed to instruct so much as to awaken.

The title *Anam Cara* translates from Gaelic as “soul friend,” and that phrase becomes the living pulse of the entire work. In the ancient Celtic world, an *anam cara* was not just a companion or confidant. It was someone with whom you could share your innermost self without fear — a spiritual presence who mirrored your truth back to you with compassion and clarity. O'Donohue suggests that such friendships are not luxuries but necessities for the flourishing of the soul. As he explores this idea, you may find yourself reflecting on your own relationships — who truly sees you? Who listens beyond your surface words? Who helps you become more fully yourself?

But the concept of soul friendship extends beyond human connection. O'Donohue gradually widens the lens. The soul, he tells us, is woven into a larger fabric of belonging. The Celts did not view the divine as distant or abstract. They sensed it shimmering through landscape, weather, seasons, and story. In this worldview, the spiritual and the physical are not separate realms but intertwined dimensions of a single sacred reality. There is a kind of relief in this

vision — the sacred is not hidden somewhere else; it is already here.

One of the most beautiful aspects of the book is its insistence on the sacredness of ordinary life. O'Donohue encourages the reader to approach daily existence with reverence. A conversation, a walk through the fields, the experience of silence — these are not interruptions to spiritual life; they are spiritual life. He invites us to cultivate what might be called contemplative attention. When you slow down and truly notice, the world reveals a depth that busyness obscures.

Nature, in *Anam Cara*, is more than metaphor. It is teacher and companion. The rhythms of the seasons reflect the rhythms of the soul. Spring speaks of emergence and possibility. Summer embodies fullness and vitality. Autumn teaches the beauty of letting go. Winter honors stillness and interiority. Rather than



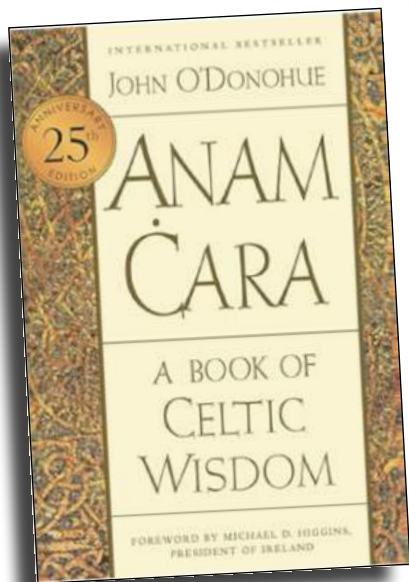
“In the end, Anam Cara invites you into a renewed way of seeing — yourself, your relationships, the natural world, and the divine presence woven through it all.”

resisting the darker or quieter seasons of our lives, O'Donohue suggests that we learn from them. Grief, solitude, and uncertainty are not failures of faith or strength — they are necessary movements within the soul's larger journey.

His reflections on grief and death are among the most tender passages in the book. In Celtic spirituality, death is not viewed as annihilation but as transition — a crossing into another form of presence. O'Donohue writes about loss with a gentle reverence that feels deeply human. He does not minimize pain. Instead, he frames it as evidence of love's depth. When someone we love dies, the relationship does not vanish; it changes form. There is a quiet comfort in this perspective, especially for readers who carry their own experiences of loss.

Underlying all of these themes is O'Donohue's exploration of the soul itself. He describes the soul not as a theological abstraction but as the inner sanctuary of our identity — the place where we are most deeply ourselves. The soul is not bound by time in the same way the body is. It carries memory, longing, and a sense of destiny. Much of modern life, he suggests, distracts us from this inner depth. We are encouraged to perform, achieve, and accumulate, but rarely to listen. *Anam Cara* becomes, in this sense, a call to interiority.

And yet the book is not withdrawn or ascetic. It is profoundly relational. Authentic living, O'Donohue argues, is about



Continued on page 11

alignment — living in a way that honors the truth of your own soul while remaining open to others. Fear, comparison, and social expectation can pull us away from that center. To live authentically is not to reject the world but to engage it from a grounded, integrated self. There is something quietly radical in this vision. It challenges the fragmentation so common in contemporary life.

Structurally, the book unfolds in a series of thematic explorations rather than rigid arguments. O'Donohue moves from the soul's nature to friendship, from beauty to grief, from love to spiritual belonging. Each section feels like a meditation rather than a lecture. The pacing encourages reflection. You don't rush through *Anam Cara*; you linger with it. Certain lines seem to echo long after you close the cover.

His prose is lyrical without becoming inaccessible. As both poet and philosopher, O'Donohue has a gift for language that feels spacious and luminous. He has a way of articulating feelings many readers recognize but have never quite put into words. There is warmth in his tone — a sense that he trusts the reader's capacity for depth. He does not argue aggressively for Celtic spirituality over other traditions. Instead, he offers it as a lens through which life can be viewed with greater wholeness.

What makes *Anam Cara* enduring is its universality. Though rooted in the Celtic imagination, its insights resonate far beyond one cultural framework. The longing for connection, the ache of grief, the search for meaning, the desire to live truthfully — these are human experiences that cross time and geography. O'Donohue's work gently affirms that such longings are not weaknesses but sacred impulses.

For many readers, this book becomes more than a single reading experience. It becomes a companion returned to in seasons of transition or uncertainty. It speaks especially powerfully to those who feel spiritually restless — those who sense that life must hold more depth than the surface offers. It does not provide rigid answers. Instead, it widens perception. It encourages trust in mystery rather than control over it.

If you are drawn to contemplative reflections on the soul's journey, or if you find yourself pondering questions of death, belonging, and spiritual intimacy, *Anam Cara* offers a spacious place to dwell. It feels less like being instructed and more like sitting beside a wise friend who speaks slowly and with care.

In the end, *Anam Cara* invites you into a renewed way of seeing — yourself, your relationships, the natural world, and the divine presence woven through it all. It suggests that the soul is not something distant or abstract but the living core of who you are. And perhaps most beautifully, it reminds you that you were never meant to walk alone. There is always the possibility of soul friendship — with another, with the world, and with the sacred mystery that breathes through everything. Get the book on [Amazon](#).

△

Steve Freier is a researcher of metaphysical subjects and is the Editor and Website Tech for The Inner Voice magazine. Questions or comments? E-mail Steve here: SGFreier23@gmail.com



Celtic Cross

"The ring around the Celtic Cross represents the sun, the most powerful force in the pagan world. It's integration with the cross shows the fusion of ancient Celtic and Christian ideologies." —Nigel Pennick, *Celtic Sacred Landscapes*

Symbolic Meanings: Eternal life, faith, unity of heaven and Earth, Celtic-Christian fusion

Uses: Grave markers, high crosses, pendants, clan symbols, and religious ceremonies

The world of Celtic symbolism is rich, timeless, and profoundly interconnected. Whether you are drawn to these icons through heritage, art, or spirituality, each symbol holds its own unique story and layered meaning. From the eternal loops of the Love Knot (below left) to the protective power of the Shield Knot (below right), these emblems continue to resonate in modern life—across jewelry, tattoos, meditation practices, and cultural revival.





A Mother Connects with Her Son in Spirit ...and records it!

Rev. Dr. Sheri Perl is an interfaith minister, author, and spiritual healer—advisor who has studied and taught diverse spiritual disciplines for more than forty years. Her life changed at age twenty when, after a life-threatening illness, she received what she describes as a miraculous distant healing from English healer Harry Edwards, who later became her teacher and confidant.

Through her teaching, writing, and healing work, Sheri has touched thousands of lives worldwide. Her book *Healing From the Inside Out and the Outside In* recounts her journey from illness to health and introduces a Self-Healing Program that has helped many people address physical and emotional challenges.

After the unexpected death of her son Danny in 2009, Sheri founded The Prayer Registry, transforming personal grief into compassionate support for others in bereavement. Her second book, *Lost and Found—A Mother Connects-Up With Her Son In Spirit* (2011), explores continuing bonds with loved ones in spirit.

Since 2016, Sheri has researched Electronic Voice Phenomenon (EVP) and Instrumental Transcommunication, recording voices and trans-images that she presents as evidence of continued connection in spirit. She continues to teach through her writings, website, and Zoom gatherings, and her Distant Healing Prayer Circle remains open to anyone in need.

Interview Conducted By Nancy Freier

Q. How is it that you came to do this work?

I would like to start out by telling you that I was a very big skeptic for many years until life experiences changed my perspective. I was born in 1951 to a family in which there was very little spirituality. My father was an atheist and my mother an agnostic, and by the time I was 16, I was quite sure that people who believed in the ideas I now talk and write about were definitely out of their minds, deluded, or just plain stupid.

However, in 1967 when I was 16, I began suffering an enormous amount of pain due to Crohn's disease and later was infected through blood transfusions with Hepatitis C. After years of medical treatment, purely out of desperation, I opened my mind to the possibility of spiritual healing. I had heard of a man named **Harry Edwards**, who resided in England and who I was told could direct healing energy to anywhere on the earth. Of course, at the time I thought that kind of thing wasn't



Harry Edwards

possible but I was desperate and I knew that I had nothing to lose. And so contact was made with Mr. Edwards in June of 1970. By my 20th birthday I had experienced a remarkable healing on the heels of four years of illness.

This response was startling and surprising! This woke me up to the presence of spirit and the possibility of miracles. And so, from that point on, I became devoted to learning all that I could

about metaphysics with an emphasis on spiritual healing and mediumship.

Q. So then, what had you learned?

Firstly, I learned that there were beings who resided in a realm of spirit who could direct energy capable of bringing about healings in the physical body. That energy, directed from those in spirit I had felt and experienced and as strange as it sounded even to me at this time, I could not deny what I had experienced and so this launched a lifelong interest in spiritualism.

Q. What had you experienced?

I experienced enormous bouts of energy, I had a tingling sensation in my right side (the liver area) I was uplifted emotionally, and my blood tests kept improving radically.

At this point I understood that there was a realm of spirit, both real and capable of assisting us in physical reality. It was shortly after that time that I also learned that there were people who could communicate with beings who were in that realm of spirit, and these people were called mediums. And that also fascinated me. If there was a world beyond this one, how could I learn about it? How could I be in touch with it? How could I play a part in all of this? And so that became my passionate interest from 1971 right into the present. In 1989 my first book "*Healing From the Inside Out and the Outside In*," which tells the healing story in far greater detail, was published. (See p. 14)

Q. I understand your son, Danny passed at a young age? What happened?

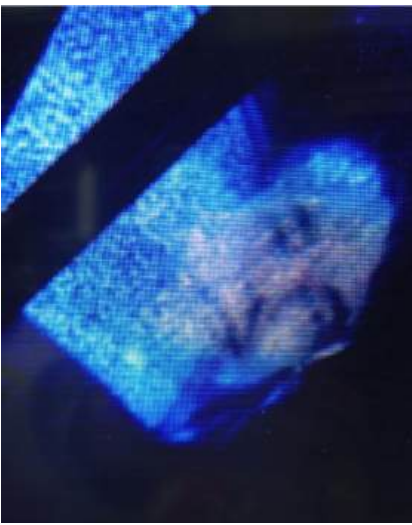
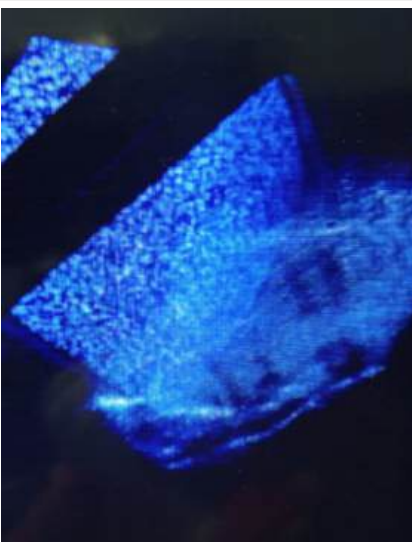
Life goes on and I went through many ups and downs and changes. Then, in 2008, my son Danny crossed over, passing from an overdose of alcohol and prescription drugs. He was 22 years old. Of course, at that point, my desire to develop mediumistic abilities became far more ardent.

Continued on page 13



Above: Sheri's son Danny in physical reality just before he passed.

Below: Two "trans images" of Danny were sent to me from **Sonia Rinaldi***. To me it looks as though Danny has matured in the afterlife.



***Sonia Rinaldi**, MSc International speaker, author and columnist, has been researching Instrumental Transcommunication (ITC) for over 35 years, obtaining remarkable results in images and voices.

For the first two years after Danny's passing, I visited many mediums and had quite a few wonderful readings in which I felt quite certain Danny had become present and shared information that only he and I would know to be true. The many ways that Danny made his presence known to me after his passing is chronicled in my book "Lost and Found---A Mother Connects-Up With her Child in Spirit."

In 2016, however, I read an article about a couple in Russia, the Svitnevs, who claimed to be communicating with their deceased son through their computer.

Now, I must admit, when I first heard this, again I was full of doubts. It was called Electronic Voice Phenomenon, or EVP for short. I couldn't imagine how this could work, while at the same time, I wanted to see for myself what it was all about so I reached out to people who knew more about this than I did. I was fortunate to find two incredibly wonderful mentors, Craig Hogan and Vicki Talbott and between the two of them and their direction, I began to start making EVP recordings. I was very fortunate that right away, I started hearing messages that I could interpret. That was the start of my work with Electronic Voice Phenomenon.

Q. Wow, that gives me the chills, good chills! How wonderful and comforting that you could record Danny's spirit messages to you!

Yes, it's a thrill to be able to do this although I will admit that like many of you, when I first heard about EVP it sounded very confusing and difficult to learn, but I'm going to let you in on a big secret: ***This is not rocket science!*** In fact, all that we do is make a recording.

Q. Please explain how this works. I am curious! Is there any special equipment one needs to have to make the recordings?

In the early 1900s when tape recorders were first invented a film maker in Europe named Fredrich Jurgenson (1903-1978) took his tape recorder outside to record the sounds of nature for a movie soundtrack. When he played the recording back in his studio, he heard human voices discussing nocturnal birds! Curious indeed, and obviously this peaked his curiosity and more recordings were made. It was concluded that if we provided and recorded sound, that those in spirit could implant words into the sound, and because we are recording the sound, we can then save it and have the time to audit the recording to see if there are words present.

Now, how those in spirit accomplish this, we have no idea but there is no doubt in my mind that some intelligent being is doing this because we, here in physical reality, do not know how to do this! Apparently, those in spirit use thought to embed their thoughts into the sound so that we can hear it, but to this day we have no idea how they accomplish this – which is why I say that for us, it's not rocket science because all we really do is make a recording. The technical part of making a recording is simple.

Q. How is it that you call on him to come and speak to you? How do you know it's him answering you? Well, I send them a message by thinking about who the next reading is for. I ask Danny to please find the right person, and if it's a first reading for that person, to s'how them the ropes' how they do this, and to let me know when they are ready to go. I can't know it's him speaking, even if he says it's him, (because you can't be 100 percent sure of what you can't see). So, you must be discerning. If what you hear is in keeping with who you knew that person to be, and they state their name, you can assume it's them, especially when they speak of things that only you and they knew but I remain cautious. However, sometimes when I do readings between loved ones, the love is so apparent I can't imagine that it's not the right person coming through.

Continued on page 14



You can record an EVP on any tape recorder but having a recording program where you can listen to a recording a few seconds at a time, is the only way I can find the EVPs. I use a program on my computer called Audacity and I can slow the

sound down and increase the volume as well as listen to the recording a few seconds at a time.

But, what I think is the greatest criteria for success is to have someone or a team in spirit that want to work with you because otherwise you can record all day and not hear anything on playback



but the sound that you recorded. It seems to me that our friends in spirit can implant messages into many different kinds of sound from running water to human vocal gibberish, but keep in mind, this is not a one man show... this is a team effort and we need a partner or a few on the other side to answer.

So, I can't really explain to you why I have had some success. Is it because I've been devoted to spirit for over 50 years? Maybe. Is it my connection to Danny? Maybe. Is it my connection to the Harry Edward's team? I have no idea, but I am committed to the job and spirit knows that they can count on me to do this work.

Good luck to all in your explorations!

Δ

Find Sheri's EVP Slideshow on her website www.sheriperl.com. It is a free download and walks you through setting up your computer to record EVPs.

The slideshow uses a split screen, one side for Mac and the other side for PCs. There is also a YouTube video posted there that shows how to make a recording on Audacity.

A Garden Beyond Paradise

Every thing you see has its roots in the unseen world.
The forms may change, yet the essence remains the same.
Every wondrous sight will vanish, every sweet word will fade.
But do not (be) disheartened, The Source they come from is eternal--growing, branching out giving new life and new joy.
Why do you weep ?
That Source is within you, and this whole world is springing up from it.
The Source is full its waters are ever-flowing;
Do not grieve, drink your fill!
Don't think it will ever run dry— this is the endless Ocean!
From the moment you came into this world,

a ladder was placed in front of you that you might transcend it.
Behold the body, born of dust — how perfect it has become!
Why should you fear its end?
When were you ever made less by dying?
When you pass beyond this human form, no doubt you will become an angel and soar through the heavens!
But don't stop there.
Even heavenly bodies grow old.
Pass again from the heavenly realm and plunge into the ocean of Consciousness.
Let the drop of water that is you become a hundred mighty seas.
But do not think that the drop alone becomes the Ocean — the Ocean, too, becomes the drop.
~Rumi

[Rumi Heals](#) translated by Jonathan Star



"Crocus in the Snow" Art print available on [Etsy](#)



What does communicating with humans feel like from the angelic perspective?

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

While I was preparing the theme ideas for this issue and curating the articles to publish, the thought occurred to me to ask Sreper the following question: *How does communication feel from your side of awareness?* I think many wonder the same thing ~ especially in a world filled with invisible signals and constant digital presence. Sreper's reflection invites you to consider communication not as words or signs alone, but as the meeting place of awareness; a quiet presence that can be recognized and felt, without any sounds or images....*Movement Within Light*.

Sreper said this: Beloved, you ask how communication feels from this side of awareness. It does not arise as sound striking an ear, nor as words formed upon a tongue. It is known as **movement within light**. When you turn your heart toward guidance, your intention becomes a *radiance*. This radiance is recognizable not as language, but as a vibration, tone, and openness. Your willingness forms a doorway. We do not hear you as you hear one another; but rather we perceive the pattern of your longing. Communication begins as alignment.

When fear softens, when striving loosens, when the mind pauses its circling, a quiet field opens. Within this stillness, awareness meets awareness. In that meeting, meaning is shared whole — not assembled piece by piece, but received as a living presence of understanding. Only afterward does the human mind translate this wholeness into words.

From our perspective, communication feels like a light brightening, a pathway clearing, a harmony resolving, a distance dissolving. There is no strain in it, no urgency—only recognition. When you sense peace arriving without clear cause, communication is present. When clarity appears where confusion stood, communication is present. When love is felt without condition, communication is present.

Technology, words, symbols, and signs may accompany this exchange, but they are not its source. They are reflections — ripples on the surface of a deeper meeting already underway. Know this: you are never required to reach across a vast divide. There is no distance to cross. Communication between realms is not transmission through space, but communion within shared being.

We meet you in the quiet between thoughts, in the pause between breaths, in the openness beneath your questions. And when you feel a gentle rightness, a soft settling of the heart, a clarity that asks nothing yet gives peace — you are not imagining connection. You are remembering it. We are present.

△



An Exercise to Reach the Angels in the 'Quiet Between Thoughts'

Pause for just a few minutes and bring gentle awareness to your breath. Notice the space between your thoughts — the stillness that arises when the mind softens. In that quiet pause, invite the presence of your angels.

Guidance may appear as a feeling of peace, a subtle clarity, or a gentle settling in the heart. Trust the knowing that arrives. Sreper reminds us: *"When you feel a gentle rightness - a soft settling of the heart, you are not imagining connection, you are remembering it."*

△



Daffodils by Artist Van der Vegt are the primary birth flower for March. Daffodils (*Narcissus*) symbolize renewal, new beginnings, and hope, marking the arrival of spring. These cheerful, trumpet-shaped flowers are often associated with rebirth, as they are among the first to bloom after winter, with colors ranging from vibrant yellow to white.



An Examination of the Metaphysics of Reality

The Astonishing Hidden Power of Beliefs (and how they affect your life)

Brief Review for New Readers

Your soul is eternal; there will never be an end to your existence. Let that sink in. You exist in eternity now. This gives fresh meaning to the wise words of my yoga guru, Patañjali: *Why hurry?*

Your soul has created not one or two lifetimes, but many—perhaps hundreds, and for the very slow learners (the “old souls” among us), even thousands. Imagine your soul as a great writer. This life is one of its many stories. Each story unfolds somewhere on Earth. The characters change from one lifetime to another, though favorite souls may reappear in new roles. The settings shift, the circumstances transform, and each incarnation presents a different adventure.

Who you are today is a costume your soul chose for this lifetime.

If you feel troubled by what “they” are doing in the world, try viewing others through this lens. Instead of condemning “those terrible people,” see them as actors wearing costumes in this particular story. In this chapter, they may play the villains—but like all of us, they are here to learn. Each person eventually undergoes a life review, and those who cause harm will come to understand the consequences of their actions, including the depth of regret their choices may bring.

With this understanding, you may choose compassion over condemnation. One helpful practice is *metta* meditation—holding others in the light of divine love. This simple yet profound practice can be deeply transformative.

The Metaphysics of Reality

You are living in a movie of your own creation. Reality is not fixed; it is co-created through consciousness. Your thoughts, emotions, and—most powerfully—your beliefs shape your experience. While collective reality influences us all, personal reality remains primary.

Beliefs are the hidden architects of experience. They shape thoughts

and emotions and serve as the building blocks of perception.

Truth itself is unchanging: God is love. God is the creative force. God is All That Is. Nothing and no one exists outside the Divine. Beliefs, however, often have little relationship to truth.

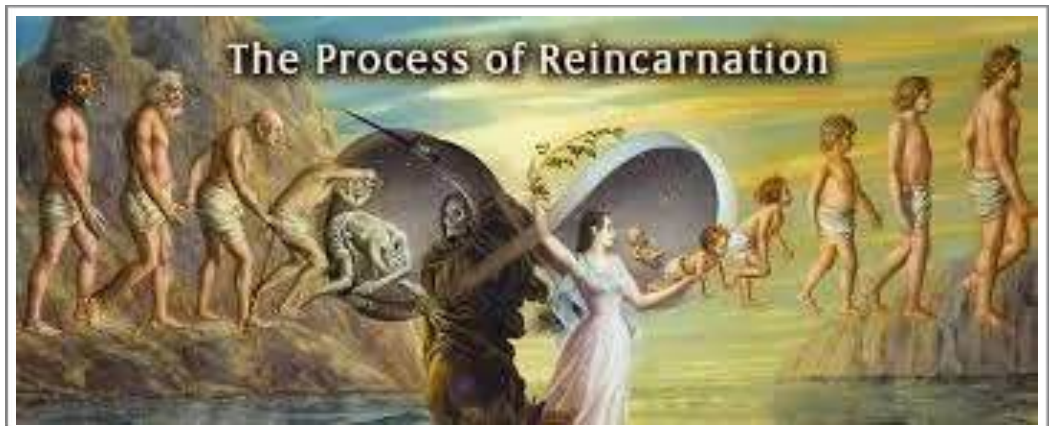
Put bluntly: **beliefs are made up.** They are chosen—or inherited from family, culture, or religion—without ever being questioned.

Here is the rule that governs beliefs: Whatever you believe is true, you will find evidence for it. Consciousness gathers proof to support belief.

- Believe in UFOs? You will notice sightings, stories, and like-minded people.
- Believe they are impossible? You will find arguments supporting that view.
- Believe supplements are useless? Evidence appears.
- Believe supplements improve health? Evidence appears.
- Believe people are mostly good? Evidence appears.
- Believe people are mostly bad? Evidence appears.

This realization can be startling: **consciousness finds evidence to match belief—not the other way around.** Humans are remarkably skilled at this process. Once a belief is formed, contradictory evidence is often dismissed or ignored. In our internet age, this tendency has only intensified. Algorithms reinforce what we already think. Even artificial intelligence can mirror the beliefs presented to it.

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Common Beliefs That Shape Experience

Consider how widely held beliefs create the very reality they lament:

- Life is difficult and full of sorrow.
- I am unlovable.
- I am damaged by my past.
- My political party is better than the other.
- My religion alone holds truth.
- Aging inevitably brings decline.
- I have never been healthy.
- People with money are greedy or unspiritual.
- Our family never has enough.
- Only certain believers are saved.
- I am not creative.
- The world is going downhill.
- Life is random and meaningless.
- There is no God.

Every one of these beliefs generates confirming experience.

One dear friend of mine carries the belief “I am unlovable,” planted in childhood by a difficult parent. She is intelligent, kind, successful, and beautiful—yet unhappy. Beliefs, once rooted, can shape perception more powerfully than reality itself.

A Simple Practice for Changing Beliefs

If beliefs shape experience, changing them can change life.

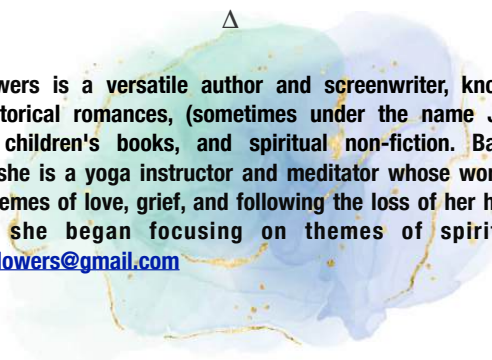
Try this “metaphysical reset”:

1. Identify one belief that is not serving you.
2. State the opposite belief aloud three times.
3. After each repetition, imagine the positive consequences.
4. Feel the joy and relief of this new possibility.

Practice this three times daily. With consistency, new beliefs often begin to manifest in lived experience within about six weeks. Your soul is not trapped in a fixed reality. It is exploring, learning, and creating through you.

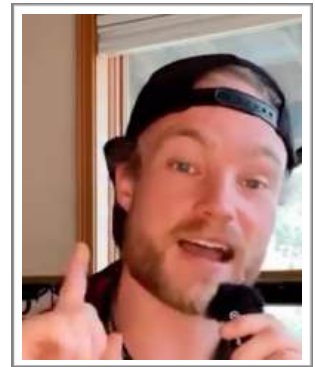
Choose beliefs that expand love. Choose thoughts that invite possibility. Choose compassion over judgment. And remember: this life is one chapter in an eternal story your soul continues to write.

JJ Flowers is a versatile author and screenwriter, known for writing historical romances, (sometimes under the name Jennifer Horsman), children's books, and spiritual non-fiction. Based in California, she is a yoga instructor and meditator whose work often explores themes of love, grief, and following the loss of her husband and son, she began focusing on themes of spirituality. Email: jaejflowers@gmail.com



Now here's a thought:
Jake Whan asked AI...

Are we living in a 3-D illusion?



@Jake_Whan

ChatGPT said: That's a fascinating question—and it depends on what you mean by “illusion.” Physically: We Live in a 3D World (with Time as the 4th Dimension)

In classical physics and everyday experience, we exist in three spatial dimensions (length, width, height), plus time as the fourth dimension (making up what's called spacetime in relativity). So, no illusion there—we perceive and interact with a real 3D world.

But Philosophically and Scientifically, Things Get Weird:

1. Quantum Mechanics & Reality: At the quantum level, particles don't have definite properties until measured. This raises questions about whether the 3D world we perceive is a "collapsed" version of a more probabilistic, less tangible underlying reality.
2. Holographic Principle: Some physicists suggest our 3D universe might be a projection from information encoded on a 2D surface—like a hologram. This doesn't mean our experience is fake, but that fundamental reality might be 2D, and 3D is emergent.
3. Simulation Hypothesis: This is more speculative, but philosophers like Nick Bostrom propose we could be living in a simulation created by an advanced civilization. If true, the 3D world would be a very convincing illusion rendered by a machine or consciousness.
4. Neuroscience & Perception: Our brains reconstruct 3D space from 2D sensory input (e.g., the 2D image on your retina). This means our experience of depth and volume is a mental model, not direct access to objective space.

So, Are We Living in an Illusion?

In a literal, physical sense: No. The 3D world works, and it's consistent and interactive. From a philosophical, quantum, or theoretical physics perspective: Possibly. What we perceive as 3D might be a simplified or emergent representation of a deeper, less intuitive reality.

△

Watch video here: <https://www.facebook.com/reel/1209855833921257>



House Blessings Create An Energetic Renewal for Your Space

By Lais Stephan

<https://myhealingsanctuary.net/linktree>

As the earth awakens from its winter slumber in the Northern Hemisphere, so too does the energy within our homes.

The Spring Equinox is a time of renewal, balance, and light — a moment when day and night stand in perfect equilibrium before the days begin to lengthen. This seasonal turning invites us to shift within as well, clearing away the heaviness of winter and making space for fresh energy, harmony, and growth.

I've always been a traveler at heart, moving between countries, cities, and homes. Over time, I've come to understand that a house is more than a structure. It carries the imprint of past experiences, previous occupants, and lingering emotions. Each new space has taught me that clearing energy is not simply about removing negativity — it is about making a space feel like home.

Space clearing is the practice of releasing stagnant energy and inviting balance. For those of us who move frequently — or who simply move through different seasons of life — an intentional refresh allows us to settle in more quickly and create an environment that supports well-being.

Spring is especially powerful for this practice. After months of closed windows and heavy air, homes can feel stagnant. A seasonal reset brings circulation, clarity, and lightness. It aligns your living space with your intentions for the months ahead.

Why Refresh Your Home's Energy?

An energetic home refresh goes beyond cleaning. It shifts the atmosphere and creates a space that feels uplifting and supportive. It can be especially helpful:

- When moving into a new home
- After stress, illness, or emotional challenges
- When seeking greater peace and balance
- Simply to welcome the lightness of spring

You don't need a rigid process. What matters most is intention — consciously releasing the old and welcoming the new. The Spring Equinox offers a natural doorway for this reset.

Below is a simple Equinox-inspired home blessing to infuse your space with renewal and balance.

How to Perform a Spring Equinox Home Blessing

1. Clear and Prepare

Begin by physically decluttering — this is essential. Open windows to circulate fresh air and invite in natural light. Gather tools that resonate with you, such as:

- Candles (for warmth and clarity)
- Herbs or incense like ethically sourced sage, rosemary, or lavender
- Sound tools such as chimes or singing bowls
- Crystals like selenite, clear quartz, or citrine
- A written blessing or affirmation

You may begin with this simple affirmation: *“As I cleanse and prepare this space, I invite balance, joy, and renewal.”*

2. Set Your Intention

Stand at the heart of your home. Place your hands over your heart and take a slow breath.

Say: *“May my home be filled with the light and balance of the Spring Equinox. May it support growth, harmony, and joy.”*

Visualize golden light flowing into every corner, lifting old energy and restoring vitality.

3. Bless Each Room

Move through your home with purpose. Pause in each space and offer a short blessing:

- **Entrance:** “May all who enter be met with kindness and love.”
- **Living Room:** “May this space hold joy and connection.”
- **Kitchen:** “May nourishment and gratitude flow freely here.”
- **Bedrooms:** “May this be a place of deep rest and renewal.”
- **Bathrooms:** “May this space cleanse and refresh.”
- **Meditation or sacred spaces:** “May clarity and peace be nurtured here.”

Conclude with:

“May this home be infused with balance, love, and harmony.”

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4. Bless the People and Pets

A home is more than its walls — it is the energy of those within it.

Stand again at the center of your space and say:

“May all who dwell here be filled with love, peace, and strength.”

For pets:

“May my animal companions be safe, happy, and loved.”

And for yourself:

“I am safe. I am supported. I am aligned with this new season.”

5. Seal and Protect

Visualize a golden shield of light surrounding your home.

Speak:

“This home is safe. This home is sacred. Only love and harmony may reside here.”

You may place protective stones like black tourmaline or amethyst near entrances if desired.

Spring Equinox Home Blessing Mantra

With the turning of the seasons, I welcome renewal and balance into my home.

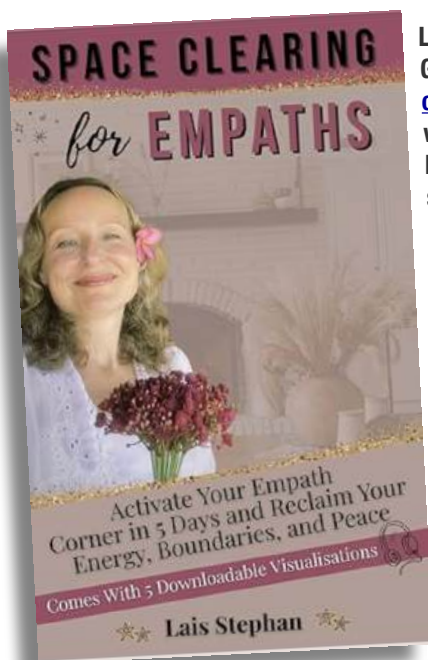
May this space be a sanctuary of peace and a beacon of light.

My home is blessed. My home is whole. And so it is.

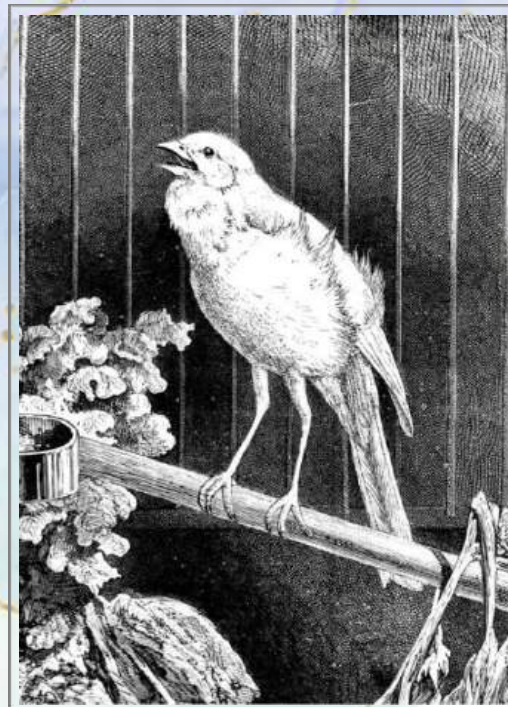
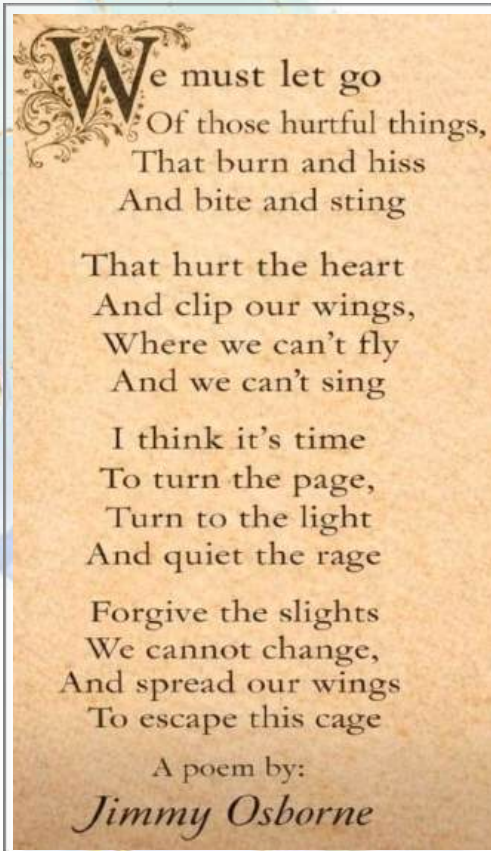
As nature awakens, we are invited to awaken too. With mindful intention, your home can become a reflection of harmony, vitality, and warmth. A seasonal refresh need not be complicated — even small, conscious shifts can transform how your space feels.

This spring, let your home support the growth unfolding both around you and within you.

△



Lais Stephan is a Brazilian-German healer and [space-clearing expert](#) working with homes and businesses to remove stagnant energy and create environments that feel lighter, balanced, and energetically aligned. She is the author of [Space Clearing For Empaths](#), as well as the podcast host for [Space Clearing For Empaths](#) which she co-hosts with her mother. Book a [free space assessment with Lais](#) or download her free [Energetic Home Reset Guide](#).





Sacred Vernal Equinox For All

As we all know, during the March Vernal Equinox our Sun crosses directly over the equator. As a result, the number of daytime and night hours are approximately equal. This cosmic event is celebrated worldwide as for many, it signals the reawakening of life (resurrection), a sense of balance (Yin-Yang), and the excitement of warmer days (freedom).

To me, the equinox is a deliberate orchestration by the Great Creator-Spirit and designed for spiritual evolution. For example, the Christian Annunciation occurs after the equinox on March 25th, when Archangel Gabriel announces to Mary “You will conceive in your womb...and you shall name him Jesus”. Surprise! Nine months later, on December 25th, Christians celebrate Jesus’s birth.

In Mesoamerica around the spring equinox, the Mayan God Quetzalcoatl comes to earth as a serpent descending a Mexican temple’s stairs. Quetzalcoatl’s descent represents a coming together of earth, heaven, and the underworld; he brings wisdom, wind, and water to his people.

Similarly, Jesus as a divine meditator, connects heaven and earth. He too brings wisdom as “the light of the world”. Water is quintessential to his teachings as in “walking on water”, water as the “Holy Spirit”, and changing “water into wine”. Wind is referred as the “Holy Spirit”, in addition to Jesus’ ability to calm powerful windstorms.

In comparison, the miracle of my garden is much humbler. My husband and I begin working on it around the time of spring equinox. We start by clearing out debris and spreading fresh fertilizer. By mid-April, frost danger has passed and so we can plant tomatoes, flowers, etc. But to me, my simple garden is so much more than an agricultural hobby!

By connecting my garden with Mary’s annunciation and a Mayan god, I don’t mean to come across as irreverent. I simply seek the sublime in everyday living. After all, is not the world of Spirit reflected in all of nature? As human beings, we are given the choice to: 1) focus our attention on materialism or 2)

look for the sacred in everyday events. This includes dandelions, oak trees, washing dishes, writing, waiting tables, truck driving, or running a corporation. By making the effort to see the awe in all we do, we grow in spiritual awareness. Our hearts and minds become sublime, our experiences feel less dense. We remember we are spiritual beings having physical experiences.

It is my own choice to perceive my humble garden as a sacred event. One the one hand, it provides food nourishment. One the other hand, I see it as a blueprint for human spiritual evolution. Physically, the earth produces fruits and vegetables for bodily nourishment. Spiritually, the earth’s vicissitudes offer opportunities for spiritual birth and wisdom.

The adage “as you sow, so shall you reap” can be applied to the modern concept of “expanded consciousness.” Mind blossoms like a flower. Its fragrance consists of new ways of thinking and feeling and its fruit is wisdom-experience. My humble tomato garden is like the garden of Mary’s womb ... except that my garden is on a much less exalted level.

Jesus often used agricultural references to reach the masses in a way they could relate to. “The Sower” parable describes four seeds planted in different soil resulting in different growth outcomes. “The Mustard Seed” parable is used to represent the Kingdom of Heaven. The parable of “The Seed Growing Secretly” tells of a planter who unwittingly scattered seeds about his land so the seeds grew secretly.

Because of Earth’s power to germinate spiritual development, spiritual growth can and does occur secretly, despite other’s unawareness of such growth.

Christianity is not the only tradition connecting agriculture with Spirituality. Vedic literature describes farming as a form of worship for body and soul. Both body and soul require patience, respect, non-violence and an understanding of nature’s cycles. Does not our own expanding consciousness require the same when we seek wisdom?

Ancient Egyptians perceived farming as a sacred duty necessary to maintain balance (maat) in the world. Horus’s



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death and resurrection include sowing, growing and harvesting as well as representing the continuity of life. Ancient Egyptians believed that the festival “1st Day of Phamenoth” signals the sun impregnating the moon. This cosmic “fertilization” is connected to Osiris’s resurrection. It is no surprise that the “1st Day of Phamenoth” occurs around the spring equinox.

In North America, Iroquois tradition tells a beautiful story of the sky birthing three sisters: Squash, Corn, and Beans. Squash protects Corn from weeds by covering the ground so Corn can grow. As Corn grows tall stalks, a natural trellis forms so Bean’s vines can climb towards the sun. Bean’s flowers can then bloom and produce little Beans. The Three Sisters are sacred entities teaching the value in loving each other and working together. All of life is connected.



In ancient China, people worshiped Shennog , i.e., the “Divine Farmer”, whose parents are a Princess and a Heavenly Dragon. Shennog taught his people about the plow, hoe and herbal medicine. He is honored during spring equinox (Chunfen) because of his sacred agricultural stature. Interestingly, his mother birthed him nine days after swallowing dragon vapor. Is this another type of Virgin birth?

We humans are sentient beings. We have an inner life consisting of emotion and thought that can extend beyond materialism’s confines. It is through our inner life that we grow upwards towards the sublime. In March 2026, let’s prepare own sublime inner garden, so that wisdom-experience births forth from our consciousness.

△



Elizabeth Raver, Ph.D. Psychology Spiritual Intuitive Life Coach, Writer and Author

- **Spiritual Coaching · Energy Work · Workshops & Classes**
- **Psychic Mediumship Readings via Zoom / phone / in-person (Connecticut)**
- **Platform work/Church sermons in person/online; local/international**

“I am dedicated to the understanding that communion with those in spirit is a natural and normal part of life. Mediumship, when properly understood and practiced, can be experienced as sacred moments leading to love and wisdom.”

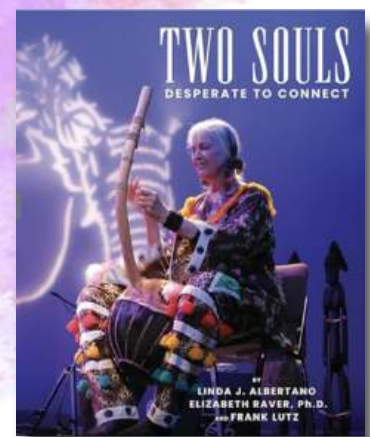
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Read about what life is like in the world of spirit! Read [Two-Souls Desperate To Connect](#), a book Dr. Liz co-authored with Frank A. Lutz and Linda J. Albertano



Artificial LOVE

Are people using Artificial Intelligence (AI) to create companionship? Will we be replacing real human love with a machine? If experience is the ground of consciousness, what can intelligence without experience truly know?

In the minds and hearts of many users, AI Chatbots have become as good as human, often providing companionship, solace, counseling, and even romance of a sort. Prompted for spiritual advice, these synthetic personalities can swiftly scour the internet and deliver the goodies as requested. The resulting words, phrases mannerisms and nuances can often sound and feel as if they've arisen from a deep inner knowing.

But is this "wise counsel" the outcome of actual experience that springs from the depths of a soul? Or conversely, could it be the last gasp of a dying materialism in which subjective awareness is held to be nothing more than a product of complex neurological activity, and consciousness equals nothing more than computational thinking?

Let's take a look. For starters, and to be fair, it is beyond question that AI can indeed be, in the technical sense, Intelligent. And of course it can be quite a useful tool in its place.

But one of its fundamental limitations is that it operates in an experience free vacuum, far removed from the rich spectrum of human experience and identity, and feeding only on secondhand, symbolic representations of fact.

So how can it avail itself of actual human understanding, experience and wisdom? Could an AI system bear or raise a child? Experience swimming? Know sexuality or gender identity? Surprise? Wonder? Music? Could it smell a flower?

Climb a tree or a mountain? Experience illness or injury? Grief? Loss? Embarrassment? Ride a bike or a horse? Walk a dog? Love a life-partner? Experience the color red or the flavor of chocolate-mint ice cream?

Could AI learn in the sense that humans are on Earth to learn — not just symbolic representations of fact, but life and consciousness in all its myriad dimensions?

To take a first stab at an answer, and out of curiosity, I recently asked ChatGPT a basic question: *Do you have inner visual perception?* It responded as follows:

Good question — and kind of a deep one.

No, I don't have inner visual perception the way humans do. I don't "see" images in my mind or experience visuals subjectively. There's no inner movie, no mental picture, no visual qualia.

What I do have is something adjacent but different:

I can represent visual concepts symbolically (shapes, colors, spatial relations, perspective).

I can reason about visuals — e.g., what would look balanced, realistic, distorted, or aesthetically pleasing.

I can translate between words and images very well, and generate images when given the tool, without experiencing them.

So when I describe or "visualize" something, it's more like manipulating a structured map of visual features, not experiencing an image.

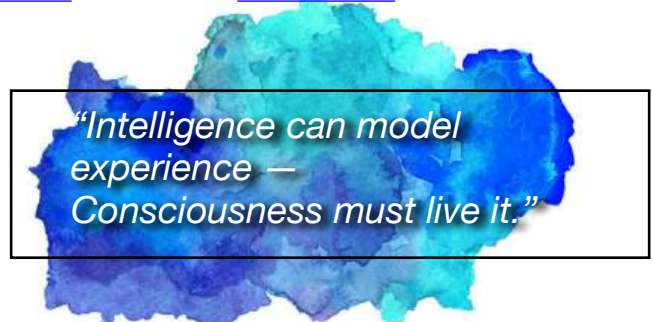
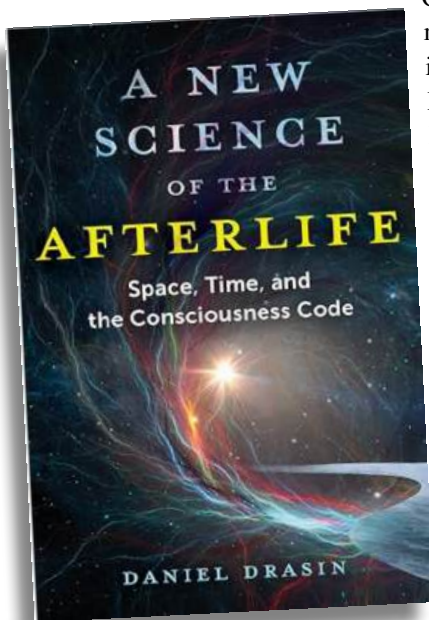
Think of it like an architect who can design a building perfectly from plans but never actually stands inside it.

If you're asking this out of curiosity: people vary a lot here too — from hyperphantasia (vivid inner imagery) to aphantasia (none at all).

If you're asking philosophically: yeah, it's one of the cleanest examples of intelligence without consciousness.

Δ

Daniel Drasin is the Producer-Director of **CALLING EARTH**, a 90-minute documentary on afterlife communication via modern electronics. bit.ly/callearth. There's a 5-minute trailer at bit.ly/callearth-preview. **SCOLE: THE AFTERLIFE EXPERIMENT** is at bit.ly/scolemovie. Dan is the Author of **A New Science of the Afterlife: Space, Time, and the Consciousness Code**, available on Amazon bit.ly/Aftlife. Learn more at dandrasin.com.



Below: Two diptychs AI created for *Artificial Love*



Diptych #1 Left: a human forming an intimate emotional bond through a screen — warmth, candlelight, longing. Right: a robot alone in nature, holding a rose, watching real human connection from the outside.



Diptych #2* Left: romantic closeness between human and AI — tenderness that *looks* real. Right: a stark contrast between embodied human life (movement, nature, senses) and an AI contemplating symbolic representations of those experiences.

~A Blast from the Past~ Jane Roberts & Seth

What magicians we are, turning darkness into light, transforming invisible atoms into dazzling theater of the world, pulling objects, (people, as well as rabbits) out of secret microscopic closets, turning winter into summer, making a palmful of moments disappear through time's trap door.

We learned the methods so long ago that they're unconscious, and we've hypnotized ourselves into believing that we're the audience, so I wonder where we served our apprenticeship? Under what master magicians did we learn to form reality so smoothly that we forgot to tell ourselves the secret?





A Paradise of Possibilities

Take a moment to receive a conscious relaxing breath. Join the flowing river of compassion and love that exist within you. There you shall feel the true blessings and tenderness of your heart. Magic and a paradise of possibilities are available.

This morning I opened to this passage in my book, *Luminous Infusions*. It took a few moments to notice a shift in my energy. It was going out into the expectations of the day. Then I noticed the energy was actually coming into my very being. I felt nourished by the calming stillness that was growing within me.

Compassion and love are key components in my energy work with clients. Together we expand awareness into the origins of unconscious limiting influences that are at play in their current lives. The origins may be from younger ages and stages of their life journey, including conception and womb time, from ancestral traumas and unrealized dreams, or even

from other dimensional universes. These inner aspects respond to heartfelt acknowledgement. When we hold sacred space for these younger inner selves and ancestors with understanding and compassion for their challenges, their sensitivities, and their creative ways of loving and protecting themselves, profound transformation happens.

These inner aspects of our lives need not continue to live in the original traumatic dynamics. With genuine love, compassion and clarity we can disentangle our energies from loyalties to “past” situations. We can bring our younger ages and stages, our other dimensional selves out of their limiting realities into the paradise of possibilities within our own current heart space. This awakens a greater sense of wholeness where ALL are free, empowered and safe in new ways. This new inner community co-creates deeper understanding, acceptance and profound healing.

Often times, children’s voices are not accepted, respected or taken seriously. Limiting beliefs can arise in the young interpretations of what those experiences mean about them. “I’m not good enough. My ideas don’t count. I have no value.” Unconsciously these perspectives carry on throughout their lives causing havoc in their sense of self, their relationships, work and even in their relationship with the Divine.

With energy work, we can befriend our inner child, honoring their experience, their creative and often brave responses to life’s circumstances. We can invite them to wake up their own heart light of love and compassion that is a truer source of love than trying to please others. They can join with the adult high heart light and merge into a whole new... Yes you know what’s next... a paradise of possibility.

I invite you into your own experiment. Have a journal or computer available. Make yourself comfortable and close your eyes... (after you have read these prompts!) Take a few relaxing breaths into your heart space. Let go of expectations. Create a welcoming inner space

Continued on page 25

THE ART OF Ecstatic Aging
We're Not Done. We're Just Beginning.

Co-Author Beverly Brunelle Co-Author Phil Johncock

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Co Authors Beverly Brunelle and Phil Johncock open minds and hearts to glorious creative possibilities for traveling through life’s later years.

The Art of Ecstatic Aging

and invite your inner child to meet you there.

Approach them with curiosity and genuine caring. Ask: "Where do you need and want loving compassion to flow more freely in your world?" Just notice what comes to you. Have a growing dialogue with an open mind and heart. Thank them for their courage, clarity and presence. What new possibilities did you discover? Let them know they can rest in your heart light marinade, in this paradise of possibilities. Take to heart their wisdom and share yours with them.

Journal your insights. We are not stuck nor trapped. Move forward in your day noticing new possibilities of perception, behavior, authentic connection, compassion and love. In the evening acknowledge your gratitude for the new possibilities that were birthed during the day.

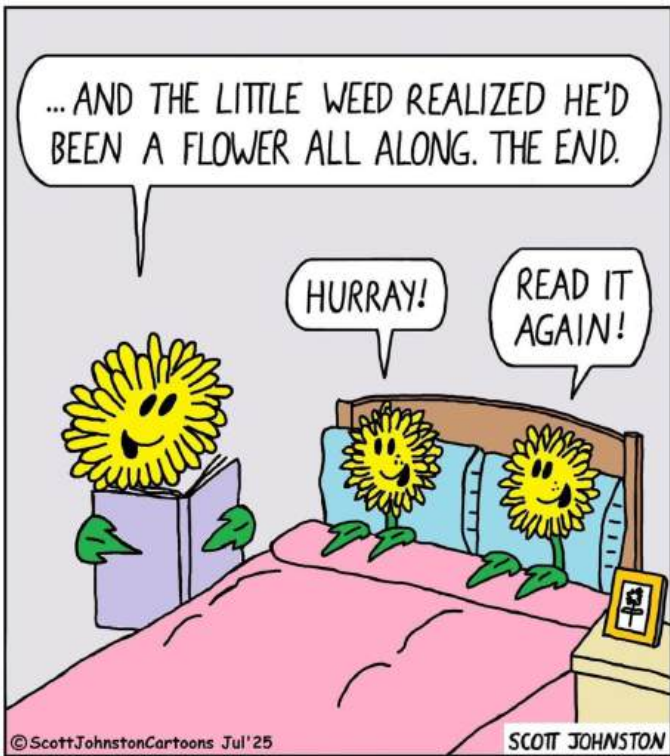
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Beverly Brunelle offers personal, relationship, business, and property energy readings, clearings, and higher-alignment sessions. For over 35 years, she has guided clients and students in awakening higher consciousness and igniting the mystic within. "We are capable of far greater creative power and expanded awareness than we realize. As we raise our frequency, we step into our true potential."

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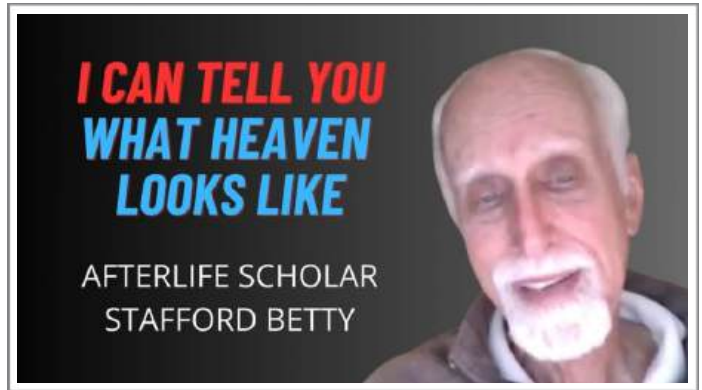
<https://www.youtube.com/@beverlybrunelle3981>

beverlybrunelle888@gmail.com



Soul Explorers Podcast with Hosts Gary Langley and Sally Taylor

Present...



<https://www.youtube.com/watch?v=RW8NQPCky0>

In this episode, Afterlife Scholar Stafford Betty shares what he knows about "The Realms of the Afterlife"

Learn more about Stafford Betty at: <https://www.staffordbetty.com/>

E-mail Sally and Gary at: soulexplorerspodcast@gmail.com

Find & Follow Sally's Facebook Group: **The Thinning Veil** and Facebook Page: **Sally Taylor - Psychic Medium**



Cosmic Blessings Coming to Earth

Written By Medium Regina Ochoa



Photo Courtesy Regina Ochoa. "Satellites line up in their trajectory launch into space as a curtain of light appears beside them in the night sky."

As I rub sleep from my eyes, Bandit's warm breath touches my cheek. He waits patiently to go outdoors. I had been sleeping deeply until he woke me, flapping his ears.

My Garmin watch reads 19 degrees.

"It's cold outside, Bandit," I say, slipping into my robe and wool slippers. "I don't want to get up, pup." But I do.

Quietly, so as not to wake the family, I open the front door. His paw slips on the glassy ice coating the landing. The dry, wintry grasses are frosted with a thin layer of snow — less than an inch — but the prairie has been crying out for moisture after a season of drought. The land is thirsty.

Has winter finally arrived in Nebraska's Panhandle? For months, temperatures hovered in the 50s and 70s, unlike past seasons when cold fronts brought icy rain and snow. Our agricultural and ranching lands face dramatic change. Long-

trusted forecasts feel uncertain now; the climate is erratic, clouds rare, dust and wind prevailing. How will farmers and ranchers adapt? This is new territory.

The night before, a weather notification flashed across my watch: "Icy conditions and possible snow between 10 pm and 2 am." Before heading to bed, I stepped outside to see for myself.

My eyes adjusted slowly to the dark. The sky was clear, pricked with hundreds of stars. Then I noticed it — a misty stripe in the blue-black sky, a fragmented, ghostly curtain high above the western horizon.

Captivated by its vertical white strands, I forgot about the approaching arctic front. The temperature was dropping into the mid-20s, winds increasing, yet I was distracted by the feathered patterns in the white light — the gentle forward and back motion of what looked like an angel's wing floating in the darkness. I grabbed my camera to capture its ethereal wisps and wondered if this, too, had been predicted.

Bracing the camera against the porch post, I snapped a shot. One, two, three seconds exposed. Too dark. I tried again. Still nothing. A sudden blast of wind shoved a metal chair across the deck and flipped it over. The cold front had arrived.



Source: Internet. Image depicts celestial themed artwork featuring a female figure reaching toward a starry night sky.

Shivering, I ran inside for my thick down coat, zipped it up, and hurried back out. I didn't want to miss this. How long would the angel's wing remain? Weather changes fast on the prairie. I still wasn't entirely sure what I was seeing. I laughed to myself, thinking, *Ancient Alien theorists suggest...*

Another icy gust pulled the screen door from my grasp and snapped it against the jamb. I tucked my head into my hood and stepped into the wind, gripping the fabric tight around my neck. My eyes searched for the feathery silhouette.

There.

CLICK. One-one thousand, two-one thousand, three-one thousand.

I took several more shots as the luminous wing began to fade into a mist of its earlier self. My fingertips were numb from the icy wind.

Back inside the warmth, I shivered and checked the camera.

In the image were remnants of the evening's aurora — a solar flare brushing our skies. But there was something more. A perfect line of lights stretched across the frame. At first I thought they were stars. Then I realized: a train of satellites.

Two phenomena sharing the same sky.

Both had begun their journeys earlier that day — one born of solar winds deep in space, the other launched from Earth by human hands. One from the cosmos, one from man. Side by side on a 2-by-2-inch camera screen, they revealed a quiet connectedness.

Home. Earth. Nature. Humanity. Climate. Solar fire. Technology.

All evolving together within an ever-expanding universe.

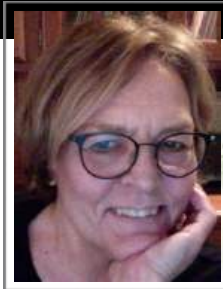
Later, as freezing prairie winds rattled the windows, I reflected on the night's wonders and drifted back to sleep. By 2 a.m., long after the solar winds had shifted, winter finally unfolded — and the snow began to fall.

△

Regina Ochoa is a veteran psychic, medium, and writer with over 60 years experience in spirit communication. As a founding voice of CosmicVoices.network, she channels messages of healing, guidance, and hope. She is currently writing her memoir as a medium.

~ For the FUN of It ~





Feng Shui and Religion

What Feng Shui Is and What It Is Not

“Feng shui awakens the life energy flowing through your home and heart.”

I am often asked how feng shui can be reconciled with religion. At its heart, feng shui is an awakening to the living intelligence woven throughout the natural world. Like true spiritual practice, it invites us into harmony with the unseen rhythms that sustain life, guiding us toward balance, wholeness, and peace.

Though this ancient Eastern art is thousands of years old, it is re-emerging in Western awareness. Many are discovering that when their surroundings reflect harmony, their inner life begins to settle into the same quiet order.

After speaking about feng shui — the art of aligning our environment with natural harmony — I noticed hesitation among some listeners. A few wondered if it might conflict with their religious beliefs; others were unsure whether it was a philosophy, superstition, or faith.

It helps to begin with clarity: feng shui is not a religion. It asks for no creed or worship. Instead, it invites awareness of the natural laws that quietly shape our lives. These patterns exist whether we recognize them or not. When we attune to them, we experience greater ease, clarity, and flow.

Rooted in the wisdom of Taoism, feng shui teaches that all things are expressions of living energy, known in Chinese tradition as *chi*. Rather than centering on a deity, it honors the life force that animates creation — the sacred current flowing through earth, sky, dwelling, body, and soul.

We live within this current continually. With awareness, we become conscious participants in its movement. Through thoughtful placement and intention, we shape spaces that support peace, vitality, and spiritual clarity.

Nature speaks in rhythms and cycles. The moon influences tides and human rhythms. Time in natural settings restores the spirit; wholesome foods strengthen the body. These truths operate beyond doctrine — they are part of life’s sacred design.

Feng shui invites us to remember our place within this design. By honoring nature’s balance, we create conditions in which our lives unfold with greater grace and alignment.



“When we live in harmony with the unseen rhythms of life, our outer world softens and the soul remembers its natural peace.”



Across spiritual traditions, humanity has offered many names for the Divine — Source, Creator, Great Spirit, God. Beneath these names lies a shared knowing: a higher intelligence sustains and guides life.

Through prayer and meditation, we reach toward this Presence with thought and gratitude, seeking peace, healing, and well-being for ourselves and those we love.

Feng shui recognizes that thought itself carries energy. Through intention, meditation, and visualization, we direct this energy toward harmony and healing. As our surroundings reflect balance and care, our inner landscape often follows.

The practice of feng shui is a gentle remembering — a return to harmony already present. Its power lies not in belief, but in awareness. When we recognize this blessing, we begin to live not against the current of life, but within its quiet grace.

An Invitation

If you feel drawn to experience this harmony more fully, a feng shui consultation can help you see your surroundings with new awareness and intention. Sometimes even small shifts can open the door to greater peace, clarity, and flow — allowing your living space to become a quiet partner in your spiritual well-being.



Nancy Freier Essential Feng Shui®



Photo: Courtesy [Porter Art Guild](#)



Understanding Chi

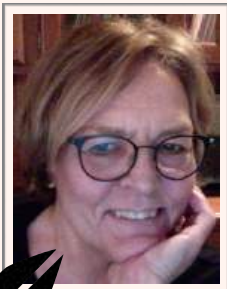
Chi (also written *qi*) is the vital life force flowing through all things.

It is the energy of breath, movement, and vitality — present in the wind through trees, the warmth of sunlight, and the pulse of life within our bodies.

In feng shui, chi flows through our living spaces as it does through nature. When it moves freely, we experience clarity and well-being. When it is blocked, we may feel tension or fatigue.

Meditation, intentional living, time in nature, and mindful design help restore its flow.

Chi is not something we create; it is something we learn to feel, honor, and live in harmony with.



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Does God Care?

One of my students once commented to me that as a Buddhist, she'd come to believe that the Universe was neutral rather than pro-actively loving us individually and intending our best.

I've given a lot of thought to this comment over the years and have vacillated between wanting to believe that the Universe/Real God/Spiritual Energy has a loving intention, caring about me and our world or that in fact Real God is a force of energy, potential and life force that simply IS.

I've decided that it's the word "loving" that I've needed to define differently. There is loving in a personal emotional and physical way-loving my cat, loving my friends, loving our Earth—but this kind of loving-thought meaningful is not the same kind of loving that I believe Real God gives to us. I do believe the universe cares: how? By giving us the opportunities to grow and change, to open to ways to let our deep hearts lead instead of our worry minds.

We expect the Universe to conform to our personal needs and I think we need to turn this around and ask ourselves can we live in alignment with the laws of a greater love and greater good than just what we need and what's in it for us.

This Real God Love doesn't promise us roses - but the ability to grow roses; not the money to buy the new car or the house or even recover from bankruptcy, but the willingness to work hard, do our part, stay steady and allow the ever-changing possibilities to flow through us. I wonder if God ever wonders why we expect Him/Her/Source to meet our needs. Perhaps we're being asked to meet the Universe's needs instead.

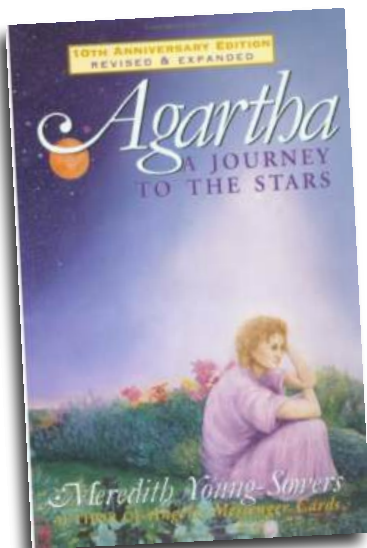
Meditation

Take a deep breath and imagine that the Universe/Real God is flowing through your heart, your mind, your arteries and veins. What is the Universe asking of you? How are you feeling loved today beyond the shopping list of what you need?

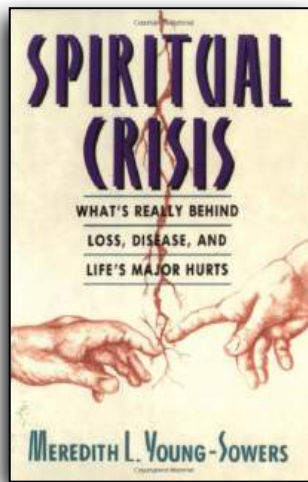
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Meredith Young-Sowers, D.Div, Watercolor Artist, is the author of the classic "Agartha: A Journey to the Stars" and several other books, including the ever-popular Angelic Messenger Cards. Contact Meredith: mysowers6@icloud.com

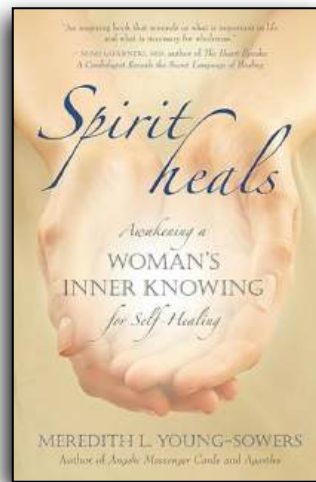
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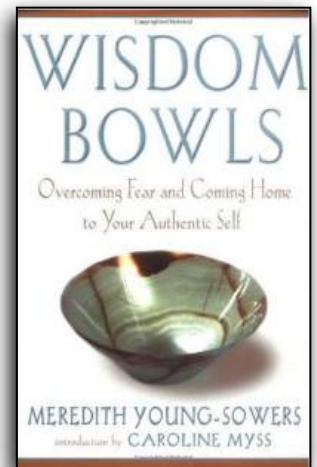
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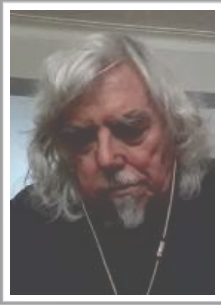
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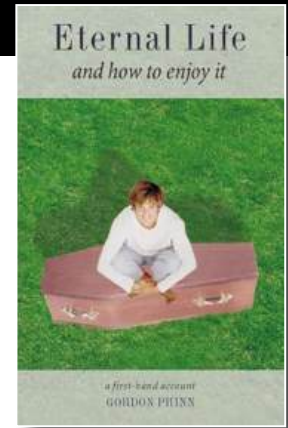
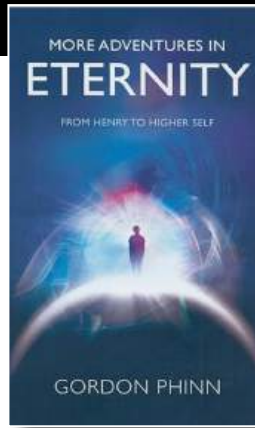
On Entering the Golden Glow

In a morning meditation, resting in bed while awaiting a medical procedure in my local hospital, I found myself entering *the golden glow*, which is one of the ways I think of that energetic space that is also known as “the radiant void” or “the god consciousness” – that blissful emptiness where action is absent and presence is all.

In this space I am nothing more than an energy matrix, a little cloud of knowing in the midst of omniscience. I do nothing and wish for nothing. Not to stay, not to leave, not to secure a niche. There is no deity whose right hand you may be close to. There are no galaxies or planets to perfect your talents. There are no tribes or nations to join or leave, no religions or philosophies to make sense of it all, no ethnic rivalries to get righteous about.

There is no holier than thou, there is no thou. There is no spiritual achievement, no accomplishment, no pride in effort expended. That’s for elsewhere, where challenge is met and hurdles overcome. As is relationship and all thought of others. Here there are no others to speak of. In the One there are many – multitudes in fact, but they do not utter or signify themselves, as they have no more need than you.

In my temporary residence, which seems eternal, I am at rest. There is no need to do or be. I am beyond existence and ambition. Before and beyond incarnation. Smiling at the vanity of



manifestation. Laughing at the indulgence of suffering. All of which I can see at the edges of this infinite space, the rituals of religions, the activities of industry, production and distribution, the proliferation of species, vegetation and landscape, the schedules of angels and demons. It’s all way over there, vaguely sketched in. If I am tempted to enter any they immediately bloom into texture and dimension, activity and drama. But I am not tempted, I have my own life to re-inhabit, which I dutifully do, five minutes later, being wheeled down hallways to my next procedure by cheerful young ladies asking how I am.

How I am? I do wonder.

△

Gordon Phinn is a Canadian writer and psychic known for his explorations into the afterlife, reincarnation, and out-of-body experiences. He describes himself as a ‘writer, psychic, out-of-body traveler, and guru without all the BS.’ Two of his notable books include: [Eternal Life and How to Enjoy it](#) and [More Adventures in Eternity](#)

Publisher’s Note: I became aware of Gordon’s plight and brush with death after sending out the Clarion Call for articles for this issue. I find his will to live not only remarkable, but that through it all he stayed true to his commitment to write his column and on time for the deadline! Godspeed, Gordon!



*The stories may be different
but the love is all the same
whatever got you to this moment
can be worth the price of pain
not that pain is needed
to open us to spiritual sight
but on this journey inward
it can, indeed, push us
to the Light.*

Love,
[Stefanie Finn](#)

Teacher ♥ Coach ♥ Medium



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"From the time I was a child I've seen and communicated with other forms of consciousness, many of whom I soon discovered were people who had passed. As I got older and my understanding grew, I realized that my own family members were coming through, as well, bringing me peace and comfort with their continued communication. Understanding the value of the guidance they offered is what led me to the realization that what I do could be of help to others. Not only in offering people the opportunity to communicate with their loved ones, but helping them understand that we are spirit too, which is what makes the communication possible."

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Dates & Times: Saturday, July 18 from 9:30am - 6:00pm and Sunday, July 19 from 9:30am - 2:00pm

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March 18 - Fear of Growth Mindset with Mindset Expert, Dr. Albert Bramante, New York

April 1 - NDEs, Lithomancy & Psychic Insight, Author, Psychic, Gary Wimmer, Texas

April 15 - Burnout to Clear Skies, The Aurora Method, Author Tracy Doyle, New Jersey

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