

The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 11 Issue 7 • July 2023

Children and Creativity Unearthing the Creative Spirit

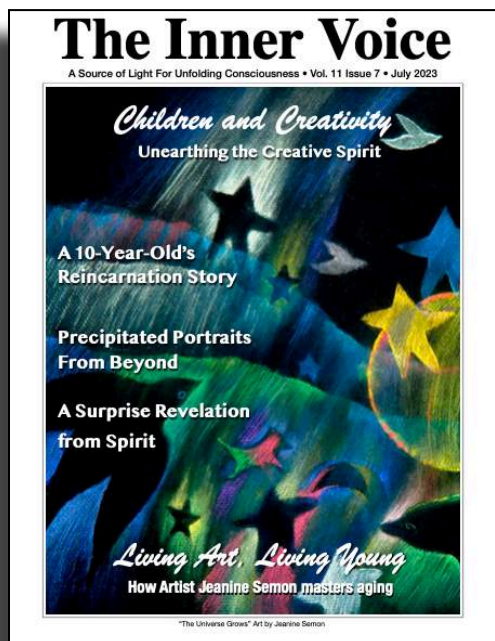
A 10-Year-Old's
Reincarnation Story

Precipitated Portraits
From Beyond

A Surprise Revelation
from Spirit

Living Art, Living Young
How Artist Jeanine Semon masters aging

About the Cover



"The Universe Grows" by Artist Jeanine Semon

Well-known for her healing art, a fun fact is Jeanine said she inherits her skill and love of art from her Russian ancestors who were 'artists for royal families.' Jeanine's philosophy follows Native American's respect for the land and its creatures; the Buddhist belief: 'All are a part of each other,' and her Jewish roots connecting God and Creation.

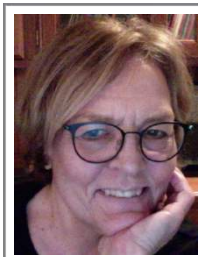
Get a print of "The Universe Grows" on lustre paper. It measures 16"x20" and costs \$110 (includes shipping to US addresses). Payable thru PayPal. Jeanine's e-mail jeaninesemon@gmail.com. Her book "Living Art, Living Young" features more of her art along with 'genius tips' for staying alive and active well into your Golden Years. Read more on page 21.

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What would you love to read in future issues? Email your ideas to us! theinnervoice@gmail.com



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Dear Readers,

Ideas fuel of life. Creative ideas add enthusiasm and inspire joy and happiness in your activities. Those thoughts that seemingly come out-of-the-blue can be answers to the things you're curious about – and can even be the message from your angels as to the next step to take on your spiritual path.

Life is an ongoing unfoldment of what we are here on earth to experience and learn. We are the happiest when we are open to the divine ideas given us from the higher realms of thought, and we follow them. Pay attention to those lightbulb moments. They are those glad tidings from above to bring joy to your heart. I was curious as to where creativity originates and share the ideas I found in this issue ~ intended to turn on the Light to your ever-evolving, expanding and unfolding journey in life.

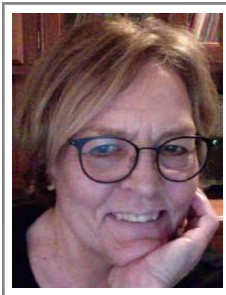
What did you do as a kid that brought you joy? My guess is that it still will. Just tap into that joy. Paint, draw and go outside and play! Do the things you loved to do as a kid and see how that energy fuels your life now. I wish for you a delightfully hot and creative July!

Nancy



P.S. I had to share this from Facebook ~ “The phrase, *You will do foolish things but do them with enthusiasm!* is attributed to the French novelist and actress Colette. It expresses the idea that it’s better to try something new or take

a risk with enthusiasm than not do anything at all. It encourages us to be courageous in our endeavors, even if they may seem foolish or risky. The phrase also implies that we should accept failure as part of life; mistakes are inevitable but can be used as learning experiences if approached with an open mind and positive attitude.”



Angel Talk™

Where does Creativity come from?

By Nancy Freier & the Angels of the Great White Light

Have you ever wondered where our creativity and inspiring thoughts come from? When you get one of those lightbulb moments, do you think that thought is yours alone, or could it be coming from your angels? The angels seem to be behind everything in life. When we get a thought *out of the blue*, or a nudge to react quickly to something, like slamming on the brakes to avoid an accident, where does that come from?

Chances are these messages, or sudden impulses are coming from our beloved angelic guardians. These benevolent beings live on a different level of vibration than we do. We normally cannot see them with our range of vision, but that doesn't mean they aren't there 'pulling the strings' to help us here on Earth from behind the curtain.

—Here's an example... In an ongoing search for finding that elusive, 'Do what you love and the money will follow,' I recently came across an Internet survey that asked a similar question... *What did you do as a kid that totally absorbed and enthralled you; that held your attention for hours of pure enjoyment that you didn't realize the time passing?* Answer this and you can be sure that's what you are on Earth to do with your life.

My answer to this question was **CREATING**. As a kid that meant creating art—drawing, coloring, painting, crafting—anything that involved art in any way, shape, or form, I was in. A box of crayons, a stack of paper or a new coloring book was enough to keep me happy and satisfied for hours. Later on as

I grew older, my desire to create morphed into designing clothes for dolls, and then sewing for myself, that led me to embroidery and stitching samplers. I became an interior designer to create beautiful spaces for people to live in. I excelled in art and got straight As.

Any creative activity whether it's designing a home, a workspace to function better; gathering fabrics for a quilt, or making a doll, giving a talk that inspires people; to writing and creating this magazine, — it's time well-spent using energy wisely by feeding that gnawing, creative spirit. That spells **FUN** to me.

Fun is inspiration. Fun is making something out of nothing. Fun **IS** the action of rising out of the ashes of something that has burned off—no longer needed in this lifetime a sure sign it's time to move on like a bird from branch to branch to find the juiciest berries.

I learned many years ago that the angels guide us throughout our life. Life **IS** the process in which we experience *creation-in-action*. Art **IS** the result of the creative force that moves through us in myriad ways, expressing uniquely and differently in each of us. *Life is art and art is life!*

Don't think you're creative? The angels ask you to think again. It is the very energy that you breathe in every second of every day. It is the lifeline to the infinite — to the connection you have to the Universe and everything in it that you see, feel, touch and **IMAGINE**. So many times the angels said that imagination is the reality where they are, and it can be

There's something quite magical in kids' art. The Angels say, "Keep your childlike curiosity and innocence, and never stop creating!"

Continued on page 5

ours too if we stop long enough to look and bask in it like we do laying on a sunny beach.

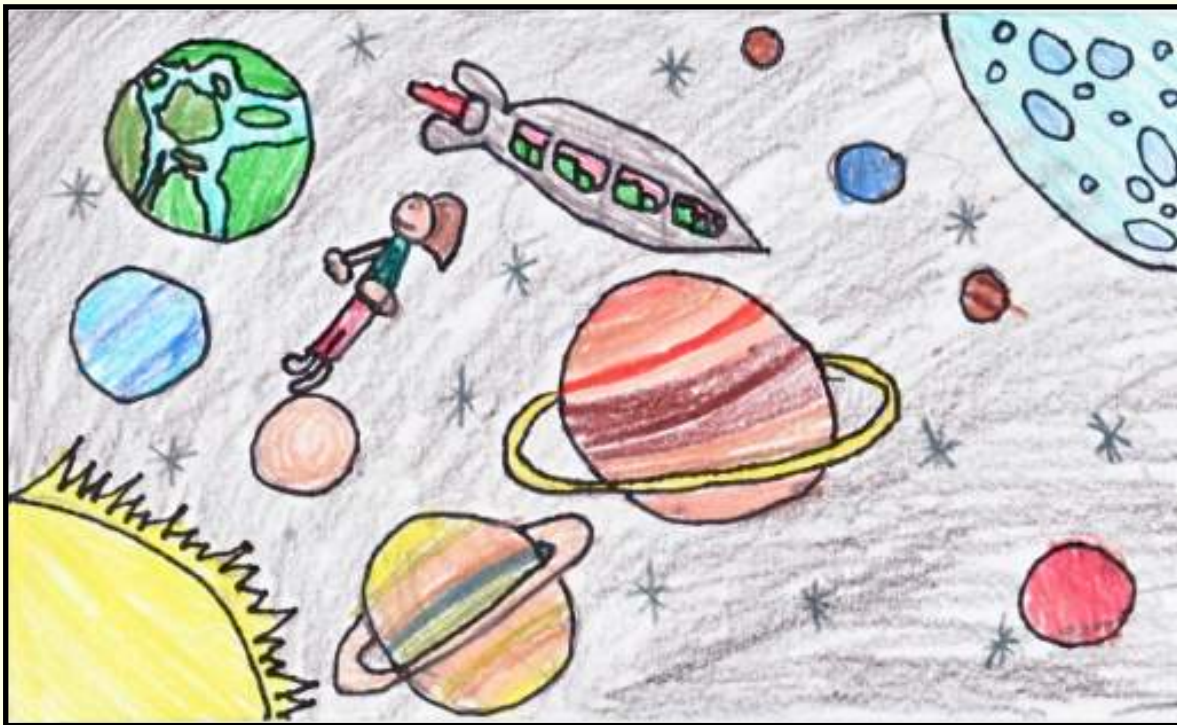
How many times have we heard the phrase, *'Dream it and it happens; build it and they will come?'* These are the metaphors, our guideposts and encouragement to create that the angels give us along the way.

The angels ask you, what is the creative desire you feel in your heart? Discover it. Uncover it. For a hint, listen to your inner longing for that which you loved doing as a child, because you love it still. Your life path will become clear and will explode into your reality like fireworks on the 4th of July – filled with FUN and sparkling excitement before your very eyes.

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Art Helps Kids Access the Sun, Moon, Stars

By Karin Machusic <https://www.abrakadoodle.com/blog/tag/art-activity/>



We all want to help our children reach for the stars and shoot for the moon! Art is such a wonderful way for kids to express themselves, while developing such important skills as creativity and problem-solving. Art – whether in creation or appreciation – entails learning to see, interpret and understand. Children can translate their internal vision or depict images based upon external sources of inspiration, both of which provide young artists with material to draw upon and feed into their art practice.

Explore your child's unique view! Provide your child with some basic supplies, such as blank paper, pencils, markers and crayons. Strike up a conversation about the stars, moon, planets, as well as our sun and sky. Connect with your child's natural enthusiasm and clever ideas by encouraging him/her to create art that captures these unique imaginings.

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Karin Machusic is blog master for Abrakadoodle and directs the company's public relations and new media communications. With a degree in journalism and 20 years' experience in the children's education franchising industry, she has written numerous articles about children, learning, art and creativity. She is an advocate for persons with developmental disabilities.



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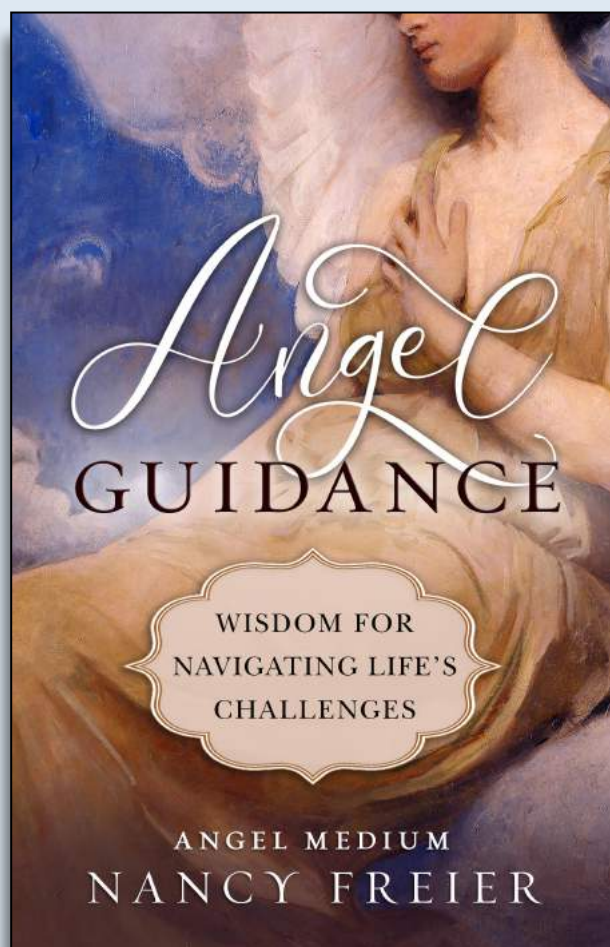


Saturday, July 8 @1pm CST

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

[Click HERE to Join](#)

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





Summer Impressions

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

Summer Impressions immersed me into the beauty all around me. Then, I remembered reading a *Maia Toll* quote of no longer seeking something to fight for, but instead, shifting to discovering something to *live* for! The treasure is the thing that gets us going every morning. The action is fun, full of passion, and creates another 5-Star day to experience. This is the path worth living that gives us meaning and purpose on a personal level.

So I began by going outside and seeking the impressions of my world. I took pictures, wrote about everything I saw, and breathed in the lush scents of the woods, flowers, and sweetgrass. I wrote about the deer in the yard, the hawk circling overhead, and the dragonfly that landed on my notebook. But the sky kept calling me back. Therefore, my purpose became interpreting these impressions on canvas.

Art has always given meaning to my life. The movement, power, and flow filled my body, showing the *mark of the maker*. Then, I did my two brush simultaneous technique and painted over a used canvas. My feelings, colors, and energy just kept filling the painting as the sky overpowered the land. Clouds, darks, lights, lavenders, and many blues danced together down to the water below. Plus, I love not thinking and just painting.

Summer Impressions opens the door to many forms of creativity. But, there is a second passion ~ making jewelry, to balance out the free-flow painter. Here I become the Alchemist, transforming metals from my invisible ideas, into material objects. Even being away from this creative process, I find 'the doing' triggers body memories of how it's done.

Jewelry is more planned and precise, with step-by-step guidelines for creating a successful work of art. Here, the



"Heaven On Earth" painting by Pat Gullett

inspiration for me has always come from ancient texts, moon phases, the sun, tribal patterns, animals, and earthy beads and gemstones.

I don't have a team, so each piece is filled with my energy and intent, making them powerful totems, talismans, and amulets. In addition, I am the Magician, using the air of dreams to create the fire of creation into Magic. Each is a symbol of my Soul Self, that is worn, carried, and held with meaning.

Making art connects me with my ancestors, and to times when everything was made by hand with meaning. Beauty was wrought into every fabric, utensil, bead, tool, inscription, and sky map. Everything had a purpose and was filled with the power of the maker.

Our treasure of purpose and meaning needs these things to thrive. First, the dream idea. Second, the actual creation of



Farrinos by Pat Gullett

the piece of art. And third, the sharing of it with the world. These gifts are meant to be shared, experienced, and evolved within each of us.

This is the passion that starts the day. Here is the success of something to live for. The artist becomes the navigator between the light of the heavens, and the substantial world below. These two ways give purpose and meaning to my life each day. They are souvenirs of my journey through life.

What gives you meaning and something to live for each day? Where does your passion thrive?

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Art and Flower Essences are Good Therapy

Courtesy Flower Essence Services <https://www.fesflowers.com>

Article Written By Donna Basich who utilizes [Expressive Arts Therapy](#) along with flower essence therapy in her work with children and their families, to help them realize their inner beauty and reach their full potential.

Art therapist Donna Baisch believes that nurturing kid's spirits through painting, drawing, sculpture, music or story will facilitate their growth. Donna focuses on nurturing the soul: *"Wellness means living in beauty, as our lives are meant to be. The arts create the atmosphere and environment for that to occur. The arts are revealing of the unconscious, stimulating awareness of what is present, and help all involved to move to the truth of that. Furthermore, the creativity of the flower essences brings what's within a person into his/her true life essence."*

Donna works intuitively with each individual and learns from them how to speak to their soul. *"My work is transformative more than palliative. In other words, I believe that anyone can move to a further stage of unfoldment and expression."* She does not have a particular program of treatment, but rather taps into what is going on and gets a sense of what is needed. *"I don't have a set program...It has to unfold through listening and paying attention. Each child will blossom in his or her own way."*

Often times, she begins a session by talking with a client, but sometimes senses that conversation won't be effective for them. In such cases, she may offer various art modalities: crayons, paints, clay, etc. Depending on the individual, she may also offer music or movement. She learns developmental and

emotional information from the client's choices. This process facilitates the establishment of trust and therefore communication between Donna and her young clients.

When a child is drawing, Donna will often find herself drawing, as well. She will draw with thoughts of the child sitting near her to tap into the child's energy. It's amazing to her to find that what comes into her mind is a reflection of the child's current situation. She will then initiate conversation to explore the child's thoughts and emotions.

Donna's therapeutic work with painting allows each client to choose brushes and colors and express themselves freely on

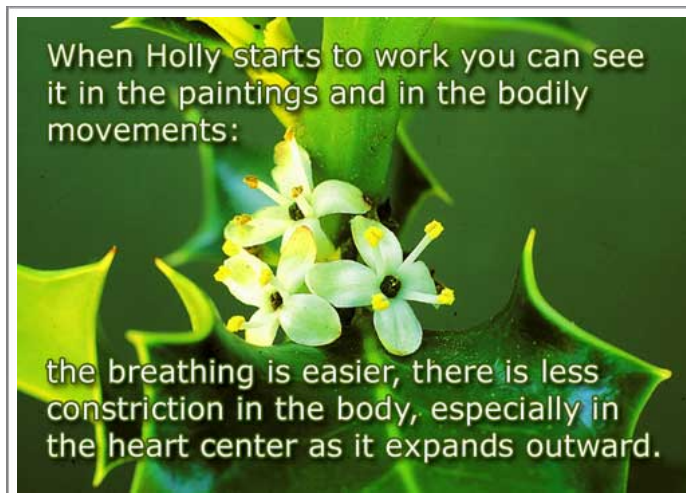
paper. Donna watches carefully the body language of a client during their painting experiences. She notes their breathing and other bodily gestures, such as whether they're hunched over, frowning, sighing, frustrated, hesitant, and so forth. From there she develops a 'picture,' an idea of where the soul is blocked and what needs to happen through the use of flower essences, counseling, and other approaches to free these blockages. Sessions involve guided art therapy—colors may be chosen that are specific to the needs of a particular client, or story-telling and images may be given that then lead the client into artistic expression.

Flower essences are introduced for additional support. Donna feels the flower essences are compatible with her therapeutic work because they support the very soul movements she is trying to foster. *"The Soul of Nature is the maternal support given to us so that our own interior space of soul can open. Our soul harmonizes with the Soul of Nature. We help the soul to speak its own words with and through flowers. The painting is our own creation of a soul flower that is coming to blossom with its special colors and unique movements."*

She often initially uses confidence-boosting **Mimulus** with children who are fearful or shy. **Red Chestnut** works well for those who have an obsession or compulsion holding them in childhood. **Holly** is a key flower essence to open the heart, expand compassion, and address core issues of anger and rage. It works



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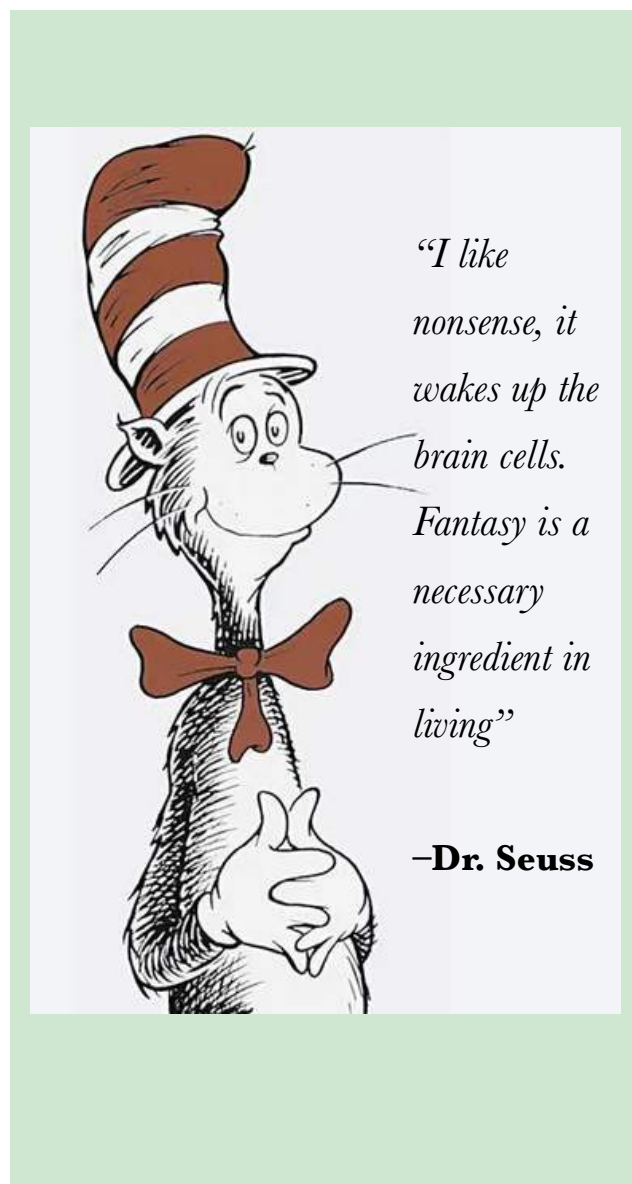
on emotional constriction, helping one to trust others, as well as the love they have to express and share.

Flower essences have proven to be remarkably powerful for Donna's clients. Parents will often comment that they notice a difference in their children. Flower essences are subtle, so Donna tells them to pay attention, and be aware and conscious. If someone has a physical ailment and wants a quick fix, she encourages them to realize that healing is not just physical. It leads to inner peace regardless of one's physical condition.

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Donna Basich, Ph.D., is a Certified Expressive Therapist (CET), Flower Essence Practitioner, educator and artist. She has a Ph.D. in Expressive Therapy and an MS in Marriage, Family, Child Counseling/Art Therapy. Contact her at 530-346-6464 or email DonnaBasich@aol.com



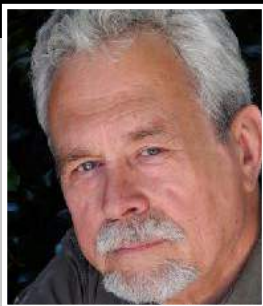
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To order a remedy, e-mail Nancy for questionnaire: NFreier@aol.com
(US addresses only)



Portraits From Beyond

The Mediumship of the Bangs Sisters

By N. Riley Heagerty

The Bangs sisters were genuine mediums with a very unusual gift. They developed the ability to produce full color ‘precipitated paintings’ produced by a spirit guide. This occurred in broad daylight without either of them touching the canvas!

Author N. Riley Heagerty offers the testimony of two “debunkers” who had their theories as to how the two sisters duped people, but he then discusses the weakness of their theories. He concludes with his opinion that the Bangs sisters were mediums of the highest level. Again, I don’t know how anyone can look at the portraits and the testimony as to how they were produced and believe otherwise.

Lizzie and May Bangs were sisters living in Chicago in the late 19th and

early 20th centuries, through whose mediumship slate writing and ‘precipitated spirit paintings’ occurred. Little has been written about them and N. Riley Heagerty has sought to fill the gap by gathering contemporary accounts from books, journals and newspapers, both for and against the pair, with examples of the portraits produced during their mediumship. This is a compilation of contemporary accounts with commentary.

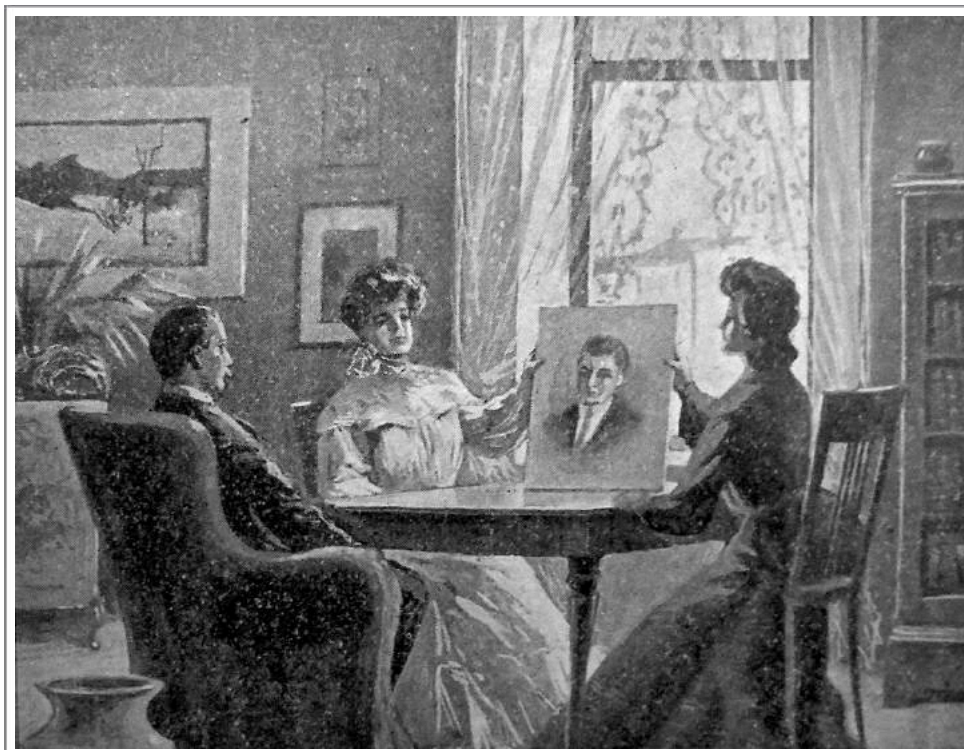
According to Mr. Heagerty, Elizabeth Bangs (known as Lizzie) was born in 1859, and Mary (known as May) was born in 1862. Their mother was a medium and they themselves became mediums in childhood, allowing a lengthy apprenticeship before they struck out on their own. In 1874 they appear to have experienced a poltergeist, and according

to their mother, Meroe, this was the beginning of their communication with spirits. They exhibited a wide range of phenomena, including materialization; they practiced clairvoyance, clairaudience, automatic writing, slate writing, and even communication by typewriter whereby messages would appear on the machine with no apparent human intervention.

Mr. Heagerty also devotes part of the book to messages conveyed by means of writing on blank pages inserted between two slates along with specific questions, often in an envelope! The slates were then secured by stout rubber bands. Intelligible responses to questions posed by sitters, apparently written by spirit communicators, were then obtained.

The precipitated paintings, beginning in 1894, are the most noteworthy aspect of the Bangs sisters’ mediumship. Precipitated art is defined as spirit art formed without the intervention of the medium. The portraits produced during the Bangs sisters’ sésances were produced generally by propping a pair of framed canvases on a table in front of a window, with the curtains pulled around them. A picture would gradually appear, sometimes the details being altered, or the eyes opening, as the sitters watched. For example, in one case a portrait appeared with the subject sporting a full beard; however when the sitters pointed out that in his later years he had trimmed his beard to a goatee, the portrait changed, so where a full beard had been before, now there was a goatee.

In another sitting, a sitter had a photograph of the deceased relative in his pocket, but this was not shown to anyone. The portrait was identical to the



Artist’s drawing of the Bangs sisters with precipitated art.

Continued on page 11

photograph, but the individual portrayed, while he had been in the habit of wearing a Masonic pin, had not had it on when posing for the original photograph, and hence it was not present in the precipitated painting. In response to a mental request by the sitter, a pin was added to the portrait in the same position it had been worn in life.

A dubious aspect is that sitters often brought a photograph of the person whom they wished to contact. Working against this theory in Mr Ghose's case was the fact that the painting had captured his deceased son's particular coloring, which could not be ascertained from a black and white image. That implied the artistic intelligence was working from more than a photograph.

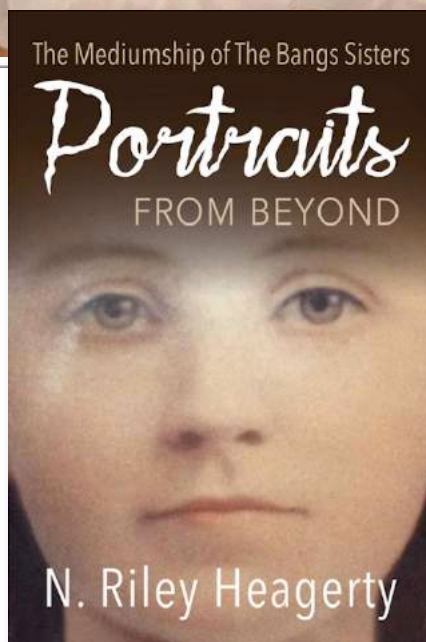
It has been claimed that the sisters' output was produced more quickly than a human painter would be able to work; and secondly, they have no visible brush strokes. [The Hett Gallery at Camp Chesterfield in Indiana](#) has 26 of the Bangs' precipitated portraits.

Get the book *"Portraits From Beyond"* on [Amazon](#).

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Correction in the June 2023 issue:

The book review on page 26 entitled, "The Gentle Art of Blessing" by Pierre Pradervand, was written by Steve Freier. We apologize for any confusion.



و

God made the
illusion look Real
and the Real
an Illusion!

Rumi



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

Contact Steve for more information: sgfreier23@gmail.com

Steve's remarkable healing journey: *"My Road To Healing - How I Ditched My Doctor's Advice and Healed Myself of CLL Stage 4 Cancer"* is available here: <https://amzn.to/3aqweoq>



JULY 2023

Cosmic Forecast

BY ANDRIA NIKOUPOLIS WELIKY

Greetings Fellow Star Seekers and Cosmic Curious Ones! Happy Solar Return Cancerian and Leo Babes! We greet July with a feminine and tender introspect and a strong sense of knowing. Hermes, aka Mercury, is receiving a wise and heartfelt solar infusion from the Sun. Envision this God of communication as being honored with a crown of gold and seated amongst the lily pads and reeds at the glistening, lapping water's edge. Soft and supple yet solid and stable, emotions are rich with intuition, trusting in the ebbing and flowing rhythm of life, reminding us that in our vulnerability we are truly courageous!

A moment passes, and Jupiter reaches out a helping hand joining in this mission, a call to grow and flourish of rich new endeavors, initiating ideas around what grows and feeds, incubating possibility on a grand scale. What else is possible, Dear Ones? Later that day the Sun gives a nod of approval, delighted in this effort for fresh new beginnings on the matters of what sustains and enriches all life as we pack our bags for the coming chapters ahead.

Our path is lit ever brightly with the light of the super moon at 11° of Capricorn on July 3. This activates a strong midpoint potency between Moon and Pluto, setting a tone of reflection and emphasis on the unraveling story that began back in January 2020 where we are peeling away and revealing weaknesses in the foundation or what isn't working for the greater-good. As our top-down structures are being tested and/or crumbling, we are asked to be equipped with drafting paper and tools in hand, to explore, design and tap into visions for

our future, rebuilding as great manifestors and co-creating new foundations for the long term.

Our Pluto story continues with a choice point as he is engaged for the remainder of this year with the Nodes of Fate, or our future collective destiny. With the North Node at 29° Aries and South Node at 29° Libra, it is bringing up matters of being the victim or being an empowered co-creator. This flavor of future vision, higher consciousness and faith is given extra support by some Kuiper Belt Objects or KBO's, orbiting outside of Pluto, as previously mentioned in June's Forecast. Uncompromising Eris, sister of Mars, street fighter for justice, equality and absolute social inclusion is playing a key role in this equation. Additionally Salacia (goddess of the calm, sparkling and salty oceanic waters) with her mermaid, crystalline, and light-body energy is joined by Haumea (goddess of fertility and rejuvenation). Together they are all accentuating topics of "New Earth," autonomy and personal power coming up against outer imposed power, and strengthening our inner authority and equanimity.

Our journey continues as we dive in to the ocean of oneness where Neptune in Pisces is in a long term square until 2025 with the Galactic Center, inviting us to surrender to the divine, to dream and to weave with the interconnection of the cosmos, to be in a place of openness and receiving. Our path becomes quite colorful as we venture on with a square from Venus in Leo to Uranus in Taurus, maybe even dramatic, at best uniquely expressive, great for out-of-box intentions and desires. At worst, this could bring up over-the-top or

exaggerated distractions and possible financial disturbances. These qualities of Venus/Uranus may be super charged as Venus digs her heels in the Lion's Den, stops and then like Ginger Rogers, does everything Fred did but backwards and in high heels. This July exploration may turn quite feisty, giving us a bit more fuel to forge ahead with creativity and passion!

In this season of flowering and the heart energy, best to continue with cooling foods such as cucumbers, melons and leafy greens. Some herbs to consider this time of year include Aloe Vera for treating burns and Cleavers for moving lymph. Both are great for their anti-inflammatory processes and cornflower florets are great in summer salads too! As a reminder, this is not medical advice. Please seek a medical professional if you have questions in these areas.

Δ

If you are curious about the planet placements and points in your own natal chart, please reach out to me at: andria@emeraldionalchemy.com



*We are stars
wrapped in skin.
The light you are
seeking has always
been within.*

Rumi

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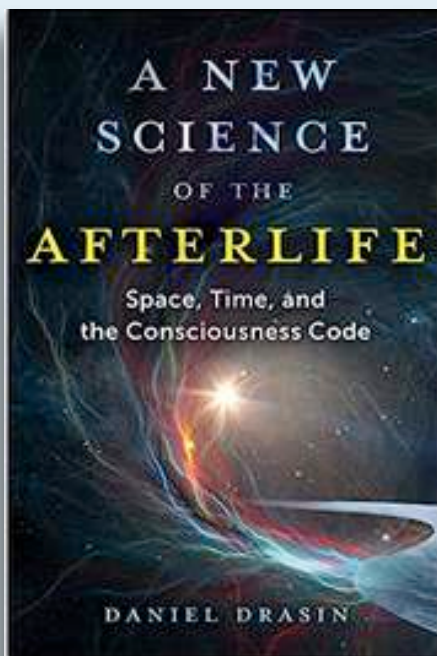
HOLISTIC ARTS WITH THE
"COSMIC-TOLOGIST"
ANDRIA NIKOUPOLIS WELIKY

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A NEW SCIENCE OF THE AFTERLIFE

A NEW BOOK by Daniel Drasin reveals how the continuity of consciousness beyond the physical body can be objectively demonstrated!



- Explores 15 promising avenues of post-materialist scientific investigation currently underway.
- Provides a succinct account of the experience of transition to the "next life" and what one might expect when one arrives there.
- Explains how materialism has prevented us from realizing a deeper understanding of the nature of space, time, life, death, and consciousness.



Sharing his more than three decades of research into the afterlife and paranormal phenomena, award-winning documentary filmmaker Daniel Drasin shows that the continuity of human consciousness beyond the physical body and after-death constitutes a legitimate area of scientific inquiry and that it can be objectively demonstrated.

[Buy it Here on Amazon!](#)



Unearth Crystal Origin Stories with Moqui Marbles

Have you ever sunk into a great crystal resource and found yourself mesmerized by the narrative shared about your new crystal?

Years ago, when I first realized there was actually something deeper to my 'imagined' connection with crystals and stones, I poured over books by authors such as Judy Hall, Melody, and Naisha Ashian. I felt their unique relationship with the crystalline realms. Their storytelling opened my heart to the unique ways the crystals and stones wanted to relate to me — ways that felt outside the box or non-traditional, even the context of crystal healing.

This month, the July crystal ally, the Moqui Marbles, is opening space for you to get curious and discover the unique ways you relate to and work with the crystals and stones. They are inviting you

to further embody crystal wisdom and medicine by attuning to the crystals origin story. Uncovering this story not only illuminates the messages and medicine, it makes the wisdom alive and applicable to your daily life.

From science and geology to history, legends and mythologies, your crystals and stones are truly fascinating. Their origin stories offer insight into the ways they want to work with you to create change, healing, growth, and transformation.

Whether you are new to working with crystals and stones or an experienced crystal practitioner, you likely have a crystal book (or ten) on hand. These resources are often filled with insight into the earth's formation while also offering messages that nourish the soul. These books are a great place to start and the Moqui Marbles are inviting you to delve into yet another facet of your beloved crystals and stones — their origin story.

This story is a pathway for accessing bits of information and insight that will likely not be found in your favorite guidebook. Now I'm not saying toss out your books, I'm just saying it's time to get curious and have fun with your crystals and stones in a new way.

Want to join me? If you have a pair of Moqui Marbles, grab them — they are a great ally for bringing balance to any endeavor, and exploring the origin story of your favorite crystal is one that is best balanced between what you can read and what you know within your heart.

Let's get started. Think about your favorite crystal for a moment. Next, pull out a journal and let's explore these questions: How did this crystal get added to your collection? What was happening in your life at the time you received it? What made the experience of its arrival unique, interesting, or perhaps even special? What do you know about the place it came from? Did you pick it up on a trail, find it during a mining adventure, or simply visit your favorite rock shop while traveling? What shifted or changed in your life after connecting with this crystal? What new opportunities or experiences unfolded for you?

As you answer these questions, your crystal's origin story is being written. Have fun with it. Enjoy the new ways your intuitive channels open and a meaningful bond between yourself and your crystal is formed. And most importantly, enjoy the unique gifts, insights, and messages your crystal shares with you along the way.

△

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



Moqui Marbles at Petoskey State Park in Michigan



...)))))

LORI A ANDRUS
artist. ceremonial guide. wisdom teacher.

Upcoming Online + In-Person Events
Explore earth-based spirituality, practice, and healing.

The Sanctuary Circle - Online. Ongoing.

Attune to the monthly crystal allies. Nourish your soul. Reconnect with your inner wisdom. Gather in community for Full Moon Ceremonies and New Moon Community Calls. Navigate collective themes and energies through inspirational messages. Sink into sacred practice through a vast library of guided meditations, crystal insight, sacred practices, & soulful resources.

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

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

Crystal Camp - Sacred Creation Retreat - August 11 -13 (in person - Sanctuary 906. Houghton, MI)

Activate a new level of self expression and energetic alignment during this four-day forest retreat. You will sink into ceremony, connect with forest wisdom, and create a unique, personal talisman to amplify your inner light.



CRYSTAL CAMP
August 11 - 13, 2023

MEET ME BY THE FIRE AND
SINK INTO A SOUL NOURISHING
WEEKEND OF CEREMONY, RITUAL,
AND SACRED CRYSTAL CREATION.
IT'S TIME TO AMPLIFY YOUR LIGHT!

Learn more at: www.LoriAAndrus.com



Seasons of the Soul By Kathleen Jacoby (1944-2019)

Go Outside and Play

Kathleen Jacoby, former editor of The Inner Voice magazine, made her transition in April 2019. She has communicated to me that she is “sitting at the feet of the Masters learning more about the Greater Universe.” She left a wealth of writings and this is one of them, from a vacation to Mount Shasta.

A friend told me she’d forgotten how to lighten-up and have fun. She is older, and the people she’d hung with in earlier years have either died, moved away, or have otherwise gone out of her life. She used to go to bars and was socially active around drinking, but she no longer runs with that crowd and wonders what she can do to have more fun.

The world is a lonely place because it is the reflection of illusion. We ask you daily to go within to take your ‘daily bread’ (inspiration) and yet so many do not understand what that means. If you look to the world for your satisfaction, it is never guaranteed and often changes with the whims of fate. However, when you remember that you have within you the Kingdom of Heaven, meaning a solid and stable ground of being from which to venture forth, you are provided nourishment that is soul-satisfying and lifts you out of the muck and mire that appears in the world and brings you down.

As you put your spiritual life first, and through the light provided at the soul level, it filters into your daily living. You no longer look to the world to fulfill you — you look to yourself and open to new possibilities, new adventures, renewed interests and observations of ways and means to make your physical world more engaging and meaningful.

As a child there was always a fresh view of life, but as you grow, you are stung by the slings and arrows of thoughtless people, situations and life-altering events. However, always at the core of *who* you are, there is an ageless,

timeless being that you can return to when you tune into the right channel.

Give up the world view and gain the inner presence that leads to a wholesome, welcoming life. Play! Tap into your multiple gifts. You can do it! It all starts with the first step, and once you do it and feel the benefit of the inner life, you will no longer feel alone or be alone, for you will come to know how much you are loved and lovable, and how much you have to offer those who come across your path.

As you open the door for yourself to this truth, the door is then open for others to join you in the journey — a journey that is reflecting a life that is true and good.

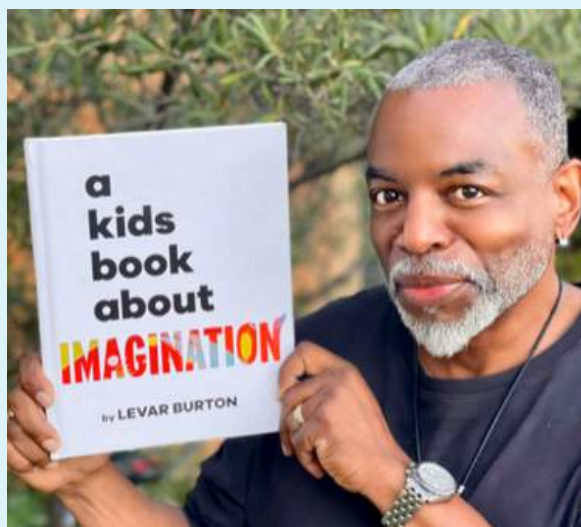
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Photo: ©[Jane Erica Hutchison](#)

Kids have a superpower. That power is imagination. Being able to create worlds, new ideas, and confront challenging situations is what makes imagination great. LeVar Burton sure thinks so, which is why he wrote a book about it. Exploring the vast and

beautiful world of imagination is only a page away.



<https://akidsco.com/products/a-kids-book-about-imagination>



Protect and Nurture Your Creativity

Creativity is using the gifts, talents and skills that come most easily to us, that come most naturally, but is that really true?

Yes, we can recognize our talent sometimes and other times it's invisible to us though it's obvious to others. And as far as it coming easily – I think that the urge and the basic gift is ours, but the development of that creativity takes time, energy, and protecting our creative life.

Creativity needs nurturing and protecting. It requires us to stay in our *deep heart* which is unselfconscious, awake and ultimately full of 'juice' and right purpose for ourselves. Athletes think of creativity as staying in the 'sweet spot.' Artists and writers

think of that creative juice as being in the 'flow.'

But the flow gets stuck in our self-critic and in our need to produce something on the spot to prove our value. When we get stuck, we look for excuses to move away from what we love because we're afraid of criticism, or failure, or just not being good enough. We fill our time with desperate people and various distractions, like food for example. We wait until we think it will be easy, but it will never be easy all the time.

When I sit down to write a piece, for example, sometimes it flows seamlessly and other times I can't find the words at all. But rather than giving up or putting things on the

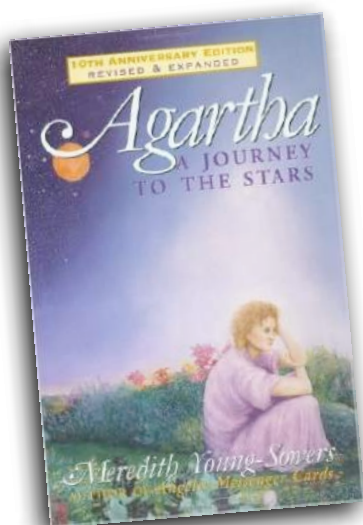
back burner, I suggest you take a break, and without beating yourself up, return to the project, or the relationship, or the opening that you sense, and do it without any expectation other than you're showing up.

Protect your own creativity:

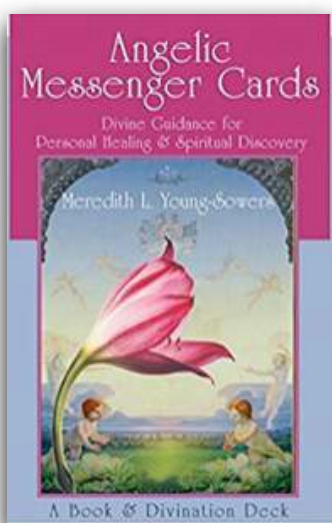
- Keep a wild space inside that is free and connected to Source.
- Limit time in desperate situations and with desperate people.
- Stay with what you love.
- Create your work as if it is *real* whether or not you believe in it, or yourself.
- Nourish your creative life.



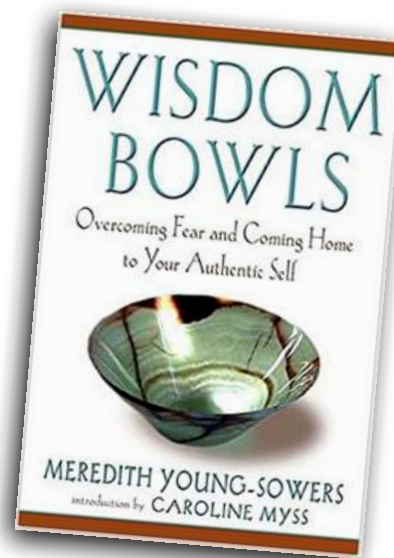
Meredith Young-Sowers, D.Div. is a watercolor artist and Author of: Agartha, The Angelic Messenger Cards, Spirit Heals and Wisdom Bowls. She is the Founder of The Stillpoint Foundation and School.



Agartha: Journey to the Stars by Young-Sowers, Meredith L. (2006) Paperback



Angelic Messenger Cards: Divine Guidance for Personal Healing and Spiritual Discovery, A Book and Divination Deck



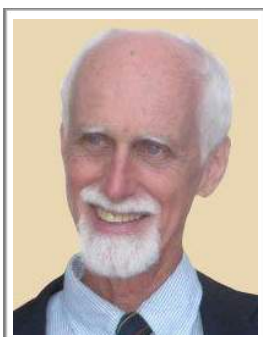
Wisdom Bowls: Overcoming Fear and Coming Home to Your Authentic Self



The Global Gathering Guests in July

Updates to schedule will be available on the calls

If you are interested in knowing more about the Greater Reality and seeking to explore all things Spirit and The AfterLife, **The Global Gathering** is for you. We are in collaboration with Wendy Zammit of **The Friday AfterLife Report** to bring you news on authors and experts in the field. The Global Gathering happens on Sunday in the US. Check for the time in your city and join the discussion with others from around the world. **Subscribe for Free to The Friday AfterLife Report!** <https://www.victorzammit.com/archives/index.html>



July 2 • Dr. Stafford Betty will discuss his latest novel, "The Womanpriest"

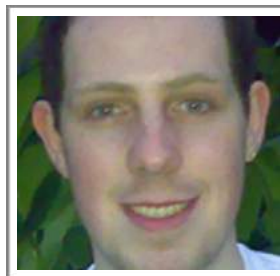
Michael Tymn writes: "Although I am a long-lapsed Catholic, I still feel a certain affinity with the Church and very much appreciate the spiritual foundation and moral compass it provided me. Professor Betty's engaging book prompted much musing and pondering over the history of the Church, its faltering prominence, and its possible future. It offers many feasible twists that I had not considered and that much of the world in the years ahead will probably see unfold -- some with delight, others with dismay. It is a standout novel for thoughtful Catholics and ex-Catholics, and anyone interested in the story of a single woman who shakes the world."



Sunday, July 9 • Paula Lenz, Driving to Infinity

In 1983, Paula Lenz began to have a reoccurring dream. One which she soon realized was a precognitive warning. Then the sudden shocking loss of her brother Don, came close to

completely destroying Paula. She did not know that his death would result in strange occurrences, and outreach from him for the rest of her life. Three days after Don's funeral, Paula had an incredible out-of-body experience with her brother's spirit while she was driving. The result was a visit to "Infinity" and a change in her consciousness and an understanding of Oneness. Paula has since written a book about her experience called 'Driving into Infinity' where she shares her experience, and also recounts stories about her brother from her family as well as from Don's closest friends. She hopes her story will provide comfort to those who have experienced the loss of someone they love deeply.



Sunday, July 16 • Gary Mannion, Physical Medium and Healer

Gary will go into trance and allow one of his guides to come through and answer questions.

Sunday, July 23 • Sally Stacey, "developing physical medium"

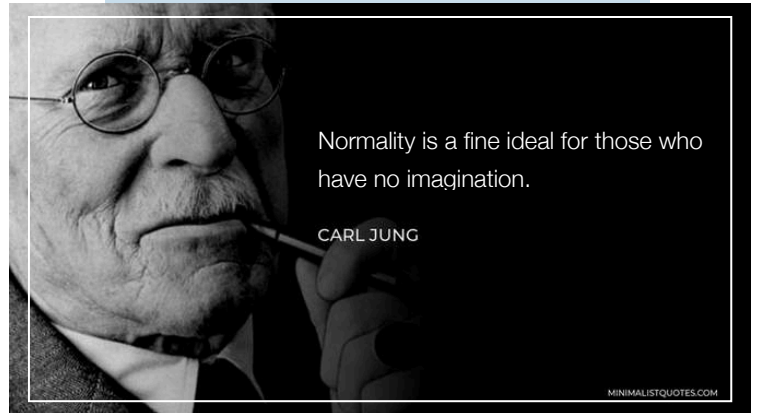
Sally always intuitively knew she was cared for. But, about 11 years ago she went through a dark night of the soul that propelled her spiritual development forward. She began connecting on a deeper level and studying the afterlife. At the time Sally had no idea

Continued on page 23



her son Tommy would tragically and suddenly pass in an automobile accident in May 2019. Now, all of her hard work would be required to navigate this journey of grief. Tommy began communicating with Sally

immediately. Then, in August, Tommy found a new way to communicate with Sally that was beyond her wildest dreams.



Sunday, July 30 - A Community Gathering!

Global Gathering Coordinators:

Karyn Jarvie

karynjarvie@ozemail.com.au

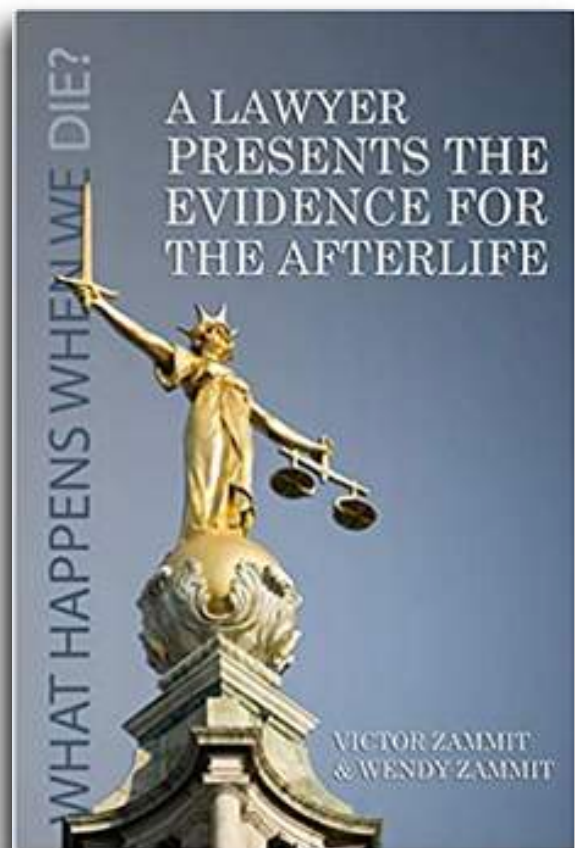
Wendy Zammit

wendyzammit@gmail.com

<https://zoom.us/j/7595442928>

Check time in your city:

Eastern Time 5 pm Sunday
Central Time 4 pm Sunday
Mountain Time 3 pm Sunday
Phoenix 2 pm Sunday
Pacific Time 2 pm Sunday
London 10 pm Sunday
Amsterdam 11 pm Sunday
Sydney/Melbourne 7 am Monday
New Zealand 9 am Monday



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Relaxing on the Magical Path

By Marc Allen

I opened my book, "The Magical Path" to a page that's part of the audio I've recorded called, "Creative Meditations for Health, Abundance, and Fulfilling Relationships."

Try this. Get comfortable, take a few deep breaths and relax deeply. Now tune in to your body... feel your body's energy.... Feel life energy coursing through your body... soothing your body, soothing every muscle.... Feel that life energy nurturing your body... cleansing, strengthening.... Imagine your body not as you think it is right now but as you would truly like it to be.... Imagine your body in its total perfection.... Imagine your body is strong and healthy... radiant and beautiful... supple and completely pure....

Your body is a perfect servant for you.... It is something to be loved, and admired, and deeply appreciated.... It is something that will serve you well. Affirm to yourself the following affirmations. (Say them to yourself 3 times):

My body is strong and healthy....

My body serves me well....

My body is filled with energy....

My body is perfectly healthy....

My body serves my purpose in life....

My body is strong and beautiful....

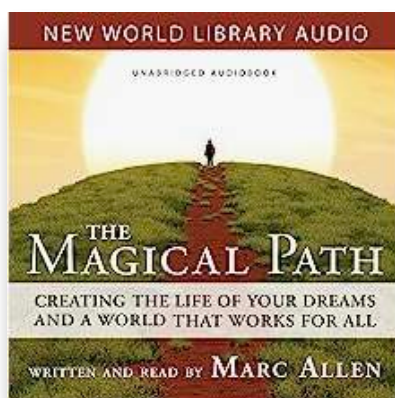
My body is perfect in every way....

Imagine drawing energy to your body... filling it with life energy... filling it with strength as you breathe in... and cleansing and purifying as you breathe out... Drawing strength and power to you as you breathe in.... Cleansing all impurities and releasing all toxins and disease as you breathe out...

My body is in perfect health... and I am thankful for it! So be it and so it is!

Δ

Excerpt from
[The Magical Path](#)
Audio Book by Marc
Allen and New World
Library



From the StillPoint Within

By JA Dioguardi

Days Without a Care

Come summer, I long to return
to youthful days without a care.
Inside of me, longings still burn
for joyful nights at the local fair.

Up and down on the Ferris wheel
after eating such sinful food,
with unabashed joy we'd squeal
since nothing could ruin our mood.

On balmy days around the pool,
we'd lie many hours in the sun —
so grateful we were out of school;
all we wanted to do was have fun!

Riding bicycles all day long
at that age was not a big deal.
Our zest for life was very strong;
adventures held potent appeal.

Alas, September days returned
attended by studies and tests.
As autumn into winter turned,
we would focus on studious quests.

When June was in sight, we revived
our hope for days without a care;
alongside the sunshine arrived
the answer to our collective prayer!

Δ

About JoAnn Dioguardi in her own words: "I am a Cosmic Consultant for Change. I inspire, teach, and heal via the vibration of my words." For more of JoAnn's writings visit:
www.jadioguardi.com

LIVING ART LIVING YOUNG

Books by Artist Jeanine Semon

In her book, *Living Art, Living Young*, Artist/ Author Jeanine Semon shares her secrets to health and long life, and her passion for art, yoga, and spirituality. When an x-ray revealed she had the spine of a 30-year old, Jeanine Semon embarked on a search of her life patterns to find out why she was so exceptionally healthy for her age. Get her book:



Living Art, Living Young: 85 and Still Going Strong

6" x 9", full color
Paperback: 184 pages

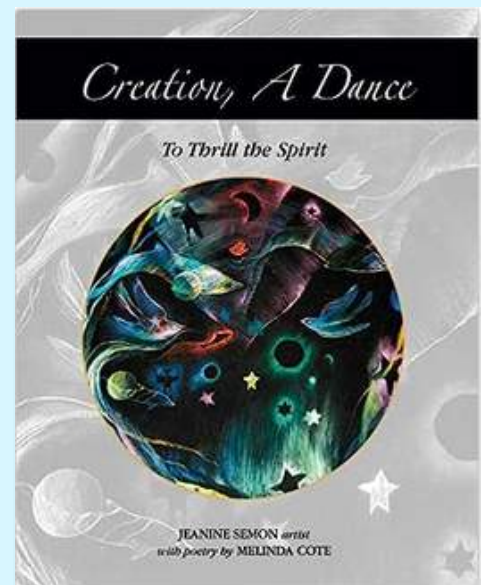


During the writing of my book a space of six years has passed. It is only now at my 86th birthday that the completion publicly has finally happened. As I look back from where I am, I realize that what I preached about health in the book I'm pretty much maintaining. There's a lot of positive proof in me today of happy health. Either I'm lucky, or what I attest to in health practice is right on. The reader can be the judge.

If I hadn't discovered my 30-year-old spine, in Mexico by x-ray, six years ago, I'd never have traced my life patterns for anyone to share, or for me to recognize. Yes, I do happen to be an artist, which helps, but the book maintains that all creative direction serves our health. Art, life, and health flow together like a river. My river has become a memoir, which I never planned to write, a memoir that's not all roses.

On the cover of this issue of *The Inner Voice* is art from **CREATION, A DANCE**. It is an inventive move into the vivid colors of *Creation*, intuitive imagery from healing and Artist Jeanine Semon's creative use of stencils on black. Explosive reds, greens, and intense yellows illuminate the darkness with dolphins, birds, and stars. Poet Melinda Cote traces her interpretation of the pictures, telling the story in words.

Creation A Dance





Art: The Mothers by Katherine Lewis

Your Children Are Not Your Children

– By Khalil Gibran, The Prophet (Knopf, 1923)

*Your children are not your children.
They are sons and daughters of Life's longing for itself.
They come through you but not from you.
And though they are with you yet they belong not to you.
You may give them your love but not your thoughts,
For they have their own thoughts.
You may house their bodies but not their souls,
For their souls dwell in the house of tomorrow, which you
cannot visit, not even in your dreams.
You may strive to be like them, but seek not to make them
like you.
For life goes not backward nor tarries with yesterday.
You are the bows from which your children as living arrows
are sent forth...*

The Power of Play Through Play, Children Create Themselves

Steve Freier produced *The Power of Play* video back in 1997. It is still in demand today by teachers, parents and educators who are continually learning from it. In our increasingly fast-paced world, **PLAY** is needed now more than ever before. This documentary is a must-see for parents, teachers and anyone else who is in the role of caregiver to children.

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

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

Watch The Power of Play for FREE!

<https://youtu.be/ppXQFnjnLFo>





'Mad Bird' Delivers A Message

By [Diane Bloom](#) of Free Spirit Crystals

I was feeling out of sorts this morning, I couldn't figure out what was bothering me so I decided to take a long walk along Lake Michigan to try to clear my mind. As I was walking, it occurred to me that I had been unwilling to forgive myself for an incident that I blamed myself for over ten years ago. I just couldn't seem to reconcile the actions and words that weighed on me like a ten pound boulder. I silently asked the Universe to please, please give me some kind of sign letting me know that it was okay for me to let this go.

I walked a half a mile – nothing. I kept walking and thought, well maybe this is unforgivable. Then I heard a huge Red Wing Black Bird start to yell and I looked up at him sitting on a park sign. I chuckled and walked on. Suddenly, the cocky bird swooped down and hit me in the back of the head! A BIRD hit me on the back of the head! It then proceeded to perch itself back on the sign and, as I looked at it, he looked back at me and cawed loudly as if to say, don't make me come down there again!

I was stunned! I've never been accosted by a bird before, but I did ask for a sign! The bird was even sitting on a sign!

I continued my walk and began to listen to the voices that came to me explaining that what happened ten years earlier, that it was not entirely my fault. There were other people involved who were just as responsible who could have helped change the situation, as well. I also heard the voice explain that this situation was a clearing out of an old karmic pattern which needed to be resolved in order for all of us to move on. Somehow that bird cleared a way for me to "hear" and pay attention to the message. I started to giggle and, while I haven't resolved everything, a huge part of that ten pound boulder lifted off of my shoulders.

Messages are everywhere and messengers can manifest themselves as birds, coins, dragonflies, a crystal or even your pet. It's our job to pay attention and not ignore what is there to help us, and then listen.

Who or what is your messenger today? Ask and it will appear!

See [Diane Bloom](#) for a special stone layout that helps release fear.

△



"The courage to live your own life is the greatest gift you can give to the world."

Southeast Wisconsin's oldest crystal store offering thousands of beautiful and unique stones and crystals at reasonable prices. Your go-to crystal shop! We ship orders just about everywhere.

Stone of the Month Orange Calcite

A warm and gentle stone for the 2nd (sacral) chakra. It awakens creativity and passion, helping one to open to one's gifts.



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

Hours:

M-F 11am - 6pm

Saturday 10am-5pm

Closed Sunday

freespiritcrystals@gmail.com

www.freespiritcrystals.com



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How to Parent Like a Minimalist

By Denaye Barahona, Ph.D. of [Simple Families](#)

When I was pregnant with my first child, I had big ideas. I wanted to give my children the world. Like most new parents, I had the best of intentions. Every generation wants to give their children more than they had themselves. My intention was no different—I wanted to give my children more. More love, more protection, more opportunities, more toys. More, more, more. This desire for more was rooted in love. After I had children and they began to grow, there was a shift. This desire for more became rooted in fear.

If I didn't play with them enough, would they be happy? If I didn't stand at least two feet from them at all times on the playground, would they fall? If I didn't land a spot in a top preschool, would their education be impacted?

In the words of [Erin Loechner](#), “No one ever told me how much fear is hidden in love.” All this fear, camouflaged as love, quickly started to take a toll on me. Trying to be everything and do everything for my children left me depleted.

My desire to give my children more left me feeling less: less energy, less joy, less calm.

Then I found minimalism. Minimalism is more than just getting rid of all your stuff (although I am on that bandwagon, too). It's about filtering out the noise to focus your energy on what's important.

Families of today have noisy lives. I know this in my personal life, but also in my professional life. I have a Ph.D. in Child Development with a specialty in Family Wellness. I work with families to find calm amongst the noise. In families, the calm lies in balancing the needs of each individual while simultaneously tightening the strings that hold them all together. Sounds tricky, right?

How to Parent Like a Minimalist

Fortunately minimalism has a secret formula for parents: [Less is More](#).

1. Hover less and your children will live more. We spend so much time protecting our children, we forget to let them live. When we hover over them and persevere over safety, our fears can undermine a child's confidence. These fears rob them of their independence. Instead of hovering, let us instill a sense of responsibility and natural curiosity for the world.

2. Entertain less and your children will innovate more.

In many ways, Pinterest is a trap. The aPh.D.,undance of art, craft, and activity ideas that abound leave us feeling as though we need to do more to entertain our kids. Wouldn't it be easy if we could just flip a switch and provide unlimited entertainment for our kids?

Oh wait, we can. We can limit screen time for our kids. When we provide endless varieties of entertainment for our children, we leave them with very little opportunity to create and explore new ideas on their own.

So hear me out. Follow my lead and skip the Pinterest activities. Then cut back on the screen time. Let kids be bored. Give them space. The innovation that results will astound you.

3. Schedule less and your children will rest more.

As humans, we need to rest our bodies and minds. This is particularly true of small bodies that are growing and maturing rapidly. Research shows us that [childhood anxiety is a rising epidemic](#) in this generation. A child who grows up with anxiety is significantly more likely to be plagued with mental health challenges throughout their adult years.

Do you know what our children need? Rest. Do you know what we need? Rest. Stop making rest a luxury and make it a

priority. The mental and physical health of your family depends on it.

4. Referee less and your children will problem solve more.

Parents wear many hats. One hat we need to hang up is that of the referee. Parents have the tendency to jump in and solve any disputes and challenges that children come across. It's easier to be the referee than watch two kids awkwardly settle their own disagreement. It's easier to be jump in and help, than wait ten minutes for a kid to fumble through shoe tying.

After you hang up that hat, get comfortable sitting on the sidelines in silence. Kids need a lot of practice to learn how to problem solve—so let's give them many chances to do it for themselves.

5. Buy less and your children will seek more.

Research shows that clutter is associated with higher levels of stress in families. Have you ever yelled at your kids to clean up their rooms? If your home has less inside, it is easier to clean up. It is easier to take good care of fewer things. Buy your children less, and as a result, they will be able to better filter out the noise and focus on the important things.

Studies tell us that [family vacations and togetherness](#) have a long term impact on a child's happiness. Let's teach our children to value “stuff” less and experiences more.

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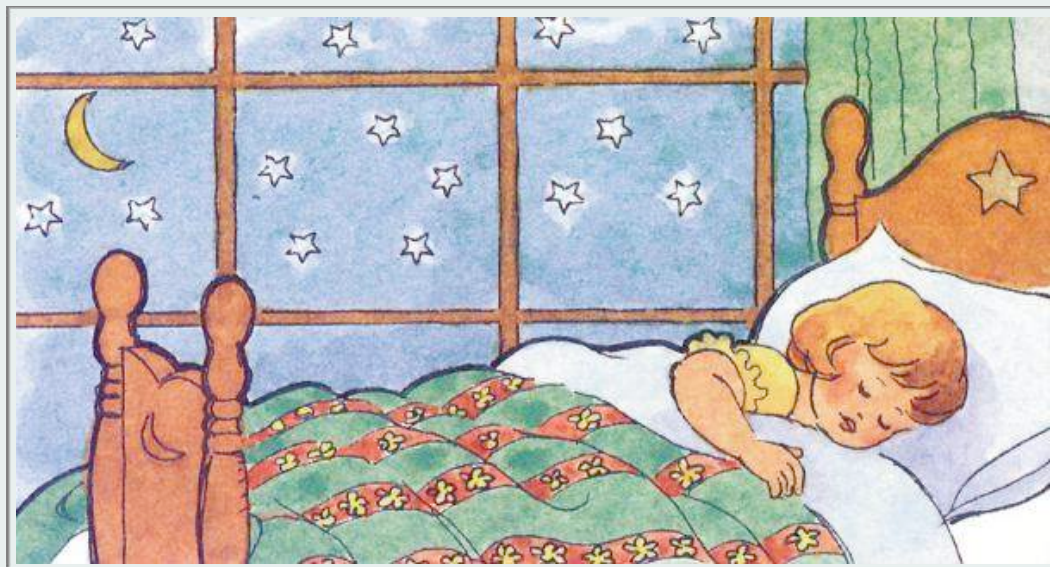
Denaye Barahona Ph.D. is a mother of two and the founder of [Simple Families](#), a podcast and community for families interested in minimalism with kids, family wellness, and positive parenting. Denaye has a doctorate in child development and over a decade of experience in coaching parents to more harmonious lives with children.

Feng Shui Tips for Children's Shared Bedrooms

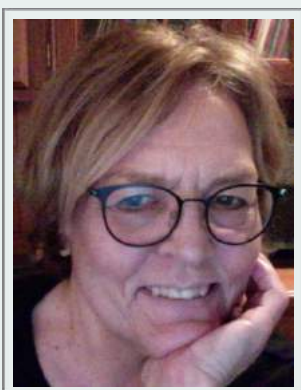
When children share a bedroom, give each child a distinct place within the room to call their own. It may be half of the room, a table and chair, a toy trunk, a closet, or a bureau. This keeps each child's individuality defined and helps them learn how to respect other people's space. Bunk beds can be

used as long as both children are happy with them. What may have been a snug retreat for a child can change 'seemingly overnight' into a claustrophobic box as the child gets older. Be sensitive to children outgrowing their bunk beds and rearrange the room accordingly.

~Terah Kathryn Collins



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Expert investigates 10-year-old's reincarnation claims



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Boy claims he was Marty Martin, a Hollywood mogul

Boy Keeps Waking Up At Night Screaming, Then Tells Mom ‘I Used To Be Somebody Else’

By Barbara Diamond

Barbara is a passionate writer and animal lover. She has a wonderful dog who was found wandering the city streets as a stray, and it's been true love ever since. Barbara has lived in six different cities and has been a professional blogger for more than 10 years. When she's not drinking coffee while typing away on her computer, she's planning dinner parties with friends or indulging in some shameless reality TV.

Ryan Hammons may look like a typical little boy from the Midwest, but deep down he has a “secret identity” of sorts. At the age of five, Ryan kept waking up at night screaming and crying. His concerned mother, Cyndi, had no idea what was causing her son's bizarre behavior.

One night, Ryan finally confided in Cyndi. “Mom, I have to tell you something,” he said. “I used to be somebody else.”

Ryan proceeded to tell his mom that he believed he was the reincarnation of a man who died more than 50 years ago. Cyndi instantly felt chills down her spine. There was something so unsettling about Ryan's confession; she was scared. Reincarnation was something she wasn't comfortable with or even believed in. So, Cyndi kept Ryan's claims a secret from her friends and family... even from her husband.

Ryan explained details of his supposed [past life](#), like how he had two sisters, was married five times and loved to drink Tru-Ade, a brand of orange soda that had been discontinued decades before Ryan was even born. Cyndi still kept everything a secret.

Then one day, the pair flipped through a book about the Golden Age of Hollywood and turned to page featuring a black-and-white still from a Mae West film. Ryan immediately pointed to an unnamed man in the picture and said that *that* was the man he claimed to be.

The man in the photo was identified as Marty Martyn, a movie extra who went on to become a successful Hollywood agent. Researchers confirmed details about Marty Martyn that matched Ryan's story. Martyn did indeed have two sisters, was married five times and had a favorite beverage: Tru-Ade.

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Listen earnestly to anything your children want to tell you, no matter what. If you don't listen eagerly to the little stuff when they are little, they won't tell you the big stuff when they are big, because to them all of it has always been big stuff.

— Catherine M. Wallace

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Chasing Lasting Change



How are you with change? With transitions from one focus to another, from one event to another, from sleep to getting up in the morning, etc ~ do you welcome it? Do you flow with it? Do you resist? Do you deny your desire or need for change?

Do you ask for help to create the changes your life is asking for? Do you crave change? Are you often looking for what needs to be updated, to be more current for your health, finances, relationships, and creativity? What areas of your life do want to see change? Are

you taking new action to generate these changes?

Are you a seeker: Is there something in you that knows there is more to life than you have been taught and you want to expand your capacities to explore the possibilities? Have you worked or studied with a variety of teachers, trainers, and councilors to find the sweet spot of your existence, in the midst of change, so that you can live there more often?

Have you reached a point in your life journey where you stop wanting or looking for anything to change?

I believe questions, such as these, when asked with healthy curiosity, an open mind and deep listening, can reveal new delightful possibilities, even when there are no clear answers immediately in sight.

Sometimes I misread the words I am looking at on signs or titles of articles and books. I laugh because my spontaneous misread is often very amusing and even enlightening. Recently I saw the title of an article that actually read: Choosing Lasting Change. But I quickly read it as: Chasing Lasting Change. It stopped me. Have I been passionately doing that for decades ~ chasing lasting change? Was this an addiction that by nature could not really be satisfied? I noticed the oxymoron moment of my spontaneous misread as an “enlightening moment” because, change, by its nature, *is* movement. To be in change is to be in movement; not arrival, not landing forever, but in the flow of life.

I wonder: Are those who are curious to explore what is beyond the conditioned expectations and realities than we are taught: those who are widely and actively exploring intuition refinement, breath and energy work to heal trauma, who are accessing multi dimensional realities, etc. are we, in essence, chasing lasting change? Is there such a state?

Even if we do nothing, change is natural and inevitable. *Change* is what is truly lasting because change continues on, and on and on.

There are times when I crave change. It may be from a place of excitement and delightful anticipation, or it can be from a place of judgment, disappointment, or



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Continued on page 29

fear. Sometimes I wonder if I am chasing change, or if it is chasing me. I wonder if it is calling me to stop, look and listen deeply, in order to perceive in new ways and to take new action. I notice that change calls forth my deeper awareness, creativity, wisdom and even love. It invites me to let go of the judgments and beliefs that hold me “in place,” limited, and unable to see with expanded perception. Sometimes I think I want an experience to ‘last forever’ ~ a good hug, feelings of love, laughter and feeling richly connected to myself and the other so that I can feel the magnificent precious moment forever. Life keeps moving. I notice that hugs, even with the same person, are never exactly same. Each one is unique.

My takeaway: I notice it is important to enjoy and respect the precious moment that is presenting itself and passing through, because it is unique. And it will change. There is a new creative moment on its way.

Δ

Do you want to create significant change? Are you in a life transition? Do you want to open to more of your spiritual nature? Beverly's insights, wisdom, clarity, and skilled energy healing work are a magnificent support. Contact her for a complimentary 30-minute consultation. www.beverlybrunelle.com/contact

*“All great changes
are preceded by chaos”
—Deepak Chopra*



Evidence of Angels Signs of Spirit



A Surprise Revelation from the Realm of Spirit

By Maureen Lancaster

In my mid-twenties, I had miscarried at an early stage of pregnancy, with my then husband. We later divorced and years later I remarried and subsequently was widowed. Here, I relate an after-life experience involving both my deceased husband and child in spirit: “Just when I thought I had the world of spirit figured out, my husband slipped me another surprise, a gift; the realization that the child I had miscarried in the 1970s had grown up to be an adult in the Spirit Realm. I was receiving a reading from a spiritual medium, a friend of mine, when she began to perceive a very strong male presence. She was prompted to ask if I had lost a son earlier in my life. I mentioned my miscarriage and then it all fell into place. My friend stated that my husband was, “Pushing forward my son to be validated by me.”

Spiritual mediums provide us with proof-of-life, or “evidence” statements such as names, memories, or any other information that the spirit wishing to communicate with us deems useful in assisting us to recognize that they are indeed “them.” My son, however, having never lived to term, could not provide memories of our life together as validation of who he was, but he was able to let me know, in no uncertain terms, that he was indeed my son.

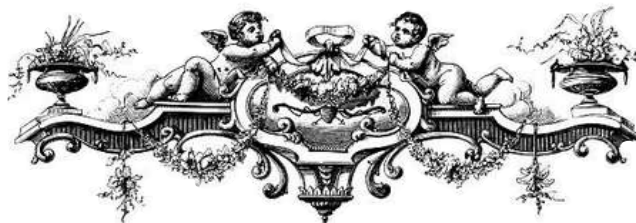
I was asked if I had given him a name and, in that shocking moment, I could not recall the name that his father and I had chosen. My friend then stated, “Your son says he doesn’t care what first name you give him, just as long as you give him the second name of ‘Thomas.’”

My jaw apparently hit the ground! It was a good thing that I was seated at the time. You see, “Thomas” was not only the second name of his birth-father, but was also the second name of my husband, the spirit pushing my son forward to be recognized. What better way to identify his being a part of my life!

In response to my puzzlement that my husband was involved in the revealing of my son to me, my friend simply stated, “He would have been his step-father, you know.” It all made so much sense to me now.”

Δ

Excerpt from “Revelations of a Singing Bowl” (2012) by Maureen Lancaster. Free abridged version at Apple Books. Email: sowelo2016@gmail.com



**Send your Evidence Stories (about 200 words) to us for publication in this column!
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A Message From Bear

By Lynn Schuster

One day, I sat with Bear. In meditation I asked him, “What is your message for me? And how can I use it to be of service to others?” He offered me his wisdom and strength; his love and his courage. The very attributes that I longed for on that particular day. As I sat with him in meditation, I felt a deep connection to Mother Earth. I felt grounded. I felt an emotional and physical healing taking place between me and our beautiful Earth. I dug deep to feel her rhythm. Through her cycles, bear became my link to her, and to the Heavens above.

Here is the Message I Received From Bear That Day: Spending time in solitude is a necessity that you often neglect. Reflect with me; I am your protection. I am here to help you find your inner strength, fearlessness, and confidence. I will show you how to use your power wisely. I have a Warrior's Spirit and the bravery to fight; I can help you take a stand against adversity and rise above, giving you the fortitude to stand up for yourself. Approach me with respect, I will show you courage in the face of fear. My instincts are keen. I possess the clarity, passion and focus you desire to bring about your own power.

I am a wise old bear. I offer you the gifts of introspection and knowledge. I ask you to use discernment in all that you do. Pay attention to how you think and act. With power comes great responsibility. Do not use your power to bully those around you, instead bring forth your own instincts and primal magic to heal yourself and the world in which you live.

Bear told me to surrender the fear and resistance that I have been wrestling with the last several weeks. “This fear,” he said, “is the conditioning of the false belief that you are all separate beings. When you come together and ask each other, ‘How can I be of service today?’ ~magical things will happen. “There are no coincidences,” he said, “for it, and you will receive. This is the Law of Nature, the Law of the Universe. It is the ritual that takes place every time you have a thought, connect it to a feeling, and take action.

Bear reminded me to remember, that as I step into the feeling of bliss, I feel the floodgates of my heart open. He told me that many of us on the planet are ready to shift into this state of Unconditional Devotion to our own Inner Spirits, that this is part of our ascension. It is normal. It is natural, and it is the reason that we came here to have a human experience during this time of evolution. There has never been a time like this in human history. You are beginning to remember that all of you are truly connected, that you can indeed heal each other and the planet through living in your place of Truth and Trust.

Δ

Lynn Schuster is a Telepathic Animal Communicator, Reiki Master/Teacher and Artist. See page 31 for more information.



Photo by [Matthias Götzke](#) on [Unsplash](#)

A moment of happiness,
you and I sitting on the verandah,
Apparently two, but one in soul, you and I.
We feel the flowing water of life here,
you and I, with the garden's beauty
And the birds singing.
The stars will be watching us,
and we will show them
What it is to be a thin crescent moon.
You and I unselfed, will be together,
Indifferent to idle speculation, you and I.
The parrots of heaven will be cracking sugar
As we laugh together, you and I.
In one form upon this earth,
And in another form in a timeless sweet land.

Rumi



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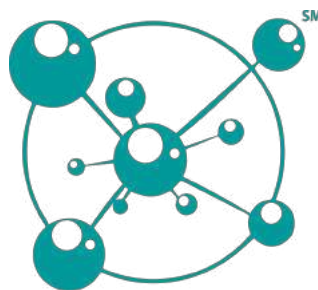


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