

# The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 12 Issue 3 • March 2024



Is it **REAL** or is it **AI**?

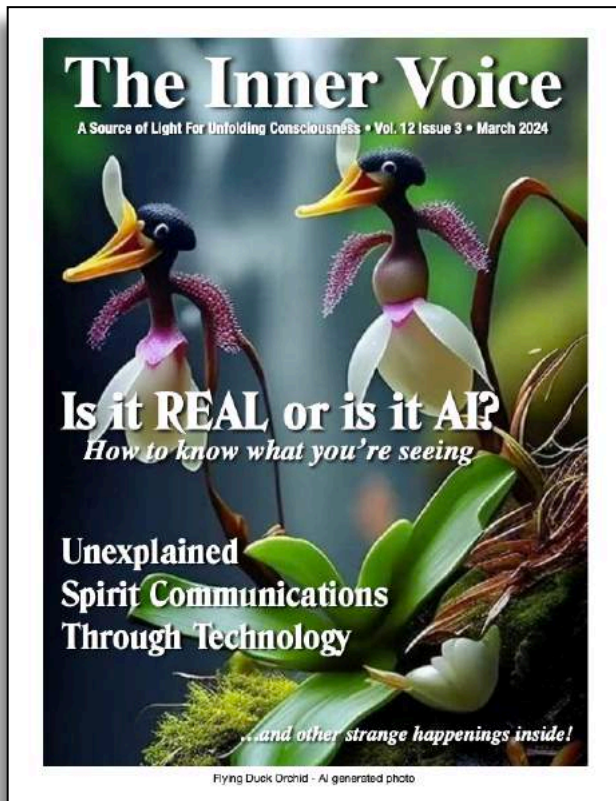
*How to know what you're seeing*

Unexplained  
Spirit Communications  
Through Technology

*...and other strange happenings inside!*

**About the cover:**

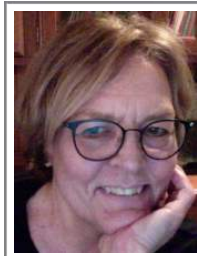
**AI generated photo of the Flying Duck Orchid**



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

- 3 Letter to the Readers
- 4 Angel Talk: Spirit Speaks To Us Through Technology
- 6 Events at Golden Light Healing Retreat Center
- 7 The Magic of the Spring Equinox by Pat Gullett
- 8 The Power of the Mind Book Overview by Steven Freier
- 10 Art & Artificial Intelligence by Pat Gullett
- 11 Mourning the Mourning Dove by Elizabeth Sherrill
- 12 How to tell REAL from Fake AI Photos by Meghan Bartels
- 13 Seeing is Not Necessarily Believing: Steve's AI Photos
- 14 Practicing Mindfulness by Beverly Brunelle
- 15 A Word from the Pleidians by Stefanie Finn
- 16 A Marvelous Week of Magic & Miracles by Kim Parker
- 18 The Cinema of Lost Dreams by Robert Moss
- 20 What is Magic and is it Real? by Kathleen Jacoby
- 21 Tuesday Teachings by Meredith Young-Sowers
- 22 Cosmictology Forecast by Andria Nikoupolis Weliky
- 23 Ad, Emerald Lion Academy
- 24 Let's Talk Crystals: Prehnite by Lori Andrus
- 25 Ad: Lori A Andrus "The Stones Speak" Card Deck
- 26 The Afterlife Report / Global Gathering Schedule
- 27 Message #43 by JA Diogardi | Ad, Free Spirit Crystals
- 28 Becoming Minimalist by Joshua Becker
- 29 The Funniest Thing I've Ever Seen by Nancy Freier
- 30 It's More Than Just Feng Shui by Nancy Freier
- 31 Ad: Essential Feng Shui®
- 32 Ad: Angel Guidance: Book, Readings and Zoom Group

**Written by Mary H. Dyer** Native to Australia, Flying Duck orchids (*Caleana major*) produce distinctive red, purple and green duck-like blooms, measuring only ½ to ¾" (1-2 cm) in length. These orchids are so unique that they were featured on Australian postage stamps. Although any orchid lover would love to grow the Flying Duck orchid, they cannot survive without a special fungus found only in the eucalyptus woodlands in SE Australia. [Read entire article here.](#)



**Nancy Freier**  
 Publisher  
 Editor-In-Chief



**Steve Freier**  
 Co-Publisher  
 Website Design



**Beverly Brunelle**  
 Consulting Editor

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## Letter from the Publisher

# Is it **LIVE** or is it Memorex?



PHOTO: TV ad, for Memorex VHS Tapes, 1982.



PHOTO: REAL Flying Duck Orchid (left); AI generated photo (right)

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“Most people do not see their beliefs. Instead, their beliefs tell them what they see. This is the simple difference between clarity and confusion.” — **Matt Kahn**

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*Dear Readers,*

This is an exceptional issue, jam-packed with strange and unusual happenings that quite frankly may challenge your belief system. Do you remember the 1982 Memorex ad: “*Is It Live or Is It Memorex?*” That ad, in its time, was similar to what I am seeing all over the Internet these days, “*Is it real or is it AI?*”

I recall how exciting new technology was to our culture back in the day! Now, with the arrival of Artificial Intelligence (AI), a similar excitement is in the air fueling concerns about what affect AI will have on society going forward. No doubt it’s a game changer. But unlike the excitement we had with the VHS and Betamax video tapes, and other technological advances over the years, AI has some real consequences. At this point, we can only hope AI technology will be used in productive and positive ways.

Featured on the cover is an AI enhanced photo of the Flying Duck orchid. On this page is a comparison to the actual flower. Is it cute or creepy? In today’s world we see a lot of AI generated images that trick the eye into believing something that isn’t real. But experts like Adam Rowe say there are ways to tell the difference. (<https://tech.co/news/ways-detect-ai-images-examples>)

Another thought came to mind, a quote from the late self help guru and author Wayne Dyer, “*You’ll see it when you believe it.*” A mind-teaser, perhaps, but it gives us something to contemplate. And, this issue is all about what we are seeing and believing, including a few of my own mind-bending communications with spirit!(See pages 4-5!)

It is ours to analyze and to determine if it’s real or (as they say these days) “deep fake.” Exercise your discernment on the things that matter, otherwise simply enjoy the humor in it all. After all, AI and spirit communications are here to stay!

*Nancy*

P.S. If you have a spirit communication story for **The Inner Voice**, please e-mail it to: [theinnervoicemagazine@gmail.com](mailto:theinnervoicemagazine@gmail.com)

We would love to publish it!



# Unexplained Spirit Communications Through Technology

Written By Nancy Freier

Some rather remarkable things have happened since the deaths of two of my former editors of this magazine!

The following account is from the November 2014 issue of *The Inner Voice* that was dedicated to the memory of ‘my most memorable character’ dear friend and the former ‘Creative Editor’ of *The Inner Voice*, Richard Jerome Bennett. He was a music channel and composer, concert pianist, singer, artist, healer, house painter and peacemaker. Everything he did was with the loving intention to heal individuals and help raise the consciousness on the planet.

This event happened in October of 2014 several months after Richard died from Pancreatic Cancer on May 20 of that year. The editors and contributing writers of *The Inner Voice*, Kathleen Jacoby and Steve Freier in San Mateo, California, and myself, the publisher in Neenah, Wisconsin contacted Richard in spirit in a “new age style” seance using Skype technology.

We all felt Richard’s excitement to speak with us, and true-to-form, he delivered a message of peace and love and light, all of the things that were closest to his heart. He asked that we share his message with you. He explained how precious time is, then took precious time to remind us that we all have a very unique and special gift from the Creator – a note in the symphony of life; and we are each an instrument in the orchestra. We need to be confident in our role, to play our tune and sing our song. “That IS the gift you are,” he said, “and our song is our gift to the Universe.”

At some point, Steve asked Richard’s spirit, “Where are you?”



SCREEN SHOT: Nancy Freier, Kathleen Jacoby and Steve Freier conducting a seance using Skype technology, 2014

Richard suddenly appeared to me as a glowing green Buddha floating by on what looked to be a pouf of a misty cloud, and replied, “The Eighth Wave.”



A chill went through me! Richard’s music CD was called, “*Heal The Earth: Music from the Eighth Wave.*” The place from which the music and poetry that flowed through him when he was composing was (perhaps) a place in his imagination at the time he received it, and now he is a resident there! He also called it, ‘The Land of AHZ.’ (The label on his CD reads “Ahzananda Music/Eighth Wave Records.”) He ended the

communication with his signature, “OM TAT SAT. Sound is Truth.”

After this Skype session, I channeled a message from Richard to share with his friends at his memorial service that was being held later that month at a friend’s home in Bayview, Wisconsin on Milwaukee’s southeast side. On my way there, I picked up our friend, artist Jeanine Semon. After the celebration of his life ended around midnight, Jeanine and I left. While I was driving my car on the Hoan Bridge over the Milwaukee Harbor, Jeanine and I both saw a very odd green “comet” pass about 20 feet in front of my car! My first thought was it must be a rogue firecracker from a festival celebration. After all, we were driving over the famed Summerfest grounds. But this was November! No festival was

continued on page 5



PHOTO: A view of the Hoan Bridge over the Milwaukee Harbor



PHOTO: Except that it was midnight and no other traffic was on the bridge, the inset is as close as I can get to portraying what we saw.

going on! Jeanine and I looked at each other, “*Did you see THAT?*” When we confirmed that we both saw it, we instantly knew it was Richard with his *blazing green signature* thanking us for being at his memorial service!

After the Skype séance mentioned earlier, the three of us ~ Steve, Kathleen and I agreed that whoever would pass into spirit first would make contact with the two remaining. It was five years later, on April 19, 2019, that Kathleen died. In several afterlife readings I did with her, Steve and I asked her what she was doing on the Other Side. She telepathically relayed that she was “*sitting at the feet of the Masters continually learning about the Greater Reality.*” She had always

been interested in spiritual matters and the human condition, plus she was a prolific writer. (I still publish her articles in *The Inner Voice*.) In one of her communications she told me she would love to write another book, preferably directly through Steve, from her new perspective. She has given the chapter titles so far, but the book remains to be written. Therefore, I feel she has been giving us clues to pick up the project.

### A couple examples of those clues

I recently finished writing my second book, *You Can Talk With Your Angels and Guides in Spirit* in which I included the transcript of a 30-second audio recording of mysterious origin. It appeared on Steve’s computer, dated August 2021, two years *after* she died! Her voice is clearly giving us a message from the Other Side! What’s more, when my editor Beverly Brunelle was going over my book and read this story about the recording, she called to tell me her amazement! Later that day I was on a video call with Steve to tell him Bev’s reaction, when suddenly on both of our iMac monitors a “Like” reactions button/bubble appeared that can only be described as a 3-D, semi-transparent, ethereal-looking bubble of which several duplicate bubbles trailed off into infinity! It appeared next to our heads, as large as our heads; not up in a corner of the screen where such “reactions” normally appear. I asked Steve, “Did you put that there?” No, he thought I did!

For the next several seconds while we tried to figure out where the image came from, I felt Kathleen’s presence. She was saying that it was her, coming in to give us her approval that the audio recording was her and that she was happy I included in my book! For a moment I was confused because the ‘Like’ reaction image appeared *upside down*, meaning thumbs down. I telepathically questioned Kathleen about it and she replied, “*It’s a thumbs-up from my angle!*” I regret not taking a screen shot!

These experiences give surprising proof that it is possible for spirit to convey messages through technology. We need to open our awareness of them so that our loved ones in spirit don’t have such a difficult time getting their messages to us!

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### ~ UPDATE! ~

On February 28, while on another video call with Steve to discuss the publishing of this issue, another bubble with a thumbs-up logo on it appeared on both of our monitors! It wasn’t there long enough to grab a screen shot, but shown here is a very close mock up Steve created of what we saw!





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May 16-19, July 11-14, September 12-15, November 7-10, 2024

Join Peruvian native and international teacher, Jose Luis Herrera, for this powerful training on Peruvian Shamanism. This 4-part series is composed of four long weekends in which you will develop a medicine bundle, or mesa, that becomes your animistic map of transformation and healing across the medicine path.

### MAVIS'S WAY WITH JEAN ELSE AND ANNIE GEE August 8-11, 2024 \$695, lunch included. Lodging options available.

Mavis Pittilla is one of the most iconic and well-respected mediums whose service to the Spirit World bridged two centuries. Since her

passing in 2022, her widow, Jean Else, along with "Mavis Pittilla Authorized Teacher" Annie Gee, will share with you Mavis's practical approach to becoming a "Whole Medium" not just a mechanical medium. They will share with you Mavis's practical approach to communication with the Spirit World.

### SEIDR NORSE SHAMANISM WITH IMELDA ALMQVIST April 4-7, 2024 Explore Northern European shamanic teachings

### ADVANCED SEIDR NORSE SHAMANISM WITH IMELDA ALMQVIST October 10-13, \$750 includes meals. Lodging available

### CHAKRA AWAKENING WORKSHOP WITH JOANNE WIRTZ May 11, 2024. 9:00-4:30

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REIKI LEVEL II TRAINING  
March 20 or June 15 9:00-4:30

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## The Magic of the Spring Equinox

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." [www.patsartfullife.com](http://www.patsartfullife.com) [www.patgullettdesigns.com](http://www.patgullettdesigns.com) [www.artisticwaytoenlightenment.com](http://www.artisticwaytoenlightenment.com)

March is the power of the Equinox, with its extremes of tides, emotions, light and dark. As the Sun balances even with the equator, it creates a pause in time. The Universe seems to hold its breath. Often there is a stillness in the air that one can feel in their body.

The seashore is especially alive. The ancients called it the magical boundary between the worlds. The tidal pull is most extreme, with the difference between high and low tides as much as 42.5 feet! Vast sandy beaches appear at low tide, but can be deceiving and change quickly. In addition, hidden islands are revealed for a short period of time, only to be submerged again as the tides flow in.

Legends abound from the coasts and ships about the mysterious creatures of the sea, and fairy lands that appear briefly to bring magic to the earth. Giant serpents, whales, krakens, mermaids, dragons, sunken cities, forgotten treasures, the Sea is another world of alien life passed down in folklore since the beginning of time.

For example, the ancient isle of Iona on the western coast of Scotland, is known as the Isle of the Druids. It may have been the seat of learning the secret arts. The land is ancient. One estimate is that this rock is possibly 1500 million years old, holding primeval creative energy.

Furthermore, one story says that it is home to the sacred seal people, whose haunting songs sound eerily human. The Selkies\* are said to come ashore during

sacred times, possibly every 100 years. They then shed their cloaks, take human form except (for webbed hands and feet), and gather to sing their ancient clan songs in mating rituals. But, they must have their cloak to return to the sea. Tales of stolen cloaks and Selkie wives abound. Eventually all discover their way home, to leave fish on the shore for their human children left behind.

### The Power of the Equinox calls us to balance spirit and body

The call of the sea is always about your hidden emotions, subconscious, and intuitive self. You come from the waters of your birth, and if brave, can immerse back into them to find your truth. This is the land of visions, dreams, and deep knowing.

For me, the Equinox is all about finding balance between my soul and body, my feminine and masculine, and my dreams and reality. Trusting my self in this inner journey is major. I stay grounded by painting reflections of my life at this time. I come to this mystic boundary between the worlds to touch the magic, bringing transformation, healing, and love into every moment.

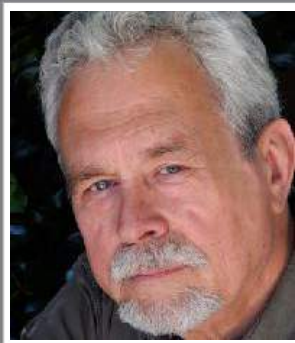
Discover your magic during this Equinox. Feel the push and pull of the tides within your body. Give yourself quiet time to listen to your heart lessons. Return transformed in some way, and give new meaning to your life. Create something as a record of your journey. Find your Balance in all things.

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\*Mythological creatures that can shapeshift between seal and human forms by removing or putting on their seal skin.



Magical Boundaries by Pat Gullett



# The Power of the Mind: Healing Through Hypnosis and Regression

By Joe Keeton

This book was first published in 1989 and so the material and many of the findings made were somewhat new in that timeframe — 1960s through 1990s. Mr. Keeton may not have been aware of similar work in regression hypnotherapy taking place in other parts of the world such as that of regression pioneer Dolores Cannon in the United States. Joe passed in 2003 and the book was re-released in 2012 with a few minor updates. Joe thought the idea of a biography of him to be an hilarious idea, so there is a dearth of information about his life, despite the fact that he influenced the lives of thousands. The books' co-author ghostwriter Simon Petherick stated that this book was “the definitive account

of hypnotherapist the late Joe Keeton's work in accessing past lives and inducing physical and emotional healing through hypnosis.”

Joe Keeton was born in Clay Cross, Derbyshire, UK and lived in Meols, Wirral, UK. Joe discovered his hypnotic abilities while still very young, though he did not take these abilities seriously until many years later. He devoted most of his adult life to the development of his skill as a hypnotherapist and over a period of 25 years, he conducted over 8,000 regressions. In order to finance his pioneering work into regression and healing through hypnosis, he worked as a soldier, a catering manager, a taxi-driver, an electrician, a college lecturer and a photographer. And for several years, he lectured about ESP (Extra-Sensory Perception) for the Liverpool Education Committee and also made a number of television appearances.

Joe Keeton's most fascinating cases are included in this book. Here's one example I found particularly fascinating. It involved a healing past life regression concerning a 20 year old lady named Pauline who had been frightened by heights all of her life, but nothing in the memories of her current life provided any reason for such a phobia.

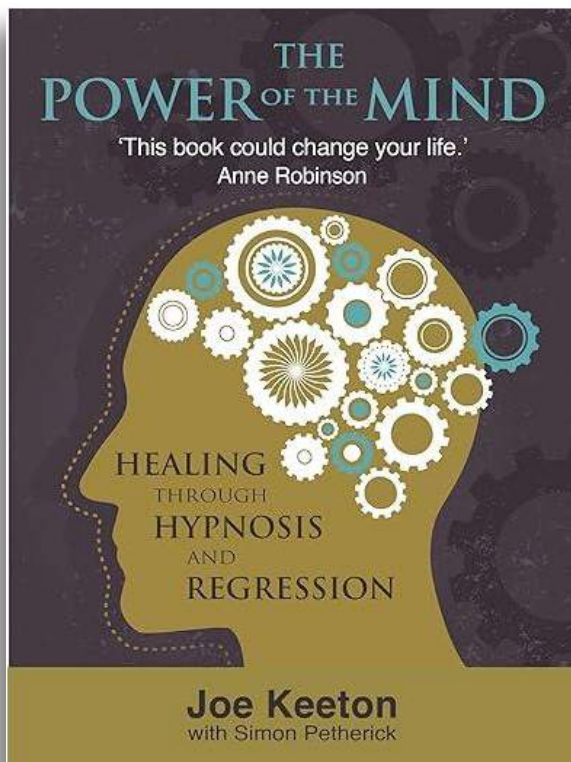
In the third regression, this is what occurred; She found herself in an incident in the life of the

15-year-old son of a wealthy London gentleman who worked in a bank. Her name at that time was John Roberts and they lived in a large house overlooking Regents Park. She related, “It was toward the end of the last century and I was standing on the third floor balcony of the house watching a parade pass by in the street below. I witnessed a gold coach with mounted soldiers in their colorful uniforms. The next thing, I was lying on the ground looking up at a rider who's horse was rearing up in terror. I saw the horses hooves coming down toward my head. And then there was nothing.”

To summarize the story, it turned out that a few days after the treatment, a newspaper photographer took Pauline up to the roof of a high building in Liverpool and took a picture of her leaning over the edge. This was proof that reliving the experience in the past life regression had obviously cleared her phobia about heights. But was the regression true?

They surmised that since the event had sounded like the Golden Jubilee Procession of Queen Victoria, they went to the files of the Liverpool Echo Newspaper and found many pages reporting the parade. Then, almost at the end of the report were two lines stating that several people had fallen from high vantage points. That goes to show that sometimes past life incidents can be proven and correlated with documented evidence such as in newspaper articles.

What do we really know about the power contained in our minds? Is it possible that we are losing out, every day, on the powers which could be available to





Overview from page 8

us to heal physical ailments and psychological distress?

Keeton's book also includes numerous examples of healing from everyday aches and pains, such as migraine headaches, joint pains, for example, without having to resort to the use of past life regression, just simple, regular hypnosis. Many times the subject is healed or relieved of their malady in one session, and are then taught a simple technique of 'self hypnosis' which the patient can use on their own for relief of those pains. I just wish that they had included at least one script as an example so the reader might be able to learn a self-hypnosis technique as a further benefit from reading the book!

In this book, Joe talks about how he helped thousands of people face up to and then take control of physical symptoms which were holding them back in life. The truth is in the telling of their stories.

I recommend it! Available on Amazon.

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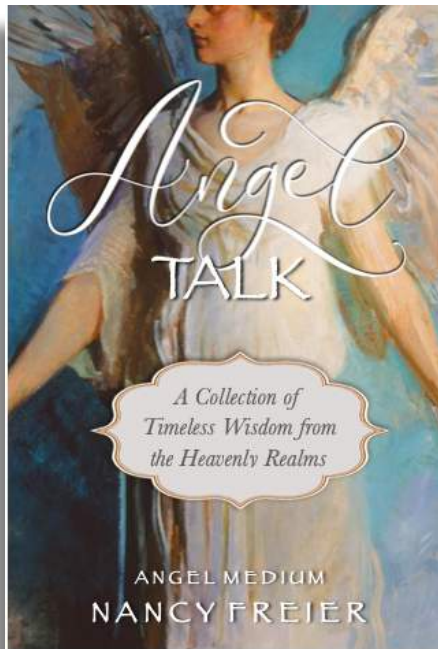
Author Joe Keeton



From my forthcoming book ~ **Angel Talk**  
*A Collection of Timeless Wisdom from the Heavenly Realms*

## How to have a miracle

When you're asking for a miracle and you don't receive an answer thinking God has failed you, that is your ego wreaking havoc by controlling you into what it wants for you. It keeps you in the 'seek but do not find' mentality. So, we come to you today to remind you of your gift of choice. You can choose to listen to the ego or your higher self, the voice for God. Practice listening to this channel of communication and silence the voice of the ego like you would discipline a child who is throwing a temper tantrum.



Lovingly guide yourself to become clear to hear the higher voice calling gently from within, beyond the ego's chatter. Seek and find this voice! It is God's Will for you to hear Him, but it is up to you to receive it.

When we listen to our higher self, miracles happen. You will witness beautifully orchestrated events with blessed outcomes ~ things that your everyday (ego) self could never have thought possible. Give it all to God to solve, and then everyone wins. Ask your angels to let go of that little ego with a loud roar and choose to listen to the inner voice instead.



*Watch this space!*  
*Book release coming soon!*



**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, Wisconsin 54235**

**Next Meeting Date: Thursday, March 21, from 1-2:30pm**

For more information, email: [sgfreier23@gmail.com](mailto:sgfreier23@gmail.com)

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



# Art, Artificial Intelligence & Consciousness

## We're living in the Age of Machines. Now what are we going to do about it?

By Pat Gullett (From the March 2018 issue of *The Inner Voice*)

In the World of Technology, everyone's talking about a New Species of AI, Artificial Intelligence that is super-intelligent. And we artists should be, too. Luna, for one, is an artificially generated intelligence with brilliant capabilities, personality, and more information than any of us can comprehend in every area imaginable. So where's the balance?

This is the call to awaken our souls. Artistic creatives are needed more than ever to dive into all the Arts, into our creative imagination, into our creative consciousness, and bring back the beauty, wisdom, and connection to the earth and each other. We learn humanity best through and with each other. Where AI befriends us, works for us, and informs us, it also isolates us in entrancing ways. But it can't replace the act of creating art, of

entering the sacred timeless other world, of connecting with a mentor we love, and bringing forth our best inspired creations to give meaning to life. Information is not necessarily wisdom.

Where is the consciousness? Where lies the consciousness that makes us uniquely human, gives us imagination, and inspires original creativity to heal body and soul? A number of independent scientists are deeply investigating the 'Seat of Consciousness.' Stuart Hameroff, an anesthesiologist, with the brilliant mathematician Sir Roger Penrose, have been researching microtubules, conductors made of protein around the edge of every cell, that provide structure and energy. Like a skeletal conveyor belt throughout the body, electrical currents impulse through these tubes on a quantum microscopic level, bringing experiences to life. Could consciousness also flow through these tubes? Anesthetize something and consciousness disappears.

Here is the key. Every plant, animal and human cell has these tubes that are processing life-giving information and experiences without the brain or neurons interacting. These tubes bring the senses, the creative vision, scents, sounds, touch and taste that enrich our experiences.

One thing we know about quantum physics is that what we focus on, where we place our attention, collapses every particle/wave into only the wave that becomes our conscious reality. Or it may be that each collapse of a wave generates consciousness! While robots are coming, our balance comes in our focus, our mindful attention. Art will save the world, or at least make life more meaningful, beautiful, and rich ... more human.

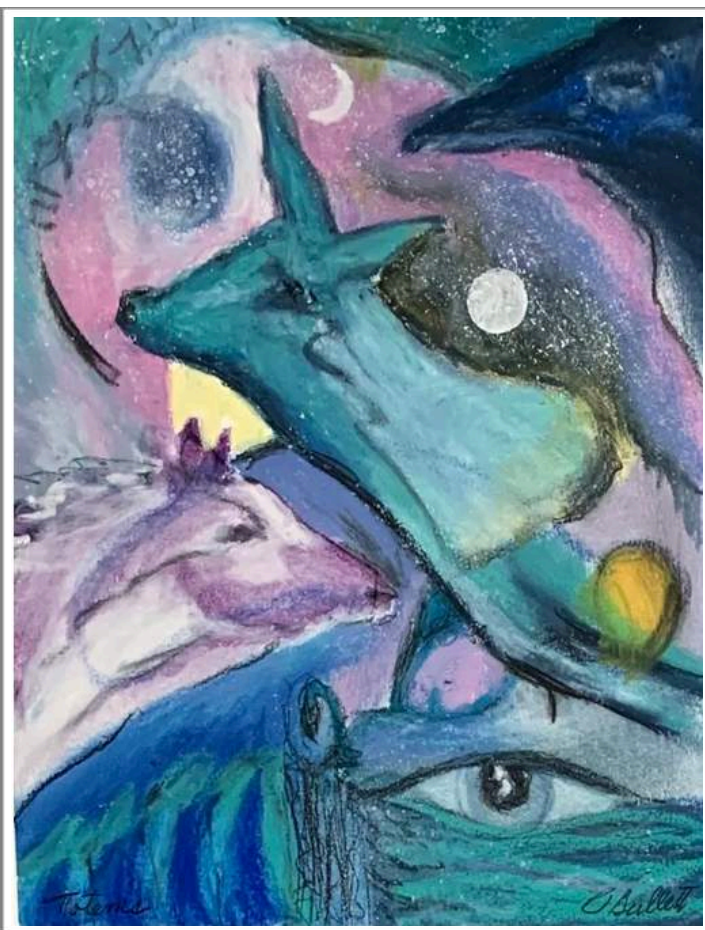
### The Future is Here!

We might as well accept the fact that robotics, genes, AI, and nanotechnology are our immediate future, as we focus more than ever to live in mindfulness, consciousness and love. We must embrace our humanness as a New Species of Human, in balance with technology and spirit.

Educate yourself in this AI [New Species](#). She is fascinating and will be here before you know it! To read about Stuart Hameroff and Sir Roger, pick up the March 2018 issue of *Discover Magazine* – interesting and understandable. And in 'Wait But Why,' Tim Urban offers a fun way to understand the most important topic for our future, the [AI Revolution](#).

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**Pat Gullett is an artist and regular contributor to *The Inner Voice*. Read more by Pat on page 7.**



Totems, intuition painting, never know what you'll get, full of hidden meanings from the subconscious ~ Magic! What do you See? Painting by Pat Gullett.

# Mourning the Mourning Dove

By Elizabeth Sherrill



A small tragedy unfolded yesterday, literally at my feet. I was sitting on a bench outside our apartment building when somewhere overhead I heard a resounding *bang*. A second later, a mourning dove thudded onto the grass two feet in front of me. Lovely gray wings limp, small neat head twisted to the side, eyes closed. Obviously it had struck a window in the unit above.

I was staring at the motionless bird when with a rush of wings a second dove alighted beside it. I sat still, scarcely breathing, as the second bird pressed itself tight against the other and began a frenzied pecking at the ground. *Tap, tap, tap* with its sharp little beak. *Get up!* it seemed to be saying. *Why don't you move?*

With a sudden shudder the fallen dove responded. As its partner's tapping continued, it began beating the ground with its left wing. Faster and faster the wing flapped, until it flung the bird over onto its back. Now both wings flailed, battering the other dove which flew 20 feet away to the top of a railing. Arching, twisting, the struggling bird heaved itself back on its stomach, wings thrashing. "*You can fly!*" we urged it silently, its partner from the railing, I from the bench. But with a final spasm the injured bird went still.

Did its partner know that it was dead? Or did it believe that the two might still soar together into the bright morning sky? It remained on the railing in unmoving vigil as five minutes passed. I sat still too, not to frighten it away. Ten minutes went by. Fifteen. How much longer might it have kept watch? An hour? A day? Doves, I knew, mate for life.

But a white terrier came yipping across the lawn and the waiting bird fled. I stood up, the first movement I'd dared to make, gathered the warm little body in my hands and placed it

beneath a shrub where later I'd dig a hole for it. I looked up at the apartments above me and saw what the bird had seen: in each window the perfect reflection of a cloudless blue sky, no slightest hint of danger.

All day I grieved, not just for that unsuspecting bird but for all bright young lives cut short in an instant. All the helpless *whys* pursued me.

This morning from the same bench I heard a mourning dove call. A common sound here, that plaintive *oo-AH-oo-oo-oo*. But today the wistful notes seemed to go on longer, and I imagined that it was the voice of that lonely partner. And listening, I knew that though we cannot know the *why* of untimely death, we can know what lifts it from the realm of cold, unfeeling chance.

The little bird watching from the railing was part of a great web of connectedness that stretches from the least of us to the God who tells us that not even a sparrow, or a dove, can fall to the ground without His all-compassionate knowing.

△

Elizabeth Sherrill was co-author and publisher of the iconic NDE book [Return from Tomorrow](#) about George G. Ritchie's NDE in 1943. It later became the inspiration for Raymond Moody's extensive study of NDEs which resulted in him publishing his own iconic book, [Life After Life](#) which has sold over 14 million copies. The Dove article was written by Elizabeth's husband, John. Both are deceased now.

For more about them, visit: <https://www.elizabethsherrill.com/recent-news/the-dove>



# How to Tell if a Photo is an AI-Generated Fake

**Artificial-intelligence-powered image-generating systems are making fake photographs so hard to detect that we need AI to catch them!**

By [Meghan Bartels](#) (March 31, 2023)

**Y**ou may have seen photographs that suggested the pope was wearing a stylish puffer coat but this viral hit, among others were the fruits of artificial intelligence systems that process a user’s textual prompt to create images. They demonstrate how these programs have become very good—and are convincing enough to fool an unwitting observer.

So how can skeptical viewers spot images that may have been generated by an [artificial intelligence](#) system such as DALL-E, Midjourney or Stable Diffusion?

Each AI image generator—and each image from any given generator—varies in how convincing it may be and in what telltale signs might give its algorithm away. For instance, AI systems have historically struggled to mimic human hands and have produced mangled appendages with too many digits. As the technology improves, however, systems such as Midjourney V5 seem to have [cracked the problem](#)—at least in some examples. Across the board, experts say that the best images from the best generators are difficult, if not impossible, to distinguish from real images.

“It’s pretty amazing, in terms of what AI image generators are able to do,” says S. Shyam Sundar, a researcher at Pennsylvania State University who studies the psychological impacts of media technologies. “There’s been a giant leap in the last year or so in terms of image-generation abilities.”

Some of the factors behind this leap in ability include the ever-increasing number of images available to train such AI systems, as well as advances in data processing infrastructure and interfaces that make the technology accessible to regular Internet users, Sundar notes. The result is that artificially generated images are everywhere and can be “next to impossible to detect,” he says.

One experiment highlighted how well AI is able to deceive. Sophie Nightingale, a psychologist at Lancaster University in England who focuses on digital technology, co-authored a study that [tested whether online volunteers could distinguish](#) between passport-like headshots created by an AI system called StyleGAN2 and real images. The results were disheartening, even back in late 2021, when the researchers ran the experiment. “On average, people were pretty much at chance performance,” Nightingale says. “Basically, we’re at the point where it’s so realistic that people can’t reliably perceive the difference between those synthetic faces and actual, real faces—faces of actual

people who really exist.” Although humans provided some help to the AI (researchers sorted through the images generated by StyleGAN2 to select only the most realistic ones), Nightingale says that someone looking to use such a program for nefarious purposes would likely do the same.

In a second test, the researchers tried to help the test subjects improve their AI-detecting abilities. They marked each answer right or wrong after participants answered, and they also prepared participants in advance by having them read through [advice for detecting artificially generated images](#). That advice highlighted areas where AI algorithms often stumble and create mismatched earrings, for example, or blur a person’s teeth together. Nightingale also notes that algorithms often struggle to create anything more sophisticated than a plain background. But even with these additions, participants’ accuracy only increased by about 10 percent, she says—and the AI system that generated the images used in the trial has since been upgraded to a new and improved version.

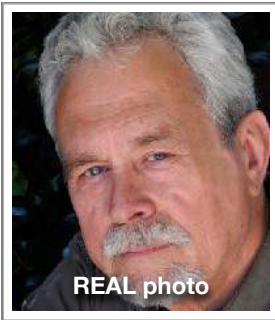
Ironically, as image-generating technology continues to improve, humans’ best defense from being fooled by an AI system may be yet another AI system: one [trained to detect artificial images](#). Experts say that as AI image generation progresses, algorithms are better equipped than humans to detect some of the tiny, pixel-scale fingerprints of robotic creation.

Creating these AI detective programs works the same way as any other machine learning task, says Yong Jae Lee, a computer scientist at the University of Wisconsin–Madison. “You collect a data set of real images, and you also collect a data set of AI-generated images,” Lee says. “Then you can train a machine-learning model to distinguish the two.”

△

(Editor’s Note: See some examples of AI-generated photos of our co-publisher Steve Freier, on page 13)

**[Meghan Bartels](#) is a science journalist based in New York City. She joined *Scientific American* in 2023 and is now a senior news reporter. Previously, she spent more than four years as a writer and editor at *Space.com*, as well as nearly a year as a science reporter at *Newsweek*, where she focused on space and Earth science. Her writing has also appeared in *Audubon*, *Nautilus*, *Astronomy* and *Smithsonian*, among other publications. She attended Georgetown University and earned a master’s in journalism at New York University’s Science, Health and Environmental Reporting Program.**



# AI: Seeing is Not Necessarily Believing

Written By Steve Freier

In order to obtain the images you see on this page, I used a website called [myheritage.com](https://myheritage.com) to generate multiple artistic iterations based on about 12 to 20 different photographs of myself (which I uploaded for them to use).

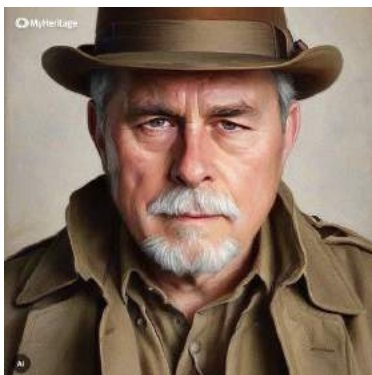
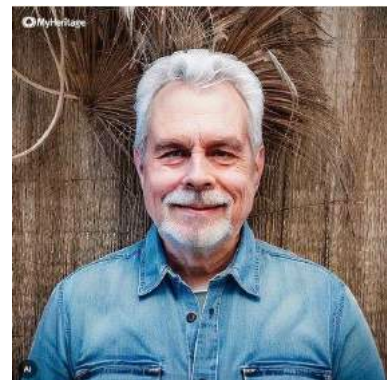
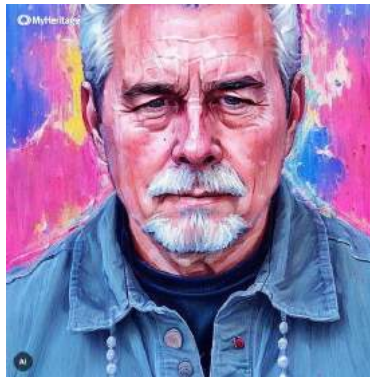
What they do is they take parts of the various images and re-shuffle them into various time frames and activities, such as an action figures, a surfer, hipster, adventurer, spaceman, secret agent, and so forth. Then

they also apply certain effects like watercolor, pastel, pop art, charcoal, sketch, oil, painting, etc. You get the idea. They have other things you can do too, such as going back in time. So, if you want to pay a little more money, they can take your image and show you how you would look back over the last 2000 years, in various periods like Greek, Roman, Medieval, for instance.

What you're seeing here is just a small sampling of the overall batch. To write this article, I tried it again and got over 400 images for \$20. It's lot of fun and I highly recommend it. It's a wonderful, visual adventure!

△

**Here are examples of AI-Generated fakes of The Inner Voice co-publisher Steve Freier, that are both very serious and wildly hilarious!**





# The Magical Journal

## Deep Listening Reveals Enriching Wisdom

Written By Beverly Brunelle

It was late. The bookshelf near my bed was in the shadows, so I couldn't clearly read the titles of the books lined up there. I said a little prayer of intention that I pick the perfect book to transition from my busy day into sleep time.

Then, I slowly moved my hand along the books and slid a narrow one out from its nesting spot. I felt excited. I could see that it was one of my Tibetan handmade journals. The little book had such a special feel to it and I thought it would be fascinating to read what had been

important to me years ago. I got all warm and snuggly under the bed covers, opened the book and flipped through it expecting to find rich memories and ideas to ponder. I was so surprised to see that every page was blank! No words, nothing. I thought choosing this book was a crazy trick of my imagination! Now what? I wondered. And the idea came to me as clearly as I had chosen the book, or had the book chosen me?

I started to receive messages: This is a Magic Journal. Place your opened hand

on the page and ask for the wisdom of the moment. Listen deeply. And so I did!

It was a precious "read." The name of the book that night was LOVE. You see, each time I have picked up the magic journal it has given me a different title and different timely messages. So, the first night the title was LOVE. Each page had a different short message to savor and to mediate on. It could be called universal wisdom, yet it had personal flavors of expression that marinated in my heart. I felt transported to a very intimate timeless space. It was a private meeting with the magic of life.

The book read: **Love**. Love can feel hidden. Welcome it to be free. Comparison can block love. Listen with ears of love. See with your heart. Hold life as dear.

There were many more messages that night. They were simple, powerful and all engaging. The magic journal was a living transmission. I did pick the perfect book for bedtime that night.

I was so curious the next night that I chose the same journal to "read." I let go of expectations and I opened the book with an attitude of gratitude and wonder. I placed my opened hand on the first page and asked, What is the title of this book tonight? What do I need to know? I heard "Becoming." As I continued to place my open hand on each page and ask for its message, they appeared gently and clearly. Some came as thoughts or impressions and some as a soft voice in my head. Each page had a totally new and different message than the night before.

Continued on page 15



*Now available on Amazon!*

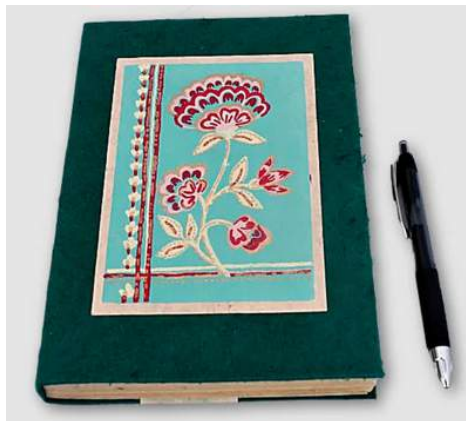
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**Becoming.** Let go of how you think you should be. Let go of your judgments of yourself in earlier times. Rest in the *now*. Learn to know your goodness well. Be curious with an open mind and heart of how you are blossoming. There is much outside your awareness that is in the making. Make friends with the unknown. There were many more messages rich for contemplation.

Another time the title was **The Book of Revelations**. I never know what I will find in my magic journal.

I realize that with this practice anything can become a source of revelation: trees, the ocean, clouds, animals, flowers, all of nature. I ask, "What is your message for me tonight?" Then I relax my expectations. With deep listening, I always have an intimate experience receiving enriching wise and new perspectives.

I encourage you to experiment and explore the magic, wisdom and delight that gets revealed to you in your own blank notebook or journal!

△

**Beverly Brunelle's passion with her Quantum Resonances Energy Work is supporting clients to expand their capacities to blossom in their life circumstances, to awaken their multi-dimensional super powers, and to access clarity of new enlivening possibilities. Learn more at: [beverlybrunelle.com](http://beverlybrunelle.com)**



**R**epressed energies and thoughts are coming up now and many stones are being over-turned that we never thought we'd have the courage to overturn. We come straight from the Pleiades to delve deep into the heart of the matter.

You are on a fast track to enlightenment now. There is no slowing down, because why would you want to? The state of mass consciousness is in a flux, and there is a brazen mentality coming forth. It's like caricatures vying for each other's attention. Many things are running amok in peoples lives, and this is causing a feeling of panic.

There is a shifting of environments for many. There is a sense of derailment and abandonment. There is a feeling of burnout and hopelessness for one's accomplishment of Self-realization. Now is the time to re-register your mind back to the Ultimate Source.

Plug into God's Socket. Refrain from re-framing in your own mind. All satisfaction comes from doing His Will.

That's really the end of the answer.

Here are some hands-down helpful approaches to help you during these turbulent-mind times:

- Realize that all storms pass. All these repressed energies and thoughts are coming up now. It's a stormy mix of turbulence, and this is the perfect storm for this to happen. Stones are being overturned that you never thought you'd have the courage to actually overturn.

- This is a time to be deeply grateful for the work that you are doing on yourself. It can go into extreme terror at times. Just let it be. Let it wash over the stern and base and floor of the boat and fall back into the ocean.

- Many are going through turbulent and messy forgiveness opportunities. It's like when one door of your work is closed another one pops open immediately. There is no more stagnation or settling back into repression.

- You are confronting lost aspects of yourself so realize that this is actually an amazing process.

- You don't have a clue what to do next and this is good.

- This is a glorious time of watching your beliefs and needs come to the forefront of your mind, and really acknowledging them and feeling that love for yourself for acknowledging them — and then just let the wind take them away. This is what the storm is for.

With love,

[Stefanie Finn](http://StefanieFinn)



Sign up for my channels here:

<https://goo.gl/jf3ZHa>

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



## A Marvelous Week of Magic and Miracles

**T**hings started off small. I am not a big ‘angel’ person but I do possess a pair of tiny angel earrings. Over the years I have become quite fond of them. It was therefore a little annoying to discover that I had lost one of them during a day out. I did a fairly thorough search to no

avail. It was apparent that I had to bid that earring adieu and I did so with a slight twinge which quickly dissipated. Mentally, I just let it go. I did think I would like to find that earring but if not, then so be it.

The following day, as I walked through the lounge room for the umpteenth time that day, on the floor at my feet was my small silver angel earring. It was a grand feeling to be able to place it back in my jewelry box with the other angel. There was no way I could have missed seeing it and I have no explanation for how it suddenly appeared in so obvious a place. I am sure there could be a simple explanation but, for me, this was a small miracle, an answer to a request and the letting go of the outcome.

The second marvelous occurrence is a little more involved and unusual. I had a dream about a goose that I followed down a corridor to a very large and oddly decorated egg. Whenever I dream of an animal or insect I look up the attributes of the creature concerned in Ted Andrews book; *Animal Speak*. There are about two pages on the goose in his book. Included is the information that writing with a goose feather quill can assist a writer, in his or her craft in various ways. Idly, I thought to myself that I would love a feather quill but that it would have to have a biro on the end as I would find a fountain pen tedious to work with. I had leant several books I had written to a couple, friends of my husband. One of those books I really wanted back as it is out of print and I have only a few copies left. They really appreciated that book and wanted to

purchase two copies of it. I decided to let them keep the copy they had and I also gave them one extra copy, leaving me with just one copy. My husband met up with his friend and came home with a small package and a much appreciated thank you card for me. It is such a lovely thing to get an unexpected gift. I happily opened the package to find a pink box with silver writing that proclaimed inside was a feather quill pen of vintage design. I couldn’t believe my eyes and opened the box to find a beautifully painted feather attached to a small biro. The feather was painted with cherry blossoms on it, so pretty!

Once again I had, without any prolonged emotion attached, thought that I would like something only to have it appear within just over a week. I wish I could convey the manner of these requests, how it doesn’t include emotion or expectation, just a simple request put out into the world, knowing that someone is always listening, and that whoever is listening is a loving energy.

The third marvelous occurrence was just as surprising. My third book in the *Waking Wisdom Trilogy* is complete and nearing publication. This book, *Little Pearls and Little Gems*, is all the channeled wisdom teachings I have been gifted over

recent years. I had informed my husband that this work deserved to have some marketing done, politely giving him a heads up that I was about to spend more of our savings. One morning in my email box was a correspondence from Thorpe Bowker, the business where I purchase my ISBN numbers for my books.

The email offered a marketing package that cost AU\$450 for what sounded as if it reached a large base of book buyers, in both magazine and electronic format. It was attractive. When I got to



the cost though, I thought it was a bit much. I could feel the urging from spirit, I had thought of marketing and how I would require help, as it is certainly not my greatest skill. I literally said out loud; “Yeah right, you [the universe] provide me with AU\$450 within 24 hours and I will purchase that marketing package.” Then I forgot all about it. About an hour later I decided I had best do some online banking to see how much we had spent in recent days on a renovation we had been undertaking. I logged in and checked the balances in our accounts. One account had more in it than I expected, so I went into that account to discover that AU\$450 had been deposited by the Australian Tax Office! No, it wasn’t part of our tax return

Continued on page 17



and was not something either of us had been expecting, although we do know why we got it.

The timing was immaculate. Of course the real question we are all asking at this stage is why haven't I won the lottery, or even better, created a peaceful world? Since my three little miracles I have been thinking about this. My understanding, from teachings received, indicate there is no difficulty, from the perspective of that which creates, with regard to the size of the miracle. Therefore, the difficulty or obstacle must be in the form of the asking.

When I thought about it I actually know of four people who have won the lottery. With regard to two of those people I heard their thoughts about the process. Both of them weren't in great need, in fact one was very wealthy. One was the neighbor of friends. She stated that she happened to see what the first prize was one week and simply thought she would like to win it. It wasn't given any further thought and there was no emotion attached. Similar with the wealthy gentleman, he just bought an instant ticket thinking it would be nice to win, and didn't give it another thought. Neither seemed to have any doubts about their suitability to win money, or thoughts that the odds made it impossible. The money was there to be won, so why not win it? They didn't nag at the universe, or make promises about what they would do if they won. They simply said they wanted it, then left it alone, no emotion attached. It didn't really matter one way or the other.

Perhaps then, it is my own belief about winning large sums of money, the difficulty of it, the not feeling I am 'good' enough in some way, the worry about what I would do with it, the constant refrain about why I need it, that keeps the event from taking place. In essence, as the observer and creator of this reality, I have already judged and condemned myself with regard to larger miracles. Do I also think that there is not enough to go around, that others need it more than me? In fact, there are many beliefs and emotions attached to the subject, when in truth, it is as easy as getting a quill or an earring back or \$450. The difficulty is in my beliefs and disbeliefs. Is it your beliefs that limit your experience of miracles too?

If we realize our beliefs are limiting our experiences of miracles then we should be able to change our beliefs, and thereby change our experience of life to something more miraculous, harmonious and loving. I am going to give it a try!

△

**Kim Parker has a life long interest in the nature of beliefs and how they shape our realities. She is a shamanic practitioner, author and founder/facilitator of GOSH (Gatherings Over Strange Happenings) where people can safely discuss any non-ordinary experiences in an online group. (See the link to the Friday Afterlife Report on page 26.)**

**An integral aspect of her shamanic practice is the life of active dreaming and Kim is dedicated to encouraging people to examine and discuss their dreams in her dream circle discussion group online. As a wisdom worker she is actively investigating consciousness and the bridges between science and the paranormal. As a wisdom worker Kim is actively investigating consciousness and the bridges between science and the paranormal. Email: [lmrainbow57@yahoo.com](mailto:lmrainbow57@yahoo.com)**

*"Keep some room in your heart for the unimaginable."*—Mary Oliver



Walter Crane - The Swan Maidens, 1894





# The Cinema of Lost Dreams



[Robert Moss Blog](https://mossdreams.com/)  
<https://mossdreams.com/>

What happens to the dreams we don't remember? I've asked myself that question on several mornings, when I've awoken with little or no dream recall, while feeling that the night had been active.

On one such morning, I decided to linger in bed and see whether I could find a place where I could recover lost dreams. I found myself approaching an old-time cinema, that reminded me of a movie theater where I used to go, as a boy, to watch Saturday matinees. I was amazed and delighted to find that, this time, the movie titles on the marquee and the images on the posters in the lobby all throbbed with significance in my present life. *Waking the Sleeping King* was blazoned in lights. One of the posters showed a boy riding a monster of the deep through a stormy ocean. Another depicted a steamy romance.

The girl at the ticket kiosk smiled and gestured for me to go through. Soon I was settled in a comfy padded velvet seat in a private screening room. As dream images filled the screen, I realized I had a choice. I could remain a comfortable observer, or I could enter the fray.

On another morning, after coffee, I decided to try the same method again. This time, instead of going back to the movie house, I found myself drawn to the kind of video store that is almost defunct, thanks to our new instant delivery systems. This video store was

vast, with its products arranged on many levels. On the first floor, dreams were arranged like DVDs on shelves, according to familiar categories — Drama, Comedy, Family, and so on. There was a large Adult section most of whose content was quite unfamiliar to me. I realized that a block had been placed on some of this material, so that it did not reach my conscious mind, or — in cases where the film had been rated I (for Intrusion) was not allowed through during the night.

I discovered sections devoted to my dreams of individual people. I had only to focus on a name or title, and the movie began to play all around me, so I could enter it at will.

On a lower level of the dream video store, I discovered that I could explore dream adventures I may have shared with other people, but had not remembered. I found an immense archive of shared dreams involving each of these people. One was as large as a Gothic cathedral, with shelves rising to the high roof many stories above. I watched several dream movies in each location.



1933 photo of the Victoria Station News Theatre, London

They took me deeply and vividly into scenes of other lives and other times — of leopard people in Africa, of Celtic voyagers in a coracle on a cold northern sea, of a turning castle in a high desert landscape where everything is the color of sand except for the pretty star-shaped flowers, blue and purple, on a terrace.

The dream movies revealed a hidden order of connection in all

these relationships, transcending our present lives.

On yet another day, when I felt impelled to go searching for lost dreams, I was drawn to a building like an old-fashioned post office. It resembled the post office in the rust-belt city of Troy, New York, where I once lived. When I arrived in front of it, in my conscious dream, the sky turned dark. I mounted the high steps, and walked past the mail boxes towards the counters. Most of the steel shutters were down and locked for the night, but one was still half-open. Behind it, I saw letters spilling from pigeon holes and heaps of giant mail bags and packages. A little black woman in a blue uniform hurried to the desk and handed me a letter. I was moved to tears when I opened it and found a message from a beloved family member, long deceased.

When I turned to thank the postal clerk, I realized that I knew her. I had glimpsed her, in half-forgotten dreams, slipping mail through a letter drop in the door of my house, a letter drop that is not in the physical door. She strongly resembles a figure from history I was called to study by dreams I *did* remember — Harriet Tubman, a world-class dreamer who used her visions as maps to guide escaping slaves to

freedom on the Underground Railroad before the American Civil War.

I suspect there are back rooms in my dream post office where there is more to discover. Maybe one of them is like the Cabinet Noir in the old French post offices, where mail judged suspect by the authorities was held for inspection, and often never delivered to the addressee.

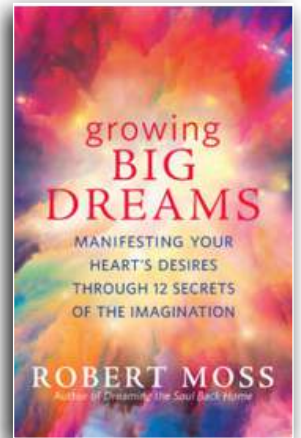
All of which leads to this suggestion: if you are missing your dreams (and your dreams are missing you) try taking a little quiet time, when you won't be disturbed, and announce this as your intention:

*“I would like to go to a place where I can find my lost dreams.”*

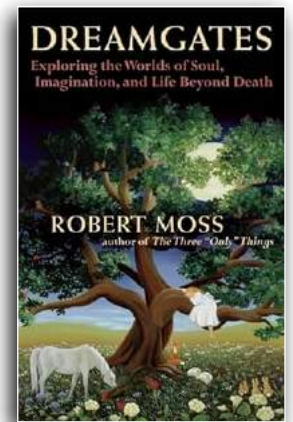
Maybe this will take you to a movie theater, a video store, or a post office, or another place entirely, constructed from your own life memories and suited to your imagination. In whatever form it appears, you will be entering the Office of Lost and Found Dreams.

△

**Learn to recover lost dreams, in my book [Active Dreaming: Journeying Beyond Self-Limitation to a Place of Wild Freedom](#). Published by New World Library.**



[Growing Big Dreams](#)



[Dreamgates](#)

## How ‘Glow Bear’ Got His Name ...or, What did I just see?

Written By Nancy Freier

This innocent looking bear (pictured) had belonged to my mother. I think she won it playing Bingo. When she died in October of 2010, I wasn't sure what to do with him. I had decided to donate mom's clothes and things to a local charity at which my aunt volunteered. When she came to pick up mom's things, my aunt saw the bear, handed it to me and said, "You keep this!" He's been on my bed since.



One night I was in bed. The room was dark except for a neighbor's porch light that shines through my curtains. I was laying there falling asleep when all of a sudden a voice told me to open my eyes. I opened them and looked at the bear. He was GLOWING! I blinked, and blinked again to be sure I wasn't seeing things. I turned the bear around to see where the light source was coming from. I was wide awake by then and even checked him for batteries! I thought, how did I not know he had batteries and glowed in the dark?

Well, there are no batteries, and there aren't any lightbulbs in him, and it wasn't that kind of light that I saw. It was as though he was *glowing from within!* When I turned him around while inspecting him, the glow also 'moved'. It was around his head, then an arm, then a leg! I had to get up early the next morning so, puzzled, I set "Glow Bear" aside and thought, 'I'll think about this tomorrow,' and went to sleep. When I woke up, I sensed that it was time for me to connect with my mother, and thought this was a rather sweet way for her to let me know she was ready to come through.





# What is **Magic** and is it Real?

## Could it drive illness from the body?

**T**here are several definitions of magic, including the following: Magic (supernatural), a category in Western culture distinct from religion and science; Magic (illusion), the art of appearing to perform supernatural feats; and Magic in fiction, the genre of fiction that uses supernatural elements as a theme. To answer your question, we are going to focus on the concept of magic being distinct from religion, illusion, or fiction. Here we will deal with what is truly magical from an ordinary perspective.

When we look at the whole process of life and go beyond our mental programming that views things as just being ordinary, we see the incredible magic and mystery of life. How is it that from a seed or an egg, life forms and becomes a multiplicity of expressions — from humans to animals, insects and vegetation?

The magic of life is all around us, but seems so common that we do not take time to be in awe at the process. In our human aspect, we emerge from an egg, growing into the form of a person — we are born and go through the process of growing and altering shape as we move into adulthood, old age, and then into a process called death that leaves us wondering what happens next to that which began as a sperm and egg?

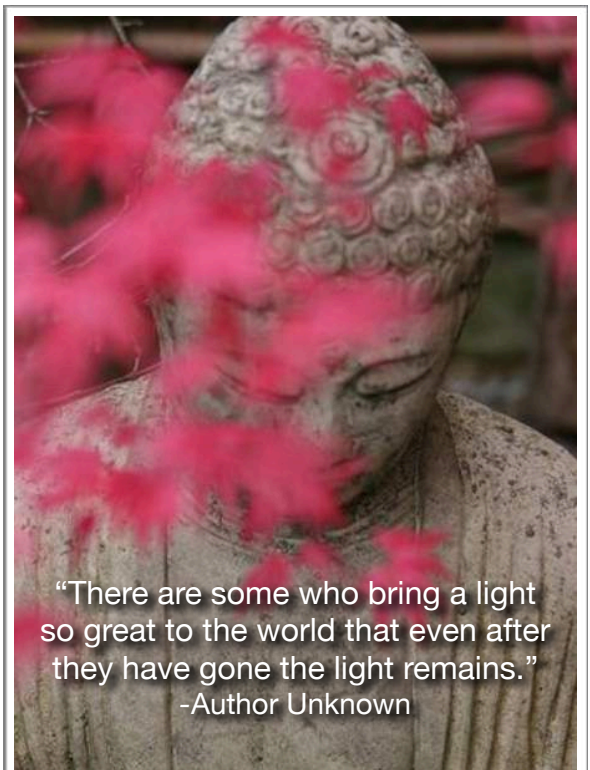
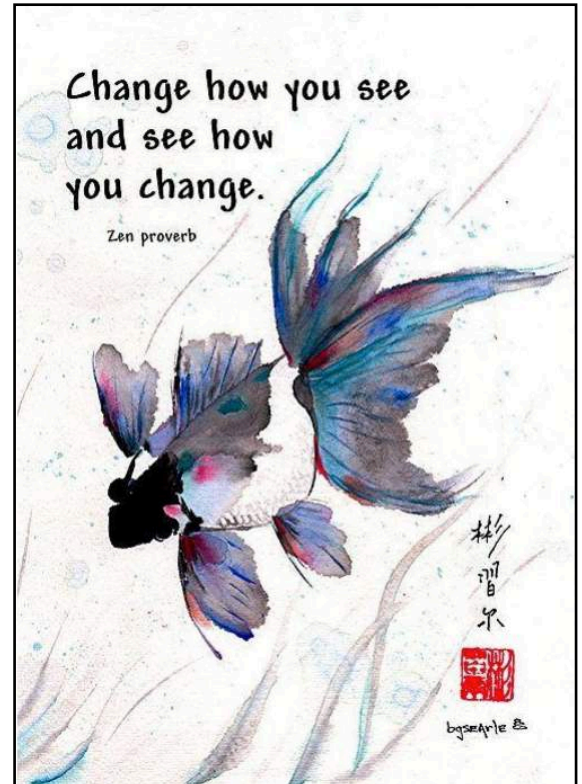
Nature appears even more remarkable. When we see a caterpillar morph into a butterfly, this is magic at its best. When seeds become beautiful flowers or vegetables or trees, we should be in awe at the intricacy of the process, for this is seeming magic when observed through eyes of curiosity rather than sameness. When we see how nature transforms herself through unseen forces that create landscapes and scenic views that leave us breathless, we should stand in awe at the magic of creation.

Magic can be what appears to be illusion, but there are underlying principles that guide all of life, and when we are willing to suspend judgment and open ourselves to the child level of curiosity, we can become not only aware of magic, but the guardians of it. We can become the magicians who co-create, and in so doing, we and the world we live in are transformed.

The mind is a vast thing and not yet fully tapped for all of what it can achieve when fired with intention and given a specific purpose such as this. People have been hypnotized for all kinds of reasons with great success. Understand that all things begin in the thought state and so when altering the thought, the outcome is also altered. All things are possible!



**Kathleen Jacoby was the former Editor of The Inner Voice who made her transition into spirit in April 2019. In her own words she told me that she is “sitting at the feet of the Masters, learning as much as she can about the Greater Reality.”**





## A Shift in Consciousness

### Tear down the old to build the new

It seems that imbalance, disease, illness financial collapse are everywhere. What are we to think since we're supposed to be opening to the new Golden Age? Is there a change in our consciousness that accounts for this strange mix of positive and negative energy that we all feel so strongly? And what do we do about it? How do we hold our center when the world is rocking and rolling around us? I asked my spiritual teacher, Mentor, "What is happening and why do so many people feel lost with no way out of their problems? Who are we now, perennially depressed? Is there a sadness and hopelessness cloud of energy that has settled over the Earth?" I wondered.

Mentor's answer was this: "What do you think it means to change consciousness, Agartha? Perhaps you have the wrong idea. A change in consciousness means that there is a radical pulling apart within your thinking, your emotions and your connection to Spirit as you leave the old and turn toward the new. A change in consciousness is not easy or simple. It may take many lifetimes. The answer is to stop resisting change. If a person is physically ill, don't see that condition as the enemy but as the teacher. What old ideas about healing need to be released? What old feelings about blame, fear and anger need to be sent away? What energy of Love and on-going Life need to be embraced?"

"Think of being born anew, Agartha, it's a new time for sure and the newness is permeating everything and creating this drastic state of personal choice. Choose Spirit – choose the values that you want to live by – live according to the level of refined Consciousness that you're choosing and much of the pain and depression will slide away."

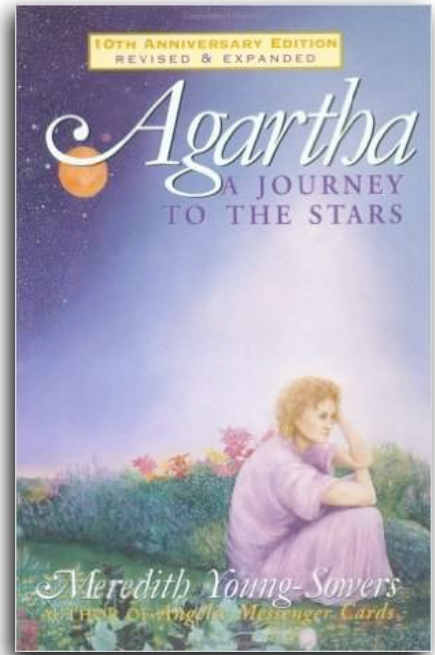
So, it seems from Mentor, that this pulling apart of the structures, ideas and feelings that have permeated our culture are being reworked by the Universe. I think we all assumed we would just ascend into a glorious new state of awareness. Clearly we have work to do first.

#### ~ Meditation ~

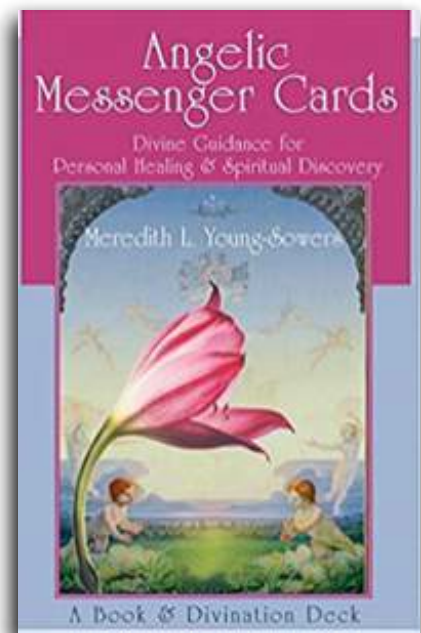
*As you put your hands over your Deep Heart – ask to stay aware of the thoughts and feelings that no longer serve you. Releasing one hand, allow the energy of those feelings to simply float away. Beneath all the fear and pain is the light of your "True Self" wanting to make itself known.*



**Meredith Young-Sowers, D.Div. is the Author of: Agartha, The Angelic Messenger Cards, Spirit Heals, Wisdom Bowls, and more. She is the Founder of The Stillpoint Foundation and School and has become a watercolor artist. Email: [mysowers@gmail.com](mailto:mysowers@gmail.com)**



**[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](#)**



# Life is just a fantasy! Can you live this fantasy life?

Written By Andria Nikoupolis Weliky



**B**efore we “Dive in” I am curious how all of you are experiencing Pluto’s recent ingress to Aquarius. Have you noticed the volume turned up in this area of your chart?

Happy Solar Return March Birthday Babes! Wishing you a most fantastical journey around the Sun!

This month we venture into the oceanic realms of the dreamy and brilliantly colorful underwater land of Pisces. Our first mystical transit of the month begins on March 4 where Mercury in Pisces is sextile to Uranus in Taurus. Classically, Mercury is not comfortable in this dreamy, sensual and opulent, watery wonderland. It can get confused or lost in emotions when it really just wants the facts; defined edges become blurry. However, receiving a sextile from inventive, out-of-the-box Uranus can actually be quite helpful, almost like being tossed a lifebuoy of an innovative nature. We may see new developments,

problem solving or ideas around currency and ways of growing food. This lightbulb moment is to be harnessed quickly as there is an expiration date or best-to-be-used-by date as quick moving Mercury meets up with Neptune in Pisces on the 8th sending Mercury plunging into a vertiginous swirling whirlpool. As dizzying as this can be, it can also be very supportive for those who channel or receive communication through the Clair senses. Surrender to the ethereal depths and tap into all the ways we can communicate without speaking.

March 9 Mars in Aquarius is square Uranus in Taurus ~ This is probably one of the most anticipated challenging aspects of the month. Squares are of the nature of Mars and with Mars as one of the opponents, well let’s just say it’s extra Marsy! Fiery, combative, severing and quick to boil over up against Uranus, the planet associated with shock, surprise and “the wild card,” and with both of these contenders in fixed signs, it can feel like

locking horns with a situation that doesn’t want to budge. Those with strong fixed placements may be more sensitive to this transit. Mindfulness, connecting to the breath and taking a time out is the best way to manage this energy.

The New Moon in Pisces on March 10 arrives with a cooling salve, divine timing to quell the air and divert the martian stampede, shifting the movement to more of a soothing and tranquilizing dance. This new moon may bring a need for retreat, to retract from the overwhelm, refurbish and replenish, especially those super sensitive souls.

March 11, Venus enters Pisces where she is most celebrated ~ All things venutian will be elevated; music, dance, art, wonderment of fantasy and the fantastical. Flounce and fluff, glitter and glitz, dreamy and dazzling, we may find ourselves footloose and fancy-free. In a hypnotic trance, I am envisioning Aphrodite and her posse portrayed by the 80s pop-culture dancing muses coming to life in the opening scene of Xanadu.

March 17, Sun conjoins Neptune In Pisces ~ The fantasy is amplified here with intoxicating waves washing over tossing about in an ecstatic dreamy spin; this twirling fairy tale can also sing a melancholic tune. On another note it can turn up the vibrancy on a heightened sense of spirituality, ringing chimes and bowls with a great resonance for the supernatural.

March 20, Venus meets Saturn in Pisces ~ The jeweled disco ball comes to a sobering halt, the lights come up and the venutian party has ended as



**Dreamy Underwater Realms** – My title for this month is inspired by the lyrics of the one-hit-wonder band Aldo Nova’s, “Fantasy”, 1982

Continued on page 23

Cinderella hears father time ring out a rather deep and rhythmic sonorous tone indicating it's time to get back to her chores; she dashes off before her coach turns back to a pumpkin.

On the same day the Sun enters Aries! Happy Astrological New Year! Happy Spring Equinox! Please, don't be dismayed by Saturn's kibosh on the party, after all, he provides wisdom and structure to implement; rather gather all the delightful inspirations, mix in the fierce fresh focus of Aries and set out on a new mission! Revel in this boost of energy as you venture out with pockets full of sunshine and a bright new vision.

March 22, Mars enters Pisces ~ Our recent quest may be a bit slowed down as we navigate soggy footing or attempt to grab a hold of some slippery fish. A bit of creative tact will guide our way through the fog and set us back on our way.

March 24, Venus in Pisces sextile Jupiter in Taurus ~ Here is that rainbow I was looking for! A silver lining?

Maybe even a pot of gold! Sextiles are helpful alone but to have the two benefics in sextile and in each other's signs, why, you just might want to check your back pocket for that golden ticket! This mutual reception can find us being in the right place at just the right time!

March 25, Lunar eclipse in Libra ~ Are the masses content? Lunar eclipses can speak to a collective uprising. They can also

test stability. Release or invest? Seeds planted six months prior will be weighed to see if they are worth continuing to tend for further growth or tilling up, making space for something new. All the best to you as you navigate the cosmic currents!

△

**If you are curious as to how these transits are unfolding for you or to schedule a Cosmictology reading, see ad below please**



PHOTO: Whirlpool caused by strong Atlantic currents and unusual underwater topography in the Strait of Corryvreckan off the west coast of mainland Scotland

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## Enter the Cave with Prehnite

As we kick off the month of March, we welcome prehnite as our monthly crystal ally. I usually think of prehnite as an ally for fostering a sense of inner peace and tranquility. It reminds me of the importance of spending time outdoors. Nature time is a great way to alleviate stress and anxiety, whether it's a brisk forest walk or a calm afternoon in the fresh air.

I don't usually consider this gentle, peaceful ally when confronted with fear or when challenged to progress in life, or to see something through to completion.

However, this is precisely the guidance that prehnite offered me this month as it lead me to the entrance of a cave.

The words of Joseph Campbell echo in my mind: "The cave you fear to enter holds the treasure you seek."

In 2008, I embarked on my first journey to Peru. During this trip, I discovered new ways to connect with nature, appreciate it, and initiate healing and transformation of the land. This spiritual journey has profoundly opened my heart and, to my delight, has also grounded me in ancient wisdom.

As that journey ended, the Paqos (the Q'ero term for shaman) encouraged us to "bring this medicine home, to heal the lands from where we originate."

I deeply embraced this idea and began reconnecting with the land where I was raised. The first location that came to mind was a favorite park where my family often enjoyed afternoon hikes. This park held historical significance, renowned for its healing spring water, a haunted hotel, and caves filled with glacial sediment. The river flowing through the park was just upstream from our family's ancestral land. While I was always captivated by this park, each visit carried a tangible heaviness. The energy was palpable. Inspired by the

wisdom I gathered during my journey to Peru, I began to spend more time at the park, viewing it from a fresh perspective.

I discovered a large stone on the bluff that resonated with me. It seemed to hold the history of the land, surpassing my own understanding. As I performed ceremonies there, it guided me on how to heal the lands. Then, when my work in this space felt complete, a storm swept through and the stone, which had become so familiar, seemed to vanish.

Occasionally, I would revisit the park to search for the stone. Although I was unsuccessful in locating it, I instead discovered changes, development, and a vibrant energy uniting people. This warmed my heart.

When I started to attune to Prehnite's message for this month, I was brought back to this park, specifically to a location below where that rock once stood. As I stopped and looked up, I observed the transformed landscape. A cave had been unearthed - The Cave of Treasures. My heart expanded as I looked around, taking in everything. It was truly amazing.

While spending time in this space, I found that prehnite was ready for a quick cave photoshoot and eager to share some thoughts.

- Your true nature harmonizes with all of life. Occasional retreats into silence can unveil your inner wisdom. Don't fear, as this wisdom is your greatest treasure.
- You're not required to be active in every aspect of a transformation. Trust that when your contributions come from your true nature, they are enough.
- Significant change happens gradually. Carry a piece of prehnite to support yourself in finding the patience needed to move through the process with ease.

△

See Lori's ad on page 25 for more!

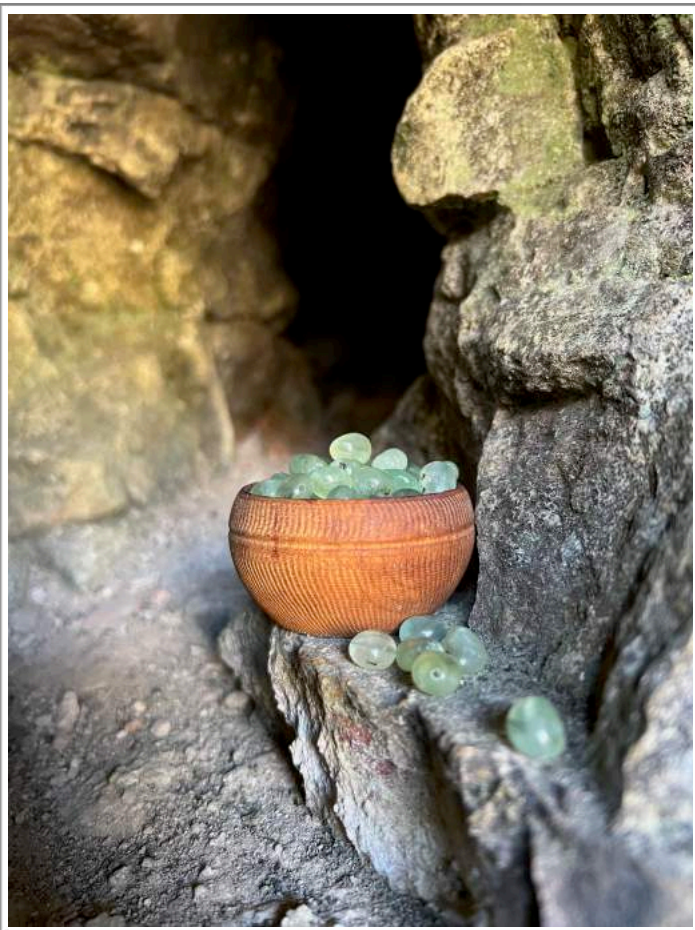


PHOTO: Prehnite at the cave entrance

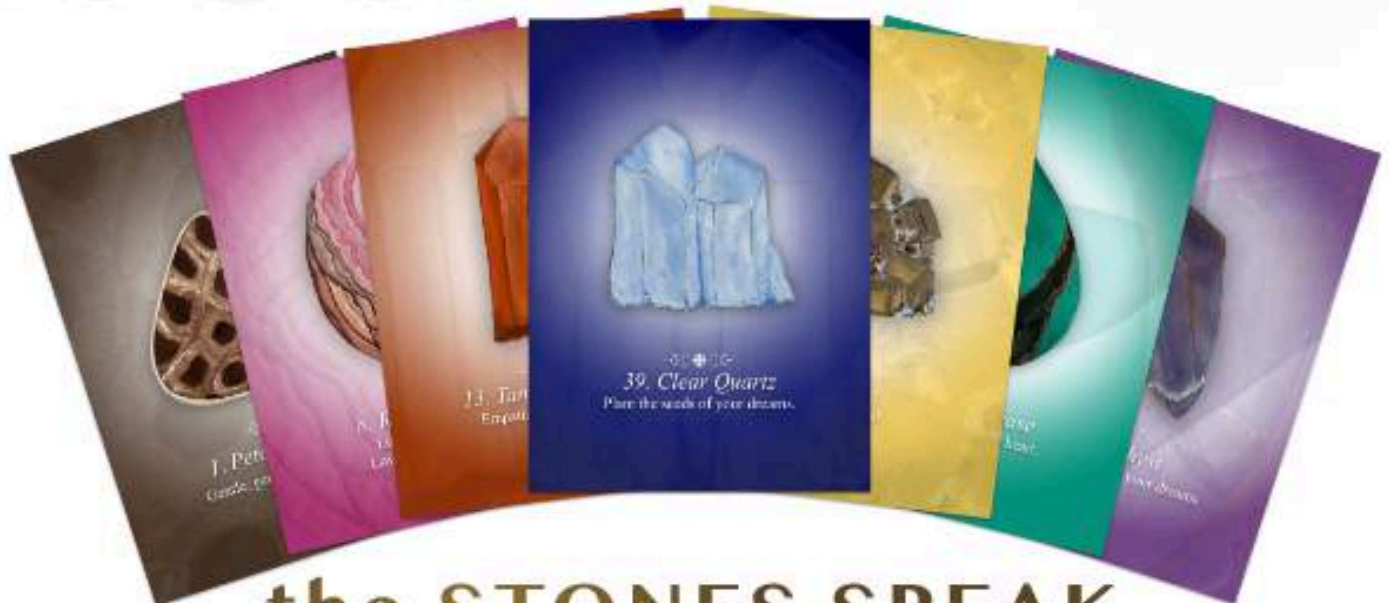




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Presented by  
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New Zealand: 9 am Monday

### Global Gathering Coordinators:



**Wendy Zammit**

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

**Karyn Jarvie**

[karynjarvie@ozemail.com.au](mailto:karynjarvie@ozemail.com.au)



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The Direct Voice Mediumship of Etta Wriedt

### March 10 Mark Ireland

How Men Grieve Differently - Helping Fathers Heal (after child loss)

### March 17 Ann Harrison

My experiences of Physical Phenomena in the 21st Century

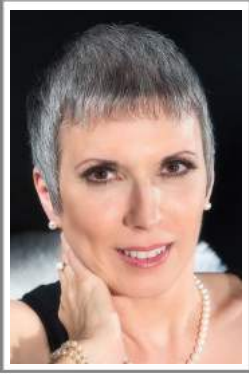
### March 24 George Lockett

A Journey into the Self - Shifts in Consciousness

### March 31 Easter Sunday!

Energy Balancing and Healing  
Community Gathering





# Message #43

## From The StillPoint Within



Written By JA Dioguardi

The battles raging within are reflected onto the world of form. What happens in the realm of emotion is processed through the reasoning mind and externalized. Learning occurs when there is an openness to change and growth; whether this is done individually or collectively depends on the Soul intention(s) of the one or those involved. As a group, human beings have an agreed-upon contract to learn about and transform certain energetic expressions during chosen Earth eras; at the same time, each individuated being is on his/her own journey of evolution.

Talents inherent in one's makeup blend with (seemingly) newly acquired skills; along with the Soul's intentions for a specific journey, a unique life path is created and explored. The variations available are endless though the goal remains constant: expansion through a specific, singular form of service and way of being. Allowing one's own personality traits is an aspect of being human and in form that is meant to bring both learning and joy. Embrace the "quirkiness" of who you are in your unique expression of Soul at this *time!* Cease judgement of the rightness or wrongness, goodness or badness of how YOU are manifested in form. The infinite variabilities of human expression are what makes for such an interesting, expansive experience!

Play, laugh, move joyfully, rest peacefully, and *live* passionately to the fullest while doing/being the spiritual work of Essence. Be grateful for the opportunity that this physical vehicle allows, including the sensual nature of the human organism. The gift of a human body—the gift of Life—is highly valued by all sentient beings. Don't waste a *moment* of available experience on judging oneself (or others) as anything other than a perfectly realized aspect of Divinity manifest in the world of matter! Breathe in the life-giving air of planet Earth, knowing that the breath of God—pure inspiration—is simultaneously breathing you. The fabric of Love cradles us all; the one and the Whole are inextricably entwined. All That Is is unendingly *now*.

△

About JA 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](http://www.jadioguardi.com)



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**Stone of the Month: Lepidolite**  
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# Think What You Could Accomplish if You Devoted Your Whole Self

Written By Joshua Becker

A number of years ago, when my son was 13, we decided to hike Humphrey's Peak, just north of Flagstaff, AZ. The trail is difficult. It is steep and long and extremely rocky. Above the tree line, it exposes you completely to the whims of nature. At 12,637 feet, Humphrey's is Arizona's tallest mountain. The challenging hike was complicated by the fact that we were hardly experienced hikers at the time.

At the bottom of the trail, I remember noticing a number of signs warning of "False Peaks Ahead." I gave the signs little thought as I had no idea what a "false peak" was at the time—and wasn't ready to jump to any conclusions about it being something we could fall off of. So we continued on.

The hours-long hike got tougher and tougher as the mountain got steeper and steeper. Above the tree lines, with leg muscles burning, we just kept walking, one foot in front of the other, with our eyes on the goal. At one point, we could see the top of the mountain. The sight was very invigorating and seemed within reach so we just kept moving. The top got closer and closer. Eventually, as we took our final steps onto the top... I learned what a "false summit" is.

Very quickly, a "false summit" is essentially an illusion of the top of the mountain. From your angle climbing, the summit above you appears to be the top. Except when you reach it and can see beyond it, you suddenly realize it's not the actual peak of the mountain. The trail continues. There is more hiking to do, more ground to cover, and a higher elevation and accomplishment to achieve.

Over the years, I've come to realize my experience with false summits on that hike mirrors life in a profound way. We all have goals —

important things that we want to achieve in our lives. They may vary in specifics from person-to-person and some may be more well-defined than others, but we all hold them.

And while we may not know the specifics of what accomplishment looks like in each of those areas, we have a general sense of how good we can be and how high we climb. But what I've discovered is that most of us underestimate how successful we can truly be.

Just like my son and I, while on the hiking trail, didn't think we could possibly take another step as we reached that first false summit, once we saw that there was more to achieve, we found the drive and passion to continue—achieving more and more with every step.

We thought we knew what success looked like. But we soon realized, if we kept driving forward toward the goal, we could do more than we first thought possible. And life, in many ways, looks similar. The problem is, unlike a dedicated hike on one Saturday in August, the journey of life is filled many days. And each of them with ups and downs, twists and turns, and countless distractions. In fact, the distractions that keep us from achieving our greatest goals surround us constantly.

In the clutter and noise of daily life, distractions are everywhere. From the lure of material possessions, the endless scroll on our screens, the trivial time-wasters available to us, to

the never-satisfying pursuit of money, power, or accolades, these distractions surround us every day. And they quite often keep us from fully focusing our energy on what truly matters.

Almost daily, they hold us back from giving our whole selves to the pursuits that bring real meaning to our lives. And when they do, they keep us from achieving our truest



Continued on page 29

potential in life. On the other hand, just think what you could accomplish if you devoted your whole self to the goals and values you hold most dear. Undistracted and undeterred, you'd climb higher and accomplish more than you've ever dreamt possible.

There's an old quote that goes like this, "Most people overestimate what they can do in a day, and underestimate what they can do in a lifetime." And I believe that to be entirely true. You were designed to accomplish great things. Why would you waste that potential on things that don't matter? Or, as the philosopher Seneca called them: "heedless luxury and no good activity."

Just imagine the possibilities if we cleared away the distractions that consume our days.

What could we achieve if we directed our full attention and energy and resources towards our truest passions?

Whether it's becoming a more engaged parent, a more creative thinker, or a more dedicated advocate for change, our greatest achievements lie in fully committing to our passions. In no longer wasting the one life that we have to live.

Mark Twain once said, "The two most important days in your life are the day you are born and the day you find out why." I like to add a third: "The day we throw off anything that distracts us from that purpose."

So what goal do you need to be reminded of today? What person in your life do you want love better? What problem in the world do you want to solve? What team do you want to lead better? What faith do you want to commit yourself to more fully? What creative endeavor has been on your heart for years?

Go. Chase it. Give yourself fully to it. Because when you do, you will achieve more than you even thought possible. You can be a better father, a better leader, a better spouse, a better advocate, a better artist, a better \_\_\_\_ (fill in the blank however you desire).

Today is the day. And this is your invitation. Let's not let distractions deter us or keep us from the mountaintop. Instead, let's keep climbing, focusing on what's truly important, and discover just how much we can all achieve when we devote our whole selves to it. You just might be surprised how much you can accomplish if you devoted your whole self.

△

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



## No Doubt, One of the **Funniest** Things I Have **EVER** Seen 🤡

Written By Nancy Freier

Some years ago when I lived alongside the Milwaukee River, I heard the wild honking of a flock of Canadian geese. I looked out the window and saw them coming in for a landing on the frozen river, their feet outstretched to land on what they thought was open water. They tumbled and slid as they hit the ice, flapping their wings and banging into one another, making quite a racket as they struggled to come to a stop. Perhaps the lead bird was trying to tell the others, *Pull up! Pull up! It's frozen!*

I shared this with my then editor, Kathleen Jacoby, and it inspired her to write this: "Nancy's experience of watching the surprised geese got me thinking about how important it is to know what we're jumping into. As the geese prepared to land on water, the approach was far different from it would have been had they known they were going to land on solid ice. You can visualize that in your own mind... One approach has you ready to jump into something fluid, thereby maintaining speed and



pushing yourself forward. The other has you gently lowering yourself so that your feet touch lightly upon the ground. Each approach is appropriate for the respective landing site. When we use the wrong approach, the results can be painful. The geese demonstrated a basic law of physics in a hilarious way."

"How many times can we look to our own lives where we have mistakenly come in for a landing without full knowledge of what we were jumping into, only to fall on our faces, or do our best to maintain dignity in the face of a mistaken approach? Like

the geese, we might be tempted to honk loudly, but as humans we have the capacity to learn from our mistakes and not repeat them. That's the beauty of the journey...we get so many opportunities to do things again and again to refine our understanding of what is needed, and if we're fortunate enough to learn from our mistaken approaches, we can calibrate our response so that we choose the landing pattern for each situation that will be just right."

△



# Powerful Results Happen When Combining Feng Shui with Angel Guidance

Written By Nancy Freier

I love offering life enhancing angel guidance combined with some feng shui ‘magic’ to help people move into their next glorious stage of relationship, work, health, creativity, and more. Let me begin by sharing one of the first descriptions I read about feng shui after hearing about it back in the early 90s, written by Terah Kathryn Collins, Author and Founder of the Western School of Feng Shui:

*The popularity of feng shui, the Chinese art of placement has been practiced in China for thousands of years. Its popularity in increasingly dramatic in the West as people discover what extraordinary changes it can make in their lives. Not only are individuals enjoying the benefits of improved health, happiness and prosperity in their homes, but even companies are rearranging their work areas according to feng shui principles and increasing their business.*

*Feng shui is founded on three basic principles. First, all things in our physical world are filled with living energy called Ch’i. This includes things we think are “inanimate” such as buildings, furniture, machinery and land. Feng shui views our homes and workplaces as living “beings” whose aliveness can support or undermine our success, health and happiness.*

*Second, all things are inter-connected by Ch’i. We share a relationship with everybody and everything in the physical world. This gives a whole new importance to things such as our personal possessions, our neighbors, and our communities. Feng shui maintains that the quality of our relationships with all people, places and things can hinder or enhance our health and happiness.*

*Third, the Ch’i in all things is constantly changing. We witness change every day in our bodies, our states of mind, our families and in nature. Feng shui suggests that we use the dynamic quality of Ch’i to our advantage. We do this by allowing the arrangement and décor of our homes and offices to change with us.*

The goal in my work has always been to “to help people heal and live a happy life.” In the 70s I was trained as an interior designer. I worked in the field for many years, but intuitively felt an important design factor was missing. The angels spontaneously began to communicate with me on the day my sweetheart died unexpectedly in 1986 to help me through the grief. I promised that if I got through it alive, I would help others. I became a channel for the angels to help people heal and live a happy life" and have been doing readings since the late

80s. To share the news, I began publishing The Inner Voice in 1993 ~ at about the same time I also heard about feng shui, and soon after found the Western School of Feng Shui®, the “missing piece” I had been looking for!

I have found immense benefit combining Angel Guidance readings that help light the way through challenges and feng shui which guides a person to make pertinent environmental changes in the physical that creates a higher alignment with their heartfelt aspirations to enhance their life.

Everything is connected with everything else, including me and the varied services I offer ~ as well as you and your goals in life. My work uniquely combines the angels answering your concerns as well as a feng shui analysis on how your home is affecting you and what needs to be done to enhance your environment to support you in manifesting your goals.

For example, when a client desires a consultation to find or improve the relationship with their life partner, I call on the angels for their guidance to reveal the wisdom and awareness to make the changes the client needs at that time. I also survey their home, particularly the relationship area(s), analyzing the space with my intuitive “feng shui eyes.” This can reveal what is blocking them from attracting the romance they seek. And here’s the fun part ~ I then make corrections to adjust the energy of the space using feng shui enhancements that my clients love!

## **Miracles happen when combining my psychic ability and angel guidance with feng shui**

A woman called me to stage her home to sell it. I couldn’t help but notice her home was set up for a single person, meaning all of the artwork depicted one woman as the subject matter, single woman statuary and paintings, and several singular objects placed throughout the house. I also couldn’t help notice how sad she was. To ‘stage’ the dining room, I found a beautiful, but dusty hand-blown glass bowl in her basement. When I reached for it, she burst into tears saying that her husband had given it to her as a gift years ago and the memory of that happy time made her sad. With tears rolling down her face, she admitted the reason we were staging her house to sell, was that they were getting divorced, and she didn’t want the divorce.

I thought to myself, not only was I there to stage the house, I added the priority of ‘saving’ the relationship to the list. During the initial walk-thru, I could see that many details inside the house did not support nourishing a healthy relationship. It was set up with too many reminders of singleness and separation. I

Continued on page 31

cleaned the dust off the glass bowl, and took it upstairs and set it on the center of the dining room table. You see, she had never honored his gifts, likely causing him to feel that she didn't love him. We removed her 'single-lady' painting in the foyer and replaced it with a colorful and lively painting of a happy couple dancing. We exchanged the singular items with pairs of things, including some of his beloved objects. The overly large living room had a cold and uninviting vibe. I noticed there was no place for two people to sit comfortably without having to shout across the room. I rearranged the furniture to create a cozy seating arrangement. The last thing that she needed was to buy a couple of stools to stage the kitchen island. I worked at a furniture store at the time and invited her to stop by the next day to choose the perfect stools.

**Results can be immediate!**

She reported that her husband called her that morning "just to say hello," something he hadn't done in months! About a month later, they called me back to help them figure out where to place their new larger flat screen tv. She told me that her husband loved what I had done and didn't want to move anything without me there! They were holding hands and calling each other sweetheart and honey. A few years later I saw her at a grocery store with her wedding ring still on her finger, telling me they have been living happily ever after! ∞

For my business owner clients who want to increase their clientele and wealth, I ask the angels for their guidance on what they can do. I also analyze their desk, office or the space where business is conducted. My feng shui eyes see what is in the way of their experiencing the success they want. I make any necessary feng shui adjustments to get the Ch'i and the business flowing in the right direction.

I visited a young businessman who was in the early phase of his website design venture and was paying high rent for his office, located on the top floor of a prominent high rise office building. I suggested he remove the excess clutter of old computers and equipment that was taking up precious space in the all-important 'command position' of the room where his desk and chair needed to be! I told him if he did so, his business would "go through the roof!" A couple of months later at a business meeting on a project we were both involved in, he walked up to me waving BMW keys in my face, thanking me! He had moved his desk and his business went through the roof allowing him to pay his rent and buy his dream car! ∞

In the interconnectedness of all things in life — your goals, your wildest dreams and your wishes for happiness — are all related to you and your physical environment. Take advantage of every tool available to help you harness the Ch'i and invite into your life ever-flowing abundance, love, and much success!

**See ad below for Special Offer!**

## Harmony By Design

A unique intuitive design service that uses and the dynamic quality of Ch'i, the 5 elements and my sixth sense to bring your home into optimal harmony, comfort and balance.

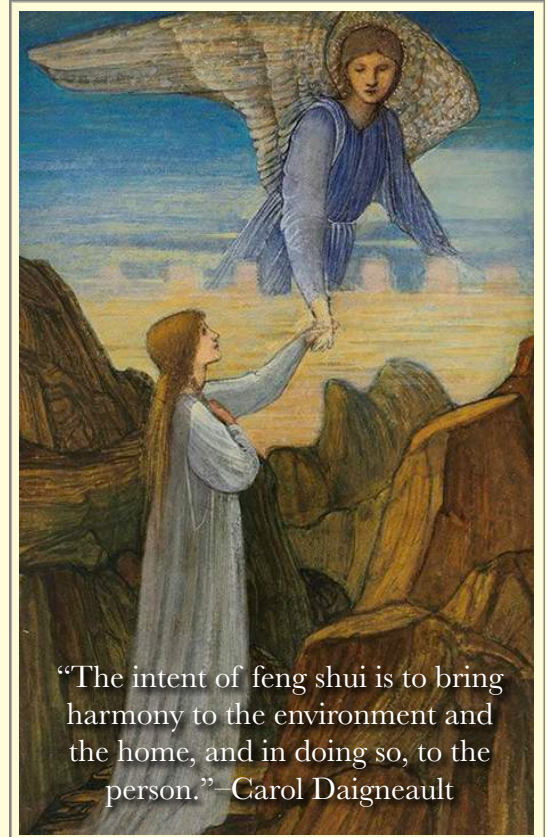
**I invite you to contact me to schedule a FREE 30-minute phone or video chat to learn how my services can help you! Email: [nancyfreierdesigns@gmail.com](mailto:nancyfreierdesigns@gmail.com)**



**Nancy Freier  
Essential Feng Shui®**

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

Be sure to visit the blog page!



"The intent of feng shui is to bring harmony to the environment and the home, and in doing so, to the person."—Carol Daigneault

A Helping Hand - Artist unknown

*Get a Reading!*



## *Angel Guidance Readings with Angel Medium Nancy Freier*

If you're experiencing a challenge and need the Angels' unique perspective to understand and resolve it, get a reading! The Angels see the bigger picture of your life and where you're heading, and they are ever-present to wisely and lovingly guide you through whatever you are facing. Mediumship readings bring you messages from those on The Other Side of the veil. Readings are available written through an automatic writing technique, or verbal via phone, Zoom, or Messenger by appointment. Get a reading! Email [NFreier@aol.com](mailto:NFreier@aol.com)

### *Welcome to the Angel Guidance Group*

Nancy leads the group into a growing awareness of those in the higher realms and the ways they guide us through the lessons and challenges we face. Join us as we explore the methods of communication, share our enriching experiences with spirit, and discuss enlightening Q&As with the Angels. The term "angel" may have roots in Christianity, but they are whatever you want them to be ~ Messengers from the higher realms of spirit who come to guide us.

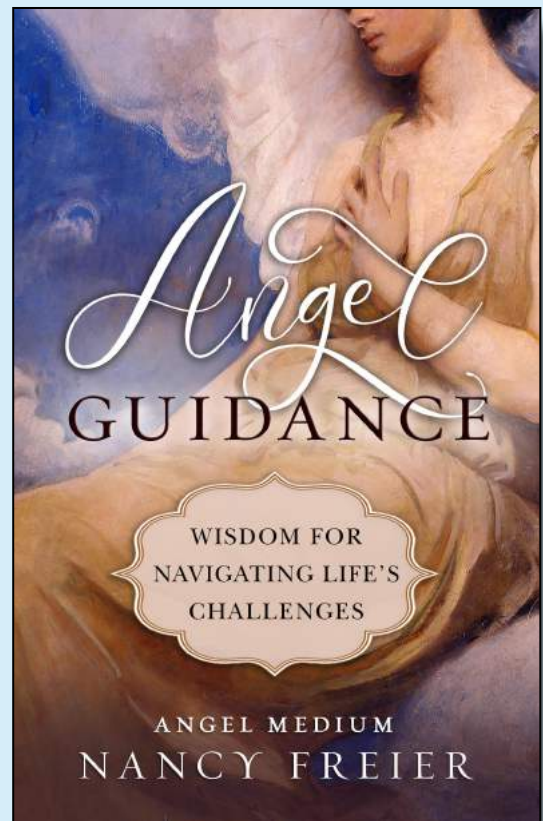


**Sat. March 9 @ 1pm CST**

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

**[Click HERE to Join](#)**

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



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

*Book includes over 150 questions asked of the Angels. The universal nature of their responses will inspire you to heal body, mind, spiritual and emotional issues facing us today.*