

The Inner Voice

A Source of Light For Unfolding Consciousness • February 2022

For the LOVE of Pets



Animal Communicator
Lynn Schuster

Angel Talk:
The Rainbow Bridge

It's the Lunar
New Year of the
Water Tiger

“Rain of Light”

Artist Bettina Madini said this about the cover painting: “A gush of flowers dancing in the breeze, as from a sunset sky, brightest light rains deep reds and burgundy, combined with gold, pink, white and a dash of aqua composed ‘Rain of Light’ in a joyful flow of energy. I love exploring what desires to show up, without sketches nor defined ideas. With my paints, brush and canvas, I went on a journey, and, again, discovered the exquisite beauty of flowers and the devas and fairies that surround them.”

Bettina studied Fine Art in Luxembourg at the Ecole d'Art Contemporain and at the National Academy of Fine Art and Design in New York City. Her search for expressive color and light has led her on a journey encompassing watercolor, oil, acrylic, pastel and silk painting. In 2018, she launched her own line of Wearable Art labeled *Magical Bodies*.

Rain of Light Original painting; acrylic on canvas, 48 x 24 \$1,200



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Use code **VOICE22** at checkout now thru February 14, 2022!

www.BettinaMadini.art
 Link: <https://bit.ly/3AB4ZhD>

In This Issue...

*Inspirations for Healing
 Body, Mind, Spirit, Heart & Home*

- 3 Events at Golden Light Healing Retreat Center**
- 4 Angel Talk: The Rainbow Bridge**
- 6 The Other Betty White by Steve Freier**
- 7 Poetry Corner by JA Dioguardi**
- 8 Interview with Animal Communicator Lynn Schuster**
- 10 Chrysocolla Opens Your Inner Voice**
- 11 Ad: Lori A Andrus / Crystal Shaman School**
- 12 Kathleen Jacoby: What If Everything is Perfect?**
- 13 Astrology of AQUARIUS by Barry Kerr**
- 14 Creative Corner by Pat Gullett**
- 15 Innerview By Cherrie Hanson**
- 16 Practicing Mindfulness with Beverly Brunelle**
- 17 Event ~ Spring Forward Summit**
- 18 New Year of the Tiger! by Karen Abler Carrasco**
- 19 The Divine Triune By Stacy Schuerman**
- 19 NEW! Life, Death and the Afterlife Discussion Group**
- 20 Anahata: Healing the Heart Center by Gigi Stafne**
- 21 Ad: Gigi Stafne’s Green Wisdom / R.I.P. Betty White**
- 22 Stream of Love mp3 / Subscribe to TIV!**
- 23 Ad: Essential Feng Shui**
- 24 Use Love Like a Magic Wand by Dana Claudat**
- 25 Pet Potpourri**
- 26 Free Clutter Clearing Workshop with Denise Linn**
- 27 Ad: Lynn Schuster Animal Spirit Talker**
- 28 Ad: Free Spirit Crystals / Ametrine**



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Nancy Freier
 Publisher
 Editor-In-Chief



Steve Freier
 Co-Publisher
 Website Design



Beverly Brunelle
 Consulting Editor

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Thank you!

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We would LOVE to hear from you! Email your thoughts and ideas to: theinnvoicemagazine@gmail.com

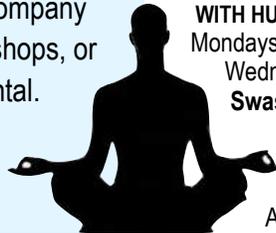


Your Hosts
Amy & Dave Wilinski
920-609-8277

Golden Light Healing Retreat Center is an oasis of peace and healing nestled amid 200-acres of prairie, fields and forest just 15 miles from Green Bay, Wisconsin.

We offer workshops and sessions in Shamanism, Reiki, Mediumship and Psychic Development. Our mission is to empower others to connect with their own healing capabilities and psychic intuitive gifts.

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DREAM • EXPLORE • DISCOVER • GROW



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MISTS OF IRELAND TOUR

October 2-11, 2022
 Be pampered on this luxury journey which includes 4-star superior accommodations including a two-night castle stay, ceremonies at ancient sacred sites with local guides and shamans, traditional & gourmet meals, small private group travel throughout the tour, and much more!



AWAKEN YOUR INTUITION
 February 9, 6:00pm-10:00pm, \$99

ANCIENT IRISH SHAMANISM WITH AMANTHA MURPHY FROM IRELAND!
 March 27-29 or April 1-3; 9:00-6:00pm

Rejuvenating Qigong Retreat with Lorrie Formella
 May 6-7, Friday 4:00 pm to Saturday 4:00pm

DRUM MAKING WORKSHOP with Dave Wilinski
 February 12, 2022
 9:00am - 1:30pm

YOGA CLASSES WITH HUNTER WILINSKI
 Mondays 4:45 pm and Wednesdays 5:00 pm. \$15
Swastha Sequence with Hunter Wilinski.

A sequence different from anything offered in the area. Create alignment in your body, mind and spirit with this 60-minute nourishing flow, suitable for all levels. Although the bones of the sequence do not change from class to class, no two classes are the same as there is always room to add creativity and challenge.



REIKI LEVEL I TRAINING
 March 19; 9:00am-4:30pm

REIKI LEVEL II TRAINING
 March 20, 9:00am-4:30pm

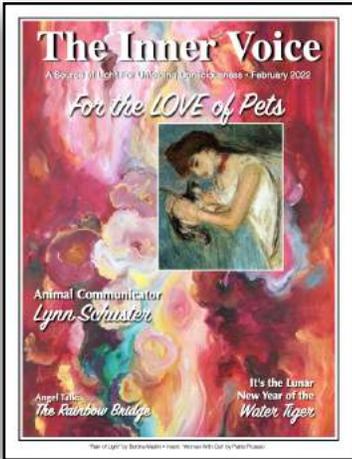
REIKI MASTER
 March 18; 9:00am-4:00pm
 Includes apprenticeship.



WHISPERS ON THE WIND SHAMANIC PROGRAM
Group #25: May 11-14, July 27-31, Nov 2-6, 2022, Jan 4-8, 2023
Group #26: Aug 17-21, Nov 30-Dec 4, Feb 8-12, May 17-21, 2023
 Are you searching for the meaning in your life? Would you like a deeper connection with nature and the spirit world Please join us for an intensive training program in shamanism, energy medicine and self-transformation.

We meet four times over 12 months. You will learn core energy healing techniques including power animal and soul retrieval, clearing of past life and ancestral imprints, connecting with the forces of nature, ceremony and ritual, and much more!

Register online now for our Workshops and Sessions www.glh.as.me



Dear Readers,

This issue is an emotional tribute to the love connection we have with our pets ~ those precious beings who tug at our hearts until they break ‘em open.

Angel Talk is my personal story of my kitty’s passing some years ago and what happened soon after he was put to sleep. Talk about emotions ... read the interview with Animal Communicator Lynn Schuster. You will laugh and cry on the same page!

Humor is good medicine for the heart so go ahead and laugh at yourself reading Cherrie’s take on “Someone To Love.” Gigi Stafne explains the Heart Chakra and its Energetic and Emotional Intelligence. Really cool insights!

NEW this month! We are offering some events to attend: Bev Brunelle is co-presenting a free virtual summit on Feb. 25th (page 17). Steve Freier is co-hosting an open discussion on “Life, Death and the Afterlife“ on Feb. 17 in Sturgeon Bay (see page 19). I am offering live Readings (page 5) and virtual feng shui sessions called “Romancing the Bedroom” (page 23).

And, one more thing... here is something you can do to increase peace and love in your interactions and communications with others. Before you go into a meeting or before you speak to someone ~ especially if there’s been a conflict, send Love to that person or situation. You will see magic happen! Then write and tell me the story!

Nancy

Angel Talk™

Pets Open Our Hearts to Love

By Nancy Freier and the Angels of the Great White Light



The most difficult thing I ever had to do was say goodbye to my beloved kitty Rhett Butler (aka “B”) after 16 sweet years of his love, companionship and purring in my ear. If you have ever had to put your beloved pet down, you how heart-wrenching this is.

B was suddenly ill. There was no advance notice, not even a clue. I was in a state of shock driving him to the vet that morning. B shivered on my lap as I watched him already slipping away. The veterinarian took some blood samples and in a little while came back to explain B’s chances for survival. My tears welled up

as he explained the test results. When he said, “The humane thing to do is to put him to sleep,” I burst into tears. Was I making the right decision? I was in agony, shock and grief.

It was a busy waiting room and I felt rushed in saying goodbye to B. How do you say goodbye forever? At one point the vet’s assistant came and took B away. Oh, the sting! You could say I freaked out realizing I would never see B again. I wasn’t finished! How could we be finished? How would I live without my kitty?

I cried a river of tears all the way home. B was gone and I didn’t know what else to do but pray. I asked the angels to arrange a visit from B’s spirit whenever the time was right. Funny how we always want to know that our deceased loved ones are okay.

A friend and I went for a walk to work off the restless anxiety I felt. Suddenly, a little bird flew from a tree and into a plate glass window to his death. Wow, just like that he was dead! What could be the meaning of seeing this?

The angels explained, “Animals, particularly your beloved pets, have the purpose of opening human hearts to love. It is much easier for humans to love an animal than another person for the simple reason that animals live in total unconditional love. They are made of pure love and can only emanate that which they are.”



To heal my grief, the angels said to become completely quiet and ask in prayer to be connected with B. “*Know that your kitty is with you now as he was before. He was a great teacher for you ~ just look at how open your heart is to knowing true love! And now,*

thanks to your friends in the animal kingdom, this love can be extended to others. Keep your heart open, for your pets live there still. Be happy for them in their new freedom, and celebrate their life instead of their passing. That is their wish for you.”

A day or so later while searching the Internet, I discovered a website for grieving pet owners and discovered a very touching short story called, *The Rainbow Bridge* (See page 5). A copy of it was also enclosed in a love-filled sympathy card sent to me from the kind

Continued on page 5

people at the vet's office where B was put to sleep. (See inside of card on page 5.)

So, here's the miracle... two weeks later my prayer to have a visit with my beloved kitty was answered. I had a dream in which B was sitting next to me on lush green grass at a park by a river. The visit was so vivid and real I could feel his love for me. But it wasn't until I told the dream to a friend that I realized I was describing a park in Oshkosh, Wisconsin where I played as a kid when visiting my grandparents, called RAINBOW PARK! *B is waiting for me at Rainbow Park!*

An affirming chill ran through me. It was all I needed to know in my heart-of-hearts that the place referred to as *The Rainbow Bridge* is a real place. I am certain that B is there having a ball while he waits for me, as your fur angels wait for you.

△

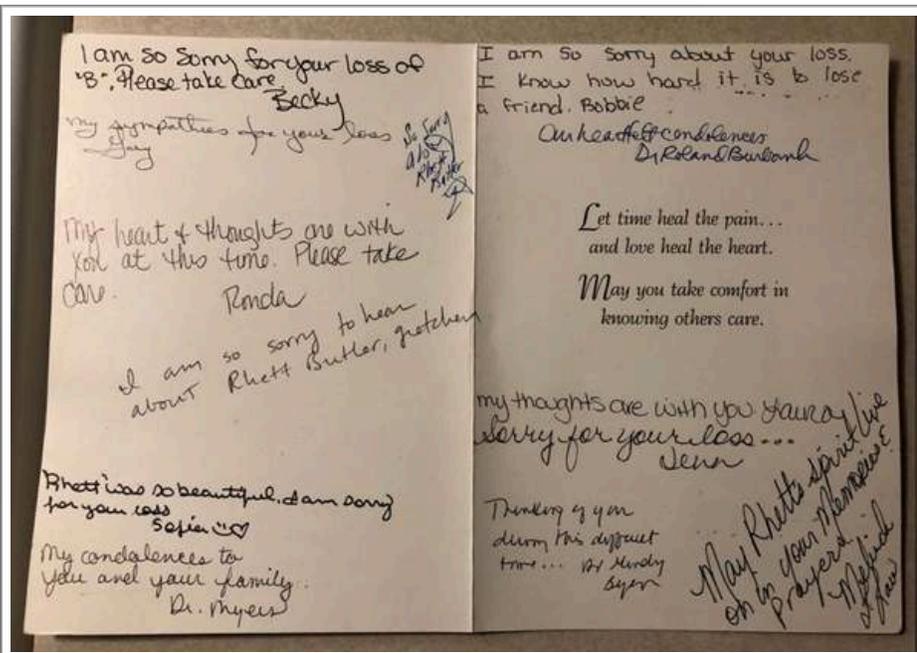
Just this side of Heaven is a place called The Rainbow Bridge

There is a bridge connecting Heaven and Earth. It is called the Rainbow Bridge because of its many colors. Just this side of Rainbow Bridge there is a land of meadows, hills, and valleys — with lush green grass.

When a beloved pet dies, he or she goes to this place. There is always food, water and warm spring weather. The old and frail animals are young again. Those who were sick or maimed are made whole again and they play all day with each other. There is only one thing missing... their special friends who loved them on Earth.

Each day they run and play until that day comes when one of them suddenly stops playing and looks up. Their nose twitches, and this one suddenly runs from the group. YOU have been seen, and when you and your Special Pet Friend meet, you take him/her in your arms and embrace. Your face is kissed again and again, and you look once more into the eyes of your sweet, beloved pet. Then, you cross the Rainbow Bridge (into Heaven) together, never to be separated again.

- Author unknown



Look at the show of LOVE in the sympathy card sent to me from the vet and staff.

Angel Medium

Nancy Freier

Services offered:

Angel Guidance Readings

Shine expanded light on your path so you may move through life's challenges and choices with more clarity, ease and wisdom.

Mediumship Readings

Connects you with loved ones in spirit. Readings bring through the angels' unique perspective and compassionate wisdom.

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Learn to listen to *the inner voice* of your angels and guides. Private classes 'live' on Facetime.

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Vibrational remedies from Mother nature that address the root of the issue.

Essential Feng Shui® brings

peace and happiness into your home, finances, relationships and more. See page 23. In-home and virtual consultations are available.

February Special!

A 30-minute Relationship Reading "live" on Facetime by appointment. Price is a donation in any amount. Offer good thru Feb 28.

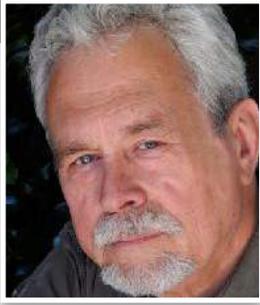
email:

NFreier@aol.com

visit:

www.NancyFreier.com





The Other Betty White

and Some Synchronicities of the Ouija Board

Last year my longtime blog crashed. However, I was lucky enough to be able to save most of the content. Recently I started to reconstruct the site on a different platform. It's a work in progress, but it is a 'good work' because it is compelling me to re-read and re-consider what I have written and it's meaning in the bigger picture. To me, the books represent puzzle pieces and have become a sort of a game to discover what the pieces represent as part of the assembled picture.

For example, I have long been fascinated with The Betty Book series, the first of which was simply titled, *The Betty Book*, published in 1937 by her husband and famous adventure book author, Stewart Edward White. He kept the source of the channeled information a secret, which of course was his wife Betty, because in those days "excursions into the world of other consciousness" might taint your reputation, especially if you were a card-carrying member of San Francisco's exclusive Blue Book high society.

It was at a party in the 1920s that Betty first became conversant with things

metaphysical when she was conned into trying her hand on a Ouija Board. As it turned out, she was a wiz at it and soon learned automatic writing, followed closely by voice channeling. After her husband Stewart published a couple channeled books along the same lines, Betty passed on to The Great Beyond herself.

What would he do now without Betty?

Lucky for Mr. White, he had read an earlier channeled book, *Our Unseen Guest*, by Darby & Joan. Darby & Joan also began their communication with entities on The Other Side via the initial use of a Ouija Board. Stewart had become friendly with them and soon Joan was channeling Betty White! Through this association, Mr. White was able to compose and publish the most famous book of The Betty Books, *The Unobstructed Universe*. This book held a great fascination for me as well, so much so that I named my blog site after it.

What is synchronistic about all this is that I later discovered that the Whites lived close to where my Kathleen (Jacoby) and I lived in neighboring Hillsborough, California. Further, I

discovered that Kathleen, in her first marriage, had lived about a mile from the Whites in the San Mateo Park area! What is even more synchronistic is the fact that Betty White died on April 5, 1939, and Kathleen was born on April 5, 1944! I can't help but wonder, did Betty White come back as Kathleen?

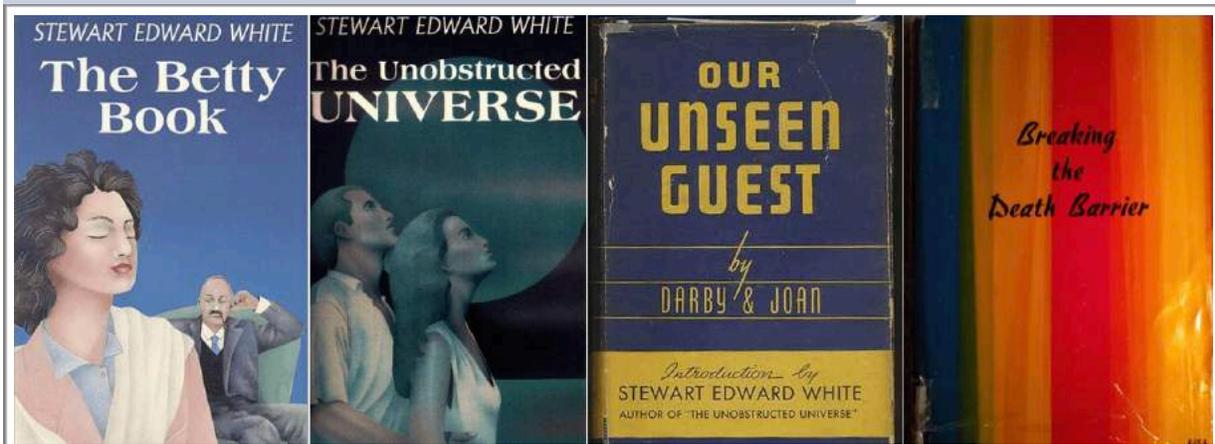
Kathleen was spiritually advanced and even held salon-style group sessions in her home back then to discuss spiritual topics such as Theosophy, the work of Madam Blavatsky, and much more. If you look at the overall tenor of what Betty White was interested in; it was higher level spiritual concepts, as well.

Another book I found which synchronistically overlapped my research and interests was, *Breaking the Death Barrier* by Lisa (who obviously wanted to remain anonymous). The book was released in 1974 through a local publisher in Southern California and is super rare now. The gist of the story is as follows:

In 1945, as WWII was ending, Lisa, while 'playing' with a Ouija Board with her friends, received clues indicating that her husband, a pilot, may be injured or dead. The clues included the Hürtgen Forest and Aachen, Germany. She was

What do these books have in common?

Continued on page 7





understandably upset. Then, about four months later she received official proof from the War Department confirming the clues provided by the Ouija, that her husband had died in the Battle of Hürtgen Forest!

After Lisa had recovered sufficiently, she and her dedicated group of lady friends continued to work with the Ouija Board. In time they made contact with a spirit by the name of Betty White whom they had never heard of. However, Betty provided solid evidence of her existence. They were told to go to the local library and look for The Betty Books! They were also given the names and editions of a couple of popular magazines to track down which contained certain articles to read pertaining to psychic phenomena. Everything checked out and so they became convinced that Betty White was the ‘real deal’ who had once lived in a body and was now a sincere and reliable source of information from which they could ask questions and learn about The Other Side.

Many critics have given the Ouija Board a bad rap. However, you could say the same thing about the dangers of driving a car without proper training. Therefore, I present to you a fine book written along these lines, [The Spirits of Ouija: Four Decades of Communication](#) by Karen Dahlman. This is a fascinating book, comprehensive in its scope, and most likely one of the few substantial modern day books about the use of the Ouija Board. I have a full review of it on my blog site [here](#).

△

Steve Freier is a researcher and book reviewer of metaphysical topics. He is also a professional video producer and has a YouTube Video Podcast Interview style program (in the works). He is a resident of Door County, Wisconsin.

Email: sgfreier23@gmail.com

Primary Website: www.myunobstructeduniverse.com

Love Through Time



I feel you deep inside of me
as autumn days grow cold;
yours is the face I want to see
when winter’s frost takes hold.

As springtime’s hopeful days arrive,
I’m cradled in your arms;
when summer blossoms come alive,
I’m captured by your charms.

There isn’t any time of year
when I don’t think of you.
And whether you are far or near,
my love is ever true.

Though oceans may keep us apart
(or even lifetimes, too),
it won’t undo what’s in my heart —
warm memories of you.

For each of us, there is someone
who cannot be replaced.
And even when this life is done,
our souls are not erased.

We travel hand in hand through time
and heart to heart embrace
a purity of love sublime
that always leaves a trace.



About JoAnn Dioguardi in her own words: “I am a Cosmic Consultant for Change whose mission is to help others see the possibilities available to them so that they are inspired to create a joyful life that honors the intention of their soul. I inspire, teach, and heal via the vibration of my words.” For more of her writings visit: www.jadioguardi.com

A Conversation with Animal Communicator Lynn Schuster



Interview Conducted by Nancy Freier



Lynn with Izzy. Photo courtesy of Lynn Schuster

Nancy: *Tell us your story! How did you begin your intuitive work of talking with our pets animals?*

Lynn: When I was a little girl, I talked to the animals. I probably talked to my Angels and High Guides, as well. I was aware that I had many friends in the unseen world.

At age 7, I realized that no one in my world communicated with animals or angels the way that I did, and like a switch I turned off my ability. I was not aware of it at the time, but when I made the decision to not use my spiritual gifts, I began to suffer from depression. As an adult, a counselor helped me determine that the “low hum” I felt for most of my life was low-grade chronic depression. That really resonated with me and as a result, I learned how to soothe myself through deep belly breathing and meditation.

In 2002, my good friend, Sue, asked me if I would like to take a Reiki Class with her. I had no idea what Reiki was, but thought this would be a great opportunity to spend a weekend with my friend. I found out that I love Reiki and as a result of trying something new, I became a Reiki Master Teacher.

My Reiki teacher, Rebecca Moravec was also a Telepathic Animal Communicator. I loved her philosophy and the way she worked. I had the privilege of studying with her from 2002 until the time of her transition in December of 2014.

From the time I took my first class with Rebecca, I knew that I was on the right path. I began communicating with the animals, both domestic and wild, on a daily basis. I was open to learning more about such subjects as Breathwork, Past Life Regression, Soul Retrieval, the Lower World where the Totem Animals

reside and the Upper World where the Akashic Records are stored. I began visiting these places. With the help of my High Guides and the Angels, I could go deeper into meditation more easily and consistently.

Nancy: *I find it interesting that we can go within, call on our Angels and Guides, connect to them and listen as they lead us to the next step to take. In your case, it lifted you out of depression and into a glorious new life working with the animals!*

Lynn: Yes! As a Telepathic Animal Communicator, I began using these practices with the animals, as well as with my human clients. What surprised me was that some of my animal friends showed me that we travel in the same Soul Groups and that we have been together in past lives. For example, my horse, Izzy has helped me heal trauma through Past Life Regression. In 2012, I needed to have hip replacement surgery. Prior to surgery, and during meditation, I would ask my body about the emotional attachment that I had to the physical hip pain. Since the Root Chakra is in the hip area, I asked my Guides to help me heal any emotional trauma regarding feelings of safety and security regarding family and relationships.

One day, Izzy told me that she was my horse in a past life. She was a gelding and we were very close. His name was Rusty. I was a male about 22 years old. Rusty and I worked on a ranch and one day we left the range earlier than the other workers. As we cantered up to the ranch house, we saw that the barn was on fire. My friend’s son was playing with matches in one of the stalls and when I tried to rescue the boy, I burned my hip on the stall door. I was unable to save the

Continued on page 9

boy's life. Although I still needed hip surgery in this life, I was able to heal effects from the past life, and the physical healing of my hip in this lifetime went better than expected.

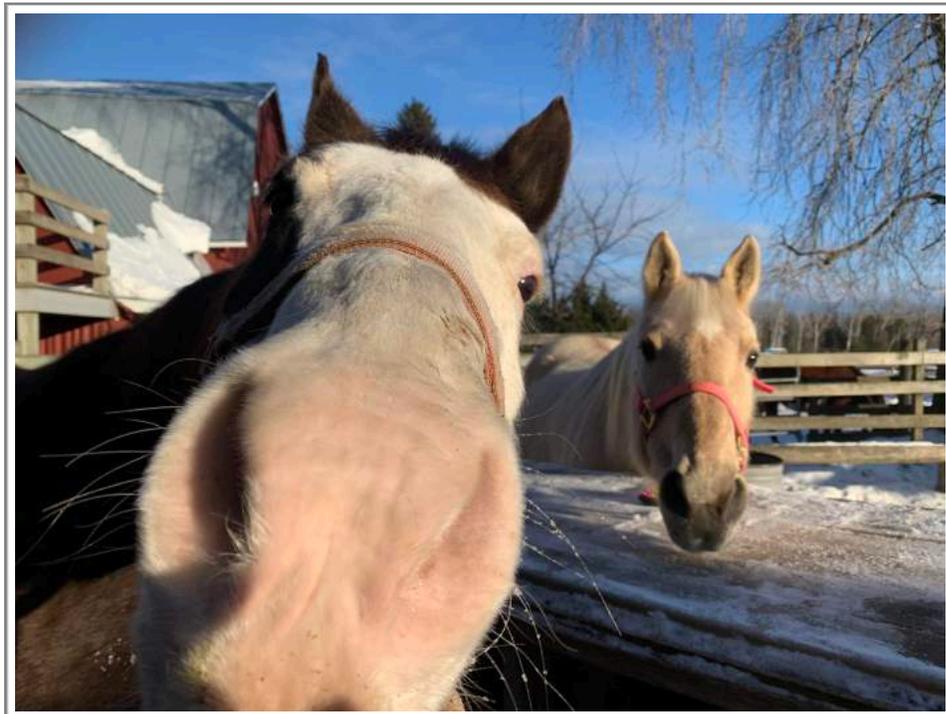
Nancy: *Wow, that's an amazing story! In my work, often times the angels reveal the root of our present malady is an unhealed carry-over from another life. From the animals' perspective, what is their intention with humans?*

Lynn: Love. It's always about bringing in love in all of its facets... compassion, empathy, joy, selflessness, peacefulness, courage, and so on. I truly believe that through the animals, we can transform the human race. The animals mirror us in so many ways. Their goal is to help us heal, to strive for unconditional love. They show us this in so many ways.

In 2011, I asked my Angels and Guides to help me create a better and more understanding relationship with my younger sister, Marci. I didn't know how this would happen, thus my plea to my Guides and Angels. But I knew that the desire to create a better relationship was very strong within me. A short time after I made the plea, my mentor, Rebecca asked me if she could give me her beloved horse, Boo. Rebecca suffered from cystic fibrosis. The barn was too dusty and she could not breathe well enough to spend as much time as she wanted to with Boo. It was an extremely loving gesture on her part and one that totally broke her heart.

Rebecca exemplified pure selflessness and unconditional love.

Marci lived on a farm and had horses of her own and had years of experience with them. At age 52, Boo would be my first horse and although I love horses and had been around them often enough, prior to Rebecca's request, I had no intention of being the guardian of any horse. But the experience presented itself... on so many levels. I would have a new, beautiful and loving companion and I could ask for Marci's help. I would need to rely on her to teach me about the care and feeding of horses.



Boo and Izzy. Photo courtesy of Lynn Schuster

It was through the horses that Marci and I mended our relationship. (Sometimes we mended physical fences together too!) I was able to let go of preconceived notions and began to see my sister as the loving person that she truly is. We both let go of fear, anger and resentment and began to truly enjoy each other's company. I have learned so much from this experience and it was through the horses that made it so.

Our Angels and Guides are all around us and they speak to us in many ways ~ especially through the animals. There are examples everywhere in daily life where our animals show us unconditional love. The best part of my job as a Telepathic Animal Communicator, is the feeling of a heart opening.

Our animals are really good at holding space for us. They will share their hearts with us when we are unable to love ourselves. They comfort us when we are sad and run joyfully about when we are happy. They behave in ways that make us laugh when we need to remember our sense of humor. Sometimes they teach us valuable lessons by mirroring our own behaviors. They teach us about compassion and responsibility to each other and to ourselves. They teach us

about our own behaviors and help us to make changes in our lives.

Nancy: *Tell us about the benefits and how these precious beings help us heal?*

Lynn: Some of the best examples of the animals helping us to heal have come from my animal communication classes. The students bond during class, not only with each other, but they also experience deeper bonds with their animals.

One student was able to alleviate some of her dog's anxiety as they talked about the recent transition of one of their other dogs. Both human and animal were able to soothe each other through the love in their hearts.

When we listen to what our animal companions have to say, we get a deeper understanding about ourselves, our habits and the way our behavior affects others in our lives. Guiding animals and people in creating huge shifts in their lives on a deep, soulful level is what brings incredible joy to my life.

Nancy: *And to me and my readers! Thank you for bridging the gap between us and our animals, and for all you do to spread love in both worlds.*

△

For more information about Lynn and her work, with animals, see her ad on page 27.



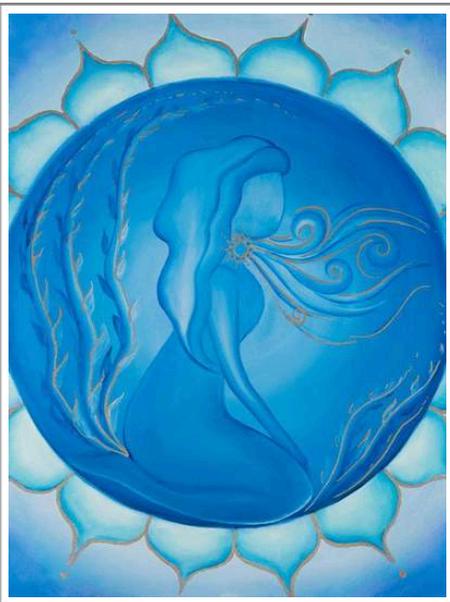
Chrysocolla Opens Your Inner Voice

With an open heart and expanding wisdom, it is time to reclaim your voice. This month, Chrysocolla is an ally for opening the throat chakra. It will help you to reconnect with, and courageously express, your voice of inner wisdom. This little lovely sings with the sweetness of pure self expression.

I know this can be scary. I silenced myself, my truth, my inner wisdom, and my knowing for much of my life. As a child, I witnessed and experienced deep trauma because of it.

Life is filled with defining moments. Some are empowering. Others are disempowering. Either way, they leave an imprint. They prompt us to write a story of belief about life, a story about what we believe is possible (or impossible) for us.

One defining moment in my life was when I promised myself to never talk about my traumatic experiences. I consciously chose silence, then I stayed silent in an effort to protect myself. And my rebellious middle school self believed



Drawing by Lori A Andrus showing an open Throat Chakra

that denying these experiences would prevent them from affecting me.

That year I had strep throat five times. I denied my truth. I denied my voice. I lost my voice. That choice was much more defining than my middle school self could have anticipated. It was not until many years later, when I stepped onto a healing path, that I began to realize the gravity of that decision.

Slowly, as I sank deeper into my own healing, I began to unravel the ways it affected my life. Layer after layer I honored my experiences. Little by little, I reconnected with my inner voice. And slowly, I reclaimed my authentic expression. This has not been an easy journey, but along the way it has been lined with the magic and sweetness of self-discovery.

On quiet winter evenings I loved tuning into speakers who powerfully shared their stories and wisdom. Their eloquent and heartfelt expression inspired me. I could feel my own heart expand as their words freely flowed. The pure expression of truth, love, and wisdom does that. It opens our own hearts to our own truth, love, and wisdom. I deeply longed to express myself so freely.

Their expressions inspired me to get curious about how to nurture my voice. I began asking myself, "What are the ways you can bring voice to your experiences, your truth, and your wisdom?"

Sometimes that was through a piece of art. Other times it was through jewelry creation. And still other times it was by simply writing down everything I was feeling in my journal.

Expression flows through us in many ways beyond our words. It is present in



Chrysocolla opens the throat chakra allowing authentic expression

the ways we look at each other. How we see and recognize life. It flows through the way we hug a friend or loved one. It is alive in the food we make, the ways we decorate our homes, and how we choose to dress. The more we choose to say yes to the ways our soul longs to be expressed, the more easily we find our way to the words that are authentic and natural.

Authentic expression is such an important part of these changing times. Each one of us is here to offer a unique contribution to the unfolding of a New Earth ~ and do this as we gently listen within and honor the ways our soul longs to be expressed.

Chrysocolla is an ally for confronting the next stage of self-expression. Full of sweetness, this lovely stone will awaken a sense of joy and play. It will help you bridge the love in your heart with the wisdom of your soul so that your inner voice may flow joyfully and freely.

△

For more information about Lori and her services, please see Lori's ad on page 11.



LORI A ANDRUS

Artist - Spiritual Guide



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the Sanctuary Circle is a membership for soulful visionaries ready to rise.



Join Lori for fresh weekly episodes of the **Crystal Shaman Life Podcast** Available on Apple Podcasts, Spotify, and more.

Lori A Andrus is an artist and wisdom teacher. With great joy and deep commitment, Lori artfully blends her background as an occupational therapist with nearly two decades of study and practice in the areas of spirituality, earth-based healing, ceremony, and crystal wisdom.

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

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



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What if everything is perfect?

I woke up one morning with what I noted as my normal level of anxiety and thought about the world and all the turmoil that was going on, and suddenly I thought, "What if the world would be at peace?" and that thought made me feel a little calmer.

And then I thought, "What if I could be at peace within myself?" and that made me calmer still. And then I thought, "What if there is nothing to be afraid of; what if there is really nothing to fear?" and that made me even more calm. Finally, I thought, "What if there is nothing to worry about?" and I felt an inner sigh of relief and release, and my anxiety level dramatically decreased.

So, I enlarged on the idea of "What If?" and used it throughout the day. I've used the concept with my health as well... "What if my body is actually really healthy?" "What if my eyesight is actually perfect?" "What if my blood pressure is normal?" And beyond that,

"What if everything that is happening is absolutely perfect?"

All of these questions do not threaten the subconscious programs that are running. When I make a flat affirmation statement like, "I have perfect health," there is a little gremlin deep inside that says, "oh, you think so?" and it falls flat and feels phony. However, by posing a question, this allows the subconscious and my psyche to entertain possibilities without feeling the need to defend a particular viewpoint.

When negative "what ifs" come up, I have learned to immediately change them. This, of course, is especially hard when I hear news of disasters and watched the unfolding horror that was the tsunami in Thailand, flooding in the East, and Sandy Hook. I felt very unsettled by those events, but then got back to the "What If?" questions that included, "What if God is using disasters as a way of showing the world that we are not living in harmony with nature or with one another?"

It's as though all these dramatic examples are given to show us that we have to find different, non-polluting ways of living. And, if I remember that life is our school room, then the tragedies unfolding are taken out of the moment and put into a larger context.

If it is true that who we really are lives forever, then coming in and going out of life is just part of the process we go through. We are in varying grades and stages of growth that offer opportunities and

challenges that help us grow.

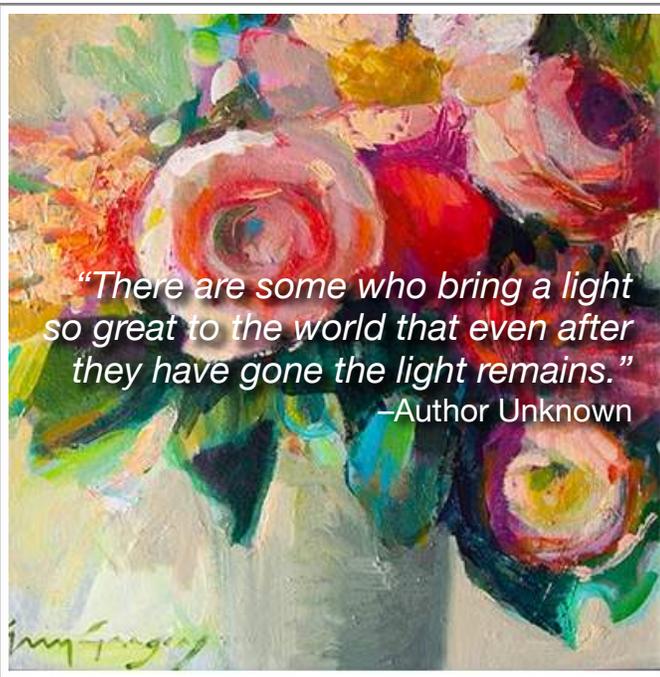
Losing our loved ones feels awful because we miss them so much and want to be with them, and the truth is, we will be with them again. This is just Boarding School or Reform School. It is not the true realm of our Birth. It is our *home away from home* where we all have the opportunity to learn and grow and release attachment to things that bind us and hold us back from shining the light of God in the way that our unique selves are created to contribute.

Each life is a furthering of our unfolding and reuniting with the wholeness that we truly are. The rest is the ways and means that get us there. So as we see one another through eyes of compassion, and events as ways of waking us up, we can each find the arena in which we can make a difference. We can turn the negatives into positives, and we can become creators who imagine a world we *want* to see. It all comes down to choice.

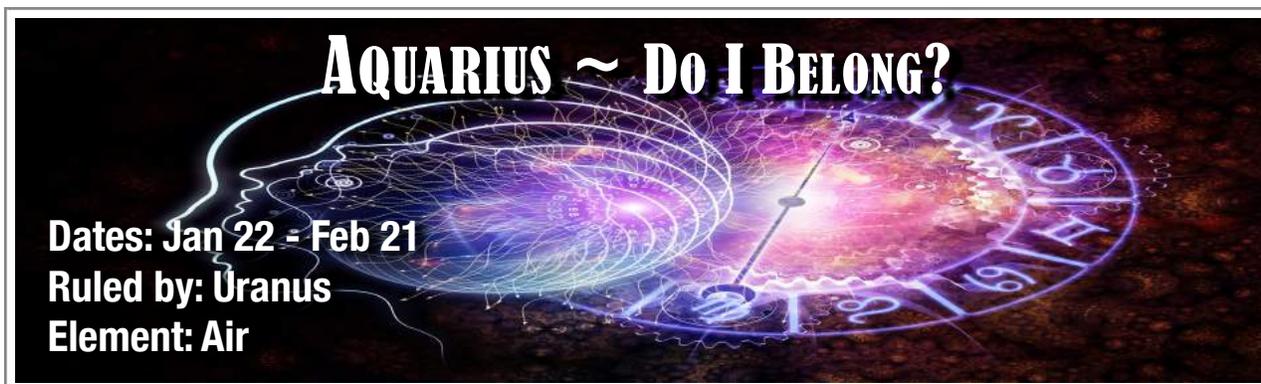
Do we affirm the "what ifs" that are harmful, or do we affirm the "what ifs" that are liberating and the soil in which brilliance and new ideas are found? By seeing the world as a grand possibility, we open ourselves to our creativity, and by affirming that everything is working for the betterment of life, we participate in making it so. We become the imagineers who design a new way and a larger view that encompasses the best of ourselves rather than the least. We expand our "What ifs" to "Why Not?" and everything becomes possible!

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



Painting by Erin Gregory



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

What Is Aquarius's Intention?

Last month, Capricorn invited us to step boldly into the world of society, take responsibility, and manifest our visions. Now, Aquarius is here to show us this is always a team effort. Uranus, ruler of freedom and individuality, prompts our intuitive awareness toward seeing ourselves objectively, as part of a greater organism of humanity. Oh Aquarius! What now?

Our inner Aquarius knows, intuitively, that the authorities and rules of the status quo are temporary agreements reflecting the limited understandings of our human senses, which change as consciousness evolves. Thus, in Aquarius we strive for the "ideal," but feel rejected or weary when the world doesn't "get it." We know, in our hearts, that we are all in this together, as equals. Aquarius's spiritual intention is to teach us how to remain true to our own unique vision while also blending in with others, collectively, as a team.

Through Aquarius, we learn objectivity, equality, group participation and serving humanitarian causes. We learn to relate to others as whole individuals, not just as how they serve me, recognizing them as special, just like me, even as they are diverse and different from me. We learn to share our intuitive and unconventional ideas and encourage others to do the same. This further taming of our ego

creates friendships, camaraderie and a sense of "belonging." We begin to experience the oneness of humanity as an extension of self. This mirrors, in our human experience, the reality of unity in our divine existence.

Our unconscious Aquarius, in a misguided attempt to feel the "belonging," may yield too quickly to peer pressure, thus losing individual will, waiting for others to prompt our decisions and actions. This can feed into a collective authoritarian grip on our social and political society. Or in fear of belonging, we may run away from confrontations, detach from emotional situations, aloof and waiting endlessly for more information.

What needs healing and growth?

Our Aquarius ego can often feel like an outsider, estranged by the rest of humanity, feeling very different, like something is wrong with us, with no place in the world. For comfort, we might purposefully try to stand apart by being contrary, eccentric or rebellious, thus feeling in control of our aloneness. Yet our innate drive for connection keeps us trying to belong. Instead of real and intimate friendships, humanitarian causes or technological webs might dominate our social life.

From this position as "outsider," we are forced to look at the world more objectively, to discover why we feel alienated, and eventually see a much bigger picture of our place in the world. Our intuition informs us of how the outer world reflects the complexity of our inner being and we gradually feel more

integrated and connected to others and to the whole. Eventually, the synergy of human spirit feels like home.

What Can I Do This Month?

To heal and evolve your Aquarian self, pay attention to how well you do in groups. Do you strive to understand the group, or do you insist on getting your own way? Can you follow your own heart and still work with a team, or do you do what's expected in order to feel you belong? Do you treat others as whole and special, or do you only see them as serving a particular function? Do you honor your intuition? Are you open to creating win/win situations? In a world that falls short of your ideals, can you still feel your loving connection to humanity and know you have a place?

To see how this month of Aquarius affects your own Sun Sign [click HERE.](#)



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



New Moon ~ New Beginnings



New Moon, New Beginnings can be eased into gently with 3 Basic Steps. First, make room for the new. Physically throw out all that no longer serves you. Whether it's old shoes, troublesome printers that never really worked right, or copies and plans for a future that is no longer you. I did all of the above. Lightening the load! So many things have shifted over the past 2 years that it really wasn't a hard call once I set my mind in the cleansing direction.

Secondly, connect in some way to honor the child within you. That little person you were, approached life in their truest form. I always read, made art, and wrote stories in my own world. I entertained myself for hours with puzzle books, drawing and coloring in my sketchbook, and making up stories about my adventures around the house. Ask yourself what your inner child would love to do today. Without the world out there, your inner world is all that you dream it to be.

Another connection to consider is the enriching love of an added pet to your life for companionship, play, and adventures.

We were so lucky to have had a rabbit, Bunkers, aka Cinnamon, for 10 years. She was our first leap in the morning, our play break in the afternoon, and our good night gentle stroke. Each creature has a its own full personality, who loves to be part of you, who seeks companionship as much as you do, and who loves unconditionally.

Plus, especially during winter months, remember the birds or whatever animals live around your home. Our ravens and blue jays welcome us each morning as we leave leftovers on the 'Offering Stone'. The larger ones really love the past due, defrosted, raw turkey burgers. It's a



"New Moon, New Beginnings" ~ Painting by Pat Gullett

delicacy, along with the moldy cheese, or old bread.

I'd buy 'raven' bread, just the cheapest loaf I could find, to give them all something when the ground is frozen with snow and ice. The smaller birds clean up the crumbs. But everything we put out there disappears. Also, it puts on a great show as I watch from a distant window.

Thirdly, remember what [Mary Oliver calls the Third Self](#). I love her thoughts and poetry about nature, but this one is especially true for the creator within each of us. Besides the 'worker,' who does their job habitually, which is all well and good in the world, and the second 'child self' which is a part of us forever, there's a Third Being that will thrive if we give them attention every day.

The Third yearns for a listening time. They love a personal sanctuary where they can experiment, explore and discover new parts of themselves, away from distraction. So find your quiet time, seek an animal you love, and move forward in life.

Δ

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





Wanted: Somebody to Love!

If you haven't fallen in love by age 40, then you are seriously behind schedule and missing out on the love of your life.

Here comes the dreaded Valentine's Day reminding us to "love the one you're with" because we often take that person for granted. The question for the singles is, how can you enjoy this day in February if don't have anyone?

Cheer up baby, the love of your life has just been located!

For decades I was a hairstylist and a high priestess in the confessional of insecurities. Put most women in front of a mirror for an hour or two and there is going to be some self deprecation. And some experience delusions of grandeur; constantly playing with their hair, or making fish lips in the mirror. That constant checking, checking, checking, isn't the real deal either. It was a on a few rare occasions that I saw a woman beam with self love or gratitude for their physical gifts.

I saw a meme recently that quoted Dr. Gail Dines, one of the leading anti-porn scholars/activists in the world, that said, "If tomorrow, women woke up and decided they really like their bodies, just think how many industries would go out of business." While that may be true, there is profit in insecurities and consciously or unconsciously we support the adage, "Stay young and beautiful if you want to be loved."

We beat ourselves with measuring sticks and gorge on images of hypersexualized perfection. It's like having low-grade depression, or an infection you can't shake. However, by the time you've moved around the sun 40 times, you should know better. You should have

fallen in love with yourself by now.

At half-life it's time to start fussing about what you have instead of what you have not. If you deny what you have, then you are not in the moment, which is the recipe for misery and non-existence. Feeling beautiful, sexy, jaw-dropping, hot ~ whatever you call it, is of great

importance. You just have to get there with what you've GOT! Get it?

Once upon a time style was limited. Busting out of the mold was not validating. There was safety in being current and conforming: blonde, skinny, parts that should be big and parts that should be small. However, at this point in fashion history, it's *all in*, and you pull it off by being confident. We are freer now more than ever to express ourselves without judgment or ridicule, and that includes every detail that you were created with.

Compare fashion trends to the cornucopia of shapes, sizes, colors, and composition of our bodies. Is there still a narrow target of what looks good? When are we going to believe that all manifestations are cool and acceptable? How about, the bigger the schnoz (nose) the better? Let's get steamy for some



thick, chubby thighs! They can be so charming and sexy. Or go crazy for big hips that form a cushy cradle for the one they love. Sometimes my acne scars look like extra dimples, and who doesn't love a face full of dimples? A little split between the front teeth drives me wild. So don't fix that.

Adore your parts and participles and others will too. Sing this song to yourself: "Listen to me baby, hear every word I say, no one can

love you the way I do, because they don't know how to love you my way... you give me feeeee-ver"

A few years ago I opened a fortune cookie that simply stated, "The Greatest Love of All – Self Love." So this Valentine's Day, let me remind you emphatically to love the one you're with.

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Cherrie Hanson is Program Director at Interfaith Conference of Greater Milwaukee, a 50-year-old nonprofit organization consisting of 22 member faiths and denominations. An explorer of human diversity, she creates programs that foster understanding, mutual appreciation and social causes. Cherrie is also a fine art photographer, vocalist and musician who uses talent as a means to attain individual authenticity.
www.bubblesink.photoshelter.com



Shine Your Love Love Your Shine



In every moment you have the option to choose to shine the magnificent light of love within you for your own sake and to free your inner wisdom, creativity and inspiration in relationship with others. Shining is a way to love your unique self into the world.

Shining self love and expressing your deeper truth aren't always natural reflexes. It is very common to respond automatically without really noticing you have not tuned into a deeper truth. Some of your creativity, inspiration and wisdom may have been safely tucked away for most of your lifetime, not to be seen or heard by you or the world.

The magnificent loving radiance within you, originally installed filters and beliefs to guide you through life for decades, maybe even lifetimes. When they remain unquestioned they become unconscious norms.

All our ages, stages and ancestral influences are part of our current existence and have a great unconscious influence over us. It's like we each have secret operating systems that run automatically behind the scenes, informing us to be alert, be protective, be afraid, be quiet, etc. They block us from really tuning into the current dynamics and needs of the moment, and potential creative options.

On automatic, our reference points are from the past being played out with new faces of family, friends and work associates. We continue to fight old battles that protect and prolong old wounds. What we think is our current truth is actually based on strong and

subtle past dynamics being played out over and over again like living in our own private "Ground Hog Day."

I invite you to wake up from past dream time into a Heart Light meditation to access new freedom, to gently shine your love within, and to love your *shine*.

Heart Light Meditation

Take a few easy, deep breaths and focus your attention in your heart space. There is a light of love there. With each breath invite your heart light to expand and soften its glow to fill your whole body with a marinade of its unique love light. Take some quiet time with this practice. Notice what you feel.

In your meditation, invite your younger ages, stages and ancestors to gather, to breathe into their *heart lights* along with you. Invite all the heart lights to marinade those aspects within that have felt unsafe and unprotected... the scared, numb and hopeless,...and all the limiting beliefs generated from those experiences. Take a deep breath and notice what you notice. If you like, you can expand your inner love light to embrace them in the most exquisite love marinade where magnificence, potent, updating movement can take place for all.

When you feel ready, thank them for showing up. Ask if they have any messages for you. Again, notice what you notice.

When complete, thank them again. Bring your heart light into your heart space. Open your eyes and be totally present in your body and in the room. Take a few deep breaths and relax.

What new movements do you feel within? Journal those pearls of wisdom from your meditation. A higher alignment takes place just by entertaining these possibilities.

By being with the innocent wisdom of your younger selves and the decisions made then that you have been attached to, new levels of true self-acceptance and true safety emerge. Deep transformation integrates into the past. New clarity and freedom allow expanded access to new, higher realities available in your every moment. You can update your perceptions to what is more true now.

You are at choice to truly shine your love once you are out of the unconscious trances that bind you to old perspectives and old, unconscious patterns of believing, relating and living. You can clear sources of these "trances" of living other people's influences, dreams and expectations ~ to become free for the brilliance of *your Being* to shine. *Shining* means acknowledging your own love and wisdom, and being at choice to have expanded access to new, higher realities of possibilities in every moment ~ *and living it out* into the world!

△

Beverly Brunelle is an Intuitive, Energy Worker and Teacher. She is a guest speaker in the February 25th FREE online Spring Forward Summit 2022, page 17. Check out Bev's "Stream Of Love" mp3 Meditation, page 22. Learn more and receive free meditations at www.beverlybrunelle.com

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Happy New Year of the Yang Water Tiger

By Karen Abler Carrasco

On February 1, 2022, we enter the Yang Water Tiger year. Hopefully you worked with the 2021 Yin Metal Ox year's energies to plow the ground of your lifestyle well, clearing away rocky and weedy obstacles to future growth, because here come the big rains! Lay down a thick mulch of nurturing self care early on this year to absorb and benefit from the outpouring of this passionate, active, strong Water Tiger year. The freshly turned earth of your accomplishments last year needs a well-packed layer of clear boundaries so that the compelling force of the Water Tiger's reign, and rain, does not wash it all away.

Self confidence is the key to thriving this year. This requires knowledge of one's True Self and a steadfast dedication to defending it. The last two years of Metal element energy pushed us into defining and refining what works for us and what hampers us in our quest for Self-fulfillment. Metal years are all about clarity and boundaries; they highlight the sharp distinctions between the yes's and no's surrounding us. Water years are when those clear divisions become wavy and blurred. This year we are being called to plunge deeper, and hold fast to the inner anchors of honesty, integrity and truth-telling, no matter how the outer world tries to dilute our resolve, to tug us into its stronger current, away from our truest selves.

Toward this end, the powerful, passionate Tiger year offers the bold self-assurance we need, if we can embody its positive qualities. The Tiger is a fierce master of its territory, defending its boundaries with swift, graceful precision and unapologetic self-interest. It acts



alone and is very protective of its independence. Tiger energy is bold, ambitious and impulsive, but never capricious. The underlying motive of the Tiger is always self preservation.

The Tiger energy of this year will support creativity, imagination and travel. Here are where the qualities of boldness and audacious confidence can foster growth. When making plans for movement or change in your life this year, consider how the tiger in its quest for food acts. It lies silently in wait, sometimes for hours, until the correct moment to pounce ensures its success. Tiger energy is therefore boundless, because of its ability to first be still, gathering strength and weighing options. When it does leap forward, it has all the power and confidence to attain its objective with seemingly uncanny precision. The outside world sees only the hunter's startling action, yet it was the hidden hours of

patient calculation where the real work was done.

So cultivate this unique skill now. When faced with life choices this year, be very patient during the process. Take time to relax into the watery unknown that always precedes action. Include some luxurious rest, or a long meandering stroll out in nature, before making a move. Rather than stressing over any periods of uncomfortable uncertainty, which characterize Water years, settle more fully into your own True Self, which exists beyond the pushes and pulls of the external society. In the "Deep Lake" of the Self there are surprising quantities of talents, skills and wisdom. Water years such as this one are when we are encouraged to bring these qualities to the surface, to be shared with honesty and integrity. It can feel scary. We risk being

Continued on page 19

Water Tiger from page 18

misunderstood or even rejected. Because Yang Water years bring floods of emotion and public drama, any threats to personally thriving this year spring from self doubt or hesitancy in declaring our boundaries. Empaths beware, resist the temptation to take on more passengers or cargo than your boat can carry this year.

Again, this is where the Tiger's reservoirs of strength and brilliant

survival skills provide the necessary anchor. We can sink deeply into this Yang Water year because we are supported by a wave of very personal, self-focused CONFIDENCE, if we will choose to "grab the Tiger by the tail" and swim towards our goals. Seek out whatever "floats your boat," carefully imagine it, patiently affirm it and then sail out into the experience of it with joy and a calm expectation of success. The unique paradox of vulnerability and

confidence that is the Yang Water Tiger year comes once every 60 years. Let's make the most of it by discovering and revealing more of our loving True Selves to each other now.

△

Karen Abler Carrasco is a Teacher/ Coach/Mentor at the Western School of Feng Shui. She resides in Arcata, California. For more information, visit: <http://westernschooloffengshui.com/>

The Divine Triune

By Stacy Schuerman
www.spiritualiststacy.com



Who are we? What are we made of? I look at us as a *Divine Triune*. With this experience of life, we are one part *Physical*. This makes up what you see here now, and is what you first see when you look at any living thing. It is where our ego lives. This physical body is a temporary house for our soul and spirit, and it is the only part of us that does not transition to the spiritual plane.

Second, we have a *Soul*. This, to me, is an etheric body which may look like it's an exact replica of the physical body. The soul, and its energy, works with Time, Knowledge and Truth.

Inside this soul body is our *Spirit*. I like to picture spirit as a beautiful, glowing ball of color and energy ~ bright and shiny and completely made up of unconditional, infinite, universal, God and spirit love. This truly is where love exists. I can say with confidence and truth that each and every living thing has this love. Spirit is the part that all people are a piece of the Divine Source. When we project an emotion, that emotion moves in our physical mind and body only. We have emotions, but we are not our emotions. Emotions are a temporary experience. Emotions are what we carry in the moment that we are in or the moment of a thought of the past or the future.

True growth and understanding is when we take these experiences and emotions and devise knowledge, understanding, and truth. It is there that *Love* lives. Love survives and more importantly, love thrives. My wish is that you are always be led by love.

△

Stacy Schuerman is a Spiritual Life Coach, Teacher, Healer and Medium. Email: spiritualiststacy@gmail.com

Life, Death and The Afterlife An Open Discussion Group

Most people have not given the death and dying process much thought. Have you? What are your concerns? Have you lost a loved one or perhaps you fear your own death? We all have our worries and questions! In this discussion group you can freely express your thoughts and feelings, worries and concerns in an open, non-judgmental atmosphere.

Location: ADRC of Door County
916 N. 14th Ave, Sturgeon Bay WI 54235

Time: 1pm — 3pm

Dates: February 17, 2022, and then the 3rd Thursday of the following months.

Registration: Call ADRC to register. 920-746-2372
Space is limited to 15 people; can be any age over 18

Host 1: Steve Freier. Steve has over 20 years researching Death, Dying and the Afterlife and has read and reviewed hundreds of books on these topics. He has viewed as many or more videos on NDEs, OBEs, the Afterlife and what it's like, etc. He is also a video producer and writer and contributes regular book reviews to **The Inner Voice** magazine.

www.theinnervoicemagazine.com
www.myunobstructeduniverse.com

Host 2: Marggie Moertl. Marggie has many years of clinical experience within hospice and home care nursing and providing End of Life Doula services. She brings all of that with her and combines it with her deeply intuitive gifts.

www.embraceyourinnerselflc.com

See you there!





Anahata, the Heart Center of Energetic and Emotional Intelligence

Anatomy classes teach that the heart is approximately ten ounces in weight and the size of an average adult fist. That is not very large. However, within the human heart there are neural cells that activate many critical processes. Emerging research reveals this vital organ does more than science and medical courses have previously taught. It is an important primary communication center within the body, transmitting and receiving information each and every moment. The narrow physiological perspective about the heart's functions is now evolving.

Let's explore the human heart further. Consider this. The human heart has an electronic field that is 5,000 times stronger than that of the brain, and an electrical field that is 60 times stronger than the brain. In fact, the heart generates the largest electromagnetic field within and related to the human body. That's a lot of power!

And, here's more... the heart is a more sophisticated processing center than early medical experts believed. It is a sensory organ, a vital communication hub. The heart works in orchestration with the brain helping to remember and encode situations people experience. The heart assists with important decision making based on feelings and certain energies. It is a master player in sustaining physical, emotional, mental and spiritual health and well being.

While research has been conducted in the past several decades, many are still not aware of the unique functions and potential energies of the heart. The *Institute of HeartMath* refers to this vital human organ as the *Energetic Heart*. It is my belief that if people knew about the energetic functions of the heart, they would do more to support it daily ~ more than simply eating a low cholesterol diet or engaging in cardiovascular exercise

Anahata or heart chakra is the fourth primary chakra, according to Hindu Yogic, Shakta and Buddhist Tantric traditions. In Sanskrit, anahata means "unhurt, unstruck, and unbeaten." [Wikipedia](#)



The diagram shows a green lotus flower with eight petals. Inside the petals are the Sanskrit characters 'हं', 'क', 'ख', 'ग', 'घ', 'ङ', 'च', 'छ'. In the center of the lotus is a green circle containing the Sanskrit character 'यं'.

three times per week. It is my intention for you to explore alternative tools that support your heart's healing in new ways.

There was a research experiment dubbed, *The Electricity of Touch*. In that experiment, the electromagnetic field of the human heart was scientifically measured and discovered to have extended three feet away from the body. That is significant! Another important discovery was made that when people touch, or are within about three feet of one another, there is a transference of the electromagnetic energy between them and their energy fields.

This is probably not surprising to individuals who are energy workers and healers whom have observed and practiced this type of energetic healing with others. It has simply taken scientific research a while to catch-up to the actual practice of energetic healing.

Another finding is that human emotions can impact the encoding that the heart normally processes. What could this mean? Anxiety and fear felt in one's heart center is actually emitted via the communication encoding and extends out at least three feet interfacing electromagnetically with people (and things) near that individual. If an individual is feeling love and compassion within the heart, that is extended and emitted inward and outward.

The heart's electromagnetic field contains information encoding that is transmitted throughout the internal body and outside of the body then. A significant finding is that emotions can alter the course of such heart-communication, emotions such as intense fear, anger, anxiety as well as love, passion and compassion. The heart has a direct correlation with all affect. In more recent medical research, a diagnosis and condition has been discovered ~ that of stress-induced cardiomyopathy, where stress negatively impacts the heart's health.

Botanicals that support the heart and the entire cardiovascular system are diverse depending upon the condition. In the heart healthy aisle of your local health food store you'll commonly find Cayenne, Garlic and Hawthorn Berry in formulations. Other favorites in clinical herbalism practices range from Motherwort (in cases of arrhythmia) to Olive Leaf for overall cardiovascular protection. Anointing the heart center, or chakra with Rose oil or Bergamot oil will enhance feelings of love and compassion.

There are many flower essences to select for the energetic or auric field surrounding the heart such as Acacia for heartache and ancestral trauma, or Lady's Mantle to calm emotional stress. Remember, love is a natural state of being. Protect your heart. Engage in self care and honor the energetic intelligence of this amazing organ.



Gigi Stafne MH, ND is a national educator, writer, clinician and trauma trainer in natural and botanical medicine. She's currently the director of Green Wisdom School of Natural and Botanical Medicine and former longtime Executive Director of Herbalists Without Borders International. See ad on page 21. www.greenwisdom.weebly.com gigigreenwisdom@gmail.com

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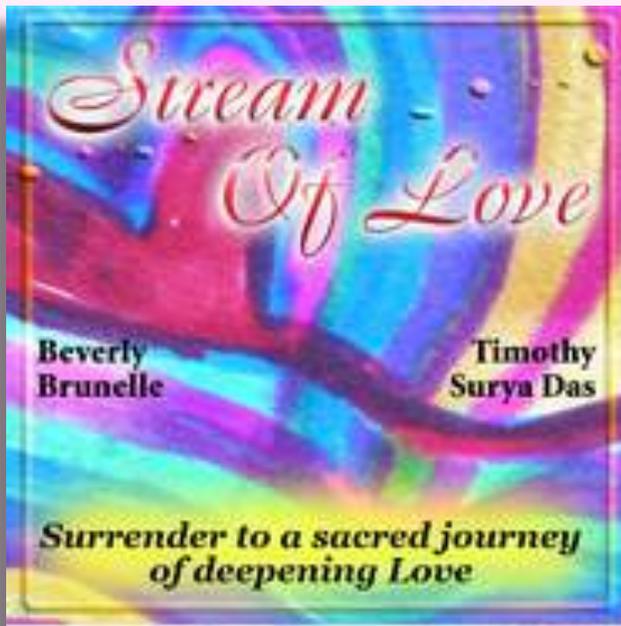
IN LOVING MEMORY OF BETTY WHITE
ANIMAL ACTIVIST AND DOG ADOPTER
EXTRAORDINAIRE



AND GOD SAID, I WILL SEND
THEM WITHOUT WINGS SO NO
ONE SUSPECTS THEY ARE ANGELS.



Stream of Love



Stream Of Love is a guided journey by **Beverly Brunelle** accompanied by live Music by **Timothy Surya Das**.

Stream Of Love is a living transmission. A perfect marinade of deepening peace, love, emotional and spiritual nourishment.

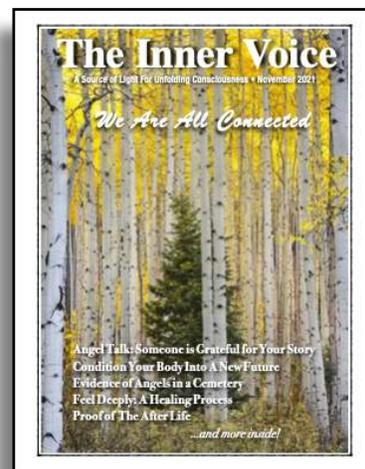
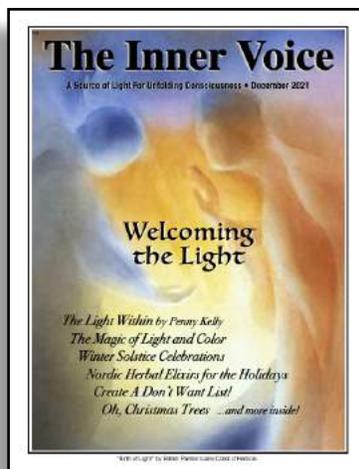
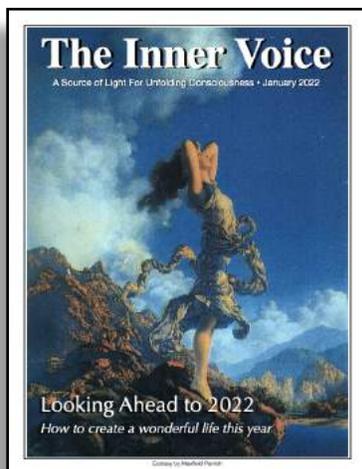
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Are you married and want to enhance your relationship to new levels? Or, are you single and wanting to attract a fabulous partner? Essential Feng Shui® is your ally! I've helped many couples go from near-divorce to living the relationship of their dreams.

This month I am offering a Valentine's Special consisting of a package of 2 sessions. Session #1 includes an initial overview and analysis of your bedroom (on a floor plan you provide ahead of the session). I virtually walk you through a makeover so your bedroom becomes a beautiful foundation to support the love you dream of. In Session #2 we meet to refine the details and ensure it is fabulous!

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Essential Feng Shui® Consultations for home and business are available in person or virtually.



Use Love like a Magic Wand to Transform Your Life

When you think of love your first thoughts may be of romance, family or possibly a passion in your life. That's all the outward demonstration of love we're familiar with.

Also, the word love may be mixed up with personal memories that are less than love, attached to love by life experiences, making us think love is complicated or love is hard. But, love as we are talking about it today is a frequency or a quality of energy that is extremely resonant, joyful and not dependent on any specific person or circumstance. You can think of it as an actual type of energy wave, a wave that has incredible potency.

It's an energy wave tuned to a frequency so bold and brilliant that it can heal, transform, dissipate darkness and keep negativity far away.

Today we're going to talk about using the power of love in everyday life in

tangible ways. While I would not be mad at having piles of rose quartz, amethyst, green aventurine and other activating crystals that are full of stories and meanings attached to love, this isn't really needed. In fact, you don't need anything but yourself to activate more love energy in every day.

Try these ideas to get into more of the love vibration in your life...

Meditate or clear your mind in a way that works for you. Rest until you feel completely rested.

Tell people how much you love them, or how often you think of them no matter where they are.

Clear the energy in your home to create a fresh start that will help you activate more love frequency everywhere. When you feel more of the love flowing within you, prepare your meals with love. When you pour love into your food it tastes better and I believe that it's properly digested.

You can do your own research by pouring milk on a bowl of cereal, then see how you feel when you eat it.

Send love to your old self. When you think of the past and find yourself spinning, upset or in regret, send love to yourself at that time. You can literally freeze the picture of the memory in your mind and tell yourself, as though you are the voiceover

in a movie, how much you love yourself. In many Eastern philosophies (specifically in Buddhism) when you struggle or experience hardships it's an opportunity to transform your karma and open the road ahead to more greatness and blessings.

Use love to solve problems and end procrastination.

If you find yourself dreading a task or putting something off endlessly, find something to love and admire about it. You might even want to make the task look nicer. For example, I made a really lovely multicolored spreadsheet that helped me fall in love with preparing taxes for my accountant.

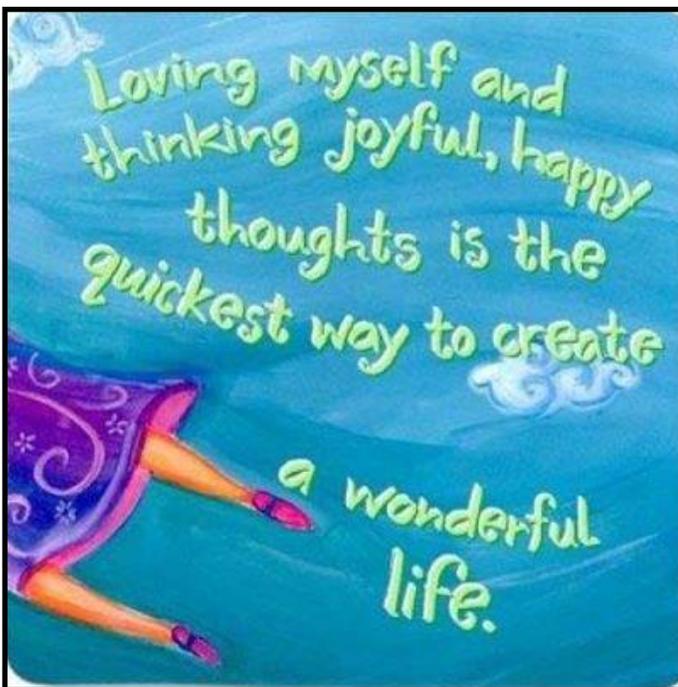
I often make a list of all the things I love about these endless tasks and sticky problems, including: how amazing it will feel to be done with it; how much I am going to learn from doing it; how beneficial it might be for others when it's complete; and so on.

Infuse everything you do with love.

The more you get used to this energy, the more you'll see that it can help you bring out more of your creativity, more of your genius, and more of your manifesting power. Love can make you feel stronger, more confident, and more radiant. And you can start right now! Have fun tuning into the vibration of love as your new frequency. It can be your magic wand!

△

For more by Dana Claudat, please visit: www.fengshuidana.com



Reader Response Request
 Try some of Dana's tips and other writers' suggestions in this magazine.
 Then be sure to tell us about it!
theinnervoicemagazine@gmail.com

Pet Potpourri

Publisher's Note: I follow a page on Facebook called **Ravenous Butterflies** where the hostess combines inspiring quotes from some favorite philosophers and seers along with artwork by famous painters. I've collected a few of my favorites regarding our kinship to animals to share with you here. Enjoy!

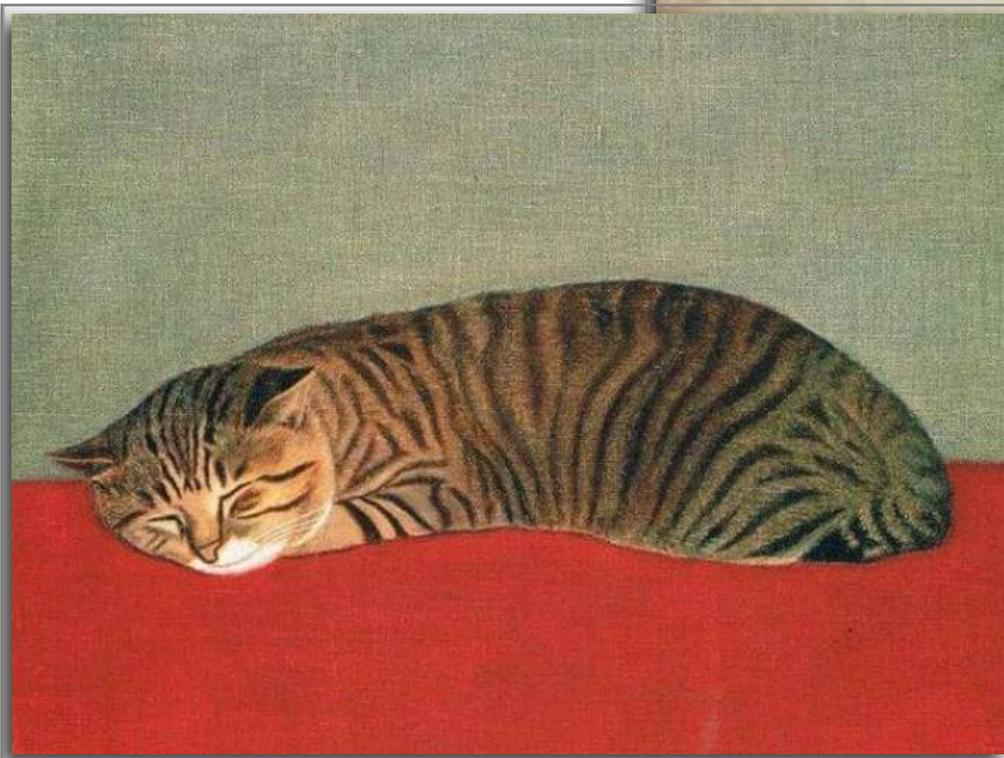


"It is impossible for a lover of cats to banish these alert, gentle and discriminating friends who give us just enough of their regard and compliance to make us hunger for more."-Agnes Repplier
- Art by Olga Suvorova



"A cat has absolute emotional honesty: human beings, for one reason or another, may hide their feelings, but a cat does not."-Ernest Hemmingway

"Black Kitty" by Jane Crowther



"I have lived with many Zen masters ~ all of them cats."-Eckhart Tolle
"Cat" by Rinjiro Hasegawa (1966)



A Spiritual Awakening is Coming ... Here's One Way to Get Ready

What a roller coaster ride these last two years have been. My heart aches for the challenges faced by countless numbers of people. Many of my friends and neighbors have lost family members. (Personally my brother, sister and aunt got Covid. My sister sailed through it, my brother barely survived, and my aunt passed away from it.) For many more, families have been disrupted, jobs have been lost, and homes have gone into foreclosure.

At the same time as this planetary chaos, an enormous spiritual awakening is emerging from beneath the disarray. As old structures and patterns from the past are wrenched apart, emergent powerful frequencies herald a time of rebirth and new growth. It's as if we have been in a winter of consciousness ... and we are soon to be entering into a springtime of extraordinary hyper-consciousness. But you need to be ready!

To take advance of the coming spiritual awakening, it's important to make way for this new, vibrant energy. To this

extent, this is a powerful time to clutter clear your home, your time, your relationships and your life. You need to clear out the old to make way for a new cycle of your life.

Clutter clearing, done in the right way, can truly be modern day alchemy. When you clear your "stuff" ~clarity and life force energy flood into your life. Miracles emerge. Healing unfolds. Insights expand. However, timing is everything. *And now is the time!* Every bit of clutter clearing you do now can seed the coming decades of your life. Even a small bit can make a huge difference. There has potentially never been a more powerful time on the linear history of our planet to clear the space and plant seeds for your future. The Time is Now!

I'm offering a FREE 5-Day Clutter Clearing Workshop to support you in this very important time in life. I'd love to have you join me, but even if you don't join this, please consider clearing your home and business, relinquishing relationships that don't serve you and clearing your time to make way for the influx of energies that will emerge this spring.

Many Blessings, Denise Linn

Clutter Clearing Workshop with Denise Linn

Transform Your Home from Cluttered Chaos to Sacred Sanctuary in Just 5 Days!

During this **FREE 5-Day Workshop**, which runs from February 7-11, clutter-clearing master Denise Linn will guide you, room by room, through your house, providing daily clearing tips and tasks. Your home is meant to be the place you retreat from the world for nurturing and inner growth. But for many of us, it's not like that—especially now. But you can learn how to bring your home back into balance with the powerful modern-day alchemy of clutter clearing.

Learn valuable information that will help you...



Create a safe home space that naturally elicits your most positive qualities, **inspiring you to break unhealthy patterns and accomplish your goals.**



Let go of belongings that you no longer need or enjoy so that you can make more room for the objects and circumstances that enrich you.



Understand how the **power of intention** in clutter clearing **can improve your results tenfold.**



Bring a fresh infusion of spiritual energy into your home that lifts your soul and plants seeds for a new beginning.

Sign up here! <https://experience.hayhouseu.com/certifiedcluttercoach...>

Denise Linn is a world-acclaimed expert in Feng Shui, clutter clearing, and space clearing who has taught seminars in 25 countries and has written 17 books, including the best-selling Sacred Space. This workshop is presented by Hay House.



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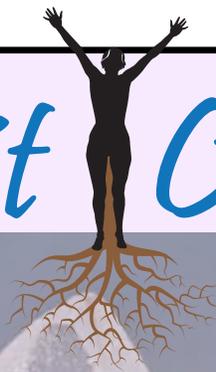
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