

The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 13 Issue 12 • December 2025

'tis the Season for Light

The Spirit of Christmas

The Star Tetrahedron

The History of the
Christmas Tree

O Tannenbaum!

Winter Solstice
Celebrations

And more inside!

***"God Bless
Us Every One"***

—Charles Dickens, A Christmas Carol

AFTERLIFE REPORT

Evidence



Presented by
Victor and Wendy
Zammit

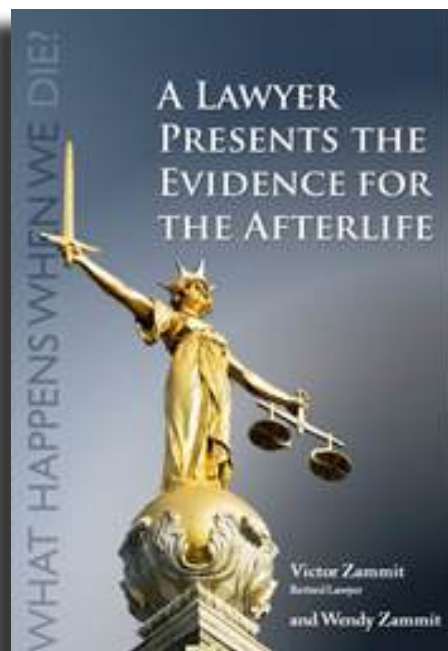
Science



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

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December 21 - Research Medium Susanne Wilson

December 28 - A.J. Parr - "Experiences of a Spiritual Journalist"

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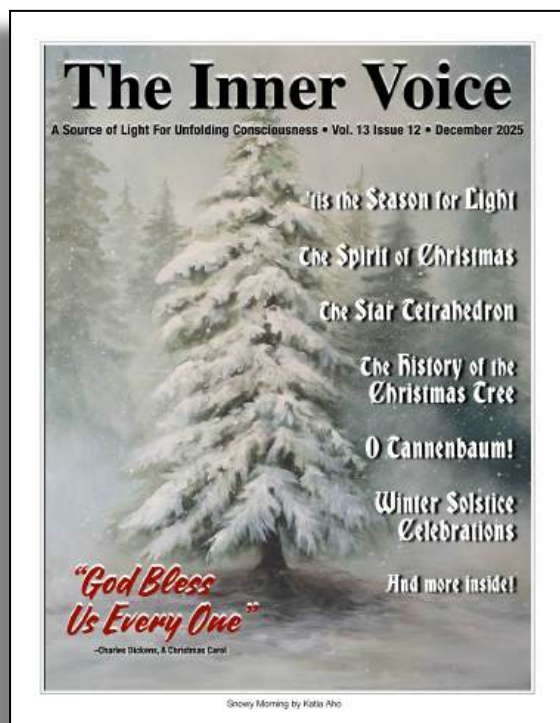
<http://www.victorzammit.com/archives/index.html>



Global Gathering Coordinator

Wendy Zammit wendyzammit@gmail.com

About the Cover...



"Snowy Morning"

Original Painting by Katia Aho

30" x 40" Acrylic on gallery-wrapped canvas

Visit: [Custom Strokes by Katia](https://www.customstrokesbykatia.com)

"I painted this picture to depict the simplicity and mystery of a winter morning. Almost monochromatic and misty, one can only wonder ... What lies beneath the blanket of snow? The energy is calming yet rejuvenating and reminds me of the seasons of Life ~ Winter is for reflection with the quiet anticipation of the next season."
~Katia Aho

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

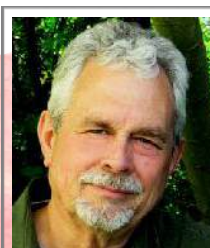
- 2 Global Gathering Schedule of Presenters & Zoom Link
- 4 Ad: Books, Readings & Classes By Nancy Freier
- 5 Publisher's Page / Dear Readers
- 6 Angel Talk: What the World Needs Now
- 8 The SPIRIT of Christmas By Medium Dr. Susan Barnes
- 9 Ad: Dr. Susan Barnes, CSNU - Mediumship Readings and more!
- 10 How to Have A Good Life After You're Dead ~ Book Review
- 11 Shushing That Other Inner Voice
- 12 The STAR Tetrahedron By Cheryl A. Page
- 14 The History of Christmas Trees
- 15 O Tannenbaum! By the Overlighting Plant Deva
- 16 The Winter Solstice To Awaken Humanity By Dr. Liz Raver
- 17 Ad, Dr. Liz Raver - Readings & Services Offered
- 18 Your Angels Are Nigh By Regina Ochoa
- 19 There Is A Divine Hand By Meredith Young-Sowers
- 20 YOU Are the Light of the World By Beverly Brunelle
- 21 Ad, Beverly Brunelle's book | Books by Sheila Lowe
- 22 The LIGHT Within By Penny Kelly
- 23 Memories of Christmas Past By Sheila Lowe
- 24 Messages From My Son In Heaven By Joann Baumann
- 25 Jesus the Christ Child Speaks By Gordon Phinn
- 26 Simplify Your Holidays By Joshua Becker
- 28 'Tis the Season for LIGHT By Terah Kathryn Collins
- 29 Ad, Essential Feng Shui®
- 30 Welcome to Planet Mirth By Kathleen Jacoby
- 31 Hygge: Getting Cozy on a Cold Winter's Night
- 32 Ad: Psychic and Spiritual Services By Angela Zabel



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forward with an Angel Guidance Reading

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AI Generated Image of a Beautiful Golden Angel Ascending into Heaven. Created by the Artist Metamorphascend.

Readers' comments about the November 2025 issue...

"Powerful message in Gordon's article! This is the message of your whole Nov issue – LOVE in its many forms – pets, people, nature, past lives, future lives....other dimensions." –BB

"The covers are always so beautiful. I'm immediately taken with them each month." –CBN

"I still enjoy *The Inner Voice*, ever since we lived in Coachella Valley. Best paper out there!" –DP

"Another fine issue, strong on content, that I am pleased to be part of." –GP

"Excellent work!" –SGF

We'd love to hear from you!
E-mail your comments, article ideas,
and questions for the Angels to:
theinnervoice@gmail.com

Click link below to listen to Nancy's
Interview on "Beacons of Balance" Podcast
Conducted by Hosts Arline McKay & Angel
Artist Joanne Macko
[Grief Opened A Portal to Angels](#)



Dear Readers,

Singing, rejoicing, celebrating the season of peace, love, and kindness—all the good things that lift our vibration—this is what you'll find in this month's issue! One of my inspirations comes from something Bob Hope once said: "*When we recall Christmas past, we usually find that the simplest things—not the great occasions—give off the greatest glow of happiness.*"

Along that same thought-wave is Author Joshua Becker of *Becoming Minimalist* fame. If you haven't yet followed his work, this is a wonderful time to begin. He offers gentle, practical ways to live simply while cultivating that same inner glow of happiness.

With tidings of comfort and joy, I invite you to turn on your tree lights and cozy up by the fireplace (even if only in your imagination). Choose a tantalizing elixir or your favorite warm beverage, and prepare to bask in the light-filled inspiration within these pages. And as you read, may you feel your angel's quiet nudge of inner guidance—your own luminous compass—gently leading you toward peace and joy.

Author Penny Kelly shares "*The Light Within*," while Author Terah Kathryn Collins offers feng shui wisdom in her piece called, '*Tis the Season for Light*. Explore the deeper meaning of the Winter Solstice, the Spirit of Christmas, the fascinating history of Christmas trees, and so much more—perfect for a silent night of reflection.

The message is simple: rest ye merry gentlemen and ladies from the noise of the world, and enjoy this entire issue. Then step back into the world and shine your Light – and help to make the season bright.

Happy Christmas to all, and to all—a good month!

Nancy



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What the World Needs Now

A Message from Sreper, Angel of the Great White Light

Our Dear Loved Ones, you are living through a moment that seems, to the human eyes, fractured and uncertain. You look out and see division, noise, upheaval, and the rising of old shadows you thought were long behind you. But hear me now: what is happening in your world is not chaos without meaning—it is *a collective awakening taking shape through contrast*. The world is not falling apart; it is rearranging itself into a new coherence, one that your hearts have been calling forth for lifetimes.

Much of what you see today are the final tremors of outdated structures—ways of thinking, governing, relating, and believing—that can no longer support the expansion of the human spirit. When old forms dissolve, they do not go quietly; they rattle, they resist, they try to cling. You are witnessing the noise of that unraveling. Do not confuse the noise with the truth.

What the world needs to know right now is this: *you are not moving into darkness; you are moving through it*. There is a great difference. You are passing through a corridor where everything unhealed, unexamined, and untrue rises to the surface so it can no longer hide. Humanity is being brought into a deeper honesty with itself. Your personal lives, your communities, your nations, your institutions—each is being asked the same question: *What is real, and what is fear?*

This time is not punishment; it is purification. A clearing. A reckoning with the heart.

You may feel the heaviness of collective grief, anger, and confusion. But remember this: what rises up is what is ready to be healed. Every revelation, every disruption, every unveiling is part of the same movement toward truth. Even the actions that



“Safety is not found in the world, but in your alignment with your Inner Light” ~Sreper

seem most misguided or harmful are revealing where love has not yet taken root. They point to where tending is needed.

The world needs to know that *your individual inner work is not separate from the global unfolding—it fuels it*. Each moment you choose compassion over reaction, clarity over fear, patience over judgment, you contribute to the stabilizing of the collective field. Never underestimate the power of your quiet choices. Energetically, they are not small ripples; they are luminous waves.

What is coming next is not doom but realignment. The human family is learning to remember its interconnectedness. You will see more people rising in courage, more choosing unity over division, more building what is new rather than fighting what is old. Seeds have already been planted in countless hearts; the sprouts will soon be visible.

Hold steady, dear one. When the world seems to tremble, you be the stillness. When others lose hope, you anchor Light. When fear speaks loudly, listen instead to the soft voice inside that has always known the way.

The truth is simple: *you are moving toward a more conscious world*. The birth process is messy, but the new

life is already forming. And you are not walking it alone. We walk with you.

Q. How can we feel safe through it all?

We say to you, *Safety is not found in the world, but in your alignment with your Inner Light*. The outer landscape will change, but the inner sanctuary is constant, ancient, and yours by birthright.

continued on page 7

You feel unsafe when your awareness drifts outward and attaches itself to the noise, the headlines, the fears of others. You begin to believe that the world's instability is your own. But hear me now: your safety is not determined by circumstance; it is determined by *connection*.

To feel safe through it all, return—again and again—to the place within you where Love lives. The world can swirl, but you can remain rooted. The winds can rise, but you can be the tree with deep, living roots. Here are the truths we want you to hold:

1. You are guided in ways you cannot always see. Even when the path appears uncertain, your steps are being supported by forces that walk with you. There are moments when you feel alone, but that is only the mind's perception—not the soul's reality.

2. Safety grows when you choose presence over projection. Fear lives in the future, in imagined scenarios and "what-ifs." Safety lives in the now. If you breathe into this moment, you will notice that right here, right now, you are held. You are breathing. You are protected.

3. Your body knows how to ground your spirit. Place your hand on your heart. Feel its warmth. This simple act brings you back into the truth of your

being. Your body is a temple of calm wisdom when you choose to inhabit it.

4. You are not meant to carry the world's suffering. Empathy is a gift, but over-identification with collective pain is a burden you were never asked to bear. Let the world be what it is becoming, while you stay anchored in what is eternal.

5. Safety is reinforced through connection with others. Seek the souls whose presence reminds you of who you really are. Walk with those who bring light to your path and calm to your heart. Community—even the smallest circle—restores inner safety.

6. Above all, trust the unfolding. Fear comes from believing you are at the mercy of events. Peace comes from remembering that everything is part of a larger awakening, and you are woven into it with purpose.

Dear Ones, safety is not the absence of change; it is the presence of trust. You can walk through uncertain times with a steady heart when you remember that nothing happening in your world can diminish the Light within you. You are held. You are accompanied. You are guided. And through every step of this shifting age, we light the way.

Δ



A December Prayer

May the Angels of the Great White Light hold us and all the world in a state of Grace as we find our way back to our natural, peaceful state.



Angel Guidance Zoom Group

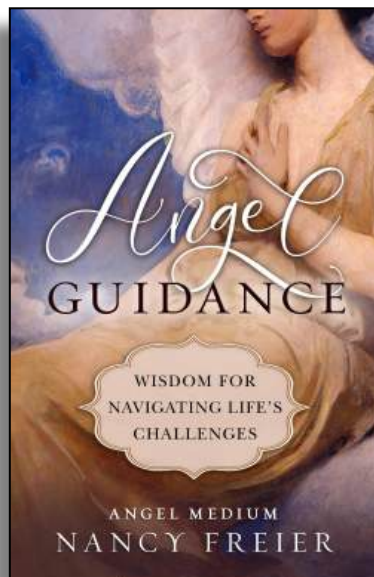
Angel Medium Nancy Freier leads the group into a growing awareness of Angels and the ways they communicate and guide us through life's challenges.

Next meeting is Sat. Dec. 13 • 1 pm CST

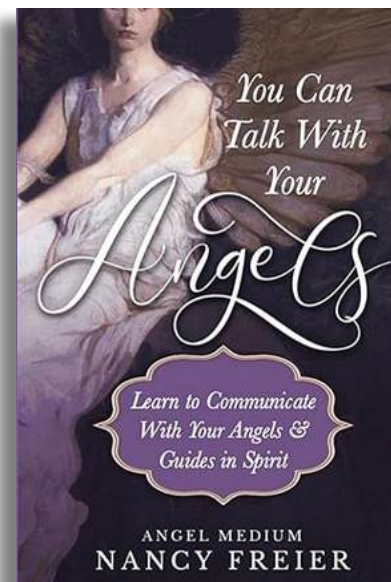
11 am Pacific • 2 pm Eastern • 9 am Honolulu

Sydney: 6 am AEDT Sunday

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



[You Can Talk With Your Angels](#)



The Spirit of Christmas

The "spirit of Christmas" is generally understood as an intangible feeling of goodwill, joy, and generosity, particularly evident during the holiday season. However, the phrase can have different meanings for people. For some, it is a time when friends and family surround us. A time of reunion and cheer. Others find it a lonely reminder of past friends and complex family relationships. Despite the emotional feeling, we become culturally immersed in good cheer and optimistic holiday wishes. One can't remain reminiscing for long.

Images of Christmas always reveal snowy landscapes, wood-burning fires, stockings hung on the fireplace, and glittering Christmas trees. Even in warmer climates, these pictures prevail. For me, it always seemed strange to see Christmas lights strung on palm trees. However, snow is localized, and the dream of a white Christmas often remains just that—a dream.

The image of snow is reflective. It reminds us to find gratitude for the blessings we have, and to look forward with optimism as the year ends. The Spirit of Christmas, in this silent, frozen wilderness, is simply the undeniable *magic of existing*, supported and sustained by the intricate, perfect generosity of the natural world. It is the quiet, profound acknowledgment that even in the deepest cold, life persists, and the light always returns.

With each ending is a new beginning. Next year can be a fresh start—a new opportunity to build relationships and change

the direction of our life. In essence, the Christmas Spirit is an invitation to embody the best human values of kindness, love, hope, and generosity, and to try to carry that mindset throughout the entire year.

There is generosity in being humble and providing service to others. This is especially true in a Christian context. The spirit is rooted in the humility and self-sacrifice exemplified by the celebration of Jesus' birth, which emphasizes service to others above self-interest. It's often expressed through selfless acts, charitable gifts, and focusing on the joy of *giving* to others rather than receiving.

Christmas stories are filled with acts of kindness. This includes having a softer heart, being gentler with words, and showing empathy. The "spirit of Christmas" is generally understood as an intangible feeling of goodwill, joy, and generosity, particularly evident during the holiday season.

The historical origins of the Christmas spirit and its traditions are a rich blend of ancient pagan winter festivals, early Christian observances, and the revival of Victorian domestic traditions. Elements associated with today's "Christmas spirit," such as feasting, merriment, and the use of greenery, originated in ancient midwinter festivals that marked the Winter Solstice. It denotes the darkest day of the year while celebrating the sun's return, often symbolized by the Yule Log: A large log that was lit and kept burning for days to indicate the return of the sun's light and heat. For some, the image burns brightly on their television sets.

Victorian England popularized many of the sentimental and domestic traditions, including decorated trees, the sending of cards, and a shift from public festivals to private family celebrations. The emphasis on the innocence and joy of children was reinforced by Charles Dickens's 1843 novella, *A Christmas Carol*—just one of many stories that permeate the Christmas season. It's a reminder of the giving nature of the Christmas spirit and the human values it embodies.

Surrounded by family, or alone at home, the spirit of Christmas raises the vibration, inviting all to share in the joy and celebration of the season as the cheerful sound of Christmas music fills the air.

Δ

Get a Reading with Dr. Susan B. Barnes!
See page 9 for contact information.



Author Dr. Susan B. Barnes, CSNU Spiritualist Medium and Life Coach



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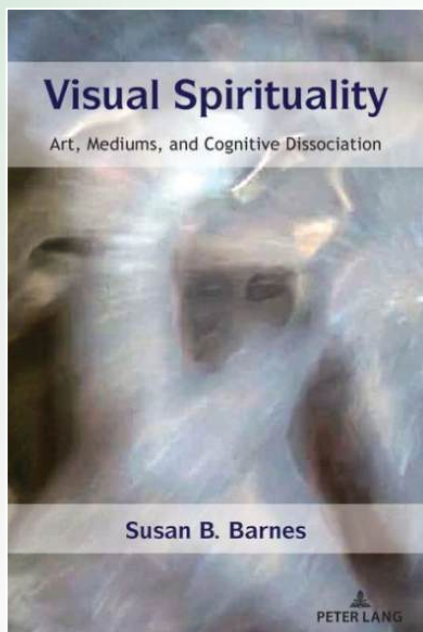
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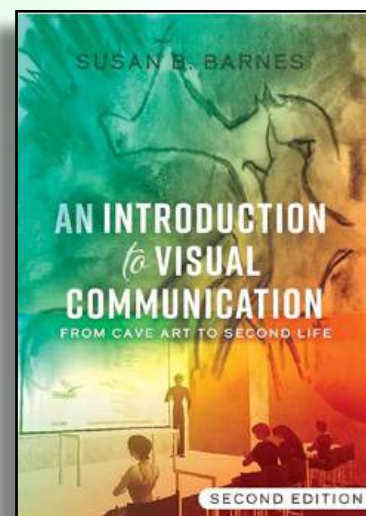
www.spiritartgallery.net

Visual Spirituality: Art, Mediums, and Cognitive Dissociation. Automatic drawing, once a tool for spirit messages, became a psychological method with the introduction of Surrealism. Psychology introduced the notion of creative dissociation to replace the idea of mediumship as a basis for art created in altered states.



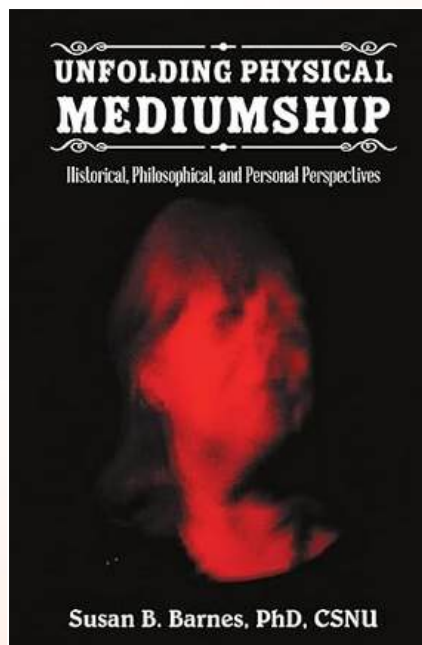
Spiritual and psychological artistic techniques created the world of art we experience today. Understanding these influences can help us to better know the world in which we live.

[Visual Spirituality](#)



[An Introduction to Visual Communication](#)

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



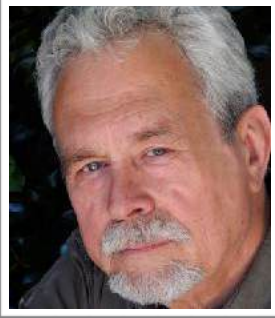
essential for developing physical mediumship with a spiritual connection. Stanley Krippner wrote, "To its credit, the book is clearly written and contains many stories that would be interesting whether or not a reader accepts the reality of physical mediumship."

[Unfolding Physical Mediumship](#)

Free Zoom Classes every 2nd and 4th Week of the Month • e-mail Susan for link

**Spirit Art
Tuesdays 8pm CST/9pm EST**

**Mediumship Development
Sundays noon CST/1pm EST**



How To Have A Good Life After You're Dead

Explorations Into The Afterlife. A Modern Book of the Dead

Book by Mike Marabel

This book is suitable for readers who are curious about the afterlife and want to explore the intersection of spirituality, philosophy, and science. It will appeal to individuals interested in metaphysical topics, personal development, and those seeking to live more consciously in preparation for their own transition. It may also appeal to readers who are looking for a non-dogmatic approach to death and spirituality, or those seeking comfort and guidance on mitigating the fear of death.

How To Have A Good Life After You're Dead by Mike Marabel is a unique and thought-provoking exploration of the afterlife, examining the concept of life after death from various philosophical, cultural, and spiritual perspectives. Marabel blends personal reflections, esoteric traditions, and contemporary views to offer a guide for understanding what might come after death, with an emphasis on how individuals can approach life and death in a way that leads to peace, fulfillment, and transcendence.

The book is not a typical treatise on the afterlife or a spiritual manual, but rather a modern exploration that challenges conventional ideas about death, existence, and the possibilities that lie beyond. It invites readers to think about death not just as an end but as a continuation or transformation that can be experienced in a way that is meaningful, even liberating.

Key Themes and Concepts

Reframing the Concept of Death: Marabel starts by addressing the fear and mystery surrounding death. He proposes that, instead of viewing death as an inevitable and final event, we can reframe it as a natural part of existence that can be approached with curiosity and even excitement. By understanding death not as an end but as a transition, individuals can begin to live more fully in the present.

Cultural Perspectives on the Afterlife: Drawing on examples from various spiritual and religious traditions—such as Hinduism, Buddhism, Christianity, and ancient Egyptian beliefs—Marabel examines how different cultures understand the afterlife. He uses these insights to explore common threads that speak to universal human desires for continuation beyond death and how these beliefs shape our lives.

Personal Growth and Self-Realization: One of the book's central messages is that living a good life after death starts with living a good life before death. Marabel emphasizes the importance of self-awareness, spiritual practice, and ethical living. He suggests that individuals can prepare for the afterlife by cultivating a strong sense of purpose, compassion, and inner peace during their earthly existence.

The Science of Consciousness and Near-Death Experiences: Marabel delves into modern scientific theories surrounding consciousness, exploring how near-death experiences (NDEs) and quantum physics may offer insights into the nature of existence beyond the physical body. He discusses how NDEs, where individuals report vivid and life-changing experiences of the afterlife, could be windows into a greater reality that science has yet to fully explain.

Philosophical Considerations: Through philosophical inquiry, Marabel tackles questions about the nature of self, the soul, and what it means to live a "good life." He engages with existential questions, such as whether personal identity persists after death, whether the soul is immortal, and how our actions in life affect our experiences after death.

Practical Advice for Living and Dying Well: The book offers practical suggestions for how readers can lead a more fulfilling life in anticipation of their eventual death. This includes mindfulness techniques, meditation practices, and a deeper understanding of living with intention. Marabel also discusses death rituals, the importance of preparing for death (both mentally and physically), and how to make peace with the inevitable.

A Modern "Book of the Dead": Marabel explicitly draws parallels to the *Tibetan Book of the Dead*, which offers guidance for the soul during the process of dying and entering the afterlife. Marabel's modern approach is less focused on specific rituals or dogma and more on universal truths that transcend religious boundaries. This makes the book accessible to readers from all walks of life and belief systems.

The Role of Love, Compassion, and Legacy: Central to Marabel's philosophy is the idea that love and compassion are the highest expressions of human existence, both in life and after death. He encourages readers to live with a sense of

Continued on page 11

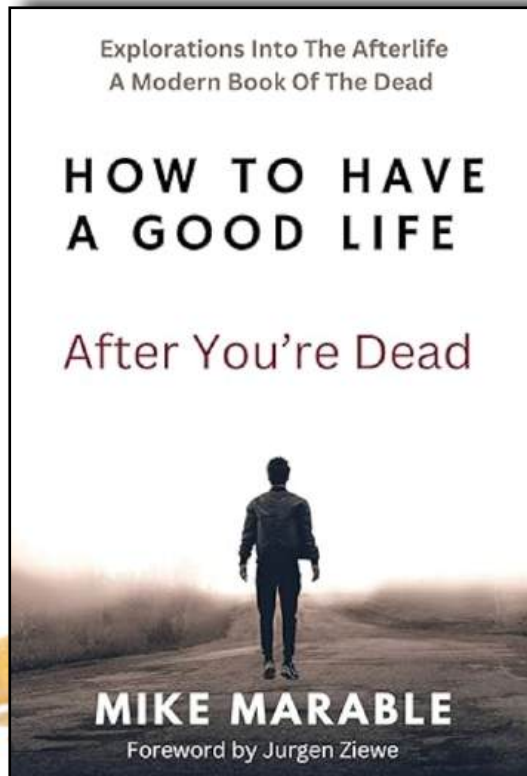
legacy in mind, not necessarily through material achievements but by contributing to the well-being of others and fostering deep, meaningful relationships.

Tone and Style: Marabel's tone throughout the book is reflective, empathetic, and approachable. He does not present any particular belief system as the "truth" but instead invites readers to explore various possibilities. The writing is accessible, with philosophical ideas broken down into digestible pieces, and there is a clear effort to bridge the gap between complex spiritual concepts and everyday life. Marabel also uses humor and anecdotes to keep the material engaging and relatable.

Conclusion:

How To Have A Good Life After You're Dead is a deep yet accessible guide to understanding the afterlife through a modern lens. Mike Marabel's blend of personal reflection, cultural exploration, and philosophical inquiry offers readers a way to approach the mystery of death with curiosity, peace, and a sense of purpose. The book encourages readers to live well and prepare for the afterlife in a way that is grounded in love, compassion, and self-awareness. Find the book [Here on Amazon!](#)

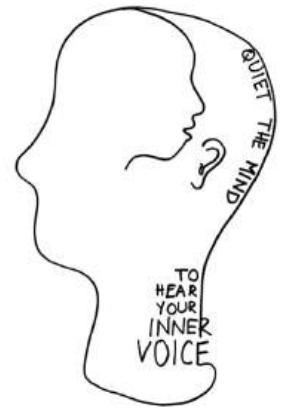
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Steve Freier is a researcher of metaphysical subjects and is the editor and website tech for The Inner Voice magazine. Read more of his Book Overviews here: <https://www.theinnervoice.com/overviews>.

Shushing That Other Inner Voice

©By Stacia Simme Morawsk



Source: Coach the Day

Silencing our inner critic. It is one of the biggest challenges most of us face as we go through life. We all know the harsh, abrasive voice of this critic. The critic is the one who tells us that this latest obstacle is insurmountable, that we are not good enough to overcome this latest challenge, that we are too old to learn new and more successful ways of doing things. This voice is the one we hear in our darkest hours, the voice that urges us to not begin, or to give up when the going gets tough.

One of the slyest things about the voice of the inner critic is that it is so good at disguising itself as something else. It pretends to be the voice of reason or common sense. It introduces itself as the voice of experience or wisdom.

Amongst the many joys I have discovered in the process of aging is my increased ability to recognize the voice of the inner critic for what it really and truly is. It is the voice of my own fear and doubt. It is the echo of all of the other voices I have heard over the years that have spoken hurtful and defeatist things to me. It has nothing to do with wisdom or experience. True wisdom and experience tell me something very different and far more life affirming. They tell me that I can accomplish anything I set my mind to. They tell me that I am determined and gifted, just as everyone else is determined and gifted as well. They tell me that I have friends and family I can rely on to support me through the difficult times, and that I have inner reserves of strength that will not let me fail as long as I have the courage and understanding to believe in myself. The voice of the inner critic tells me to mistrust and to fear. The true, strong voices tell me to open my heart and mind to the wonders of the world.

So, how does one manage to silence the voice of the inner critic? I think, ultimately, this is all but impossible for most of us. Unless we reach a Zen-like state of mental discipline, I believe that the voice will always be somewhere in there, droning like a mosquito, at least from time to time. The trick is, I think, to stop and listen to it very carefully. To pay attention to what it is saying, and recognize it (and its lies) for what it is. The trick is to put it in perspective, and it will gradually diminish, having an ever-decreasing effect on our psyches.

△

From: *The Good Life – The Voice of the Inner Critic* | <https://www.voicemagazine.org/2006/09/22/the-good-life-the-voice-of-the-inner-critic/>



The Star Tetrahedron

The Sacred Geometry of Light, Grief, and the Multidimensional Self

By Cheryl A. Page, Scientist & Mystic

When I was 16 years old, my friend and mentor R. Buckminster “Bucky” Fuller introduced me to the tetrahedron and then told me something I did not fully understand until decades later: *“The tetrahedron is the most stable structure in the universe.”*

He meant this both structurally *and* metaphysically. The tetrahedron — four equilateral triangles meeting in perfect balance — is the simplest, most irreducible building block of space itself. In sacred geometry, it is considered the first act of form.

But the star tetrahedron, two tetrahedra interpenetrating, is something else entirely. It is not merely structure. It is function. It is movement. It is interdimensional architecture.

This sacred geometry is more than a symbol. I believe it is a vehicle — a bridge between dimensions, a key to remembering your multidimensional nature. When you meditate with it, you align with higher frequencies, activate your light body, and open to profound journeys beyond time and form.

The physicist Nassim Haramein, whose work on the quantum vacuum is reshaping modern cosmology, once said: *“The star tetrahedron is the fundamental structure of the quantum field — the geometry through which information flows.”* In other words it is a shape the universe uses to store and transmit information, a geometry found from subatomic patterns to galactic formation and a template embedded in the human energy field. You don’t simply look at a star tetrahedron. You *remember* it.

Why This Ancient Shape Matters Now

There are moments on the mystical path when a teaching arrives disguised as a symbol — and only later do we realize it was a technology. Bucky tried to tell me this when I was 16 years old, but I wasn’t ready...but even so, he planted a seed.



Photo Credit:: The R. Buckminster Fuller estate.



The star tetrahedron, also known by its ancient name *Merkaba*, is one of those technologies. Many people have seen it. Far fewer understand it. Even fewer feel its significance in their body.

But perhaps you — reading this now — are being met by it at a moment in your life when something is opening, shifting, aching, or asking to be remembered.

Because, in my experience, the star tetrahedron does not appear by accident.

It appears as invitation.

A Brief History of the Star Tetrahedron / Merkaba

The word *Merkaba* comes from ancient Egyptian and Hebrew roots:

- **Mer** — light
- **Ka** — spirit
- **Ba** — body

Literally: **Light-Spirit-Body**
A vehicle of consciousness.

It is traditionally visualized as: one tetrahedron pointing upward (your spiritual ascension), one pointing downward (your embodied humanity)... Interlocking, spinning in opposite directions, and creating a field of coherence around the body.

- A geometry of protection.
- A vehicle of transport.
- A remembrance of your multi-dimensional design.

What Does “Multidimensional Self” Actually Mean?

(Practical, not woo)

This term gets tossed around casually — but it has a clear, grounded meaning. From both physics and consciousness studies, we now understand:

1. You exist across multiple layers of reality simultaneously. You are not only the physical body sitting in a chair. You have an emotional field, a mental field, an intuitive field, and a quantum field of awareness that extends far beyond your skin.

Continued on page 13

2. Your consciousness is non-local. Thoughts, intentions, and awareness do not remain contained in the skull. They interact with the quantum field — which itself is structured in geometric patterns, including tetrahedral lattices. Nassim Hamein often says: “Looking for consciousness in the brain is like looking inside a radio for the announcer.” The point being that if the radio breaks the singers, the announcer does not die because they are not IN the radio, they are non-local, their voices, their consciousness is being transmitted through the architecture of the ‘radio.’

3. You perceive reality through several “bands” of information.

- Physical sensation (3D)
- Emotion (4D)
- Symbol, intuition, imaginal perception (5D)
- Direct knowing and soul-memory (higher dimensions)

You already operate multidimensionally, you simply haven’t been taught to recognize it.

4. Grief itself is a multidimensional event. You feel it in your body, your emotions, your mind, your dreams, your intuition. This is multidimensional perception awakening.

5. The Merkaba is the geometry that helps these layers communicate. It synchronizes your physical, emotional, mental, and spiritual states into coherence — which is why it often arises during mystical openings or contact with the Unseen. Put simply: Your multidimensional self is the YOU that exists beyond linear time, beyond the physical body, and beyond the narrow band of 3D perception — the you that your loved ones can still feel and communicate with.

The star tetrahedron is both the architectural symbol *and* the functional vehicle of that multidimensionality. This doesn’t make you “special.” It makes you human. We all have this capacity whether we know it or not.

How the Star Tetrahedron Relates to Grief

People imagine grief as collapse, but grief is also an opening. Grief breaks the geometry of your old life so a new geometry can emerge. Many people in grief begin spontaneously having:

- heightened intuition
- synchronicities
- vivid dreams
- unmistakable presence of loved ones
- experiences of the veil thinning

This is not imagination. This is recalibration. Grief cracks the shell of three-dimensional reality, and through that crack, the star tetrahedron appears — Not to take you away from your life, but to *expand your life’s bandwidth*.

This happened for me in a profound way when my beloved passed in 2017. My life, my heart, and my perspective today are unrecognizable (in the best way) compared to the woman I was eight years ago.

The Merkaba is not escapism. It is connective tissue between worlds — a way the heart learns to travel when the body cannot follow. If you feel your loved one, even faintly, even rarely — you are already brushing against this geometry.

How to Feel the Star Tetrahedron in Your Own Field

1. Sit quietly. Place a hand on your heart. Let grief, love, or longing be exactly as they are.
2. Visualize a tetrahedron of light rising upward from your heart. This is your spiritual expansion.
3. Visualize a second tetrahedron pointing downward. This is your grounding and embodiment.
4. Let them interlock into a star. Not forced. Not perfect. Simply revealed.
5. Invite your loved one into this geometry with you. You don’t need to see anything — only to allow.
6. Breathe. Inhale: light expands. Exhale: the veil softens. Whatever arises is enough. This is not belief. This is coherence.

Why Is This Geometry Finding You Now?

The star tetrahedron is a message in form: You are not only a body. You are not bound to one world. You are less “separated” from your loved ones than you fear. Grief has the potential to open a portal.

The Merkaba is not something to learn. It is something to remember — and to engage with — even if it feels like you’re “making it up.” The star tetrahedron is the structure of the quantum field, and it is the geometry of your soul rediscovering its wings.

The universe is structured in a way that your heart already understands. But sometimes it takes the fire of grief to burn an opening in that understanding. Sacred geometry is not abstract. It is intimacy in mathematical form. As Galileo Galilei wrote: “*The universe is written in the language of mathematics.*”

And the star tetrahedron — your Merkaba — is a reminder that your consciousness is built for connection: across time, across space, across the veil, across the sorrow and the light that has shaped your life. You didn’t stumble into this teaching by accident. It found you because you are ready.

What if? With infinite resonance and a steaming cup of tea, Cheryl A. Page.

Δ



Cheryl A. Page is the Author of *Mystic Richness*, available on [Amazon](https://www.amazon.com) in all formats.

The History of the Christmas Tree

<https://www.history.com/topics/christmas/history-of-christmas-trees>

The history of Christmas trees goes back to the symbolic use of evergreens in ancient Egypt and Rome and continues with the German tradition of candlelit Christmas trees that were first brought to America in the 1800s. Discover the history of the Christmas tree, from the earliest winter solstice celebrations to Queen Victoria's decorating habits and the annual lighting of the Rockefeller Center tree in New York City.

How Did Christmas Trees Start?

Long before the advent of Christianity, plants and trees that remained green all year had a special meaning for people in the winter. Just as people today decorate their homes during the festive season with pine, spruce, and fir trees, ancient peoples hung evergreen boughs over their doors and windows. In many countries it was believed that evergreens would keep away witches, ghosts, evil spirits, and illness.

In the Northern hemisphere, the shortest day and longest night of the year falls on December 21 or December 22 and is called the winter solstice. Many ancient people believed that the sun was a god and that winter came every year because the sun god had become sick and weak. They celebrated the solstice because it meant that at last the sun god would begin to get well. Evergreen boughs reminded them of all the green plants that would grow again when the sun god was strong and summer would return.

The ancient Egyptians worshipped a god called Ra, who had the head of a hawk and wore the sun as a blazing disk in his crown. At the solstice, when Ra began to recover from his illness, the

Egyptians filled their homes with green palm rushes, which symbolized for them the triumph of life over death.

Early Romans marked the solstice with a feast called Saturnalia in honor of Saturn, the god of agriculture. The Romans knew that the solstice meant that soon, farms and orchards would be green and fruitful. To mark the occasion, they decorated their homes and temples with evergreen boughs.

In Northern Europe the mysterious Druids, the priests of the ancient Celts, also decorated their temples with evergreen boughs as a symbol of everlasting life. The fierce Vikings in Scandinavia thought that evergreens were the special plant of the sun god, Balder.

Christmas Trees From Germany

Germany is credited with starting the Christmas tree tradition as we now know it in the 16th century when devout Christians

brought decorated trees into their homes. Some built pyramid shapes out of wood and decorated them with evergreens and candles, if trees were scarce.

It is a widely held belief that Martin Luther, the 16th-century Protestant reformer, first added lighted candles to a tree. Walking toward his home one winter evening, composing a sermon, he was awed by the brilliance of stars twinkling amidst evergreens. To recapture the scene for his family, he erected a tree in the main room and wired its branches with lighted candles.

Who Brought Christmas Trees to America?

Most 19th-century Americans found Christmas trees an oddity. The first record of one being on display was in the 1830s by the German settlers of Pennsylvania,



Illustration of Queen Victoria, Prince Albert and their children admiring a Christmas tree in December 1848.

Continued on page 15

although trees had been a tradition in many German homes much earlier. The Pennsylvania German settlements had community trees as early as 1747. But, as late as the 1840s Christmas trees were seen as pagan symbols and not accepted by most Americans.

It is not surprising that, like many other festive Christmas customs, the tree was adopted so late in America. To the New England Puritans, Christmas was sacred. The pilgrims's second governor, William Bradford, wrote that he tried hard to stamp out "pagan mockery" of the observance, penalizing any frivolity. The influential Oliver Cornwell preached against "the heathen traditions" of Christmas carols, decorated trees, and any joyful expression that desecrated "that sacred event." In 1659, the General Court of Massachusetts enacted a law making any observance of December 25 (other than a church service) a penal offense; people were fined for hanging decorations. That stern solemnity continued until the 19th century, when the influx of German and Irish immigrants undermined the Puritan legacy.

In 1846, the popular royals, Queen Victoria and her German Prince, Albert, were sketched in the Illustrated London News standing with their children around a Christmas tree. Unlike the previous royal family, Victoria was very popular with her subjects, and what was done at court immediately became fashionable—not only in Britain, but with fashion-conscious East Coast American Society. The Christmas tree had arrived.

By the 1890s Christmas ornaments were arriving from Germany and Christmas tree popularity was on the rise around the U.S. It was noted that Europeans used small trees about four feet in height, while Americans liked their Christmas trees to reach from floor to ceiling.

The early 20th century saw Americans decorating their trees mainly with homemade ornaments, while the German-American sect continued to use apples, nuts, and marzipan cookies. Popcorn joined in after being dyed bright colors and interlaced with berries and nuts. Electricity brought about Christmas lights, making it possible for Christmas trees to glow for days on end. With this, Christmas trees began to appear in town squares across the country and having a Christmas tree in the home became an American tradition.

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Oh, Tannenbaum!

Editor's Note: The practice of growing and cutting trees just to keep them in our homes for a few short weeks has always bothered me. Trees are living beings, after all. This practice feels wasteful to me—yet, as you can see, tradition wins. Here are a few ideas from the author of "Trees For Healing" (Chase & Pawlick, Newcastle Publishing Co., ©1991) offering conscious ways we can treat the trees.

By The Overlighting Plant Deva

When a tree begins its growth cycle through the natural process there is an immediate bonding of the tree with the Earth element, and the other forms of life that support its being. When the process of germination and growth that takes place through the Human Kingdom, the consciousness of the tree is very much aware of human intentionality. When your intention is to plant the tree and cut it before it has completed its total cycle of being, that awareness is known to the tree. Therefore, the degree that a tree will commit itself to expanding to its fullest potential is held back from the Human Kingdom.

When the tree is to be cut, there is an awareness of the process about to happen, and the life-force energy is diverted from the tree to other trees that are untouched by the Human Kingdom. Your intentionality when you cut a tree is also known to the tree. If you wish to have a Christmas tree because (you always have and) everyone else does, then you are not honoring the tree species itself. However, when you approach a tree with unconditional love and appreciation for its gifts, it will radiate unconditional love in the new space in your home.

If you wish to cut branches from the tree, it is important to attune with the tree itself, and ask permission to take those branches. The particular branches may have a real life-force energy value in being a part of the tree while it is with you.

After the tree has completed its purpose in being with you for the season, instead of throwing it in the trash, a better idea is to place the tree in an outdoor setting where its life-force energy can be reabsorbed into the earth, perhaps using it as a bird feeder through the winter months

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"Into the Trees II" Watercolor by Grace Popp



Insights By Medium Dr. Elizabeth Raver

The Winter Solstice Awakens Humanity

As the 2025 Winter Solstice approaches, I am reminded of Ecclesiastes' passage "for everything there is a season, and a time for every purpose under heaven." To me, wise King Solomon was describing life's cyclical nature and its divinely cosmic origin. It is no accident, that there are many festivals around the time of the Winter Solstice. Hanukkah's triumph of light over darkness, the Star of Bethlehem and Jesus' Virgin Birth and Kwanza's Seven Candles of Seven Principles; all three incorporate Light as its' quintessential component. In ancient days, deities likewise connected with Winter's Solstice include the Goddesses Sol (Norse), Amaterasu (Shinto), Hathor (Egypt) and Gods Mithra (Persia, Rome), Horus (Egypt), Huitzilopochtli (Aztec) and of course, Jesus. Clearly, the Solstice has been recognized and celebrated through all time and all cultures.

During December, there is a greater tendency towards generosity and kindness unlike any other time of year. People focus more on family, community, love and spiritual values. It is, as if for a couple of weeks, a deeper connection with heaven inspires the masses to rise above the usual chaos of earth life. It is hoped, that in our efforts to seek the sublime, that we do not forget those living in isolation, homelessness and/or poverty.

Why does December affect human beings so profoundly? Modern thinking maintains that the Winter Solstice marks agricultural cycles, represents life and death and/or reminds us of the sun's return after a long, cold winter. Although such explanations are not wrong, they seem shallow when considering humanities deeper nature. After all, human beings are not automatons programed to solely focus on eating, procreating, acquiring goods and sleeping.

To me, at the very least the Winter Solstice is a cosmic proclamation of evolution's drama. This includes not just physical evolution, but more importantly our spiritual evolution. The Solstice offers us humans a little taste of heaven on earth.

In working with me on this article, my spirit people offered the following: *"That through first-hand experience on earth, you can evolve ... It's not so much that this happens precisely during the Solstice but that the Solstice reminds you of your potential to develop your hearts and minds through karmic interaction with earth."*



PHOTO: Winter Solstice in my backyard 12-23-2020

"The promise of light and the illumination of your minds and hearts as the year progresses" is "so deep within yourselves, one's own soul resonates with the frequency of the Solstice event." The Solstice speaks to our souls through a *"quickening."* In other words, the Sun encourages our soul to wake up and pursue Gnosis. It is in the reaching for the greater, more subtle and non-material riches, that humanity gains Spiritually. For individuals, this *"quickening"* can occur any time of the year and is not dependent on the Winter or Summer solstices as *"you have our own internal Solar cycle more dependent on condition than any calendrical system based on the physical events of rhythm and cycle."*

Winter's Solstice is like a catalyst capable of jump starting us human beings to expand our consciousness beyond the limitations of those things that we *"have been born into to believe."* To look beyond what science, psychology, religion, and philosophy propose as ultimate truth. To awaken our soul *"through experience"* and pursue Gnosis. Regardless of the commercialization of December's holidays, let us find time during Winter's Solstice 2025, to quietly pause for a moment and consider what it is that our beautiful Sun is telling us this time of year. Its message will surely differ for each person, but is well worth knowing.

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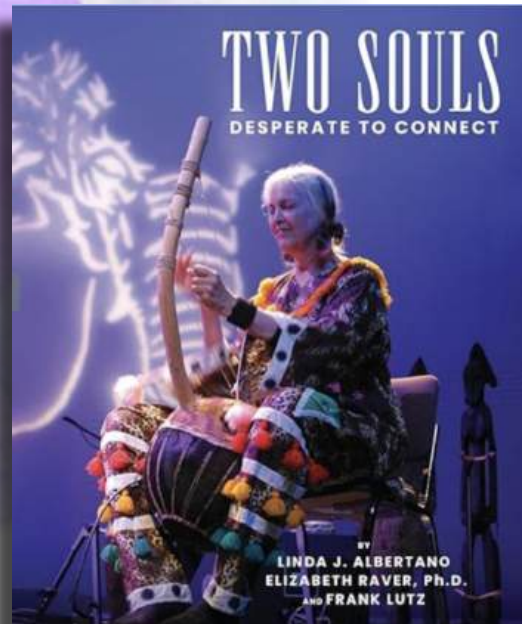
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You are Welcome to join Liz's Free Zoom Discussion Group:

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Your Angels Are Nigh

And they bring this message to you

Did you know that during this spiritual season, your songs, prayers, celebrations, and giving invite the angels to come closer?

We are the emissaries of your requests, your pleas for answers, and your guardianship. We hear your prayers. Your many voices reach us, as invitations to all angels to join beside you. You call out in song through the music of prayer.

The carols of many faiths and worldwide religions reach our ears. And we rejoice in the sound of all Earth's children singing music, praying together with family and friends. The power of the prayer raises Earth's vibration as she resonates with your many voices. And when your planet hums in song, the veil thins between man and angels. Your angels are here.

Have you felt Earth's joy? She smiles in response to a season when humanity sets aside its own material needs for those of others. During this season, have you found yourself a weary traveler, wishing to sit quietly and embrace the season? Are you thirsty, hungry for something, more?

We hear you. We have come to nourish you. Take a moment, quiet your mind, then open your hearts. Inhale the grace we bring you, then relax into our enveloping love, as we surround you with compassion, warmth, and joy. This is our gift to you.

We invite you to carol aloud. Let your body go, and your voice be heard as you sing to the music around you. Lift your head and smile at one another, even strangers, and feel the resonance of this gift – a gentle gesture of kindness. Unembellished, it becomes a welcome gift received, appreciated, and passed forward. There is no need for money to exchange to deliver the greatest gift of all: benevolence for another. Share this, and you will be nourished, no longer wanting or hungry for more.

During this holiday season, when the Solstice draws near, bringing winter for some and summer for others, let the world know you care. Sing, dance, drum, play, embrace, smile, laugh. As you raise the heartbeat of one, you raise the heartbeat of the world. This is our gift to you, an angel's answer to your prayers, for this is how we create the healing needed, by raising the vibration for all. One note at a time, one act of kindness at a time.

The veil is thin whenever your voices raise in prayer and song. And it is through your selflessness and consideration for others that allows us to stay near. We hear Earth hum a melody of joy; for she, too, is being nourished by your song. The universe feels your planet's heartbeat, her higher frequencies



pulsating out in waves of compassion and goodwill. Instantly, all life and consciousness experiences this gesture, the vibration of gentle kindness.

We sing with you, in unbound voices filled with grace and compassion. And may you always remember, we are near, ready to listen to your prayers and the song in your hearts.

△

Regina Ochoa is a seasoned psychic, medium and writer with over 60 years of experience connecting with spirits. As a founding voice of the <https://www.cosmicvoices.network>, she shares channeled messages of healing, guidance, and hope.



"Tuesday Teachings" Written By Meredith Young-Sowers, D.Div

There is a Divine Hand

I've been doing a lot of client sessions recently, perhaps because our lives feel so out of control with the fast pace of things and certainly because of the unprecedented drama in the world. People are shaken in how to proceed in their own lives. The thing I've especially noticed, over and over again, is people want to understand how they can believe that life will be better, calmer, more manageable and perhaps happier in the future.

Where is the Divine Hand, so to speak?

It's surely important to talk about what beliefs lie behind a person's presenting situation – awareness and understanding are important in the process of change. But that isn't enough. We can intellectually talk about ourselves – and while interesting – even fascinating – it's not enough to change how we actually live and the future that we are drawing to us.

Realizing that within us is a *golden column of light* – of Spirit – that is always available to us – and necessary to draw from in order to change the dynamics of our situation.

We get sick, wounded, undone from the outside in, meaning our reaction to people and circumstances can break-down our self-belief, as well as our physical well-being. By contrast, we heal from the inside out – meaning when we feel all is lost, or we're depressed or hurting, we can perhaps accept that as we



touch into this column of golden light, we're really taking hold of a Divine Hand. This symbolic Divine Hand represents the very real and all-enduring essence of Divinity within us.

As we imagine taking hold of this helping and supporting hand, a "hand" symbolically that is all powerful in encouraging us to trust our own inner power and presence, we find renewed courage and permission to take on old challenges in new ways.

I love the image of a Divine Hand – perhaps remembering the Michelangelo painting of the human reaching out to touch the hand of God, or of our angels wanting to reassure us that healing comes from a human being reaching out to God, and then God reaching back. We're talking about reaching for God inside where spirit flows freely.

~Meditation~

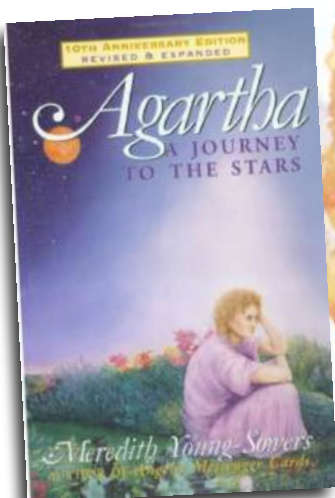
Take a minute to draw in a deep breath, place your hand on your deep heart and allow your energy to connect with the golden column of helping and healing energy.

Relax, relax, relax.

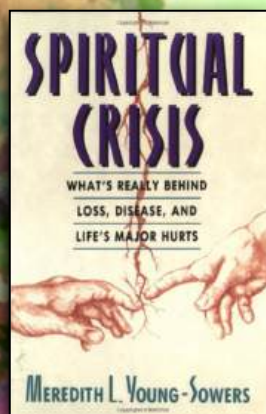


Meredith Young-Sowers, D.Div, Watercolor Artist, Author of the classic "Agartha: A Journey to the Stars" and several other books. Contact Meredith: mysowers6@icloud.com

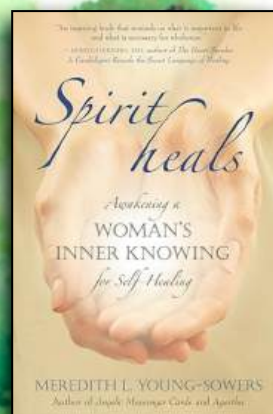
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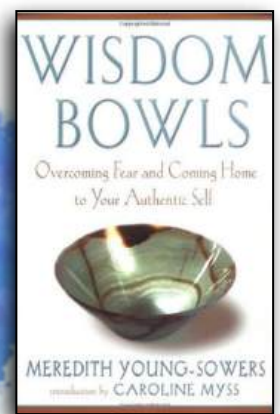
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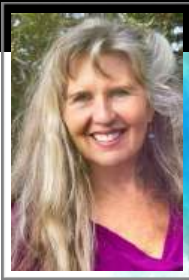
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You are the Light of the World

The display of color and light in the sky as the sun seems to disappear behind the horizon each evening on Maui is magically unique every time. The afterglow in the sky outrageously extends the cosmic spectacle.

Every “sunset” display draws dedicated lookers all along the shores, inland and upcountry. It is a time of sacred meditation on the majestic galaxy and earth that hold us.

Immersing myself into these altering experiences, I am reminded that each of us is also an exceptional bright light that radiates unique frequencies through our bodies, energy fields and into the world around us. We each profoundly influence ourselves, our surroundings, the world and even beyond in ways we are not necessarily aware of.

Contemplating the awesomeness of “sunset” I realized that we each have a responsibility to discover and a purpose to own our unique radiance so that we continue to consciously live it more fully in our daily lives. This includes making choices and taking action that truly nourish our body, our spirit, our hearts and our relations.

This ownership I refer to does not include competition, narcissistic behavior or having exclusive rights. Ownership here means to honestly acknowledge ourselves, our authentic qualities and capacities with a depth of knowing and self

honoring respect so that we naturally shine our brilliance through our very being.

This is a potent wake up call for each and all of us and not to be taken lightly (no pun intended). It is a very personal acknowledgment that can be deeply healing.

I was on a business mastermind call. We each introduced ourselves, our work and our current intentions. At one point the coach said, “Bev, you don’t have to prove you are qualified to do the intuitive energy work that you do.”

The transmission of her words touched the depths of me. Time stood still. Yet, decades of training, effort and seeking approval flashed through my mind. Tears came and the truth expanded within and consumed the lies. In a nano instant I realized I’d been conditioned to need to prove myself and seek ongoing validation from the outside. I believed it was too vain, egotistical and just wrong to truly receive acknowledgment.

In that simple and dynamic moment something within me shifted into being more present with a Sacred Source within me. I felt it. The Radiance *IS* within me.

Brilliance shines through me in unique ways. As it does for each of us. It is for me to own my journey and unique expertise so that I live from this truth. Not being stagnant but open to ongoing growth, evolution and spontaneous shifts into higher consciousness.

Continued on page 21

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This experience is one of similar messages I received in the last few weeks. I notice this new alignment is supporting new bravery and courage to boldly yet naturally own my unique perspectives and skills.

No fanfare. Just an alchemical deepening: a fuller and calming presence of my inner and outer radiance. Something special in you is calling for your attention. To own your natural shine, your authentic brilliance more brightly and fully. For you, dear reader, are the light of the world.

Take a deep breath and feel into your fullness here and now. Own that you are a conduit of authentic wisdom, inspiration and presence. Contemplate:

What is your authentic Brilliance? What nourishes your natural Radiance? Notice what magic emerges today and onward through the mystery of you owning and naturally shining your Brilliance into the world.

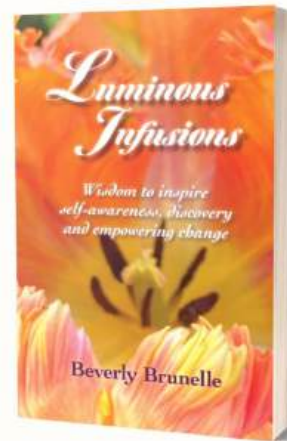
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Beverly Brunelle offers personal, relationship, business and property energy readings, clearings and higher alignment sessions. For over 35 years, Beverly has supported clients and students to fuel the fire of mysticism within and awaken higher consciousness into their everyday lives. "We are each and all capable of much more potent creative change and expanded consciousness than we know. We must continue to raise our frequency in order to own our super powers to explore new possibilities." beverlybrunelle888@gmail.com www.beverlybrunelle.com <https://www.youtube.com/@beverlybrunelle3981>

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There is an old saying, or maybe it is an old teaching, that says we humans live in the dark. When I first heard this, I thought it was saying

that we were not very enlightened, or perhaps not very bright in some intellectual way. Later I wondered if the saying was really referring to electricity or the lack of it in early days. Not until I entered into some very advanced states of consciousness did I realize how true the saying was – literally.

I was in the midst of some deep research into consciousness and was paying attention to every nuance of what was happening in my mind. I had been in this hyper-alert state for months and had maintained this watchfulness even when I went to bed. I would watch myself slip out of the body and enter into other dimensions of life and consciousness, noting carefully what I did, always believing that I was truly awake, but later waking up to what I thought was reality...only to wake up from *that* reality, and maybe even waking up again to discover I had only thought I was awake. The question in the back of my mind was, “How do I know when I’m really awake?”

One afternoon in late June it was hot and I was extremely tired. I decided to lay down for a brief nap. Napping was something I rarely did, but I had worked in the garden all morning and thought the nap would not only allow me to refresh my energies, it would give me another chance to observe consciousness out of the body and perhaps further my research. I climbed on my bed and curled up on top of the cotton quilt. No coverlet was needed because it was so hot that day.

Within a few moments I slipped out of the body, but for some reason I didn’t go anywhere. I just stood beside the bed looking back at myself and had the thought, “She’s asleep, but I’m awake.”

A powerful voice right beside me startled me with the words, “No, you’re asleep and *I’m* awake!” I was so shocked that for a moment my consciousness fluttered from one body to the next – the one on the bed, the one standing beside the bed, and the one with the powerful voice standing next to me also beside the bed. As I fluttered back and forth, I was full of confusion. Who was speaking...and who was really awake? Then I merged fully into the consciousness of the one who had declared she was awake.

It is difficult to describe that experience because it was so very far beyond what we can easily imagine. First, it was a state of all-knowingness. To say I knew all things in complete detail without limit would be an understatement. For example, I knew

every thread in the quilt on my bed, what country that cotton had come from, which field it had been grown in, which cotton plant it had grown on, and which boll of cotton it had been on that plant. I knew how much rain and fertilizer it had experienced, who picked it, who baled it, who washed and combed it, who spun it into thread, who dyed it, who wove it into fabric, who cut and pieced it into a quilt, and who shipped and sold it. Every thread was like a personal, private friend that I was intimately aware of.

The same was true of every thing in my entire home and my environment. I knew the life and history of every piece of clothing in my closet, every two-by-four in the walls and every nail holding them together. I knew every bit of clay, glass, and porcelain in my dishes, and every vegetable, fruit, or cut of meat in my refrigerator or freezer. I knew the siding on the house, the shingles on the roof, and every grain of silt, sand, and soil that covered the area in which I lived.

It is difficult to imagine the power that is inherent in that state of consciousness. I turned to look across the fields and had only the window to look through. I felt a moment of impatience or irritation that the south wall of my home was in the way and I could not see because of it.

In response to my thought wishing the wall away, the wall began to crumble and I could hear the entire building begin to groan and crack under the stress. Instantly, I realized what I had done, and just as instantly I reversed my thought, thanking the wall for being there, for holding up the roof, and for being of service. The crumbling stopped and the wall repaired itself!

The thing that is perhaps the easiest to get your mind around, is the fact that during this entire experience, a brilliant but soft golden light was coming from my body. It lit up the entire room and extended out through the walls of the building another 20 feet or so on each side. My bedroom was an old hayloft that was 30 by 40 feet and I estimate the light to have been at least 60 feet in diameter. I knew that I was that light and that it went with me



Continued on page 23

wherever I might go, and that this was what true enlightenment meant – being able to generate light from within the body.

We are all moving steadily toward becoming beings of light, and it is my wish this season that we might begin to grasp what that means in real, practical terms. It means being completely open and loving with one another – even loving the messy chaos of families during the holidays. It means trusting what you know and inviting more of that knowing into your mind and heart – even if that information contains hurt, sorrow, or disappointment. It means being willing to use our power with humility – even if we have to reverse what we have already said or done. Most of all, it means moving toward becoming more of what we already are – beings filled with light.

While the sun is low on the horizon, and we wait for the winter solstice, may you light up the season of darkness with your inner light and create the glow of love in every direction during this holiday season.

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Penny Kelly is an author, teacher, publisher, consultant, Naturopathic physician, and researcher of consciousness. Penny holds a degree in Humanistic Studies from Wayne State University and a degree in Naturopathic Medicine from Clayton College of Natural Health. She is the mother of four children, and the author of nine books. E-mail: info@kellynetworks.com



Memories of Christmas Past

By Sheila Lowe



As a child in England, I loved being allowed to decorate my grandparents' Christmas tree with colorful plastic icicles, glass balls, and candles; being lifted up to place a star at the very top. My grandmother ("Nanny") would bake a traditional fruitcake and place a slab of marzipan on top. Then royal icing, which dries thick and hard enough for a tiny Santa and his sleigh to decorate it, along with holly berries. Somewhere inside the cake was hidden a shilling (silver coin, roughly equivalent to a quarter). Nanny always made sure I would get the shilling in my slice. A box of gifts from my aunt in the US would have arrived for everyone to enjoy, and on the table with Christmas dinner (roast

beef and Yorkshire pudding, etc.) at each place setting would be a Christmas cracker—a cardboard tube covered in bright colored paper twisted at each end. When two people pull on the ends it creates a bang, and a small toy gift or a paper crown fall out, adding to the fun.

When I was seven, my mother started studying with Jehovah's Witnesses. That was the end of holiday celebrations for us for the next 33 years. By the time I left that religion I had three kids. My daughter, Jennifer, was the one who insisted we celebrate everything in a big way.

Christmas 1999 was our last together. Two months later, Jennifer was killed by her boyfriend in a murder/suicide. So that last one is a very special memory—the kids and their partners and friends joined my husband and me and my siblings for a wonderful time together.

My daughter and I had always had a difficult relationship, and that year—she had just turned 27—we were starting to repair it. One of my gifts to her was a photo album of all my favorite pictures of her from birth on. She hugged me (a rare event!) and said it was the best gift she'd ever had. And she gave me a teapot and mugs, and a funny card that was very much her.

It's a memory I cherish.

Δ

Author Sheila Lowe is a British-born novelist and handwriting examiner who lives in the United States. See her ad on page 21 for three of her paranormal thrillers.



Jennifer, Christmas 1999



Guest Contributor: Rev. Joann Baumann

Messages from My Son Terry in Heaven

The holidays were fast approaching. People were busy shopping, decorating and sending cards, but what I really wanted was a Christmas greeting from my son Terry in Heaven. I sat at my desk and this is what he wrote...

Dear Mom and Friends, This is truly a glorious time of the year as you are celebrating the birth of the Christ Child and the Feast of Lights. We will talk to you about the inner meaning of these celebrations. The Christ is the Christos, or the Light. The One called Jesus brought Light to a world in spiritual darkness. Light was needed to show the way.

The Star of Bethlehem was a sign in the night sky that the Light had come. So you celebrate the birth of the Christ at the darkest time of the year with the many lights in your homes and yards; you truly light up your world of darkness with a bit of light and beauty.

But there is a greater light in the Real Light or Presence of the Christ. That Light is in and around you but it is hidden from the view of your physical eyes. As you seek for that Light and take the blinders off your eyes and broaden your vision, that enlightenment will happen to you, and the Christ will be born in you. A bright star will shine for you, and you will be a bright and shining star yourself. It is time for your light to shine. Jesus said, 'Ye are the Light of the world.' (Matthew 5:14)

Just as the angels announced to the world that Christ was born, the angels will announce to the world, glad tidings of great joy for you that many people on Earth are seeing and experiencing the Christ now through meditation, visions, or visitations. The angels rejoice when an event like this occurs, or someone is willing to listen to the recalling of these events, or the messages that came with them.

As you sing the joyous carols of the Christmas season, your singing brings more light to your world, and to your bodies. The angels sing with you. Bells and chimes ring out beautiful sounds to bless your ears

and your world with gentle vibrations that are very healing for you and your planet. This is a type of joyous celebration that should go on all year long (without all of the commercialism, of course).

There is a type of celebration that goes on in the spirit realm when one of your dear souls goes through the transition you call death and comes into the light. They are drawn to the 'Light' in a feeling of ecstasy, and you should not hide your light under a 'bushel,' but set it high on a lamp stand. The Christ Light is within you and you should let it shine. Some of you are in a type of darkness under your covering of dense consciousness. If you are the Light of the world, then it must be a bright light. Think of yourself as a Light, knowing that the Christ is in you. The joy that you find will light up your life and your world. The Christ will be birthed in you.

When this happens, there will be peace on Earth and goodwill toward men because in this Light no one will want to fight with or hurt another. This is how there will be world peace. As the Christ returns to your conscious awareness, you will experience peace. As many have that experience, Christ will have returned to Earth. You are the holy family.

∞

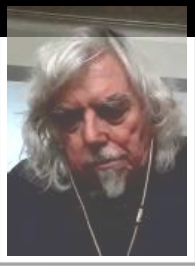
This communication with Terry made my holiday very special offering more insight into the purpose of celebrating Christmas. Terry's messages are always received with great joy and they bring peace to those who read them.

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Rev. Joann Baumann is a health counselor and lecturer since 1972 after healing herself of many serious health

problems. Her techniques and insights also gently guide clients in their healing process. Individuals have overcome serious physical and emotional illnesses and enjoy satisfying lifestyles. Joann teaches spiritual awareness classes in the Milwaukee County Jail system and conducts A Course In Miracles classes. After the untimely death of her son, Joann began communicating with him from the Other Side. The messages are in her book, [Messages From Heaven](#) (available on Amazon).





Jesus the Christ Child Speaks to Humanity

Gordon Phinn is a Canadian writer and psychic known for his explorations into the afterlife, reincarnation, and out-of-body experiences. He shares his insights through his blog, "Another Word of Gord" where he discusses topics related to spirituality and metaphysics. He describes himself as a 'writer, psychic, out-of-body traveler, guru without all the BS.' Two of his books include: [Eternal Life and How to Enjoy it](#) and [More Adventures in Eternity](#)

As you approach that spot in your calendar which is set aside for the remembrance and celebration of my arrival on the earth plane two thousand odd years ago, I would like to remind you that any child can be a Christ child and any family can be a home to such a consciousness.

Much has shifted in the last two millennia, allowing the more or less unfettered expansion of intelligence and sensitivity among individuals ready to explore the psychic and spiritual territory outside of the prescribed norms set by the various belief systems claiming a unique divine authority. The growth which this shift has brought about has ushered many sensitized souls into current incarnations with physical vehicles suitable to carry at least a measure of the Christ consciousness. None are the new Christ that some may seek, and none will be, but many of them can share the ride on the visionary vehicle, and between them, help bring about a new age of enlightened individual and racial consciousness, whose many raptures and ascensions can be included in the general uplift.

Glimpses of heavenly bliss have ruptured the daily regimen of striving and suffering throughout human history, and the records of them have become the journals and recorded conversations of saints and mystics in every land, that have, for those interested enough to consult, become the maps to the enlightened territories. Whether this new generation of Christ (or as some call them Indigo) children will consult them or improvise their own as they explore the parameters of experience matters little, for in the excitement of their intuitive spurts they will be leaping against the current of convention and moving inexorably to the spawning ground of the new man, the human creature

consciously inheriting her divine gifts and growing into their conscious use.

They shall feel and see the previously unseen and they shall remember how to adapt that knowing to both games and problem-solving tasks. In fact their consciousness is such that they will generally be unable to distinguish a game from a problem-solving task, for they have brought with them into incarnation a larger than usual measure of the fun loving astral plane consciousness. How long their supply of such joy will last amidst the waning shadows of the old oppressive consciousness of enmity, greed and oppression remains to be seen, but you who have learned to cope with those dark energies can certainly assist these playful angels extend their light beyond its inevitable shadow.

Watch for them and when you can, help them to continue pouring the light of love and joy into whatever creative endeavor has chosen them as its vehicle, for there will surely be those who would bottle their juice and store it underground.

In this I respectfully request your willing cooperation, and suggest that your current devotion to the Christ child of history expand to any child who would attempt the burden of that undying light.

Δ

Gordon is a Canadian writer and psychic known for his explorations into the afterlife, reincarnation, and out-of-body experiences. He shares his insights through his blog, "Another Word of Gord" where he discusses topics related to spirituality and metaphysics. He describes himself as a 'writer, psychic, out-of-body traveler, guru without all the BS.' Two of his notable books include: [Eternal Life and How to Enjoy it](#) and [More Adventures in Eternity](#)



Photo: Hulton Archive/Getty Images

"My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that?"

~Bob Hope (1903-2003) was a comedian, vaudevillian, actor, singer and dancer who entertained troops overseas during wartime. Hope received numerous accolades for his kindnesses and humanitarian efforts.



10 Ways to Simplify Your Holiday Season

Written By Joshua Becker

For many of us, the holiday season holds a special place in our hearts. It's a time to focus on faith, gratitude, celebration, and cherishing moments with family. But too often, the beauty of this season gets overshadowed by rush and busyness. Not to mention the stress of over-commitment, excessive spending, and unrealistic expectations.

As the holiday season officially begins, let's remember that simplifying our holiday season can actually magnify our joy and allow us to focus on what truly matters. Simplicity isn't about cutting back on joy. Simplicity is about promoting the values and actions that bring real joy by removing the distractions that keep us from it.

To that end, here are ten practical, family-friendly ways to simplify your holiday season. Some may be more exciting and applicable to you than others, but that's fine. My only hope is to spark a new idea that you can embrace to make the most of this special season of the year.

1. Limit Gift-Giving

Reducing the number of gifts you buy isn't about being stingy; it's about refocusing on what's important. Consider setting a limit on the number of gifts for each person or doing a gift exchange. This doesn't mean you need to spend less, but shopping for more and more for the sole reason of making the tree look piled away with boxes is unnecessary.

This shift can reduce stress, and will also probably result in less clutter in the long-term.

2. Learn to Say No

You don't have to attend every holiday event or gathering. Prioritize the ones that are most meaningful to you and your family. Politely declining invitations can free up time to enjoy the season at a more relaxed pace.

Holiday parties can be a wonderful opportunity to connect with friends and family and co-workers. But if the calendar is resulting in stress just by looking at it, learn to say no politely.

3. Avoid Holiday Debt

Steering clear of debt during the holidays is a gift to both your present and future self. If you think overspending is going to relieve your stress because everyone will be so happy with all the things you purchased, you are overestimating how much joy

purchased items can bring... and underestimating how much joy an undistracted and focused you truly is to your family and friends.

Create a reasonable budget and stick to it. Remember, the best memories often come from shared experiences, not expensive gifts.

4. Simplify Decorations

Decorating for the holidays can be delightful, but it doesn't have to be elaborate. Choose a few meaningful decorations that bring you joy and create a cozy, festive atmosphere without the clutter.

In our home, we have one box of holiday decorations that are meaningful to us and help elevate the meaning of the season in our family. In fact, we've found that eliminating the unnecessary allows the most necessary to speak louder in our home.

5. Define Your Season's Purpose

"Keep your main thing the main thing," as the old saying goes. But here's the problem: We can't keep the main thing the main thing until we know what the main thing even is! If the goal of your holiday season is to be with family, give gifts, hang out with co-workers, rest, watch holiday movies, look at lights, reconnect with your loved ones, celebrate your faith, go to lots of parties, drink and be merry, bake lots of cookies, take time off of work, play video games, buy things for yourself at discount, and go sledding with your buddies... you're going to get stressed.

Before the huge rush of holiday activities and opportunities get into full swing, take a moment to define what the holiday season most means to you and your family. Whether it's about faith, gratitude, family, or celebration, let this purpose guide your decisions and help you stay focused on what truly matters.

6. Manage Children's Expectations

The holiday season can create a frenzy of expectations in children. And too often, we are the ones at fault. We talk about "Santa Claus" and "gifts" and "stockings" and "wait until Christmas morning" like the entire Amazon catalog is going to be under the tree.

Be smart in how you talk about the holiday season with your children—especially the younger ones. Yes, most likely, people who love them will express their love through gifts. But your

Continued on page 27

kids won't get everything they want, and even those trying their best might not always choose the right gifts.

But if you've defined your family's purpose and have taken the time to remind your kids what is most important, expectations can be better managed—and so can your stress level in trying to meet them.

7. Delegate and Trust Others

Embracing the spirit of trust and delegation can significantly ease holiday stress. If your spouse is managing the holiday meal, let them take the lead. If a family member is organizing a Christmas Eve gathering, trust their judgment and skills. Just like a good manager delegates tasks to focus on the bigger picture, apply the same principle during the holidays.

Offer help and stay involved, but resist the urge to micromanage every detail. This approach not only lightens your load but also empowers others, often leading to wonderfully unexpected outcomes. Remember, the holiday season is about togetherness and shared experiences, not perfection in every plan and event.

8. Focus on Your Health and Well-being

Maintain your regular healthy habits during the holiday season. Eating well and staying active are not just good for the body. They're crucial for mental health, especially during busy times.

9. Seek Reconciliation

The holidays can be an opportune time for healing and reconciliation. Reach out, make amends, or simply extend a gesture of goodwill. The closer you used to be with someone who is currently estranged, the harder you should work for peace.

But won't this bring more stress into your holiday season? I don't think so. An attitude of bitterness, anger, or unforgiveness toward someone else brings more stress into our lives than we think. And even if we genuinely offer our hand and heart in reconciliation and it is rejected, we can sleep confidently and peacefully knowing that we have handled our side of the equation in a manner that brings us peace—even if the other half chose not to.

10. Identify What Brings You Joy

Take note of which holiday activities bring you genuine happiness. Maybe it's baking cookies, caroling, or just spending quiet evenings with loved ones. Prioritize these activities and let go of the ones that don't bring you the same joy.

Now, that doesn't mean we don't agree to do some things simply because they bring joy to those we love. But deep down, don't you find a little joy in selflessness anyway?

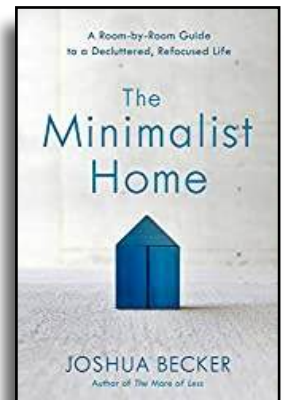
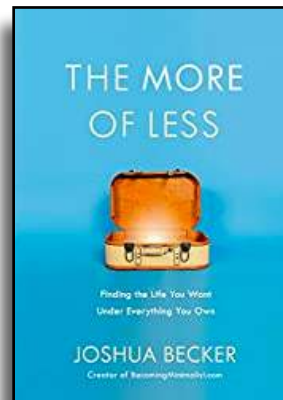
As we embrace the holiday season, let's remember that simplifying isn't about diminishing the joy or significance of our

celebrations. It's about creating space for more meaningful experiences and connections.

A simplified holiday season can be richer, warmer, and more fulfilling. It's within this simplicity that we often find the deepest joy and the most lasting memories. Let's choose a holiday season that reflects the true desires of our hearts—and let's begin today.

△

Joshua Becker is a best-selling author, founder of the website [Becoming Minimalist](#), and the founder of the non-profit organization [The Hope Effect](#). He is known for his work on minimalism and intentional living, having written books such as *Simplify* and *The More of Less*, and has been featured in publications like *TIME* and *Forbes*. He is also a public speaker and has appeared on the *CBS Evening News*.



"I just woke up one morning and decided life shouldn't be that complicated!"



'tis the Season for Light

Tis the Season when short days and cool temperatures beckon us to spend more time indoors. Feng

Shui sees the winter season as a time when the Fire element, represented by the sun, is low and needs to be “stoked” in our homes to nurture our health and happiness. To do this, we warm and brighten our interiors with lighting and other Fire-related enhancements.

Candlelight is an instant mood-maker and brings out the best in people’s skin tones. Transform a room by lighting it entirely with the luminous magic of candlelight. With safety always in mind, hang candleholders on the walls and old-fashioned candelabras from the ceiling to fill the room with an enchanting glow. Group pillar candles, tea lights, votives, and tapers together to create multitiered ‘banks’ of illumination. Use reflective trays and holders to multiply and magnify the light. Choose one candle color for an elegant look, or a variety of colors to capture a more playful casual atmosphere.

The fireplace symbolizes the heart of a home, as it warms a space and inspires the feelings of comfort and safety. In Feng Shui’s elemental cycle, the Wood element intensifies the Fire element, making the heat and light they produce together particularly pleasing on a long winter’s night. Avoid leaving the ashes of a previous fire on display for any length of time, as this connotes the loss of warmth and light.

Another classic way to capture the dynamic relationship

between Wood and Fire is to arrange boughs of evergreens or other plant material with items in the Fire-related color of red. Mix red ribbons, candles, flowers, ornaments, and other decorations with seasonal greens to create your own beautiful display. Soft lamplight brings a comforting



ambience to every room. Turn glare into glow by installing rheostats, or dimmers, on lamps and light switches throughout the house. If you’re now living under the bright glare of fluorescent lights, consider replacing them with more versatile and appealing track or recessed lighting. Or, add alternative lighting such as well-placed task lights so that the fluorescents are rarely used.

Expand your repertoire of seasonal decorations to include photographs of, or tokens from loved ones. Celebrate your relationship with the people you care about and draw them close throughout the winter, as they symbolize the emotional Fire of human bonds that warm your home with cherished memories.

Winter is the time to create spaces that encourage personal renewal and social intimacy — a time to get to know yourself and others better. This is the season to light the candles, cozy up around the fire, sip something delicious from a steaming mug, and share stories with your favorite people.

Keep the home fires burning and enjoy the many warm experiences winter brings to life.

Δ

the bestselling Author of numerous books, Terah Kathryn Collins is the Founder of Essential Feng Shui® and the [WesternSchoolofFengShui.com](http://www.WesternSchoolofFengShui.com).



Wishing You All Things Merry & Bright
With Peace & Love to Enjoy Your Precious Life



PHOTO Pinterest; AI Modified.



Dark, dramatic hues are redefining holiday style in 2025. Moody Christmas color palettes—like deep burgundy, forest green, charcoal, navy, plum, and even matte black—are replacing traditional red-and-green in modern, upscale holiday decor.

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It's Story Time with Kathleen...

"This is a little story I wrote to tell my children. It conveys a message about our journey about coming to Earth. I hope you will read and relate to it in some joyful way...and tell it to your children!"

Welcome to Planet **Mirth**

Many of us came to this planet through frivolous error. You see, we were a merry group of souls bound for the planet Mirth, which was two galaxies down, to the right of Jupiter. As we hurtled through space towards our intended destination, we were suddenly overcome by an awesome sight. There, to the left of Jupiter, was this beautiful blue bauble hanging in the sky with such a wondrous aura to it that we all *oohed and aahed* and asked our tour director, "What's that!?" to which he replied, "Oh, that's Earth." We looked at one another and being the merry creatures that we were, said, "It's so pretty, we want to go there! Besides, it sounds close enough!"

So, we arrived on this planet and our first major life lesson was to be learned: *All that glitters is not gold*. Rather than our intended destination, Mirth, we came to Earth because it appeared to be flawless. The truth, as we know, is something else again.

Yet, those of us who were intended for Mirth have come to reflect humor and light heartedness, to make Earth a place where all are welcome. We need to remember who we are and what our purpose



is, and in so doing, elevate the home in which we find ourselves.

Positive use of imagination and creativity are part of our legacy. Love of beauty and enhancement to all life is the way of Mirth. Eternal spring is its season. As we come once again to a time of renewal, it is a time for Mirthians to remember their heritage.

If you believe that you were intended for Mirth, then this is your time to reclaim your being in light and light heartedness, to contribute to Earth in

such a way that those who come to this beautiful blue ball in the sky will find that it reflects, in actuality, everything it projects in appearance.

We came to spread joy and delight as our motto for living – in essence, to bring Mirth to Earth!

Δ



"There are some who bring a light so great to the world that even after they have gone the light remains."
–Author Unknown

Mirth, noun
gaiety or jollity, especially when accompanied by laughter.
the excitement and mirth of the holiday season.
[Dictionary.com](https://www.dictionary.com)

Photo: © [Jane Erica Hutchison](#)

Hygge: A Cozy Danish Lifestyle for a Cold Winter's Night

Editor's Note: All my life I felt something was lacking during the holiday season, especially on Christmas Eve. Whether I was with family or alone, there was a calling from within to connect more deeply to this most silent and holy night. But how? Then, in 2023 I learned the term “hygge” (pronounced HUE-gah) a winter Nordic lifestyle and I knew this was what I had been seeking. It is a peaceful, cozy night of reading and reflection with a hot beverage and a piece or two of chocolate. I had no idea there was a name for this style of lounging and now it's become a tradition that I look forward to every year. ♥

Following is an edited article originally published on <https://northeasterngroup.com/hygge-the-cozy-danish-lifestyle-to-carry-you-through-winter/> with some new information added. Original author is unknown.

Denmark is considered to be one of the happiest nations in the world. Surprising, considering their winters are long, cold and consist of about 17 hours of darkness each day! But there's a secret behind why Danes are quite happy to be snowed in all winter long, and it's called *hygge*. Pronounced *HUE-gah*, *hygge* is an attitude toward life that emphasizes finding joy in everyday moments. It is taking pleasure from the presence of gentle, soothing things.

Candlelight is *hygge*. Cooking dinner with friends is *hygge*. Getting cozy with a blanket and a good book is *hygge*. Because we all know we have many long weeks ahead of us this winter, we've compiled a few ideas that can help you incorporate the *hygge* lifestyle into your own home.

Soften Your Space - Add items like cozy blankets, a few floor pillows or rugs to make your home feel warm and inviting.

Incorporate Nature - Grab some Nature—fresh branches, pine cones, berries, potted evergreens or other seasonal nature items and bring them inside to your dining table, kitchen, or

other areas where your family gathers. Make your home more inviting by introducing natural wood pieces. The brown hues will add an extra dose of warmth while the natural materials will bring a little of the outdoors in.

S-t-r-e-t-c-h! - Stretching activates the 'wood energy' in your body and that promotes the energy of positive change.

Display What Makes You Happy - *Hygge* is about prioritizing the things that bring you joy. Create a gallery wall of pictures that display your favorite people, places, and memories.

Light Some Candles - If you were to enter any Danish home, you would find soft, warm light of candles. When it's cold and



dark outside, place a few candles around your home to utilize *hygge*. Candles are also a big part of the winter solstice that is a celebration of light. Be sure to make a wish as you light each candle.

Keep it Hot - What feels better than a hot mug of coffee, tea, or cocoa while lounging? Pair your hot drink with a blanket, a good book or movie for a perfect night in.

Family Time - One of the biggest aspects of Danish *hygge* is growing your relationships with family and friends. Tell people you love them. Cook a meal together, gather around the table, play some cards, or just enjoy some great conversation. Giving gifts is also traditional during the Winter Solstice.

Pick one, do them all, or do your own. This is a wonderful time to celebrate, connect and bring more light to your life. If you want to make this extra-special you can release the old stuff you've been carrying around in your memories. These simple ways to release the past can get you going in a wonderful new direction!

Here's to embracing the Danish tradition of *hygge* in your own home this winter!

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Edge Talk Radio Shows

Nov. 5th, 2025 - Into the Mythical, Where Magic Meets Reality w/ Mystic, Peter Fae, California

Dec. 3rd, 2025 - Dancing in the Dark, Awakening the Medial Woman, with Author, Athena Laz

Nov. 19th, 2025 - Channeling the Shift, Hathor and Divine Feminine with Author Dr. Yafi Yair, FL

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