

The Inner Voice

A Source of Light For Unfolding Consciousness • April 2022



SPRING RENEWAL
TIME TO BE OUTRAGEOUS

TRUST THERE IS A DIVINE PLAN

THE SOUL SURVIVES
AND EVOLVES AFTER DEATH

BOLD BOTANICALS
TO BALANCE THE BODY

AND MORE INSIDE!

April 22 Earth Day
See what you can do to help
<https://www.earthday.org/>

About the Cover



Peace on Earth by Robert Hooper is used on the cover with his blessing to enjoy! Prints of this and his other works are available here: <https://fineartamerica.com/art/robert+hooper>

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Body, Mind, Spirit, Heart & Home*

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



Your Hosts

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www.goldenlighthouse.net

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

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May 22, 9:00am-1:00pm

MEDIUMSHIP TRAINING

June 4-5, 9:00am-4:00pm

THE HERBAL APPRENTICE WITH GIGI STAFNE

July 23-24, 9:00am-4:00pm

DRUM MAKING WORKSHOP

with Dave Wilinski

Wed. May 4, 2022

5:30pm - 10pm



REIKI LEVEL I TRAINING

May 19, 9:00am-4:30pm

REIKI LEVEL II TRAINING

May 28, 9:00am-4:30pm

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June 25; 9:00am-4:00pm

Includes apprenticeship.



WHISPERS ON THE WIND SHAMANIC PROGRAM

Group #25: May 11-14, July 27-31, Nov 2-6, 2022, Jan 4-8, 2023

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April 2022

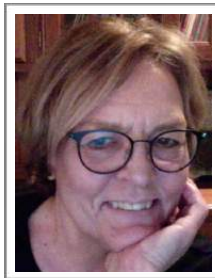
Dear Readers,

Yee-haa! It's Springtime and with it signs of renewal everywhere! This month's magazine features ideas and meditations we can all use to establish peace and love in our hearts, and then extend our peace and kindness to others, regardless of what is happening in the outer world. Einstein said that problems cannot be resolved at the level they exist. To resolve them we need to rise above them. We need to go to the higher planes of consciousness and live peace in our own lives and support it in the world. Call on the angels for guidance in this and all matters, for this is how they influence us to make better choices and responses.

This month Astrologer Barry Kerr starts a new series of articles called "Astrology Within." He begins with Mars, the Warrior planet and how it affects our personal will.

So, April means springtime, optimism, life-after-death, Easter and the resurrection, and new beginnings. I have gathered several articles and ideas to inspire "springing forward" to help celebrate this season of hope and renewal. Have a Happy Spring by BEING the peace and happiness you wish to see in the world!

Nancy



Angel Talk™

In All Things Stay Centered on God, the Good, Omnipotent

By Nancy Freier and the Angels of the Great White Light

Q. A reader asked: Last month the angels suggested we extend love to all the world, especially to Putin. I am having trouble doing that and I can't relax knowing there is a war going on in Ukraine. What can be done?

As in all things that require change and healing, pray. Prayer conditions the mind and soul to prepare a way for new energy to wash through and cleanse the spirit. Prayer lifts your thoughts up and aligns you with the higher forces of good to develop a positive outlook. You have always had free will to create as you wish, but over time as you evolved on Earth, you gave your creative power over to the small ego. This has always been a part of your makeup, but this part of you is based in and acts from fear. It was never intended to be the control freak it's become.

We direct you to call back your creative power from the ego and step up to the higher planes of consciousness. Let go of the illusion that you are separate from others and fully embrace humanity as One People, divinely connected at the core. It may seem a difficult task from where you stand looking outward through ego eyes, but ask to be lifted up into the higher planes of consciousness, to see the unity that God sees and the way forward will be shown to you.

To loosen the grip of the ego, first recognize its thought and belief system and how it operates in your life. Ego thoughts are always fearful and selfish; about your body and your safety, about competition, winning, and getting ahead of your neighbor in any number of ways. Putin has taken the ego to an absolute extreme giving it complete sovereignty. The ego is the

opposite of God (ego = edging God out). Its path leads you down a rabbit hole of death and destruction of anything that is not of God.

From A Course In Miracles (that basically teaches how to unwind the ego), "The ego arose from the separation and its continued existence depends on your continuing belief in the separation."

The angels remind us that from the Earth plane (our present perspective and current consciousness) we cannot possibly fathom any good of any kind coming out of this war. But the Course and the angels insist, "A happy outcome to all things is sure."

When challenged with a seeming impossible situation in the world or in my life, I hold to this promise.

So, are our troubles a call to faith, and a call to deepen our gratitude for the homes we have when others are being bombed out of theirs? Are they a call to trust God, the Good, all powerful who by faith will lead us through conflicts to a happy ending? Is it a call to restore us to trusting there is a Divine Plan and a higher order to all things?

I must admit that I don't always think so, but that is when I need to level myself up to the higher planes and allow the angels, the messengers of God to reveal the larger picture. We each need to listen within to what our inner voice is inspiring us to do now. We need to ask challenging questions: What can I do to create more peaceful relations? If I let go of my limiting viewpoints, what new and unique skills can I offer to support changes in my relationships, in my business, and in my world views? Where can I share these new perspectives to inspire others?

The call is to listen more deeply, ask current questions that actualize change,

"In each moment the fire rages, it will burn away a hundred veils. And carry you a thousand steps toward your goal." ~Rumi

Angel Talk from on page 4

now. We all have more creative power than we have let ourselves express; and, the angels said it is time for us to explore, discover and risk being our best self, and share it widely!

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e-mail questions for this column to:
theinnvoicemagazine@gmail.com

Ask the Angels About Anything

Angel Guidance Readings

The Angels shine a light on your path so you can see your way through challenges with clarity, ease and grace.

Mediumship Readings

Connect with your loved ones in spirit. The Angels guide the reading, bringing through their unique perspective and compassionate wisdom.

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Symbolism of the 'Easter' Lily

<https://www.funnyhowflowersdothat.co.uk/lily-remarkable-flower-bursting-symbolism>

The Lily is a remarkable flower bursting with symbolism: femininity, love, purity and grief making this flower perfect for friendship bouquets, full of happiness at weddings, and solemn and serious for funerals.

Femininity ~ The shape and variety of colors, and the sweet scent of the fragrant varieties make some species of lily the ideal symbol of femininity. This symbolism dates back hundreds of years, originating with Ancient Egypt. Greek and Roman brides were often given a garland of lilies to wear in their hair, signifying the promise of a pure and fruitful life.

Love ~ Fast-forward to the Victorian era, where emotions in all their raw fullness were frowned upon. As a solution to the problem of self-expression, a secret language of flowers called [floriography](#) was developed. The Victorians gave a meaning to every flower, so that they could communicate their feelings with a bouquet. The lily was no exception. The Romans had used lilies to fill pillows and quilts because of its lovely scent, making the fragrance synonymous with love-making. Taking their cue from the ancients, they decided that if a lady was given a lily, she would know it was from her lover.

Purity ~ White lilies are often used at Christian weddings. The reason for this is that, just like in ancient times, white lilies symbolize virginity and purity. The white lily is sometimes known as the Madonna lily, and is often depicted in religious art as the symbol of the Virgin Mary.



Grief ~ Just like the Victorians, when words fail us, we find it easier to say things with a bouquet of flowers. Lilies in particular aren't just for expressing when feel happy or cheerful. They are the flower that we use the most at funerals and memorials in the United Kingdom. The whiteness stands for peace and serenity, while the inherent transience of cut flowers, which bloom and die, are symbolic of life's passing. At times of mourning, it's comforting to know that beautiful lilies can speak of the sadness of our emotions for us.

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The Survival Of The Soul and its Evolution after Death; Notes of Experiments

by Pierre Emile Cornillier

I want to make the world aware of a 'new old' book titled, *The Survival Of The Soul and its Evolution after Death; Notes of Experiments* by Pierre Emile Cornillier, published in 1921. Cornillier (1862 – 1946) was a French artist who had an interest in psychical research when, in 1912, he realized that an 18-year-old model he had been employing, Reine had psychic abilities of some kind. Soon he began some experiments with her and when she was in a "hypnotic sleep" she was able to go OBE (out-of-body) and report on things and happenings in other places. In the ninth séance a "high spirit" named Vettellini emerged and continued as Reine's primary guide through 107 seances.

The series of experimental séances were conducted between 1912 and 1913 and ended due to the start of World War I. Not much is known about Cornillier, however, it is apparent that he treated this adventure into the beyond as a scientific experiment and was very determined and meticulous to gather as much evidence as possible to try to provide proof to the skeptics.

I found it fascinating to be along for the ride; it was like being there! The results of the séances, as he called them, became more in depth as the team of Cornillier, Reine the Medium, and the Spirit Guide Vettellini become better acquainted with each other. They always began with the process of Cornillier hypnotizing Reine which could take as long as 45 minutes. Once under, he would ask her to project her consciousness somewhere. (Currently, this is called remote viewing.) Once at a given location he would ask her to describe what she sees. In many instances, he was later able

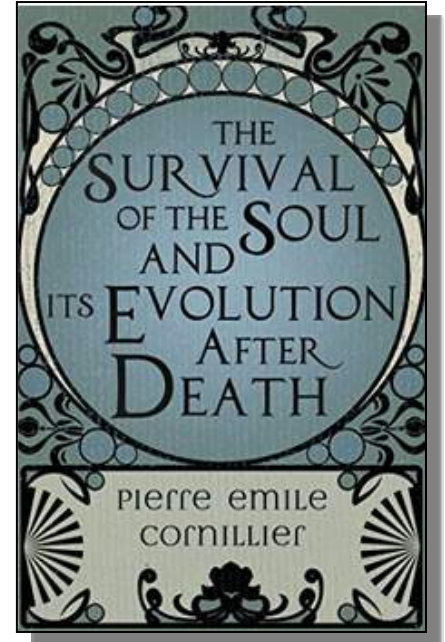
to get verification of the location that she was sent to observe.

After gaining more experience Cornillier would try to obtain information about what life is like in Au-Delà (the Great Beyond); the experiences that lower evolved beings are having vs. higher evolved beings. Throughout these sessions Reine the Medium was always 'unconscious' and would not be able to recall anything that happened while she was under. (This same technique was employed by Dolores Cannon in modern times.) The reason for this separation in consciousness, according to the guide, Vettellini, was to protect her from experiences she, as a young girl, would not understand or be afraid of.

I think that I can safely say that they were able to answer one of the big questions of life, namely, *why are we here?* The answer is quite simple: We are here to evolve! Unfortunately, much of the evolution must come through suffering. No suffering = little evolution. If you stop and think about it, this absolutely makes sense.

Understanding this concept helped me to understand the answer to that age old question people often ask when they observe unexplained suffering such as, Wars, the Holocaust, children born with a deformity, a rare disease, murder, rape, poverty and all the rest. By way of argument, try asking yourself how much you would evolve if everything were perfectly blissful?

My favorite section of the book had to do with Reine's visit to a French maternity hospital called a "Refuge Maternel." She is not told about the character of the house, nor the purpose of her visit in advance. Cornillier: "After a few seconds she says she is in a house; in



<https://amzn.to/36YFs7o>

a room, where women are seated, working, sewing, etc. These women are all in different stages of pregnancy. Women are received there, where they are given some light work to do — and two days before the probable date of delivery they are sent to another house for their accouchement (delivery). I order Reine to observe carefully, and to try to perceive the captured Spirits in course of incarnation. After some moments of examination she begins to speak. I will give only the conclusion that may be drawn from it, as a theory of the process of incarnation. 'The sexual act is really the snare in which the Spirit is caught. Whether in complete ignorance (the case of inferior Spirits), or whether in conscious purpose (the case of superior Spirits), he is captured; and henceforth he belongs to the earth.'

During the first two or three months he is relatively free, and it is only occasionally that he comes to visit his house (body) that he is building, but as

time advances and his dwelling takes form, his visits become more frequent. He comes to give his measures, to intimate his desires, to make, in short, his own personal imprint. Towards the seventh month he takes possession of his little body, establishes himself in it, and makes it his. From this time on he rarely leaves it and, finally, at the moment of delivery, becomes its definite prisoner; not only because of his intimate union with the organism, but also because his own individual conscience, memory, etc., is completely veiled and stupefied by the physico-chemical condition in which he is plunged. This is the general rule. Such is the theory that Reine's observations, and her innate knowledge, have allowed me to establish on this subject.

Cornillier was interested in learning how things worked in the spirit world: the nature of the spirit body, how spirits awaken on the other side, what they look like, their faculties, grades of consciousness among spirits, activities in the spirit world, spirit influence on humans, God, reincarnation, astral travel, difficulties in communication by high spirits, deception by inferior spirits, premonitions, dreams, time, space, animal spirits, materializations, apparitions, cremation, and other concerns that Cornillier had about the non-material world. This book has it all. Get it in paperback or on Kindle. Enjoy!
<https://amzn.to/36YFs7o>

△

Steve Freier is a researcher and book reviewer of metaphysical topics. He is also a professional video producer currently creating YouTube style video podcast interviews. He resides in Door County, Wisconsin. Email: sgfreier23@gmail.com Primary Website: www.myunobstructeduniverse.com

From the Archives...

Timeless Topics Radio



An Interview with Shabari Bird
"The Secrets of the Soil and
Bio-Dynamic Agriculture"

original air date: 4/18/99
Length: 39:15

Host Steve Freier and Shabari Bird
(widow of Christopher Bird) discuss
The Secrets of the Soil and Bio-
Dynamic Agriculture

Listen here: <https://bit.ly/3uppA5S>

Shabari, now married to Hugh Lovell, they are
still very active in spreading the gospel of Bio-
Dynamic Farming around the world. www.quantumagriculture.com



Poetry Corner

Rebirth

by JA Dioguardi

On days when I feel the pain of
unfurling,
like petals held tight before their
uncurling,
dizzying thoughts in my mind begin
whirling
while, deep down inside me, emotions
are twirling.

The effort needed to push out a bud —
allowing a blossom to spring from the
mud —
generates in me a passionate flood
of feelings that course through my
body like blood.

The transformation of bud into flower
requires sacred fire within to devour
earthly illusions of safety and power
that hold me in check in my ivory
tower.

So as I continue to prove my worth
each day of this human lifetime on
Earth,
from the precariousness of rebirth
emerge wondrous moments of awe and
mirth!

△



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

The Zen View of Inter-Being

By Thich Nhat Hanh
The Art of Living

While Buddhists don't usually speak of God, here Thich Nhat Hanh expresses the Zen view of Inter-being from a Western spiritual perspective.

Our cosmic body is the universe, creation, the masterpiece of God. Looking deeply into the cosmos, we see its true nature. And we can say that the true nature of the cosmos is God. Looking deeply into creation, we see the creator.

At first it seems as though things exist outside one another. The sun is not the moon. This galaxy is not another galaxy. You are outside me. The father is outside the son. But looking deeply, we see that things are interwoven.

We cannot take the rain out of the flower or the oxygen out of the tree. We cannot take the father out of the son or the son out of the father. We cannot take anything out of anything else. We are the mountains and rivers; we are the sun and stars. Everything inter-is.

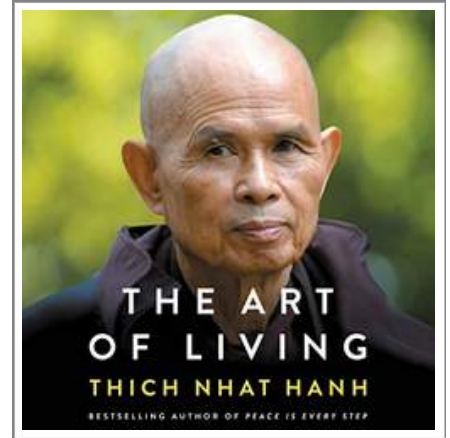
This is what the physicist David Bohm called "the implicate order." At first we see only "the explicate order," but as soon as we realize that things do not exist outside one another, we touch the deepest level of the cosmic. We realize that we cannot take the water out of the wave. And we cannot take the wave out of the water. Just as the wave is the water itself, we are the ultimate.

Many still believe that God can exist separately from the cosmos, his/her creation. But you cannot remove God from yourself; you cannot remove the ultimate from yourself. Nirvana is there within you.

If we want to touch the ultimate, we have to look within our own body and not outside. Contemplating deeply the body from within, we can touch reality in itself.

If your mindfulness and concentration are deep as you practice walking meditation in nature, or as you contemplate a beautiful sunset or your own human body, you can touch the true nature of the cosmos."

△



Art by Shanna Trumbly



Happy Dancin'

Funny bunnies! I caught three of them late one night after midnight, sitting in a circle on the lawn. One of the rabbits hopped straight up, then landed. Then, the second rabbit hopped straight up and landed, then the third one. They were jumping up and down, and having a ball. It was the funniest thing to see!

Watching them taught me to lighten up. We were not intended to take on the woes of the world, and if we do, we need to take a good long break *and dance!*

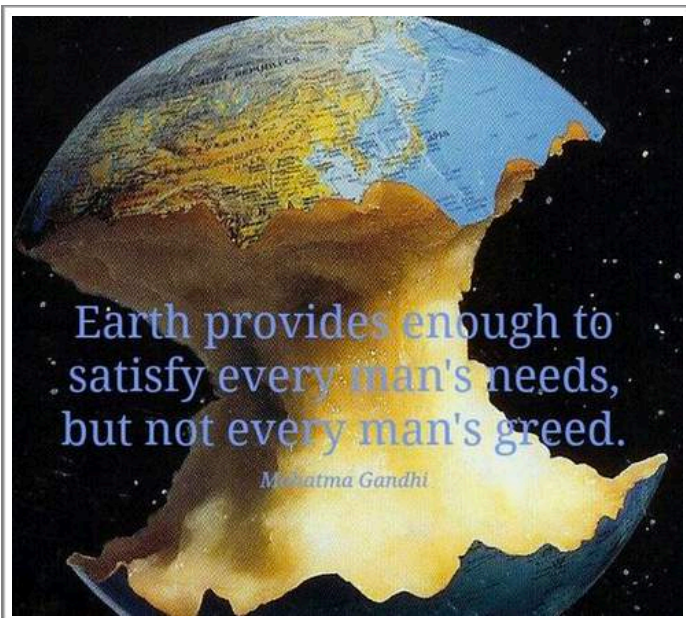


You are comprised of 84 minerals, 23 elements and eight gallons of water spread across 38 trillion cells. You have been built up from nothing by the spare parts of the Earth you have consumed, according to a set of instructions hidden in a double helix small enough to be carried by a sperm.

You are recycled butterflies, plants, rocks, streams, firewood, wolf fur, and shark teeth, broken down to their smallest parts and rebuilt into our planet's most complex living thing.

You are not living on Earth. You are Earth.

~ Rudolph A. Marcus, Canadian-born American chemist, winner of the 1992 Nobel Prize for Chemistry



If you white men had never come here, this country would still be like it was. It would be all pure here. You call it wild, but it wasn't really wild, it was free. Animals aren't wild, they're just free. And that's the way we were. You called us wild, you called us savages. But we were just free! If we were savages, Columbus would never have gotten off the island alive.

Our religion is all about thanking the Creator. That's what we do when we pray. We don't ask Him for things. We thank Him. We thank Him for the world and every animal and plant in it. We thank Him for everything that exists. We don't take it for granted that a tree is just there. We thank the Creator for that tree. If we don't thank Him, maybe the Creator will take that tree away. We are made from Mother Earth and we go back to Mother Earth. We can't 'own' Mother Earth. We're just visiting here. We're the Creator's guests."

– Quote by Leon Shenandoah, former "Tadodaho" of the Grand Council of the Six Nations Iroquois Confederacy.



Be Here Now with Copper

As we step into the month of April, Copper shows up as our monthly crystal ally. I know, it's not a crystal, but this wonderful metal has a lot to offer.

It is malleable, conductive, and resistant to corrosion. It's abundantly used in both functional and decorative ways. Think about gorgeous copper trim or roofs. Consider your electrical wiring. Perhaps you even have copper pipes in your home. And, don't forget about the copper penny. So often they get lost in the laundry or slip out of our pockets, but I'm always grateful for the little dish of extras at the gas station when the clerk uses one to even out my bill.

In addition to these functional uses, copper is eager to be a part of your journey in many other ways as well. Wearing a piece of copper jewelry is helpful for pain or to restore a sense of balance when feeling a bit off. It activates a sense of equilibrium and well-being making it a great ally during this early part of the spring season.

Recently, on the Spring Equinox weekend, my husband and I took a quick trip up to our land in the Keweenaw Peninsula in the Upper Peninsula of Michigan. To the locals, this area is known as Copper Country.

Back in the 1800s the copper mines in this region were the largest source of copper in the United States. The mines were booming. The towns were booming. But after the mines closed, life in this area changed. Now only echoes of that vibrant time remain. Old mine shafts and building ruins peek out from behind the treetops and rocky outcroppings. My mind leaps with curiosity each time I spot a crumbling building. There is a part of me



Copper in a Keweenaw Peninsula River Bed Photo: Lori Andrus

that longs to know what it was like to live in this area during those times.

But alas, I don't. Instead, I am here now, enjoying what remains, what has been created since, and aligning with what wants to be created.

As I tuned into the energy of copper this month I was reminded of how easy it is to romanticize other times in history. We all do this from time to time. It's natural. Personally, I'm especially intrigued by cultures who value spirituality, energy healing, and the earth differently than it is now. It is easy to wonder.

The funny thing about romanticizing other eras is that it pulls our energy away from the here and now.

Copper came in with a bolt of energy this month as it reminded me to fall in love with this time in history. It acknowledged that sometimes this can be difficult. We can look out at life and see the ugliness and feel overwhelmed. This too is natural. The thing is that your soul chose to be here now, to be a part of everything that is unfolding now.

You may sometimes question this, but copper wants to affirm that you have unique gifts meant to be shared with the world now.

Curious what those are?

Start carrying a copper penny in your pocket (preferably one minted prior to 1982 as these contain 95% copper while the ones minted after only contain 2.5% copper).

Get curious and ask your soul questions about what makes you feel alive and connected. What gifts does your soul long to share with the world?

In small ways, your soul will answer. And in small ways, that little copper penny will help you align with those answers. Be here now. Share your gifts. Shine your light. The world needs you!

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Rise into your soul wisdom. Discover shamanic practices and crystal rituals for activating your sacred path. Begin today with the Crystal Magic journey: <https://loriaandrus.com/crystal-challenge> See page 11 for more info.



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Formerly the Crystal Shaman Life Podcast.

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

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

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



LEARN MORE AT WWW.LORIAANDRUS.COM



Spring is Renewal Time

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

Spring is the renewal time in the sea, the land and especially within ourselves. Now that the Equinox has ushered in spring, tides surge, waves flow and we feel new stirrings to reconnect, rebirth and renew ourselves.

I light the candles, bring out my 'good luck' Buddhas, make a fresh cup of tea, and wear my sandals in celebration of weathering through another frozen season. Then, I painted 'Moonpath.' It is a truly intuitive work of art that came from a place of truth deep inside.

Art, like life, makes visible, the surging invisible energies within us and below the 'reality' of all we see. Vast moving currents, the true power of the Source, live, grow and breathe beneath the surface. Energy surrounds us constantly, just waiting to be directed by our conscious choices. Here is where our inner strength and resilience is born.

What if this year, we don't put ourselves out 'there' with more 'to-do' lists, or following the usual path to success that everyone else is doing, and instead, take the *Inner Journey*? This is the Hero's Path to connect with our Source where our Truth lies. Any creation, reveal, or insight you discover there changes your perception of your Self, your art, your life. So who are you in your Being? What are you becoming with each creation? Each paint stroke is like the fluttering butterfly wing, rippling out to change the world.

Being is something else. Events are an insight to the Truth that lies beneath. We become the observer and the creator of our lives with every conscious stroke. Every flow on the surface is the end result of forces, energies, emotions, and movement lying deep within. The unknown far below offers many doorways to enter, caves to explore, creatures to meet, and directions to discover. Secrets

lie here with hidden passions we have yet to experience. We draw to us all the connections and people in our lives, but there is so much more meaning beneath each encounter, if we only look deeper.

This is a return to Soul, your Beingness. Let's journey beneath the waves. Imagine yourself diving beneath the magic sea, where you easily breathe, flow, and exist. A deep silence sets in. Breathing slows down. You become a different creature under the waves. Colors change, creatures appear, and currents pull you along through worlds of coral, dancing plants, and sunken treasure. Here, without titles, jobs, or schedules, who are you at your core? Beneath the surface waves, one can be fully present. Who is the real you at your Source? What really matters when you are alone with your soul?

I believe if we do more breathing, and pause before acting, we slow life down. Let's gift ourselves with a pause this spring and create Sacred Space and Timeless Moments. When done in mindfulness, it becomes a spiritual act, a vision quest, creating more meaning, compassion, and peace.

I get to this timeless space now with intuitive painting. Like visualizing under the sea, a journey can be whatever you choose to create. Some love to do 'stream of consciousness' writing. Others paint, or collage found objects. Adventurous souls



"Moonpath" by Pat Gullett

wander in Nature, consciously seeking signs about their inner life and direction. Whatever your choice, go with what makes you happy today. Live in the present moment, make a choice, act on it, and then make another. Keep following the good, filling, loving feelings to refresh, renew, and impact your life.

In this sacred sanctuary, this safe haven, the Truth of your Essence lives, waiting for you to come home to your Self. Explore the inner world this spring, and discover the treasures, renewal and the eternal ancient depth of meaning waiting to reveal itself. You may be pleasantly surprised.

△



With the Spring Equinox marking the beginning of a new cycle of the Sun through the Zodiac, we begin a new cycle of articles here. This past year, we looked at each of the zodiac signs as energetic qualities we all have within us. Now we will explore each of the planets as the active, sub-parts of our personalities, each one corresponding with a chakra in our body system. This illustrations below show how each the planets and signs align with our chakras. It's as if we each have the solar system within us. As above, so below!

Mars represents our personal will, the power we have to take action with our bodies in this physical world. Without the ability to assert our will through physical movement, we would experience life more like a plant.

Mars rules the sign of Aries, the first sign in the Zodiac. Aries represents the need we all experience to form and assert our ego self. So, of course Mars is the principle player to satisfy that need. How we go about employing our Mars is key to the direction and quality of our life experiences. It is the hero of our story.

Without conscious self-awareness and mindful discipline, fiery Mars acts out instinctually, impulsively, with a raw animalistic desire and fierceness that is necessary and appropriate for situations of survival, accomplishment, and sexual reproduction, but when inappropriate, can rack havoc on our relationships to the people and things we and others value. This creates the stuff of drama and trauma in our lives.

Some actions result in desirable experiences; some in painful experiences; and still others, a mixture. And our actions impact everyone. Thus Martian willfulness, is both the power we have to create our experiences and the precipitating agent of what we call our "karma".

Mars is called the "warrior" planet. In a conflict of personal wills, our unconscious ego interprets it as a battle with an enemy,



the stakes being survival of the self. That enemy could be a competitor at work or play, but too often it is the people closest to us, those we claim to love, because even in love, our ego prefers to win. And that could involve anger.

Positive, loving expressions of our Mars are enthusiasm, courage, spontaneity, frankness, fearlessness, assertiveness, controlled anger, and self-direction. Destructive expressions include domination, violence, sarcasm, cruelty, impulsiveness, and raging anger.

In your body, the energy of Mars sits in your third chakra, the solar plexus, just below the rib cage. If you are in an appropriate place to do so, put your hand just above your belly and take a deep breath in and out. Close your eyes and see if you can feel the connection from this

chakra point to your muscles through the flow of your blood. This is your vitality, the energy of your aliveness. It is the natural alchemy of your light as a spiritual being merging with the magnetic life force of Mother Earth.

As you take another long breath, notice your vitality. Do you feel strength and confidence? Or do you feel fear? Or weakness? Invite awareness of any emotions that may be lingering there. Any anger? Anxiety? Resentment? Frustrated ambition? Unresolved sexual desire? If so, take note to come back later and be with that feeling in healing intention.

To lend strength to your Mars (3rd chakra), repeat the following affirmations: *"I am a child of divine light. I have a right to be here, to take up space, to feel and assert my human wants and desires. And I respect the same in others, as I assert my right to serve and protect myself and those I care for. Though I am not entitled to always get what I want, I am willing always to be me and love my human self."* Δ



Barry Kerr is a certified soul-based astrologer with over 40 years of experience. Located in Sedona, Arizona, Barry offers remote astrology, energy healing and transformational coaching. Visit [his website](http://hiswebsite.com) for more information.



Practicing Mindfulness By Beverly Brunelle

It's Time to be Bold

What outrageous new beginnings are calling you?

Align with bold inner freedom, authentic creative expression and powerful wisdom when you work with Beverly to discover and resolve ancestral, womb time and early childhood influences that have been limiting your perspectives, beliefs and behaviors.

These are times when we are challenged to show up in new ways beyond our comfort zone, to be more honest with ourselves, more focused, and to be bold in creating new positive change. This is true in our own immediate life and the greater world. Where do we start?

Questions to ask ourselves are: where am I blindly following the pack? What bold new perspectives and actions are waking up in me to generate new possibilities in relationship with myself, my intimate relations, the greater humanity and the whole planet?

The new outrageous I am calling forth is Presence, the clarity to be more honoring of myself and others, and clear access to creative wisdom in every moment. This is an outrageous new beginning and awakening awareness ~ to be in the world in ways I want the world to be. More questions to ask are: Where have I been holding back my communication with myself? Where have I blamed others and not looked deeper into myself to discover my role in the equation? How can I see the reflections of my behavior more clearly? What stories am I telling myself to keep me away from love? Vulnerability? Money? Health? Where have I been overstepping my own boundaries and others? How can I *be* the relationship I truly want?

My outrageous invitation to you, the reader, is to open to the present moment, to tune into the creative juices within you and participate in your life in new ways that are in alignment with your Heart, soul, and wisdom. Dare to risk telling the truth to yourself first. Dare to risk

knowing more clearly: how you feel, what you want, and what bold actions you can take in that direction. It helps to ask tough questions such as, What am I denying myself that is contributing to my suffering? How can I be more resourceful? What change is imperative?

I went to dance today. There were about 80 to 100 people moving in a multitude of creative ways. I sat on the sidelines stretching, watching and noticing my self-talk turn from curiosity to negative self-judgment. The harsh comparer was on stage. I became entangled in my mind chatter for a while, as more people joined in dance. At one point I make a bold decision to break the mind trance, get up and move with the music. My body knew what to do. I didn't have to think to feel the beat and flow of sounds. I belonged. Which was outrageous ~ the negative self-talk, or the choice to go beyond it? Maybe both!

It is our inner self-talk that needs outrageous change. We need potent inspiration and commitment to create and honor outrageous new boundaries within us and around us that respect our unique self and creative purpose of our precious lives. I have been waking up to new bold perceptions of my life. I am discovering new richness in friendships and deep listening, I am learning and practicing to be less attached and reactive to other people's differences and judgments. I am developing my capacity to choose self talk that inspires motivation.

What's become outrageous for me is to ask friends to tell me their truth; to be bold enough to access my own truth, and to give it space to be and to change.

What's become outrageous for me is to be bold enough to ask if friends and acquaintances want to hear my insights or my feedback, not my opinions. And most often they do.

Relationships can be a source of outrageous and delightful surprise, when we let ourselves relax our assumed roles, our outdated perceptions of ourselves, and how we think others should be. It helps to be curious to ask, what's new here? What's outside my traditional box of perceptions?

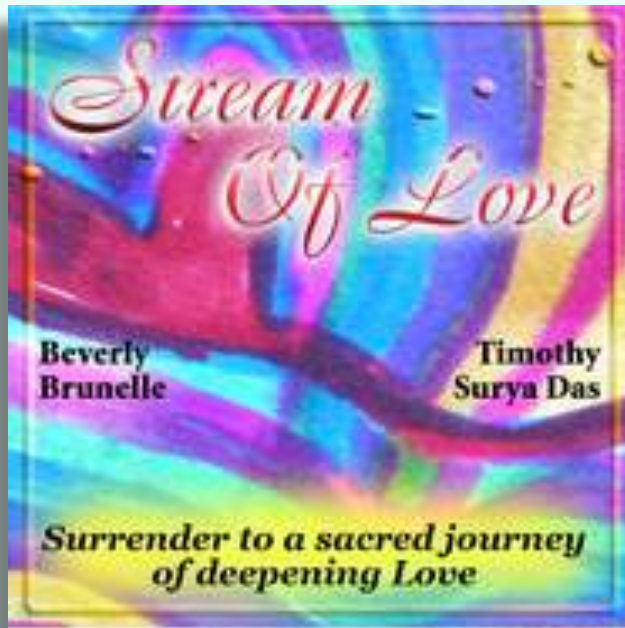
What outrageous something is calling you to align more with your unique essence, perspective, and creative spirit to boldly create positive change in your life?

Δ

Beverly Brunelle is an Intuitive, Energy Healer, and Metaphysical Counselor. Check out her offerings, free meditations, blog and podcast interviews at www.beverlybrunelle.com



Stream of Love



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

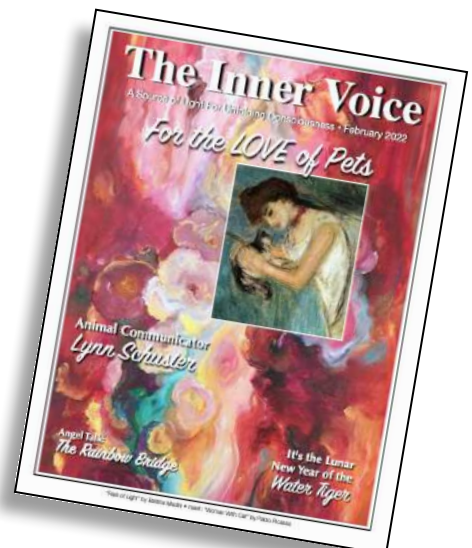
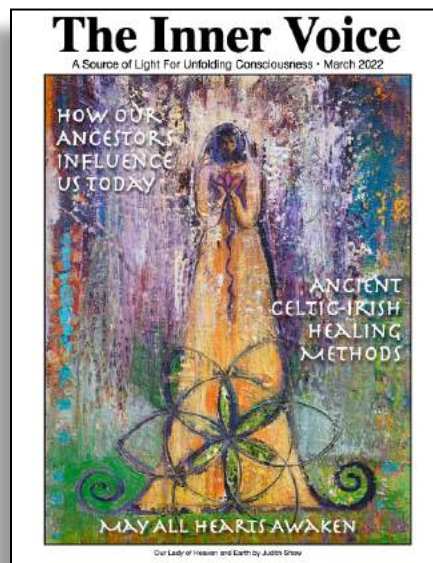
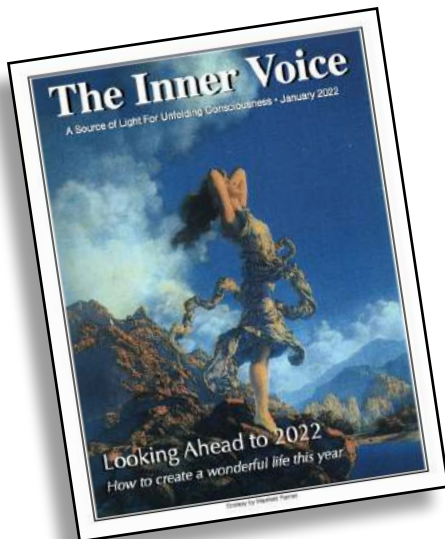
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Which Wolf Wins?

"We look forward to the time when the power to love will replace the love of power. Then will our world know the blessing of peace."

—William E. Gladstone, PAST PRIME MINISTER OF THE UNITED KINGDOM

I watched a documentary about the reclamation of deserts. Several years ago a photographer was sent to China to document a major program of re-greening a huge land mass that had become a desert due to overuse, clearing, and inappropriate grazing. Over a period of three years, he documented the evolution of the program, showing how after three years, the whole area that had been completely dead was now a thriving ecosystem. In the intervening years he has gone to other parts of the world where they are reproducing the same effort with similar effect. We CAN reclaim the deserts through working WITH nature rather than against her. <http://www.youtube.com/watch?v=YBLZmwIPa8A>

This documentary made such an impact that it caused me to think about how much we have put ourselves in an adversarial position with nature. We use pesticides, fertilizers, over-farm, clear forests to make way for crops, and a host of other unconscious methods that actually harm the earth rather than help it. And in so doing, we are also using the same unconscious methods with ourselves.

We eat things that masquerade as food but are a conglomerate of chemicals and inferior food stuff that is filled with additives to appeal to our taste buds and create addiction. We also use drugs to combat every conceivable health issue with an eye to health care management, not healing. As a result, we have super bacteria that has morphed to adapt to the new chemical environment, and the more war we declare against it, the more we are playing a game of Russian Roulette.

This is the same thing we have done with our soil. We have depleted it by using non-organic chemicals. We use pesticides to rid ourselves of bugs we don't understand and weeds we perceive as being destructive to growing. The truth is that the



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

—Author Unknown

Photo: © by [Jane Erica Hutchison](#)

bugs we deplore are scavengers of the weakened plants so that the strength of our vegetation is preserved through culling out the weakest genetic expressions.

Same with weeds. They add nutrients to the soil and in some cases uptake nutrients that are overabundant to bring balance and stability to keep the soil healthy and vitally alive.

When we consider how badly we have impacted the earth, we have to ask ourselves, how and why did this happen? Human beings were set up long ago for this failure to participate in a harmonious partnership with the earth when through doctrines of separation we were told that we had dominion over the earth rather than stewardship. We elevated history ("his story") and we plummeted earth and the feminine principle into receivership. Both were declared evil, subservient, and in need of

domination to keep the natural order from thriving. Instead, a hierarchy of war, brutality, slavery, and killing became the mandate.

The ego-driven thirst for power has held sway over our planet for several thousand years with the results we are now seeing. The drive to supplant all else in the way of one's profit motive may seem appealing, but is actually born of weakness. When we are aware that there is plenty for all, we can share what we have and still have enough for ourselves.

The drive to dominate and to enslave others is born out of separation. The one/s who do this have lost touch with their connection to all of humanity and all of life. They see everything as a pawn in their game of conquest. Yet, the end results of their voracious appetite is condemnation of the world. Rather than beauty, we see that our ecosystem is choking. We have tilted the balance and are now experiencing the climate changes and biological anomalies that occur as a result of our unconscious

Continued on page 17

and separating acts of domination. That which should be blessed and respected is raped and pillaged. The one who gives us birth is defiled and relegated to the role of chattel.

So, given this challenging information, what can we do? The first thing we need to do is reclaim ourselves. To nurture the earth, we must first be willing to nurture ourselves. So many scripts have been handed out that keep us in small containers that choke off our God-given gifts and abilities. So many ridiculous criteria for what is "in" and what and who is "out" keep us from seeing the beauty in diversity. We have been set against one another rather than appreciating our uniqueness. Each of us needs to turn within to find the indwelling truth that is beyond all the commercials, exploitation, and addictive elements that snare us in nets of isolation and divisiveness.

There are wonderful ways of finding our true selves. The task ahead is to open the door to that part of ourselves that is glorious, wondrous, and full of enthusiasm. We each make a difference, and by attuning to the inner light, we can find our own special assignment. Methods for doing this include: Prayer, meditation, sacred music, gardening, walking in nature, turning off the news, releasing "bad" habits, discernment in friendships, being compassionate towards others and ourselves, feeling gratitude for what we DO have in our lives rather than dwelling on what we don't have, appreciating what our body does for us, developing a storehouse of love within that shines first to ourselves and then spills over for everyone else, being kind, generous, living a life of integrity even in small things, forgiving others for their imperfections, and forgiving ourselves for ours. When we establish a rapport with ourselves, we develop a healthy attitude towards everyone and everything else. We no longer are less than or more than. We are each beautiful expressions of the Creator. When we honor rather than desecrate, we are filled with light. We become angels of our better nature and we contribute to a planet that is worth living on. It is all in our attitude, in our actions, and in the mindset that we fuel.

An old Native American story talks about a grandfather and his grandson. The elder is teaching the young one of the ways of life. He explains to him that the mind is like a field in which two wolves are in constant battle for dominion. One is helpful and seeking our good and the other is angry and wants to destroy us. The grandson thinks for a moment and then asks, "But Grandfather, which wolf wins?" And the grandfather looks at him deeply and says, "The one you feed."

Let us heed the grandfather's message. Feed ourselves and the world only the good. Then we will have a planet that flourishes and abounds in love.



Kathleen Jacoby former editor of **The Inner Voice** magazine made her transition in April 2019. She has communicated to me that she is "sitting at the feet of the Masters learning more about the Greater Universe." We plan to publish more of the her many articles that she left.

Life, Death and The Afterlife An Open Discussion Group

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

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

Time: 1pm — 3pm

Date: April 21, 2022

(every 3rd Thurs. of the month)

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

Hosted by Steve Freier and Marggie Moertl

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

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

www.embraceyourinnerselfllc.com

See you there!



Hugh Jackman on Meditation



[Zen Mindfulness, Love and Compassion.](#)
[Alec Yaverian](#)

If you put Buddha, Jesus Christ, Socrates, Shakespeare, Arjuna, Krishna at a dinner table together, I can't see them having an argument.

In meditation, I can let go of everything. I'm not Hugh Jackman. I'm not a dad. I'm not a husband. I'm just dipping into that powerful source that creates everything. I take a little bath in it. It's not just finding quiet; it's finding bliss. And that is natural, that is for everybody. You see it in babies, you don't have to teach it to them. We somehow forget. And what meditation has done for me, and for Deb, and the kids, is to get us back to that thing we've forgotten. Which is, it is our birthright to be happy, to be alert, to actually connect with people in a real way. I meditated before I hosted the Oscars, I meditate before I go on stage, I meditate in the morning and lunch time. When I'm on a film set, the energy is finer, and the decisions you make are more authentic, and you're more able to listen to other people. It has helped me in every way. Immeasurably. Meditation is all about the pursuit of nothingness. It's like the ultimate rest. It's better than the best sleep you've ever had. It's a quieting of the mind. It sharpens everything, especially your appreciation of your surroundings. It keeps life fresh.

Δ

I Love This So Much

By Sandra Thurman Caporale

There was a moment when Moses had the nerve to ask God what his name is. God was gracious enough to answer, and the name he gave is recorded in the original Hebrew as YHWH. Over time we've arbitrarily added an "a" and an "e" in there to get YaHWeH, presumably because we have a preference for vowels. But scholars and Rabi's have noted that the letters YHWH represent breathing sounds, or aspirated consonants. When pronounced without intervening vowels, it actually sounds like breathing.

YH (inhale): WH (exhale).

So, a baby's first cry, his first breath, speaks the name of God. A deep sigh calls His name ~ or a groan or gasp that is too heavy for mere words.

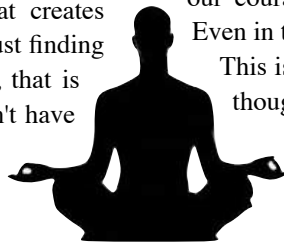
Even an atheist would speak His name, unaware that their very breath is giving constant acknowledgment to God. Likewise, a person leaves this earth with their last breath, when God's name is no longer filing their lungs. So, when I can't utter anything else, is my cry calling out His name?

Being alive means I speak His name constantly. So, is it heard the loudest when I'm the quietest?

In sadness we breathe heavy sighs. In joy our lungs feel almost like they will burst. In fear we hold our breath and have to be told to breathe slowly to help us calm down.

When we're about to do something hard, we take a deep breath to find our courage. When I think about it, breathing is giving him praise. Even in the hardest moments.

This is so beautiful and fills me with emotion every time I grasp the thought. God chose to give himself a name that we can't help but speak every moment we're alive. All of us, always, everywhere ~ waking, sleeping, breathing ~ with the name of God on our lips. Δ



Dreaming A Future Reality By [Jurgen Ziewe](#)

Viewing from a higher consciousness perspective...

Reality looks different: Russian Government changes. Ceasefire will be declared.

Russian troupes will be escorted back home, their armory disbanded.

All troops withdraw from the Crimea and Eastern Ukraine.

Refugees will return to their homes.

Wealth of Oligarchs will be used to rebuild war torn areas.

Economic sanctions will be lifted from Russia.

Political prisoners released.

Democratic elections to be held in Russia.

Russia to join the Western alliances.

East and West will work on an economic alliance to combat climate change.

Science cooperation.

Lies will no longer be sustainable in communication.

We are a social species programmed for survival, rooted in Unity Consciousness.



A Message From Beyond

By Denise Linn

www.DeniseLinn.com

Yesterday my mother-in-law passed over. She was a splendid grandmother for Meadow! I've known her for the almost 50 years that I've been married. Her transition wasn't unexpected - she was in her 90s. We were glad to have spent time with her a few days ago.

When we saw her, she was in and out of consciousness. I held her hand and talked to her about how wonderful the realm of Spirit was and how great it would be for her to see her husband and family members again. It seemed like she heard me.

Yesterday I was scheduled to teach several webinars. As I began one webinar, I talked about my mother-in-law...and the fact that I just heard that she had died. As soon as I talked about her, the lamp next to my computer began to flicker. It was strange, as I have had these lamps for almost 20 years and they have never flickered. (I know that it wasn't our electricity because the other lamp didn't flicker.) As I continued with the webinar, when I would mention her or even think of her, the lamp would flicker. It felt deliberate... and not at all random. At one point I said, "Is that you Harriet?" and the light blinked twice, as if to say, "Yes!"



When the webinar was complete, I tuned in. Yup, it was Harriet! I asked her why she had come. I thought there would be some kind of big message for one of her kids, but there wasn't. All she said was, "I just wanted to let you know that I made it to the other side."

Then, the light stopped flickering and it hasn't flickered since. Here are the lamps (pictures above). It is the lamp on the right. I just took this photo. It's still not flickering.

There is life beyond this life. I'm sending blessings and love to Harriet Linn. May she rest in peace.

Δ

Proof Of Life After Death

By Laura Sondak

Many people have been asking for signs or proof there is life after death. Here is one that makes it quite clear.

So, many years ago my second born son was about two years old. He was a blanket baby and carried it everywhere with him, just like Linus. His blanket had gotten quite ragged and the trim was coming off but he would NOT take any other blanket and could not sleep without it.

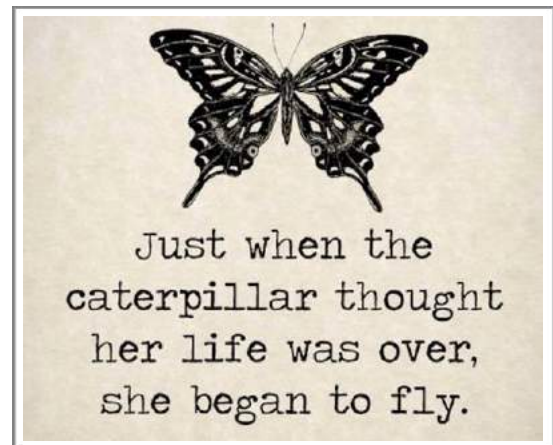
This one night I put him to bed about 7:30 and went downstairs to watch TV. Around 10pm I started smelling perfume. It was a distinctive perfume called Shalimar. I did not have any in my house. My deceased mother-in-law used to wear it. It was mild at first but, when I just ignored it, it began to get stronger. The scent was coming from the stairwell. I went to the stairs to investigate.

As soon as I got to the steps, the scent got stronger. So, I started to go up the steps. The closer I got to the top the stronger it got. I went past my son's bedroom to see if, perhaps, some had been in my bathroom without my knowledge. The further I got from his bedroom, the weaker it got.

I turned around and headed back to his bedroom. The closer I got the stronger it became. By the time I entered his bedroom it was practically gagging me. I went to check on him and found that he had somehow wrapped the trim of his blanket around his neck. He was barely breathing. I quickly got the blanket off and he took a deep, loud breath. As soon as he did the smell of the perfume disappeared!

The next day he was in his room giggling and talking to someone. I asked him who he was talking to and he replied, "To the man." Weeks later he saw a picture of my mother-in-law in my wedding album. He said, "The man mommy, the man!" My mother-in-law had a very gravelly voice and was often mistaken for a man. She came that night to save my son. There is most definitely life-after-death.

Δ





Bold Botanicals that Balance and Bolster the Body in Spring

Wild green nourishment: trees bud and branch out, the soft earth blanket forms with moss, cleavers, chickweed, ground ivy, motherwort and wood violets. Humans experience this seasonal shift of renewal, vitality and uplifting energy in springtime, especially while in nature rather than being cooped up inside after months of the pandemic. We truly need power-packed wild foods and herbs in spring.

Traditionally Spring Equinox marks the blessing time of fields, plant growth, newborn animals, fertility and regenerative nourishment. What are the healing aspects of this season as vital energy ascends from deep within earth? We are the microcosm of the macrocosm of nature. There's rising energy in all living things. It is time to release stagnant energy and toxicity that was retained during winter. In order to restore balance to the human body, optimally there will be clearing, cleansing and nourishing of all systems. Now more than ever, we need power-packed wild foods and herbs and "bold botanicals" that emerge in spring!

Sweetwater~ *Sinzibuckwud* is a First Nations Algonquin word for maple syrup, literally meaning *drawn from wood*. There's another name for this first precious run of sap: *sweetwater*. Tapping trees such as sugar maple or paper birch begins during *Maple Moon* when night temperatures are in the mid-20's and sunny days reach the mid-40's Fahrenheit. That's the sweet spot, when starch in the roots and trunk rise in the tree, converting to sugar. When are the optimal 2-6 weeks for sap runs? Early spring which varies year to year depending on where you live. In the North country when the time is just right, we head to the woods and ask permission from any sacred tree before drilling a small hole in the sturdy trunk, next inserting a spile or tap.

Succulent sweetwater then drips into a traditional lined birch basket or little metal bucket. Some people use high-tech plastic tubes and bags--mainly for commercial or larger scale operations. I prefer *au naturale*. Several times I've witnessed a tree-loving friend kneel on the cold wet



ground contorting neck to get sweetwater to drip on her tongue. *Sweetwater-erotica*. I include sweetwater in my spring botanical balance diet because it is a pure tree medicine, an ancient energy drink. This first fluid is 98 percent water and two percent natural sugars, spiked with natural antioxidants, calcium, iron, manganese and potassium.

After a long winter there's nothing better than passing around the sweetwater jug, pouring it into our kukksa cups to savor. In certain tree worshipping cultures this first run of sweetwater was ingested for nearly one month each spring to revitalize the entire body after a long winter of stagnation.

Bursting Buds~ One of the most overlooked of wild foods and herb medicines in spring are the *bursting buds* of various trees and shrubs. After a long winter of dormancy, buds and catkins become more visible to the eye, even though they were present during the colder months as a bit of extra protection along twigs and branches. The gentle warming weather of spring helps transform buds into foliage. Bitter buds have always been an important boost of nutrition for traditional people living on

the land. Some of my favorites are tasty tips of basswood, pine, spruce and tamarack. These are wild edible buds you can collect and munch while hiking in the woods. You may also collect these to prepare tree teas, medicinal tinctures, syrups or cordials. What are the medicinal properties of Basswood (Linden) buds? They contain antispasmodic and sedative properties, meaning this tea will help with headaches, anxiety among other conditions.

Bright evergreen spruce tips are tart, rich in vitamins A and C. They have amazing antibacterial and antimicrobial properties, as do the tips of pine and tamarack. Most evergreens are nutritive, antibacterial, antiviral and anti parasitic in nature. Enjoy collecting buds in the wild and eating them raw or in your herbal medicine making.

Unfurling Fronds~ Foodies, foragers and friends always love hiking through the lush green forest admiring first unfurling ferns: *Bracken*, *Ostrich*, *Cinnamon*, *Interrupted*, *Shield* and *Maiden's Hair*. Fiddlehead is a general term for the early stage unfurling fern fronds that can be collected, sautéed, added to soups, stir-frys and other culinary dishes. When wildcrafting, it is best to limit intake to approximately three spring servings or meals of fiddleheads (a palmful each time). Avoid Bracken ferns. They can disrupt the tummy and have potential to be carcinogenic in large quantities.

Avoid eating any ferns or fiddleheads raw, as you must destroy certain enzymes that the human body cannot process unless cooked. Search for abundant, large Ostrich ferns which tend to be the most delicious tasting fiddleheads. Maiden Hair ferns are among the very delicate and are now at-

Continued on page 21

risk due to deforestation. Tread lightly, let them flourish in the wild. Forage and feast on fiddleheads this spring! Your body will get a botanical boost of vitamins and minerals, especially vitamin A, calcium, phosphorus and potassium.

Bitter Greens

Bend down low and get your dose of wild greens ~ *the bitter the better!* As springtime progresses there will be plenty of food afoot in the wild for foragers, even in your backyard--providing it has not been sprayed by toxic chems. Skip the grocery store produce aisle for a while and head outside to gather nature's nutrients instead: *chickweed, dandelion greens, ground ivy, wood violets and nettles* to name a few. They each provide a range of vitamins, minerals and herbal medicine benefits. These wild weedies help kick-start your body, especially the vital elimination organs.

Take dandy greens as an example. They'll start moving liver stagnation and help you gently detoxify if you eat them raw, mixed into your salad. Ground ivy is a heavy-duty metal detox. Gather this one when you need a serious cleanse. Chickweed and Wood

Violets are nutritive and gentle. Nettle leaves can be steamed, cooked or brewed. They are a rich green remedy, plus a natural antihistamine to boot if you suffer from springtime allergies. Later in summer or fall, remember to carefully gather Nettle seeds to use as an adrenal rebuilder for your body when it has been hit by too much stress.

Balance with Botanicals

Humans are meant to eat sundry wild edible greens that emerge from fertile nature in spring, not from fast food lanes. *Get outside and eat your weedies!* Grab your botanical field guide. Take a plant identification walk and learn more about these amazing plants that have long been considered primary spring foods and medicines. Fill your wicker gathering basket with basswood and birch buds, chickweed, dandelion greens, ground ivy, lamb's quarter, plantain, watercress, wood violet flowers, too! Head home to your kitchen or herb workshop and enjoy preparing these wild, tasty treats!

Δ

Gigi Stafne MH, ND is a clinician, national educator and writer within ecological, health justice and natural medicine fields. She is Director of Green Wisdom School of Natural & Botanical Medicine in the United States and Canada and former Executive Director of Herbalists Without Borders International, addressing issues of health and social justice globally, and remains a national-international trauma trainer and free peoples clinics coordinator. www.greenwisdom.weebly.com

Please Note: This article provides educational information for readers on natural and botanical medicine subjects. Content is not intended to take the place of personalized medical counseling, diagnosis and/or treatment by a physician. Herbs and other botanicals are classified by the Food and Drug Administration as food products, not medicines.



Gigi gathering Plantain

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Finding Peace

By Emma Scheib

The world feels hard right now. In the words of Mary Poppins' cousin, Topsy, the world is 'turning turtle.' When the world is crazy and chaotic, I find myself craving more peace in my little corner of it. But to find peace, I have to look inwards, narrow my focus and simplify my place in the big, and often, bad world.

There have been patches in the last few years where I've demanded too much from myself. I've spent too much time scrolling and not enough time outside. In these times, peace is nowhere to be found.

Last week was one of those times. I spent almost two full days going down various internet rabbit holes and swinging wildly between 'the world is ending,' and 'I am a complete failure.' My mental to-do list felt never-ending, covid anxieties were high, and I had to plan and host my daughter's 13th birthday.

Everything felt like too much. Thankfully, I remembered some things that helped restore my peace and not swing into panic mode.

1. Rewild Myself

We are wild creatures at heart. We are part of nature and the further we pull ourselves away from her, the harder life gets.

If I am honest, most days I forget my wildness. I get stuck inside, head down writing, or doing the numerous other tasks that make up running a household.

Even on my runs outside, I'm often plugged into a true-crime podcast, instead of being present in what I'm doing.

When I'm feeling frazzled and overwhelmed, I know I need to rewild myself to find peace. I need to take intentional time outside in nature. Go for a mindful walk. Lie down and watch the

clouds. Walk barefoot on the grass. When I do this, peace comes back to me.

2. Get Offline

If I'm truly honest, most of my anxieties have their roots in technology and the internet. Just because I can check news feeds every hour doesn't mean I should.

In his recent book, *Stolen Focus*, Johann Hari talks about how his usual mode of consuming news (the same as mine) was panic-inducing. When he switched to the old-fashioned mode of reading a few newspapers once a day, his anxieties reduced and his attention increased.

Our brains are at war with consumer vultures, just waiting for us to stop what we are doing and scroll. One of the only defenses we have is to simply put our phones down and turn off our computers. There are many ways to reduce the digital noise in your life. Try some out and see what works for you. Practicing some form of digital minimalism is one of the most reliable ways I find peace.

3. Remember My Purpose

Purpose is essential to a happy and fulfilled life. When I find myself drifting aimlessly at the whim of anyone and anything, I find it hard to focus and maintain any sort of peace.

If I consciously remind myself of my purpose for this week, this day, and even down to the hour or minute, I am less likely to get pulled away into something I don't need to be.

Purpose gives us structure and meaning. It is a natural sedative to the chaos and unpredictability of the world. We cannot control what's happening outside of ourselves but we can control what's inside



of us. Keeping my purpose top-of-mind balances me and soothes my anxiety. If you are feeling particularly anxious, ask yourself, "What is the one thing I need to focus on right now?"

4. Expect less

The truth is, the global pandemic and recent events in Ukraine have affected us all to some extent. My consistent response to this has been to expect less of myself. I cannot do all the things I would normally do pre-2000. And you probably can't either.

The world has shifted and we need to learn to shift with it. Just like Topsy said in her song "You see, when the world turns upside down, the best thing is to turn right along with it".

Adjust your expectations of yourself and you'll find peace easier.

Aside from giving where we can to causes that are helping with pandemic and war-related issues, there's not much we can do. And that's okay. We can only ever do our best with what we have. But you do have the ability to find peace. It won't be found outside of ourselves though. We have to cultivate it from within.

△

Emma Scheib is a mom, writer, and lover of all things slow and simple. Her blog, [Simple Slow Lovely](#), helps people live a slower, simpler, and intentional life, based on their values. Connect with her on [Facebook](#).

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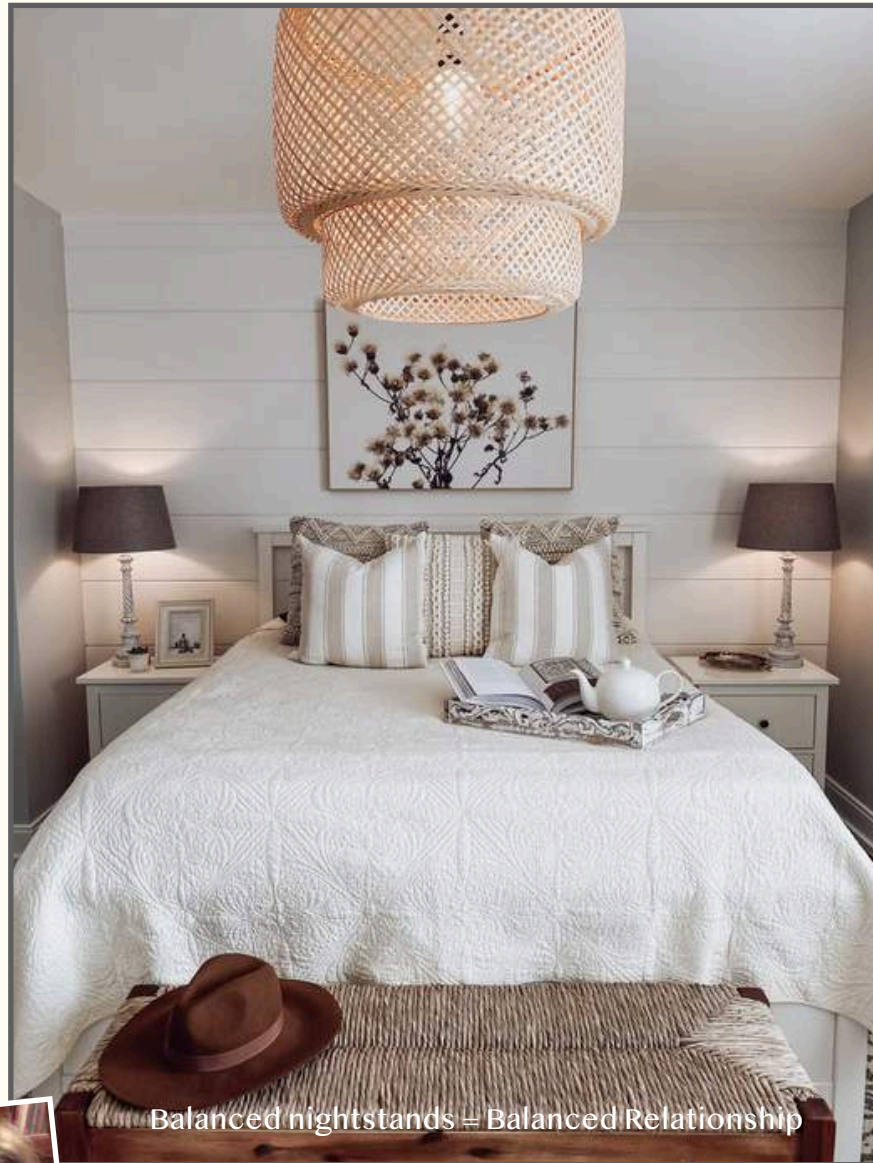
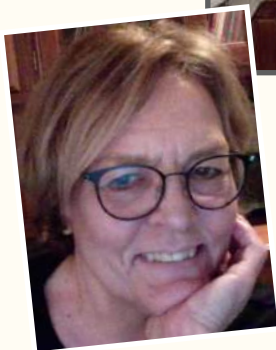


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Why Birth is Not a Beginning and Death is Not an End

By David Kessler

Some people believe life begins when you're born and ends when you die, but grief expert [David Kessler](#) sees it differently. Find out why these milestones in your life aren't the start and finish, but points along a longer existence.

As John Adams, our second president, lay on his deathbed, his last words were, "Jefferson still lives." What he didn't know was that our third president, Thomas Jefferson, had died a few hours earlier. Both men died on July 4, 1826, the 50th anniversary of the signing of the Declaration of Independence. You may think this is about to become a history lesson, but it's not. It is a discussion of the afterlife and an exploration of the question: "Do we really die?" Many believe that for Adams there were deathbed visions of a world yet to come. As we die, the veil between life and death is lowered for the dying. You would be surprised to look into the afterlife and see someone there waiting whom you thought was in our earthly world of the living. I believe, as many others do, that John Adams saw his friend waiting for him and realized not only that death is not an ending, but that we continue to live. Jefferson lives!

We have all been taught that, if nothing else, death is the end—our end. Death is a broad traveler in our society today. It is sometimes the result of violence, sometimes a kind act of nature, sometimes the end of a long disease. We watch it in our homes on TV, we pay to see it on movie screens and we play with it in video games. Perhaps we hope that the more we view it, the less we will fear it. Albert Einstein pointed out that time is not constant, its relative to the observer. For now, we can only observe time and the dying. As my work has brought me closer to this unwanted visitor, I have found more peace in death, and I have come to know on a very personal level that it is not an ending.

We live in time and die in time. While we inhabit our bodies, time is a useful measurement. Yet it has only as much value as we give it. Webster's Dictionary



defines time as "an interval separating two points on a continuum." Birth appears to be the beginning, and death appears to be the end, but they are not—they are just points on a continuum.

Two weeks before my father died, I moved him into my apartment. I had a hospital bed brought into the living room. There he would receive one visitor after another. In the evening, friends and family would pull up chairs surrounding his bed. In illness as in health, he was the center of attention. The circle of loved ones remained right up to his death. After he died, we spent time with him, but we suddenly realized his body was no longer given any attention. His body was no longer the center of attention. We were still talking, crying and laughing, but our body language and our focus was now on his spirit and not his body.

If you have been with a loved one who has died, you quickly see that his spirit has left his body. That spirit that is beyond description that made our loved one who he is—a father...or a mother—is forever gone from its earthly body. The spark of life has left. Before us lies the

body, like a suit of clothes he wore his whole life. We love it. We are familiar with the look of it, and yet we know that who the body is, is so much more. And that "so much more," also known as his spirit, no longer dwells in the body.

△

David Kessler is the author of *Visions, Trips and Crowded Rooms* (May 2010), as well as the co-author with Elisabeth Kübler Ross of *On Grief and Grieving* and *Life Lessons*. [Visit his website for more help and resources.](#) Read more: <http://www.oprah.com/spirit/why-birth-is-not-a-beginning-and-death-is-not-an-end/all#ixzz5At8TGG5U>

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Imagination is an Important Tool for Healing

By Lynn Schuster



Take a gentle breath, tune in, and be with your life. Allow your breath to calm and soothe you as you go about your day.

I, as many of you, have a hard time watching world and local news. There is so much violence and injustice. The last two years have been especially challenging for most of us. Many times, I feel that there is little that I can do to help bring about positive change. And then, I remember the importance of my breath, and my imagination.

Imagination is an important tool or resource for healing and transmutation. Without imagination, we cannot connect to our gifts of intuition and telepathy. We cannot connect with our inner guidance — our Higher Self. By allowing ourselves to pretend or imagine, we can remove blocks or obstacles we face when doing our work.

Find your Inner Child — remember her (or him) at any age that comes to you.

Remember how she (or he) could pretend and play? Meditate with your inner child, and ask her (or him) to help you reconnect with that part of yourself so that you can use your imagination freely.

Imagination is a God given gift and can be used to heal and transmute, or we can utilize it to create illness and trauma. Use your imagination wisely and divinely in all aspects of your life to heal, inspire, and change your life. When you are stuck, ask for guidance, your imagination is here to help you find your way.

The truth is, we are all deeply connected to the Divine and to each other. Our words are vibrations in the air. If we truly understood the power of our words, we would be more mindful of how we think, how we feel, and how we speak. The words we speak are a vibrational match to all we experience.

Life is lived most fully in the imagination. Ironically, imagination is the key to reality. Do not dismiss the imagination by saying, “Oh, that’s just your imagination, it’s not real.” If we understood the power of our thoughts, we would guard them more closely.

There is more happening than we can ever imagine. The Universe is truly listening! Our thoughts, combined with our feelings, are broadcasted just like programs on radio stations. Tune into your desires and magic always happens. Be sure to broadcast your desires clearly. Your Guides and Angels are always

listening. They want to bring your deepest desires into the physical world, creating an ultimate experience just for you!

Creativity stems from our imagination. Is a powerful way to celebrate who we are. It is Spiritual Energy that nourishes our vitality. It is a way of replacing negative thinking with positive action. When we create, we plant ourselves firmly in the moment and teach ourselves that what we do matters.

Once I realized that I am responsible for every thought I think, every feeling I have and every action I take, my life completely shifted. When I begin my day asking, how can I be of service today, and then walk that path, the day unfolds beautifully.

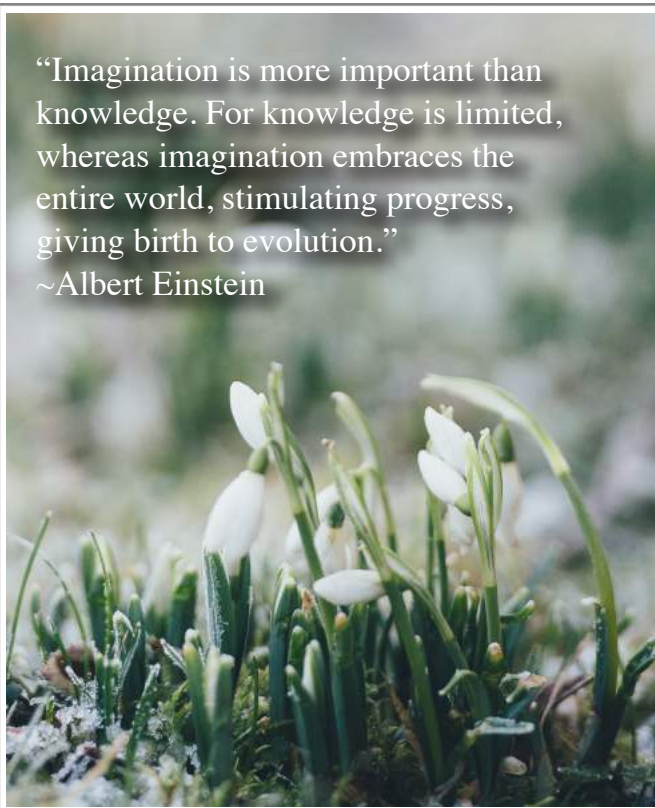
Be tolerant of those who are lost on their path. Ignorance, conceit, anger, jealousy and greed stem from a lost soul. Pray that they will find guidance. Forgive others, not because they deserve forgiveness, but because you deserve peace. And remember, allow your breath to calm and soothe you as you go about your day.

Δ



Lynn Schuster is a Telepathic Animal Communicator, Intuitive, Reiki Master/Teacher and Artist. Find her on Facebook: www.facebook.com/healingthroughanimals

For more information, see ad on page 27.



“Imagination is more important than knowledge. For knowledge is limited, whereas imagination embraces the entire world, stimulating progress, giving birth to evolution.”

~Albert Einstein



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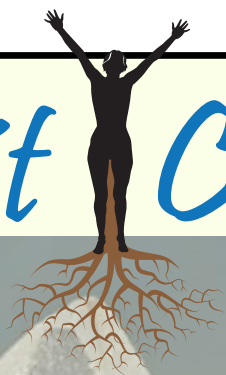
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