

# The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 11 Issue 8 • August 2023

*"The world is full of magical things patiently waiting  
for our senses to grow sharper."* – W.B. Yeats

## Midsummer Magic

- Explore Mystic Worlds Where Shamans Dream
- Is it a Dream, or is it Real?
- What it Means if Loved Ones Visit in a Dream

*James Van Praagh*

**5 Things Happen When You Die**

*Angel Talk*

**Do Heaven and Hell Exist?**



## About the Cover



**“Under a Blue Moon”** is an original acrylic painting by Artist Beverly Ash Gilbert of Kirkland, Washington. **Prints are available on [ETSY!](https://www.etsy.com/)**

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What would you love to read in future issues? Email your ideas to us! [theinnervoice@gmail.com](mailto:theinnervoice@gmail.com)



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## UPCOMING EVENTS at Golden Light Healing...Check our website for a complete listing!

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**Dear Readers,**

I want to share something with you. I'll start by saying I hope you enjoy reading *The Inner Voice* every month as much as I love creating it. As I was finishing up this issue, a friend asked me how do I do this every month? How do I come up with the ideas, articles, artwork? So, it occurred to me to tell you about the process.

First of all, I must say it is inspired by the angels who suggest what to present. I do the 'footwork' to make it happen and get it into the format you are reading. Sometimes I have the cover art in mind, or a plan for the content and no art! I used to panic over this seeming scattered way of publishing until I realized the angels are running the show and the magazine always comes together on time for publishing. In many ways the process was the way in which I learned to trust spirit. So, it is safe to say that *The Inner Voice* is truly channeled from the angels. I am simply the one who brings it into being.

**Angel Talk** this month sheds light on a reader's question about the reality of heaven and hell. Spoiler alert: we are always creating our reality whether it is heavenly or hellish ~ both here and on the Other Side. While channeling their response, they brought into my awareness the importance of living by *The Golden Rule* as a reminder to all that that is how we are to live here on Earth. How we behave and what we send out returns to us. So, let's be kind to one another. It is what will soothe and smooth life's rough edges.

This month is also about *Midsummer*

*Magic*. Read and savor the ideas presented, by Pat Gullett (page 7). We can elevate our spirits into the higher realms and dream happy dreams into being! That my friends, is working some cool *Midsummer Magic* into your life.

Happy Dreaming!

Nancy



**A reader asked...**

**Do heaven and hell exist?**

**By Nancy Freier & Sreper, Angel of the Great White Light**

**I**n terms of vibration, yes. It is understood on your plane that there are such "places" as heaven and as hell because it is what you have been taught to believe in your various religions. We say there is truth in them *because you believe what you have been taught* and you have perpetuated these ideas by your own sovereign choice to believe them. That will not change until you advance into yet a higher truth on your learning path.

You abide by certain rules the Creator gave you, and none more important than "Love yourself, and treat others as you would like to be treated." You do that by respecting all other humans and creatures for where they are in their own unique Earth school curriculum. You are all students! You are all evolving on Earth as you learn and grow into new awarenesses, such as this concept long-held belief in heaven and hell that you now question.

In your youth, your church leaders taught the dynamic of heaven and hell as a way to keep control over you, to scare you into thinking if you are a 'bad' boy you will end up in hell throughout all of eternity. You are now awakening from this

old idea and are stepping up and into the Light of a new awareness now bubbling up in you. Know that you are continuously creating the reality in which you dwell and that holds true regardless of what side of the veil you reside.

In Earth school you have the law of cause and effect, of checks and balances you refer to as 'karma.' What you have

done to another will likewise be done to you until each and every individual reconciles their behavior by forgiving and letting go what has gone on in the past. Forgiveness is the key. It cleans the slate and stops the karmic cycle from perpetuating throughout eternity.

To those who hold a belief in Heaven and hell, we say they will experience what they believe and have thereby created for a period of time when they cross the threshold called death and are on the other side of the veil. Just like on the physical Earth, your guardian angels and guides in spirit will attend to these souls, influencing them to step up to a higher vibration and create a more beautiful reality (Heaven) for themselves in which all will eventually grasp and live forevermore by *The Golden Rule* ~ to love one another and live with kindness at last! That means to love and respectfully abide with one another in this True Reality of Love, or the place you refer to as Heaven.

Earth is your manmade reality that you think is real, but it is not. It is actually a dream for you to awaken from. We call it Earth School where you learn Love and Forgiveness and one day you will return to your true home called Heaven. That is the promise given you. First, it is necessary to let go of all of the ego-based thinking and creating that put you where you find yourself.

You were made in the image and likeness of your Father (who art in Heaven) meaning you have the same creative power and abilities. Aware of it or not, you have always been creating the reality that you find yourself in; and, after death, too ~ all according to your own beliefs.

Continued on page 5





**Q. What happens to ‘bad’ people, or to those who have not ‘awakened’ when they die? Where do their souls go?**

Understand that life is a very intricate, multi-layered opera playing itself out on Earth’s stage, complete with all the drama created by past and current karma. It will appear even more dramatic due to lifetimes after lifetime of putting off the task of forgiveness and release.

We say that these scenarios will continue to play out even on the astral planes. The drama goes on and on and on until the person awakens and questions his or her life’s purpose (as you have done here); then chooses to make changes to their behavior and adjust their beliefs to stop the karmic cycle. We liken this to riding on a Ferris wheel, or a merry-go-round at a carnival. When a person has had enough of the ride, they get off. The key here is choosing to forgive and let the past go, for then the scorecard that has been keeping you on the karmic wheel can be canceled out at last.

As it is canceled out, you are able to release that karma from your consciousness and rise ever-higher in vibration, like cream to the top... and into the higher realms of Love and Light that you call *Heaven* – no need to return to Earth do it all over again.

Therefore, we say, *awaken from the dream!* Ask the Guardian Angels for yourself and on behalf of others so they also may likewise awaken from their karmic cycles and evolve up and into the higher realms. Follow the guidance of your angels that comes into your Heartmind. It will lead the way toward Heaven. Godspeed, Dear Ones. ~Sreper



**Ask your questions for the Angels to answer in this column!**

**E-mail: [theinnvoicemagazine@gmail.com](mailto:theinnvoicemagazine@gmail.com)**

**Imagine there's no heaven**

It's easy if you try  
No hell below us  
Above us, only sky  
Imagine all the people  
Living for today  
Ah  
Imagine there's no countries  
It isn't hard to do  
Nothing to kill or die for  
And no religion, too  
Imagine all the people  
Living life in peace  
You  
You may say I'm a dreamer  
But I'm not the only one  
I hope someday you'll join us  
And the world will be as one

Imagine no possessions  
I wonder if you can  
No need for greed or hunger  
A brotherhood of man  
Imagine all the people  
Sharing all the world  
You  
You may say I'm a dreamer  
But I'm not the only one  
I hope someday you'll join us  
And the world will live as one



Source: [LyricFind](http://LyricFind) Songwriters: John Lennon  
Imagine lyrics © BMG Rights Management, Capitol CMG  
Publishing, Downtown Music Publishing, Royalty Network,  
Songtrust Ave, Sony/ATV Music Publishing LLC, Warner  
Chappell Music, Inc



You may say I'm a dreamer, But I'm not the only one  
Imagine by John Lennon





## *Angel Guidance Readings*

The Angels are always reaching out to you, to guide you through life's challenges. They are happy to answer your questions and bring you their perspective and messages from The Other Side. You simply need to ask.

**Order Your Reading today!**

**Nancy Freier Angel Medium**

[NFreier@aol.com](mailto:NFreier@aol.com)

<https://NancyFreier.com>

## *Angel Guidance Group!*

Nancy leads the group into a growing awareness of those in the higher realms and the ways they guide us through the lessons and challenges we face. We explore the methods of communication, share our enriching experiences with spirit and discuss enlightening Q&As with the Angels.

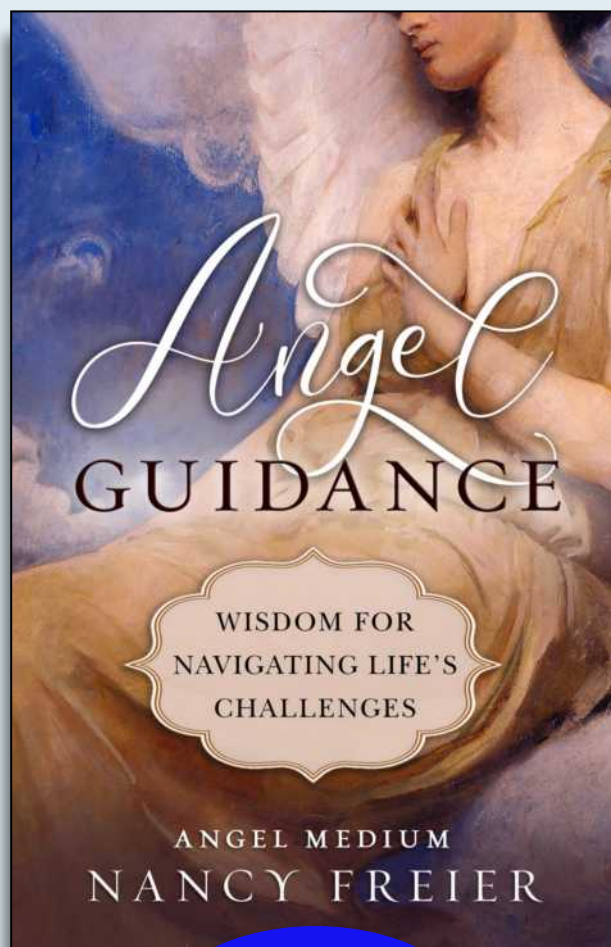


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Wendy Zammit of the *Friday Afterlife Report*  
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## Midsummer Magic ~ Our Act of Being

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

**M**idsummer Magic is all about the *Infinity of Life and Art*. Both are continually evolving, growing, shifting, and changing. Our today is made up of beautiful memories, places, and experiences, combined with the life all around us *now*.

This painting shows the lush forest and large blue heron of the [Old Graue Mill](#). A magical place even today, with roots as steps to the overflowing river of life. Furthermore, the rains came and the waters swelled forcefully as the [magical heron soared](#) in like an ancient creature from another time. She stood her ground, patiently fishing for breakfast, just as the cranes of Egypt did in the long ago.

I see life and art as the Infinity symbol, the figure 8 of a hummingbird's wings, flowing and expanding with each revolution. Just as we explore, discover, and return to ourselves as more than before. We are never-ending energy, interacting and observing the world around us. All our senses are heightened as we become the observer, writer, artist, photographer, capturing the moment in our creativity. We make the imagination become reality.

The three hawks are my present time. They are a family training the baby to fly. Plus, he's big, a bit clumsy, as all are constantly calling to each other from tree to tree. They surround our house with low swoops, perching on the rooftop, and giving us a

dazzling display of their power.

Therefore, this creates the balance of memory along with our *now* moment of time, the eternal Infinity of Life. The present *now* is our moment of power, as the shamans say... it's full of rebirth and new experiences as we move forward.

Plus, I'm in awe of the nature around me. I evolve, shift, and become more just like the river of life. So too, I'm never the same. I am always becoming more as I become aware.

Above all, living in mindfulness slows down time and takes you away from autopilot so you can truly feel events

happening all around you. Life becomes more memorable this way ~ fuller, and richer in every way. Your senses expand and you begin to know things deeply. The mystery and your story grow as life continues, and you return as a different person. It's a magical time to live, love, and remember who we are in our soul.

*Midsummer Magic is our act of being.* First of all, accepting your evolution brightens your day. Balance the past with life today. Commit to being the creator of your life.

Secondly, live in mindfulness as much as possible. Contemplate choices to make great ones. Release self-sabotage ~ that little nagging voice that holds you back. Give it a name like Henry, and tell it thank you very much, but that you both will be fine.

Thirdly, embrace all your feelings. Even the dark side is a part of you so that you can find the light. Flip any negatives to positives. See anxiety as excitement as you enter a new adventure.

The only thing that matters is the life you want to live and who you want to be. In addition, self-compassion is major. Be gentle with yourself; have no judgement. This is a new day in a new world, and you are what you believe. Remember, we all are a work in progress, doing the best we can. Wishing you the blessings of a thousand suns to light your path.

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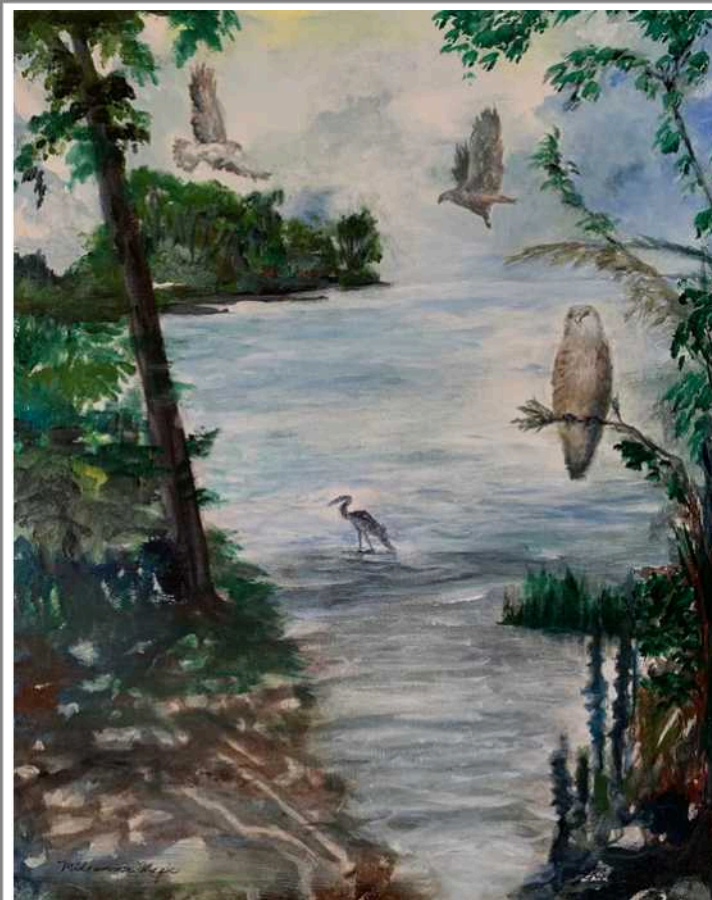


Photo: Midsummer Magic, Three Hawks training baby to fly, Memories of Heron at Old Graue Mill - Infinity of evolving life.





# The Reluctant Messenger

**Tales from Beyond Belief: An ordinary person's extraordinary journey into the unknown**

**By Candice Sanderson**

I recently came across this title, was intrigued by it and so decided to read it so I could become an intimate observer of this seemingly ordinary woman's journey of unfoldment and opening to the spiritual realms. The Reluctant Messenger chronicles the spiritual journey of Candice M. Sanderson, a high school psychologist who inadvertently veered off life's comfortable path when she began to receive messages from other realms of existence.

One day everything changed. Her extraordinary journey into the unknown began during an early morning commute. She received communications too strong to ignore, and this forced her to work through doubt, fear, and her own professional training and judgement in order to acknowledge them. Though reluctant, over time, Candice became a messenger, bringing news of verifiable spiritual dimensions. She learned about the fluid nature of time and how near-death experiences could alter timelines. The communications contained both universal and personal messages of love and hope. She learned of the very nature of our existence and eventually felt compelled to share that knowledge.

What made it difficult for her in the beginning was her clinical training and decades of experience had taught her to measure truth by the five physical senses. If something could not be heard, seen, felt, smelled, or tasted, it did not exist. I found it fascinating to follow her journey of transformation, as she began to channel information from higher realms and sources on an almost a daily basis along with the personal development stages she experienced as a direct result of the information she received.

The book contains quite a bit of her channeled information as well as her

reactions to the channeled material and how she struggled with whether or not to share what was happening to her with other people, especially at her place of work, which was a public school where she worked as a student counselor — a psychologist by profession during the three or four years of the writing of the book. (She retired in 2018.) As the title clearly indicates, the author has had a series of extraordinary supernatural experiences, and she kept accurate records of these in her journals and often made phone recordings as they happened.

Ms. Sanderson was shocked to receive her first audible message from spirit guides while driving to work in August 2013. This soon became a common practice which she faithfully recorded on her cell phone as they happened. Over time she also began to have extraordinary dreams, visions and encounters with other higher beings. In July of 2014 she attended an intensive program at the famous Monroe Institute designed to fine tune her spiritual-psychic abilities. Her perception skills and consciousness awareness and expansion then increased and as she advanced spiritually, a second book was published that recounted her encounters with angels and other higher beings.

As someone who is personally interested in consciousness growth and expansion, I was drawn to these books to learn what the author had experienced firsthand. She is intelligent and articulate and her journey shows us what is possible. Strictly speaking, the book narratives are not in chronological order. Rather, she groups experiences together and we walk along with her as they happen. Some readers will not like that approach and may find it disorienting.

As is so often the case, we don't fully understand paranormal events as they



Author Candice Sanderson

happen and we often repeat things to ourselves trying to understand and find meaning. Then further experiences and hindsight help us put the pieces of the puzzle together. Just as we often repeat narratives to ourselves trying to find sense and meaning, there is some repetition in these books, which at this point total five books, as she leads us along with her.

Over a period of 10+ years Ms. Sanderson attended several additional spiritual development courses at the Monroe Institute in Virginia. I believe this is important because that training likely played an important role in preparing her for the experiences she recounts in her books. The Monroe Institute offers many excellent programs for consciousness expansion, and people who consistently learn and practice these skills can potentially have experiences similar to what the author has recounted.

I would recommend the book for people planning to channel and those who

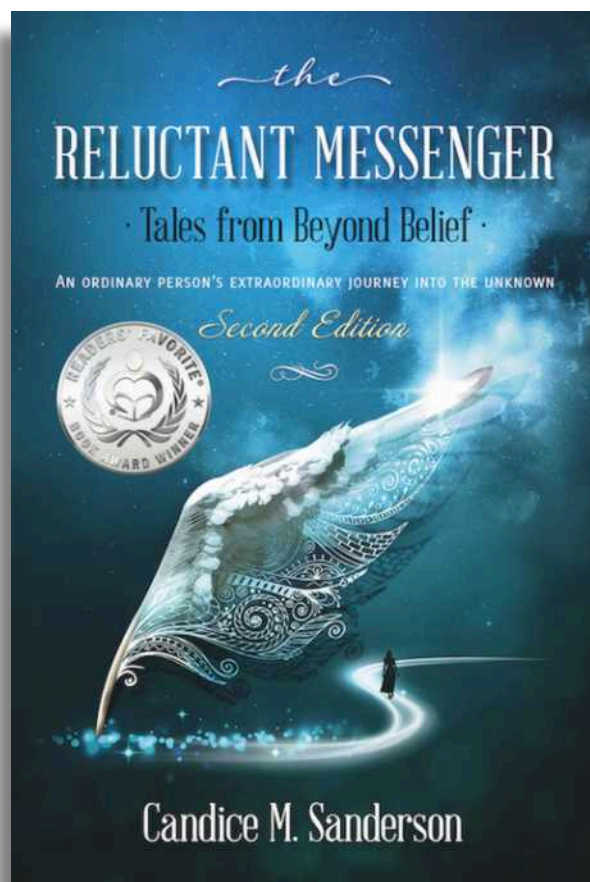
Continued on page 9



The Reluctant Messenger from page 8

are less familiar with channeled information, as well as those who might enjoy the transformation of a linear thinker into a more enlightened being. This is a book that needs to be savored, not just read. [Get it on Amazon!](#)

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transform WITH MARIANNE WILLIAMSON

*Today I consider that there might be another way*

We were all indoctrinated into a disenchanted world, and we've sacrificed a lot in order to live here. The world isn't better off for having forfeited its tenderness. The meanness and cynicism of our age, the reflexive sarcasm that passes for intelligent reflection, the suspicion and judgment of everyone and everything – such are toxic by-products of a disenchanted worldview.

Many of us went off that wheel of suffering. We don't want to accept that what is is what has to be. We want to pierce the veil of illusion that separates us from a world of infinite possibility. We want another kind of life for ourselves and for the world. We are considering that there might be another way – a door to miraculous realms simply waiting to be opened.

*Today I consider that there might be another way*

<https://mariannewilliamson.substack.com/>



"I saw grief drinking a cup of sorrow and called out, 'It tastes sweet, does it not?' 'You've caught me,' grief answered, 'and you've ruined my business. How can I sell sorrow, when you know it's a blessing?'"

Rumi



**Steve Freier** has been researching death, dying, NDEs, OBEs and the Afterlife for over 20 years. He has read and/or reviewed 100s of books and videos on these and other metaphysical topics. With a passion to share what he has discovered, he is the Moderator and Host of: **Life, Death and the Afterlife**, an open discussion group. In-person meetings are held at the **ADRC of Door County, 916 N. 14th Ave, Sturgeon Bay, WI 54235** **Next Meeting Date: Thursday, August 17, from 1-2:30pm.** A zoom group is coming soon. Contact Steve for more information: [sgfreier23@gmail.com](mailto:sgfreier23@gmail.com)

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



# 5 Things That Happen When You Die: Putting Life And Death In Perspective

By James Van Praagh

**A**s an evidential medium, I bridge the gap between the physical and the Spirit world, bringing through detailed messages that prove that life goes on — even after death. A wonderful by-product of my work is the way it puts life and death in perspective, erasing the fear of “what comes next” and illuminating our true path.

## What happens when you die?

When the Spirit is released from the heaviness of the physical shell we call the body, it's similar to a driver getting out of a broken down

car, or even taking off a heavy overcoat and letting it fall to the ground. There is no pain at all associated with exiting the shell. So what *does* death feel like?

**Hundreds of thousands of spirits have come back to say they *universally* go through the following steps:**

**1. Awakening** - The person suddenly experiences an overwhelming sense of peace, happiness and love.

**2. Reunion** - No one ever dies alone. Your relatives and loved ones who you have created bonds of love with over your lifetimes will come and greet you. They have prepared for your homecoming, so you can just imagine the incredible sense of joy when you return home.

**3. Visiting your funeral or memorial service** - Every soul will be present for their service or funeral. Even if there is no formal ceremony, they will be there — surrounding their family for at least several days after the transition and trying to impress on them that they are *alive* and feeling healthy and whole.

**4. Life Review** - Upon returning to the spiritual home, each one of us will go through a review; seeing, feeling and living every single experience we lived out on the earth school. We will “relive” every thought, action and word we created about one another and ourselves. If we treated someone unkindly, we will experience it from their point of view.

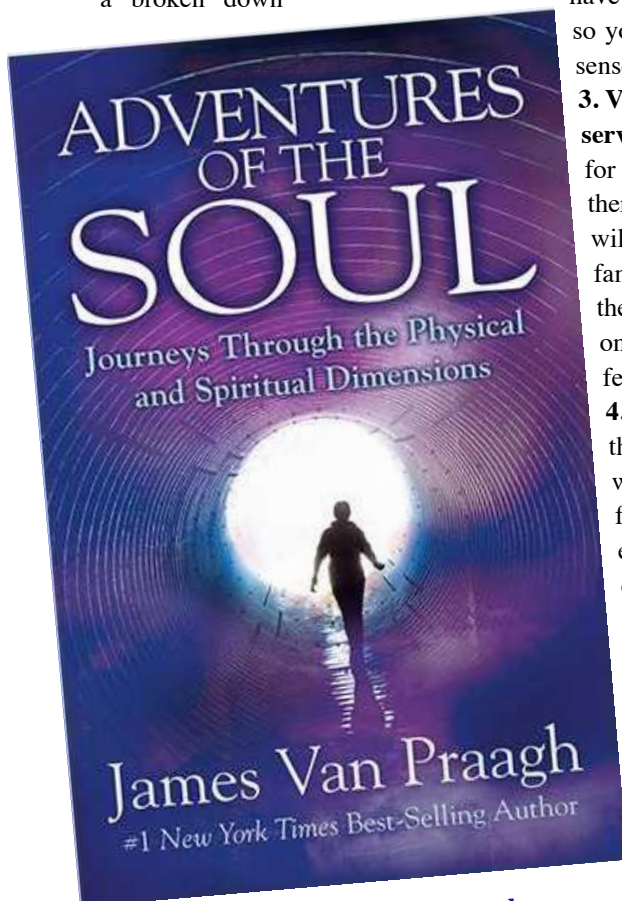
**5. Living Their Joy** - Each soul will get to access what they desire to experience creatively. If they had always wanted to

play the piano but were not able to on earth, they will be able to learn and live this expression in heaven. They will be able to have whatever their hearts desire....if someone wanted to have children on earth but were unable to, in the Spirit realms they may find that they are surrogate parents to children in the spirit world who need guidance and wisdom from certain souls.

It's not surprising that after over 30 years spent talking to dead people, I have become quite an expert on the subject! The more I learn about death, the more I understand that the end of life is an illusion, a transition where the soul, which never dies, leaves its earthly body for its next “assignment.”

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**To see for yourself how the Spirit people reach through the veil to communicate with their loved ones on earth, I hope you'll join me at an Evening of Spirit! [Check my event page](#) to find out when I'll be coming to your hometown.**



[Adventures For Your Soul](#)





## Dolores Cannon on Karma

An Excerpt From  
“Between Death and  
Life”

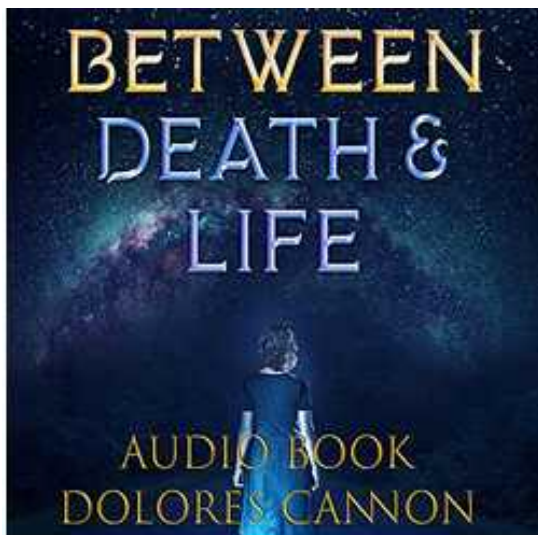
**Dolores:** Isn't there any way to get away from creating future karma?

**Soul:** The creating of future karma is what causes the universe to go on. Your future karma does not have to be bad karma. As you are working out past karma and do the best you can in your present life, the future karma that you are creating will be good karma, and it will have good effects on your future life. You will be able to continue and improve your future lives until you reach the *ultimate*.

**Dolores:** There are many people who say they just want to get it all over with. They want to pay off all their debts and not create any more.

**Soul:** When you reach the higher levels of karma you no longer have to go through physical lifetimes to work it out. You can do it on the spiritual plane and still be working toward the ultimate. And even when you reach the ultimate, your karma will be influencing and including other universes, and the working out of the complex tapestry of the universes. It is not to be considered a prison. It is just a natural cycle that you can grow and develop through to become your ultimate self.

Δ



[Between Life and Death](#)



## The SPIRIT of AIR

From Nature Spirit Oracle Cards  
By Denise Linn

Every month we intuitively pull an oracle card to gain an understanding of the energy of the coming month. Recently, we pulled the card 'The Spirit of Air' – from the Native Spirit Card Deck. My tribe, the Cherokee people, as well as many other native tribes, believe that the winds are messengers sent by the Creator, and they carry information from the sacred realms. In other words, the air, birds and clouds carry profound messages for you and for your life. In my own life, some of the most meaningful messages have come from the air.

You may ask, “But how can I gain those messages for my life?” Here are a few easy steps that you can use to gain that wisdom.

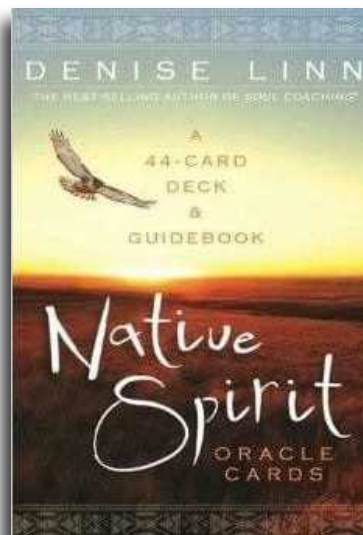
1. Go outdoors. Take a deep full breath. Be aware of the way it feels as the air enters and leaves your body. Imagine that the air is filled with invisible, but potent life force. Visualize every breath bringing life force into your body.

2. Hold in your heart your question or the concern for which you desire a message. Then be still and be open.

3. Look to the heavens above and notice what you feel and what you see. Notice clouds, wind and birds. Perhaps you asked about your job and whether you should quit. And when you looked up you saw a large flock of birds flying above, but falling behind the flock was a solo straggler bird. Perhaps looking at the bird you realized that you felt that everyone else was on the same page at work, but you always felt left out. This might be a sign to find a job where you felt a part of the team. You have gained a message from the Air Spirit.

4. In every moment you can gain inspiration and wisdom from the Air Spirit, it's simply a matter of looking and being open.

With all my love,  
[www.DeniseLinn.com](http://www.DeniseLinn.com)





# In Mystic Worlds Where Shamans Dream

By Hal Zina Bennett, Ph.D.

In recent years, million of seekers have turned to dreams for personal growth and spiritual insight. In journals, dream workshops, and private healing sessions, dreams have opened doors to our inner lives. While much of this work has focused on decoding our dream symbolism, another kind of dream work is now emerging from our studies of ancient shamanic traditions.

Within shamanic traditions east and west dream time is seen as an opening to wisdom far beyond the analytical modes more familiar to us in modern life. Through active imagination, animal or vegetable-based entheogens (natural substances that open our eyes to the god-forces), ritual, drumming, dance, or other induction practices, the shaman passes beyond everyday reality and enters a world quite different. Here she/he may see her/his self not just as a witness of their

dreams but as a participant in another world. And from her/his journeys in this other world, they bring back visions and new teachings to assist their community in making changes, be it finding a new hunting territory, healing a personal relationship, or bringing greater balance and harmony between the community, or individuals within it, and the natural order.

The wisdom the shaman gathers in this way is often communicated through

*"Remember, you can do anything in your imagination; there are no limits here."*

storytelling rather than deductive reasoning, and this is an important fact to consider. Members of the community sit in a circle as the shaman (storyteller) acts out what she/he has experienced in the other world. They may assume the identity of another person, an animal, or a god. While in dream time, they may have either met these beings or actually had been them. Even when the storyteller tells traditional stories, for example, stories of Coyote the Trickster, they put their own spin on it. In dream time they may have encountered these traditional characters or situations, reliving them in their own way, and thus bringing new insights each time.

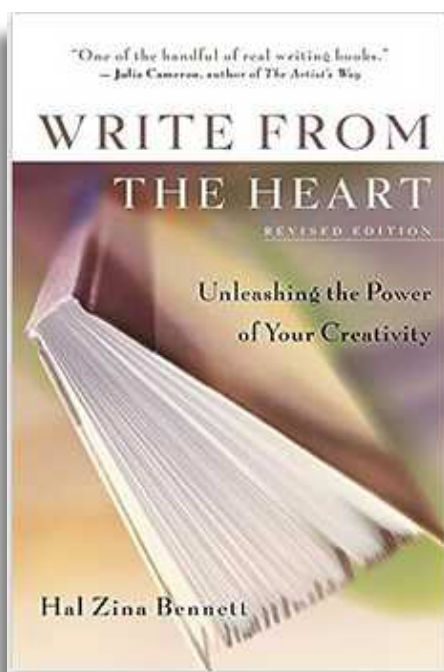
Often, the shamans presented their dreams at a medicine wheel, a circle at which a group of people gathered to heal disease or discord in their community. There was much dramatic interaction between the storyteller and the people sitting at the wheel. The story, drawn from dream time, literally entered the consciousness of the listeners, triggering ideas or visions, increasing the power of the healing energy focused by the group.

This amplification of energy occurred by the participants telling their own stories, or offering a dance, or by drumming, or simply by speaking their own minds.

Through shamanic dream and storytelling, we see life as a constant interweaving between the physical world and this other reality that exists outside the reach of the five senses. Here our lives on the physical plane are seen as relatively straightforward ~ focused on feeding, clothing, and sheltering ourselves and our families; and, developing positive relationships with the physical world. More mysterious is our relationship with the invisible reality, honoring the larger reality of our dreams.

The ancient shaman storyteller's work was not aimless recreation. Rather, the story drawn from dream time invariably brought a message that helped storyteller and spectator alike better understand their relationships within the universal order. Working together, storyteller and listeners pumped the deep inner wisdom from the spiritual conduit to the invisible reality, which the shaman created.

The world of the ancient shaman may feel foreign to us in modern life. But as long as we dream, this source of wisdom is only a heartbeat away. However, to tap this wisdom we need to abandon more modern methods of dream interpretation, which after all are products of the modern age. While interpreting dream symbols or actions can teach us much more about our emotions, larger truths are available. Instead of attempting to interpret the hidden language of our dreams, we need to learn how to take the stories and





characters whole. When we do, we discover much more the symbolic interpretations we would impose on them.

But how do we do this? Record your dreams in a journal by telling them as stories ~ which they are. As you write, pretend you're a storyteller perhaps sitting with a group of people around a campfire at night. Imagine your live presentation of this material and imagine your impact on the other people who sit in your circle. Respond to their cheers, their 'oohs and aahs' by embellishing your story here and there, or by magically donning costumes, masks, or using other characters to act out what you've dreamed. Remember, you can do anything in your imagination; there are no limits here.

It is interesting to note, as Joseph Campbell did, that as technology has evolved, "The voyages into outer space turn us back to inner space."

And as if to reflect even further on this point, Brian O'Leary, an astronomer and NASA scientist-astronaut said: "The new reality presumes an interconnectedness, a higher order in the universe ... dimensions beyond time and space..." (1)

As seekers, it is fast becoming clear that our dreams, our creativity, and our intuition provides us with powerful tools for journeying to these worlds of inner space. What the shamans have known for aeons may well prove to be far more important than all the NASA's space probes. But to tap the full power of our dreams we need to take a giant step beyond the more scientific approach to dreams (dream interpretation) that have become popular in recent years. There's much wisdom to be had in decoding our dream "symbolism." But there's a whole world beyond it. Let's go there! (2)

1. Joseph Campbell, interviewed by Eugene Kennedy, *Earthwise: The Dawning of a New Spiritual Awareness*, The New York Times Magazine, April 15, 1979, pp. 14-15.
2. O'Leary, Brian, *Exploring Inner and Outer Space*, North Atlantic Books, 1989.

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**Hal Zina Bennett, Ph.D., is the author of 25 books, including: "Write From the Heart: Unleashing the Power of Your Creativity" from which this article was drawn. He is a frequent contributor to Shaman's Drum magazine and Sacred Hoop. He teaches writing workshops that explore the links between creativity and personal/spiritual development.**



# Dreaming with the Animal Powers

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When shamans go dreaming, characteristically they operate under the protection and guidance of animal guardians. Forging a close relationship with one or more "power animals" is central to developing the arts of shamanic dream travel and tracking. It is invaluable in maintaining healthy boundaries and defending psychic space. A conscious connection with the animal guardians shows us how to follow the natural paths of our energy. A strong working connection with the animal powers brings the ability to shapeshift the energy body and project energy forms that can operate at a distance from the physical body.

Our ancestors believed that we are born with a connection with a particular totem animal; this was the *raison d'être* of the clan system. Some Australian Aborigines believe that when a human is born, its "bush soul" is born in the form of an animal or bird. We may feel that we have a lifelong connection with a certain animal or bird. Others may observe this in our body type, our life styles, our modes of responding to challenges.

But in the course of a lifetime, we may develop many animal connections. Some of these may stem from our relations with the animals who share our homes and habitats, from family pets to wild animals encountered in nature and in our travels. Animals we have met in the physical world may reappear in our dreams, as allies and helpers.

Here are two personal examples, one involving a dog who had shared our home, the other a bird who had shared our habitat. After a black dog I had loved was killed on the road, he appeared again and again as a family protector. His presence, for a time, was all but physical. Driving the Jeep he had loved to ride in, a family member saw him in the rearview mirror and told him firmly to "Sit!" The dog had died, but he was still very much around, watching over the family he had loved fiercely. After a time, I performed a ceremony to release his spirit.



After this, he appeared in a different way. A larger intelligence began to work through his form, and I found a black dog who sometimes walked upright and even drove an automobile ~ appearing as a guide and bodyguard in my dreams and journeys. He showed me passages into the afterlife. He played guide and escort for me on a powerful and challenging journeys that finally resolved a past-life issue that had shadowed my current life. I believe that, in the year after his death, I was dealing with the individual spirit of the dog I had loved. I feel that in later years, the form of my beloved dog has fused with a larger transpersonal source of guidance, linked to the precinct of Anubis, the "Opener of the Ways."

On the same land where I lived with my black dog, I had a series of physical encounters with a red-tailed hawk who spoke to me in a language I felt I could understand ~ if I only spoke hawk. In a spontaneous vision one night when I was drifting between waking and sleep, the hawk lent me her

Continued on page 19



AUGUST 2023

# Cosmictology Forecast

By Andria Nikoupolis Weliky

**A**loha Astrology Lovers! Happy Solar Return Leo and Virgo Babes! We welcome August with a Full Supermoon in Aquarius on the first of the month, holding the energy of our unique self expression and living from the heart, embracing our creativity and collaborating in community.

Jupiter is joining in this lunation signature with themes of New Earth, giving support to these transitional times. This full moon is also shining brightly on the cross-quarter, ancient holiday of Lughnasa. Cross-quarter holidays mark the midpoints of the solstices and equinoxes and align with the fixed signs.

Lughnasa is a time of honoring the Sun God, the Grain Goddess and the first signs of the harvest. Paying homage to these cycles of life, death, and rebirth, we are in reverence and are able to grieve and receive the letting go process. The letting go to let grow is amplified with Pluto in the late degrees of Capricorn squaring the Nodes of Fate. Personally, if you have planets or points at late degrees of the cardinal signs, especially at late degrees of Aries/Libra, you may be feeling a strong urge to initiate new pathways and birth new ideas yet with a

feeling of being stuck or getting a “no, not yet.”

Hang tight as we have seven planets retrograde this month reinforcing this “no, not yet” energy. Mercury and Mars in Virgo opposing Saturn and Neptune in Pisces may bring a feeling of defeat or wiping the slate clean and a route that needs course correction. An energetic cleanup is asking for us to have flexibility and flow. Please stand by, make lists, brainstorm, reevaluate, meditate, revise and stay open as there is an energy as well this month from receiving. Hold your arms or aprons out wide, as downloads from your future you may be coming through this month.

Sun conjunct a retrograde Venus in Leo on August 13 is also highlighting matters of the heart, relationships of all kinds, friendships, romantic and otherwise. Where are we wanting to invest our heart? What lights you up? What feeds your creative spirit? How are we in harmony with each other? How are we shining our love light?

Sun in Leo squaring Uranus in Taurus on August 15 may bring tension to invention with a bold twist, liberate or shake up routines, perhaps in some cases for the best. Electrify and excite a

manifestation of joyous freedom and original innovation.

New Moon on August 16 with Mars in Virgo trine Uranus in Taurus delivers productive action and provides courage to break free and take risks from limiting barriers.

Sun Ingress to Virgo and Mercury in Virgo stationing retrograde on August 23 in a trine to Uranus in Taurus enhances out-of-the-box ideas, practical and tangible insights, new possibilities and future solutions.

We close our August with the second Full Supermoon, this one in Pisces on August 31, casting a bright light on oneness and compassion and trusting in our sensitivity.

Astrological herbal notes for August include; Motherwort for anxiety and heart health; and Chamomile for calming the nervous system, settling the stomach and calming skin irritations. As a reminder this is not medical advice please seek a medical professional if you have questions in these areas.

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**If you are curious about the planet placements and points in your own natal chart, please reach out to me at: [andria@emeraldionalchemy.com](mailto:andria@emeraldionalchemy.com). See ad on page 13.**



## August 1: Full Sturgeon Moon

August's first full Moon will appear on the afternoon of Tuesday, August 1, reaching peak illumination at 2:32 P.M. Eastern Time. That evening, look toward the Southeast after sunset to catch a glimpse of the Sturgeon Moon rising.

## August 30: Blue Moon

Later in the month, a second full Moon, a [Blue Moon](#) will make an appearance. The term Blue Moon is most commonly used when we have two full Moons in a single month. On Wednesday, August 30, the Full Moon will peak at 9:36 P.M.



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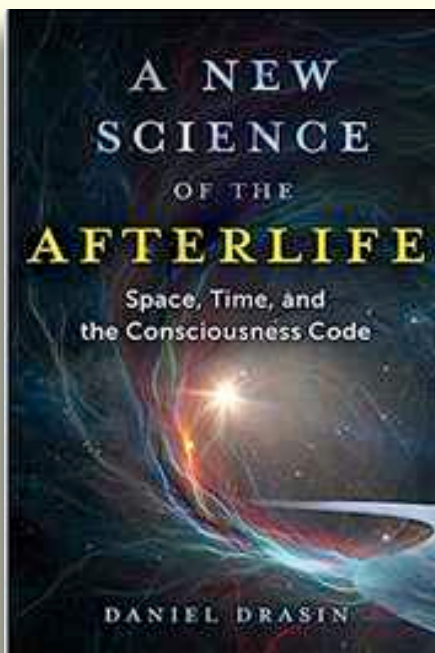
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## Welcome to a Sacred Crossroads with **Chiastolite**



Chiastolite, a variation of Andalusite, is also known as the Cross Stone because, when sliced, it reveals a perfect cross at the center.

**A**s we move into the month of August, Chiastolite is stepping forward as our crystal ally.

This beautiful variation of Andalusite is also known as the Cross Stone because, when sliced, it reveals a perfect cross at the center. The cross shaped pattern has been recognized as a symbol of religious significance as well as a symbol of protection within earth-based spiritual traditions.

This month, Chiastolite invites us to pause, sink into stillness, and consider that we may have arrived at a sacred crossroads, that life may be presenting an opportunity to change course.

As I tuned into its message, Chiastolite had a lot to share and asked that I simply channel its message. As you sink into its words, I invite you to open your heart, journey within, and take a seat at your sacred crossroads ... your soul is ready.

### **Chiastolite Speaks:**

*Sacred friend, you are at a unique place in your life, a place where paths converge and diverge, a place where you have an opportunity to choose. Would you like to continue on the path you've been walking or pivot and make a change? The choice is yours. Listen within. What is your heart asking of you now?*

You are being given an opportunity to change course. Do you recognize it? Is change something you have been wanting? Or is it perhaps something you have been resisting?

Now is a good time to reflect upon the direction of your life path. Take time to harvest the gifts and celebrate all that you have experienced. Consider both the beauty and the challenge. Explore the highlights and the lowlights. Receive the nuggets of wisdom from times of

difficulty. And delight in the sweetness of times that were met with ease.

Life is filled with many experiences. You know this, intimately. Each experience opens a pathway forward. It brings you into alignment with new relationships, opportunities within your work, changes to your health and well-being, and so much more. As life unfolds, you may have felt a sense of fate drawing you forward, leading you from one step to the next.

This is a beautiful way to live. Fate creates a sense of naturalness and along the way it presents opportunities to grow, expand, and most importantly, to know yourself, intimately. If you have been saying yes to those opportunities, celebrate this and recognize that you are at a very sacred point on your journey ~ you are being invited to step out of your fated path and onto a destined path.

What is the difference? You may be wondering. Great question!

A path of destiny is one that you co-create with the Divine as you begin to bring conscious wisdom into the creation of your life. It is not about controlling


your life, but rather about giving yourself permission to embrace all of who you are ~ your gifts, talents, challenges, quirks, and all ~ and channel that energy into creating a life that only you and the Divine can create together. When choosing the path of destiny, it may initially feel like a pivot or complete change in direction. The thing is, it is actually an embodiment of the most natural expression of you.

Set aside some time this month to pause and connect with your voice of inner wisdom. Ask for clarity and insight. Inquire about what will be not only the most fulfilling, but the most nourishing for you at this time. Listen. Trust. Take action. And remember this sacred crossroads is an opportunity to create your life in alignment with all of who you are.

△

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Practicing Mindfulness By Beverly Brunelle

# Refining Energy Self-Care



**B**eing present, aware and curious about the subtle sensations moving through your body and the energy fields around you, can provide resources of personal guidance, well-being and authenticity in everyday living. This is a form of *energy self-care* that deepens your own knowing, aligns you with your priorities, and brings forth new, evolutionary movement into your relations with yourself, others and the Divine.

These challenging times can stimulate high expectations, extra stress and unconscious habitual behavior patterns. When we feel stressed we may not notice ourselves hyper-focusing on automatic habits of limited thinking. We may not notice how this influences our

experiences and manipulates potential futures. Ingrained behaviors, can metaphorically squeeze out new life force energy and block evolutionary impulses that inspire alternate ways of being from living out their full potential. We may feel caught in a loop of experiencing outdated limiting expectations, observations and relationship dynamics.

Energy self care practices are ways to create resonance with new streams of consciousness, shifting attention off of perpetuating patterns onto taking care of yourself energetically in the midst of life's varied pace and relational dynamics.

It is important to realize that each moment is a point of choice, of power,

and of immense creativity. Choosing to engage in self care practices can open us to life's higher octaves of consciousness where new opportunities, possibilities and higher potential show up. This refreshes our very being and expands our own potential, the potential of the world around us, and of the Divine.

Your body is your temple, a source of intuition, wisdom, and guidance. When you feel surprised, reactive, or strongly judgmental, bring your inner attention to your breathing and into your heart space. Explore this self care energy practice now, as you continue reading.

Notice your breathing. Feel its effects in your nose, throat, and chest. With each breath, feel your body and mind relaxing. Bring your attention to your heart and notice the sensations there. Expand your awareness to notice deeper, subtle energies showing up in your whole body.

With several slow, deep breaths, let go of thoughts and judgments. Gently scan your body. What are you noticing about the energies around your body? Be willing to feel, see and sense *what is*. Breathe and be with yourself and the sensations that are coming up within you. Notice your deeper wisdom, insights and authentic inspiration in this moment. As you stay with your self and are curious, you will open to perceiving new possibilities outside of the loop of old dynamics. Refinement of your intuition will naturally develop with this daily practice.

△

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

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wings, and I found myself drawn to a cabin in the woods, north of Lake Champlain, where I had the first of a series of life-changing visits with an ancient Iroquois “woman of power.” I have written about this at length in my book *Dreamways of the Iroquois*. The hawk has appeared again and again over the years to offer confirmation, or warning in its flight patterns over the roads of everyday life, and to lend me her wings in dreams and visions.

Animal dreams may be the doorway to developing strong working relations with the animal guardians. These dreams may hold up a mirror to our health or habits. They may show us how we need to feed and attend to our bodies. They may reveal a potential we have not yet developed. They may tell a story about our lives or relationships like one of Aesop’s fables. They may be the place of

encounter between our dream self and a spiritual ally or guardian.

Our true spiritual teachers come looking for us in our dreams, and often they come in unexpected forms. The cat in your dreams may be the kitty you remember from childhood, or an aspect of your self that needs to be pampered, or a guide that has assumed a familiar face.

Recently my beloved calico cat, who died several years ago, has taken to visiting me, typically appearing in the drift state between sleep and awake. She is both herself and a greater being I think of as the Calico Tiger. I am sure she is more than a part of me, and more than the lovely friend who liked to lie on the arm of my reading chair. In her latest visitation, she brought a whole army of felines with her, large and small ~ maybe every cat who has shared my life

in all the worlds. Some have been worshipped as deities; the others may think that they should be.

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**Robert Moss is the creator of “Active Dreaming,” an original synthesis of dreamwork and shamanism. He has led popular workshops all over the world, including a three-year training for teachers of Active Dreaming and online courses for The Shift Network. His many books include: Conscious Dreaming, The Secret History of Dreaming, Dreaming the Soul Back Home, The Boy Who Died and Came Back, Sidewalk Oracles, Mysterious Realities and Growing Big Dreams.**



Illustration: “Calico Call” by Robert Moss



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

# Weaving the Human Tapestry

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

It's time to become one world — time to become fully human — to see the gift in our variance, and to speak with one another, not posture with enmity in mindless rhetoric. We can bridge the gaping holes that divide us by weaving our tapestry one to the other.

We can start simply by finding a point upon which we can agree. We can share the fact that we are human, that we have children. We can then show pictures of our family and discuss our hopes for them, for ourselves, and for the future.

We can describe how we came to believe our beliefs, the foods we eat, along with the customs we have established; and, through this we will become aware of another's point of view. It will not diminish us; it will enrich us. Then we can allow for our differences, and gradually, gradually hold out a candle to one another that we light in friendship and compassion. Then as we eliminate the gaping gulf of unknowing between us, humanity can come together to celebrate life. It all begins with allowing our differences. It's time!



*“There are some who bring a light so great to the world that even after they have gone the light remains.”—Author Unknown*

## Food for Thought

1. Where have you felt that somebody closed a door to who you are and what your story is? What about the reverse...have you discounted someone else because of their ethnic background, gender, religion, viewpoints, social status or customs?
2. Where do you find yourself “stuck” in a belief that taken from a larger vantage point might not be the full truth? Are you open to hearing another view?
3. Investigate points of similarity within different religious views. See where the same beliefs may be stated differently but point to the same ultimate truth.
4. Where is there a possibility of doing something that will give you an opportunity to learn more about a culture or people you may not have fully understood?
5. Learn about another culture and then try recipes from that culture. By understanding what foods people have had available in different regions, we see the reason for the foods they eat that we may think are “weird”.
6. Are there areas in your life where you can get involved with others from different backgrounds, where you can weave the tapestry of your unique stories to bring a greater richness to one another's lives?
7. Question belief systems that have been passed down to you from past generations that may be outmoded in today's shrinking world. Be willing to clear out those things that constrict you and make you feel superior/inferior to anyone else.
8. Be open to learn one new thing about a person, place, or different belief system each week. Expand your level of tolerance and willingness to reach out to bridge gaps in communication through an exercise in curiosity, compassion, and friendship.

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Photo: ©Jane Erica Hutchison





Tuesday Teachings By Meredith Young-Sowers, D.Div

## Enliven Your Healing Work and Get Noticed

In this field of spirituality and personal growth there seems to be more and more people interested in working in this field, starting healing centers, learning and teaching Reiki and other healing techniques, taking their spirituality seriously and wanting to bring their work life into alignment with their heart's desire. Unfortunately, many healers are finding it hard to make a living at what they love and to get noticed without sacrificing the quality of their work.

I've found, personally, that the answer to more attention for my work comes from my being true to what I believe, being willing to say what I mean, and letting my motivation come from my deep heart and its desire to meet people's real spiritual needs.

Ask yourself:

*Why am I doing my work?*

*What does it mean to me to do this work?*

*Who am I helping? Am I doing my best or am I half-hearted in my efforts?*

Shake up your own spiritual energy and it will translate into new ways to present yourself and your work to the world. For example: Get out of your routine that feels stale and frustrating.

Begin a practice that is helpful, enlivening and fills you. If you pray—pray differently, and in different places. If you meditate, change the altar you sit in front of, or shift where you sit or how you sit to gain a new perspective.

If you write, write more or less, or choose different subjects to gain guidance and insight.

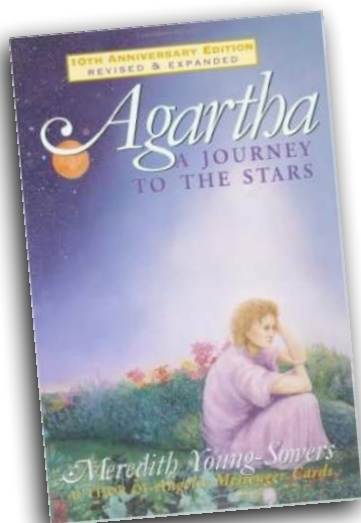
Shift, change, move, allow new energy to flow into your deep heart. Then, throughout the day, put your hands over your deep heart, allowing that renewed insight and joy to flow into your thoughts, igniting your creativity in ways you've never before considered!

### ~Meditation~

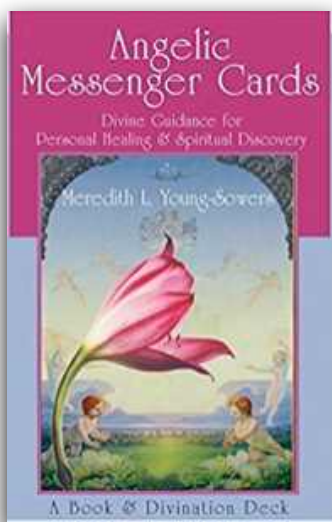
Take a deep breath and rest for a moment with your hands over your deep heart. Say to yourself, "I work from joy and I bring joy to those who cross my path today."



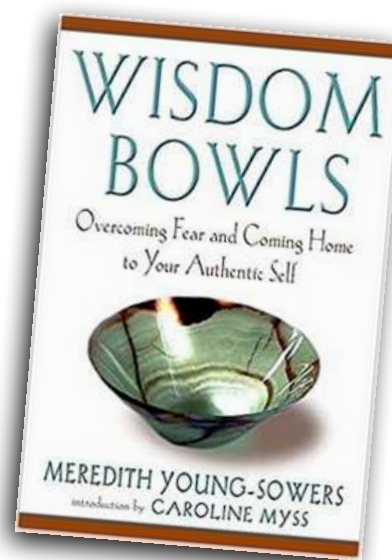
**Meredith Young-Sowers, D.Div. is a watercolor artist and Author of: *Agartha*, *The Angelic Messenger Cards*, *Spirit Heals* and *Wisdom Bowls*. She is the Founder of *The Stillpoint Foundation* and School.**



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



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# AFTERLIFE REPORT

Evidence



Presented by  
Victor and Wendy Zammit

Science



If you're interested in knowing more about The Greater Reality and exploring all things Spirit and The AfterLife, **The Global Gathering** is for you!

Wendy Zammit of **The Friday AfterLife Report** brings you news on authors and experts in the field who present at **The Global Gatherings**. The August guest list was not available at press time, but is available in the weekly Afterlife Report. Check it out!

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

### Global Gathering Coordinators:

**Wendy Zammit**

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

**Karyn Jarvie**

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



## Potpourri



## Message #42 From the StillPoint Within

By JA Dioguardi

Here and now—this moment in time—is meant to be fully lived. It is not a means to an end—an insignificant step up *the ladder of success* as defined by the human mind. It is LIFE in all of its glory! It is eternity as experienced by a single aspect of a multi-dimensional self. It is but one view as seen through the human eyes of a spiritual being who is concurrently attuned to multiple existences in realms yet unknown to many of those extant on planet Earth. In what appears to the reasoning mind as a single moment, consciousness simultaneously pervades an incalculable number of dimensions.

No matter the interpretation of the thinking mind, presence allows for serenity and joy since presence resides between thought-forms. Those who allow the stillness necessary for presence touch the Divine, and that sensation leaves an indelible impression on them. Their desire to again *feel* that sensation of unity and peace awakens them to the vast potential of their human self. Gratitude permeates every cell of their body, bringing all into alignment with Source. Realizing their unbreakable connection with Spirit then defines their course. This upgrade to their belief system alters their perception of daily existence, exponentially expanding their world. Words cannot capture the limitlessness that IS, yet the vibrations of language (whether written or spoken) allow the Soul to comprehend what the mind cannot hold.

Each moment in *time* is designed to be experienced fully and intensely, with both peace and passion. The paradox posed by those carefully chosen words is a characteristic of the dualistic world of form. There is no religion or science that can contain or explain that which is Truth. Resting within oneself is the wisdom of the Universe—incomprehensible to the reasoning mind at the same time that it is known by the Divine in which we reside. Love is the vehicle; presence is the way home. And life is meant to be lived!

△

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

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





## ‘Angel Bugs’ Manifested Under An Old Oak Tree

By Nancy Freier

**T**his happened many summers ago but I remember it like it happened yesterday. I lived in Palm Springs, California but was on a cross-country book tour presenting my ‘*You Can Talk With Your Angels*’ classes to teach people how to communicate with their angels. I was at a private home in Jefferson, Wisconsin that had a huge back yard filled with mature trees and was bordered in the rear of the property by the Rock River. In such a natural outdoor setting as this, I like to take everyone outside and lead a group meditation to call in the angels.

It was a warm and magical Wisconsin summer afternoon. There were 14 of us standing in a circle under a big old oak tree. We closed our eyes and I led a meditation where we became peace-filled and called on the angels to join us. A little while into the meditation, an inner voice told me to open my eyes. I watched in amazement at what appeared to be little white feathers, attached to what I thought might be seed pods, floating on the breeze. Hundreds of them!

I blinked and looked again. They weren’t floating, they were flying! They were everywhere around us! Some of the others had opened their eyes too, and I said, “Look! These aren’t seed pods, they’re insects!”

We decided to call them ‘Angel Bugs.’

I stopped the meditation so we could observe these delicate creatures and try to understand what they were. They had oblong wings that you could see through, and we could see tiny veins in them. They had clear, jellylike

eyes with a tiny spec of black for the pupils. The eyes looked too big for the body which looked exactly like a bright white feather. Its overall length couldn’t have been more than a half inch. They were easy to catch and just landed softly on us, seemed to look at us, then they gently flew away.

No one had ever seen anything like it! After just a few moments another amazing thing happened. As quickly as the angel bugs manifested in our circle, they had suddenly disappeared without a trace. The hostess said that in all the years she lived on this property, she had never seen these bugs before.

We looked for them again several times during our stay but never saw these angel bugs again.

Someone suggested perhaps they were lightning bugs (or fireflies) because they are plentiful in that area at night, but we did some research and learned they are black in color.

Therefore, we decided that these angel bugs manifested just for us as a gift from the angels, and as physical evidence to let us know they come whenever we call on them.

Δ



The Firefly has a black body.



**Send your Evidence Stories (about 200 words) to us for publication in this column!**  
[theinnervoice@gmail.com](mailto:theinnervoice@gmail.com)

# What it means if a Deceased Loved One Visits You in a Dream

By Emilyn Gil

**D**reams are a fascinating phenomenon that has interested people from the beginning of time. While often times dreams may be ridiculous and silly, some dreams are more serious and vivid, seeming to carry some sort of meaning.

One dream that seems to always bring questions is a dream in which you are visited by a dead loved one. What does the visitation mean? Is my loved one all right? Are they trying to send me a message?

## The Science of Dreaming

Unfortunately, there is very little that science can tell us about dreams and their meanings. What we do know is that dreaming is a way to process your emotions. People often dream of past events, as if your brain is reviewing and evaluating the information.

Although many people don't remember their dreams in the morning, research has shown that everyone dreams for about 2 hours every night. While you can dream during any stage of sleep, dreams are most vivid in REM sleep, which generally occurs about 90 minutes after falling asleep.

## The Meaning of Visitation Dreams

Science may not have much to offer when it comes to dream-meanings, but many psychic mediums have shared what they believe to be the meaning of dreams.

A dream in which a deceased loved one visits is often referred to as a *visitation dream*. Psychics say that these dreams can be placed into one of two categories. A visitation dream may leave you feeling comforted and at peace, or it may cause you to feel dread or fear. In both cases, it is believed that your loved one is trying to send you a message.

## Peaceful Visitation Dreams

Some visitation dreams leave you feeling at peace, comforted, and happy. In this case, there are several possible



Photo: Ghost /Paramount Pictures

messages that your loved one may be trying to send you.

It may be that your loved one simply wants to let you know that they have reached "the other side," and that they are doing okay. Sometimes they make a visit to let you know that they are pleased with the decisions you have made since their passing. However, quite often the message is even simpler. Sometimes your loved one simply wants to remind you that they love you.

## Fearful Visitation Dreams

Some people experience visitation dreams that leave them feeling afraid or unsettled. While these dreams can sometimes be upsetting, you should not feel anxious or apprehensive about them.

In visitation dreams of this type, oftentimes your loved one will appear in the dream somewhat different from their normal characteristics, making them seem strange or "off." Often times the message they wish to send is a message of warning.

It can be difficult sometimes to discern the message that your loved one is attempting to send you, especially if they do not speak to you directly in your dream. However, it is important to pay attention to how you feel during the dream in order to best interpret what the message may be.

## What If I'm Not Getting Visitation Dreams?

If you have not been visited by a deceased loved one, this does not at all mean that this person does not love you, or that they are in a bad place. It may simply mean that you are still mourning and processing their loss in other ways and are not ready for a visitation. Other times it may be that you are dreaming about them, but are unable to remember.

If you would like to be visited by a certain person in your dreams, you can try placing something of theirs under your pillow before you go to sleep. This could be a picture of them, a letter they wrote, or something they loved very much. This can show that you are open and ready to hear what they have to communicate.

Another good idea is to keep a dream journal or a pen and paper at your bedside every night. This way you can record your dreams as soon as you wake up and lessen the chance of you forgetting them.

## Conclusion

The most important thing to remember is that visitation dreams are nothing to be afraid of or anxious about. Most often your loved one simply wants to show that they care about you and are thinking about you, just as you are about them.

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# Is this a Dream, or is it Real?

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

In 1990 I got hit in the face with a line drive while pitching in a softball game (Note: Softballs are NOT soft!) While recovering from my injuries, I noticed that I was receiving messages in my dreams. I thought this to be quite strange as that had never happened to me before. Was I making this all up, or had the hit in the head opened up a passageway to spirit that I was not aware of? Whatever the reason, it was interesting to notice what I was being told.

This was beginning to be a nightly experience which, at the beginning was a curiosity but, as time wore on, it began to disturb my sleep and I started getting irritated. Couldn't 'they' connect to me when I was awake? Let me sleep!

One night when I was getting messages I told whoever it was I was listening to that I just wanted to sleep, so I told them about a problem I was having and to contact me in the morning. I was given the name of a book, a page number and the paragraph where I could find my answer... which I wrote down and then went back to sleep.

The next day I found the book, looked up the page number and paragraph as instructed and, wouldn't you know it? The answer was right there! I could not have made that up!

Whoever was contacting me *really* wanted me to change my life around. So, instead of pushing them away, I invited them to contact me anytime they wanted — which was usually around 3:00 am ~ in my sleep. But hey, I learned that I could take a nap during the day!

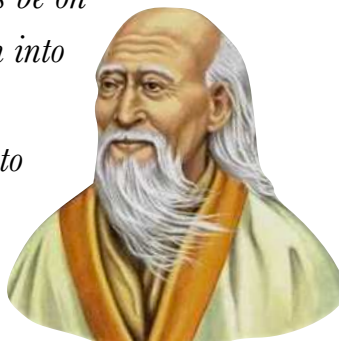
Thanks to the guidance of my 'voices' years ago, I learned about crystals and then I opened Free Spirit Crystals. My dream really did come true!

Δ

See [Diane Bloom's](#) ad on right for more information about Free Spirit Crystals.

*Be careful what you water your dreams with. Water them with worry and fear and you will produce weeds that choke the life from your dream. Water them with optimism and solutions and you will cultivate success. Always be on the lookout for ways to turn a problem into an opportunity for success.*

*Always be on the lookout for ways to nurture your dream.—Lao Tzu*



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# Feng Shui the Garage?

## Yes, so you may enjoy your summer!

By Terah Kathryn Collins

**M**any of my residential clients live in homes in which the attached garage juts out in front of the rest of the house toward the street. This location exalts the garage's importance and gives power to its mechanical inhabitant, the automobile. This communicates that the car is more important than the people. It's no wonder that the people who live in garage dominated houses often complain of living at "a driving pace" and are spending more time in their cars than in their homes.

The structural feature of these garages is compounded when the garage is disorganized. Coming and going from a place that is crowded and chaotic can become a metaphor for your life. Here are some things you can do to balance and beautify the garage:

- \* Paint your garage door the same color as the house. Keep it free of decorations that draw attention to it. Draw attention instead to the front door of the house by making your front entrance "entrancing" and easy to find. Embellish the walkway with pleasant lighting, flowers, statuary, seating, and other enhancements that say "welcome." Whether it's a magnificent fountain or a simple wreath on the door, treat your home's front door with special care. It is where the chi enters your home.

- \* Organize and enhance the garage itself. In Feng Shui, the garage is as important as any other room in the house. Make it beautiful! You can organize it, beautify it, and enhance it in any number of ways by painting it in a favorite color and adding art or travel posters.

- \* When organizing the garage, set up specific areas for storage and for activities

such as potting plants, making crafts, and working with engines, or wood. Treat yourself to all the shelves and containers you need to organize the space.

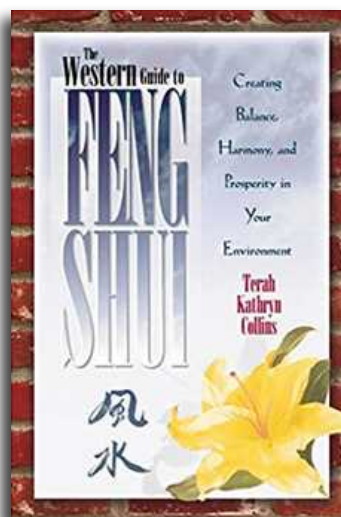
- \* If necessary, rent a storage locker to house items that are taking up precious space, and tell your friends and relatives to do the same! Your garage is not their storage locker.

- \* If you enter and exit your home through your garage, make sure to enhance this entrance as well. It's important is to make it pleasing to the senses, well lit, and easily accessible.

- \* Always leave plenty of space to maneuver your car in and out without hitting toys, sports equipment, or a growing pile of garage sale items. Even with the garage doors kept shut, chaos like this stagnates the Ch'i, and inevitably



Choose a garage floor that's perfect for your needs and budget. Coatings like epoxy paint or concrete stain, or coverings like snap-together tiles or floor mats instantly improve your garage.



has a negative impact on the owners' lives.

- \* Now's the time to have that garage sale that you've been planning for months or years. Remember that by getting rid of the things you no longer want or need, you revitalize your home, and make room for what you really do want to flow into your life.

Relaxation, rejuvenation, and recreation are three primary functions of a

home. The garage can act as a call to constant action, and needs to be "put in its place" if your home is to be a place of peace.

△

**Terah is an Author of the [Western Guide to Feng Shui](#) and is the Founder of the Western School of Feng Shui.**  
[www.wsfs.com](http://www.wsfs.com)



## Feng Shui Tips for the Bathroom

### Maintain a **Minimalist Bathroom** and Reap Many Benefits

If your bathroom is over-stuffed with stuff, you probably waste time getting ready for the day. Keep things tidy and store in their proper place to save precious energy getting ready in the morning. Always keep toilet lids closed and drains covered to allow the ch'i to flow throughout the space.



Stones or tile that made of, or look like stone) in the bathroom simulate mountain energy. Place a large stone behind the toilet to symbolically 'press down any bad luck' created by the toilet. A pebble bath mat (shown above) could feel and look good in the room. For some added pizzazz, a fun idea is to place some pretty tumbled stones in the sink and let the water run over them and down the drain.



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# What the Animals Tell Me About Reincarnation

By Lynn Schuster, Animal Communicator

**I**t is interesting that over the course of the last few weeks, many of my clients have asked me about reincarnation. They are wondering if, after their animal companions pass, do they have a desire to come back to be with their people. The answer is oftentimes, yes!

On the subject of reincarnation, I believe that all souls live forever and that when we incarnate into each lifetime, we choose to come back to Earth School. We come to Earth to learn, gain wisdom, raise our consciousness and as a result of all of that, we raise our soul's vibration.

Our souls are constantly evolving. When I imagine what God is, I see a huge White Light in the cosmos. I also see that our souls live in this Light. The Light is the vibration of Love. The highest, most unconditional love that exists in the Universe. When we choose to reincarnate, the Divine Light of God releases the souls that wish to return to earth. To live on earth, our souls must lower its heavenly

vibration in order to remain in the bodies that we have chosen.

I also believe that we travel in Soul Groups. Oftentimes, we reincarnate together. Our animals can be part of our Soul Group and therefore, we travel with them as well as reincarnating with our human companions. We choose different roles in each lifetime, depending on what our "major" is. (Like going to college, each semester, we choose different courses to round out our curriculum. Some of the courses we take are in our major course of study while others are simply general requirements.)

A friend posed it to me this way: What if, before we incarnated into this life, we sat around a table in our favorite coffee shop in the ethers and decided that we would help each other discover more about ourselves and our feelings? We sign contracts with each other. Someone in our soul group says, "I love you so much. I will teach you about love." Someone else says, "I love you so much. I will teach you

about courage." And someone else says, "I love you so much. I will teach you about jealousy." Then, when we incarnate we experience spiritual amnesia. We don't remember the conversations we had with each other in the ethers. If we did remember, we would probably want to turn around and go right back home! We are born, and we live our lives. Sometimes we follow through with the contracts that we created and at other times we renegotiate them.

I believe that when we die, we go back to Source Energy. The Divine is all loving. "Heaven" is a place of pure love. The love vibrates so high that we can't hold it in these physical bodies. It is so big, we can only get glimpses of the expanse of it all. In our lifetimes here, we are working towards bringing this loving presence to Earth and raising the vibration to be more in alignment with the high, loving vibration of the Universe.

It has been my experience, both with animals and people, that when we ask to talk to them after they have transitioned, they are very pleased to connect with us. Even after they have transitioned, they hold a loving space for us. We are still traveling together with our companions, both human and animal, because we are in the same Soul Group.

Your animals would very much like to create a conversation with you after they have transitioned. They leave it in your hands to choose if you would like to do so, or not. Remember they are in a place of pure love and there is no judgment.

They have ascended and are in a place of pure unconditional love. They will, at some point, return to the Earth School for another go around at life, perhaps appearing to you as that new kitty or doggy in the window, pulling at your heartstrings to take him home.

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**Lynn Schuster is a Telepathic Animal Communicator, Reiki Master/Teacher and Artist. See page 29 for more information.**



Art by Didier Lourenco





Lynn Schuster

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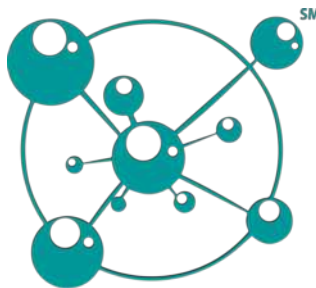


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