

# The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 10 Issue 6 • June 2022

**Awaken Higher  
Consciousness**

**Crown Chakra  
Alchemy**

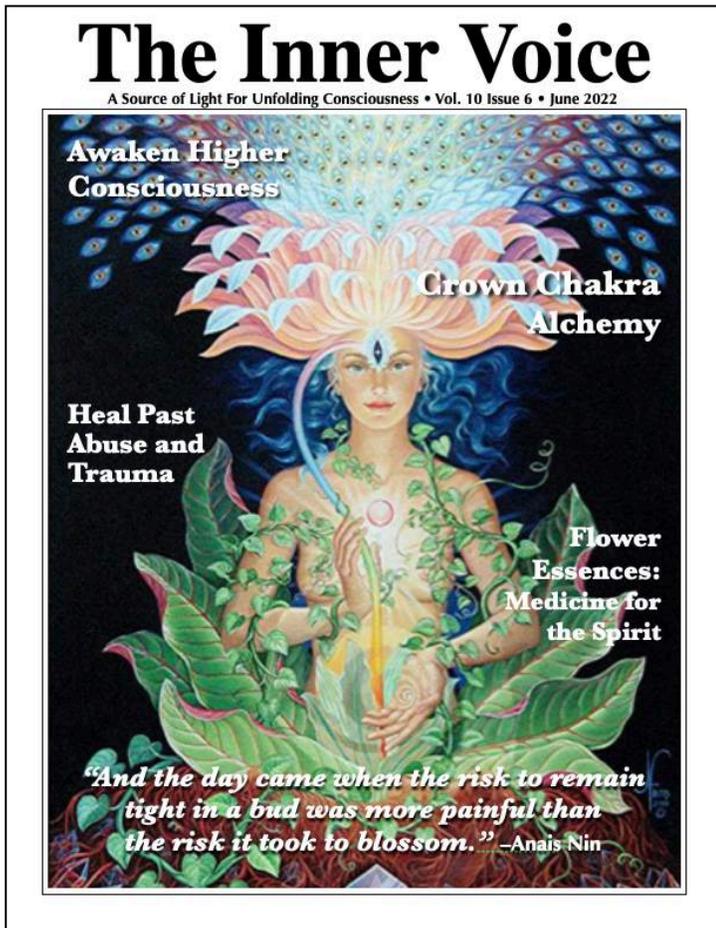
**Heal Past  
Abuse and  
Trauma**

**Flower  
Essences:  
Medicine for  
the Spirit**

*“And the day came when the risk to remain  
tight in a bud was more painful than  
the risk it took to blossom.” –Anais Nin*



About the Cover



The cover art, along with article on page 8, is from "Kundalini Dance: Practice for Ecstatic Awakening" <https://www.kundalindance.com> Artist is unknown.

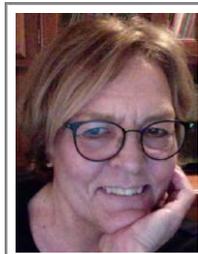
In This Issue...

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

- 3 Events at Golden Light Healing Retreat Center
- 4 Angel Talk: And, the Day Came to Blossom
- 6 Book Overview: ONEO Enlightenment of Eternal Life
- 7 Timeless Topics Radio: Feat. Byron Katie
- 8 Crown Chakra Alchemy: Open At the Top
- 9 JoAnn Dioguardi: Message #34
- 10 Attune to the Flowers! By Gigi Stafne
- 11 "My Road To Healing" Book By Steve Freier
- 12 Let's Talk Crystals: Kunzite
- 13 Ad: Lori A Andrus / Crystal Shaman School
- 14 Pat Gullett: Poppies Are Powerful Symbols
- 15 Astrology Within by Barry Kerr
- 16 Beverly Brunelle: Stop and Smell The Roses
- 17 Ad: Stream of Love mp3 / Subscribe to The Inner Voice
- 18 Kathleen Jacoby: The Living Light
- 19 Ad: Life, Death & Afterlife Discussion Group
- 20 Gigi Stafne: Those Amazing Flower Essences
- 21 Ad: Gigi Stafne Green Wisdom
- 22: Declutter Your Fantasy Self By Karen Treffzger
- 23 Ad: Essential Feng Shui®; Create Some Curb Appeal
- 24 Lynn Schuster: The Story of a Baby Opossum
- 25 Ad: Lynn Schuster Animal Spirit Talker
- 26 Ad: Free Spirit Crystals / Chrysoprase



Lightlines Publishing



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



**Steve Freier**  
Co-Publisher  
Website Design



**Beverly Brunelle**  
Consulting Editor

Subscribe and support  
The Inner Voice! [Press  
HERE to Donate](#)



Thank you!

The Inner Voice ISSN #1073-1814 ©1992-2001; e-version ©2012-2022. All rights reserved. This publication serves as inspiration for raising the frequencies of body, mind, heart and home, however, it is not meant to replace the advice of medical doctors and other healthcare professionals. The opinions expressed herein are not necessarily those of the publisher or editors. We encourage you to listen to your own inner voice for guidance and direction on your path. May your life be blessed by reading and sharing this magazine. Writer's Guidelines are available on request.

We would LOVE to hear from you! Email your thoughts and ideas to: [theinnvoicemagazine@gmail.com](mailto:theinnvoicemagazine@gmail.com)



**Your Hosts**  
**Amy & Dave Wilinski**  
**920-609-8277**

[www.goldenlighth Healing.net](http://www.goldenlighth Healing.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.

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

Our Retreat Center is available for customized personal retreats, company team-building workshops, or for private group rental.



**Golden Light Healing**  
 DREAM • EXPLORE • DISCOVER • GROW

Located 15 miles from Green Bay, Wisconsin

**Be pampered on this luxury journey which includes:**

4-star superior accommodations, a two-night castle stay, ceremonies at ancient sacred sites with local guides and shamans, traditional and gourmet meals, small private group travel throughout the tour, and much more!

*Join Us!*

**MISTS OF IRELAND TOUR October 2-11, 2022**

**TRUSTING YOUR INTUITION**

June 27, 6:00pm-10:00pm

**THE HERBAL APPRENTICE WITH GIGI STAFNE**

(see Gigi's article on p. 20)  
 July 23-24, 9:00am-4:00pm

**MUSHROOM FORAGING WITH MATTHEW NORMANSELL**

September 2, 6:00-9:00pm

**DRUM MAKING WORKSHOP**

with Dave Wilinski  
 Thursday, June 16, 12:30pm-5:00pm



**REIKI LEVEL I TRAINING**

July 9, 9:00am-4:30pm

**REIKI LEVEL II TRAINING**

July 10 9:00am-4:30pm

**REIKI MASTER**

June 25; 9:00am-4:00pm  
 -or- August 5, 9:00am-4:00pm  
 Includes apprenticeship.



**WHISPERS ON THE WIND SHAMANIC PROGRAM**

**Group #26: Aug 17-21, Nov 30-Dec 4, Feb 8-12, May 17-21, 2023**

**Group #27: Dec 7-11, March 29-April 2, June 7-11, Sept 13-17**

Are you searching for the meaning in your life? Would you like a deeper connection with nature and the spirit world Please join us for an intensive training program in shamanism, energy medicine and self-transformation.

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



**Register online now for our Workshops and Sessions [www.glh.as.me](http://www.glh.as.me)**

## Dear Readers,

Einstein said, "We cannot solve our problems with the same thinking we used when we created them." It is the truth ~ that whatever we want to resolve or heal, whether it's physical, mental, or emotional ~ we must look to a higher consciousness above and beyond that which created the condition for the answer. That is the subject matter in this issue of *The Inner Voice*.

The quote on the cover, "And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom," by Anais Nin, moved me so much I had to dedicate this issue to this inspiration. We ALL need to risk stepping up to the plate of higher consciousness, or remain tight in the bud of resistance.

I was moved by reading what the late Kathleen Jacoby wrote a decade ago on the brink of the Gulf War, page 16. She put into words the reality that we need to change along with the times. The same concept is held in high regard with the feng shui work I do. To stay healthy and alive, we need to continually take inventory of what is no longer serving our highest good, both thoughts and things, let them go and choose new options.

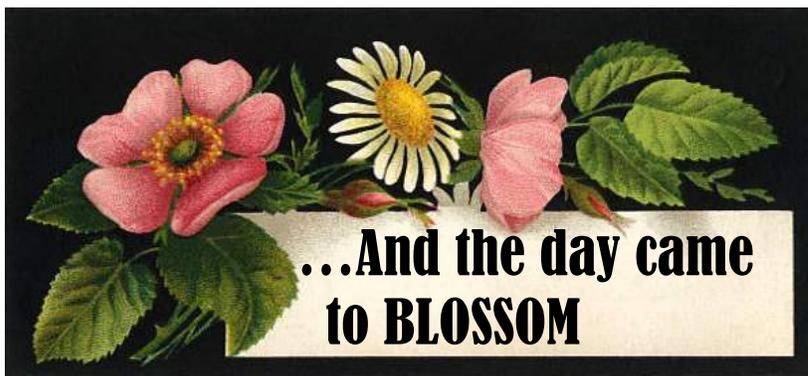
Steve's book report is about a man (Cornelius Christopher) who overcame an excruciating childhood filled with trauma, to become a healer, page 6.

Herbalist Gigi Stafne shares the very special gift of flower essences. They are a gift from God to heal our suffering. I recently experienced a bout of obsessive thinking that wouldn't stop until I made a flower essence remedy to take care of it. The flowers are not only beautiful, their higher vibration can heal!



I hope that you will be inspired by all of the articles I have curated for you... and take the risk to blossom forth!

Nancy



## Angel Talk™ by Nancy Freier and the Angels of the Great White Light

Everything is energy and when energy flows, there is life. Where energy is blocked, pain and challenges in one of its many forms, follows.

The angels tell us we have all signed up for a certain set of lessons before coming here to Earth School where the curriculum is played out. But, darn that veil of forgetfulness we come through at birth! Life would be so much easier if we were aware of what we came here to experience; or, are the obstacles we encounter a part of the Divine Plan? You bet they are ~ I heard the angels say as I was typing this. It's comforting to know there's a roadmap to follow. The key is awakening enough to know we can ask for guidance amid the chaos.

Talking with the angels over the years, I learned that we each have a purpose in life and a plan to get there, aware of it or not. If we stumble or falter along the way, or lose sight of why we're here, an intervention happens to awaken us and move us in the right direction. I want to interject another thought here. At times I have felt I was completely off the path, in fact, I wasn't aware there was a path! But you see, *THAT is all part of the plan!*

It is comforting when the angels reassure us that *everything happens for a very good reason*. Thirty-some years ago when I first heard those words, I wanted to throw my notebook of their messages across the room! For what good reason did I drink and become an alcoholic? For what good reason did I find sobriety only for my fiancé to die suddenly just two years in? I couldn't answer these

questions then, but I can now. Such things happen in life to know God, and to know God has a Plan for my life. Prior to that, I stumbled through life. And, if I came here to do all that I am doing now ~ being a messenger for the angels to help people resolve their issues; write and publish this magazine, wrote and published my book *Angel Guidance* and to do my specialized interior design work to help people live well in their homes, I must admit none of this was possible until I awakened to my life's Plan. What would have gotten my attention to learn my lessons had it not been for alcohol poisoning, followed by the sudden death of my sweetheart?

Aware of it or not, we all have a roadmap; a Divine Plan that is perfectly unfolding. Knowing that insight can help us in the present. When I look back at the events in my life, I can see how *everything happened for a very good reason*. I can see where I had the choice to remain tight in the bud of alcoholism, grief and utter despair; or, to see it all as part of "a Plan so grand" (the angel's words) and know everything has purpose and meaning.

In the last few months I've had an 'involuntary eye twitching.' Also during this time, I felt the pressure of finishing my book. Could these two things be related? Well, if everything is energy and everything is connected to everything else, then the answer is yes. When we seem to be detoured by illness, or by some other distraction, we need to pay attention and connect the dots. It is important to ask questions like: What do I need to know? What new perspective

Continued on page 5

will help me? What is the higher message of the symptoms?

We did not come here to remain tight in the bud. We came here to love ourselves through our challenges and to blossom into new possibilities, expand our skills, presence, creativity and expression in the world.

△

## Ask the Angels for Guidance!

- **Angel Guidance Readings**

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

- **Mediumship Readings**

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

- **Flower Essence Remedies**

Liquid, potentized plant preparations from Flower Essence Services and Dr. Edward Bach that convey a distinct imprint, or etheric pattern of specific flowers. Flower essences address the root of the issue and vibrationally restore balance. Highly effective and safe to use.

- **Essential Feng Shui®**

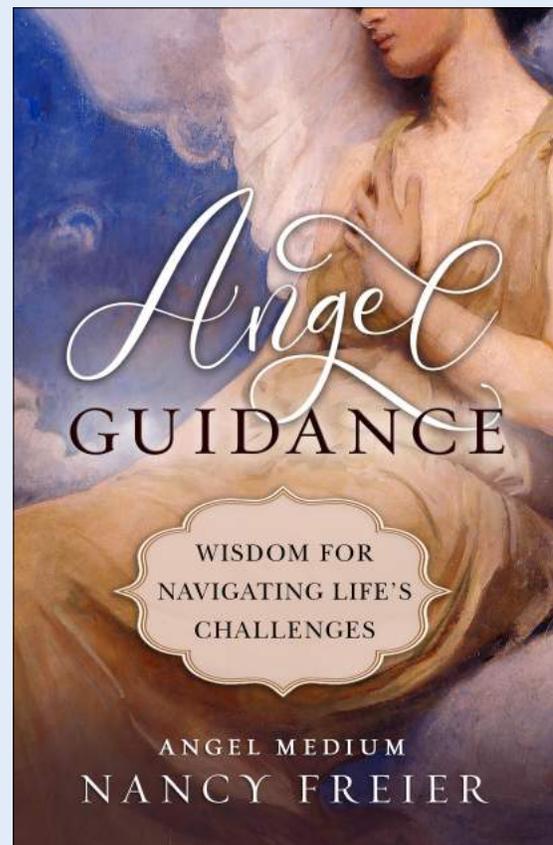
(Intuitive Interior Designs. More information on p. 23)

email:

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

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

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



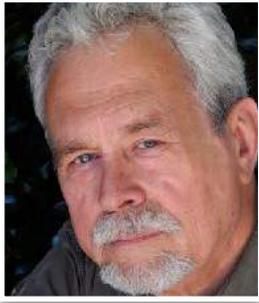
### ***Just released!***

**Angel Guidance** is a collection of some of the most popular questions asked of the Angels, along with their wit and wisdom to help you navigate through life's many challenges. Arranged in alphabetical order by topic, you may look up a specific issue, or open the book to any page and read what the angels guide you to read. If the question doesn't apply, the answer will. **Angel Guidance** contains more than 30 prayers and affirmations that may quite possibly change the course you're on, and heal your life! Get the book now and have **Angel Guidance** forever.

Choose either Kindle or paperback edition.

<https://amzn.to/3GETWH9>





# ONEO: Enlightenment of Eternal Life The Acceptance of I, and One With Yourself By Cornelius Christopher

What got me interested in reading this book was a YouTube interview with Cornelius Christopher by Kevin Moore on his channel, *The International Spiritual News Network*. Normally Kevin does one hour interviews, however this one was well over two hours. Cornelius Christopher's life journey entails a lot of abuse growing up, suffering from sexual, physical, and mental abuse, PTSD, severe depression, anxiety, suicidal thoughts and loneliness, resulting in low self-esteem going into adulthood. I estimate that the first 75 percent of the book covers the details of his experiences with abuse and being rejected and put down by his father, older brother, society and even people he considered friends.

However, on March 29, 2019, at 9:26 am, Cornelius experienced a phenomenon physicists call a *quantum superposition*, meaning two or more conflicted states /

alternative realities existing at the exact same time and in the same space. During which he was forced to watch the heart-wrenching scene of his wife finding him dying from his future suicide. He was able to view this all from the perspective of past, present, and future versions of himself, from the perspective of his ego, and through consciousness itself, observing it all unfold in the present moment.

Through this experience, Cornelius discovered that there is no such thing as physical death. He had the experience that only consciousness exists. This was followed by a painful five-hour kundalini (consciousness) awakening that spontaneously reversed all of his mental, emotional and physical health issues overnight, including receiving the gift of not having an inner voice, ego, me, myself, and I. I would simply say that his ego was dissolved. Most of have a

constant chatter or what many would call the monkey mind. For Cornelius, his monkey mind was replaced, or superseded by what I would call the Higher Self.

Cornelius also hasn't had one subconscious thought since that day, only pure stillness or Mushin (a mind with no mind). Through a perplexing series of unfolding events following his quantum superposition, Cornelius discovered newfound abilities, including his continuous connection with Consciousness and a gift for healing for others.

While healing his wife of her 11-year crippling condition called Vulvadynya, Cornelius was shown a vision and then, despite being severely dyslexic, he speed wrote/channeled his life story in just eleven days, guided by the Collective Consciousness. By doing so, he was able to share the knowledge he gained from

Continued on page 7





his consciousness awakening, along with what he now is experiencing every day.

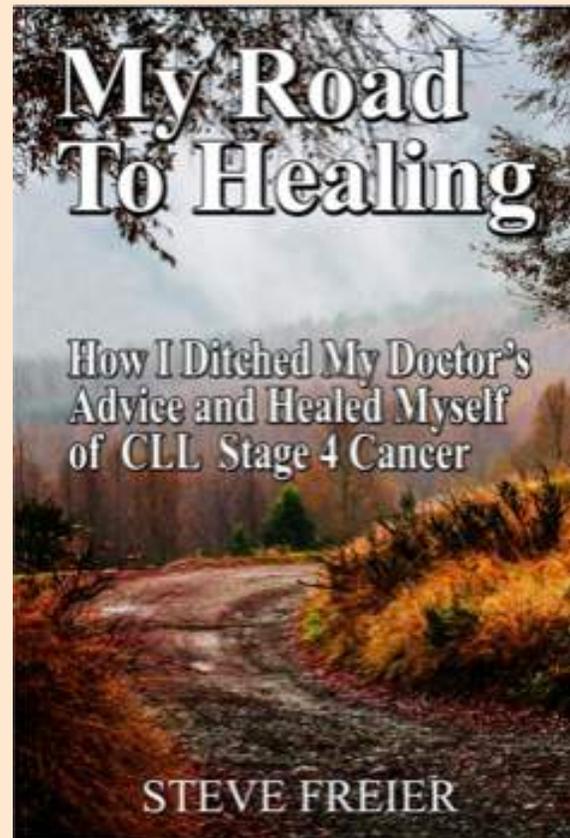
In the interview with Kevin Moore, [EPISODE 106](#) you can witness Cornelius working on some of Kevin's issues during the second half of the video. I have watched Kevin Moore dozens of times interviewing other channelers and it seems he's always looking for advice from what these channelers might bring through, mostly not very successfully, however, in this instance working with Cornelius, I think he actually had a breakthrough.

So, I conclude that Cornelius is the real deal. I would definitely recommend reading his book and if you're interested in experiencing more, watching the interview on YouTube to give you a full perspective,

Cornelius also has a website where you can work with him directly or in a group venue. I think this is a real find and I feel he will definitely help a lot of people. Get the book on Amazon: [ONEO: Enlightenment of Eternal Life, The Acceptance of I, and One With Yourself](#)

△

**Steve Freier is an Afterlife researcher and book reviewer of metaphysical topics. He is also a professional video producer and was a metaphysical talk radio host. He resides in Door County, Wisconsin. Email: [sgfreier23@gmail.com](mailto:sgfreier23@gmail.com) Visit: [www.myunobstructeduniverse.com](http://www.myunobstructeduniverse.com)**



Just released!  
My account of how I healed  
4th Stage CLL (chronic  
lymphocytic leukemia)  
without the use of chemo and  
radiation over 20 years ago.

<https://amzn.to/3agweoq>



# Awakening Co-Creativity | Crown Chakra Alchemy

By [Leyolah Antara](#)

Our crown chakra is the most enchanted of all places, where everything meets at the end of the rainbow. The color of the crown chakra is violet. The violet ray is the ray of alchemy. When we transmit violet through our bodies and our chakras, we can experience an alchemical transmutation, freedom from the karmic patterns that no longer serve us.

The transformational path of the crown chakra is the return to remembrance of our breath. We move away from our shallow breathing back into central channel breathing where we expand into the fullness of our spiritual body. We begin to breathe as the whales and dolphins do, with our breath streaming through our central channel and extending into our spiritual bodies, like a tube torus, connecting to the core of the earth and the central sun. When we breathe this way, we emerge as ecstatically awakened beings, all of our chakras integrating and unifying so that we can experience the full spectrum of consciousness.

As we awaken the competencies available through the crown chakra, we can experience gradual or sudden realizations, as we unify our fields with the creative fields of life. It is a journey of maturation that takes place over time as



Art and article from Kundalini Dance: Practice for Ecstatic Awakening <https://www.kundalinidance.com> Artist unknown.

we become more integrated and whole. It is not that we become more “spiritual,” leaving our passionate natures and miraculously becoming flawless, rather we have the opportunity to raise consciousness so that we can extend our perception outside the lower vibrational fear-based ways of behaving and operate from a more unified connected consciousness that is more aware, loving, kind, compassionate, understanding and forgiving in our relationship to ourselves and to others.

When Kundalini Shakti, the upward flowing current and the Divine Masculine, Shiva down flowing currents of creation meet and merge in the crown chakra, we activate the pituitary gland. The pituitary gland is the gland that releases hormones that silence our thoughts. Much like the silence of a Japanese Zen monk, sitting in meditation for weeks on end, or the ferocity and passion of the whirling dervish disappearing in the dance.

Dancing the crown chakra we dissolve into the stillness at the center of the movement. Stillness is not death, or no longer engaging with life. True stillness is bursting with limitless potential, potency and life. The mystery of the universe is constantly pouring through you and within this stillness.

Stillness is effortless. It's beyond the mind. It's beyond understanding. In true stillness, we are blessed with awareness. It is like our emotional body becomes soothed and slows down. We feel calmer and there is no more interest in engaging in drama. There is no more part of

you that is interested in or playing the game anymore, the stillness is simply too enchanting. It wells up inside you, bringing such peace, stillness is in every cell, in the heart of your DNA.

Now there is only the breath, silently moving in and silently moving out, and of course there is the stillness at the center. Within the stillness is the wellspring of joy, a fountain of bliss. It's the end of all seeking. It's the most magical of all places — the place where everything meets at the end of the rainbow.

△



# Message #34

From The StillPoint  
Within By JA Dioguardi

Everyone currently extant on planet Earth has chosen to be here (whether or not they have conscious awareness of it) and has an important role to play in this time of transition. Each and every role is of value no matter how it is perceived by the human reasoning mind. The forces of Light and darkness in the world of form all have the same Source and are equally important and necessary for this transition to occur. Awareness of this can lessen the mental anguish that many are currently experiencing. Quieting one's mind on a regular basis by whatever means is most appropriate to the individual is advised. Listening to the body's needs (such as a desire for more rest or more activity, more solitude or more social interaction, a change in diet or in type or level of physical activity) promotes physical, mental, and emotional comfort levels and facilitates one's ability to serve humankind.

The perception of time *speeding up* accompanies this collective shift as does an intensification of energy. Maintaining presence results in a *feeling* of ease while allowing oneself to remain in a state of apprehension and anxiety prohibits the *flow of change*. When aware of bodily tension and/or mental stress, become still and breathe into the area of tensity. Relief is readily available with only a modicum of attention. Also, be certain to allow time each day for play in whatever form you choose. Through play, we experience both presence and joy—a necessary balance supporting health on all levels.

We are now called to unite with like-minded individuals in every aspect of life. The *old ways* are dying in order to birth a new way of being. Letting go of what no longer serves allows for expansion—lightening the load, so to speak—in order to elevate the collective vibration of this beautiful planetary home. We are all in this together!

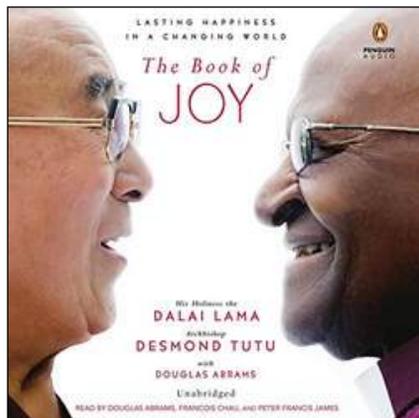
△

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



**D**ue to the current *battle of power* playing out on planet Earth in both the collective and individual realms, humans are experiencing a discomfort that is affecting their lives proportionate to their level of consciousness. Making way for massive shifts in the energetic climate requires a significant change in perception on the part of those incarnate here. Each individual experiences changing perceptions in a different way. Some ease into change over an extended period of *Earth time* while others' perceptions shift suddenly—abruptly ending one phase of consciousness in order for another, more enlightened state to take hold.

Awakening is taking place in a much larger number of people and at a faster pace than in previous decades. The next several Earth years will be ones of great transformation, allowing for rapid growth of human consciousness. Soul families will reunite both telepathically and via physical means. Those having Soul agreements to work together in aiding the human race during this time of transition will find themselves making changes in their lives—oftentimes seemingly drastic ones—in order to honor those contracts.



## From The Book of Joy: Lasting Happiness in a Changing World By the Dalai Lama

A scientifically controlled study conducted by German researchers at the University of Kassel has shown that while the chest area of an average person emits only 20 photons of light per second, someone who meditates on their heart center and sends love and light to others emits an amazing 100,000 photons per second. That is 5,000 times more than the average human being! Numerous studies have also shown that when these photons are infused with a loving and healing intent, their frequency and vibration increases to the point where they can literally change matter, heal disease, and transform negative events. Ten minutes of meditating on compassion, on kindness for others, and you will see its effects all day. That's the way to maintain a calm and joyous mind.

# Attune to the Flowers By Gigi Stafne

Flower essences are facilitators, acting as subtle catalysts for human healing and earth healing. They help awaken the soul, inviting us to engage not only with what ails us, but what our true gifts are. The flower essences guide with soul and universal transformation. We may enter into relationships with them as true tribal members; just as with everything else in this world, to restore harmony and balance.

As Spring unfurls into summer, my hope is that you'll enjoy getting to know the personalities of the various flowers that present themselves to you, along with their amazing Flower Essence properties. Below I share more about a handful of Flower Essences we use with frequency at the school and clinic.

Read more about flower essences on pages 20-21.

## Angelica Flower Essence

Important essence for birth and death transitions. When higher soul level guidance and protection are needed or desired by guides, angels, ancestors.

*Case example: The hospice worker and primary family caregiver wish to assist a grandmother with the death and dying process in a most gentle, supportive manner. They would like to engage the assistance of spiritual guides and ancestors in accordance with this woman's spiritual beliefs. This woman increasingly mentions dreams and communications from her beloved husband who died three years earlier.*

## Black-Eye Susan Flower Essence

Enhances what I call *shadow work*, the healing of issues, behaviors or addictions that have been hidden from self until now. Those root causes underneath the active behaviors that have not been addressed until now. This essence helps reveal and release what needs to be healed. One of the premier essences to aid with addictions: alcohol, drugs, sex, food, gambling, gaming, etc.

## Blueberry Flower Essence

Strengthens resiliency on all levels, helping one bounce back after facing great



White Water Lilies in a crystal bowl.

adversity. This essence is sometimes dubbed, *crisis care*.

*Case example: During the past year, your close circle of friends seemed to experience one crisis after another. You wish to create a flower essence of gentle support for yourself and each of them as a holiday gift. One will be Rescue Remedy for their home natural medicine cabinets...and you've decided on Blueberry Flower Essence, too.*

## Dill Flower Essence

Definitely an herb that I recommend to patients for the nerves and stomach. Within the Flower Essence profession, I suggest Dill Flower Essence for individuals who are overstimulated, stressed and exhausted. Overstimulation can result from chaotic energies being absorbed by people exposed to multiple daily stressors in a city, campus or corporate world. Sometimes the causes can be the stressors of too much data streaming in from technology, academic studies, politics or the work realm, causing feelings of great distress and overload. The individual might express concerns of overstimulation and what I call *sensory congestion*, being 'clogged up' by sensory stress overload, without the ability to untangle it. Dill flower essence helps calm, detangle and support the overall health of the brain, nerves and energetic body.

## Purple Coneflower Flower Essence

A gentle yet powerful flower essence used when one feels worn out, fatigued and drained--both physically and emotionally--after a long-term stressful situation. Use Purple Coneflower flower essence to strengthen core integrity. Perfect for recovery from long term stress or intense emotional situations that have drained the reserves. Applicable

Continued on page 11



Preparing Tansy Flower Essence

in situations such as daily caregiving for an ill family member, struggling through a divorce or a long stressful work conflict. This flower essence is not only indicated for tapped out physical and emotional energy, but also for those who have experienced a simultaneous weakening of confidence eroded as a result of that experience.

#### Rock Rose Flower Essence

For overall shock and trauma to the system. When one is frozen with fear, emotionally flooding, unable to think or act. The essence aids with inner strength in moving beyond states of shock and trauma. Rock Rose is a primary ingredient in Bach's Rescue Remedy.

*Case example: Immediately after a tornado that devastated a rural community in the Heartland of the US your team of Herbalists Without Borders medic volunteers headed to the region to set up a natural medic aid tent. In your first aid kits and totes of supplies were many dram bottles of Rock Rose flower essence.*

#### White Yarrow Flower Essence

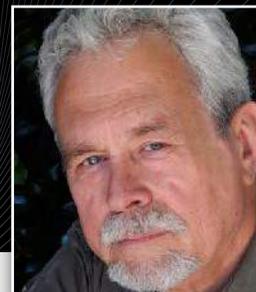
Environmental toxin protection and auric shield. Especially useful for those who are sensitive-intuitive types needing protection from a variety of external emotional and energetic toxin exposures. This is the remedy also used when one experiences excess technology screen time, electromagnetic and radiation exposures. Classically this essence is prepared in salt water unlike the others. Sometimes I combine white yarrow with pink yarrow to enhance boundaries. Pink Yarrow Flower Essence is one that many healers favor for helping to maintain emotional boundaries while helping people that care about.

Δ

From The Inner Voice Archives...

Your Host Steve Freier Presents...

Timeless Topics Radio



## A Conversation with Author Byron Katie



Co-hosts Steve Freier and Kathleen Jacoby did this interview with Byron Katie, an American speaker and author who teaches a method of self-inquiry known as "The Work."

Byron Katie experienced a life-changing realization: "I discovered that when I believed my thoughts, I suffered, but that when I didn't believe them, I didn't suffer, and that this is true for every human being. Freedom is as simple as that. I found that suffering is optional. I found a joy within me that has never disappeared, not for a single moment."

Katie calls her method of self-inquiry, "The Work." She has taught it to people all over the world. You might also check out her book, *Loving What Is: Four Questions That Can Change Your Life*. <http://www.thework.com/index.php>

**Listen here:**

<https://www.youtube.com/watch?v=yUPGyeaYzjw>

Original air date: Jul 21, 2014

Length: 37:45



## Celebrate Life with Kunzite

**M**any years ago, as I was on the cusp of transitioning from my career as an occupational therapist into a more spiritually oriented path, I received news that my part-time position changed to a full time position. At other stages in life, this would have been great news, but at that time I knew I was beginning to move in new direction. My dreams were building momentum and this felt like a roadblock. I was frustrated and disappointed.

I was working in education and this change was short notice. I felt like my only option was to put my other plans aside and fulfill the contract. *It is only one school year*, I tried to rationalize with myself. But deep within that school year felt like an eternity.

As the school year kicked off, administration hosted their annual district wide event featuring an inspirational video by National Geographic photographer Dewitt Jones.

On a warm fall afternoon I sat in the auditorium filled with colleagues watching this video. Tears streamed down my face. I felt stuck. I had a dream and in that moment, I deeply felt the pain of not living that dream. As I desperately tried to hide my tears, I sank deeper into my chair. The video was highlighting all of the magic messages I needed to hear and hope was being awakened. Then, as it came to a close, Dewitt Jones left us with a question that has stayed with me

since: "What is here to celebrate?"

That question pointed me in a new direction. I started to ask myself this question daily. I found there was much in my life to celebrate. With each celebration, I cultivated the courage to navigate this change.

Since that time, this simple question has been an incredible ally. It shifts the energy and opens space for new possibilities to emerge.

This month, Kunzite shares a very similar message: Celebrate life. Celebrate you. Celebrate the mystery.

As we step into the summer season this month, Kunzite brings light, love, and playfulness into our lives. It invites us to have fun and enjoy all the magic of life, including that of the unknown.

This can feel big, especially during changing and challenging times. When we

stand at the threshold of the unknown, life can appear pretty daunting. Kunzite invites us to breathe a bit of life back into our lives.

Begin Here . . . Pause. Take a deep inhale. Gently exhale through your mouth. Relax into the moment. Feel the life that lives within you. Examine all that surrounds you. What is here to celebrate? Maybe it's the way the sunlight is shining through your kitchen window, the bird singing outside, a warm conversation you recently had with a friend or loved one, or the stack of bills that you just finished paying. Acknowledge what your soul invites you to celebrate. Receive its magic.

As you begin to recognize, receive, and celebrate all that is good and beautiful, joy begins to flow. Notice how differently you begin to feel as your heart opens to the good that surrounds you. Let that joy flow to you, through you, and from you. Let it flow through all facets of your life.

There is much in your life to celebrate and Kunzite is eager to remind you of that this month. Carry a piece in your pocket, wear it as an adornment, add it to your altar, or simply meditate with its essence. Let Kunzite be your ally this month as you celebrate all that is meaningful in your life!

△

See ad on page 13 for more information. Join me in my Crystal Immersion Journey. <https://loriaandrus.com/crystal-challenge>





# LORI A ANDRUS

*Artist - Ceremonial Guide - Wisdom Teacher*



*into the Forest*  
**Cultivate a new and meaningful relationship with nature.**

**an 11-day  
online journey  
with Lori A Andrus**



Join Lori for fresh weekly episodes of the **Meet Me in Sacred Space Podcast** NOW Available on Apple Podcasts, Spotify, and more. Formerly the *Crystal Shaman Life Podcast*.

[HTTPS://LORIAANDRUS.COM/SINK-IN/](https://loriaandrus.com/sink-in/)

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 deep 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 bring light to their most heartfelt dreams and visions. Her creative online programs offer high level content and breakthrough lifestyle applications.

Lori hosts the Meet Me in Sacred Space Podcast where she shares practical ways to bring crystal wisdom and sacred practice into your everyday life.



**LEARN MORE AT [WWW.LORIAANDRUS.COM](http://WWW.LORIAANDRUS.COM)**



# Poppies Are Powerful Symbols

Discover Pat Gullett's [Art of the Dreamtime](https://www.patgullettdesigns.com)  
[patgullettdesigns.com](https://www.patgullettdesigns.com) | [www.awegroup.net](https://www.awegroup.net) | [www.patsartfullife.com](https://www.patsartfullife.com)

**P**oppies are powerful symbols and have been since ancient times. Cultures have seen them as representing sleep, dreams, imagination, remembrance and rebirth.

Filled with wonder and delight, the regal poppy has intrigued and inspired poets, artists, and dreamers. The Greeks associated poppies with Morpheus, the god of sleep and dreams. Ancient Egyptians connected them with Osiris, and painted them on walls next to prayers of reincarnation and rebirth. In addition, as a symbol of eternal life, the poppy even appears with stories of the resurrection, heaven, and immortality in the Christian world.

I remember seeing my aunt make these little poppy lapel flowers to pass out as a remembrance of soldiers lost in the wars. Poppy Day was marked for many years, in many countries, after many wars.

*Poppy Dreams*, my newest painting, symbolizes to me all that we have lost, given up, shifted and changed as the world keeps moving at a faster-than-ever pace. A meaningful symbol of transitions and life passages, Poppy represents each of us as we let go of old titles and beloved careers.

Honor them as a rite of passage that no longer has a place in our 'new' way of life. Like the Poppy, each of us has to be resilient, flexible to adapt to new ways. But most of all, we need to explore and discover the next 'exciting' thing in our lives.

Art, especially creating it, being the maker, can help us move through our shifts with grace and flow. We are constantly shaping our presence in the world. Let's approach this with focus and awareness to be the Creator of our most perfect life. Return to the loves of your



Poppy Dreams, Read its [Story Here](#). Original Available, memories of loss, loves, change is life in all its forms

childhood and rediscover your Self in the magic and wonder of your heart's desire.

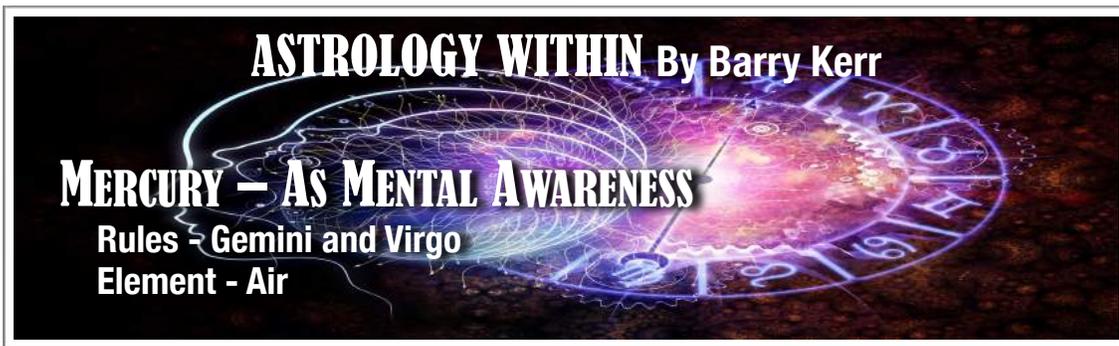
Like a poppy unfurling, bursting with fresh life, stamens and petals, we each emerge from our cocoons of protection to discover our place today. Creativity is the key to be grounded and evolve, moving forward through a life well-lived.

Journaling in my 'Morning Pages' helps me clear my head and stay on the right track. The stream of consciousness writing shifts to all the exciting doors that can open when I do something new. New choices create new people, new opportunities, and surprising new paths. I choose to be brave, to get the passion flowing. I want to be that kid again and see life with fresh eyes. My writing helps me change my attitude and gives me the words to move forward.

Try this. First dedicate yourself to three pages of writing each morning. Secondly, create something from your heart. It can be with art, craft, found objects, or journaling to kickstart your imagination. Thirdly, discover the next scary, exciting, new *unknown* thing that gets your juices flowing.

What have you always wanted to do? Immerse all your senses as you walk a path of intention to reclaim your passion. *Play again!* The whole world is waiting to be discovered and reinvented by you. Find your *power words* to repeat every day to stay on track. Start today to create the Masterpiece that is your life. Wishing you fun, adventure, wonder, and magic!

Δ



Over the course of this year, we are exploring each of the planets as the active, sub-parts of our personalities, each one corresponding with a chakra in our body system. The illustration below shows the chakra related to this month's planet.

**W**e are loving consciousness, learning to be whole human beings. As humans, our bodily senses and brain are the keys to survival. Our human mind is able to absorb information and make sense of it so as to navigate this material dimension of time and space. In astrology, this is our inner Mercury.

Through logic and reason, we can organize perceptions into associations, symbols, lessons, memories and possibilities. Through symbols, we can communicate our thoughts to others, thus merging our minds into a web of mental synergy that increases our capacity for collective survival and awareness. Thus Mercury is also our voice and ears.

Notice that Mercury is the closest planet to the Sun (our ego). Through our experiences, our mind creates a reality, a story of our life, which becomes the limited perspective we call “ego/self”. We make comparisons. Contrasts and similarities define our sense of self, and because this world of time and space consists of dualities and polarities, we find ourselves exploring various ends of those spectrums, curious to discover and learn.

In each lifetime, as our Mercury explores the plethora of possible dynamics within the polarities of time and space, our soul is able to absorb these experiences, add them to our accumulated soul wisdom, and apply it to new incarnations. Thus, we are becoming masters of conscious creation.

Because Mercury is the major contributor to our ego's existence, it is



therefore the primary inhibitor to our journey toward transcendent awareness. To reclaim our intuitive awareness and remember our real selves as divine beings, whole and immortal, we must quiet our human mind and subordinate it to our higher self. Alas, for ages, we humans have remained fixed to our mortal mind perspectives, thus unconsciously creating our own pain and limiting our power to create wholeness on earth.

Modern humans suffer an epidemic of neurosis. We experience the unbalanced or wounded inner Mercury in many ways: our thoughts can feel confused; we can feel intellectually inferior or insecure; unable to speak our truth or hear others' truth; mistrust our perceptions; feel uncoordinated; lacking social skills; or unable to quiet the voices in our head.

Most situations in life require little if any thinking. By stilling our busy minds,

our deeper, intuitive perceptions can guide our actions and choices instinctually. This contributes to inner peace and authentic living.

In your body, the energy of Mercury sits in your Throat Chakra, connecting ears, mouth and brain. Close your eyes and put your hands there. Take a deep breath in and out. Notice yourself taking in these words, forming thoughts, making connections. Is there an inner dialogue that runs in your head? How much of the time? For survival, our human mind is designed to stay alert and solve problems. Can you remain aware and curious without looking for problems? Have you observed how your mind's stories determine your

emotions? How willing are you to speak your truth? Can you hear others' intended truth?

To lend strength to your inner Mercury, repeat the following affirmation: As a unique expression of the one divine consciousness, my intelligence is perfect for me and comparable to no other. My thoughts create my reality. Thus, I keep my ego mind in service to my soul, willing to listen deeply and speak truthfully. 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 [http://](http://www.chooseconsciousliving.com/)**

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



## Stop to Smell the Roses~ Allow Yourself to Blossom

Beverly Brunelle is an Intuitive, Energy Healer and Metaphysical Counselor. Check out her blog, podcast interviews and other offerings including three FREE guided meditations that are resources to get present, receive love frequencies, and gain clarity on life issues. [www.beverlybrunelle.com](http://www.beverlybrunelle.com)

No matter what the season, it is always a perfect time to blossom your authentic essence forth into all your relations, communications and creations.

I have heard the word ‘blossom’ used many times as a natural part of conversations these past weeks in a variety of situations and even in different parts of the country. It really caught my attention because each time I heard the word ‘blossom’ I felt my energy uplift. I noticed I felt more curious about the people I was with and our conversation. I took it as a sign to be attentive to new ideas, perspectives and connections blossoming forth. I felt like I was participating in the emergence of something new.

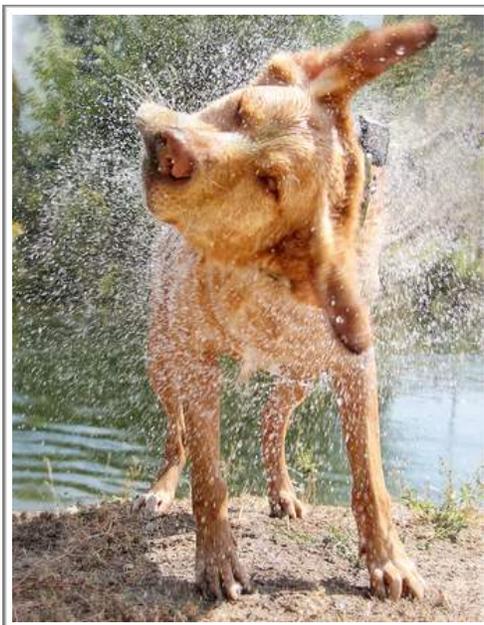
When I tune into the word ‘blossom,’ I notice it evokes in me a sense of unfolding, opening, organic exposure, evolution, coming into presence, expressing, showing up, arrival, authentic fullness, allowing, surprise, perfect timing, willing to be seen, forth coming, progressing, movement, delightful anticipation, a sign of something wonderful emerging. What does the word ‘blossom’ evoke or inspire for you?

There is much change and integration blossoming in our world and daily lives. It can feel overwhelming, stressful and disorienting. Question: *In the midst of daily demands and challenges, do you stop to smell the roses?* Do you slow down to take a deep breath, to feel the presence of life in your body? Do you bring awareness to feel your feet and legs as part of your body? Do you feel the support of the earth? Do you tune into your heart space to feel love within you?

I encourage you to breathe and notice all this, or even one of these things, regularly ~ just for a moment. Why? Because...

The present moment is nourishment. It is a resource of creativity, clarity, wisdom and power. Presence is a reset point. Here you can notice and let go of limiting expectations, assumptions, hurts and worries to blossom with new resonant perspectives and options that will move you forward.

I have this image of a dog swimming in a pond. Then they come on to dry land, and proceed to shake their body vigorously to get the excess water off. This is what we do when we get *Present*.



The water represents collected opinions, ideas, attitudes and traumas that we have been swimming in, that are no longer current, but are still unconsciously influencing us. We need not deny these influences to create potent change and

new opportunities. We need to realize we are in the pond and have a choice to step out, to clear the unconscious programs and patterns in order to access new, inspiring options to move more freely in the world as our truer self.

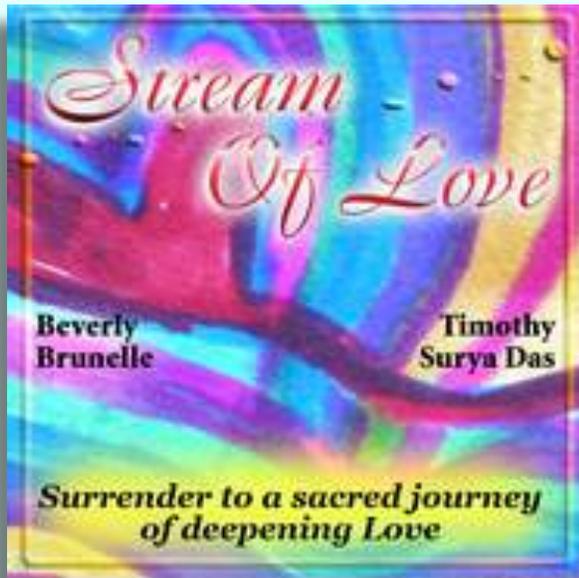
When we are truly present in our bodies, our senses, and our heart space, we support ourselves to blossom into new ways of being in our relations, communications and actions. We have the power to create and co-create inspired new realities.

I was recently at my college reunion. I was surprised to hear the word ‘blossom’ used several times. We excitedly talked about our past adventures, everyone adding their rendition of long-term memories. We laughed so hard at times the noise level was really extreme! We were in the midst of blossoming together ~ from our college days through decades of relationships, family, work, health, deaths, and into the future. The current moment embraced it all. I can feel this in my heart, as I write. Something has blossomed within me, been reset and updated. I feel a greater sense of wholeness, gratitude and potential.

Your life is precious. Give yourself the gift to stop and smell the roses of the moment. What new possibilities are ripe for showing up? Roses come in many colors, shapes, sizes and scents. Some are cultivated and others are wild. Be curious and invite your unique essence to continue to blossom forth in its unique creative expression. Be willing to experience new ways of being that may even surprise you.

△

# Stream of Love



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

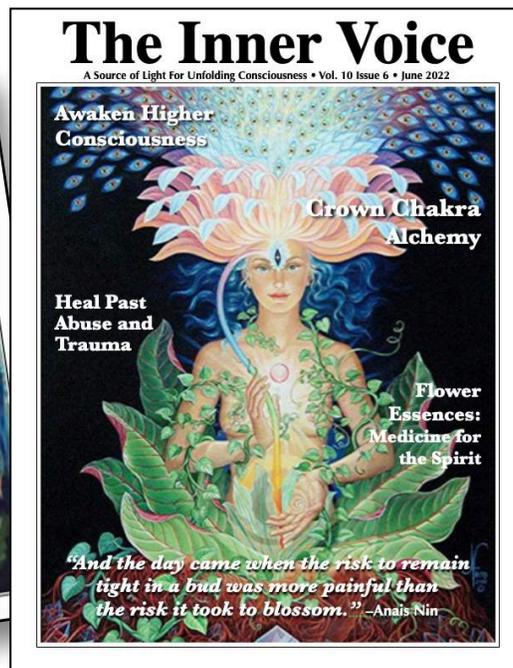
**Stream Of Love** is a living transmission. A perfect marinade of deepening peace, love, emotional and spiritual nourishment.

Each listening is a fresh exploration that deepens your experience and knowing of love that truly nourishes you from within.

Click the link to download the Mp3  
Listen for free | \$8 to purchase

<https://harmonicdreams.com/music/stream-of-love.html>

Read, Share & Subscribe for FREE!



We'd love to know your thoughts and comments! Email: [theinnvoicemagazine@gmail.com](mailto:theinnvoicemagazine@gmail.com)

Share the link on Social Media [www.theinnvoicemagazine.com](http://www.theinnvoicemagazine.com)



## Food For Thought: The Living Light is Alive

Kathleen Jacoby, former editor of *The Inner Voice*, 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.” The following is an excerpt from her book, “A Call To Prayer” written at the time of the Gulf War. She said, “This began as I asked questions of the Presence I felt all my life, whom I call my friend, God.” This inspiring message is as timely today as it was when she wrote it. I hope it reaches many.

**W**hy do you believe you should be content to live with ancient stories from the Bible, Koran, or other religious doctrines as though they are the one and only truth? Do you think that I breathed one time and no more? The teachings that are incorporated in old religious texts represent a vibrant present when the Living Word was written. The concept of the teachings is not static. A Living Bible is one that is continuously updated and unfolding. Those allegories spoke to the contemporaries of the ages for whom they were written. Are you so foolish as to think there was no teaching until that time? Always I have shown Myself to the children of earth, as they are able to understand Me.

The role of religion is as translator of Me to humanity through the customs and affinities of each region. The lack of recognized new teachings within the last 1,500 years is an indication of the blocking of the Mother (intuition) from your world. You have been bound by a time period dedicated to the rise of the Intellect whose inability to create leads to philosophical pondering of past creation. Currently you are faced with distracting paths that may be uncertain. The need to reclaim intuition is clear.

Why would all areas of life continue to unfold save My story? Are you willing to accept scientific discovery of 1,500 years ago as the only and true discovery? Then how can you place the paths to knowing Me in such a constricted space? You have been willing to relegate the Living God to a museum. Your icons and rituals are stale with no breath of Life. You worship a dead God, not a Living Light.

### Overcoming Separation

Your religious leaders are in need of a major awakening. What was given in the past was appropriate for that historical time period. You were a world with limited inter-

communication tools. You had few means of reaching one another. You are now a global village. Combine your religious views — take a look at the underlying tenets and precepts. What do they speak of? You hold out your differences as shields of special significance. You pride yourselves on being the chosen carriers of the One True Message. You, religions of the world, have become degenerate. You hide behind your differences because you have not moved forward in time to open yourselves to receiving the cohesiveness of My Word. *I AM the Way, the Truth, and the Light.* Period. Not you, not your singular roads of hatred and contempt for anything other than your own cherished viewpoints.

You are born and live in different parts of the earth. You are genetically coded to adapt to your portion of the earth. Your body functions according to the foods that are available in your part of the world. You digest what your metabolism is able to digest. Why must you determine that what you eat and what you

see is the only food or the only view of life? This is no longer acceptable. Communication has linked you to one another as never before. You must make peace one with another as your tribal factionalism is now outdated.

Earth is One Village. Come to the table as One People with multi-faceted representation that further glorifies Me. It is My handiwork; My Creation. Look at the intricate beauty and subtlety of shading. *I AM the Supreme Artist. I AM the poet of Life.* Listen to Me. See Me. Look at My creation and recognize a genius beyond your limited scope of comprehension. This time of overcoming separation has awesome potential. You are given all ingredients to find your common strengths, your diversity, your best ways of working as a group for the beautification the Earth.

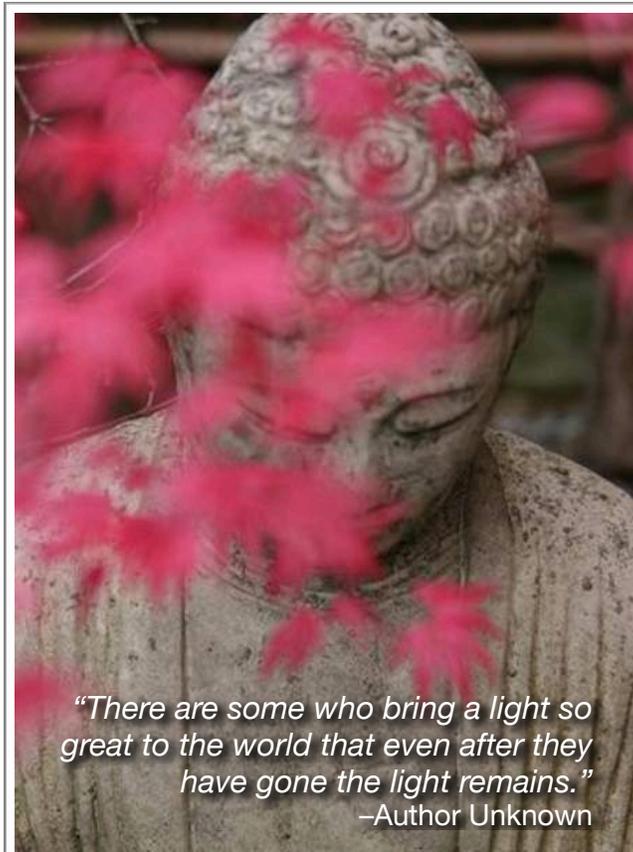


Photo: ©Jane Erica Hutchison

When you are forgetful of whose creation this is, you become slovenly tenants.

You were given stewardship of the land and sea. You were given one another as brothers and sisters – to cherish each and delight in your diversity, not to exploit one another. You are precious resources who have an opportunity in this time of history to really begin to know one another and find ways to enhance the collective living condition on your home – Earth. You must overcome your petty differences and your outworn hatreds. You have inherited the earth and the ancient wounds. You are not bound to those wounds or misconceptions, save by choice. You are living agents of Life and you have the collective opportunity to find a healthy way of growing forward.

You may now finally be able to strip away the individual and collective secrets to bring truth to light and acknowledge that you have the right, the power and the obligation to make a fresh start with one another. Allow the Living Light (God) to infuse you with the truth of ages, as it is appropriate now. Create a Garden to which future generations may contribute and from which all may partake. Do not be afraid of your differences. Talk with one another! Find the fascinating story behind those differences. Learn all of the shadings and fine nuances that have caused various interpretations of Me?

### **A Voice of Reconciliation**

You have a collective leap of consciousness now possible by altering your perception and overcoming your divisions. All my children are beloved to Me. I have no favorites. Become a family, for you have all the means to truly inherit the earth. If you fight with one another and continue the ancient warfare, you become pawns of ignorance and spite. You will not have recognized your relationship to Me.

Are you not all My children? Am I not your true parent? Then why must you continue the battles for imagined predominance of those who are no longer here when it is disfiguring to My Creation? When is it time for the olive branch to be extended? Whose fight was the fight? What does it contribute to life? What does it bestow upon the unborn children?

In this time of needed ecological awareness, understand that in your recognition of past, massive unconsciousness related to treatment of the earth/plants/animals, you have also been unconscious about your condemnation and destruction of one another.

This is a time for awakening! This is a call to prayer – a call to full participation; and, a call to responsibility. This is not a Voice of Judgment, but a Voice of Reconciliation that extends itself to each of you so you may awaken from the drug-induced state of complacency fostered by inherited misconceptions. It is time to bury the dead that the living may live and that life may flourish.



## 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. 14<sup>th</sup> Ave, Sturgeon Bay WI 54235

**Time: 1pm — 3pm**

**Date: June 16, 2022**

(every 3<sup>rd</sup> 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**

**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, writer and contributes regular book reviews to **The Inner Voice** magazine.

*See you there!*





Botanical Bliss By Gigi Stafne MH., ND

# Flower Essences~ Facilitators of Change

**F**lower Essences are delicate yet powerful vibrational medicines that occupy a unique space within the botanical medicine field. This is the perfect spring month to learn how and why they work in relation to the human body. Sometimes people have a hard time wrapping their heads around how such a small amount of this magical liquid drops can impact the entire etheric or energetic body. *They are super-charged!*

When I teach about Flower Essences I find it helpful to share more about vibrational medicine theory in general. There are key concepts that recognize not only the physical human body in healing, but other spheres of energetic existence. The concepts of *energy, spirit and soul* have a charged history of being discarded in the name of science and within the context of conventional western medicine.

While science and conventional or allopathic western medicine hold important places in healing, it is necessary to understand energy fields and vibrational medicine if you engage in energy work such as Reiki or utilize flower essences for yourself or clients. As you know, awareness and sensitivity are necessary attributes for all healers if one is to cultivate relationships with flowers, plants and all sentient beings.

## Energetic, esoteric principles and practices

Some of you may have familiarity with Rudolf Steiner, the father of biodynamic agriculture, Eurythmy, Waldorf schools and Anthroposophical Medicine. For those of you who do not, he was an Austrian philosopher, author, architect,

educator and social reformer, among other life achievements. He did much to fuse together science and spirituality in his inspiring work. Steiner veered from mainstream medicine beliefs of his time and worked with esoteric principles, mysticism, even past lives and karmic destiny. The elements and energies of nature, plants and flowers were central themes in his healing systems. Steiner was scoffed at by some, particularly those who held firm to beliefs about scientific study being the only acceptable means of proving that something works or will heal a human being. Steiner believed there were more intricate realms to life than just the physical body. He moved far from those clinging only to tangible proof that one could physically touch, see and measure.

I discovered Steiner many decades ago while seeking educational alternatives for my children who were very young at the time. Much later, during the years of 1999-2009, I began to engage deeply with Steiner's principles at our former United Plant Savers Botanical Sanctuary and my botanical medicine school amidst 40-acres of northern lands, immersing in biodynamic gardening and composting, as well as communing with land spirits and guides.

Part of our work there was the creation of a rather large school flower essence apothecary. Erich Blocher, an amazing Hungarian-German-American *plantsman* who also resided there with me for a time, devoted himself to much of this work. Erich focused on the flower essences in a meditative manner each morning heading out to the fringes of fields and forests at the sanctuary. He provided incredible insights that shaped our school's teachings far into the future.

Ultimately it was the flowers, plants, shrubs, trees, lichen, fungi and elementals in the North country that sent me the most significant messages daily.

## Returning to Rudolf Steiner...

Steiner's belief system and framework about the spheres of human life are helpful in studying flower essences and herbalism. He held many beliefs about the human body and the universe. Here is one important framework and belief:

It is not as simple as healing the physical human body. In order for true healing to occur, one must become aware of various realms or bodies that are operating and relating simultaneously. To explain this, Steiner introduced a four-fold classification of the human body, which I in turn will introduce to you...

## Steiner's 4-fold classification of the human body:

What follows are the four realms or bodies that Steiner designated:

**The Physical Body:** the biochemical, structural, anatomical, mechanical aspects of the body.

**The Etheric Body:** the life sheath that surrounds the immediate physical body and is directly connected to the vital forces or energies of nature.

**The Astral Body:** the seat of the soul, the space and place where human emotions, feelings, desires are experienced, especially in relation to the cosmos, planets such as sun, moon, stars, and other celestial bodies.

**The Spiritual Self or Ego:** the true spiritual essence or identity of each unique human being.

Continued on page 21

Further, Steiner believed there were both affinities and polarities within those four realms, in continual interaction with one another. Let me describe briefly. There is life--the physical and etheric bodies. And there is consciousness – the soul and the spiritual body. It is my belief that truly deep and expansive healing takes place on all four levels, if not more. We must address our personal healing at least in each of the four. They are all interacting constantly whether a human being is aware of it or not.

This is so close to certain shamanic principles I was introduced to decades ago. An example: a shaman or healer cannot focus singularly on the healing of an individual with use of medications that will mask the root causes of illness, or even heal with one perceived perfect plant medicine. This is much too linear and physical in focus. In order for elements to come together for true health and wellness, the tribe, community and earth must be healed simultaneously or illness will resurface again in that same individual or somewhere else in the community or country. This is very similar in nature to Systems Theory and Gaian Philosophy if you have studied with me in the professional herbalism or natural medicine programs. Attune to all bodies and realms of healing.

### Attune to the Flowers

Flower essences are facilitators, acting as subtle catalysts for human healing and earth healing. They help awaken the soul, inviting us to engage not only with what ails us, but what our true gifts are. The flower essences guide with soul and universal transformation. We may enter into relationships with them as true tribal members; just as with everything else in this world, to restore harmony and balance.

As Spring unfurls into Summer, my hope is that you'll enjoy getting to know the personalities of the various flowers, along with their amazing Flower Essence properties. I share more about a handful of Flower Essences we use with frequency at the Green Wisdom school and clinic - on pages 10-11 in this issue.

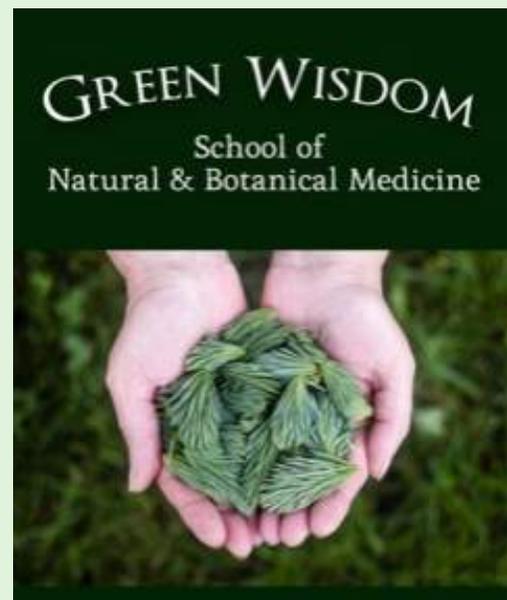
△

**Information disseminated within this article is not medical advice or legal counsel. Nor is it considered a diagnosis, treatment or cure. For answers to many questions please visit: [FAQ & Policies - Green Wisdom \(weebly.com\)](#)**

**Gigi Stafne MH, MI, ND, Director Green Wisdom School of Natural & Botanical Medicine [www.greenwisdom.weebly.com](http://www.greenwisdom.weebly.com)  
<https://www.facebook.com/pg/greenwisdomschool/>  
Herbalists Without Borders International, Upper Midwest Chapter  
[www.hwbglobal.org](http://www.hwbglobal.org)**

I told the sea I'm not  
meant for this cold,  
heartless, callous world.  
(My heart is much too soft  
for this place). And the  
sky echoed back, "That is  
exactly why you're here."

- J. Lynn  
Life in Whispers



*Over 3 decades educating  
Students & Professionals*

### OUR OFFERINGS

**BEGINNER, INTERMEDIATE & MASTER  
HERBALISM COURSES**

*Green Wisdom School of Natural &  
Botanical Medicine is one of the only  
schools in the Upper Midwest US and  
Ontario that offers these programs.*

### CAM

**COMPLETE ALTERNATIVE MEDICINE  
BUSINESS TRAININGS & CONSULTS  
REGIONAL & NATIONAL TRAUMA TRAININGS  
& SO MUCH MORE!**

*If you are seeking an educational  
experience that provides a strong  
foundational knowledge of herbalism,  
holistic education and natural  
medicine... or if you are searching for a  
comprehensive herbalism program with  
a solid history encompassing diverse  
bioregions from prairies to woodlands  
and wetlands...*

*Green Wisdom is the place for you!*

**[GreenWisdom.Weebly.com](http://GreenWisdom.Weebly.com)**

**[gigigreenwisdom@gmail.com](mailto:gigigreenwisdom@gmail.com)**

**715 - 642 - 5760**



# Declutter Your Fantasy Self

## You are not what you own

By Blogger Karen Treffzger  
[Maximum Gratitude, Minimal Stuff](#)

Albert Einstein said, “Imagination will take you everywhere,” and he was right. As humans, we’re limited in what we know and understand, but imagination transcends all of that.

Unfortunately, we tend to bolster our fantasies by buying the props that go with them. Francine Jay, author of [The Joy of Less and Lightly](#), calls this “aspirational stuff.” These are the things we buy to project a certain image, to impress others, or to help ourselves believe we’re a certain type of person.

I once imagined I was a great home cook, so I decided I needed a shelf full of celebrity cookbooks and drawers full of specialty gadgets. With a little more imagination, I might have decided I needed a professional six-burner stove and a Sub-Zero refrigerator too. Turns out I don’t enjoy multi-step cooking. I tend to fix crockpot and one skillet meals, and I use certain recipes often. I finally stopped trying to impress anyone, and my kitchen is quite basic.

I sang opera, so I used to imagine I needed a closet full of formal gowns. The reality was that I sang opera, but the director put me in a costume and a wig. I needed only one elegant black gown for the occasional solo or recital gig.

It took me a while to notice that my fantasies tended to [require a lot of stuff](#) while the reality could usually be satisfied by a minimalist approach. Did I buy all that stuff just to bolster my sense of self-worth? Does it really take courage to admit that I don’t own a citrus zester or a full set of Le Creuset cookware? Was it my gown that people came to see, or my voice they came to hear? It wasn’t hard to decide that I wanted to be known for my voice! Sure, I wasn’t going to perform



Mozart in jeans and a tee-shirt, but elegance and professionalism didn’t require a closet full of one-time-use formals.

It’s what I do, not what I have, that really matters. A friend of mine uses one pattern over and over, purchases different fabrics as needed, and has given away dozens of heirloom baby quilts. Another keeps adding to a large, expensive fabric stash, but hasn’t finished a quilting project in several years.

Recognize that you are not the same person you were ten years ago. Your interests, tastes, and life circumstances have changed. Decide to keep only those things that support who you are today.

Do you own top-of-the-line backpacking gear you haven’t used in a while? Maybe you’re nearing 60, and you have a bad knee, and the most you can handle is a not-too-strenuous day hike, but you hang on to all of the paraphernalia because you once planned to traverse all 211 miles of the John Muir Trail. Why don’t you keep that great photo of yourself looking fit and handsome on a long-ago hike in Yosemite, but donate or sell the

equipment? Then start imagining the challenge you might like to try now.

Fantasies are fun, and they can be useful for identifying what you care about and where your interests lie. But beware of trying to buy the fantasy. Invest your limited time, energy, and money actually doing what you like rather than buying stuff, since things will never make you something you are not.

High-end clubs won’t make you a championship golfer, only years of hard work and practice will do that. Designer shoes won’t make you a supermodel; but confidence, hard work, and luck might. A new vacation home or Disney cruise won’t guarantee happy family memories. You need to actually spend the time playing with, laughing with, talking to, and listening to your kids. And you can do that anywhere.

I needed to stop shopping so I could spend more time learning, practicing, creating, and enjoying.

Δ

**About the Author: Karen Treffzger is a writer, singer, teacher, wife, mother, and grandmother. She writes about the many joys of a simple life at [MaximumGratitude MinimalStuff](#).**

# Nancy Freier Designs | Essential Feng Shui®

A unique design service that solves problems

*Give your house some "I'm happy you're home" curb appeal!*



**The landscape design** for the approach to the front door should ideally be a meandering path wide enough for two people to walk side-by-side. It should be clear of obstacles and well lit at night. Let every season lend its spirit to this area, whether it's summer flowers, evergreens, or silvery succulents and herbs. Nature's offerings can draw attention directly to your front door and beautifully frame your house.

Be sure to remove dead leaves and debris. Add special touches such as seating, arbors, statuary, a flag, or a water feature. Flowers, wind chimes, and a wreath on the door say, "Welcome home!"



**Feng Shui Tip:** Open and close the front door at least once a day to allow the chi to enter and circulate.

**Nancy Freier Interior Redesign Consultant**

Home | Business | In-home or virtual

- \* Assoc. of Arts-Interior Design
- \* 1999 Graduate of the Western School of Feng Shui®
- \* Over 30 years of happy clients

email [NFreier@aol.com](mailto:NFreier@aol.com)  
[www.NancyFreier.com](http://www.NancyFreier.com)

# A Baby Opossum's Story



By Lynn Schuster

I think this is a lovely story and too precious not to share. This morning I talked to my dear friend, Patty in Louisiana. A few days ago, she sent me a photo of a baby opossum she found abandoned in her back yard. The opossum died five days after she rescued him. Patty wondered how the opossum found his way into her yard, what his message was for her, and if he is ok now.

Patty was feeling grief and guilt over the opossum's death. When she first found him, she brought him inside, researched his diet and put him in a warm, comfortable and safe space in her

home. She also contacted animal rehab facilities in her area but none were available to help her.

After nursing him for two days, she took him back outside to see how he might do when it was time to release him. She saw that one of his back legs was deformed and he would not be able to survive in the wild.

Patty made the tough decision to give him comfort care rather than try to save his life and care for him into his adulthood. He passed three days later.

The baby opossum's mother told me that she brought him to Patty's yard because there is so much White Light around her house. Domestic animals

show up at Patty's house often and she helps them find their way home, or if that is not possible, she accepts them into her home.

The baby opossum's mother told me that all animals know about Patty's healing place, wild and domestic as well. Patty is known by many in the animal kingdom. She brought her baby to Patty's backyard because she knew her baby would receive excellent care from Patty and that her baby would have a peaceful transition. Momma felt that this was a good solution for all of her babies. She would be able to continue to care for the rest of her litter, and the rest of the family would have a better chance to reach adulthood.

As soon as I connected with baby opossum, my heart opened and I could feel love and peace flow through my entire body. Baby was showing me where he is now and how it feels to be back with the Creator. His guides told me that he is a very young soul and that this lifetime would be short for him on purpose. As a soul, he wasn't sure if he wanted to incorporate into a body so it was decided that he could come just for a short while to see if he would like to come back for a longer stay. Baby was gifted with a deformity to insure that his life would be short lived.

According to his guides, Patty's role was as a surrogate mother. Patty helped to lighten the load for momma and also gift baby with love and compassion as well.

Love and Blessings to all creatures, great and small.

△

Lynn Schuster is a Telepathic Animal Communicator, Intuitive, Reiki Master/Teacher and Artist. Find her on Facebook: [www.facebook.com/healingthroughanimals](https://www.facebook.com/healingthroughanimals)  
See Lynn's ad on page 25.



Photo by Patricia Linder



Animal Spirit Talker

Healing Through  
Animal Communication

Lynn Schuster

920-495-7224

## Telepathic Animal Communicator

*Animal Communication Expert & Teacher*

*Sturgeon Bay, Wisconsin USA & the World!*

### *Connect With Your Animals!*

- Learn if they're in physical pain, have fear or anxiety, and how you can help them
- Understand their behavioral issues, and how to change bad habits
- See how they're doing with any changes such as new food, or exercise routine
- Find out if they are ready to transition, and what they need from you
- Discover what your rescue animal's lives were like before they came to live with you

**I work remotely, meaning we can talk on the phone from anywhere in the world!**

**Schedule a Private Animal Communication Session!**

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

*Sign up for your FREE REPORT: Life-Changing Messages From 10 of My Favorite Animals!*



# Free Spirit Crystals



The courage to live your own life is the greatest gift you can give the world. We are Southeastern Wisconsin's oldest crystal emporium ~ offering thousands of beautiful stones and crystals. We also stock incense, books, cards, candle, jewelry and sage all at a great price.

Our shelves are stocked with smooth tumbled pocket stones, worry stones, hearts and spheres! There's nothing like the basics to get you through a day, a week or a year!

Stop in and see us!



**Diane Bloom**  
Owner of Free Spirit Crystals  
Founder and Co-Director of  
Free Spirit School



## Stone of the Month: Chrysoprase

Promotes serenity of the heart and helps to calm anxiety and worry.



### Hours:

M-F 11am - 6pm

Sat. 10am-5pm

Closed Sunday

4763 N. 124th St.

Butler, WI 53007

262-790-0748

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

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

See us in person or visit our online shop! We ship stones just about anywhere!