

# The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 13 Issue 5 • May 2025



Awakening the  
Feminine Heart;  
Angelic Guidance  
for a New Era

Maya Angelou  
Speaks from the  
Afterlife

Book: The Secret  
Life of Plants

Tapping the Divine Feminine  
Energy Field & Flower Essences  
to Transform Your Life

# AFTERLIFE REPORT

Evidence



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May 18 - Dr. Susan Barnes - "Edgar Cayce, The Sleeping Prophet"

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**Global Gathering Coordinator**

**Wendy Zammit** [wendyzammit@gmail.com](mailto:wendyzammit@gmail.com)

*About the cover...*



This is very likely the most beautiful bouquet of flowers I have ever seen and that's saying a lot because all flowers are beautiful. I saved this image from Pinterest some time ago just waiting for the right moment to use it. What better time than the month of May when we celebrate flowers blossoming into their full glory? The artist (or is it a photo?) is unknown.

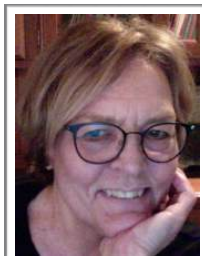
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*In This Issue... Inspirations for Healing Body, Mind, Spirit, Heart & Home*

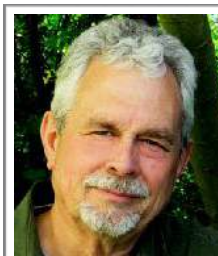
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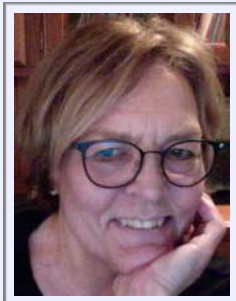


**Beverly Brunelle**  
 Consulting Editor

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# Books, Readings & More

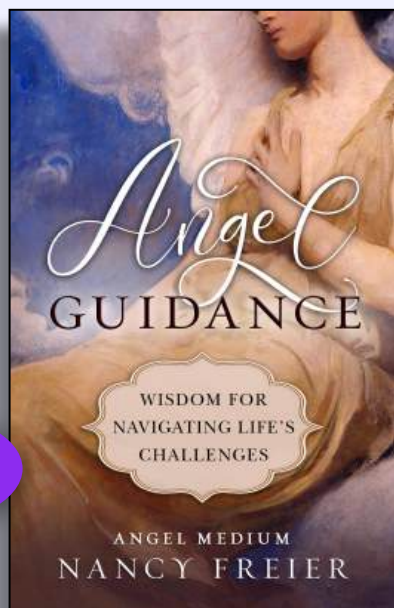
by Angel Medium Nancy Freier



Angel Guidance Readings help you understand your lessons on your life path. The angel's perspective often reveals unresolved issues from past lives, origins of disease and other life challenges, providing you with new ideas for healing your life and relationships.

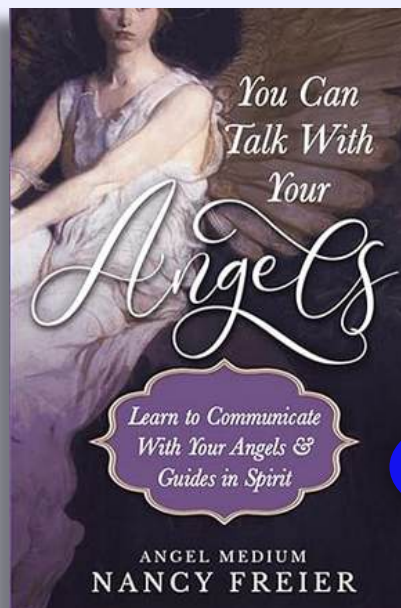
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Author, Angel Medium Nancy Freier leads the group into a growing awareness of Angels and those in the higher realms of Spirit and the ways they guide us through life's challenges. Each meeting is unique. We explore the methods of communication with The Greater Reality, share enriching real-life stories with Spirit, and discuss enlightening Q&As about the communication process and the messages we receive. Join this angelic-inspired conversation every 2nd Saturday of the month.



*"Zooming enlightenment around the World"*

## Musical Memory of the Month

*"We are stardust, We are golden;  
We are billion year old carbon  
And we've got to get ourselves  
back to the garden."*

From "Woodstock" Lyrics written by Joni Mitchell



### Your Voice...

I wanted to share with you that your words have resonated with me in reference to how to we deal with upset individuals. You said, "Be kind, say something nice. Powerful and important. We don't need to be psychic to be kind. -R.O.

The April issue of *The Inner Voice* was full of interesting, uplifting and helpful information. Thank you very much! -G,N.

Reading *The Inner Voice* is an experience; a lovely, uplifting experience. Thanks for doing this each month! -Big Fan

We'd LOVE to hear from you! Email comments to: [theinnervoice@gmail.com](mailto:theinnervoice@gmail.com)

### Dear Readers,

*This issue is rich with deep, almost poetic thoughts and ideas vibrationally aligned with you who are seeking true holistic healing on a soul level. At times I think it's necessary to look back at another time to bring that goodness into our lives once again. So, I invite you to experience a divine remembrance of life in Lemuria, a distant place in time that reveals cherished, sacred teachings you can utilize today. Learn how Mother Nature kept her healing elixirs in her beautiful flowers. She knew that one day we would come looking for them to ease us through life's challenges.*

*In honor of Mother's Day, I wrote a personal story of how I healed a very challenging relationship with my mom, and I share it with the intention of inspiring you do the same. Set the intention, then call on your higher wisdom. The angels will come through with solutions you can follow. Know it is Heaven's intention to guide you to peace, love and healing.*

*The articles in this issue are a blend of spiritual history, angelic wisdom, and practical healing advice that will inspire and empower you! So much nourishment to read and receive that I will let you get at it.*

*Wishing you a big bouquet of  
Peace, Love & Happiness!*

Nancy



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# Awakening the Feminine Heart

## ~ Angelic Guidance for a New Era

**A**s Mother's Day approaches thoughts turn to honoring the Divine Feminine Nature within us all. I asked the Angels: In what ways can we embody the Divine Feminine energy and bring that back into her rightful position in our hearts and in our lives?

### The Divine Feminine is Awakening

The Angels replied, "The Divine Feminine remains as a spark of divinity in your deep heart. Over the centuries it has become buried, just as the homes and cities people once lived in have also become embedded in the Earth, long gone from sight, but not entirely forgotten.

You have chosen this 'theme' for this edition of your magazine because of the stirring felt within your own deep heart.



Photo by [Annie Spratt](#) on [Unsplash](#)

It is calling you to open the dusty door and awaken to and embodying your divine self. The feminine in all her glory beckons to those who have touched that door and who have asked for this to come into their hearts to bring back balance of the feminine and masculine within them, and on the planet.

### The Balance of Masculine and Feminine

The days of masculine domination and rule are winding down to a close. The weapons of great destruction shall be put to rest when the feminine emerges fully. She softens the edge of the sword. She makes lovely the space in which you live and have your being. She calls softly within the heart and shakes you gently awake to your own purpose and inner calling. She speaks to you softly and whispers her joy to you and gives you dynamic strength that keeps your footing safe and sure in the direction of peace and love.

If you hear harshness in thought, word or deed, it is the masculine hanging on. It fears being obliterated, so it feels it must stay its ground and tighten his grip. What you do when this happens is speak clearly and gently to him just as a new mother would speak to her baby boy with kindness and respect. Teach him her ways of love, and that peace is far more exciting than war. Put his feet upon this new path.

The whole dynamic of how you see the world is shifting from fighting over who is right and who is wrong, to acceptance of all beliefs, because in truth a new way will emerge that is of a higher frequency. On Earth you perceive separation of souls and see contrasts and differences in beliefs, yet we say that you are all the same in spirit and new, higher perspectives will emerge. The Divine Feminine emerges now to call you back to your wholeness as you were created, but have forgotten.

This 'emergence' takes on many forms. It will reveal itself to every individual, and that individual makes his or her own choice on how to open and follow this path to wholeness. We will always guide you and encourage you to do this. It will lead you to your ultimate good, of peace and joy within your heart.

*Q. How do we call in the feminine power to give us this peace and joy that you've described we could have?*

*"Speak softly to the warrior within you.  
Wrap him in the arms of your Divine Mother.  
Be the peace and true power you came here to bring."*

continued on page 7

Be the peace, joy and love you wish to have. Call it into your being. Desire to have this more than what you have now, and the exchange will be made for you. It all begins with your desire to call it up like you would call a friend on your phone device. Use your tremendous imaginary power to 'see' this in your mind's eye and allow that light to shine in your heart to lead the way.

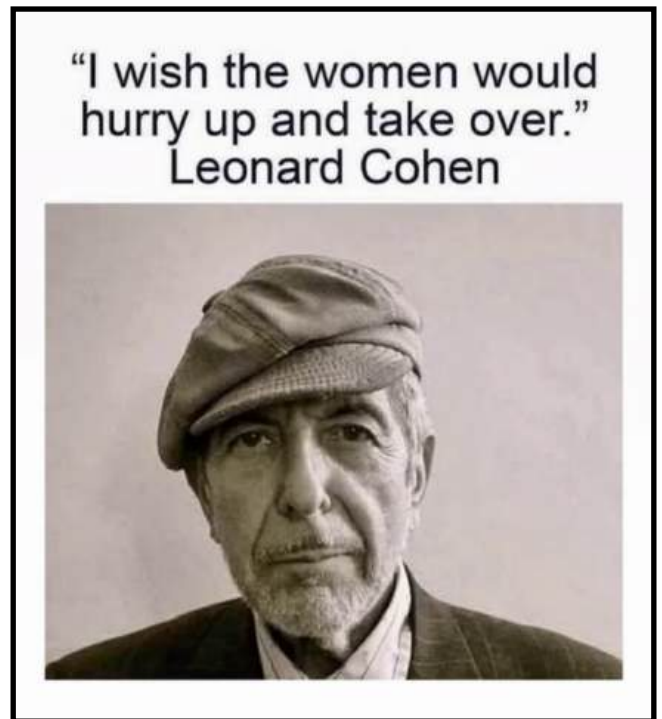
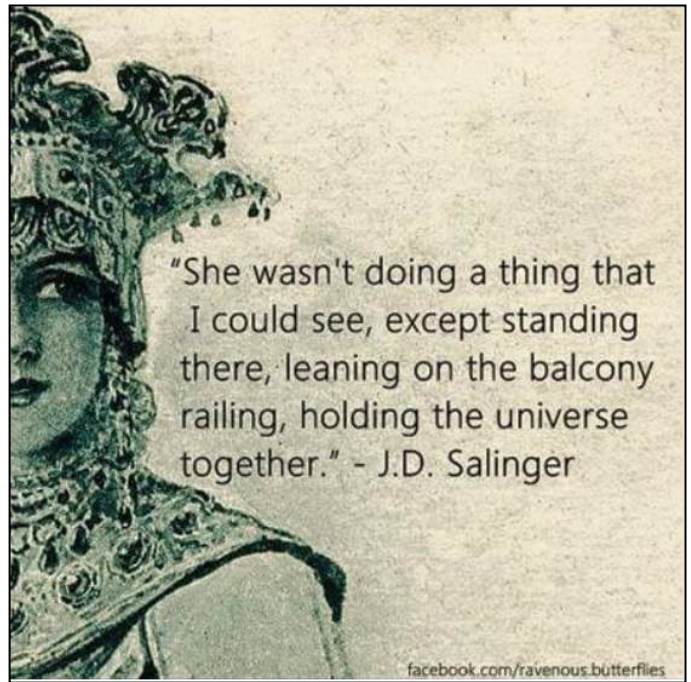
*"Close your eyes. See the light of the feminine rising in your heart like a gentle sun. Let it melt away all harshness and confusion. Let her speak to you. She is already here, waiting behind the dusty door of your heart. Will you open it and let her light in?"*

Act from peace and joy to bring it to those around you whenever you can. Let the war within yourselves be over. Stop the ego from ruling you. Stop the arguments you have with your brothers and open yourself to see and understand his point of view. The higher self in you seeks this while the ego, or lower self, fights it like a spoiled child.

Embrace equality. Stop the ego-thinking that your way is the only way, for there are many ways to travel life's journey on Earth to come home to (what the Christians term) "Heaven." Call it Heaven, Nirvana, paradise, bliss, ecstasy, rapture, cloud nine, the Promised Land, immortality, Shangri-La, afterworld, eternity, glory, the hereafter, sky, upstairs, utopia, wonderland, the great beyond, eternal home, the great unknown, happy hunting ground, kingdom come, life everlasting, the next world, or the pearly gates – it is the same place in spirit.

The humor and the tragedy we see in this is that humans, regardless of religion and politics, are fighting over the same thing, just calling it by a different name. God is God – both feminine and masculine – in perfect balance – but the balance has been suppressed. Seek to know *all* of God by bringing forth the feminine heart of wisdom, power, and creative spirit within you.

△



**Do you have a question for the Angels to address in this column? Write to: [theinnvoicemagazine@gmail.com](mailto:theinnvoicemagazine@gmail.com)**

**For a personal Angel Guidance Reading, see page 4 for more information.**



# Sophia as Divine Feminine

**S**ophia is an archetypal image that personifies the image of the divine feminine. She is a bridge between Christianity and feminist concerns for a more inclusive understanding of God. Some argue that Sophia is the female goddess in the Bible. The idea of Sophia can be understood as both an actual person and a divine entity. As the divine, she balances the patriarchal concept of God and reminds us that he has a female side. As a heavenly queen, she is the messenger from the universal consciousness, thus bringing wisdom into the world.

The name Sophia comes from the Greek word for *wisdom*. In Gnosticism, she appears as a symbol of the world or the embodied soul and our quest for its understanding. In psychology, the soul is associated with the feminine, which makes sense because the female is life-giving, and the soul is the life force within each of us. It is a psychic factor that relates to both sexes. Gnostics consider Sophia to be equated with the Holy Ghost. As a living idea, the archetype of Sophia provides a self-reflective lens to examine the divine feminine.

The personification of a woman as divine wisdom has been problematic in male-dominated cultures. However, her image has been woven throughout cultures for centuries, including as the archetypal Empress in the Tarot deck. The Empress represents motherhood, love, gentleness, and emotions associated with nature. She represents a passionate approach to life that combines activity and instinct with a level of authority. This is a symbol of supreme power balanced with active intelligence and wisdom.

Victoria MacDermont (2001) describes Sophia in the following way. "Just as the myth of the fallen Sophia represents the experience of a lost sense of unity associated with the development of individual self-consciousness, so her restoration foretells a further stage in human development when individual consciousness becomes a shared consciousness of self and world (p. 98). With this description, the idea of Sophia becomes a turning point in human evolution that will bring humankind to a new level of spiritual consciousness and awareness. It supports the idea that the divine feminine has risen to a new cultural understanding, bringing us to a more harmonic awareness.

The following are general associations in archetypes: Eve is considered instinctual, Helen is viewed as romantic, the Virgin Mary is associated with religion, and Sophia goes beyond religion to embody a sense of holy truth. Underlying the Sophia archetype is love. Love is a creative force that manifests itself in



many varied directions. All creative activity of mankind is the outcome of love.

In contrast to a loving figure, the Biblical understanding of Sophia is nothing more than a Greek noun describing an attribute of the divine. Scholars argue that Sophia is a unique and divine person and concept. There are varying old and new ideas about how she relates to notions of God and universal intelligence. Thus, it is up to you to decide her role as an embodiment of the divine feminine, and whether or not the concept of Sophia can help raise human consciousness to a new level of spiritual understanding.

**References:** MacDermont, V. (2001). *The Fall of Sophia*. Great Barrington, MA: Lindisfarne Books | Ostrander, T. J. (1994). *Who is Sophia?*. Priscilla Papers, Vol. 8, No. 2, pp. 1-3. | Pollack, R. (1997). *Seventy-Eight Degrees of Wisdom*. San Francisco, CA: Weiser Books.

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**Author Dr. Susan B. Barnes, CSNU is a Spiritualist Medium and Life Coach who offers Readings, Spiritual Counseling and Spirit Art Readings via Zoom and phone. For more information, see Susan's ad on page 9.**



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

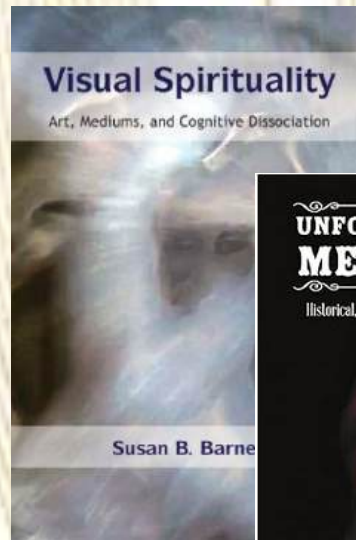
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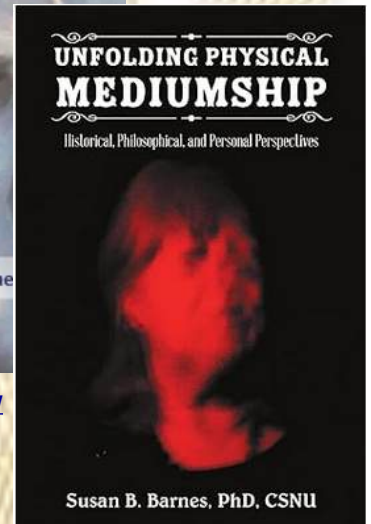
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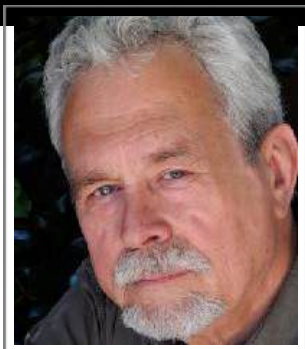
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# The Secret Life of Plants

## A Fascinating Account of the Physical, Emotional, and Spiritual Relations Between Plants and Man

**T**he *Secret Life of Plants*, by Peter Tompkins and Christopher Bird is a fascinating and controversial book that explores the idea that plants are more than just passive life forms. Published in 1973, it dives into the realm of plant sentience, communication, and consciousness—blending scientific inquiry with speculative and metaphysical insights.

Upon delving a bit into the background of the two authors, I noticed that in addition to their literary and scientific interests, I discovered that they both had done duty as spies. Peter Tompkins (1919–2007) was an American journalist, author, and former World War II spy. During World War II, he worked for the Office of Strategic Services (OSS), the precursor to the CIA. He operated as an undercover agent in Italy, coordinating resistance efforts and gathering intelligence behind enemy lines. His experiences were later chronicled in his memoir, *A Spy in Rome* (1962). Christopher Bird's (1928–1996) professional journey was

marked by a blend of journalism, authorship and intelligence work with a stint in the Intelligence Service when he served in the Central Intelligence Agency (CIA) in Vietnam during the war.

### Overview

"The Secret Life of Plants" proposes that plants are sentient beings that respond to human thoughts and emotions, communicate with each other, and possess memory and consciousness. The book investigates plant perception, reactions to music and emotions, their ability to learn, and even psychic interactions. While much of the book is grounded in unconventional experiments and pseudoscientific claims, it ignited public interest in plant intelligence and the deeper connections within the natural world.

The authors combine anecdotal stories, experimental studies, and interviews with scientists, inventors, mystics, and naturalists to present their arguments. While many of the scientific claims have been heavily criticized or discredited by the mainstream scientific community, the book remains influential for its imaginative reach and its ecological and philosophical implications.

### Chapter-by-Chapter Summary

#### Chapter 1: The Sensitives

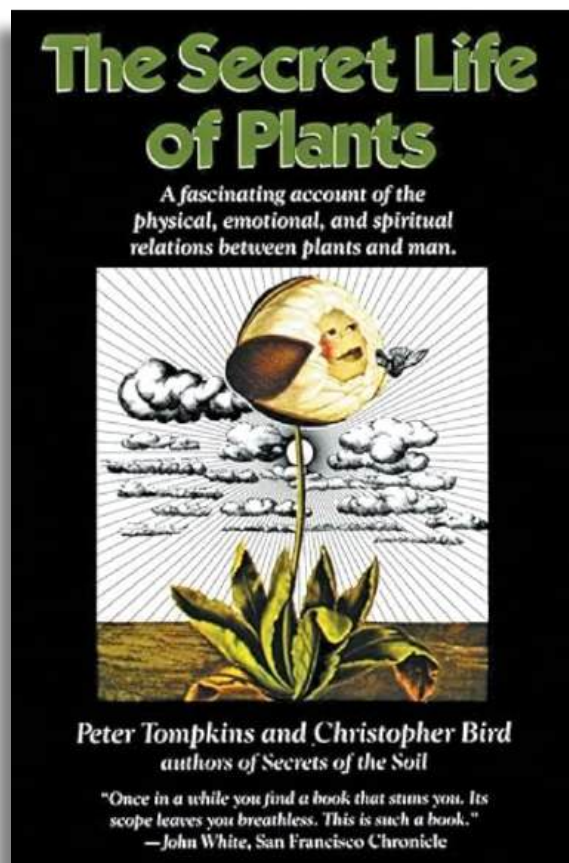
Introduces Cleve Backster, a polygraph expert who connected plants to lie detectors and claimed they responded emotionally to human intentions—even at a distance. This chapter sets the tone, introducing the central premise: *plants may have awareness*.

#### Chapter 2: The Problem of Proof

Details the difficulties scientists face in replicating plant perception experiments. It highlights skepticism in the scientific community and discusses attempts to validate Backster's work, often with inconsistent results. The authors question if traditional scientific methods are sufficient to study such phenomena.

#### Chapter 3: Plants and ESP

Focuses on experiments suggesting extrasensory perception (ESP) in plants. Stories include plants responding to human emotional states or anticipating harmful intent. The authors bring in paranormal researchers and explore the possibility of a universal consciousness connecting life forms.



continued on page 11

#### Chapter 4: The Mystery of Plant Consciousness

Explores philosophical and spiritual interpretations of plant consciousness. The authors delve into ancient traditions, mysticism, and Eastern philosophies that view plants as conscious and intelligent beings. They compare these perspectives with emerging ideas in quantum physics and biology.

#### Chapter 5: Wizards of the Soil

Discusses the vital role of soil and microbes in plant health. Introduces pioneering figures in organic farming and biodynamic agriculture, such as Sir Albert Howard and Rudolf Steiner. The authors critique modern industrial agriculture for damaging the deep connection between plants and soil life.

#### Chapter 6: Tune In on a Plant

Investigates how plants respond to music and sound vibrations. Anecdotes and experiments suggest that classical music can stimulate plant growth, while heavy metal or discordant sounds can stunt or harm them. The concept of “musical nourishment” for plants is discussed.

#### Chapter 7: Plants Will Grow to Please You

Describes experiments in which plants seem to grow or bloom in response to human affection or encouragement. The authors propose that emotional and mental energy can influence plant behavior, citing examples from greenhouses and controlled environments.

#### Chapter 8: The Harmonic Life of Plants

Explores plant acoustics—the idea that plants emit and respond to subtle frequencies and vibrations. The authors reference the work of George Washington Carver and other plant

whisperers who believed in communicating with plants through harmonious energy.

#### Chapter 9: Dowsers Who Find the Green Fuse

Focuses on dowsing, or divining—especially in agricultural contexts. The authors recount stories of people using dowsing to locate underground water sources or determine plant vitality. While often dismissed as pseudoscience, the book treats it as a real and under-appreciated skill.

#### Chapter 10: The Fine Madness of Plant Research

Profiles unconventional scientists and inventors who explored the fringes of plant study. Highlights include machines that purportedly communicate with plants or harness plant energy.

The authors celebrate the spirit of curiosity that drives these mavericks.

#### Chapter 11: The Garden of Eden Revisited

Concludes with philosophical reflections on humanity’s lost connection to nature. The authors advocate for a return to harmony with the natural world, drawing on Indigenous wisdom, holistic farming, and a re-enchantment with plant life as conscious companions rather than resources.

#### Key Themes

- **Plant Sentience and Emotion:** Plants may respond to human emotions and environmental stimuli in complex ways.
- **Consciousness in Nature:** The book posits a universal consciousness that unites all life.
- **Critique of Reductionist Science:** A call for more holistic, interdisciplinary, and open-minded approaches to understanding life.
- **Harmony with Nature:** Emphasizes organic agriculture, respect for ecosystems, and spiritual awareness of nature.

#### Scientific Reception

While inspirational to some, many of the book’s claims lack empirical evidence and have been dismissed as pseudoscience. The scientific community has largely rejected the notion that plants possess consciousness in the human sense. Nevertheless, the book had a cultural impact—sparking interest in plant neurobiology, environmental ethics, and alternative agriculture.

#### Legacy

- Inspired movements like permaculture and eco-spirituality.
- Contributed to the “green consciousness” movement of the 1970s.
- Influenced artists, musicians, gardeners, and even tech inventors.
- Precursor to more recent research in plant signaling and communication (e.g., Suzanne Simard’s work on tree networks).

The authors also collaborated on *Secrets of the Soil* published in 1989. In 1999 I conducted a radio interview with Shabari Bird, Christopher Bird’s widow. At that time she was involved in a project to carry on this pioneering work along with her new spouse, Hugh Lovell. You can listen to that program on my [Timeless Topics Radio Program HERE](#).

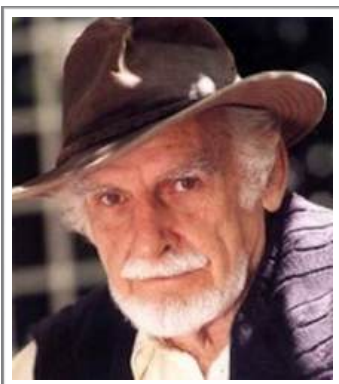
Find [The Secret Life of Plants \(1973\) HERE](#) and [Secrets of the Soil HERE](#).

^

Steve Freier is a life-long researcher of metaphysical subjects, the editor and website tech for The Inner Voice magazine. Steve is a professional video producer specializing in personal and promotional videos in YouTube fashion. Read past Book Overviews here: <https://www.theinnervoicemagazine.com/overviews>.



Author Christopher Bird



Author Peter Thompson

# Dreams of the Not-So-Dead

By Kim Parker



On January 28th 2025 I had a dream about my mother. Mum's ashes were in a terracotta container and it fell and broke, ashes spilled out but some still remained inside. Looking in, I see a bit of spine, then a few bones of the face. Then things start to come together, the head completes and joins the spine, limb bones attach and it starts to cover with skin, dark hair appears on the head. I got a bit scared during this but think to myself; "Don't be silly, it's Mum."

In the morning I got up early to host a regular global dream group. I completely forgot about the above dream. I literally thought, 'Oh well, nothing to offer from last night.' Before the group I open at random my book *Little Pearls and Little Gems* from the Waking Wisdom series. On the page that I open it says:

I am ground from old bones  
risen anew,  
as is all that I view,  
to experience what is not,  
to find what is true.

Even this didn't make me recall the dream, you would think the mention of bones might have jogged my memory. At some point during the group discussion of someone else's dream I felt an odd shifting and turning in my head and the vision of the bones of Mum's face surfaced into my consciousness. I closed my eyes and allowed the whole dream to re emerge. Then I recalled the words from the day's inspirational page and saw the synchronicity of it all. Additionally I had noticed what was written on the other page of the open book and this too applied to the dream I think, and I felt Mum affirm this. Those words were:

Restore every human life  
from the idea  
to the ideal.

Whilst I hold the idea that the body of my mother no longer exists the ideal is that, of course, she continues in a resurrected



form of some sort. Her energy continues, after all energy doesn't die, does it? The dream states that Mum is alive and taking form, perhaps reincarnating, transforming, or simply displaying eternal life. When I shared the dream a group member noted that it made her think of the phoenix and how it continuously rises again from the ashes, eternal life.

Both the statements from the book refer to the experiences of illusion, formed by beliefs and ideas. It is only when we discern what is not true that we grant space for the unformed unitive truth to emerge and flourish. We tend to forget that to a large degree our beliefs are formed by our cultures, our family, and our community. Beliefs are not necessarily truth but a perception, or even an agreement within particular structures, such as religions. We may cherish many ideas about life and yet never know the truth, the ideal.

Waiting for revelations to respond to questions is not our way, we design our own experience of reality. What if we were to pause and ask reality to reveal itself? What a surprise could await us.

Of course, the second inspirational statement indicates that the experience of creating our own realities is a part of the entire show. We will eventually exhaust ourselves with experiences that lack a loving and logical, wise foundation. Then we pause and allow creation and reality to reveal themselves as a great perfection that has always travelled beside, and inside, us in our

continued on page 13

Dreams from page 12

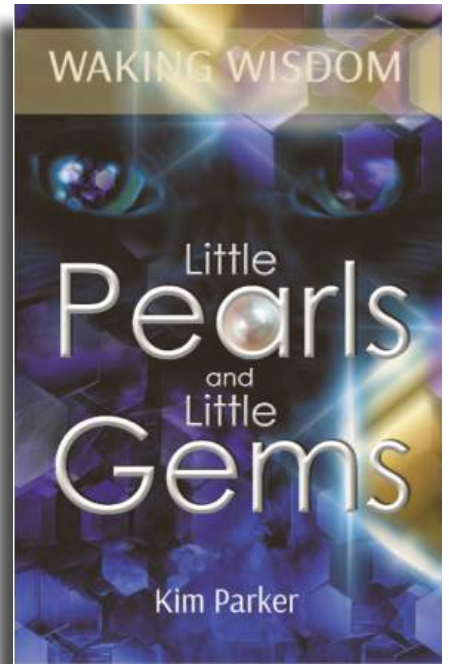
journeys, and most importantly, as the integral core of all apparent appearance and disappearance. The one authentic power knows not time itself, there is no hurry.

Interestingly another group member had shared a dream about his father. The group then discussed and shared dreams and, in one case, psychic experiences about their parents. For me, it felt as though many of our parents had made an effort to attend and bless us all with their presence and the knowledge that conscious life is the never ending real state of being.

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Kim Parker has a life long interest in the nature of beliefs and how they shape our realities. She is a shamanic practitioner, author and founder/facilitator of a dream circle discussion group online. Kim actively investigates consciousness and the bridges between science and the paranormal. Email: [lmrainbow57@yahoo.com](mailto:lmrainbow57@yahoo.com)

Kim's book (right) is the result of asking to receive wisdom, being willing to receive wisdom and expecting to receive wisdom. Requested were blessings, prayers and spiritual statements. What followed was an avalanche of gifts from a loving and conscious cosmos, a sacred treasure trove of primordial wisdom. These gifts form an incantation, a magical, mystical, transformational pilgrimage, leading away from our chaotic world of separation, into the heart of oneness, perfection and love.



[Little Pearls and Little Gems](#)

## Meanwhile... Regarding Chat GPT Is this the news we've been longing for?

**Watch this!**

<https://www.facebook.com/share/v/1ETfguse8D/>



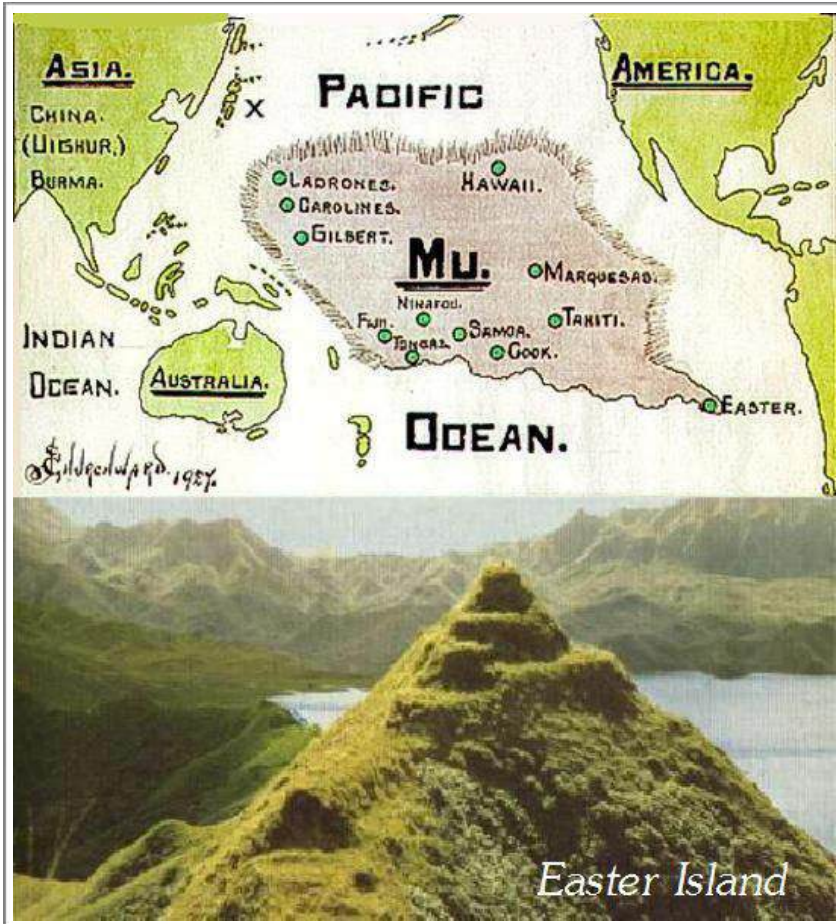
*Did you know?*



In Feng Shui, the peony is considered to be a symbol of prosperity and good fortune. It is believed that having peonies in the home or workplace can attract more wealth, success, and abundance into your life.

# Remembering Lemuria

A time when mind power, the angelic realms, crystals, and flower essences were used in healing



“The destruction of Lemuria and the end of this idyllic, harmonic existence with Nature took place when the desire for knowledge of the material world became the stronger driving focus, throwing most of us out-of-touch with the dynamic inherent forces in Nature.”

“In the era that followed, the Atlanteans lacked the intuitive abilities of their Lemurian predecessors. Their main focus was on advancing technology to mimic what they had ‘lost.’” [Editor’s Note: Much like what is happening on Earth today.]

Plant forms were developed for specific purposes in Lemuria through hybridization and thought-projection, with help, of course, from the Angelic realms. In ancient Lemuria, all gardening and botanical techniques were accomplished on the mental level. Lemurians were gardeners who knew how to use their mind energy to shape the various plant forms which would address their purposes and ultimately benefit from them.

Although it was in the original plan that souls were to remain forever in their natural ‘angelic’ state, souls eventually moved too close to what I like to call ‘the edge of physical manifestation’ and became fascinated by the endless diversities of creating numerous alternative realities. We, as our soul-selves looked over that edge, or ledge (that some call ‘the veil’) and got too close to the workings, of and the beauty of the design of the Earth plane. With our free will and child-like curiosity (and not paying attention to how close to the edge we were), we fell, and down, down, down in vibration we went to the Earth plane and took on a physical body to be a part of this fascinating and intriguing experience to play in the clay; in the sandbox we now find ourselves in.

When many souls ‘fell’ and became trapped in the 3rd dimension, God answered and manifested as Spirit here on Earth in specific, intelligent patterns to guide and shape these souls. This plan was to establish a specific relationship between the many plant forms and the human form, and with this development, plants were eventually used as enhancement for man’s growth on all levels of body, mind and spirit.

For example, when the need to speak manifested, the Lemurians created a flower through mental-telepathy to help

Source Internet: An artist’s rendering of the ancient world. Lemuria, or ‘Mu’ is thought to have been located in the Pacific Ocean that includes the Hawaiian Islands and others, and whose southeastern tip is Easter Island. (Note: Ancient Atlantis is thought to be where the Atlantic Ocean is.)

**Article based on Flower Essences and Vibrational Healing by Gurudas and Cosmic Memory by Rudolph Steiner; compiled and written by Nancy Freier**

The people of Lemuria (or Mu, as it is often referred to) some 500,000 years ago were alleged to be whole, perfect and complete unto themselves. And they did everything using mind-power.

According to the book, “*Flower Essences and Vibrational Healing*” by Gurudas, “The inhabitants of Lemuria were completely self-contained, being in harmony with each other and the with the harmonics of nature. All communication occurred on the level of the mind through telepathy, and only in the latter stages of Lemuria did the ability to form sounds and speech develop...that is, to make sound using vocal cords.”

Continued on page 15

them develop their speaking ability; it was most likely Trumpet Vine that still helps ease speech problems today.

Without getting too deep into the study of science, or evolution, there is plenty of documentation of plant life and how it directly corresponds to the development of our physical, human form, and for that purpose.

“You would find that first there was the Great Creator or the first Great Spirit who created all things within the universe through natural laws and events. The flow of evolution was of such a nature so as to bring forth balance and harmony within all the planes of existence.”

“Then there was the creation of souls to go forth and create diversity as amongst that one original creation. Those souls, having moved close to this plane as such with the abilities of projecting through the time flows, saw the diverse potential and alternative realities that souls could bring forth upon this plane. It was not in the original plan that there would be the fall of spirit onto this plane, for souls were to remain in the angelic state, which is the natural order of things. Even without the intervention of these souls certain animal, mineral, and plant forms developed according to the natural dynamics of the dimensions as they manifested on this plane.”

“Ages ago humanity fell into this plane basically from curiosity and pride. Individual souls got too close to the physical plane, and gradually they got attached to the workings and designs of it. Many felt they could reshape the environment, including the many animal, plant and mineral forms, in manners superior to that created by God.” [This was said to be the first great karmic error.]

“While it was not part of the original plan for souls to fall to this plane, it was indeed originally ordained that many mineral, plant and animal forms would become established on earth. The earth was to be a park or Garden of Eden which many souls from above could look down upon to see, admire, and be taught. When many souls decided to take physical bodies in the earth plane this was allowed to happen. We are all born with free will, for it is not God’s wish that we follow His Laws as slaves or servants.”

“Before humanity fell onto the earth plane it was understood on the angelic planes that this fall from spirit would take place, so many plant forms were shaped in relationship to what was understood would become the developing shape of people on the physical and subtle anatomical levels. This is the *doctrine of*

*signature* — there is a relationship between the anatomy of people and the shape, color and texture of many plants. In this relationship lie many clues as to how these plants can be used in healing and conscious growth.”

(Note: It has been said that the *doctrine of signature* originated with Paracelsus in the 1500s. He was a prominent alchemist who is credited with a number of original discoveries in science and medicine.)

### How flower essences were used in Lemuria

“Individuals in Lemuria lived and saw things on luminous levels, even as there are those today who observe the human aura, or those who practice acupuncture, or who study the significance of Kirlian photography. These resources were available to the Lemurians.... These properties that were seen were the healing beneficial effects upon the individual human forms. So sensitive were the Lemurians that by only approaching the bloom they would observe radical alterations within the structure of the aura, the bloom and the transference of energy. This became as clues in Lemurian society to understanding the principles of energy healing stored within flower essences.”

“They generally used flower essences to evolve in spiritual consciousness. It was not critical to healing their physical forms, for little disease was found amongst them. When consciousness proceeds the material follows therein.”

“Although a great error occurred when souls ages ago attempted to alter God’s plan for the development of mineral, animal, and plant life on earth, this was not the

case with the Lemurians’ extended development of the doctrine of signature by the deliberate shaping of individual plants and flower essences to better assimilate their medicinal and spiritual values. They merely added details to God’s plan.”

“It is really a matter of working with, not against, the evolutionary plan as established by God. Once it was understood that many souls would fall to this physical plane, a plan was manifested from the higher planes so many souls could learn their lessons, and gradually reach a state of evolved consciousness in which they could, on their own, make a choice that there was no longer any need to return to this physical plane... *Releasing the spiritual and medicinal properties stored in flowers is one of the great keys to unfolding God’s plan on the Earth plane.*”

“You would find that the essence of healing and conscious growth was the most predominant thought in Lemuria. Healing



Lotus essence was widely used in Lemurian culture.

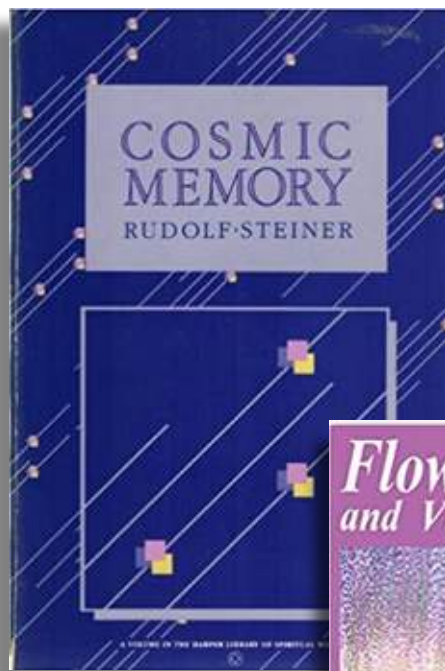
was considered harmony. There was a symbiotic link, placed between the body physical, as a temple, and the outer world, which was the direct reflection of the individual's thought forms. Through continuous meditations, various bio-chemical plant forms began to evolve. To heal the self, all the individual had to do was to have a basic knowledge of the anatomy of the physical body, and it's esoteric psychology. The person could then easily identify various plant structures on the basis of the doctrine of signature, with the intended application of healing within the self. This began to be the essence of the foundation of the vibrational principles, that you term as healing with flower essences."

"The Lemurians were, for the most part, content to live close to nature, so their intuitive and spiritual states of consciousness were highly developed. The average lifespan in Lemuria was several thousand years. People left their physical body when on a soul level they felt enough life experiences had taken place in that particular incarnation. Flower essences were used, primarily for spiritual growth, and for regeneration of physical body tissue."

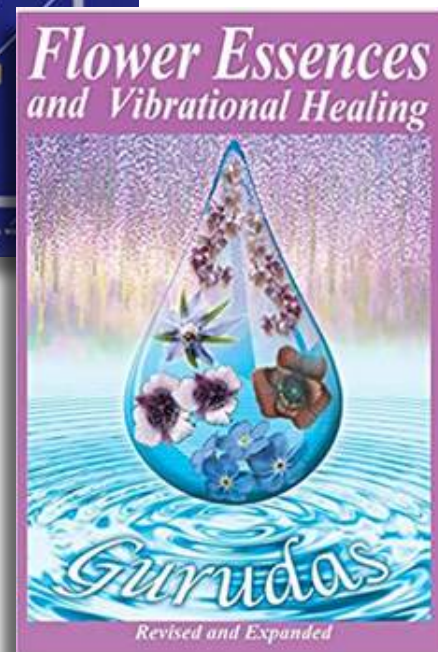
This was the Garden of Eden and every plant and flower was given into service for mankind. Just ask any deva or nature spirit, who by the way, still holds guardianship over the keys to the Gates of Eden knowing one day we would come looking for them.

△

For reference or further reading, see books listed here.

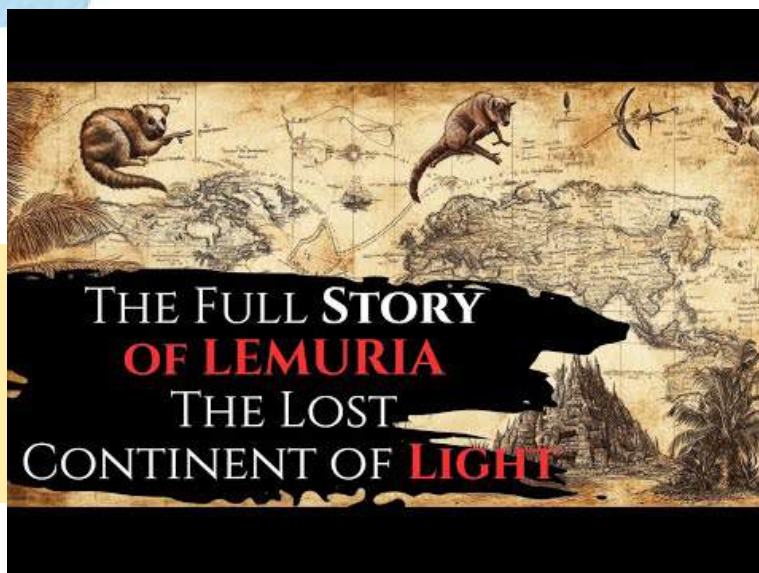


**Cosmic Memory: Atlantis and Lemuria**  
By Rudolph Steiner, (New York Harper & Row, 1981)



**Flower Essences and Vibrational Healing**  
By Gurudas.

## **Watch this! "Wisdom of the Ancients" Presents: The Full Story of Lemuria: The Lost Continent of Light**





# FLOWER POWER

## What are flower essences?

Flower essences are potent extracts made from the plant's blossom that address the subtle levels of being – the emotional, mental, and spiritual levels of wellness. Often referred to as “*consciousness in a bottle*” or “*therapy for the soul*,” these vibrational remedies work by gently restoring harmony where imbalance exists.

What makes flower essences so powerful is their ability to address the *root cause* of imbalance. They help restore joy, calm anxiety, ease grief, sharpen focus, and support emotional clarity. Safe, non-toxic, and deeply effective, flower essences offer a gentle path back to inner alignment and peace.

## What is a flower essence remedy?

The flower essence remedy is in a one-ounce dropper bottle that contains a combination of several flower essences intuitively selected from Dr. Edward Bach and/or California Flower Essences.

## How to use flower essences:

Using flower essences is simple, intuitive and deeply personal. There's no wrong way to use them — trust your inner guidance that is influenced by the angelic realms and let your healing unfold in divine timing

Here's a gentle guide:

- **Dosage:** Take 4 drops under the tongue or in a glass of water, 4 times a day upon waking, midday, late afternoon, and before bed to establish a rhythm.
- **Consistency:** Healing unfolds subtly over time. Use your blend daily for at least 21–30 days to allow for deep integration.
- **Intentional Use:** Each dose is more powerful when taken with mindfulness. Pause, breathe, and silently affirm your intention for healing.
- **Topical or Environmental Use:** You may also place drops on pulse points, add to bath water, or mist a room to shift the energy of a space.

However you use them, you will be raising your vibration and can expect to see remarkable results rather quickly.

Safe. Effective. Totally Awesome. Email: [NFreier@aol.com](mailto:NFreier@aol.com)





# Mother Wisdom



For years I've embarrassed my children by crying at movies; Bambi, for example – even Hallmark commercials! Many people report the same thing; they feel deeply stirred by wrongdoing and unnecessary death whether in a made-up story, or real life. That's why all of us often look the other way because we feel helpless to change bad things.

But, being ‘stirred emotionally’ is a good thing because it can also stir us spiritually. Experiencing divinity; whether talking with our angel or spirit guide, or sensing the open wonder of our true nature - all requires us to *feel authentic emotions*. And the most authentic emotion isn't fear - it's LOVE. Within our wide array of emotional experiences are these true feelings of deep caring for all life and others - even our next-door neighbor who insists on putting his garbage cans in our driveway.

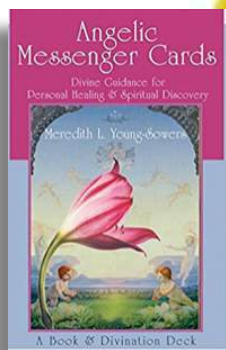
My mother has, over the 97 years of her life, shared bits of wisdom that I apply when I'm feeling helpless to change a situation, or to help another person heal. One piece of Mother Wisdom that has stayed with me is this: *“People won't remember or be changed by just what you do or say. People will ultimately only remember your efforts by the way you make them feel.”*

As we face real life situations of loss, disease, misery and unfairness, we need to have an appropriate response – a heartfelt and loving response! Our response to any situation needs to come from our heart, and then from our mind because our heart tells us to feel a shared relationship with life and all beings, while our mind asks us what's in it for us?

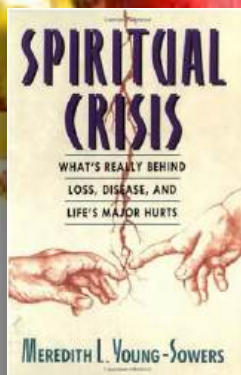
Heart-felt responses change lives. If we can allow our feelings to be available to us, we can relax them into the experience of loving no matter what we face. We can sidestep the belief that we can't do anything to make a difficult situation better. We begin with the people closest to us to give the gift of our positive and loving words that are the most important helping and healing tool any of us have. Speak them often.

### ~Meditation~

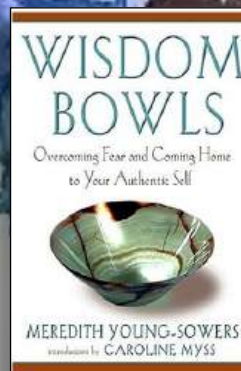
*Put your hands over your heart and allow yourself to feel stirred - let words of solace, love and comfort come to you - now apply them to yourself and others you meet today.*



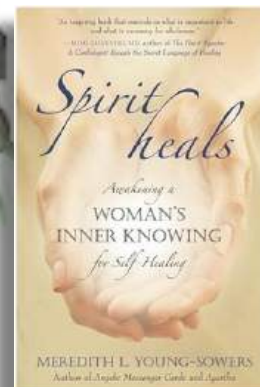
[Angelic Messenger Cards](#)



[Spiritual Crisis](#)



[Wisdom Bowls](#)



[Spirit Heals](#)

# The Beauty and Power of Divine Feminine in Action

By Angela Zabel

Women all around the world are awakening in mass numbers. They are recognizing the beauty within, seeking joy, love and peace for themselves and others. At this time, women holding the Divine Feminine Energy, are vibrationally increasing the frequency of the world along with the power of Love, Joy, Compassion, and Worthiness as they discover who they are on a Soul level. Women are honoring who they are and embracing all aspects of themselves, creating a space for self discovery and personal growth.

They are healing personal generational trauma, not only for themselves and their families in the present, past and future versions of themselves, as well as with other women and families they do not know. They are breaking cycles of physical and emotional abuse, sense of lack, pain, suffering, and victimhood. They are creating a space of abundance in supportive relationships and monetarily with a supportive divine energy for the success of multiple future generations. The frequency of generational healing is shared in the ethers with everyone who is open to receiving that energy around the world.

Other people feel, on a Soul level, the energetic path created by others. Feeling on a Soul level, they can and will change and heal trauma, thus transforming the world for themselves. Women are creating communities that are supportive of each other's successes. They are uplifting each other, creating unity, empowerment, and strength, thus creating a supportive sisterhood.

Many times women stepping into the Divine Feminine Energy can easily give and show love and compassion to others, but have a difficult time giving themselves that same love and compassion. Therefore, take time to give yourself flowers! So many people wait for others to share flowers with them. Honor yourself with the Divine healing power of the flowers. That never fail to brighten the day.

Women are like flowers opening to the Divine. Taking the dirt and darkness of the past, believing that something good can be created from it. Feeling the beauty as a flower stretches and pushes up through the soil to see the sun and beauty. Leaving behind victimhood and blame, moving into understanding their role in past traumas, embracing forgiveness and love for themselves. By doing so, the Divine energy of love, compassion, forgiveness and peace radiates throughout them and the universe. The power created is amplifying and pulsing like the loving Heart of the Divine Feminine within us all.

Together we are creating a universe of growth, hope and Love, as we, both male and female, embrace the Divine Feminine within everyone. Feel that peace and understanding encircling the earth.

△

**Angela Zabel is a Teacher, Coach and Medium. She also hosts a radio show with interesting guests. Please see her ad on page 34**



Photo: Art by Romina Lerda

*"We do not become healers. We came as healers. We are!*

*Some of us are still catching up to what we are. We do not become storytellers. We came as carriers of the stories we and our ancestors actually lived. We are.*

*Some of us are still catching up to what we are. We do not become artists. We came as artists. We are.*

*Some of us are still catching up to what we are. We do not become writers, dancers, musicians, helpers, peacemakers. We came as such. We are!*

*Some of us are still catching up to what we are. We do not learn to Love in this sense. We came as Love. We are Love! Some of us are still catching up to who we truly are."*

**~ Clarissa Pinkola Estes**

# How the Angels Helped Heal My Relationship With My Mother ~ and They Can Help You Too

## Love Yourself More

**A**fter the angels got my attention in 1986 following the sudden death of my beloved fiancé, Jerry, one of the very first messages I received from them was, “*Love yourself more.*” They said it so often, in fact, it became a broken record and I wondered if I was still connected to them! They would answer the questions in my heart, but would always manage to get “*Love yourself more*” into their responses. So, what did all this repetition mean?

Back in 1986 I was two years into my sobriety following a 17-year addiction to alcohol and I was certain I was already taking good care of myself and loving myself in ways I hadn’t done before. Also, during those first couple of years in AA, I was learning for the first time about a loving God who answered prayers, something I hadn’t experienced before, at least not consciously.

In the years since opening to the angels and doing hundreds of readings for myself and others, this theme of “*Love Yourself More*” often repeated. Could it be that all of humanity was curiously hard on ourselves and that we all needed to lighten up and love ourselves more? The only commandment Jesus gave was Love yourself, then extend that love to others. Had we all missed the boat? I’ve learned along the way that whenever we go through the process of learning a lesson that we came here to learn, and no matter what the question is or origin of the situation or disease we want to heal, *love is always the answer*, but again, what did this mean?

## Louise Hay’s Teachings ~ “You Can Heal Your Life”

Soon after my Jerry’s death, my brother Steve gave me a copy of Louise Hay’s groundbreaking book, *You Can Heal Your Life*. Clearly I needed healing and the ideas Louise put forth in this book literally catapulted me up and into the realm of self-love and healing more than anything else I read before or since. Her ideas broke through to my unenlightened self and I began to turn my life around.

## Some of the main points of Louise’s philosophy are:

- We are each responsible for our experience.
  - Every thought we think is creating our future.
  - The point of power is always in the present moment.
  - Everyone suffers from self-hatred and guilt.
  - The bottom line for everyone is, “I’m not good enough.”
  - It’s only a thought and a thought can be changed.
  - We create every so-called illness in our body.
  - Resentment, criticism and guilt are the most damaging patterns.
  - Releasing resentment will dissolve even cancer.
  - We must release the past and forgive everyone.
  - We must be willing to begin to learn to love ourselves.
  - Self-approval and self-acceptance in the now are the keys to positive changes.
  - When we really love ourselves everything in our life works.
- All the above ideas come as necessary steps to learning to love ourselves more. We can’t easily love ourselves, or anyone else for that matter, if we hold grudges in our hearts.



## Forgiveness as A Pathway to Love

For many years, I had a problem with my mother. We seldom agreed on anything, she continually criticized me and had a knack for pushing all my buttons. Spending any time with her was difficult because I always had to be on guard and defensive for when she would turn on me with her insults. I left home as soon as I could at 18 and in my early adult years, I felt I had to live 100 miles away from her to have peace. I stayed away from her as much as I could for the next 30 years – only visiting when someone else could be there with me, because then she didn’t pick on me as much.

‘Holy crap!’ I thought when I first read in Louise’s book that we choose our parents! Louise said, “When we grow up we have a tendency to re-create the same emotional environment of our early home life.” That doesn’t mean we can blame our parents

Continued on page 21

for what they did or didn't do; for not loving us, or teaching us to love ourselves, because we are the 'victims of victims.' They couldn't teach us what they didn't know.

### **The Turning Point**

This pattern goes back generation after generation, but in her book, Louise explained, "*The point of power is now.*" To get to the core of this inner work, Louise suggests that, "It's only a thought that we're dealing with and a thought can be changed." So then, how can we learn to love ourselves more? *Choose different thoughts. Choose to forgive everyone, including yourself.* Forgiveness, actually the willingness to forgive, begins the healing process., and by forgiving someone for not being who you wanted them to be, sets us free.

It's very likely that my mother did not know how to show me love, as apparently she had never learned from her parents. Therefore, Louise suggests we are now the adult in our lives, and like learning any other skill, we need to learn to be kind to ourselves. "We need to love and approve of ourselves. That's what the inner child needs in order to express their highest potential," she said.

Finally, one day I had had enough. I reached that painful point and said to my self, "This pattern stops here!" It was a miracle that changed my relationship with my mother.



Lilacs were one of my mother's favorite flowers. Now, when I remember her, I can do so with love and warmth.

It was difficult to forgive my mother, and in answer to my prayer to find a way to stop hurting, the angels gave me this... "*See her as a four-year old child who was lost and afraid. What would you do if you saw her this way? Would you be angry, or would you reach out to help her?*"

I was intent on healing this relationship and was able to take these suggestions of changing MY behavior toward her. I became kinder and more patient with her. I used some of the suggestions she used on me when going up: "If you don't have anything nice to say to me, don't say anything at all." If she insisted on grumbling, I would grab my purse and keys and tell her, "I'll come back when you're feeling better," then leave. A couple times of doing that showed her I meant it.

### **Higher Wisdom**

*A Course in Miracles* is entirely based on the idea of love, with forgiveness being the key to achieving love. One of its main themes throughout the text is that whatever is happening in our relationships, "*It's either Love or it's a call for Love.*"

If we can take ourselves into the learning and healing process and practice forgiveness toward everyone and everything that has ever negatively affected us, we are, indeed *loving ourselves more* and allowing our bodies to heal. It is an ongoing process that should keep us 'at attention' and fully aware at all times of what we are thinking and creating – being sure to choose the thoughts that hold the highest and best outcomes.

### **A New Way to See my Mother**

In the last 15 years of my mother's life I was able to stop seeing her as mean and critical toward me. At times, she may have still acted in the same way as before my change in perception, but she no longer pushed my buttons. I could look past her humanness and give her love. It was a gift of Grace given to me because of my willingness to forgive – and it changed our relationship!

Looking back at this I clearly see what the angels meant by "Love yourself more." I continue in this quest even now, as I have learned life is a continuum of this very lesson. I love myself more with every step I take in caring for my health and wellbeing.

Loving yourself more is not just about self-care or affirmations—it's about releasing the past, choosing new thoughts, and letting love be the lens through which you see yourself and others. That's what the angels meant. And they were right.



# Maya Angelou Speaks from The Other Side



Born Marguerite Annie Johnson, American Poet Maya Angelou (1928-2014) was also a memoirist and civil rights activist. She is best known for her series of seven autobiographies, which focus on her childhood and early adult experiences. The first, "I Know Why the Caged Bird Sings" tells of her life up to the age of 17 and brought her international recognition and acclaim.

Regina Ochoa "the Prairie Medium" has over 60 years of experience connecting with spirits on the Other Side. She is one of the founding voices of the CosmicVoices.network, where she shares channeled messages of healing, guidance, and hope.

*Channeled by Regina Ochoa of the [www.cosmicvoices.network](http://www.cosmicvoices.network)*

**Regina:** Good morning Marguerite, how are you today?

**Marguerite (Maya):** I'm so happy you've come to visit. We shall be fast friends waiting for each other beneath the Sycamore tree.

I have been here for a few years, months, days, minutes, seconds, and moments. I don't think it matters. I want to share with you and those who are willing to silence their distractive thoughts long enough to allow a bit of kindness to enter.

Your news, which repeats daily broadcasts and hourly breaking reports, has strangely become a source of materialism. It seems that those who cannot nourish themselves from a source within must continually 'feed' upon whatever turmoil appears across an electronic device.

It saddens me that inability to shut out the chaos has been the banquet for the mass of humanity. Your headlines read: "Feed the anger, feed the dark injustice of oppression so that your rights to stand in solidarity will be strengthened and nourished by hatred."

I fought for our human rights, to be heard and seen as equal. My words spoke of a gentler heart. One that our God would be charitable toward. I have learned that our God is charitable to all. Even those who create the dark chaos that you experience on the earth plane.

When I first passed over into the Kingdom, I was surprised to find so many here who had challenged my human rights.

Many friends came to greet me. My hero Martin (Luther King Jr.) was here waiting. He welcomed me into this place without the usual distrust I had felt whenever I entered a new area or town or home. Folks often believed I was there to stir things up a bit. I have to admit that it was often the point of my visits. But even my family would find me a bit terse in my approach to any signs of injustice, inequality or oppression.

I understand the magnitude of anger, which currently festers globally. One is born into a life of suppression and subjugation in

many societies and cultures. It is the way of humanity and how we learn who we are.

Do we become warriors for justice and equality? Do we accept our births' fate of owing our gratitude to those who hold power over us?

The chaos today of oppression and superiority is not only of race, color or creed, or sex but the ultimate sin of greed and materialism. I say ultimate sin, not for religious decree, rather that of a moral and ethical conscience.

As a 'member' of the Greater Reality Society (my humor), I have learned and seen many times over that when individuals who have transitioned from their physical body re-engage with their soul, they must experience their "physical life review." Life review would be to see what injustices and greatness have occurred by your actions when in the body.

Momma taught me as a small child that every action I took, even my muteness, created a consequence. Thus, be careful how you proceed with not only your words but your actions. As I have said many times, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." That continues to hold here in this Greater Reality. Life review is about seeing the responses or the ripple effect of your actions or inactions.

What do we do with this information once we have reviewed it? How do we proceed in our evolution as a soul?

Atonement. But to atone is not about apologizing. It is about experiencing the emotional response of the one or many you fear, hate, respect or love. Experiencing this life review as the receiver of your actions gives each soul the window to see into the other's soul. We feel the unvarnished impact of our behavior. In this way, we learn about our ability to make a difference in another's life. Each life review is different depending on the

continued on page 23

individual soul, but once the review is complete, that soul can begin to experience the full significance of the Greater Reality.

**Regina:** How do we mitigate the impact of our life review while still in the body?

**Marguerite:** Begin today, this moment now, to wholly experience the impact of your words, your actions or silence. Are you standing up and present in your voice? Do you own your words? Do you hold yourself accountable for what you do or do not do? Do you know humility? Do you know what it is to be charitable? Or to forgive?

Do you understand your fear? Or hate? Are you filled with resentment? Or respect? Do you give joy? Do you know what it means to love, to be love, to love completely? Can you forgive yourself for your own choices and shortcomings?

Answering these questions with honesty is how you can begin to process your life review before your body expires. If not now, when? Our soul consciousness enlivens and sustains our bodies. When we die, our physical body returns the energy to the soul. Understanding this, maybe we would begin to take action upon our fellow beings in the manner with which we hope others will treat us.

***“Do unto others as you would have them do unto you.”***  
**(Luke 6:31).**

These words continue to reverberate around the globe in all faiths, throughout countless homes. The phrase was often repeated in work-houses and slave owners’ fields. Unfortunately, today these words are trampled upon with anger, resentment and distrust. Fear has crept in to feed and nourish the hungry. Where has our love for humankind retreated? Where has compassion and wisdom moved?

Wake up, people! It is time for you to recognize your voice and your actions. Let your songs of joy lead those who struggle for direction. Let your voice of hope be the music they follow. Let your compassion and wisdom be the light that illuminates the way.

You have a gift! Your mind and your soul! Your consciousness and your conscience know how to create the music with which your heart can sing.

Now is the time to participate in your life review. Now is the time to commit to your soul, your love for humanity and earth. Listen to your words as they part your lips. Feel your actions upon the other and embody their response. When you can genuinely do

this and fully understand your impact on another human being or many, when you can atone for your story, you will make a difference! This is how we change the direction of our chaotic, angry and fearful world.

***“There are no walls.”***

To accept this fact, we must turn our thoughts away from institutional beliefs structured for our purported well-being with the promise of entering some kind of Utopian existence upon our physical death – if we obey the rules.

I spent my entire life weighing the balance of this promised kingdom against the injustices put upon the human race by individuals who would rather exert control with fear and hatred than truth and wisdom. Some of us have witnessed this transition. Some have only heard about it from another’s eyewitness account, how they watched a loved one’s body succumb to death, as they passed into the hereafter.

“He (she) went to heaven,” is a phrase often used when talking about death. I once believed in this barrier. I imagined it a very tall wall. Momma raised my brother and me to fear the repercussions of our actions because God, on the other side of this wall, would judge us, not only in the afterlife but the near-immediate future, upon any of our misdeeds. I was convinced of this by every switch laid upon me as a young child. Momma feared for my soul not being permitted passage through the Gates of Heaven.

Those Heavenly Gates were how I would enter through that wall into God’s Kingdom. By the time I was 13, I was pretty sure I would be denied passage. Why would God allow this skinny negro girl into His beautiful Kingdom? That faith, wavered yet unbroken, was shattered when I realized fully, and only upon my death, that it was completely wrong.

Could you believe my surprise and joy? There were no Gates! No walls! Only God, His love, my friends, my family, all the immense everlasting omnipresence of unwavering love met me when I died!

From the moment we are born into the human race, our story is to discover the balance between love and fear. When we tip towards fear, we have grasped for all the materials and tools used to build walls. When we tip towards love, we build bridges and gardens that welcome our fellow man to walk alongside us.

Grab your tools of love: grace, wisdom, kindness, compassion, empathy and forgiveness. Lead, teach, nurture, bring forth hope.

There are no walls. ~Marguerite Johnson

△

**Edited for brevity. Read full article here: <https://www.cosmicvoices.network>**



**Regina Ochoa “the Prairie Medium” is a seasoned psychic and medium with over 60 years of experience connecting with spirits. As a founding voice of the CosmicVoices.network, she shares channeled messages of healing, guidance, and hope. She has contributed to notable afterlife communication projects such as the Space Shuttle Challenger and Columbia crews. Her mission is to bring hope, peace, and understanding to those navigating grief and the mysteries of life beyond death. <https://www.reginaochoa.com/>**



## It's Time to Super Charge Your Divine Feminine

Over the years we have been encouraged to honor the emergence of the Divine Feminine into humanity. Perhaps you have wondered what that means and how that influences your everyday life. From what I can see, humanity has moved beyond perceptions of the Divine Feminine emerging and beyond honoring these higher qualities into a process of full embodiment of Divine Feminine Super Powers, no matter your sexual identity.

The floodgates are now open to activate her within each of us; to integrate that potency into our daily perceptions, communications and actions. A new normal is expanding conscious presence that is committed to revealing, exploring and actualizing our Divine Feminine Super powers. It seems like we are actively being forced to change where change is needed.

We, and the entire world *needs* more clarity, curiosity, creativity, communication, listening, understanding, compassion, higher intelligence, love and courage for conscious right action, *now!* Are you willing to upgrade your super powers to meet the uprising of consciousness within you? To meet inner controlling beliefs, confusion, inner wars, inner dictators, and the inner traumas that keep you in a powerless, angry and victimized trance? There is a massive movement of awareness in full bloom

where the outer world is seen as a strong reflection of our inner world. And that we each need and have the power to go inside and bring awareness to uncover the unconscious limitations, traumas and denial that we are each playing out so that we can free the inner ancestral, societal, and other worldly controllers and expand our authentic energetic capacities and freedom. Yes, that is a big statement.

The flower power of the 60's proliferated new ideals that conflicted with traditional values, authority and morality. Masses gathered to challenge the ethics, decisions and powers that sent young people to war. The new movement explored freedom: Celebrating life through music, community, connection and experimentation. It was a revolution of LOVE.

The current surge and activation of our inner Divine Feminine Super Powers is a quantum reality changer. It is a deep dive into the expanded mystery of our hidden multi-dimensional capacities and the unique intelligence of Love.

One of our super powers is expanding our capacities to tune into higher intelligence as an every moment resource for perception and communication with each other and with the planet. Our higher wisdom supports clarity on where to make new decisions and how to take new action.

Continued on page 25

# Raise Your Frequency

Book a complimentary 30-min. personal energy clearing!



Gain greater clarity, creativity and courage so that you expand your capacities to co-create heartfelt change.

## Beverly Brunelle

*Intuitive, Channel, Master Energy Healer*

[beverlybrunelle888@gmail.com](mailto:beverlybrunelle888@gmail.com) | [www.BeverlyBrunelle.com](http://www.BeverlyBrunelle.com)



The Divine Feminine Super Powers are key to birthing the new human, and your enlightened personal role is key. Life is calling each of us to come out from unconscious trances of limitation, from the inner dictatorships, from our “we are only human” conditioning so that we embody our multi dimensional super powers on a daily, and actually moment-to-moment, basis.

This epic shift is in the works. Be willing to be surprised. Start noticing synchronicities, impulses, and inspiration. Notice the old patterns that show up. They are to be let go of, for they are doorways to new empowering, outside-the-box, higher frequency realities.

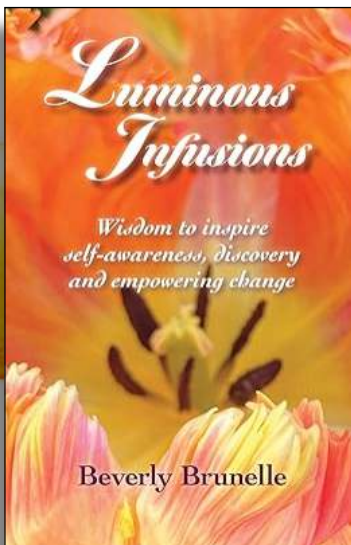
*The new is now.* It is not about waiting. We are plugged into a system of Divine Intelligence that is downloading into humanity at rapid speed. We can personify it as divine feminine energy in order to make sense of it, but it is surely more than we can imagine. So let go of trying to contain it. Be curious about the epic shift into you being a super human. Invite the Highest Consciousness of Divine Feminine Super Powers to grace you, your relationships, your life, and the whole of humanity. And watch for the changes that come forth.

△

**Beverly Brunelle is an Intuitive, pioneering energy master, teacher, speaker, author. She helps people clear their energy field so they can access deeper clarity, wisdom, creativity and courage. Her book, Luminous Infusions is a daily guide that inspires self-awareness and empowerment. Check out her energy healing YouTube videos here:**

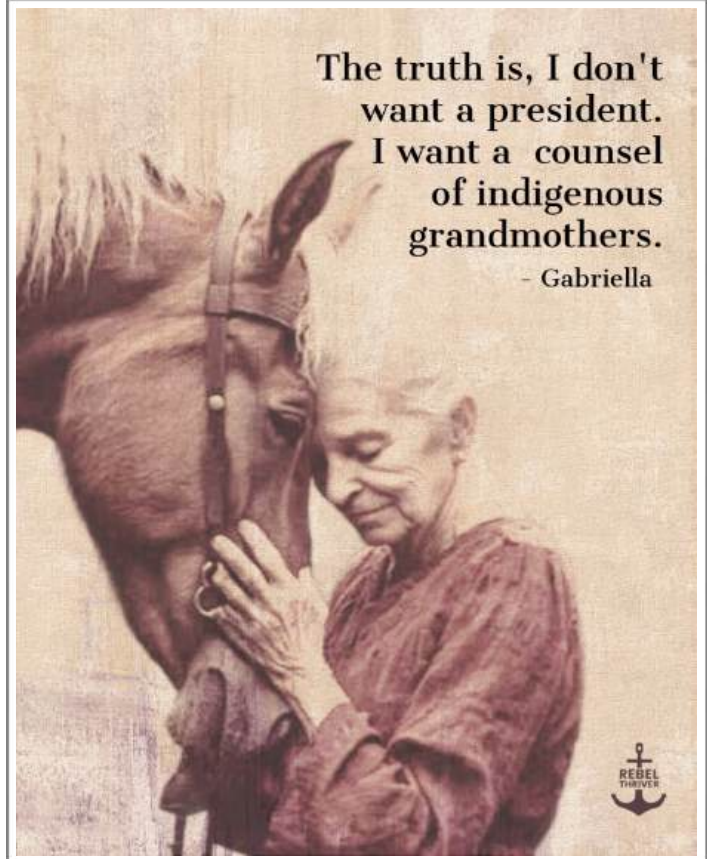
<https://www.youtube.com/watch?v=2SajLsUYWw>

<https://www.youtube.com/@beverlybrunelle3981/videos>



[Luminous Infusions](#)

## Potpourri



### [Rebel Thriver](#)

*The truth is...*

*I don't want more power-hungry men in suits making decisions rooted in greed and disconnection.*

*I want a circle of indigenous grandmothers—women who carry the memory of the land, the language of the stars, and the wisdom of what it means to care for the next seven generations.*

*Women who know that leadership is sacred, that power is stewardship, and that healing the world begins with listening. Let the old systems crumble.*

*Let the council rise.*

*We remember the way forward.*

△



# Clear Focus, Courageous Efforts Surge Forward with Seeds for Change

*Happy Solar Return May Birthday Babes! Wishing you a most delightful journey around the Sun!*

This month I bring you another twist on the way in which I unpack the energies at play in our celestial field, including an image of the chart (set for May 1st at noon CST. This gives you an overview on the astrological signatures for the month ahead and a list of transits and their energetic qualities at a glance.

We open May with a lovely union of energy between Venus and Neptune setting the stage for inspired creativity, heightened spirituality and dreaming in the ideal vision; mix in the Aries energy, and we have a sense of urgency or a fierce passion to lead this new vision into form. With her host, Mars, now in Leo, Venus wants to courageously turn the ideal into something real. Retrograde shadows have been cleared and we can now integrate any revisions we may have worked with over the past few months.

Mercury has a lot to say this month starting out in, quick and to the point, Arian communication style around future plans, receiving an extra heaping helping of support from a hopeful and visionary Jupiter. Zipping along, he enters Taurus and noticeably shifts to a more steady pace, drawing on a more pragmatic approach to problem solving.

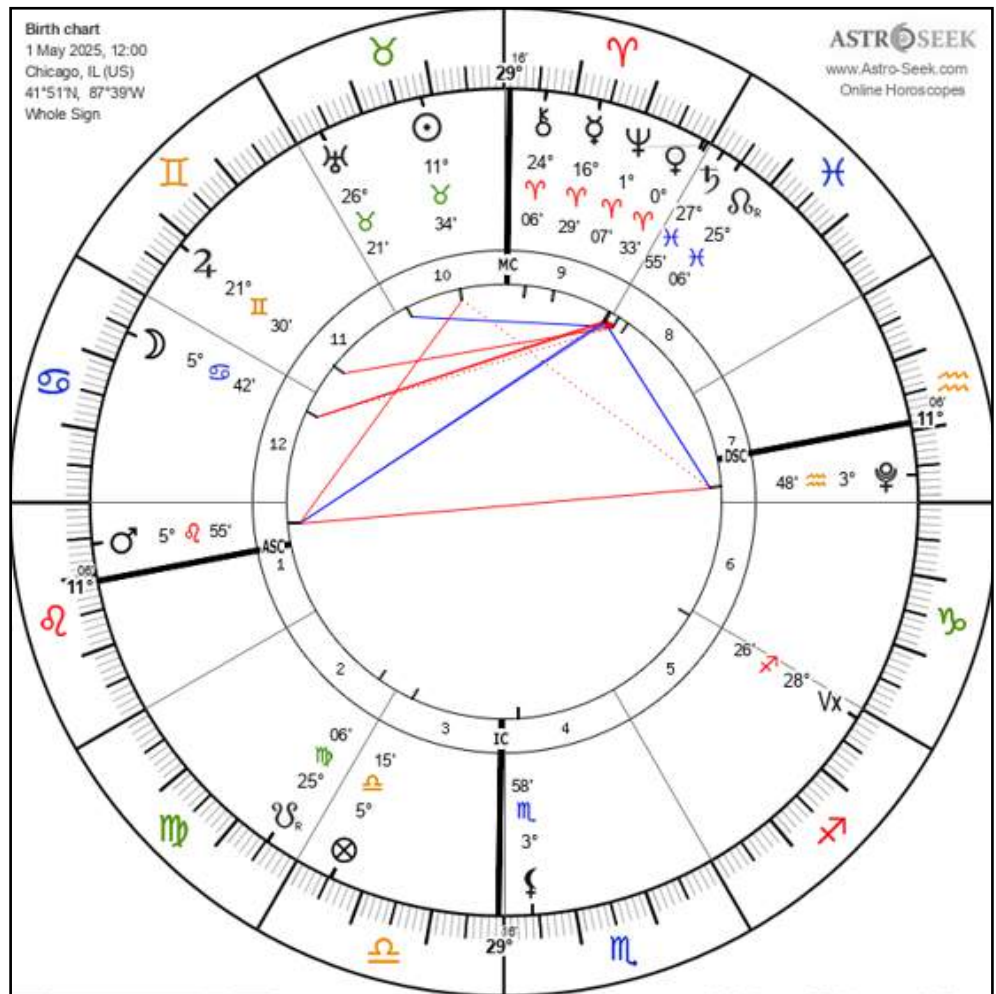
On the 18th he receives a combative energy from Mars in fixed Leo fueling debates and exaggerating a need to defend. On the 24th he conjoins Uranus, often referred to as the higher octave of Mercury, this blending has intuitive hits written all over it, opening a greater opportunity to innovation and welcoming in new concepts especially around food, farming and finances. They wrap up their meeting and Mercury sails into

Gemini, here at home, he is socially networking and drafting plans ~ especially after receiving helpful sextiles from Saturn and Neptune rounding out the month.

One of the more heavier or testing energies of this month will be the ingress of Saturn into Aries taking place on the 25th. This energy will bring in more of a breaking down of boundaries and ignite new protocols, new systems, a new game board and structures to endure time.

Overall, the month of May is full of sextiles and trines which are supportive and flowing in nature, bringing a forward and

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harmonious flavor to the energies at play. This is a great time to draft your own plans and goals for the future and visualize what you want to bring into form, shape and cultivate. Apply new practices, and as they say, “Be the change you want to see.” This brings to mind the quote and book title by the late Dr. Wayne Dyer, “*Change your thoughts, change you life!*”

#### Transits at A Glance:

May 2nd, Venus in Aries conjunct Neptune ~ Pioneering a new vision into reality.

May 4th, Pluto in Aquarius stations retrograde ~ Reevaluating the transformation.

May 5th, Mercury in Aries sextile Jupiter in Gemini ~ Understanding how it all fits together.

May 6th, Venus in Aries sextile Pluto Rx in Aquarius ~ Enriched relationships

May 10th, Mercury enters Taurus ~ “Slow and Steady”, said the tortoise.

May 12th, Full Moon in Scorpio ~ Navigating deep emotional attachments.

May 17th, Sun in Taurus conjunct Uranus ~ Out of the blue awakenings.

May 18th, Mercury square Mars in Leo ~ Debate and defend.

May 20th, Sun sextile Saturn in Pisces ~ Structures to rely on.

May 20th, Sun enters Gemini ~ Clever insight.

May 22nd, Venus trine Mars ~ Desires fulfilled.

May 22nd, Sun sextile Neptune ~ Keen receptivity.

May 24th, Sun trine Pluto ~ Hidden realms revealed.

May 24th, Mercury conjunct Uranus ~ Intuitive hits and downloads.

May 25th, Saturn enters Aries ~ Tests of courage and strength.

May 26th, Mercury enters Gemini ~ Witty, curious and at the ready.

May 26th, Mercury sextile Saturn ~ Refining and resourceful.

May 26th, Mercury sextile Neptune ~ Harness imagination to drive innovation.

May 27th, New Moon in Gemini ~ Nourished by ideas and networking.

May 27th, Mercury trine Pluto ~ Exploring the unknown.

May 30th, Sun conjunct Mercury ~ An illumination of concentration and communication.

△

**If you are curious as to how these transits are unfolding for you or looking to schedule a reading and learn more about the information of placements and points in your own natal chart please reach out to [andria@emeraldionalchemy.com](mailto:andria@emeraldionalchemy.com)**

## Remembering Our Former Editor Kathleen Jacoby 1944-2019



# One Weed at a Time

By Kathleen Jacoby

I had a gardener last year who kept my garden in shape, but it lacked interest. I told him not to use pesticides because we prefer a natural and organic garden, and assumed he'd listened. However, as winter approached, I realized that I could take care of the garden myself, so I let him go. Almost immediately, greenery popped up everywhere in great profusion – as though it had been stifled by some artificial means. It was then I realized that the reason everything was “tidy” was because he had been spraying weed killer all along. Not only were weeds affected, but so were the wildflowers!

As winter progressed, the wildflowers we had planted by the thousands began to come to life, and by spring, the front and back were overrun by greenery and little flowers here and there. It got to be too much, especially when it took over the paths – so I went out and began doing selected hand weeding. The work ahead was daunting, but I remembered something I'd been taught as a kid when I was charged with keeping the garden clear of weeds... “Just start where you are, and pick out one weed at a time.”

I found my entrance place and began. One weed, another weed, and soon there was earth smiling up at me and bugs scurrying to find new places to hide. It dawned on me that this process is the same one we need to use with the weeds in our thinking.

Start where a weed appears, and just pluck one misconception out at a time. When we try to deal with the “whole thing” at once, it is impossible. Cleaning house, weeding the garden, and clearing our

minds of toxic thoughts requires steadfast steps that addresses what is in front of us. Discerning what is a weed and what may be a flower requires some consideration, but as we pluck out the elements that choke our creativity and wellbeing, we feel lighter and brighter, just as the garden overwhelmed by too much greenery suddenly takes on an appearance of order and symmetry.

One weed at a time – that's the method.



Photo: ©Jane Erica Hutchison

△



# The Light Has Already Won

©Patricia Cota-Robles, Spring 2025

[www.eraofpeace.org](http://www.eraofpeace.org)

With the challenging things that are surfacing in the outer world, even the Lightworkers are experiencing a sense of urgency. Today, the *Company of Heaven* wants to help us put our observations into perspective. These messengers from our Father-Mother God are also reminding us to take advantage of the opportunity at hand.

The life-transforming influx of brand new, DNA Awakening, Solar Light Codes which we are able to receive now that the grossly mutated psychic astral realm of illusion has been Transfigured into a very thin gossamer veil, have catapulted us forward in the Light a quantum leap. The urgency we feel has nothing to do with the surfacing negativity. That is an essential part of our Ascension process. The feeling of urgency is a Clarion Call from the Realms of Illumined TRUTH inspiring us to grasp this Cosmic Moment.

We are multidimensional Beings of Light and we abide in many Realms of Higher Consciousness simultaneously. This includes the Realms of Cause where everything begins. Once something is co-created in the Realms of Cause, *nothing* can prevent that from eventually manifesting in the world of form. The only variable is how long it will take, and that is up to you and me.

The physical manifestation occurs when awakened humanity deliberately focuses on the co-creation and breathes those patterns of perfection into the Divinity of our Heart Flames. Then through our creative faculties of thought and feeling, we must express those patterns of Light in our daily lives through our thoughts, feelings, words and actions. Once we reach a critical mass of those Light patterns, an unstoppable shift occurs and the co-creation manifests in the world of form.

The wondrous news the whole of Creation are revealing to us now is that the new 5th-Dimensional Crystalline Solar Earth in

all of her glory has been God victoriously co-created in the Realms of Cause. This means that literally and tangibly THE LIGHT HAS WON! Even though there is still resistance and there are souls fighting tooth and nail to maintain their power, wealth and the status quo, their nefarious efforts are futile.

At this time, Mother Earth and ALL Life evolving upon her are still in the process of assimilating the incredible Light we were blessed with during the eclipses and the Equinox in March.

Then, beginning Sunday, April 13, 2025, billions of people around the World focused on Holy Week and the global celebrations of Passover and Easter. This global focus of attention involving billions of people on Earth, created a collective cup of humanity's consciousness through which the annual influx of the Resurrection Flame flows to bless ALL Life.

This year since the veil of illusion has been transfigured, Mother Earth and all life evolving upon her are able to receive the full Divine Momentum of the Mother of Pearl Resurrection Flame unimpeded. We are being told from on high that this will be the most powerful assistance from the Resurrection Flame that Humanity has ever been able to safely experience.

In order for us to fully grasp what this gift of the Resurrection Flame truly means for humanity, the elemental kingdom and Mother Earth, the Company of Heaven is reminding us of what an important role this gift from our Father-Mother God is playing in our Ascension Process. Please allow these words to resonate within the Flame of Illumined Truth in your Heart.

## The Miracle of the Resurrection Flame

Aeons ago, when we began experimenting with our gift of life and departed from the love-based existence, our Father-Mother God perceived the shadow of our mis-creations taking form in the astral plane surrounding Earth and within the consciousness of our physical bodies. God knew that the fruits of

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those seeds would be aging, disease, disintegration and decay. They further understood that some means of restoration would have to be provided to the Children of Earth who would one day desire to return to the perfection of our original estate.

To begin the process of manifesting that restorative power, our Father-Mother God breathed into their Heart Flames, from the very Core of Creation, the radiance of the Mother of Pearl Resurrection Flame. This Sacred Fire is a multifaceted and multidimensional frequency of Light by which the aged, diseased, distorted and disintegrating carbon-based substance generated by the misuse of humanity's thoughts and feelings can be purified, restored, rejuvenated and Resurrected back into its original God Perfection.

When all was in readiness, our Father-Mother God summoned two Mighty Solar Archangels from the Great Silence to bring this sacred Resurrection Flame to Earth. Through the Heart Flames of these Mighty Archangels, who are known through all Creation as the Angel of Resurrection and his Twin Flame the Angel of Restoration and Renewal, the Mother of Pearl Resurrection Flame was anchored on Earth.

From that moment forth, the Angel of Resurrection and the Angel of Restoration and Renewal have accepted the responsibility of bathing the Earth in the Resurrection Flame in a rhythmic momentum. This Sacred Fire flows through the portal formed during the March Equinox every year and bathes the Earth for several weeks. In the Northern Hemisphere, the Resurrection Flame is the frequency of Light that awakens the hibernating animals and brings the plants and trees back to life after the dormant winter months.

The Resurrection Flame is also the Sacred Fire from the Heart of God that Resurrected Jesus' crucified carbon-based planetary body into his 5th-Dimensional Crystalline-based Solar Light Body. This occurred three days after the crucifixion on what Christians now celebrate as Easter Sunday.

### **How the Resurrection Flame can assist us during the greatly accelerated Ascension process we are currently experiencing**

This Sacred Fire will help us to enhance the Divine Alchemy of Transfiguring our own carbon-based planetary bodies and the maladies manifesting in those bodies into the 5th-Dimensional Crystalline-based Solar Light Bodies we will abide in when we complete our Ascension onto the New Earth.

This year, 2025, due to the need of the hour and the *Unique Awakening* taking place within the masses, our Father-Mother God have granted the Angel of Resurrection and his Beloved Twin Flame, the Angel of Restoration and Renewal, permission to Breathe higher frequencies of the Mother of Pearl Resurrection Flame into Mother Earth's 5th-Dimensional Crystalline Grid of Comprehensive Divine Love. These are frequencies of the Resurrection Flame beyond anything Humanity has been able to assimilate at a cellular level.

This monumental amplification of the Resurrection Flame will quicken the vibratory rate of Humanity's, the Elemental Kingdom's and Mother Earth's carbon-based cells. This will allow our Silent Watcher, our I AM Presence and our Body Elemental to activate within the Core of Purity in every atomic and subatomic particle and wave of our physical, etheric, mental and emotional bodies higher frequencies of God's Infinite Light than we have experienced since our fall from Grace.

Our body will then be able to cast the mutated substances that are still contaminating our cells into the Violet Flame where they will be transmuted back into their original perfection. This will clear the way so that each of our cells will be able to receive the highest possible frequencies of God's 5th-Dimensional Crystalline Solar Light.

When we invoke and freely partake of the Gifts and Blessings pulsating within the NEW frequencies of the 5th-Dimensional Mother of Pearl Resurrection Flame, we will avail ourselves of the restorative and rejuvenating power that will greatly expand the *Unique Awakening* taking place within our Twelve 5th-Dimensional Crystalline Solar Strands of DNA and our Twelve 5th-Crystalline Solar Chakra System.

By affirming the following mantra on a regular basis, each of us will empower the Divine Alchemy taking place within our Earthly Bodies. As a note of clarity, the term "*Immaculate Concept*" refers to the original Divine Blueprint and the full Divine Potential of whatever we are invoking.

Please listen to your Heart and affirm this mantra as often as you are inspired to do so. It is a Gift from on high that has been building in momentum for millennia,

### **I AM the Resurrection and the Life**

*"I AM the Resurrection and the Life of the Immaculate Concept of Humanity's, the Elemental Kingdom's and Mother Earth's physical, etheric, mental and emotional bodies NOW tangibly manifest and Eternally sustained by Divine Grace."*

*"I AM the Resurrection and the Life of the Immaculate Concept of Humanity's, the Elemental Kingdom's and Mother Earth's physical, etheric, mental and emotional bodies NOW tangibly manifest and Eternally sustained by Divine Grace."*

*"I AM the Resurrection and the Life of the Immaculate Concept of Humanity's, the Elemental Kingdom's and Mother Earth's physical, etheric, mental and emotional bodies NOW tangibly manifest and Eternally sustained by Divine Grace. And so it is."*

During this sacred and holy time allow these NEW frequencies of the Mother of Pearl Resurrection Flame to flow through your Heart Flame to bless YOU, your Loved Ones and all Life belonging to or serving the Earth at this time. God Bless You.

Δ

# How to Simplify Sentimental Stuff and Still Honor Your Memories

*“I have memories – but only a fool stores his past in the future.”*

– David Gerrold

Written By Courtney Carver

**A**s you simplify, you will notice that often times, the most difficult stuff to get rid of, is the stuff soaked in memories. We become attached to things that remind us of our past, and our loved ones. Your great grandfather’s pocket watch, your first pair of roller skates, or your son’s artwork from kindergarten, all transport you to another time, and usually fill you with lovely memories.

Unfortunately, because you don’t want to clutter your home with stuff, these treasures are buried in boxes in the garage or attic, only to be rediscovered during a move, or a trip down memory lane. I must admit, I am a sap and a sentimental fool. I get teary driving past a wedding, hearing stories about my grandparents or cooking one of my favorite dishes from childhood. In my life, I’ve saved notes from the 4th grade, albums from my first rock star crush, my daughter’s first bathing suit, heart shaped rocks from hiking with my husband and jackets my dad gave me that never fit, but were so cool, because they were his.

How do you get rid of the stuff that means so much, and evokes so much emotion, in the name of minimalism and simplicity?

**Here are five ways to simplify the sentimental.**

**Each concept includes focusing on what is most important and honoring your history.**

**1. Share the love.** Display some of your sentimental item. Less does not mean none. Paring down your objects of memory does not necessarily mean ridding yourself of them all. Instead, paring down your sentimental items allows you to focus on the most meaningful.

Chances are, the things with all the memories are in a box in the garage or attic. Sort through those boxes and choose the things that mean most to you and display them. Sometimes we hold onto things to hold onto people that have left our lives. Honor the ones you love by sharing what was theirs.

After all, a box full of memories stashed in the basement is far less meaningful than 3-4 specific items displayed proudly in your home. So go through that box of mother’s things in the basement, select the 3 that most represented her life and the influence that she had, display them proudly, and remove the rest.

**2. Make it useful.** Did you save the china that your parents received on their wedding day or a special necklace that was passed down to you? Why not use it? Donate your everyday plates and eat off the dishes that mean so much. Wear the memorable piece of jewelry every day instead of waiting for a special occasion, or forgetting about it completely. Use them or pass them on.

**3. Put it in the cloud.** If you’ve been saving printed photographs, documents, receipts and other paperwork for years, it might be time to digitize your docs. Sort through it all and toss the trash. Scan the rest or hire someone to do it for you. From there, back it up through Dropbox.

**4. Shoot your stuff.** When you are uncluttering, save the things that mean the most to you, and take a picture before letting them go. Group items creatively or take pictures using the things. For instance, if you saved a baseball hat from your childhood little league team, take a picture of your child wearing it. Create a digital photo book with images and descriptive text, so you can enjoy your memories without the clutter. A book like this makes a beautiful gift to someone else in the family who wants to enjoy the memories without the clutter.

**5. Tell your story.** The most powerful thing we can offer is our story. As you simplify your life, you will come to the realization that the most sentimental things aren’t things at all, but stories of the people and places we love, and how we spend our time. Write about the things you love, instead of holding onto them. Start a family blog or keep a personal journal. Your words may start out describing your mother’s watch, but turn into a beautiful story about an afternoon the two of you spent together.

Approach each area or section of your life the same when it comes to letting go, and revel in what unfolds. Not only do you make room for the good stuff, but you can clearly identify what is most meaningful to you. Instead of filling boxes with the things that define your life, spend more time creating your life, giving to others and sharing your story with actions, thoughts and gratitude.

△

**Courtney Carver is a writer who writes about simplifying and living life on purpose at Be More with Less. She is the author of Soulful Simplicity: How Living with Less Can Lead to So Much More.**

## Maintain a **Minimalist Bathroom** and Reap the **Benefits!**

If your bathroom is over-stuffed with stuff, you probably waste time getting ready for the day. Keep things tidy and in their proper place to save time and energy. Keep toilet lids and drains closed to allow the chi to flow and enhance your wealth and prosperity.



The use of heavy stones and boulders in the bathroom simulates the powerful earth energy of mountains. This symbolism can be most powerful in overcoming the effects of toilets causing problems in the home. Place a large boulder in the bathroom (or a pebble bath mat) to symbolically press down any 'bad luck' created by the toilet.

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# Here's How to Spend More Time in Nature

By Joshua Becker (Edited for brevity)

**H**ave you researched the benefits of spending time in nature recently? Not only does it relieve stress (which many of us know already), that's just the tip of the iceberg. Here's what some of the research says (based on articles from Harvard, UC Davis, the APA, and countless others):

## Spending time in nature is...

**Good for our physical health.** It boosts our immune system, lowers blood pressure, reduces the risk of heart disease, stroke, type 2 diabetes, and even some forms of cancer. It increases levels of Vitamin D and encourages physical activity—both of which contribute to actually living longer. Some research has

even linked time in nature to better outcomes in recovery after surgery!

**Good for our mental health.** It reduces stress, anxiety, and symptoms of depression. It calms the nervous system, lowers cortisol levels, and quiets our overstimulated minds.

**Good for our brain.** It improves focus, memory, and creativity. It restores mental clarity and even increases problem-solving abilities. Researchers have a name for this, "[Attention Restoration Theory](#)," which says that our brains, fatigued by decision-making and constant stimulation, finds rest in natural environments and actually comes back sharper.

**Improves our sleep.** Natural light helps regulate our circadian rhythm, leading to deeper, more restful sleep at night. In fact, people who spend time outdoors tend to fall asleep faster and sleep better.

**Increases our motivation and productivity.** [According to the research](#), people who work near green spaces report feeling more engaged, less burned out, and more motivated.

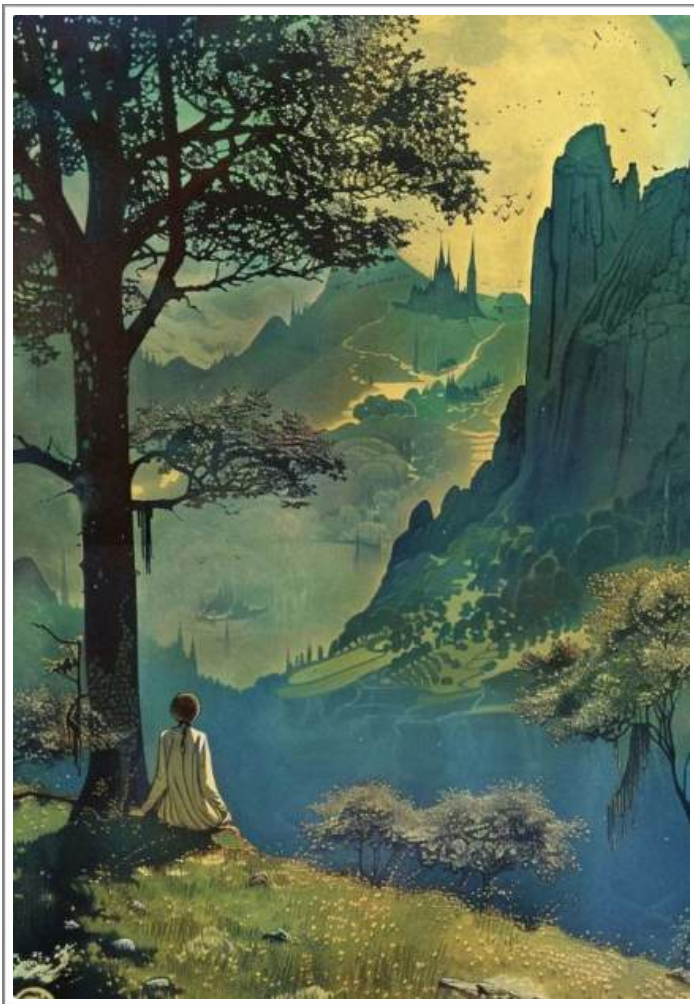
**Improves our relationships.** Unbelievable, but true. It boosts empathy, generosity, and cooperation. It helps us feel more connected to others and to something bigger than ourselves. Some studies even show that time in nature increases prosocial behavior—including kindness toward strangers.

**Increases our happiness.** Studies show that nature can increase positive emotions, reduce rumination, and improve our sense of well-being. Even a short walk through a green space can make a difference. It sparks feelings of awe and gratitude. It reminds you that you are part of a larger, beautiful world. People who feel connected to nature consistently report higher levels of joy, meaning, and satisfaction with life.

## Wow, what a list!

Knowing all these benefits, you might assume we'd be outside all the time. But we're not. Over 60 percent of adults report spending five or less hours outside in nature each week.

The demands of daily life, our reliance on screens for entertainment, the time required to care for our stuff, and the rush from one task to the next often pull us indoors (or from home to car to work to car to back home again). Or maybe we simply forget. Regardless of the reason, how can we turn the tide and start enjoying nature more intentionally?



*"The best antidote to stress is spending time outside."*

Continued on page 33



## Here are seven simple steps:

### 1. Know the benefits—really know them

Being outside sounds nice to us, but it's hard to prioritize something we think of as merely "nice." But look at that list above. Being outside in nature isn't just nice, it's life-giving and life-changing. If you desire any of the benefits listed above, know that you can experience them by simply spending a bit more time outdoors. Start there—finding your motivation. The more aware you are of the impact it makes, the more likely you are to carve out time for it.

### 2. Schedule nature like you'd schedule anything else

Whether it's a 15-minute walk in the afternoon, a 2-hour hike on the weekend, or a cup of coffee on your back porch, be intentional about planning time outdoors.

If time in nature is something you're just starting, give yourself some grace. Maybe you learn that you like walking in the morning better than evening... maybe you learn that it gets a bit too warm starting at 1pm... maybe you learn you enjoy the park when there are fewer people (or more people)... but only once we become intentional about scheduling it can we begin to learn that.

### 3. Don't overthink it

You don't need to climb a mountain or drive an hour to a National Park to benefit from nature. Reading a book in a local park, walking your dog, riding your bike, reading on the porch, or eating lunch on a picnic table are all great ways to connect with the outdoors. The goal is to spend more time in nature—how you do that is up to you. And in case you're wondering, studies show that even urban green spaces provide many of the same benefits as wilderness settings.

### 4. Do everyday activities outside

Almost anything you do indoors can be done outdoors. Take a phone call on your front steps. Sip your coffee on the back patio. Play a board game at the park. Read on a blanket under a tree. Eat your lunch outside. Even scrolling your phone can be done in nature. (Though I'd probably recommend finding a different activity, my point is the same).

### 5. Take advantage of your season of life

If you have young kids, embrace this season and appreciate time outdoors both for them and with them. Take them to the park often—they'll love it and it's good for you.

As they get older, rather than dropping them off at soccer practice and driving away, sit outside and watch them play from a lawn chair. Make their games a priority in your life. Your family will benefit and your time outside will increase.

### 6. Build small rituals into your life

Rather than making being outside in nature something that requires intentional thought, see if you can work it into a small, ongoing ritual. By that I mean, a habit that occurs naturally in your life. Practicing meditation every morning. A short walk after dinner. A 10-minute sit spot before you walk into work. A weekend walk before or after church. Intentionally parking further from your office.

One helpful practice in developing any new habit is to tie it to an already existing part of your life. Use that same methodology to spend more time in nature. You might need to adjust this habit during different seasons, but don't let that stop you from starting now, especially as spring begins.

### 7. Let beauty slow you down

Our screens move fast, but nature doesn't. Use this to your advantage. Watch the sunset. Find shapes in the clouds. Listen to the birds. Stare at the stars. [Look closer at a flower](#). Take time to appreciate the beauty of a mountain, the crashing of the waves, or the movement of a stream. Let yourself be still and the beauty slows you down.

The best antidote to stress in your life is spending time outside. Let's all make time for it.

△

**Joshua Becker is an American author, writer, and philanthropist. Becker has written four books on minimalism and intentional living and have been translated from English into several languages. In particular, his books *The More of Less* and *The Minimalist Home* have been named best sellers by Amazon and others. [www.becomingminimalist.com](http://www.becomingminimalist.com)**



*"...and I looked upon the world with all the innocence and wonder of a newborn babe. And now, if I am sad, or filled with sudden rage, I find some quiet place with grass and leaves and earth, and sit there silently and hope that they will come and call me, with their silvery voices, and make me clean again, those little angels of the trees and flowers." ~Jane Goodall*

Teacher ♥ Coach ♥ Medium



### **EVENTS THIS MONTH**

**May 7** - Unstuck & Unstoppable, Releasing Blocks With Energy Coach, Joy Baker, Canada Edge Talk Radio

**May 10** - Wisconsin Cryptids, Anomalies and Paranormal Convention, Appleton, WI, Gallery

**May 21** - Following Your Soul's Journey with Historic World Traveler, Jackie Lapin, California Edge Talk Radio

### **JUNE EVENTS**

**June 4** - The Orchid Code:Unlocking Feminine Power/Authors Rocio Aquino/Angel Orenge, CA Edge Talk Radio

### **JUNE EVENTS continued**

**June 18** - Opening to Divine Intervention:Unlocking Your Intuition with Author Karoleen Foer, IA, FL Edge Talk Radio

**June 21-22** - **Magical You Retreat** in the New London, WI area

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