

The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 14 Issue 2 • February 2026

Health Challenges Bring Spiritual Healing
Recognizing Signs from Spirit
Saddle up! It's the Year of the Fire Horse

*“And don’t think the garden
loses its ecstasy in winter.
It’s quiet, but the roots are
down there riotous.”*

-Rumi

Kolene Spicher

The AFTERLIFE REPORT

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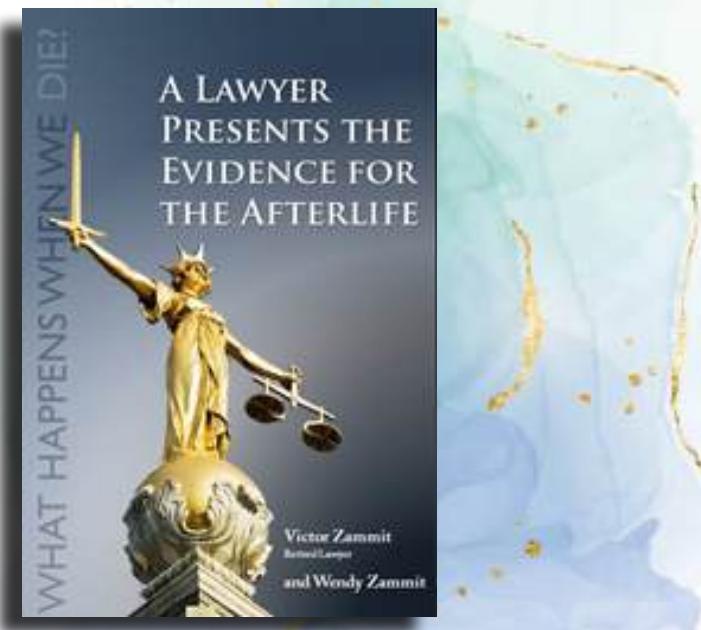
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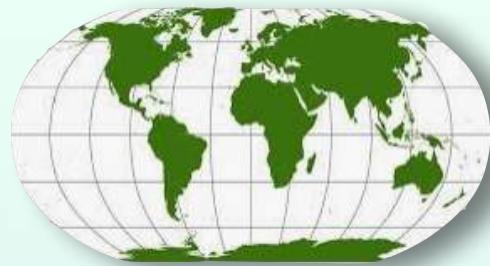
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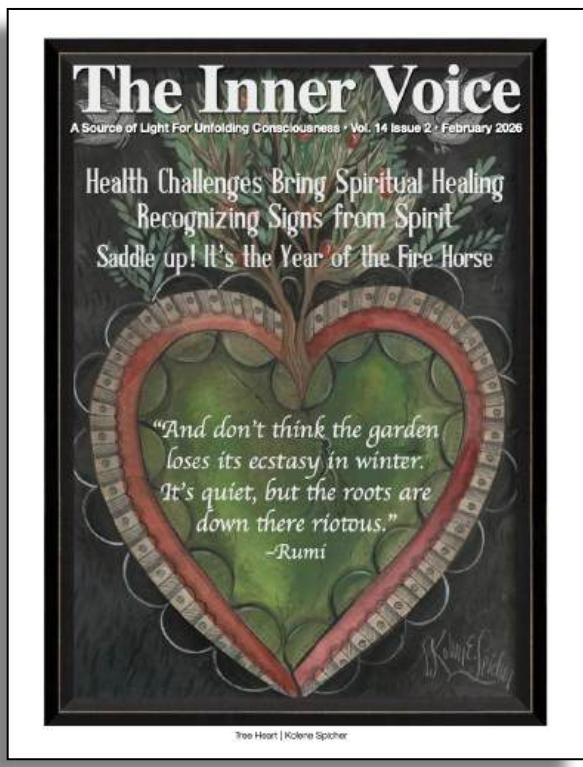
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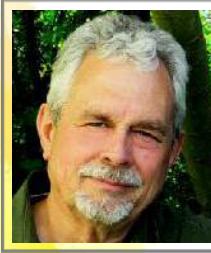
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Writer's Guidelines and Ad Rate Sheet available upon request. Email comments to: theinnervoicemagazine@gmail.com

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Angel Medium Nancy Freier

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Listen to Nancy's Interview: [Grief Opened A Portal to Angels](#) on “Beacons of Balance” Podcast with Hosts Arline McKay & Joanne Macko

“Angel Heart” by Kolene E. Spicher

Readers' comments:

I just wanted to say thank you, as I have just discovered **The Inner Voice** magazine! It has introduced me to the concept of a Merkaba and I will be looking into its significance for myself. Thank you!

–Kimberley S.

I want you to know how much I appreciate the time, artistry and attention you put into **The Inner Voice** every month. Although I read articles in the PDF version, I like to look through the flipbook, because it's so beautifully put together. Your layouts and variety of content and images makes it not only an enjoyable resource for a variety of spiritual topics, but a piece of art I enjoy. Thank you for your ongoing, consistent hard work and commitment all of you put into producing this beautiful monthly magazine. With love and gratitude,

–Ellen McCord

I LOVE Florence Scovel Shinn writings. (Jan. 2026 issue) They have helped me tremendously over the years! Thanks, Steve, for reviewing her work!

–Beverly B.

Thank you Nancy. Joyeux Noel or Merry Christmas from France
Another wonderful edition of your magazine. Blessings, –Linda R.

The editors and I thank you all for your kind words!
~Nancy

We'd love to hear from you!
E-mail your comments, article ideas, and questions for **Angel Talk™** to: theinnervocemagazine@gmail.com

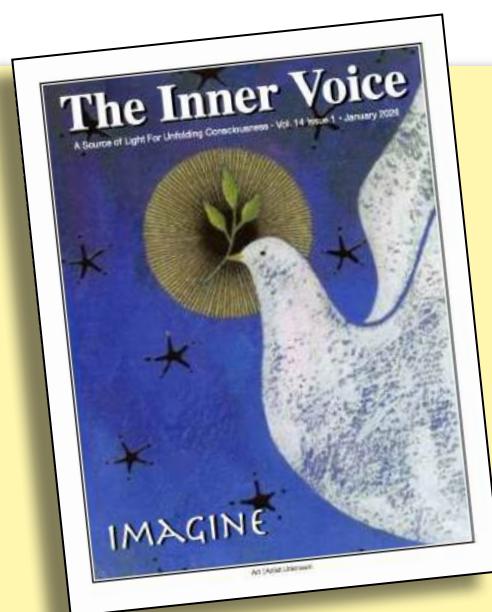


“The moment an inspiring thought enters your heart, appreciate it as a dear guest visiting you that day.”

-Rumi

“I forgot the question but, the answer is Love. The answer is always Love.”

-Trudi Jane



Dear Readers,

Rumi's words, *“And don't think the garden loses its ecstasy in winter. It's quiet, but the roots are down there riotous,”* inspired this issue—a reminder that even when nature appears still, much is unfolding beneath the surface.

According to Chinese Zodiac Astrology, on Tuesday, February 17th, we move from the Year of the Wood Snake into the New Year of the Fire Horse. New contributor Debbie Edwards offers a lively preview, suggesting we may want to “saddle up—it might be a wild ride!”

Several articles this month explore how life's challenges can serve as spiritual messengers. In *Health Challenges Invite Spiritual Introspection*, J.J. Flowers draws from Jane Roberts' *The Nature of Personal Reality* to illuminate illness as a pathway to soul awareness. This theme is beautifully echoed in Dr. Susan Barnes' personal healing journey with MS.

New contributor Lais Stephan brings a timely and thought-provoking perspective in *Space Clearing in the Age of Fascism*, exploring how our home environments can support healing, resilience, and well-being.

In this month's *Angel Talk™* column, the angels discuss Signs and Symbols—meaningful messages from the Other Side. Dr. Liz shares guidance for nurturing spiritual growth during winter's quiet season, while Gordon offers a Winter Meditation to support that inward turn. Bev's *Trance-Ending Moments* invites us to question perception itself, Steve's review of *The Country Beyond* offers important afterlife perspectives, and Regina Ochoa's channeled message from a NASA astronaut expands our understanding of Love from beyond the physical.

I hope this issue resonates deeply as we gallop into the year. May you find reassurance in knowing that even in winter's stillness, life is very much alive.

Nancy

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Recognizing Signs From Spirit

Common Ways Angels and Guides in Spirit Get Our Attention and Offer Guidance

Have you ever experienced a moment when pushing forward no longer works? When effort, determination, and all the tools you have so freely used in past accomplishments fall strangely silent?

It's not because you've failed, but perhaps there is something deeper calling for your attention.

That was where I found myself one winter. I was worn thin by pains in my body, uncertainty in my interior design and feng shui careers, and a quiet fear I didn't dare speak aloud. I believed in guidance, trusted the angels, even taught others how to listen to their angels, yet there I was, backed into a corner, feeling as though I had reached the end of my own rope.

It was only when I stopped trying to fix everything that I finally let go and heard the angels. It wasn't a command or a dramatic revelation, but a simple and loving interruption:

"Let us come into this."

Tears came before the relief. I remember sitting quietly, my defenses down, my heart open in a way it hadn't been for some time. And the angels responded with certain **Signs and Symbols** that pointed me toward the Light.

"Hang a faceted crystal in the 'Fame' area," I heard my feng shui angel whisper. It became more than décor; it was a symbolic nudge to "fire things up" in my life and career. Within days, I received a call from a new client eager to schedule an appointment; shortly after, an unexpected check arrived in the mail, accompanied by a heartfelt letter from a reader thanking me for publishing this magazine. Each of these moments felt like a

gentle validation that my call had been heard and that guidance was already unfolding.



"When signs appear, trust that guidance is already reaching you."

Common Signs & Symbols From Spirit

- **A quiet inner nudge** — a feeling, thought, or sense of knowing that seems to come from nowhere. If we don't pay attention, the nudge may grow stronger.
- **Repeating words, phrases, or ideas** — messages that appear again and again until we notice them.
- **Emotional shifts** — sudden peace, reassurance, or comfort in moments of uncertainty.
- **Meaningful coincidences** — life events that answer a question you may not have spoken aloud.
- **Physical sensations** — warmth, tingling, goosebumps, or the sense of being gently held.
- **Synchronicities and small miracles** — feathers, repeating numbers, meaningful song lyrics, or books opening to just the right page.
- **Interruptions or delays** — small shifts in timing or plans that redirect you toward what's meant for you, sometimes avoiding accidents or other chaos.

We simply need to pay attention and begin connecting the dots. Signs are most often subtle, woven into the fabric of everyday life, and easily overlooked if we are not watching with open hearts and minds. They are not something to chase, but gentle invitations to pause, notice, and trust that guidance is already flowing. Spirit is always communicating; it is our awareness that allows meaning to emerge.

At times, guidance arrives clearly in quiet moments. At other times, it reveals itself more mysteriously.

Looking back on my life, I can see that the angels were reaching out long before I noticed—through subtle nudges, interruptions, and symbolic signs that quietly guided me in the right direction, never forcing an outcome. They were never absent; at times, I was simply too focused elsewhere to recognize their presence, as so many of us are at different moments in life.

continued on page 7



Angel Guidance Zoom Group!

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

Next meeting is Sat. Feb. 14 • 1 pm CST

11 am Pacific • 2 pm Eastern • 9 am Honolulu

Sydney: 6 am AEDT Sunday

[Click HERE to Join](#)

Guidance doesn't always arrive when we sit down to meditate or formally pray. More often, it comes through ordinary moments—a thought that appears out of the blue, a feeling that soothes the nerves, or a small sign that gently confirms the next step forward. (See list below.)

If you are feeling discouraged, or quietly wondering whether your prayers are being heard, trust that you are not being ignored. As Sreper reminds us, "Simply call. We can help." For many over the years, when a simple sign did not feel like enough, angel readings have offered deeper insight, reassurance, and a sense of connection to Spirit—providing personal, heart-centered guidance aligned with one's life path.

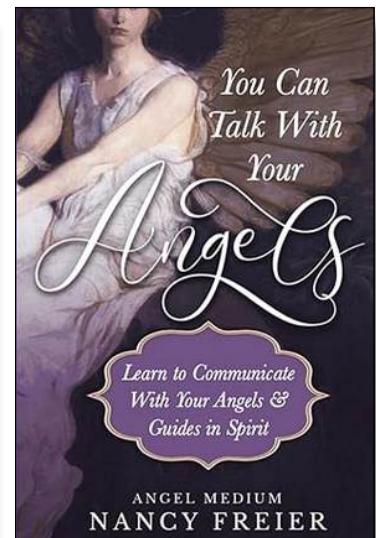
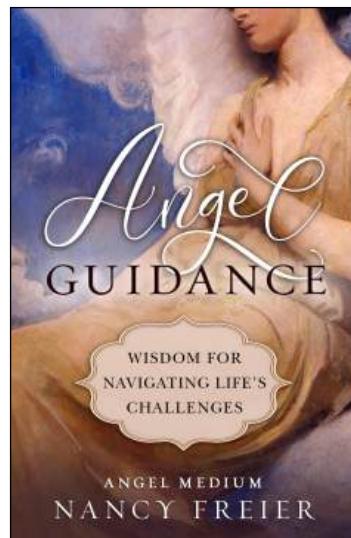
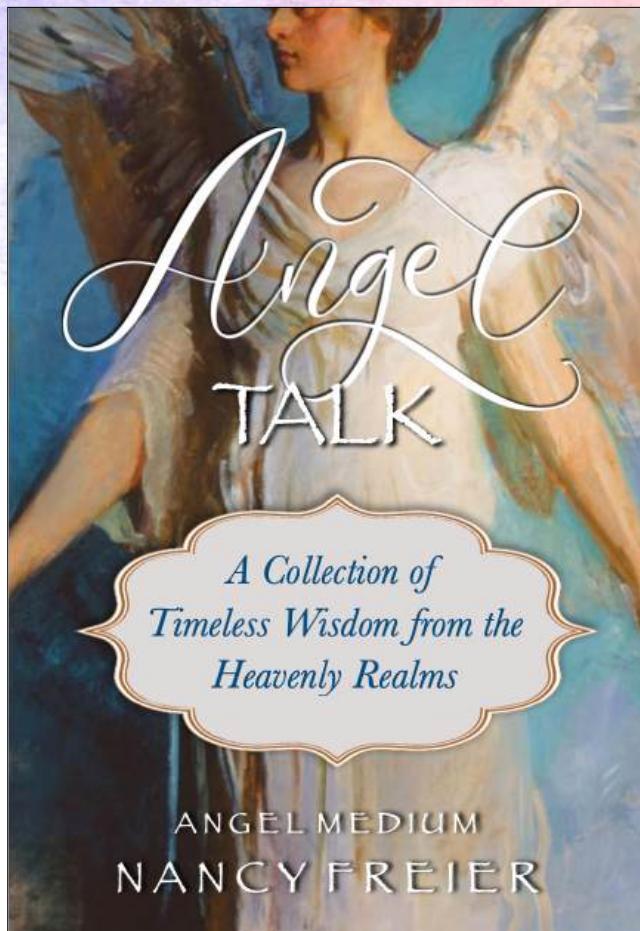
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An Exercise to Learn Spiritual Sign Language

1. Pause for a moment and settle your awareness into your body.
2. Place your hands gently over your heart or let them rest in your lap.
3. Take a slow, deep breath in... and exhale softly. Repeat, then...
4. Silently say: "I am open to noticing guidance from my angels and guides."
5. When you're ready, take another slow breath and carry this openness with you. Trust that the angels will answer in ways, both subtle and clear, as you go about your day.
6. Simply pay attention. Notice any thoughts, feelings, or images that drift into your awareness. Be alert for subtle signs in your environment such as: feathers, a rainbow, a hawk, coins, repeated numbers, song lyrics, or unexpected synchronicities. Notice any sensations in your body — warmth, tingling, a gentle touch, or a wave of calm during a stressful moment.
7. Ask questions such as: What is the message here for me?
8. Say 'thank you' as you notice the signs. They are gifts to you from spirit.

Δ

New Book Coming Soon!



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

[You Can Talk With Your Angels](#)



My Spiritual Healing Took Me to Egypt

Believe it's possible, and then it is

When I was diagnosed with multiple sclerosis in 1998, the future collapsed into a single terrifying image. I believed my life, as I knew it, was over. I counted years the way one counts steps to an edge, certain that by 2026 I would be in a wheelchair. MS is a shapeshifter—sometimes mild, sometimes merciless—capable of stealing movement, clarity, and hope, and in its darkest forms, life itself.

It began with vertigo, the world tilting without warning, and a body that could no longer trust the ground beneath it. Doctors first called it an ear infection. The medication did nothing. In the urgent care emergency room, I heard a voice lowered in caution: *She may need to see a neurologist.* Tests followed—hearing, vision—and with them, confirmation that something deeper was wrong. The diagnosis was positive.

The treatments were brutal. A shot, then two days of sickness. Over and over again. Sleep abandoned me. Eventually, so did my marriage. My husband could not live with illness as a third presence between us. The injections increased—from weekly to daily—until they became a rhythm that ruled my life. After twenty-five years, I was offered a fragile hope: a study to see whether older patients without recent flare-ups could stop medication. I leapt toward it. But, I was placed in the group that had to continue medication. Without knowing the results, I chose to stop, and currently use no drugs.

MS does not disappear quietly. It returns in episodes—vertigo so fierce I could not rise from bed, the slow humiliation of a cane, the fog that dulled my thoughts and made concentration feel like wading through water. And then, almost without announcement, something shifted. I found Spiritualism. I found

spiritual healing. Or perhaps it found me. I welcomed it into my life and sought it wherever I could. Gradually, the vertigo loosened its grip. I set the cane aside. My thoughts sharpened, the haze lifting like morning mist. *Healing did not arrive as a miracle, but as a steady remembering of wholeness.*

The most important lesson I learned is simple and profound: thoughts are things. What we dwell on takes shape within us. By

choosing not to live within the daily irritations of illness, by cultivating positive belief rather than fear, I gave my body room to respond. There are still limits. Heat triggers vertigo, so Caribbean cruises belong to another life. When I struggle, I think how spiritual healing has allowed me to continue walking.

In many ways, I am better now than I was ten years ago, when I had to stop working in the corporate world. Last October, confidence carried me all the way to Egypt! The heat was relentless—over one hundred degrees—and my cane returned to my hand. I missed some moments,

lagged behind others, and learned that it is perfectly acceptable to be the last one on the bus.

The temples of Egypt hold a deep, ancient stillness, saturated with something beyond stone and imbued with spiritual healing. Standing before the statue of Sekhmet, I felt it unmistakably. Her energy pierced my mind, and for a fleeting, luminous moment, I felt whole.

Spiritual healing begins with belief—the quiet, unwavering belief that healing is possible!

△

Get a Reading with Medium Dr. Susan B. Barnes.
See ad on page 9 for information.

Author Dr. Susan B. Barnes, CSNU

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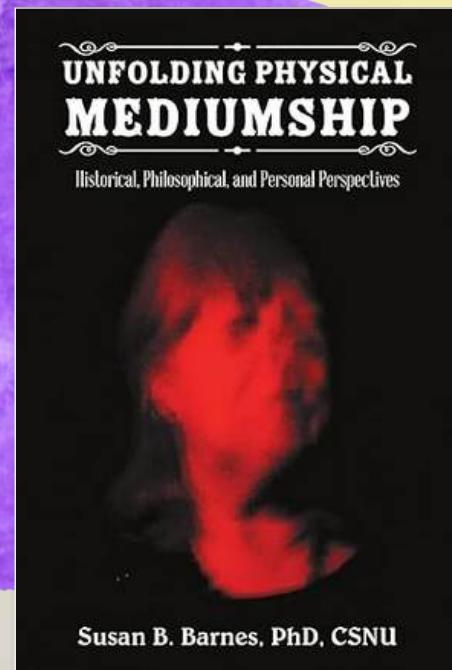
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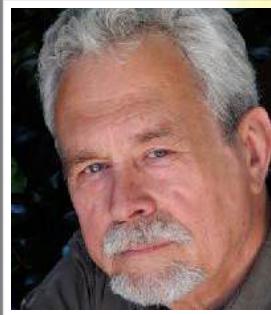
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Afterlife Perspectives Inspired by The Country Beyond – A Study of Survival and Rebirth By Jane Sherwood

The idea for this article was first inspired by an old book first published in 1944 which I had in my personal library titled, *The Country Beyond – A Study of Survival and Rebirth* by Jane Sherwood. It details her extensive investigation into the afterlife and communication with the deceased, which is a journey she began following the death of her husband in World War I.

What happens after we die is one of humanity's oldest and most intimate questions. It's a question shaped not just by theology or philosophy, but by personal experience, longing, fear, and hope. Over time, different thinkers have tried to map what lies beyond physical life—some through religious revelation, others through mystical experience or systematic exploration of consciousness. In this article, I explore three distinct yet surprisingly interconnected perspectives on the afterlife. Each offers its own language, structure, and emotional texture, but all attempt to answer the same enduring question: *what, if anything, awaits us beyond this life?* My aim here isn't to persuade, but to invite reflection—to notice where these ideas resonate, where they challenge us, and how they might quietly expand our sense of what reality could be.

When Jane Sherwood, Robert Monroe, and Emanuel Swedenborg write about the afterlife, they appear at first to be describing entirely different worlds. One writes as a grieving widow feeling her way forward, another as a consciousness explorer charting repeatable states, and the third as a theologian convinced he has been shown the spiritual order of the universe. Yet when their visions are placed side by side, a quiet continuity emerges. They are not contradicting one another so much as describing the same territory from different altitudes and with very different intentions.

Jane Sherwood's afterlife begins in loss. Her vision grows out of mourning, not theory. In *The Country Beyond*, the world after death is something encountered slowly and cautiously, almost like entering a foreign land without a map. She never claims to see the whole structure. Instead, she reports what feels near, personal, and emotionally charged. The dead remain

themselves. They remember, love, hesitate, and learn. Death does not snap the soul into perfection; it carries human incompleteness forward into another mode of existence.

For Sherwood, the afterlife is deeply relational. Her desire to reach her husband shapes her understanding of what lies beyond, and love becomes the thread that crosses the boundary between worlds. She senses danger as well as beauty in psychic exploration, warning that curiosity without humility can mislead or harm. Growth, in her view, is gradual and may extend across multiple lifetimes through rebirth. The "Country Beyond" feels alive and unfinished, a place where souls are still becoming what they are meant to be.

Robert Monroe enters that same territory from an entirely different doorway. Where Sherwood wanders, Monroe navigates. His accounts of the afterlife emerge from deliberate

out-of-body exploration, repeated over decades, and described with almost technical precision. In Monroe's work, the afterlife is not a single realm but a layered system of consciousness states. Death is simply a shift of focus away

from physical reality into nonphysical environments that already exist.

Monroe's tone is cooler than Sherwood's, but his findings echo Sherwood's in unexpected ways. He encounters regions where recently deceased individuals retain identity, memory, and emotional attachment, often unaware that they have died. These environments resemble Sherwood's "Country Beyond," though Monroe categorizes them instead of describing them poetically. Where Sherwood emphasizes emotional continuity and moral learning, Monroe emphasizes function and movement—souls transitioning, reintegrating, or choosing further experience, including reincarnation. The personal drama Sherwood feels, Monroe observes.

Emanuel Swedenborg stands apart from both, yet his vision intersects with theirs at a deeper level. Writing in the 18th century, Swedenborg presents the afterlife as an ordered moral universe rather than an exploratory frontier. For him, the soul

Continued on page 11

awakens immediately after death into a spiritual world shaped by its inner loves and intentions. Heaven and hell are not places assigned by divine decree but environments the soul naturally inhabits because they reflect its inner nature.

Unlike Sherwood and Monroe, Swedenborg rejects reincarnation entirely. He believes the soul's fundamental orientation is set after death, though growth continues within that orientation. Yet his afterlife, like Sherwood's, is intensely personal. Individuals remain recognizably themselves. They gravitate toward communities that feel familiar and true. Inner character determines outer reality. In this sense, Swedenborg's spiritual geography mirrors Sherwood's experiential warnings and Monroe's observational findings, even if his theological conclusions differ.

What unites all three writers is a shared conviction that death does not erase identity and that the afterlife is not arbitrary or chaotic. In each vision, the inner life of the person shapes the world they encounter beyond the body. Sherwood frames this as moral and emotional development across lifetimes. Monroe frames it as movement through states of consciousness. Swedenborg frames it as alignment with eternal spiritual laws. Each describes growth, learning, and continuity—but through a different lens.

Seen together, their accounts form a layered picture. Sherwood offers the view from ground level, close to the human heart. Monroe offers the aerial map, tracing pathways and regions. Swedenborg offers the architectural blueprint, showing how inner structure gives rise to outer form. None cancels the others out. Instead, they suggest that the afterlife may be vast enough to accommodate all three perspectives at once.

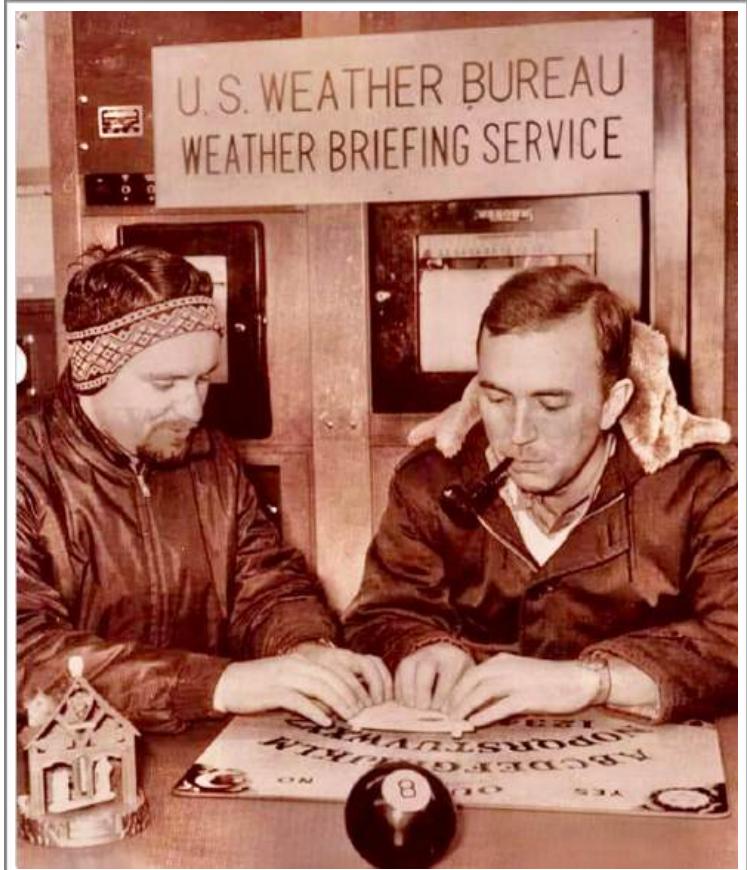
If Sherwood teaches us what the afterlife feels like, Monroe shows how it functions, and Swedenborg explains why it takes the shape it does. The mystery they describe remains unfinished—but richer for having been approached from such different directions.

Taken together, these three perspectives suggest that the afterlife may be less about a fixed destination and more about an ongoing journey of awareness, identity, and love. Whether described through spiritual realms, states of consciousness, or inner landscapes shaped by belief, each view points toward continuity rather than annihilation.

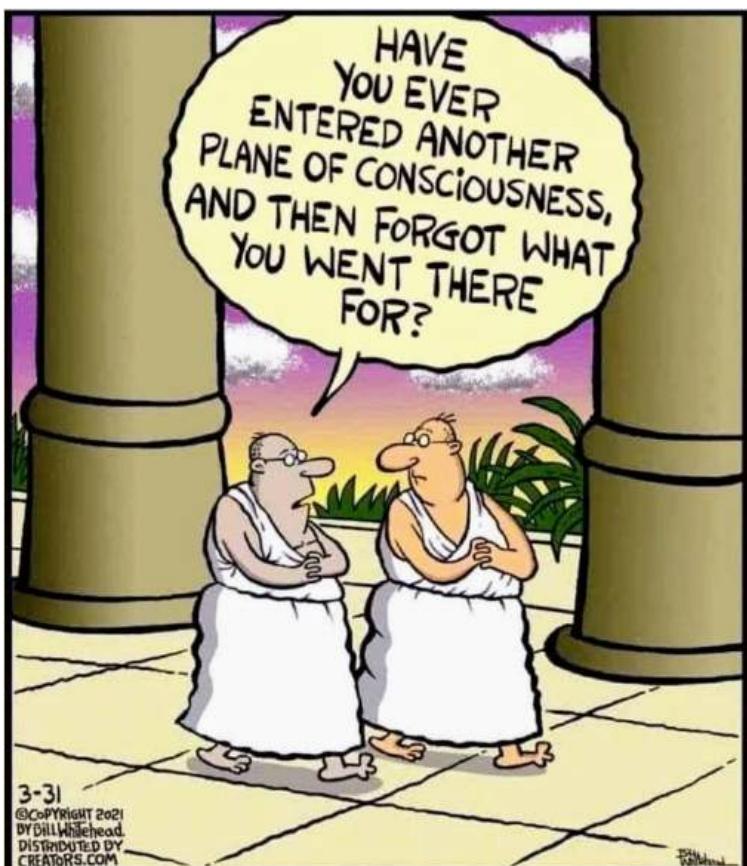
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Steve Freier is a researcher of metaphysical subjects and is the editor and website tech for *The Inner Voice* magazine. Questions or comments? E-mail Steve here: SGFreier23@gmail.com

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Space Clearing in the Age of Fascism

How to Protect Your Home & Body from Collective Trauma

By Lais Stephan <https://myhealingsanctuary.net/linktree>

Editor's Note: The text in orange are links for further reading.

I used to energetically clear my home when life felt heavy. I loved making my home feel lighter after a breakup or a tough week. Now I do it because the world won't stop breaking my heart.

I began noticing a deeper reason behind my **Space Clearing** ritual: a need not just to feel lighter, but to survive the weight of what I was witnessing.

We are living through terrifying times. The rise of **fascism** isn't a metaphor. It's here. It's in Europe. It's in the United States. We are watching authoritarian governments strip away rights, silence dissent, and criminalise compassion.

ICE raids have returned in full force in the U.S. People, many of them refugees and asylum seekers, are being sent to offshore detention centres like "Alligator Alcatraz," where reports of abuse and **human rights violations** have already begun surfacing.

Meanwhile, my feeds are flooded with Reels of **starving babies in Gaza** and Sudan. I scroll through the faces of children with distended bellies, of grieving mothers holding their dead. I see Palestinians begging for flour and water on my Threads account: pleas often met with silence or censorship.

We are not just witnessing a **genocide**. We are witnessing multiple genocides, endless wars, **climate collapse**, and global apathy playing out in real time.

Injustice is no longer a headline. It is a constant hum, a background scream we carry in our nervous systems. And for those of us who dare to speak out, to witness with open eyes and open hearts, we find ourselves carrying not just our own pain, but the **moral injury** of a world that has lost its way.

And still, we are expected to just carry on, to pay our taxes that fund the war apparatus, pay our bills while watching live-streamed war crimes, to meet deadlines while our neighbours are being dragged out of their homes or workplaces, to "manifest abundance" in a cost-of-living crisis where adequate housing becomes a luxury.

This is not normal. This is not okay. And if you have been feeling off: foggy, exhausted, angry, grief-stricken, or overwhelmed, it's not just personal. It's collective. So many of us are feeling it, day in and day out.

We are feeling **Weltschmerz**, the German word for world-pain, and it is not meant to be carried alone. This is what some call moral injury: the psychic wound of living in a world out of sync with love.

So what do we do with that pain? How do we survive while remaining awake? The answer begins in the place you return to every day. Your home.

"The body, not the thinking brain, is where we experience most of our pain, pleasure, and joy, and where we process most of what happens to us. It is also where we do most of our healing, including our emotional and psychological healing. And it is where we experience resilience and a sense of flow."

~ Resmaa Menakem, trauma expert and author of *My Grandmother's Hands*

Your home can be a sanctuary or a sponge. It can help you hold your ground, or it can drown you in energies that don't even belong to you. With every scroll, every news update, every scream for help you read online, you are letting something in. Let's learn how to release it again, so you feel empowered to stay up to date with the news while not absorbing all that energy into your home.

Taking care of myself, my energy, and my home is sacred to me. It's an act of reclaiming peace in a world that offers none. A way to re-centre when everything outside is chaos. A ritual born from the ache to transmute what I've carried, such as grief, rage, or helplessness, into something that lets me breathe again.

Let me guide you through a ritual I do for myself:

Step One: Name What Hurts

Close your eyes. Take a moment. Ask your body: Where am I holding this?

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Before we clear our space, we must first clear the fog of our own bodies. Where is the sorrow of what I am witnessing in my bones? Where is the helplessness of watching tragedies in my cells? Where is the rage at the military industrial complex in my breath? Is it a tight jaw? A heavy chest? A sense of numbness so deep you can't feel anything at all?

Don't judge it. Just witness it.

Some of us are feeling this as frozen shoulders, migraines, gut issues, breathlessness. Others feel it as apathy or despair. This is not weakness. It's evidence that you still care.

You can journal your sensations, name them, draw them, whatever helps you process.

Step Two: Sense What Your Space Is Holding

Still with eyes closed, imagine walking through your home in your mind's eye.

Now imagine the collective energy you've absorbed: such as fear, grief, outrage, despair, as dark clouds or thick fog. Where is it lingering?

Maybe it's hovering in your living room. Maybe it's pooled in your bed where you cried. Maybe it's in your child's room: energies they absorb but don't yet understand.

You don't need to force a vision. You will sense it, feel it, or have an inner knowing. This isn't just your energy. It's the residue of what you've witnessed.

Step Three: Call In the Vortex

Visualise a powerful vortex of light: golden, violet, white, blue, or any colour that intuitively comes to you.

Let it swirl through every room, every drawer, every corner, every object, the ceiling. Let it pull out the pain from everywhere that doesn't belong to you.

Let it gather the grief, the dread, the energy of fascism, war, genocide, and forced starvation, ICE raids, fear, and helplessness. Let it swirl through your body too. Let it spin through your aura and cleanse your field.

This vortex is your ally. It doesn't just remove—it transmutes. It doesn't deny what's happening in the world. It simply says: you don't have to carry it all alone, all the time.

Stay with this until your home feels clearer and lighter. Please note that sometimes this can cause an emotional reaction. I oftentimes cry while performing this space clearing, and that's okay. I always feel lighter afterwards.

Step Four (Optional): Smudge or Spray

If it resonates, you can burn **ethically sourced herbs**, such as palo santo, lavender, or use a homemade space-clearing spray with essential oils.

If you prefer a tool-free approach, clap your hands, or play frequency music to shift the vibration.

Remember: Intention trumps tradition. You are the ritual.

Step Five: Infuse With Intention

Ask yourself: What energy do I want my home to hold?

Peace? Courage? Truth? Safety? Vision? Fierce compassion?

Speak it aloud. Affirm it. Create your own affirmations such as the ones below.

"This home is a sanctuary for truth-tellers."

"This home is a sanctuary of peace and grounded action."

"Only justice and love enter this space."

"This is a haven for rest, revolution, and renewal."

"I am rooted, I am radiant, I am resilient."

You can call in ancestral support. You can ask your home to hold you like the world doesn't. You can assign qualities to corners: Peace in your bed. Clarity in your office. Protection at your threshold.

There are no rules. Only resonance. Make it your own. *Your Ritual Is Your Rebellion.*

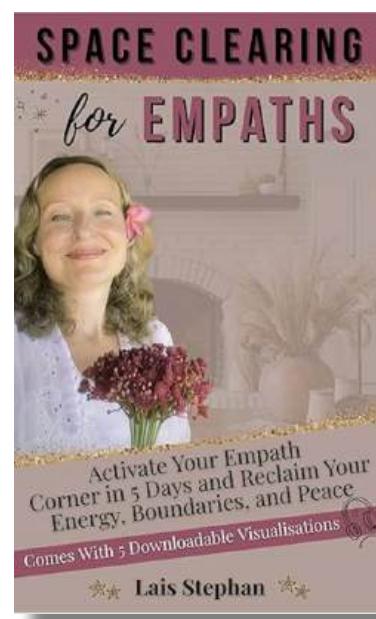
Space clearing, and this ritual in particular, is not about bypassing the world. It is about preparing yourself to keep showing up in it. To gather the strength, each day, to continue to show up, to speak up, and to be part of the much needed change we all need to co-create together.

As Angela Davis reminds us, "Anyone who's interested in making change in the world also has to learn how to take care of herself, himself, their self."

You cannot dismantle systems of oppression from a collapsed body or an overburdened nervous system. So let your rituals be your rebellion. Let your home be a place where you come back to yourself.

Let your grief have a room. Let your joy have one too. Your home can be a lighthouse in the storm. Let it shine for you.

△



Lais Stephan is a Brazilian-German healer and **space-clearing expert** working with homes and businesses to remove stagnant energy and create environments that feel lighter, balanced, and energetically aligned. She's the author of **Space Clearing For Empaths**, as well as the podcast host for **Space Clearing For Empaths** which she co-hosts with her mother. Book a **free space assessment with Lais** or download her **free Energetic Home Reset Guide**.



Using Winter for Spiritual Development

February is the month of restlessness and feeling restricted due to cold weather and short daylight hours. Sunlight deprivation is especially depressing for those sensitive to seasonal affective disorders. The December holidays, which kept many peoples' hearts and minds preoccupied with activities, have long passed. (Though to be fair, some find the end of the holiday season a great relief.) It's almost as if normal levels of physical activities have gone the way of dinosaurs. From my viewpoint, spring cannot arrive sooner so that I can once again feel the sun's healing rays, go outdoors without fear of slipping on ice, savor longer daylight hours and participate in outdoor activities without having to put on layers of insulated clothing.

As I write this article for the February edition of The Inner Voice Magazine, my state of Connecticut just experienced a major snowstorm with a "balmy" temperature of 10 degrees Fahrenheit; another snowstorm is expected for the following weekend. I can't but help, ask, where in the world can I find some sense of spiritual value to all this darkness and frigid weather? Has Mother Nature been drinking too much Dionysian wine lately and is busy sleeping it off? I mean, if bears hibernate during the winter, maybe she is too.

The Natural Law of Rhythm maintains that everything in the universe is cyclical; this includes day and night, the ebb and flow of ocean tides, circadian rhythms, and life and death itself. Life rhythmically swings back and forth like a pendulum, moving from one extreme to another as in dark-light, active-resting, and outward-inward. Understanding that this is a normal pattern of life, makes it easier to accept life's vicissitudes. To me, I see this pendulum as a system so grand and immense, that it is a challenge to discern the forest from the trees. In other words, as a



AI Generated Photo: "Journeying in Winter's Stillness"

human being I am too preoccupied with the daily demands of life on earth to always sense the greater goal. It is unrealistic to expect me or any other human being to consistently be capable of perceiving evolution's majestic immensity in perfect detail.

There will always be situations beyond my control. In these cases, resistance inevitably leads to a loss of energy and stress. The proverb "the tree that bends in the wind does not break in the storm" does a great job in making this point. Instead of resenting winter's challenges, I try to embrace earth's temporary stillness as an opportunity to prepare for the upcoming year.

Like everything in life, winter is impermanent. It is a chance to rest and build up energetic resources. By "going with the flow", a sense of fortitude, courage, and resilience develops from winter's challenges.

Winter is a good time to focus on the inner life of my mind. There's more time to explore my inner self as there are less distractions than during more physically active seasons. As physical movements decrease and slow down to accommodate winter's harshness, I have more energy for creative projects, some of which will continue throughout the year. For example, this time of year I can find more time to research and write about life-after-death topics; this work can then be used in upcoming workshops or classes that I may teach throughout the year.

Our minds often speak to all of us through dreams with the wonderful result of an increase in awareness of what is happening within our subconscious and/or unconscious mind. For many, (though not all), we tend to sleep a little more during winter than during other times of the year. To me, this is a great opportunity to focus on dreamwork. Not only might I discover

Continued on page 15

new things about myself, sometimes dream patterns reflecting spiritual development can be discerned. The subtleties of the dream world, which are often highly symbolic, have the potential to signal true spiritual growth. In addition, it can offer novel ways to approach life thereby resulting in greater productivity in the art of living.

Before closing this article, I quieted my mind and channeled the following. I was pleasantly surprised with the spirit communication I received as it took on a different slant than the one I wrote with; this was refreshing and interesting. I hope the reader agrees.

In every part of nature there are rhythms generating energies necessary for life on planet earth. Winter and summer are akin to the back-and-forth movements of an engine generating the four seasons. Winter is necessary for summer, and summer is necessary for winter. The one cannot exist without the other. Without winter there is no summer and without summer, there can never be a winter. From the cold comes the heat; from the heat comes the cold. The forces of cold and heat act to make the world go round, thereby creating planetary dramas that offer humans unique chances to spiritually learn and grow. Without this giant generator, life would not exist on planet earth. The seasons create a never-ending relationship of cause and effect in the school of life on earth. It is a self-generating system.

△



AI Generated Photo: "Creating in Winter"



Elizabeth Raver, Ph.D. Psychology Spiritual Intuitive Life Coach, Writer and Author

- **Spiritual Coaching • Energy Work • Workshops & Classes**
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"I am dedicated to the understanding that communion with those in spirit is a natural and normal part of life. Mediumship, when properly understood and practiced, can be experienced as sacred moments leading to love and wisdom."

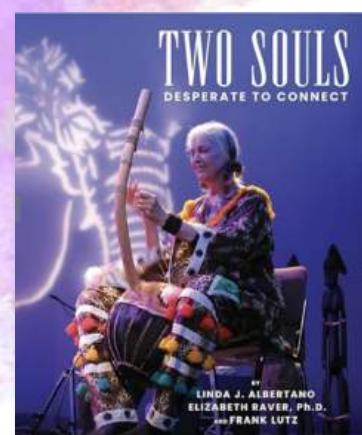
Questions for Dr. Liz?

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Join Liz's Free Online Mediumship Zoom Discussion Group:
Psychic-Mediumship Exploration Series 4th Thursday of each month, 8:30 pm EST.



Read about what life is like in the world of spirit! Read **Two-Souls Desperate To Connect**, a book Dr. Liz co-authored with Frank A. Lutz and Linda J. Albertano



Health Challenges Invite Spiritual Introspection

In the spiritual realm, Mother Earth is

considered the greatest school for growing your soul. You got a ticket to come here, and this is precious. The most powerful tool to grow your soul is learning how to amplify the energy of love. The second most powerful tool is to start viewing everything that shows up in your life as a teacher bearing a gift.

Health challenges especially invite spiritual introspection. Your body is a complex energy system, consisting of multiple layers of your auric field (sometimes referred to as your etheric body) that connect and interact with your chakra system. Every thought, emotion, and belief affects your energy body, starting at birth. The complexity of how our thoughts, emotions, and beliefs operate in our energy system—and then show up in our health—is mind boggling.

A Channeled Perspective: Seth on Terminal Illness

Let me present Seth's (as channeled by Jane Roberts in *The Nature of Personal Reality*) response to a lady who had written to Jane. This lady had begun to experience extraordinary feelings of transcendent love for mankind, an experience that coincided with receiving a terminal cancer diagnosis. She wondered if Seth could explain why this happened to her:

"No man or woman consciously knows for sure which day will be the last for him or her in this particular life. Mortality, with its birth and death, is the framework in which the soul... is expressed in flesh. Birth and death contain between them the earthly experience... through various seasons, involving unique perceptions and experiences that are shared... with other human beings.

Birth and death... intensify and focus your

attention. Life seems more dear... because of the existence of death. It seems, perhaps, easier to have no conscious idea of the year or time that death might occur. Unconsciously, of course, each man and woman knows when they will exit..."

The knowledge is hidden for many reasons, but the fact of death, personal death, is never forgotten. It seems obvious, but the full enjoyment of life would be impossible in... earthly reality without the knowledge of death.

The doctor's pronouncement has opened your eyes and given you an opportunity to study life and to experience it more fully than you ever have before... you now see quite clearly its intensity and brilliance, its contrasts and similarities, its joys and its sorrows.

Now I tell you: That intensification, appreciated and understood, and the experience of life and living, accepted unconditionally, can bring you in this lifetime another birth in which the doctor's pronouncements are meaningless. Spiritually, the death sentence given you is another chance at life, to feel its full dimensions, and that alone will rejuvenate your spiritual and physical self.

The experience that you wrote of was significant on several levels. It was to inform you emotionally and spiritually of the great meaning of each individual, portray the lovely brilliance that is within each human being, and let you know that the self and the soul exist beyond annihilation... You will continue to exist regardless of which path you choose to take—dying within two years, or living physically on for many more. In other words, you will continue to exist and to be fulfilled within that love you sensed.

You felt before, unconsciously, that you were drifting and that life had little meaning. Beneath the surface of events, you felt unfulfilled, and felt that you had great courage and abilities with never a chance to use them, and no 'heroic' episodes then to rouse you to fuller understanding, and no real impetus to lift you or to bring excitement into your days.

Unconsciously, therefore, you chose a situation (the cancer) in which a crisis was precipitated, rousing all the greatest elements of heart and soul, so that they must strain to understand, to perceive, to triumph. And so you shall, in whatever way is most important for you, and you will learn more and be more fulfilled than you would have been had those conditions not been initiated.

Continued on page 17

This does not mean that other ways were not available, but you chose these conditions because in past existences you were so terrified of death that you tried to hide its knowledge from yourself. This time you placed it in the forefront of your attention. In the entire fabric of your existence, this life is a brilliant, eternally unique and precious portion, but only a portion, from which you emerge with joy and understanding whether you die tomorrow or in years to come.

The choice of life and death is always yours. Life and death are but two faces of your eternal, ever-changing existence. Feel and appreciate the joy of your own being. Many live into their 90s without ever appreciating to that extent the beauty of their being. You have lived before, and will again, and your new life, in your terms, springs out of the old, and is growing in the old and contained within it as the seed is already contained within the flower. We are all travelers, whatever our position, and as one traveler to another, I salute you.

Δ

Who was Jane Roberts?



Dorothy Jane Roberts (May 8, 1929 – September 5, 1984) was an American author and poet, who claimed to be **psychic** and a **spirit medium** channeling a personality who called himself "Seth." Her publication of the Seth texts, known as the **Seth Material**, established her as one of the preeminent figures in the world of paranormal phenomena.

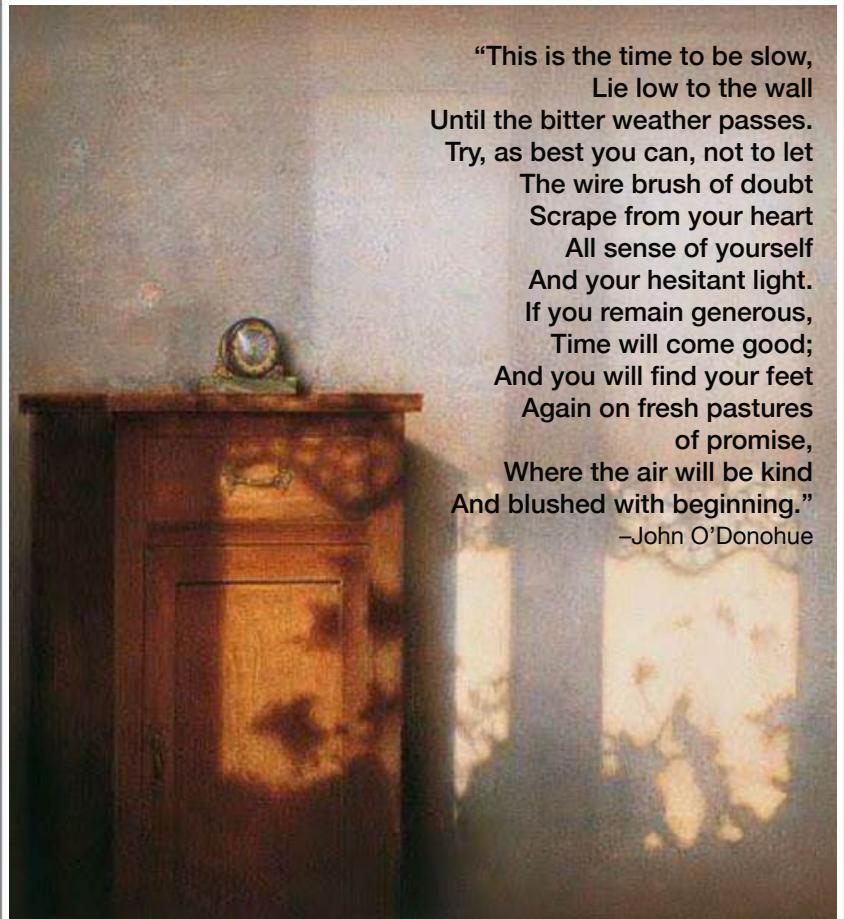
https://en.wikipedia.org/wiki/Jane_Roberts



I recently heard someone say:

"The amount of good things in your life depends on your ability to notice them."

I can't see it any other way now.



**"This is the time to be slow,
Lie low to the wall
Until the bitter weather passes.
Try, as best you can, not to let
The wire brush of doubt
Scrape from your heart
All sense of yourself
And your hesitant light.
If you remain generous,
Time will come good;
And you will find your feet
Again on fresh pastures
of promise,
Where the air will be kind
And blushed with beginning."**

—John O'Donohue



Practicing Mindfulness Written By Beverly Brunelle

Freely Explore Your 'Trance-Ending' Moments

Our lives are filled with opportunities for trance ending moments. Trances of habitual unquestioned beliefs and behaviors. When explored, we open access to a new conscious alignment with more current or even futuristic creative possibilities. We then become the conscious change makers we are here to be.

Trances are automatic reference points that originated in our childhood and also from ancestors, society, religion, etc. Trances keep us from growing in wisdom and exploring new possibilities. In one moment of awakening consciousness we can shift our inner and outer reality from the repetitive trances of confusion, overwhelm and feeling stuck into experiences of inner peace, clarity and new freedom. We can shift from the seductive trances of anger, resentment, judgement and emotional suffering into the power of presence, curiosity – and awaken new, even enlightening perspectives, and right action.

Trances keep us in a loop of reaction and expectation. With an open mind, curiosity, and new empowering ways of being we can shift into organic evolutionary movement. Our current inner



PHOTO: Traveling in India provided sights that I just wasn't used to seeing in the U.S. This was a particularly funny moment!

and outer challenges are opportunities “to see with fresh eyes”, beyond our early conditioning, ancestral patterns, and habitual behavior so that we actually access new realities.

Our life experiences, just as they are, are invitations to presence ourselves in the mystery of life and receive new wisdom from ever expanding Creation. But if we don't realize we are in a trance we will remain trapped, rerunning the same old patterns of perception and life experience: lack, suffering, victimhood, blame, entitlement, etc.

A trance can be obsessive opinions, feelings and behaviors that unknowingly blind us and hold us and others hostage. Our automatic perceptions can be like spells we put on ourselves and others. When we are awake to them they can become doorways to greater clarity, presence and well being. Trance ending is not about denying our feelings, perspectives, and experience. It is becoming curious about what the essence of life is revealing through what is, or what appears to be so. What could your experience be beyond the trances you find yourself in today?

During an ecstatic dance class I wondered, “What if the rampant thoughts of judgement,

Co Authors **Beverly Brunelle and Phil Johncock**
open minds and hearts to glorious creative possibilities
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and real life stories.**

Continued on page 19

resistance, anticipation, etc. that are running through my mind, just melt away? What will be different for me?" And organically I shifted into seeing with no intermingling thoughts. I was Pure Seeing, No Mind. I was out of trance and free in the delicious present moment. Just Dancing. It was magical.

To open your perceptions ask yourself, "What am I truly seeing?"

For me, traveling in India is immense sensory stimulation. There are multitudes of contrasts to western ways of living. There can seemingly be much to judge. During my first visit I had a miraculous journey I can only call 'being in a state of grace.' Whatever I saw, I just saw, free of judgement. Man on scooter with five passengers, women in field dressed in bright colors, cow looking in shop window. Simple seeing. When a judgment showed up, I knew it was not mine. It was from my upbringing. I could see this trance of assumed judgements was seducing me from appreciating what *was* there: the smiles, the community spirit, the complex order, devotion, the unique functioning of the people.

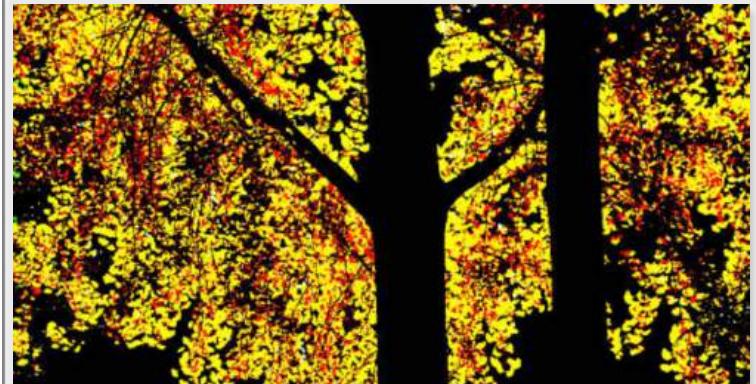
Trances are expectations that influence how we interpret the world. I spotted something on the rug. Thoughts rushed to label what I was seeing: spider, beetle, scorpion? I armed myself with a cup to drop over it, a dustpan and broom to escort the thing outdoors. I also put on protective eye glasses and turned on lights. What was I seeing? It was a heart, a heart-shaped label for the scarves I make. I laughed, realizing again, how I tend to see through the lenses of my historical expectations. I could only see what I expected to see – a bug!

Freely explore your own trance-ending moments and awaken. Become the conscious change-maker. You are here to *transcend!*

Δ

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

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Not actual photo of what I saw, but a close representation.

What I saw wasn't what I thought I saw

By Nancy Freier

One October night last fall, I was up late. Around 1:00 a.m., I opened the blinds and sat quietly, gazing out the window. To my surprise, the sky appeared to glow a yellow-orange color. I blinked and looked again, trying to understand what I was seeing. Was there a fire somewhere, casting its reflection across the night sky?

When I stood up and moved closer to the window, the truth revealed itself. The tree just outside my window had changed colors that day—its leaves had turned yellow. From where I had been sitting, I hadn't been seeing the sky at all. I had been seeing the leaves and mistaking them for the sky, and the sky for the tree.

It was an optical illusion. The image itself never changed—only my position and perspective did.

Like the image below, which can appear as either two people facing one another or a vase, perception depends on where our awareness rests. Sometimes, clarity doesn't come from trying harder to see... it comes from seeing differently.

Δ





An Invitation to LOVE from the Cosmos

"My message is an invitation to Love — Love one another. Cherish your team, your supporting characters, no matter how they show up. They are there to assist you, to love you by presenting challenges that help you grow, and to strengthen your cosmic heart muscle...."
—David Brown

Message received via Regina Ochoa, January 19, 2026

Good morning, and welcome to my ocean of peace. Thank you for joining me. I wasn't sure if I could get the message to you that I wished to connect, and let you know what has been going on since my departure from the physical world.

You know my life has changed in extraordinary ways. Ok, I just realized I forgot to let you, or your audience, know who I am. It's me, David Brown... in the ethereal, not the flesh. Ha ha.

According to the calendar on your desk, I see that the anniversary of our transition is approaching, February 3. So much time has passed and we are no longer who we were. It seems strange to speak of the past, who we were, instead of now, our presence in the present.

I wish for those who continue to feel the empty space that we occupied in history to fill it with the faces of those whom we love. We were present on the earth for only a blip of time, not even a second in the scheme of our existence. How many times do we live life in this form, crossing ourselves at the intersections of decisions, creating new possibilities of how we can exist on earth? I am talking about our quantum existences and experiences manifesting simultaneously.

When the form known as David Brown was completing its run, I could see how many forms I live simultaneously. It was amazingly beautiful to experience, even for only a few seconds, the thousands of lifetimes I live, and to be aware of only one David in one body.

Now, since my transition, I have had the marvelous experience of exploring my life and experiencing those options or choices down other paths. Each significant choice I made as David Brown — the clown, the photographer, the NASA astronaut — determined a path. Those choices I could have made or taken created an entirely different individual.



Astronaut David Brown - Born April 16, 1956 - Died February 1, 2003 was a United States Navy captain and NASA astronaut. He died on his first spaceflight when the Space Shuttle Columbia (STS-107) disintegrated during orbital reentry into the Earth's atmosphere.

Since my arrival here I have been studying those other paths. What did I learn? Who was I? What was my character like? Had I embraced life with the same passion I had as David? Had I found the joys and peace yet, that sense of worth of my own existence?

I looked through those lives as cards on an old-fashioned Rolodex — flipping through them and watching the scenes come to life before my eyes. What astounded me the most was the interconnectedness of the important individuals in my life. Each appeared somewhat different because of our actions or interactions, still, we kept appearing, kept showing up, to fulfill our supporting roles for each other.

I recognized that we seemed like the characters in a circus. We arrive to this circus — Earth — with unique skills; and with these talents, we are able to support the other actors and performers on Earth's stage.

Through the flipping of my cards, my lifetimes, I can see how all our characters, our lives interconnect; lock in, and commit to supporting our evolution, our growth — not only as human beings, but more importantly as Spiritual beings. We are all connected.

Look around, see those with whom you interact; those who are no longer in your life today. Where are they? And where are you on your path? Have you noticed how many support your growth? Your talents? You may think you stand

alone, working hard to be a stand-out individual, but it takes support. Who around you needs to be acknowledged?

Now, this is where the message lies.

Each supporting individual, no matter how small or insignificant, or large and outstanding they may appear, is with you on your path as you are on theirs because of a commitment we made to each other pre-birth. Yes, a pre-existing/pre-birth contract.

And this contract is binding because of Love. Our soul, and its spiritual shard dwelling within each human being, commits to

Continued on page 21

serve the other. And the commitment – the promise – is signed through love. I see the Earth-world today in its present chaos as upside down. Yet, that is only the case for this one Rolodex card, the NASA-astronaut life of David Brown.

I know there are many parallel lives where we share a communion of strength and joy, peace through the togetherness of helping hands. How is this possible? How can we right ourselves to experience the light of the world instead of living in its shadows? By choosing Love. Always.

In time, our memory of this human form will be a forgotten dream, and we will discover that the essence of who we are is the form of our spiritual being. Like water, every droplet is connected, touches, and becomes one to create an ocean. Your spirit is connected to every other spiritual vibration. And so it is in human form. For though you believe yourself to be an individual, you are connected. Your thoughts, your choices, your paths interwoven, supporting the evolution of your soul.

My message is an invitation to Love – Love one another. Cherish your team and your supporting characters no matter how they show up. They are there to assist you, to love you by presenting challenges that help you grow, and to strengthen your cosmic heart muscle.

I leave you with this: Interact with another as a team growing and strengthening in spirit. No matter the path you walk or the stage you perform upon, choose Love.

Your friend and support,

David Brown

Δ

ON THIS DAY: FEB. 1, 2003



THE SPACE SHUTTLE COLUMBIA BROKE APART DURING REENTRY, KILLING ALL SEVEN ASTRONAUTS ON BOARD

Ancient Legends

Source: [Ancient History](#)

A three-thousand-year-old artifact resembling a spaceship is one of the most famous pieces that allegedly prove the arrival of ancient aliens on Earth. Zecharia Sitchin was the first person to bring attention to it, having discovered the artifact in Turkey in 1973.

[January 6, 2024] – This mysterious stone artifact (below left) incredibly resembles a rocket with modern engines, in which a man is shown sitting in what appears to be a space suit. It could be the ultimate proof for ancient astronaut theorists that beings from other worlds visited Earth in the distant past.

According to Sitchin, the artifact was found in a city called Tushpa, present-day Toprakkale, not far from Lake Van. In the 9th century BC, Tushpa was the capital of the Kingdom of Urartu. The Urartian kingdom, also known as the Iron Age Kingdom or the Kingdom of Van, was located near Lake Van in the Armenian Highlands.

Sitchin wrote in his book *The Earth Chronicles Expeditions* that the stone artifact is a carved scale model resembling a spacecraft. It measures 23 cm long, 9.5 cm high, and 8 cm wide. He further mentioned that at the back of the object there was a main exhaust engine surrounded by four smaller exhaust engines. The rocket includes space for a pilot, although unfortunately, the pilot's head is missing. He also described that the pilot is seated in the space capsule with his legs drawn up toward his chest, wearing a pressurized suit that completely covers his body.

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Guest Contributor Debbie Edwards

A Very Warm Welcome to 2026 ~ the Year of the Fire Horse

Saddle up! The year 2026 that begins on February 17th, marks the return of the Fire Horse in Chinese Zodiac astrology, an energetic combination that has long been associated with movement, intensity, and decisive change. Even outside of myth or mysticism, the symbolism of the Fire Horse is fairly straightforward and powerful. It represents a year where momentum increases, where people feel a stronger urge to act, and where life tends to move faster than usual.

In Chinese astrology, the Horse is a symbol of independence, travel, vitality, and personal drive. It is associated with motion, confidence, and the desire for freedom. The Horse does not like to be constrained, whether by routine, authority, or outdated expectations. When the element of Fire is added, that desire becomes more urgent and visible. Fire represents passion, clarity, courage, and expression. It brings things into the open and tends to speed up whatever it touches. Together, Fire and Horse create a year that emphasizes action, self-determination, and bold choices.

Astrologically, Fire Horse years often correlate with periods of social acceleration and personal turning points. People tend to feel less patient with situations that feel stagnant or misaligned. There is often a collective sense that something has to change, even if the exact direction is not

immediately clear. This is not a year that favors playing small or staying comfortable simply for the sake of stability. The Fire Horse energy encourages risk, movement, and initiative, sometimes before all the details are fully worked out.

Looking back at previous Fire Horse years helps give context to what this energy can bring, not only in terms of disruption, but also in terms of lasting progress. The most recent Fire Horse year before 2026 was 1966, a time often remembered for upheaval, but it was also a year that catalyzed profound and necessary transformations. Beneath the unrest of the era were breakthroughs that reshaped society in enduring ways. Civil rights legislation gained momentum and visibility,

youth culture began redefining values around freedom, equality, and self-expression, and rigid social hierarchies were challenged in ways that permanently altered the collective trajectory. Artistic innovation flourished, music and literature became vehicles for truth-telling, and new forms of identity and community began to take shape. Many of the freedoms and cultural shifts that later generations would take for granted were seeded during this volatile but fertile time.

Fire Horse years tend to act as accelerants for changes that are



In Chinese astrology, the Horse is a symbol of independence, travel, vitality, and personal drive.

Continued on page 23

"We are transitioning from the inner alchemy of the 2025 Snake year that taught us how to shed; toward the Horse year that asks us to embody the transformation."

already overdue. They bring buried truths to the surface and force conversations that can no longer be postponed. While this process can feel chaotic in the moment, it often results in greater authenticity, expanded rights, and the breaking of cycles that have long restricted growth. Historically, periods associated with Fire Horse energy have coincided with leaps in creative expression, technological curiosity, and the courage to imagine alternatives to the status quo. What begins as tension frequently matures into reform, innovation, and renewed vitality.

On a personal level, Fire Horse years often highlight themes of autonomy and direction. Many people feel called to change careers, relocate, end relationships that limit their growth, or finally pursue goals they have postponed. While the restlessness of this energy can be uncomfortable, it is rarely meaningless. It tends to arise when the soul senses that it has outgrown its current container. In positive expressions, Fire Horse years empower individuals to claim leadership over their own lives, to trust their instincts, and to move toward paths that feel more alive and self-directed.

There is also a confidence that can emerge during Fire Horse years, a sense of remembering one's inner strength.

People often discover capabilities they did not know they possessed, simply because circumstances demand courage and adaptability. Obstacles that once felt immovable may suddenly dissolve, not because conditions are perfect, but because the will to move forward becomes stronger than the fear of change.

Spiritually and psychologically, 2026 is likely to feel like a year of initiation through experience rather than reflection alone. Lessons tend to come through real-world choices and lived consequences. Clarity often arrives after action, not before it. While this can challenge those who prefer certainty, it can also be deeply empowering. The Fire Horse teaches discernment through movement and wisdom through engagement. It rewards sincerity, self-honesty, and the willingness to take responsibility for one's direction.

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Debbie is a seasoned psychic medium and spiritual practitioner with nearly 30 years of experience serving clients worldwide. Her readings blend compassionate insight with grounded spiritual wisdom, supporting healing, clarity, and awakening. Connect with her here: <https://debbieedwardsinternational.com/> E-mail: voicesspeak@yahoo.com

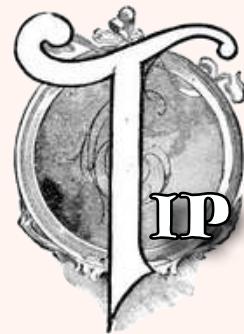


Courtesy: This I Know Facebook Page

Nancy Freier Essential Feng Shui®



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Raise the energy of your home... Talk to it!

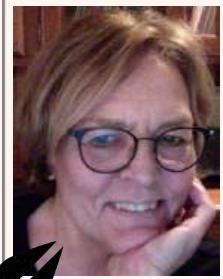
Your house is “alive” with its own consciousness. It is home not only to you and your pets, but also for Spirits and Angels who guard and protect it.

To lift its energy, remove what is no longer needed or used. Live only with what you love. Then, every time you enter your home, say, “Hello! I’m home,” and every time you leave say, “Thank you for all you do for me.”

Note the difference you feel after doing this. Homes that are loved feel happy, whereas homes that are ignored tend to be sad and unhealthy, attracting negative energy and experiences to it – and you!



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Crow and White Owl: Good Medicine for Honoring the Pause Before Momentum

In the deep stillness of winter, the medicines of Crow and White Owl arrive as twin emissaries of the liminal. This is the season when the earth is quiet, when the old year has shed its skin and the new has not yet fully breathed itself into form. In this twilight space, neither night nor day, neither ending nor beginning, Crow and White Owl teach us how to move between worlds with awareness, courage, and reverence.

Crow is the keeper of sacred law and the shamanic architect of creation itself. In many traditions, Crow is the one who walks comfortably in the void, shaping possibility out of darkness. Crow medicine is not gentle in the way of comfort; it is sharp, intelligent, and catalytic. It calls us to examine our relationship with power, with truth, and with the unseen forces that govern cause and effect. In the dead of winter, Crow asks us to sit with what has been stripped bare.

There is no excess here, only essence. Crow shows us that endings are not failures but alchemical thresholds. What dies in winter becomes fuel for vision. Crow teaches that magic is born from clarity, intention, and alignment with natural law. To walk with Crow at the New Year is to accept responsibility for one's creations and to recognize that thought, word, and action are spells in motion.

White Owl arrives as the silent witness of this threshold. Where Crow engages the mystery through movement and voice, White Owl teaches through stillness and listening. Owl medicine is deeply tied to intuition, ancestral memory, and the ability to see through illusion. The white coloration amplifies this medicine into the realm of purity, spirit, and liminal light; moonlight on snow, and the glow of consciousness in darkness. White Owl is the guardian of the in-between, seeing what others cannot because it does not rely on surface perception. In the heart of winter, when life seems dormant, White Owl reminds us that much is happening beneath the surface. Seeds dream before they sprout. Souls recalibrate before they move forward.

Together, Crow and White Owl form a shamanic polarity that is especially potent at the start of a new cycle. Crow teaches us how to speak reality into being; White Owl teaches us when to remain silent and listen. Crow moves through shadow to activate transformation; White Owl sees through shadow to reveal truth. This pairing reflects the deeper rhythm of the season itself: darkness not as absence, but as incubation. The New Year does not demand immediate action. It asks for attunement. It asks for



discernment between what is ready to be carried forward and what must be left behind.

In the twilight of new hope, these medicines guide us to honor the pause before momentum. Crow invites us to review the patterns of the past year with honesty, extracting wisdom from both triumph and mistake. White Owl invites us to trust what is sensed rather than what is announced, to listen to the subtle call of the soul that grows louder in silence. Together, they initiate us into a new way of beginning rooted in alignment.

To walk with Crow and White Owl is to accept initiation rather than resolution. It is to recognize that winter is not empty, but sacred. The cold sharpens awareness. The dark refines vision. Hope, in this context is quiet, luminous, and patient. It is the knowing that even now, in the stillest moment of the year, the medicine is working, the vision is forming, and the soul is preparing to take flight.

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Debbie is a seasoned psychic medium and spiritual practitioner with nearly 30 years of experience serving clients worldwide. Her readings blend compassionate insight with grounded spiritual wisdom, supporting healing, clarity, and awakening. Connect with her here: <https://debbiedwardsinternational.com/> E-mail: voicespeak@yahoo.com



What if everything is perfect?

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I woke up one morning with what I noted as my normal level of anxiety and thought about the world and all the turmoil that was going on, and suddenly I thought, "What if the world would be at peace?" and that thought made me feel a little calmer.

And then I thought, "What if I could be at peace within myself?" and that made me calmer still.

And then I thought, "What if there is nothing to be afraid of...what if there is really nothing to fear?" and that made me even more calm. Finally, I thought, "What if there is nothing to worry about?" and I felt an inner sigh of relief and release, and my anxiety level dramatically decreased.

So, I enlarged on the idea of "What If?" and used it throughout the day. I've used the concept with my health as well..."What if my body is actually really healthy?" "What if my eyesight is actually perfect?" "What if my blood pressure is normal?" And beyond that..."What if everything that is happening is absolutely perfect?"

All of these questions do not threaten the subconscious programs that are running. When I make a flat affirmation statement like, "I have perfect health," there is a little gremlin deep inside that says, "Oh, you think so?" and it falls flat and feels phony. However, by posing a question, this allows the subconscious and my psyche to entertain possibilities with-out feeling the need to defend a particular viewpoint. When negative "what ifs" come up, I have learned to immediately change them. This, of course, is especially hard when I hear news of disasters and watched the unfolding horror that was the tsunami in Japan, our flooding in the East, and Sandy Hook. I felt very unsettled by those events, but then got back to the "What If?" questions that included, "What if God is using disasters as a way of showing the world that we are not living in harmony with nature or with one another?" It's as though all these dramatic examples are given to show us that we have to find

different, non-polluting ways of living. And, if I remember that life is our school room, then the tragedies unfolding are taken out of the moment and put into a larger context.

If it is true that who we really are lives forever, then coming in and going out of life is just part of the process we go through. We are in varying grades and stages of growth that offer opportunities and challenges that help us grow. Losing our loved ones feels awful because we miss them so much and want to be with them, and the truth is, we will be with them again. This is just Boarding School or Reform School. It is not the true realm of our Birth. It is our home away from home where we all have the opportunity to learn and grow and release attachment to things that bind us and hold us back from shining the light of God in the way that our unique selves are created to contribute.

Each life is a furthering of our unfolding and reuniting with the wholeness that we truly are. The rest is the ways and means that get us there. So as we see one another through eyes of compassion and events as ways of waking us up, we can each find the arena in which we can make a difference. We can turn the negatives into positives, and we can become creators who imagine a world we WANT to see. It all comes down to choice.

Do we affirm the "what ifs" that are harmful, or do we affirm the "what ifs" that are liberating, and the soil in which brilliance and new ideas are found?

By seeing the world as a grand possibility, we open ourselves to our creativity, and by affirming that everything is working for the betterment of life, we participate in making it so. We become the *imagineers* who design a new way and a larger view that encompasses the best of ourselves rather than the least. We expand our "What ifs" to "Why Not?" and then everything becomes possible.

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This column honors the enduring wisdom and soulful reflections of our late Editor, Kathleen Jacoby. Her writings were originally published in her "Seasons of the Soul" newsletter and are republished here in loving remembrance.



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

Photo: © Jane Erica Hutchison



A Winter Meditation

This meditation begins in an accustomed manner: After quiet and calm has been reached, allow yourself to become the observer of the fluctuations of your own consciousness – those thoughts, ideas, emotions and moods – and let them become the colourful and noisy passing parade you watch bemused, knowing through practice that it is not you but the energetic extensions of you, the baggage that comes with sentience and society. Classic mindfulness meditation in short, nothing more nothing less.

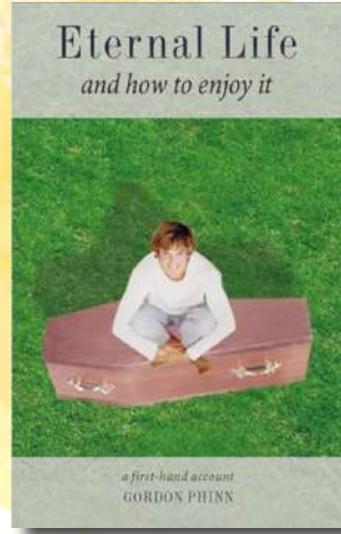
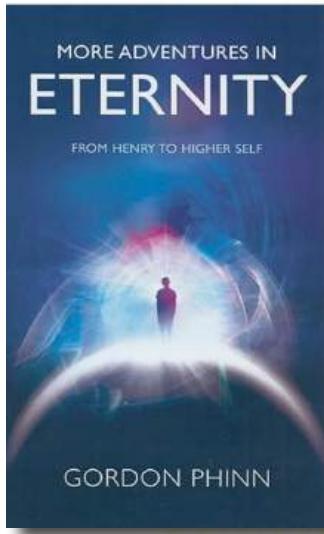
We all have experienced this to one degree or another, three minutes or three hours, and know that the space it inhabits is always available for quick rentals.

Once comfortable in your observer status, seeing that robot with its monkey mind chatter and letting it scuttle about on a long leash while you admire whatever view presents itself, allow ‘it’ to float up and away. Watch as it moves toward greater and greater consciousness – the neighbourhood, the town, the country, the news of the day, the life of earth, your loves in the afterlife and so

on, until it arrives at some version of your higher self overseeing *all*. Now that ‘all,’ you might say, is bigger, wider and deeper than you can imagine, and it is. But that does not mean you cannot glimpse whatever aspects of it you are ready to embrace. It might give visions of other lives – past, parallel, or future – and allow ‘you’ to see your current incarnation as a passing drama, passionate and engaging, but just another scene in a very long movie. It might give you an understanding of the illusion of permanence, that your attachments to various life challenges can be released, even if only for moments. It might lend you its bliss, maybe to just be kind, or maybe to see how much of it you can access and make permanent.

In any event, surrender to whatever comes your way. Embrace it and then let it go as the beauty of passing clouds, as you would do in any practice of mindfulness, only this time you have slipped a little farther down that slippery slope into that sea of giddy joy or wanton serenity. Later you can return to the schedules and duties of the day, refreshed and inspired.

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



By Loving I'm Stayin' Alive

Written By **Meredith Young-Sowers, D.Div**

I often talk about the power of Love and its importance in holding us steady in daily ups and downs. But the idea that love is medicine is a different conversation.

If you or someone you love has a chronic condition, for example, then you're focused on managing your life and figuring out how to get through the day and take care of business. There are many remedies for all manner of illness and disease, but the underlying problem is our energy has been flattened---our immune system depleted-in some significant way.

The immune system energetically deals with our defense against attack. Our vigilance or over-vigilance – "defending from attack" may put us always in a defense mode, believing that life or other people are intent on taking us down. Or perhaps we believe we have to speed up faster so that the feelings of sadness, fear or lack of control can't catch us.

A colleague asked me recently to review her book on chronic Lyme's Disease which she has struggled with for many years. And one of the statements in the book that really struck a chord was "by loving I am staying alive."

Even in our darkest moments, having someone, something to love saves our lives—quite literally. Love is an energy booster and when we feel it in any form we begin to rebuild our immune system from a simple common cold to a life-threatening or chronic condition.

The more we focus on loving instead of disliking, arguing, demanding or disagreeing with what is in front of us – the stronger we become. We heal from the inside out - meaning from the energy of Love (Spirit) through our emotional feelings and thoughts, out into our immune systems and our physical bodies and finally into our relationships and opportunities with others.

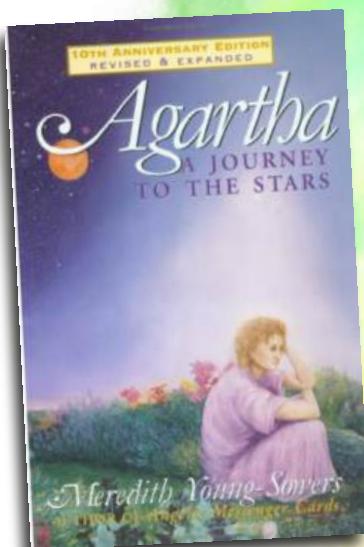
If you need Love as medicine, then do this simple practice:

Take a deep breath, place your hands over your deep heart and call up what or who you love the most; and feeling the radiance of this love, know that you are being helped to live well.

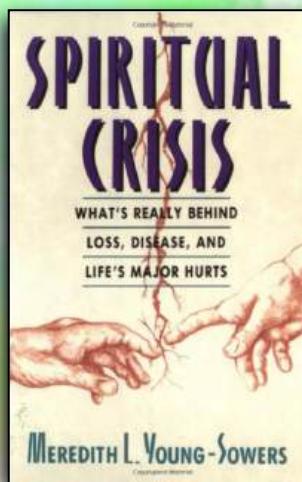


Meredith Young-Sowers, D.Div, Watercolor Artist, is the author of the classic "Agartha: A Journey to the Stars" and several other books, including the ever-popular Angelic Messenger Cards. Contact Meredith: mysowers6@icloud.com

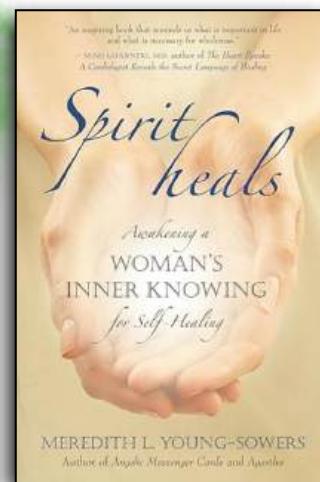
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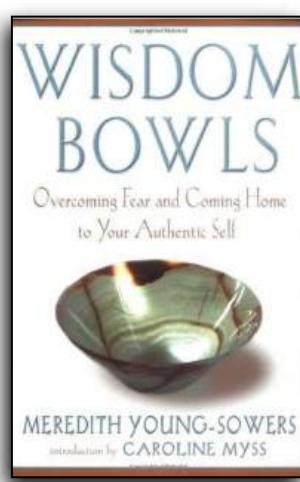
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Walking for PEACE with Aloka

24 Monks and the Magic of Unconditional Love that is Healing a Nation

By JJ FLOWERS JAN 22, 2026, Edited for brevity

Many of us are following **The Monks for Peace**, 24 Buddhist monks currently walking from their Huong Dao Temple in Fort Worth, Texas, to Washington, D.C. Their purpose is both simple and profound: to carry loving-kindness, compassion, and a call for national healing across the country—one step at a time.

Wherever the monks go, something shifts. Millions follow their progress online, while thousands more line the streets to witness their passing. Children wave flowers and handmade signs. Mothers lift infants forward for blessings. Fathers raise toddlers high on their shoulders. Teenagers clap and cheer. Elders smile through tears. Even police officers are moved to kneel, bowing in gratitude. The monks walk silently, yet their presence speaks volumes.

Their journey is rooted in Buddhist teachings, which offer a clear-eyed understanding of human life. At the heart of Buddhism are the **Four Noble Truths**. The first acknowledges that suffering is part of being human—whether through illness, loss,

disappointment, financial stress, aging, or simply the daily frustrations of living. The second teaches that suffering arises from craving and attachment, especially our attachment to outcomes. The third offers hope: suffering can end. And the fourth points to the way forward—the **Eightfold Path**.

The Eightfold Path is not a set of commandments but a lifelong practice designed to cultivate wisdom, ethical living, and inner awareness. It includes Right View and Right Intention, encouraging understanding and goodwill toward all beings. Right Speech and Right Action ask us to speak truthfully and act with kindness, avoiding harm. Right Livelihood reminds us to earn a living in ways that do not cause suffering. Right Effort focuses on nurturing positive states of mind while releasing negative ones. Right Mindfulness develops awareness of body, emotions, and thought, while Right Concentration strengthens focus through meditation. Together, these practices aim not only to reduce suffering but to open the heart to joy, compassion, and clarity.

Walking alongside the monks is an unexpected and beloved companion: **Aloka**, a dog once homeless on the streets of India. When the monks passed through his neighborhood years ago, Aloka recognized them immediately and followed. They, in turn, recognized him as belonging with them. Eventually, Aloka traveled with the monks to the United States, where he now walks faithfully beside them.

Aloka has become a symbol of devotion and unconditional love. Dogs, after all, are natural servants to humanity, offering companionship, loyalty, and joy without condition. Aloka's presence seems to amplify the monks' mission, touching hearts wherever they go. Together, the monks, their spiritual guides, and Aloka create something quietly powerful—an atmosphere of peace that people can feel without explanation.

This peace is not abstract or distant. It brings smiles to strangers, tears to hardened hearts, and a sense of shared humanity to divided spaces. Children feel it instinctively. Adults feel it as a softening. In a world that often moves too fast and speaks too loudly, the monks offer a living reminder that healing begins with presence, intention, and compassion.

With every step they take, that message spreads—slowly, gently, and unmistakably—inviting us all to walk a little more mindfully, and a little more kindly, in our own lives.

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Read more about this 2,300 Walk-For-Peace here: <https://www.facebook.com/BuddhismPageFB>





Dervishing~ On Movement, Mystery and Meaning

By Cheryl A. Page, Scientist & Mystic

I have always loved the image of the Whirling Dervishes—not as spectacle, but as philosophy in motion. To dervish is not merely to spin. It is to circulate meaning. To whirl across ideas, spaces, identities, and thresholds until the false solidity of any single viewpoint dissolves. The body turns so the soul may remember what it already knows: that stillness is not the absence of motion, but its secret center. For there to be a so-called *Still Point*, there must also be motion.

The dervishes would call what they do “whirling.” I use the word “dervishing” as my own contemporary gesture—an homage, not a replacement—for the deeper movement long known to the Mevlevi Sufis.

Why They Whirled

Historically, the Whirling Dervishes belong to the Mevlevi Order, founded in the wake of the 13th-century mystic Jalāl ad-Dīn Rūmī. After Rumi’s death, his followers formalized a spiritual practice—the *Sema*—that used rotation as prayer. One hand turned upward to receive divine grace; the other faced downward to offer that grace to the world.

This was not performance. It was cosmology enacted by the body. How beautiful is this?

The dervish mirrored the universe itself: planets revolving around a luminous center, atoms circling unseen nuclei, souls orbiting the Beloved. To whirl was to say, *I am not separate from the great turning.*

When Dervishing Became Personal

When my beloved died in 2017, I—very much a left-brained science girl at the time—did not yet understand dervishing as I now use the word. But I quickly learned that some form of it was going to be essential if I was to survive, let alone learn how to connect across the veil.

Life had spun me into unfamiliar territory: between worlds, between ways of knowing, between certainty and mystery. I could not remain fixed. I had to learn how to turn. Thus, my idea of *dervishing* was born.

Long before that loss, my mother had given me two books when I was 16 —*The Last Barrier* and *The Invisible Way* by Reshad Feild. At the time, I sensed they mattered, though I



could not yet articulate why. Years later, their quiet teachings about the mystic’s path returned with force and much-needed clarity, when my emotional life was spinning out of control with grief.

Feild’s journey is a study in spiritual dervishing—of surrendering rigid identities, allowing the self to be reoriented again and again by the unseen. They are worth reading, if you have not yet encountered them.

Dervishing as a Spiritual Skill

What if dervishing were not limited to the body?

What if it were a way of thinking?

A way of refusing to camp permanently in any single idea, ideology, or identity.

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Dervishing from page 30

To dervish, spiritually, is to:

- Move fluidly between paradoxes without demanding premature certainty
- Circle a question long enough for it to reveal its deeper geometry
- Approach truth from multiple angles rather than attempting to pin it flat

The dervish does not rush to answers. They rotate around mystery—dancing with it rather than fighting it or collapsing it prematurely.

The Threshold Is the Teacher

Every whirl crosses a threshold: between self and surrender, effort and ease, knowing and unknowing, certainty and uncertainty. The dizziness is not a side effect—it is the point. Disorientation loosens the ego's grip. Let that sink in, my friends.

The disorientation of grief is what finally loosened my grip on the mesmerizing bias of what I thought I knew about Life and Death. Modern life trains us to stabilize, specialize, and defend fixed positions. Dervishing does the opposite. It invites holy vertigo. It asks us to trust that meaning is not lost when we move—it is generated.

A Practice for Modern Mystics

You need not don robes or spin on polished floors to dervish. You dervish when you:

- Let an idea turn in you rather than trying to master it
- Hold opposing truths without forcing reconciliation
- Allow curiosity to outrun certainty
- Step across intellectual and spiritual borders with reverence rather than conquest

In this sense, dervishing is a way of staying alive to the Sacred while in motion.

The Still Point

At the heart of every whirl is a paradox: the faster the turning, the deeper the stillness at the center. The dervish does not seek transcendence away from the world, but through intimate participation with its rhythms.

Perhaps this is why the image endures. Because somewhere inside us, we remember how to turn. As a little girl I loved twirling. And perhaps, without knowing why, we long for the courage to trust the dance again.

A Closing Turn

To be a modern-day dervish is not to retreat from the world—but to turn *within* it. To stand in the middle of the marketplace and still hear *The Mystery* calling you inward.

It is to walk in circles that spiral upward. To carry remembrance not on your lips alone, but in your breath, in your fingertips, and even in how you treat others—especially those



who do not see the world as you do. In how you honor what is unseen. In how you ask questions, and live your way into the answers.

You can be someone who knows much and still believes in mystery. You can anoint your next steps knowing the Sacred is always near, even when you do not perceive Their presence.

And remember, dear ones: you do not have to be cloaked in tradition to walk the mystic's path. You are a dervish every time you listen with the soles of your feet on this path. Every time you let love move you in circles. Every time you say "Yes" to the Beloved's silent invitation. Every time you choose kindness when something less...exalted tempts you otherwise.

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Get Cheryl's book here: [Mystic Richness](#)



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“From the time I was a child I’ve seen and communicated with other forms of consciousness, many of whom I soon discovered were people who had passed. As I got older and my understanding grew, I realized that my own family members were coming through, as well, bringing me peace and comfort with their continued communication. Understanding the value of the guidance they offered is what led me to the realization that what I do could be of help to others. Not only in offering people the opportunity to communicate with their loved ones, but helping them understand that we are spirit too, which is what makes the communication possible.”

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