

The background of the entire cover is a painting of an angel with large, feathered wings. The angel has long, wavy brown hair and is looking directly at the viewer with a gentle expression. They are wearing a light-colored, flowing robe. In their arms, they hold a large, lush bouquet of red and pink roses with green leaves. The overall style is soft and painterly, typical of late 19th or early 20th-century religious art.

The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 12 Issue 12 • December 2024

The Story of Christmas

Insight into the origins
of our holiday traditions

Inspiration for Celebrating
A Season of PEACE,
LOVE and JOY

Angel of Peace by Walter Crane



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Listen To Your Body and Heal Yourself with Matt Schmidt

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Deep Healing & Integration Weekend Retreat with Matt Schmidt

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Friday 4:00PM thru Sunday 12 noon

Check our [website](http://www.glh.as.me) for complete listings of all UPCOMING EVENTS!

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March 1 9:00-4:30

REIKI LEVEL II TRAINING*

March 2, 9:00-4:30

REIKI MASTER TRAINING*

Feb 8, 9:00-4:30, or contact us to schedule date. Includes apprenticeship.

*All trainings with Amy Wilinski

Lodging
options
available!



About the Cover:



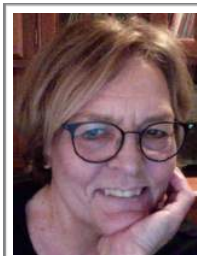
“Celestial Christmas Angel”
on Rice Paper by Reba Rose Creations
(Artist unknown)

<https://myvictorianheart.com/>



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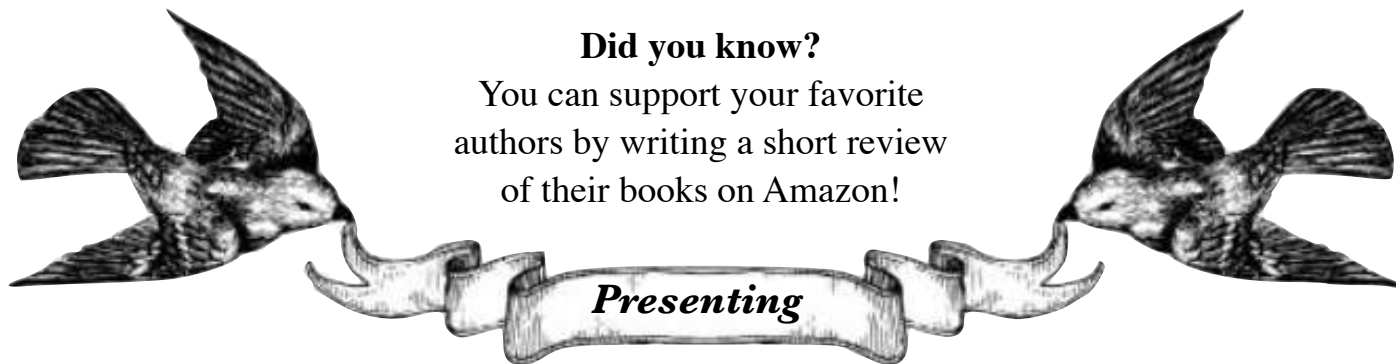


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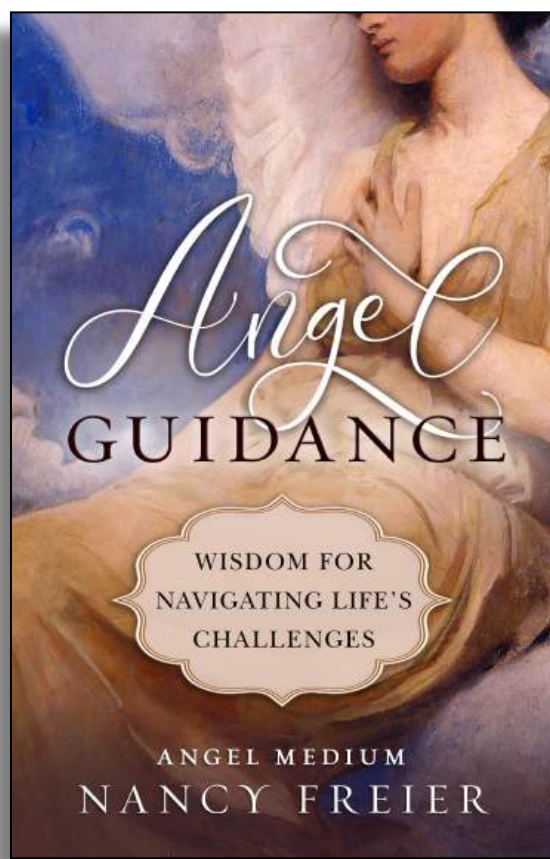
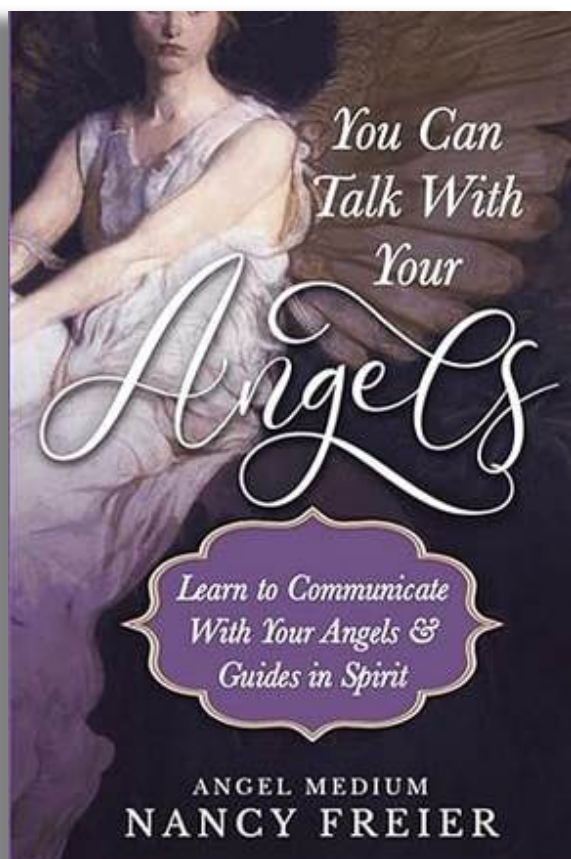
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Did you know?

You can support your favorite authors by writing a short review of their books on Amazon!



[You Can Talk With Your Angels](#) (©2024) is published! A long time in the writing, this 171 page book is the culmination of the Author Nancy Freier's inner listening / automatic writing technique she developed over the last three decade of teaching hundreds of students this method. Now the instructions are in this book, that also includes samples of the writings and actual class experiences. Follow the exercises and teach yourself how to talk with your angels! Private tutoring sessions with the author are also available! Email: NFreier@aol.com

From the Angels to your heart, [Angel Guidance: Wisdom For Navigating Life's Challenges](#) (©2022) is a collection of angelic messages in response to questions people asked over the years. Anyone interested in rising above the fray "to see as God sees" and have solutions to life's problems would love this book. From cover-to-cover, this book is loaded with higher wisdom that will change how you look at things and heal your life. Book is available in Paperback or Kindle.

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"Some believe it is only great power that can hold evil in check, but that is not what I have found. It is the small everyday deeds of ordinary folk that keep the darkness at bay. Small acts of kindness and love."

-J.R.R. Tolkien
The Hobbit, pub. 1937

*Dear Readers,
December always brings with it a call for Peace and Love; Love for one*



another and for Peace on Earth. And it seems as soon as the gifts are opened, we revert back to our usual ways, but not for me; not this year. Perhaps I'm more mature and have stepped up to a new level of grasping the Golden Rule that Jesus came to teach us... "Treat others as you want to be treated." I feel a new found level of compassion and a yearning to bring more Peace and Love to the world. How can I do that? This issue presents inspiration for ways to live in harmony and to sleep in heavenly peace.

I love the warmth and friendship of this season and intend to keep it going long after the glow of giving has dimmed. How can I give of myself? Where can I bring light and warmth to someone's life? How can I be my best self and be that every day in the world around me? Where can I offer an olive branch and let go of an ancient hurt because in reality, it is only hurting me? Where can I dig deep into my psyche to tear down a wall I've built between me and another, then replace it by planting seeds of Peace and Love that I truly want to nurture? We know as a species that change is certain. We also know we can drive our creative thoughts toward higher principles of peace and charity. It is ours to make the decision for this change; and we are the benefactors of our good works!

I present "The Story of Christmas" in which the author wove together the various religious traditions of this holiday. It is a long but enjoyable read in which to see the similarities among us. Perhaps this is a path to peace! Also in this issue, read lots of ideas for sharing the Christmas Spirit! May it light the path into the New Year!

Nancy

Messages from Our Readers...

I LOVE your November Pet edition since I adore cats. I especially love the cartoon with the dog and cat meeting God, and the cat's answer: "You're in my chair" is so spot on! It tickles me every time I see it. ~Peg E.

Ooh...the November issue is beautiful! If you have experienced the loss of a pet, you may find comfort or connection in some of the articles shared by this month's contributors. It is a beautiful compilation. ~L.A.

We'd LOVE to hear from you!
E-mail your comments and ideas to:
theinnervoice magazine@gmail.com



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Guidance for Handling Disappointments



Q. How can we get past all of the disappointments we experience in life and not let the dark feelings manifest into anger and disease?

Good Day, We Say to you! We see that on your Earth Plane there is much disappointment on both global and personal levels. First, we can point to the fact that you have expectations as to what you would like to see unfold — both globally and personally. And when those things do not happen as expected, you suffer the emotion of disappointment. Secondly, to this we say expectations are of the ego, which is also not to be trusted for the fickle ego will switch back and forth and in between its desires. One moment it will wish one thing and a moment later will wish for something else.

You've heard it before and we will say it again. The answer to disappointment lies in forgiveness. Forgive yourself for your expectations of what you wanted to have happen and release them knowing that all is in Divine Order. Know in your heart-of-hearts that the universal Creator is in charge and will allow scenarios to play out, shall we say, but know "the game is rigged" and it all happens for a very good reason.

We fully realize that accepting something you never wanted to happen is a stretch for you while on the earth plane, but also know that everything that happens is like a teacher entering a classroom to deliver an important lesson. Sometimes it is to learn what you don't want by contrast to what it is you do want.

The best advice we can give you for this reality (with a small 'r') is to *accept what is* while also knowing that the energy of creation continues to

move and what you perceive as the outcome *now* will shift again to something else. Continue to guidance to know what is more true for you and what your role is moving forward.

Change is what is Real (with a capital R). Therefore, we say, to grasp tightly to nothing. Keep your thoughts flowing in the direction of what is True and Real...of God's Great Reality, where you are forever safe. It may not seem so where you are in your journey through the Dark Ages, but keep your focus on, and invite the Highest Light and on your deepest heart's desires, and it will come in unique ways! What you set your high vibrational thoughts and intentions on will develop in accordance with Spirit's plan for your life.

We are Messengers of the Great White Light of God. Tune into your deepest truth. You are students in a classroom learning by contrast of what you truly want, for that is how earth life is set up. Call on us to guide you through the troubles you face and

we will give you love and the Peace that raises you up and over the fray. The disappointments are merely steps on the way to Heaven. Move into alignment with God's Great Promise of 'Goodness and Mercy that follows you all the days of your life'— and that is what you will see play out in your life.

Call on your Guardian Angels! We will influence to see the Truth (with a capital T) and to let go of disappointments and limitations so they don't fester and cause harmful effects.

Trust in Divine Goodness. Begin within. Bring forth the goodness that you are and want to see more of in the world. Forgive any unrealized expectations. Extend the olive branch to the person or situation, and let the disappointment fly away.

Δ



Glad tidings we bring to you and your kin...
We wish a Merry Christmas and a Happy New Year

Join the FREE Angel Guidance Zoom Group!

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!

NOTE: The meeting is now held on the 3rd Saturday of the month.

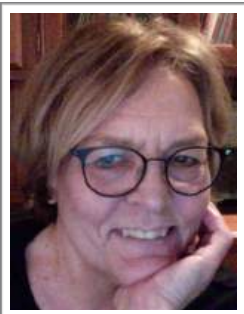
Angel Guidance Readings

Meet with the angels in a "Live Chat" with Angel Medium Nancy Freier. Receive kind insights, clarity and loving solutions that give you peace and joy this season!

*Readings are 1/2 off
thru December 31st*



Discount applies
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are scheduled by
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Send your request
to Nancy at:
NFreier@aol.com



www.NancyFreier.com

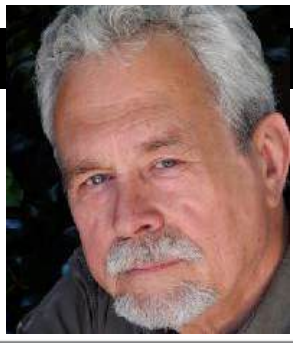
Sat. Dec. 21 @1pm CST

11am Pacific • 2pm Eastern
Sydney / Melbourne • 6am Sunday

[Click HERE to Join](#)



"Zooming enlightenment around the world"



The Journey of the Soul and the Ethereal World

Book Written By Emma Ruder Drollinger

Emma Ruder Drollinger was an American spiritualist and metaphysical writer in the early 20th century, known primarily for her explorations of the soul, the afterlife, and the ethereal world which she explored while in an Out of body (OBE) state.

Drollinger is best-known for *The Journey of the Soul and the Ethereal World*, wherein she explores the soul's journey through life, death, and the afterlife. Written in the early 20th century and published in 1919, this book delves into esoteric and spiritualist concepts, including the nature of the soul, the existence of the ethereal realm, and the soul's progression through various stages of existence.

Overview of the Book

Drawing on ideas from spiritualism, mysticism, and occultism, Drollinger portrays the soul's journey as one that continues beyond physical death, moving through ethereal planes and encountering spiritual beings at every level.

Key themes include:

1. The Nature of the Soul:

Drollinger describes the soul as an eternal essence that undergoes growth and development across lifetimes and dimensions.

2. The Ethereal World:

This is portrayed as a parallel dimension where souls experience life after physical death, encountering realms that correspond to their spiritual evolution.

3. Spiritual Progression and Reincarnation:

The journey of the soul is described as a process of reincarnation and evolution, where each life experience builds upon previous ones, ultimately leading the soul toward enlightenment.

4. Spiritual Guides and Guardians:

Souls receive help from spiritual beings or guides who assist them in their journey and transition between the physical and ethereal realms.

5. Purpose and Growth:

The importance of living a purposeful life aligned with spiritual growth is emphasized, suggesting that such an alignment determines the soul's experience after death.

Chapter Summaries

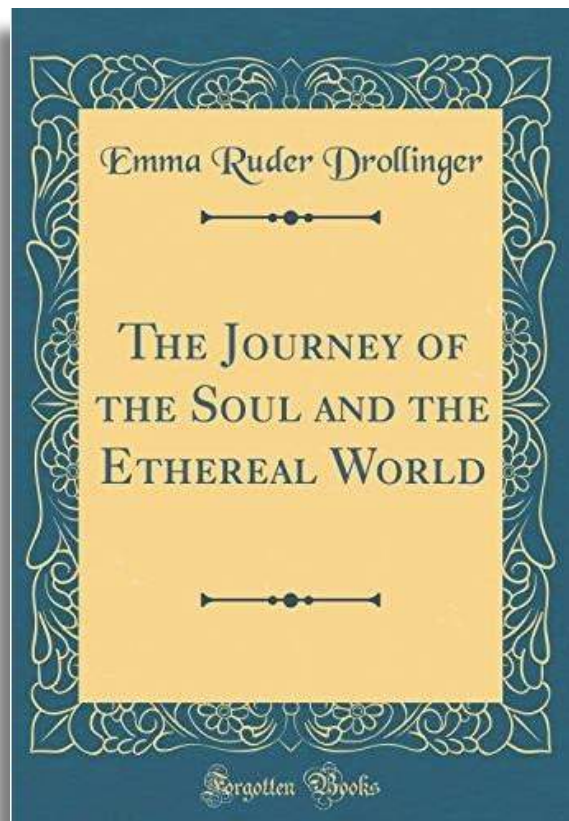
Here's a general outline of the chapters based on the themes typically discussed in the book:

- 1. Introduction to the Soul's Journey:** This chapter introduces the basic concepts of the soul, the nature of existence, and sets up the book's exploration of the ethereal world.
- 2. The Nature of the Soul and Spirit:** Drollinger delves into what defines the soul and spirit, discussing their roles and characteristics, and the idea that the soul is an immortal entity distinct from the physical body.
- 3. The Role of the Physical World in Soul Development:** This chapter explores the physical world as a stage for spiritual growth, describing how earthly experiences contribute to the soul's learning and preparation for the afterlife.

4. Death as Transition: Drollinger views death not as an end, but as a transition to a higher dimension of existence. This chapter covers the process of dying and what happens to the soul as it leaves the body.

5. The Ethereal World – Structure and Realms: Here, Drollinger describes the ethereal world as a structured realm composed of various vibrational levels where souls inhabit dimensions reflective of their state of spiritual development.

6. Kindle Guides and Guardians in the Ethereal World: This chapter introduces the concept of spiritual guides and entities who assist and guide souls in the ethereal world in their continued growth.



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7. **Reincarnation and Karma:** Drollinger discusses the concepts of reincarnation and karma, explaining how they influence the soul's journey and growth across many lifetimes.
8. **Purpose and Meaning in Life and Beyond:** This chapter emphasizes the importance of living with purpose, suggesting that such an alignment with spiritual goals can lead to greater fulfillment in both physical and ethereal realms.
9. **Advanced Realms and Ultimate Union:** The book's final chapters deal with the highest realms of existence, where advanced souls may attain unity with the divine or a state of enlightenment.

Summary:

The book is a guide to understanding life, death, and what lies beyond through a metaphysical lens. It is heavily influenced by early 20th-century spiritualist and esoteric traditions, offering readers a roadmap to a spiritual existence that transcends the physical world. By combining insights into life's purpose with a mystical perspective on the afterlife, Drollinger's work seeks to provide comfort, understanding, and a sense of continuity for readers interested in metaphysical spirituality and the soul's enduring journey. Obtain either a kindle version or a printed copy of this book on [Amazon](https://www.amazon.com).

△

Steve Freier is a researcher of metaphysical subjects and The Inner Voice website design tech. Steve is also a professional video producer specializing in personal and promotional videos in YouTube fashion. Contact Steve here: sgfreier23@gmail.com



Message #38

From The StillPoint Within

By JA Dioguardi

The interplay between Light and shadow in the world of form profoundly impacts each individual dependent upon the lens through which the reasoning mind perceives a thought or event. Your worldview determines perception; therefore, to shift your perception of reality, change your choice of lens.

When we view another through the lens of love, we see them as embodying their highest potential. The reflection of that image is then perceived by the *object of our affection* as a validation of that potential self. They are thereby empowered by that potentiality and are able to better manifest that version of self into form. The disempowerment felt when we are viewed through the eyes of fear, no matter through which lens that fear is filtered (i.e., anger, contempt, jealousy, and/or judgement), causes us to gravitate towards that less enlightened projection. Though choice of thought and action is solely that of each individual, the energetic support of our fellow humans plays a role in the potential expressed in the world of form.

Our first and highest priority in exercising our power is to wisely choose the filter through which we determine our self-image. By changing our filter to a *higher* resolution via love-based thoughts and choices, we more readily see the love-based potential of ourselves and others. By expanding our oftentimes limited version of self-potential, we uplift the potentials of those around us by way of our projections onto their screens. Self-love and -care—whether through the thoughts that we think, the content of our emotional body, or the expression of self via action on the earth plane—is where we are best able to exercise our highest form of power while incarnate. By aligning our personality with Soul, we embody our highest potential vibration, which we then emanate to others. In raising our vibration, we allow and empower those we perceive as *other-than-self* to entrain their vibration to ours. If you want to change the world, so to speak, begin by changing yourself.

Power expressed when aligned with Soul is always of service to self and others and is perceived as Light (in the many ways that might be interpreted by the human reasoning mind). Power not aligned with Spirit is dense and casts a shadow in the world of form. Raise your personal wattage through the elevation of thought by adjusting your lens and seeing clearly. A shadow is dispelled where there is Light—and there is always Light (despite what you might be perceiving dependent upon your chosen lens). It is in the world of form where we are best able to learn this Truth. *Earth school* was designed precisely for that purpose.

Live and learn! Compassion and kindness are two of the best clarifiers of humankind. With an unobstructed view, not only are we able to see the Light, we are the source of Light itself. During the “Season of Light” and throughout our calendar year, may we all shine brightly.

JA Dioguardi, in her own words, said: “I am a Cosmic Consultant for Change. I inspire, teach, and heal via the vibration of my words.” For more of her writings visit: www.jadioguardi.com

The Story of Christmas

By Manly P. Hall ©1956

Curl up by the fireplace and read this story. It tells the meaning behind our Christmas customs (by whatever name you choose to call the December Holidays). You will find more similarities than differences and learn such things as why do we decorate evergreen trees inside our homes? Where did the custom of mistletoe come from? And Santa Claus?

To fully appreciate the festival of Christmas, we must come to understand what it has meant to man as a spiritual experience since the beginning of recorded history. We know that this sacred season has been held in the deepest veneration by the peoples of many races and nations, and that it has descended to us as a beautiful heritage of tradition. All things in Nature grow from seed and unfold the life within them, nourished and sustained by universal laws. This is especially true of Christmas. The celebration began when the seed of faith took root in the soul of mankind. This was truly long ago and far away. With the rise of Christianity, faith blossomed into hope, and in recent times, the flower bore the fruit of charity. Thus, we find Christmas analogous to the graces of faith, hope, and charity.

Most of the older nations of the world have claimed the honor of being the first to celebrate Christmas. It is not likely that we will ever know the precise location or the exact time of beginning of this festival, but it is safe to say that it predates Christianity by thousands of years.

In the beginning, our primitive forebears were nomadic. They wandered about sustaining themselves largely by hunting wild beasts. Gradually, communities came into existence. Villages and tribes set up relatively permanent abodes, and this led toward the development of agriculture. We should remember that in those days man was a lonely creature, overwhelmed by the magnitude of his environment. At the same time, however, he was naturally curious, and his faculties of observation were developing. Slowly but surely our remote but thoughtful ancestors became aware of the mystery of universal life. They saw God in fire and heard him in the winds. Some strange but invisible energy sustained the infinite diversity of creatures, and there were laws and rules which had to be obeyed. Obedience was the secret of life; disobedience, the way of death. Of all wonderful things, the most immanent was the miracle of generation. The seed which seemed lifeless and very small was planted in the earth. The sun shone



and the rains came, and from the dark womb of the soil, life was released.

The first agriculturists came gradually to realize that there were proper seasons for planting and harvesting, and there were also seasons during which the great spirit of the earth rested. **At the vernal equinox** the sleeping earth awakened and revealed its fertility. This was the proper time for planting and men rejoiced at the promise of a fortunate yield and there would be food for all. **At the summer solstice**, all living things were industrious and active, and vitality was abundant. Then came the **autumnal equinox** and the time for harvesting. There was a full spirit of ripeness in the air and in the earth. After the crops had been taken in, **the winter solstice**, which fell about the 22nd of December, came. Great Nature herself, the loving mother of all the living, wrapped her robes about her to rest and sleep. With winter came the cold, ice, and snow, and these were associated with death. The days were short and the nights were

long. It was therefore time for prayer and supplication. There were several long quiet days, and the joyous celebration of the annual birthday of the sun. The great orb of light had heard their prayers, and had graciously turned his face upon them. The promise of the new year had come, and it was proper not only to be grateful, but to rejoice, to share all happiness, to make good resolutions for the future, and to dream of the bright warm days that lay ahead.

The mystery of the seasons was closely associated with the revolution of the sun. It is not really true that most ancient peoples were sun-worshippers, but they certainly regarded the glorious source of light as one of their earliest and most important religious symbols. First of all, the sun represented light, not only that which illuminated the body, but also the light of the soul, of the mind, and of the spirit. The sun also warmed him, and he grew to observe that this kindly light also warmed the earth, causing the seeds to sprout and grow. In itself, the solar orb was also a blazing mystery. It shone like an eye in the sky, an eye that always watched him and watched over him. It stood as a witness

continued on page 11



In approximately 1620, the German, Martin Luther, was the first person to bring a pine tree into the house and decorate it with candles. Isaiah 60:13

to the principle of universal life and to the God who had placed it in the sky and given it authority over the seasons of the world.

Nearly 1400 years before the birth of Christ, a kindly and gentle human soul ruled over the double empire of Egypt named Akhenaten, a pharaoh-mystic who made a wonderful symbol of the sun, with each of its rays ending in a human hand. He called this the Ateru, the light of the world, and in his meditations he contemplated the goodness of the sun. He was moved to declare that Aten, the glorious disc of day, gave its light to all nations, to all races, and to creatures of every kind. It shone equally upon the just and the unjust, with a beautiful patience. It neither judged nor condemned; it simply gave light and life forever. Akhenaten taught that earthly rulers should be like the sun, and that good men everywhere should share their life and light, for in so doing, they honored the source of their own existence. Because of the mystery of the sun, Akhenaten did not make war on neighboring states, nor would he condemn their gods. Equality was bestowed upon all things by the example of the sun.

Every night the sun went to sleep, or as some believed, it went through the gates of the West to light the underworld, and the earth was darkened. Men feared the dark and the wild animals that roamed in the blackness of night. They huddled in their caves for protection, and later built fires to restore

confidence and protect themselves not only from savage beasts, but from ghosts, and sad spirits that wandered in the darkness. From the beginning, then, men learned to love light and to fear darkness, and when they prayed for light, they made offerings to the sovereign sun. Even the fires they built were symbols of the solar power, for these fires took away some of the darkness.

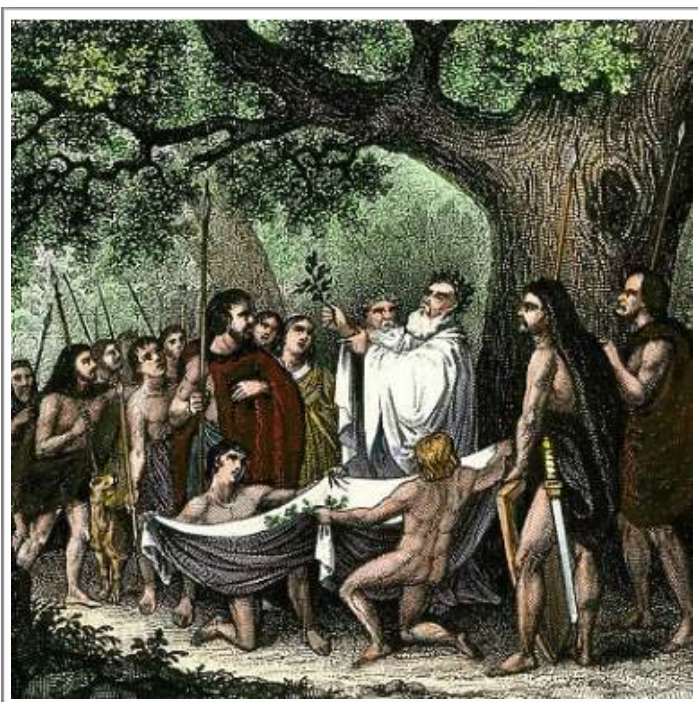
The Magi, living in the valley of the Euphrates, studied the stars and the motions of the heavens. They measured the seasons and they discovered the three long dark nights which accompanied the winter solstice. They also observed that immediately afterwards the days began to lengthen, and they interpreted this phenomenon as peculiar proof of God's love — that the world would soon again be green and covered with flowers. At this season also, the lusty Romans celebrated their Saturnalia, a long and important festival which terminated on Christmas Eve. In the old calendar, December 25th was marked with the words "Natalis Solis Invicti" — the Birthday of the Invincible Sun. This festival was always a kindly occasion. Men, either in gratitude or through fear, were motivated to generous and unselfish actions.

The priests of ancient Britain were called the Druids, or men of the oak tree. At the winter solstice, these great bearded

continued on page 12

patriarchs, clad in flowing robes of white, entered their sacred groves to cut the **mistletoe**. It was their custom to use its white berries and green leaves to make wreaths around the crude, monolithic stones of their altars. Still there stands an ancient ring of huge stones called **Stonehenge**, as a continuing reminder of this ancient faith. It was in places like this that the early Britons gathered to venerate the return of the sun.

Nearly 20 centuries ago, the Christian faith was brought to a sad and troubled world, in which too many human beings had forgotten to be grateful. Christianity began as a small faith, mostly local in its sphere of influence. For several centuries, the new faith existed precariously in a pagan atmosphere, and it was not until after the conversion of Constantine Magnus, early in the



4th century, that the religion became safely established.

In the early years of the Christian communion, there was no general consensus of opinion as to the month or day of Jesus' birth. Actually, none of the older Fathers seems to have known the month and day of the nativity. One early writer said that it was generally believed that Christ was born on the 20th of May, and another, selected the 10th or 20th of April. Several groups were convinced that the Master was born in January, and it remained for Pope Julius, who reigned in the 4th century, to officially assign the date of December 25th.

This leads to the realization that there was a gradual trend toward bringing the birth of Christ into harmony with the greatest celebration known in the ancient world. There were a number of philosopher-mystics among the early Christians, and these gradually identified Christ with the sun. They saw in him the light of the world, the greatest light of all time, the true light that lighteth every man that cometh into the world. If Christ was the light of the world, was he not the true sun-hero, the light-bearer,

who was the desired of all nations? As the sun lit the sky and made the earth fruitful, so the Son of Man cast his light into the souls of humanity, making spirits fruitful for good works.

Originally, the **"Christ-Mass"** was almost completely religious within the body of Christendom. It combined several sacred occasions, including Epiphany, a feast celebrated on January 6th commemorating the coming of the three Magi to the crib of Christ, or, as it is said, the first manifestation of Christ to the gentiles. In the 4th century, the marriage feast of Cana and the feeding of the multitudes with fishes and barley loaves were included in the Christmas festivities. The broad form of Christmas, as we know it, seems to have originated in western Europe, but spread rapidly eastward and in the middle years of the 4th century was observed in Byzantium at the court of Constantius. It was not the Mass in the church or the cathedral which first and most completely expressed the Christmas spirit. This true festival came directly into the lives of all concerned. It was an intimate religious experience — a sacrament in the home by the fireside and, most of all, in the heart. It was dedicated to the memory of a little child who was to become the undisputed ruler of the human heart. This child, born in a stable surrounded by animals, was not a temporal sovereign crowned and sceptered, for his kingdom was not of this world. His was the rule of love, and he was the Prince of Peace.

Even the poor and the illiterate could understand the life-way of the gentle Nazarene. They tried to restore his spirit in themselves by doing his works' and by honoring his memory through acts of Christian charity. They celebrated Christmas in memory of him and in the way they believed he would have wished. They remembered his teachings that if a man would love his God, he should love his brother also. It was the original intent that during the Christmas season, love should rule the world, in anticipation of the day when the Lord of Love should return to his kingdom and rule over all men in spirit and in truth.

The attitudes of medieval man were largely influenced by his environment. His personal opportunities were limited, his requirements were few and simple, and he was subjected to a variety of misfortunes, natural or man-made. As might be expected under such conditions, he devised his own amusements and took advantage of every possible opportunity for gaiety and celebration ... of Christmas. Gradually, he came to identify this festival with the emotion of hope. The birth of Christ meant to him the assurance of ultimate wellbeing, if not in this world, then in a better place beyond death. For him the Heavenly Father had sent his son into the world in the likeness of a mortal person. Through this wonderful intercession, the gates of salvation had been opened, and the lonely, the tired, the sick, and the poor, were not forgotten.

The middle ages of European history were burdened with war, plague, drought; and famine. The individual could not cope with these vast problems and all this led in due time to the firm belief that there was a divine power within man which was the very presence of God. The coming of Christ was reenacted in the life

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of each individual who chose to live according to the spirit of the Master's teachings. At Christmas, there was not only the beautiful tradition of a child born in Bethlehem, but the timeless symbolism of eternal truth born in the heart of man.

The spirit of Christmas descends to us largely through a group of symbols long associated with the festivities of the season. It makes no difference whether the Christmas symbols originated in Eastern nations or in ancient pre-Christian times. They belong to a universal pattern of gentle remembrances. They tell us that man has always instinctively longed to love the beautiful and to serve the good. It is really and truly wonderful if some part of our Christmas came from ancient Egypt or India or even remote China. These are regions on a map, but the people who inhabit them are one creation in God and under law. Christmas can be an invitation to universal friendliness and the quiet realization that one life from one eternal source must flow into the souls of all men and restore in them the recognition of their common origin, purpose, and destiny. **Let us therefore examine some of these symbols with open hearts and minds.**

Many countries have popular legends by which they claim the distinction of having given **the Christmas tree** to the world. The pine, fir, or evergreen has long been associated with the idea of immortality because it remains green through the long winter period, and is thus a fitting symbol of the inevitable victory of life over death. Sprigs of acacia, cypress, cedar, or fir were used to decorate ancient altars, and there are references to them in the Bible. The thorny tamarisk was considered a sacred tree by the early Arabs, and it is supposed that from its branches was fashioned the wreath of thorns which was set upon the forehead of Jesus. The tamarisk has a strange and wonderful vitality, for when it is cut down and trimmed and made into door-posts it will take root and send out boughs which will arch the doorways. A Scandinavian myth of great antiquity tells of a fir tree which sprang from the blood-drenched soil where two lovers had met a violent death. On a certain night during the Christmas season, mysterious lights – like candles – were seen on its branches, and neither wind nor storm could extinguish them.

There is a 13th-century French legend of a wandering knight of the age of chivalry, who, while traveling deep in the gloom of a heavy woodland, found there a gigantic tree, presumably an ancient pine, the branches of which were covered with burning candles. Some of the candles stood erect on the branches, and others had fallen or bent into weird crooked shapes. On the top of the tree was the vision of a beautiful child with a halo of light around its head. There seemed to be no living person about, and the knight left the place filled with wonderment. The pope was appealed to for an explanation, and he declared that the tree undoubtedly represented mankind. The child was the Savior, and the standing and falling candles were good and bad human beings. Here we find the symbolism of the tree of life decorated with the deeds of mortals. The tree laden with gifts and bright trinkets was like the tree of The Revelation, which bore upon its branches the twelve manner of fruit, and this fruit indeed was for the healing of the nations.

There is also a gentle lingering story that Martin Luther was the first to light the Christmas tree with small candles. Perhaps he only revived an earlier practice, but still it has come to be associated with his name. One Christmas Eve, when Luther was traveling alone in a snow-covered countryside, he was suddenly impressed with the thousands of glittering stars that seemed to hover over the earth. All the world was shining with a strange and wonderful light, and the bright points in the sky mingled with the deep green shadowy trees along the road. Luther was struck with a happy thought and, arriving home, he tried to explain his feelings to his wife and children. He went out into the garden of his house and cut a small fir tree, which he placed in the nursery. He then put candles on its branches and lighted them. There is a popular German engraving which shows Martin Luther seated in the midst of his family with a lighted Christmas tree on the table before him. In this symbolism, the tree certainly represented the earth and the candles, the starry heavens. In the mystery of Christmas, heaven adorns the earth, and they are united and share in a common glory.

Pyramids or cones of green paper covered with wreaths or festoons of sweetmeats are sometimes substituted for Christmas trees in Germany. It is curious that similar pyramids decorated in the same way are carried in marriage ceremonies in India. We learn that these trees represent the world-tree, or the fragrant tree of ages, or the flowering tree of perfect gifts which grew on the slopes of Meru, the mountain of the gods. These tree symbols are wishes for good fortune, long life, many children, and happiness through the years. The tree also represents universal energy upon which we all depend, and by the gift of which we are sustained.

In Japan, the evergreen or fir represents strength, honor, integrity, courage, and devotion to truth. In the art of these people, the pine is often shown keeping lonely vigil on some rocky crag. The gift of the fir branch is a kindly way of saying: be of good cheer, we are with you, and our thoughts and our love shall guard and guide you. The fir is the tree of peace. Homes are built from it. It is a sign of everlasting life, for its branches are ever green. It points upward to heaven with a single green spire. This then is the tree of the Christ-child, about which gentle spirits should gather in the home by the family fire.

We note the early association of the Christmas tree and the candle. At about the time of our Christmas festival, the Jewish people celebrated their Feast of Lights. As lighted candles were a feature of this ritual, they are to be seen twinkling in every Jewish home in Bethlehem and Nazareth and in many other parts of the world at about the same time as the Savior's birthday. **Hanukkah, the Feast of Lights or Feast of Dedication**, commemorates the rededication of the temple in Jerusalem and the great victories of the Maccabees which brought religious freedom and national independence to the old Jewish people. It is interesting to note in this connection that the German name for Christmas is **Weihnacht, the Night of Dedication**. For centuries, priests and peasants read their Bibles

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in the long quiet evening by the light of a candle. St. Jerome is so depicted in a beautiful old painting by Durer. The candle, therefore, became symbolic of the light of the soul ... and the light of understanding dispels all darkness, overcomes all doubts, fears, and hates. A man cannot live in darkness if there is a light burning steadily within himself. At Christmas we share the light, and it blazes in the window in our homes to remind all strangers and passersby that the light of our soul is strong in this time of solemn celebration.

Music has long been associated with the Christmas Season, but the early chants, litanies, and hymns written in Latin were hardly suitable for secular use. According to legend, the **Gloria in Excelsis, the hymn supposedly sung by the angels on the occasion of Christ's nativity, was the first Christmas carol.** It is believed that songs in the popular languages and with simple but reverent wordings were introduced by St. Francis of Assisi, who desired to bring the Christmas mystery closer to the lives of the people. Carol singing spread slowly but surely throughout Europe. Choral groups sang in the streets and outside the houses of friends and relations. In a subtle way, these singers, like the angels of old, brought the good tidings of great joy.

Mumming was often an important feature of the Christmas festivities. The word *mummer* means a masker, and this custom seems to be traceable to the ancient Roman Saturnalia. Originally, mumming consisted of men and women exchanging their clothing and, thus disguised, going from one neighbor's house to another. This custom is related to the rites of the stranger at the Christmas Season. It was assumed that during the celebration, the door was open, and anyone seeking food or shelter was made welcome in the name of the Christ child. They were not supposed to be recognized, but were made welcome and invited to share in the festivities. In the very ancient pagan world, there was a belief that gods and godlings might visit the earth disguised as mortals, and it would be a serious oversight if they were not made welcome and permitted to share the common bounty. So Christmas became a time of open house, for perhaps the very spirit of Christ might enter in some unfamiliar likeness.

In Germany, the word for **mistletoe** signified "all-heal." The plant was thought to possess mystical and magical virtues. The presence of mistletoe in the home was considered as a benediction and, if true lovers stood beneath its branch, it brought good fortune. To stand under the mistletoe means to stand under the wing of the holy spirit.

No discussion of Christmas could be complete without mentioning **Santa Claus**. The name is said to be an American

adaptation of the Dutch *Sant Nikolaas*. St. Nicholas is said to have died in 343 A.D. From his earliest years, this Saint venerated the Christ child, and he practiced throughout his life the childlike virtues of meekness and humility of spirit. Because he performed all his good works in the name of the infant Jesus, children were taught to regard him as their patron saint. In Christian art, he is usually represented in Episcopal robes, accompanied by three purses and three children. There is a legend that good St. Nicholas gladdened the hearts of three poor girls who wished to be honorably married, by secretly throwing purses of money into the window of their home, so that they could have suitable dowries. This is why three purses have come to be his particular symbol. On many other occasions, he also provided for the distressed, but he always arranged his gifts so that none would know their source. If he was asked, he would say very quietly and sincerely that *Christ was the true giver of all gifts*. St. Nicholas seems to have been first adopted officially as the patron of children in the

Netherlands and, on St. Nicholas Eve, the little folks leave their wooden shoes filled with hay for the horse which the good Saint rides when he jumps from roof-to-roof, leaving toys and sweetmeats.

Christmas is the day which symbolizes to all Christians God's most splendid gift to mankind. We attempt in small ways to reenact this miracle, and what better way than to do our good works silently and secretly, as Nature does and then ascribe them to some gentle symbol of unselfishness like old St. Nicholas? In memory of this Saint's anonymous philanthropy, mothers concealed apples, nuts, and pears — sometimes clothing, shoes, and caps — in their children's rooms on St. Nicholas Eve, and when morning came, and the presents were discovered, they would follow the holy man's example and simply say that St. Nicolas had brought them. It was an early custom to hide such presents in shoes and

slippers, so that the children would find them when they dressed.

There are other elements which have contributed to the Santa Claus legend. Among the ancient Egyptians, there was a rotund and amiable deity named *Bes* — a gnome-like figure who was also regarded as the patron of little children. This god lived with the other deities at the North Pole and is supposed to have labored industriously throughout the year making dolls and toys for the boys and girls who were good and obedient. He could travel invisibly through space, and had a wonderful way of knowing the virtues and faults of the children he visited.

The time-honored custom of **exchanging gifts** at Christmas is also associated with the Roman Saturnalia. During this festival, the citizens of Rome exchanged presents, greeting cards, and boxes of food. They seem to have originated our idea of a



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Christmas box with assorted contents. Under Christian influence, a few coins were often included so that the recipient might pay for a special Mass appropriate to the season. The custom spread throughout Europe and England, and the lord of the manor was host to all his tenants and their children, and there was usually a special program of music and cheer.

For nearly 15 centuries, the concept of Christmas-giving and sharing was comparatively free from what we call "commercialism." Gifts were considered important because they represented the personal thoughtfulness, skill, and industry of the giver. Merchants fashioned with their own hands toys and trinkets. Housewives sewed and embroidered and prepared foods and pastries. Even the children shared in the benevolent conspiracy and the general atmosphere of expectancy. They drew pictures and wrote poems, memorized songs, and helped to gather the decorations for the house. The very simplicity of the old Christmas was part of its charm and kept the sacredness of the celebration bright. After all, it was in honor of a man who had renounced the things of this world; for the birds of the air had their nests and the beasts of the field had their lairs, but the Son of Man had no place to lay his head.

A Christmas present is a symbol. We give of what we have to indicate our intention to give of what we are. We tell our loved ones that they may depend upon us for strength and integrity and protection. It is a mistake if we allow the spirit of Christmas to be exhausted on a symbolic level. Nor should we bury the spirit of Christmas under a stack of presents. We say that it is unfortunate that times have changed and that Christmas is now a heavy economic responsibility. This is in part due to a general misunderstanding and to the changes which the motions of civilization have wrought. The average person is no longer sufficiently resourceful or skillful to make with his own hands the gifts for his loved ones. He feels that he does not have the time, but, in fact, he lacks the inclination. So today he simply goes out and buys and joins the throng which has transformed this gentle festival into a merchants' holiday.

We all need to appreciate Christmas as an excursion of the fantasy — a journey into the land of mystery — where everything is wonderful and beautiful, and good is always triumphant. It is a grand occasion to restate dreams and beliefs which we desperately desire to accept, and thus to rescue our minds and souls from the monotony of buying and selling,

earning and paying. If we could really share in this festivity with a full measure of devotion, we would have new courage and vision with which to face the future, and there would be greater probability that we could keep our new year's resolutions.

With all the talk against Christmas and the sober resolutions not to become involved in the frantic cycle of buying, giving, and receiving, there is one thing we should always remember. The importance of Christmas depends upon ourselves. It is a

festival of the spirit and, if our souls are filled with the deeper meaning of the season, it will not be merely a burden. Unfortunately, two celebrations that were once distinctively separate have been united in the modern Christmas. The first and most important of these was the sacred festival, extending from public worship to private communion. The second is the exchanging of gifts. By degrees, Christmas presents have taken the place of the Christmas Presence. The Christ-Mass is forgotten all too often, or at least has lost a part of its vital meaning.

Let us remember that Christ personifies the love of God born into the world for the salvation of man. The Christ in us, which is indeed our hope of glory, is therefore manifested through our purest and most dedicated

affections. If we can find the love which abides within us, it can become the ruler of our world and the constant source of good words, kind thoughts, and gentle deeds. When we hang the mistletoe above the door, we are saying that love has come into our house, and where true love comes, the spirit of Christ reigns supreme. With love lighting the way, shining upon our lives like the star that crowns the Christmas tree, there can be no longer any darkness in our hearts.

According to the symbolism of this sacred season, faith and gratitude, hope and joy, love and peace, which together form the grace of the spirit, were made flesh and dwelt among us in the grotto at Bethlehem by a mystery which we can experience, but never fully explain in words. We know that this spirit also abides in our own hearts, and through us its perfect works are made manifest.

Love finds its fulfillment in the constant giving of its life and light. Our Christmas depends upon the purity and beauty of the simple affection which we bestow upon this season and all that it means to ourselves and others. If we so understand and so appreciate, our Christmas will always be beautiful.





The 2024 Election, or Plot Twist? A Spiritual Reflection

“Humanity is taking its next evolutionary step,” I said. “We will understand ourselves as one organism. The new skill is telepathy. We will not have to speak to communicate. We will not be able to lie.”

In 1974, as I blurted these words to the admitting nurse in the University Medical Center, I watched her write down “Bizarre rambling” and an unfortunate diagnosis. While the label didn’t stick, it threw me into a panic and foretold a difficult trajectory for my life path.

When Nancy asked me to write an article about my perspective on the recent election, this painful memory, the hospitalization trauma, my political career and all that followed flooded me with hesitation. Allowing some vulnerable trepidation, I set my concerns aside to share my view.

In the 1980s, with my Choctaw heritage, I was “adopted” into an indigenous ceremonial family. We celebrated ancient rituals, including naming and coming of age ceremonies, sweat lodges, and preparations for the Sun Dancers in our circle to participate in that arduous annual sacrifice. I learned about legend and prophesy and processed my visions and life experience with elders. Thanks to those relationships, I came to see my liminality as a gift. With the help of Guides and Angels and communications beyond the veil with my Choctaw Great Grandmother, I’ve become grateful for both those earlier “excursions” into non-ordinary reality, and now, the ability to expand my view without going into extreme states.

In 2020, when the pandemic hit, much of what I had been shown over the years started to unfold. I hold with great respect

the prophecies as shared with me by elders close to my heart. I do not have permission to share those stories. However, as I understand this era, we are undergoing a rebirth, a renewal, a new story unfolding, a time referred to in our circle as Sexto Sol, the Sixth Sun. I understand this as Creation finding a new expression after several thousand years under a certain paradigm, a new birth in consciousness. This involves forming a new path for Mother Earth and her children, all sentience. I continue to inquire of my Guides, why have you shown me all this stuff? Is there some service I agreed to?

One answer came after this most recent election. Perhaps I’m to offer comfort for those, many of whom I dearly love, who are completely undone by the outcome.

During my career, I worked in politics. I now perceive that world as an elaborate production, a melodrama, a well-intended ritual rife with human shadow, character traps, power plays, greed, propaganda, half-truths and outright lies. My apologies to those who have some faith in that world for saying this. I became close to two people who, at very high levels of influence, experienced shocking betrayals, one costing many lives. The truths they shared will likely never be disclosed. What I experienced myself and observed with my loved ones changed my expectations. Those I respected all left political life, as did I. I still vote, but when I do, I concern myself more with the energy behind making my choices than with the personality on the ballot. Then, I let go of the outcome.

Sensing this American election as an evolutionary moment, I personally felt who was elected would not matter, even as the world sat on the edge of its seat in anticipation. It would be how the populace reacted, how divisions were healed, or not. Personal and global evolution appear inevitable. I have an unshakeable faith in Divine order. No matter what path is taken, I trust the highest good for all sentient beings will prevail, including Mother Earth in her own becoming.

As results rolled in on Tuesday night, I became fascinated with news coverage, switching from network to network, watching flummoxed news casters holding out hopes for a particular candidate. With no attachment going in, I watched reactions with deep fascination. As I watched, I reflected on the lap loom my Choctaw cousin sent me for Christmas in 2021. At the time, I was homeless, living in a cold, damp trailer in Northern Oregon. It was a dark night of the soul for me in my



Grandmother Spider illustration by Ellen McCord

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"Into the Light" a tapestry woven by Ellen McCord on the little lap loom referred to in the article. You can see the angel-like figures (one with green wings and a very small light purple one) on the right and the souls headed toward the light throughout the rest of the piece.

personal circumstances as well as in how I perceived what unfolded on the world stage. As I shivered in bed for long hours, weaving, I reflected on the idea of Creation, of the Sexto Sol. I wove simple, colorful tapestries with yarn from the dollar store thinking about Spider Grandmother, an ancient weaver. She's a trickster character in a Choctaw story and like Prometheus, stole fire to bring to the people. Prometheus, severely punished for his similar crime reflects a western culture fear of ruthless, petty, punishing overlords. Spider Grandmother, for her clever trick in stealing the fire, was celebrated, revered, not punished.

As I weave Spider Grandmother's story into the liminal, near dawn of Sexto Sol, I hope this community of readers can take in my perspective. There is a trickster in every good creation story. It took a Centaur to release Prometheus from his predicament, illuminating the prevailing western victim, perpetrator, rescuer paradigm that underlies the western political mythos. By contrast, Spider Grandmother's Aquarian age-like uniqueness and skill brought appreciation from the other creatures, none of whom could capture and carry the fire, although each of them had tried. Within this indigenous story, no dominating, punishing overlords came along to crush her.

We all know about the story in the garden and the collective cultural ambivalence about snakes. There are stories of ravens, coyotes and even a chicken in the Yoruba culture, all playing that trickster role, flipping the script somehow, disrupting expectations and changing the world. How do we wish to hold these plot twist characters in our hearts and minds? Do we know enough about the backstory to perceive it from a higher view? I believe the desires of our collective hearts will guide the formation of the future. I align my heart with the prophetic promise of peace. How we get there, I have no idea.

I believe all who participate in this sacred play are emanations from the same great loving Source, playing our individual, unique parts with sincerity. While, at times, I may question the designs of the Most Great Scriptwriter, I see each individual moving the story forward, consciously or not, in alignment with a higher Plan. May I grow myself to meet each new, unexpected moment with curiosity.



Here is a link to the traditional story if you'd like to read it.
[Grandmother Spider Steals the Fire](#)



Blue Lace Agate and Blue Kyanite

Connect your dreams with reality

This December, as the year comes to a close, we will experience two new moons. The second new moon in a single month is known as the black moon. The black moon creates a contemplative space for deep reflection and stillness. It invites us into a sacred pause where we are reminded of life's cycles: from stillness comes inspiration; from the darkness, light emerges—not just in the sky but within us as well.

The timing of this lunar cycle syncs up beautifully with the call of the winter season. This is naturally a time to slow down, reflect, and dream. The darkness of the black moon mirrors the fertile void within each of us—the space where our dreams and visions take root. It reminds us that the quiet moments of reflection hold the power to transform our lives.

In this reflective energy, Blue Kyanite and Blue Lace Agate step forward as our monthly allies, inviting us to listen to the wisdom within and reconnect with our capacity to dream.

“So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable.” - Christopher Reeve

Together, Blue Lace Agate and Blue Kyanite whisper of the possibilities that arise when we dare to dream big dreams within the quiet space of our hearts. They encourage us to welcome the black moon and the winter season as an opportunity for the inner stillness needed to access the purity, truth, and possibility of our dreams.



Blue Lace Agate encourages you to cultivate peace within.

Wisdom and Reflections from the December Crystals

Blue Lace Agate invites us to explore the silent spaces within. Its lacy layers and soothing winter sky hues awaken a sense of peacefulness, helping us to quiet the mind. Blue Lace Agate teaches us that true strength lies in our ability to listen—both to ourselves and the world around us. It encourages us to step away from the noise of everyday life. As we cultivate inner silence, we can hear the voice of our soul and the wisdom it longs to share as we bring this year to a close and prepare to step into the next.

As you discover the language of your soul in the quiet spaces between your thoughts, Blue Lace Agate invites you to consider: What stories from your past have limited your ability to dream? What deeper

truths have emerged for you in moments of silence this year?

Blue Kyanite reminds us that we can create a bridge between the physical and spiritual worlds as we bridge the gap between our dreams and our current reality. It reminds us that when we allow ourselves to dream with an open heart, we enter into sacred co-creation with spirit and lay a foundation for our dreams to take form.

As you dream with an open heart and trust that your dreams are the bridge to your future, Blue Kyanite invites you to consider: How can you nurture your inner dreamer and create space for your aspirations to take root? How would your life change if you treated your dreams as inevitable rather than improbable?

This December, let these crystals guide you in summoning your will and trusting in the inevitability of your dreams. Blue

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Let's Talk Crystals from page 18

Lace Agate offers the soothing presence needed for introspection, and Blue Kyanite inspires us to bridge the gap between who we are and who we are becoming. Together, these crystal allies remind us that even in the darkness of a black moon, the seeds of light are waiting to bloom. Dream boldly, for the light you seek is already within you.



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Keep the Christmas Spirit Alive All Year

By Susan Barnes

We believe that the highest morality is contained in the Golden Rule: “Do unto others as you would have them do unto you.”

Like the Ten Commandments, Spiritualists have principles that guide people toward a spiritual life. But these are not written in stone. People have free will and, as a result, can decide whether or not to follow these suggestions. The principle above is an idea found in many religions: Do unto others as you would have them do unto you. It is a simple idea. Treat people the way you want to be treated. Showing kindness and compassion to others throughout our daily lives helps to align a person with spiritual attunement. In other words, spirituality occurs when an individual's relationships on the earth plane are aligned with the ideals of the creative or God force. Love One Another. When not following these suggestions, chaos can rule, and everything can go array.

The one time during the year when we follow the Golden Rule is at Christmas time. We try to show kindness and concern for others. It is sometimes called the Christmas Spirit. Everywhere, carols are playing and decorations light up the neighborhood. People show consideration to others, and everyone is focused on buying gifts. Family and friends gather to celebrate and share Christmas joy.

Christmas is a time of compassion. It may be one time during the year when we focus on others and share holiday joy. During the rest of the year, life seems to get in the way of the ideal of kindness. It could just be that you are having a bad day, and bad days may have a way of becoming a habit of irritability. Before you realize it, the Christmastime goodwill has vanished into a sea of circumstances beyond our control. Nevertheless, we need to take control of our lives because it is the gift we can give ourselves.

For example, another Spiritualist principle reminds us that we have a choice as to whether or not we have good or bad days. It states: “We affirm the moral responsibility of individuals and that we make our happiness or unhappiness as we obey or disobey Nature's physical and spiritual laws.” The language is old-fashioned, and its meaning is obscure unless you know the spiritual law. The law is simple. What you think is what you get back. If you are upbeat and happy, you will be satisfied. If you are an unhappy person, unhappiness will follow you. So, it stands to reason that being kind and thoughtful all year will bring these actions into your life from other people. Love, mercy and grace can cast out fear and unhappiness.

Thinking positively is a way to bring the Christmas spirit into our ordinary existence all year long. By doing this, we can manifest love and compassion in our daily lives and in our associations with fellow people. Imagine if we could do this! The

world would definitely be a better place all year long for everyone; and, every day might then feel like Christmas...



Author Dr. Susan B. Barnes, CSNU is a Spiritualist Medium and Life Coach who offers for Readings, Spiritual Counseling and Spirit Art Readings via Zoom and Phone. See her ad on page 21.



Christmas, AI Generated art



Christmas Spirit, AI Generated art

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



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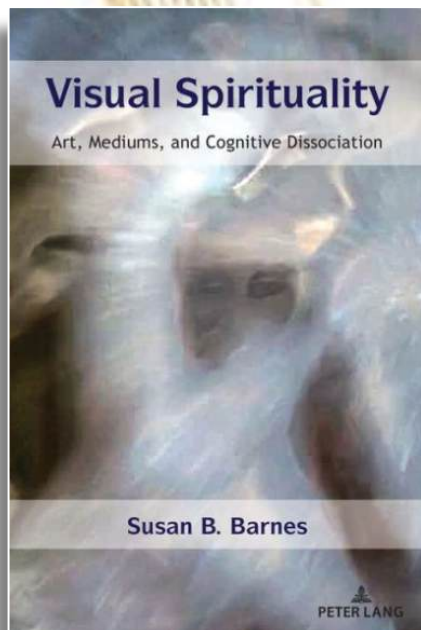
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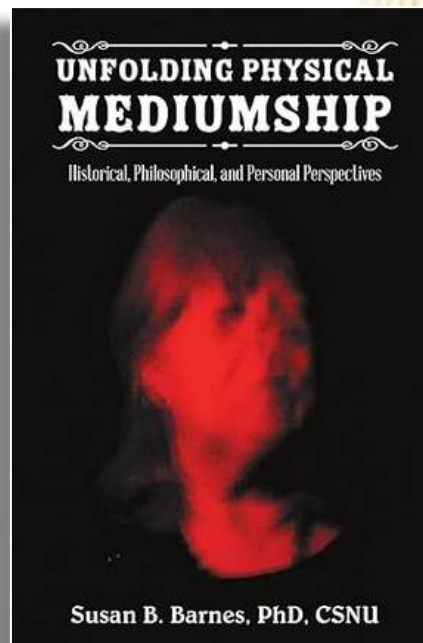
Mediumship Development

Sunday noon CST/1pm EST

Spiritual Awareness is happening all around us. We are living at a spiritual turning point. As individuals, we are learning how to tune into the spiritual voices of our loved ones and guides. The media has a fixation with mediums, death, and altered consciousness. Throughout these changes, physical mediumship is now becoming more prevalent in contemporary culture. In ***Unfolding Physical Mediumship***, Author Susan B. Barnes offers a basic understanding of physical mediumship, its phenomena, and its practices. She provides an overview of the subject with some practical guidelines on how you can experience physical mediumship yourself, also exploring the philosophy, religion, and science of Spiritualism, which is essential for developing physical mediumship with a spiritual connection.

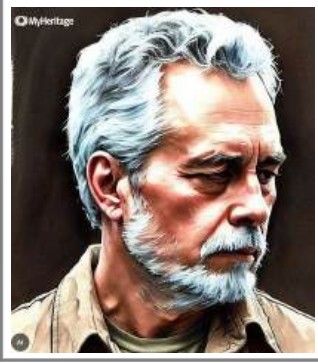


[Visual Spirituality](#)



[Unfolding Physical Mediumship](#)

Unfolding Physical Mediumship can help you understand the philosophy, religion, and science behind physical mediumship, as well as show you how both mediumship and Spiritualism can play a central role in your daily life. Stanley Krippner wrote, "To its credit, the book is clearly written and contains many stories that would be interesting whether or not a reader accepts the reality of physical mediumship."



Editor Steve Freier asked Chat GPT the following question: “How would ACIM view Jesus Christ?”

Here is the answer...

In *A Course in Miracles* (ACIM), Jesus Christ is seen as a teacher, elder brother, and an enlightened guide, rather than a divine figure in the traditional Christian sense. ACIM presents Jesus as a model for awakening and a reminder of our inherent spiritual nature.

Here's an overview of how ACIM portrays Jesus Christ:

1. Jesus as an Enlightened Teacher and Brother

Role as a Teacher: ACIM regards Jesus as an advanced teacher who fully realized his oneness with God and overcame illusions of separation, fear, and guilt. He serves as a model for all who seek to awaken to their true identity as part of divine love.

A Brother in Spirit: Rather than being seen as separate or uniquely divine, Jesus is described as a “brother” who attained spiritual enlightenment, embodying the love, forgiveness, and peace ACIM teaches. His journey is presented as one that any of us can follow, with him as a guide rather than as an object of worship.

2. Jesus' Message of Love and Forgiveness

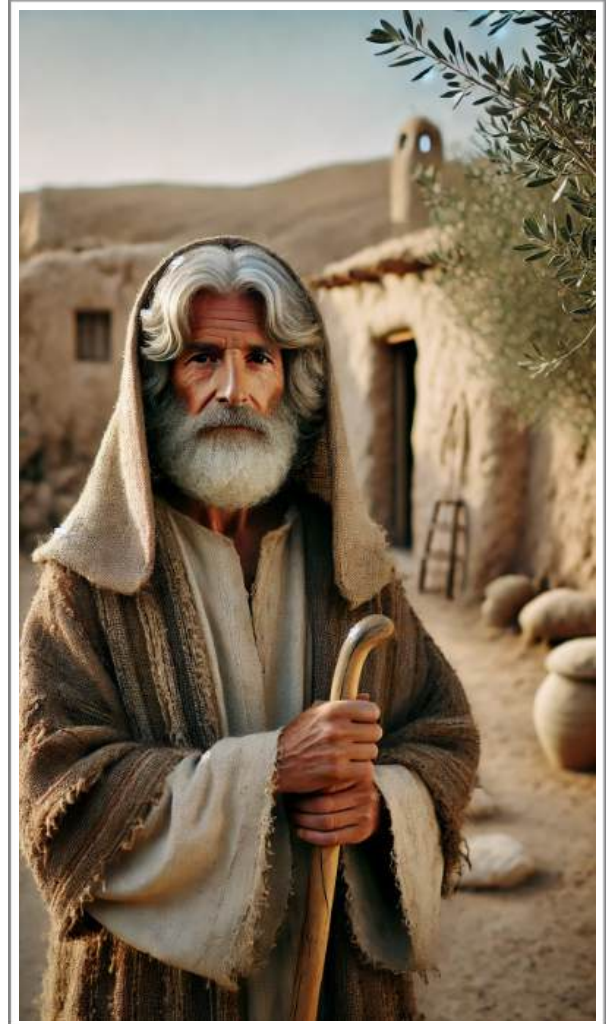
Forgiveness as the Path: ACIM emphasizes Jesus' teachings on forgiveness, seeing this as a core part of his message. ACIM teaches that forgiveness dissolves illusions of separation, allowing us to recognize the divine innocence in ourselves and others.

Unconditional Love: In ACIM, Jesus is seen as a living expression of God's unconditional love, demonstrating through his life and resurrection the eternal nature of spirit and the illusion of physical suffering and death.

3. The Christ Within

Christ as a State of Mind: In ACIM, “Christ” is not unique to Jesus but represents the true, unchangeable Self within all beings. It symbolizes our oneness with God and our divine nature. Jesus is viewed as one who fully realized and embodied the “Christ mind” and encourages us to recognize that same essence within ourselves.

Unity with Christ Consciousness: ACIM teaches that awakening involves aligning our mind with the “Christ mind,” leading to inner peace, unity, and a return to God. In this way,



An AI Generated image of Steve perhaps how he would have looked during the time of Jesus of Nazareth. Hilarious!

Jesus becomes a mirror, showing us the potential we all have to awaken to our inherent holiness.

4. Jesus' Life as a Symbol of Awakening

Overcoming Fear and Guilt: ACIM interprets Jesus' life, crucifixion, and resurrection symbolically, representing the overcoming of fear, guilt, and suffering. Jesus' resurrection

Continued on page 23

signifies that spirit is eternal and cannot be harmed by the material world. According to ACIM, this message teaches that suffering and death are illusions of the ego and that true life is found in spirit.

Not an Atonement for Sin: Unlike traditional Christian teachings that view Jesus' crucifixion as atonement for humanity's sins, ACIM holds that Jesus came to show us the way out of fear and suffering, rather than to "pay" for sins. His purpose was to remind us of our innocence, not to emphasize guilt or punishment.

5. The Voice of Jesus in ACIM

The Authorial Voice: In ACIM, Jesus is often considered the voice behind the teachings, serving as a personal guide who speaks directly to the reader. This voice emphasizes love, forgiveness, and the need to release fear-based thoughts. It encourages individuals to trust in the inner guidance of the "Holy Spirit" (a divine inner voice) and follow the path of forgiveness and peace.

Direct Relationship with the Reader: Throughout the Course, Jesus addresses the reader directly, offering reassurance and guidance. This approach is designed to cultivate a personal and direct experience of Jesus as a loving teacher, not as a distant or judging figure.

6. Jesus and the Holy Spirit

Jesus as an Example of the Holy Spirit's Guidance: In ACIM, the Holy Spirit represents the part of the mind that remembers God and gently guides us back to truth. Jesus is seen as someone who listened only to the Holy Spirit and therefore realized his oneness with God completely.

Unity with the Holy Spirit's Purpose: Jesus' role is often associated with the Holy Spirit's purpose of undoing illusions and restoring the mind to peace. In this sense, Jesus is portrayed as a model for how to live in constant communion with the Holy Spirit's guidance.

7. The Resurrection as a Symbol

Symbol of Eternal Spirit: In ACIM, the resurrection of Jesus is viewed symbolically, representing the eternal nature of spirit,

which cannot be harmed or limited by the physical world. It signifies that true life is spiritual, not physical, and that death is merely an illusion.

An Invitation to Awaken: ACIM presents Jesus' resurrection not as a miracle to be revered from afar but as an invitation for us to recognize our own immortality and spiritual nature. The resurrection exemplifies the triumph of love over fear, encouraging each of us to awaken to our own spiritual truth.

Summary

In ACIM, Jesus is a model for awakening rather than a divine exception. He is presented as an enlightened teacher who fully realized his identity as one with God, showing us our potential for peace and divine love. His life serves as a reminder that forgiveness and love can overcome fear and illusions, inviting us to follow his example and recognize our unity with the divine.



About Chat GPT

ChatGPT stands for "Chat Generative Pre-trained Transformer"

- ChatGPT is a chatbot that you interact with by typing in text.
- GPT is a type of large language model that uses deep learning to generate human-like text. The model is trained on a large amount of text and uses a neural network called a transformer. The "pre-trained" part of the name refers to the extensive training the model has undergone.
- ChatGPT is an AI chatbot developed by OpenAI, an AI research company. It's one of the most advanced chatbot models and is used for a variety of tasks, including: generating content, answering questions, engaging in conversations, providing explanations, content creation, chatbot development, and language translation.



"The sign of Christmas is a star, a light in darkness. See it not as outside yourself, but shining in the Heaven within, and accept it as the sign the time of Christ has come."—A Course In Miracles



'tis a Season of Celebration

Whether you are celebrating the birth or eternal return of a prophet, your culture's saint of gift-giving or the arrival of the snow that makes skating and skiing a swift and smooth pleasure, as midwinter approaches, we move into the modality of joy and generosity that we have inherited from our tapestry of diverse traditions. We may lament the loss of autumn's leafy glow and the disappearing birds and butterflies but we can take solace in the assurance of their return.

We may protect ourselves with sweaters, scarves and coats as our hearts uncover their true nature. And whatever our budget we leap at the chance to share its potential. We know that giving is its own reward and that every smile you send out returns to

you replete with hidden rewards. We come to relish the bloom of surprise upon a loved one's face. Our lives come to resemble the squishy sentimentality we chuckle at in movies, but we take it all in stride, the journeys, the hosting, the elaborate meals, the piles of wrapping, the many glasses of good cheer.

And so the seasons pass, cajoling and coddling the creatures who cruise through the changes, usually chomping at the bit for the next thing to happen and then quickly regretting its passing, so preoccupied are we with the press of details to be attended to.



Gordon Phinn, Author of [Moving Through Many Dimensions](#) and many other books, is a practicing psychic and spiritual counselor, offering many services from his home near Toronto. He facilitates spirit contact, entity removal, distance healing and past life regression. For more information: <http://anotherwordofgord.wordpress.com>.



Follow Your Star

Why is it that so few people follow their own star? Why is the star such a heavy burden? Because following your own star means isolation, not knowing where to go, having to find out a completely new way for yourself instead of just going on the trodden path everybody else runs along.

That's why there's always been a tendency in humans to project the uniqueness and the greatness of their own inner self onto outer personalities and become the servants, the devoted servants, admirers, and imitators of outer personalities.

It is much easier to admire a great personality and become a pupil or follower of a guru or a religious prophet, or an admirer of a big, official personality — a president of the United States — or live your life for some military general whom you admire.

That is much easier than following your own star.



From The Way of the Dream by Marie-Louise von Franz

<https://amzn.to/4fuHBpB>

Image source | Ghis pint

[#midwivesofthesoul](#)

AFTERLIFE REPORT

Evidence



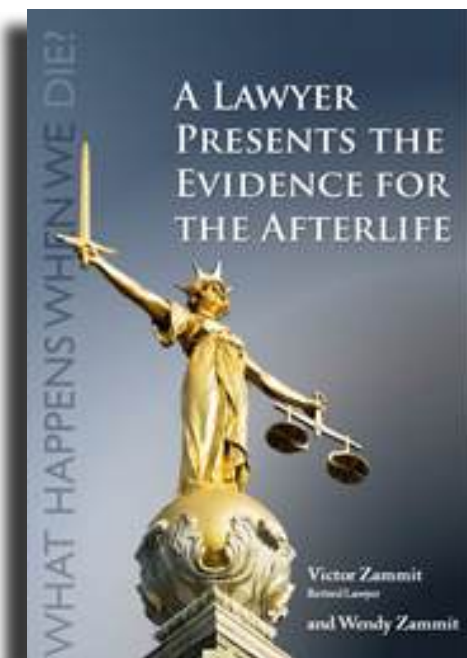
Presented by
Victor and Wendy
Zammit

Science



THE GLOBAL GATHERING and several other FREE Zoom Groups are listed in the FRIDAY AFTERLIFE REPORT. **SUBSCRIBE FOR FREE!**
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Learn more about The Greater Reality and exploring all things Spirit and the AfterLife. We created a forum where people from the UK, Europe, USA, South America and Australia can share experiences. For full details of our groups and times, visit:
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DECEMBER GUEST PRESENTERS

December 1 - Cosmic Voices Team- Celebrating the Holidays with Spirit and understanding how our gifts of Spirit can bring comfort and reassurance to others at this time in our world.

December 8 - Louise Hermann Trance Medium on Altered States and the importance of blending with spirit.

December 15 - Elizabeth Raver and Frank Lutz
Book presentation: *Two Souls Desperate to Connect with the Help of a Third*

December 22 - Community Gathering - A time to check in with everyone and meet the people offering additional groups for the New Year.

December 25 - Christmas Day Zoom - Feel free to drop by our Zoom Room to connect with like minds and enjoy a bit of Christmas sanity!

December 29 - Tribute to Karyn Jarvie

[Click here to check the time in your city](#)

and join the discussion with others from around the world! Enjoy past programs here:

<https://www.victorzammit.com/archives/index.html>



Global Gathering Coordinator

Wendy Zammit wendyzammit@gmail.com



Setting Our Sights on the Bigger Picture

***Greetings Cosmic Curious Ones!
Happy Solar Return December Birthday Babes!***

Written By Andria Nikoupolis Weliky

In the northern hemisphere the days are growing shorter and shorter as we are in the yin time of the year, a time of letting go, surrendering and drawing inward to the reflective and liminal spaces. There is something extra magical about this time of the year, even though there is the invitation to hibernate, there is something within, for me, that is stirring to journal more and especially at the wee hours of the morning. It's a great time to study, take up new skills and hobbies, to plan, craft, create and envision possibilities.

December 1, New Moon in Sagittarius ~ This energy can bring about a wildly exuberant mission or ignite some larger than life visions and brilliant ideas, careful not to act on them too hastily, best to draft up your plans, brainstorm and come back to the drawing table once you've been able to curb your excitement a bit and see all the components and how they will best come together.

December 4, Sun in Sagittarius Square Saturn in Pisces ~ A feeling of the breaks being pressed, taking the wind out of your sails, or maybe your plum out of arrows. The best case scenario is there's more of a time process and lasting power with a good dose of discipline woven into your big visions.

December 6, Mars in Leo turns retrograde ~ This transit speaks insecurity to me as Mars, the planet of action, vim and vigor is going in retrograde motion. Here we are traveling along the

yellow brick road and come face to face, or face to mirror, with the cowardly lion. Knowing that this is the energy at play, we can empathize with these emotions and trust in our inner strengths, ready to flex our muscles again when Mars goes direct on February 23.

December 7, Venus enters Aquarius and conjoins Pluto ~ Venus, planet of harmonizing and cooperation catches up with Pluto, planet of power plays and control; jealousy or obsessive qualities may bubble to the surface. A positive expression of this combination is to explore the ways in which you can turn your passions into uniquely beautiful art forms.



Image: [istock.com](https://www.istock.com) The Archer represents the symbol of Sagittarius

December 7, Sun in Sagittarius opposes Jupiter in Gemini ~ A hubris, opinion or mission may be strongly challenged. This transit tells me to reference *The Four Agreements* by Don Miguel Ruiz, especially to be impeccable with your words and not to make assumptions.

December 7, Neptune stations direct ~ The fog

lifts! Feel some clarity on a situation that may have had you in a haze. This will mostly affect those with strong Pisces, Virgo, Gemini, or Sagittarius in your chart.

December 8, First quarter Moon in Pisces ~ A pilgrimage with a purpose! Venture off, literally or metaphorically putting into motion your mission for the good of the many.

Continued on page 27

December 12, Venus in Aquarius opposes Mars in Leo ~ The lovers dual to make sure needs are met.

December 13, Mercury in Sagittarius sextiles Venus in Aquarius ~ Your social calendar is buzzing today with all the holiday “to dos” and Venus wants to help you see it through!

December 15, Full Moon in Gemini ~ A great transit for finishing up with correspondence!

December 15, Mercury in Sagittarius stations direct ~ Hermes aka Mercury aka “Mr quick quick quick,” is taking numbers and ready to get er-done!

December 18, Sun in Sagittarius squares Neptune in Pisces ~ More juice to go the extra mile and invoke all your creative energies, or you may feel extra heavy, weighed down and a bit of overwhelm.

December 19, Venus in Aquarius trine retrograde Jupiter in Gemini ~ A great transit for making financial and travel plans.

December 21, Sun enters Capricorn ~ Time to honor, reflect and take great joy and gratitude in all the hard work accomplished in a year's time; set your sights on your long term goals.

December 21, Winter Solstice ~ Celebrate the return of the light!

December 22, Last quarter Moon in Libra ~ Release what isn't supportive.

December 24, Jupiter in Gemini square Saturn in Pisces for the second and last time in this cycle ~ The regulators come together for one more dance in this forward and back motion bringing in the ‘yes’ and the ‘no.’ A good reminder to trust in the flow.

December 30, New Moon in Capricorn ~ As we give thought to this past year, lessons learned and what matters most; and, search within for what we want to cultivate in the year ahead, this is a great time to create a vision board or brainstorm goals and make a timeline plan to bring them to fruition.

All the very best to you and yours, with warmth and gratitude, Andria.



If you are curious about the information of placements and points in your own natal chart, please reach out to Andria at: andria@emeraldionalchemy.com



By Dana Claudat

Most Winter Solstice celebrations aim to release darkness in favor of light. It's a fitting way to end the year and make way for new beginnings. The winter solstice means something special to people and cultures everywhere. It's a reminder of how we're all children of the same universe.

The Winter Solstice has been celebrated since ancient times as a way to connect with Nature, build tighter bonds, make wishes, and welcome in the days of more light ahead. Some ideas for celebrating this auspicious day include:

♦ Light some candles! They are a big part of the solstice that is a celebration of light! Make a wish as you light each candle.

♦ *Grab some Nature: fresh branches, pine cones, berries, potted evergreens or other seasonal nature items and bring them inside to your dining table, kitchen or other areas where your family gathers.*

♦ *S-t-r-e-t-c-h! Stretching activates the ‘wood energy’ in your body and that promotes the energy of positive change.*

♦ *Write down your wishes ~ tons of them. Write and write and write and write. These are thoughts to plants as seeds that the December New Moon will energize.*

♦ *Tell people you love them. Giving gifts is also traditional during the Winter Solstice.*



Pick one, do them all, or do your own. This is a wonderful time to celebrate, connect and bring more light to your life. If you want to make this extra-special you can take some time to release the old stuff you've been lugging around in your memories. These simple ways to release the past can get you going in a wonderful new direction!



DIY Celebrations and ‘Make A Fresh Start Ideas’ adapted from Dana Claudat. Website: www.fengshuidana.com



Practicing Mindfulness By Beverly Brunelle

Gifts of Awakening

In this traditional season of gift giving and focus on giving to others, it is ultra important for us to include ourselves by upgrading our capacity to receive our magnificent presence (presents), our higher Essence and to practice self-honesty more fully today and everyday. Our awakening is not to be taken for granted.

Your presence, your voice, your ear, your creativity, your love are great gifts to yourself and to life. More than ever, self-honesty and your voice are important to express your values, your boundaries, your desires and visions of the future that you want to live in. Now is prime time to be awake to receive the inspiration of your Essence and to live it out into your everyday living. It is an invitation for all of humanity and it starts with you, with us.

How do we shift our focus to discover and free our unique Essence into our lives? Awareness and questioning are keys. Inquiring within is a valuable resource that supports clearer awareness, deeper self-knowledge, plus inspiration of where and when to question the status quo and our assumed perspectives. Self-inquiry is an empowering tool for creating dynamic healthy change from the trances of our life long and generational conditioning.

Inquiry: What goodwill do you express daily for yourself, close relations and work life? Where can you add more good will in your daily living? It all boils down to being aware how you are (and aren't) contributing to creating the world you truly want to live in.

Inquiry: Where are you dissatisfied with the way things are in your self-talk about yourself, relationships, work and environment? What are your go to perceptions and reactions? Are they resistance, complaining, procrastinating taking action, waiting for or assuming someone else should resolve the situation? Or, do you look for the wisdom of creation within you to invent new ways of responding as the gift of life that you are?

To shift your focus and to raise your energy, expand your radiance for your own sake. You can do this right now. Bring your awareness into your heart space. Invite your heart light to expand as you breathe. Feel your heart open to yourself. Relax and deepen presence. This deepens your connection with yourself. You can access more self-honesty here and can come from this place inside when you communicate, being boldly honest with your self-first. How do you *really* feel? Relax, breathe, be curious and notice what is present.

Continued on page 29

Energy Clearing to Raise the Frequency of Your Home, Office, Business and Property



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I was walking through town with friends, focusing on the ways I felt unhappy, disappointed with them, with myself. Then I stopped! I realized that have a choice how I viewed things, how I experienced things and what I contributed to existence. It is indeed up to me to make change happen within me. So I did.

I stopped, breathed, and shifted to a different inner energy and a different point of view. There I discovered new creative ways to be with myself and friends. *I shifted into honest appreciation.* I began to enjoy myself, to enjoy them and to be more delightfully aware and curious of our environment. It is a simple yet potent example. It is important to give ourselves space to receive the gifts of wisdom, inspiration, and insight of our Essence, our quantum selves so that we become the living creators of the world we want to live in.

The path of awakening of awareness and self-honesty is not necessarily a smooth ride or an easy shift. It is a powerful commitment to live with and to recommit to throughout the day. Indeed, it is time.



Beverly Brunelle is an Intuitive, master quantum energy healer, channel, teacher, writer, author and speaker. Her passion is waking up the inner mystic, raising clients' vibrations and that of their relationships, environments, properties, and businesses so higher alignment possibilities emerge. Bev is the author of: [Luminous Infusions](#) and [Share Your Brilliance](#) both available on Amazon.



Replacing the God of War with the God of Peace



Crime and punishment in America is based on the God of War concept and it leads to the same recidivism repeatedly, just as the Middle East is engaged in the same eye-for-an-eye engagement because they are wedded to the God of War. What does this mean, the God of War?

It is the Old Testament judgmental deity who elevates one group over another and inflames them to war against all that defile its identity, or grip of power. This is a relentless 'god' who never rests until vengeance is extracted. The problem is that this god is viewed from several different perspectives — each claiming to be the only true inheritor of its divine stamp of approval. Yet there is no pleasing this god. Its lust for revenge is legendary. All one need do is read the Bible, or other religious texts. A never-ending fear-based loyalty is demanded and extracted. The penalty for disloyalty is death — often through torture.

When one strips away the indoctrinated level of fear, one has to ask — “How could this god have created the universe?” The answer is it did not. This is a subservient god to the ego-based identity of the tribal hierarchy. There can only be one king, one dominant figure, and the rest is subservient to that figure who rules by force and innuendo. Instilling fear and holding ruthless justice over one's head can hold a tribe together, but it leads to resentment, bitterness, disregard for life, and it stifles the true potential inherent in all humans — the divine gift of creativity, love, and compassion. As long as we worship at the feet of the God of War, Earth will continue to go through the ravages we see of one group against another ‘in the name of God’ (or Allah, Justice, etc.) As long as we allow this patriarchal view of god to lead the way, our road is filled with slings and arrows, because that is the only way this god controls.

In this new millennium, we've moved into a new vibration and the possibility is to depose this warrior deity and replace 'it' with the force of life, love, light, and forgiveness. This is the creator God that Jesus spoke of, the one who asks us to turn the other cheek, to love our enemies as ourselves, to forgive them for they know not what they do. This 'new' God seeds life abundantly. This is the verdant green God that brings us the lilies of the field and the rich forests and flowering meadows. This is the God that clothes and feeds the Earth in light and love. This is the One who holds us in the palm of His hand and comforts us in times of trouble. This is a compassionate God – the only one who could forge creation into the living beauty that it truly is. Until we claim and acclaim this Creator God, we will sadly continue to extract an-eye-for-an-eye, and a tooth-for-a-tooth until the world is littered with the corpses of an insatiable war god who knows no peace.



Kathleen Jacoby was the former Editor of The Inner Voice who made her transition into spirit in April 2019. In her own words she said she is sitting at the feet of the Masters learning as much as she can about the Greater Universe.



"Tuesday Teachings" By Meredith Young-Sowers, D.Div

Everything Will Turn Out Well

There is so much to unpack since the election and the results give us a lot to reflect on. I must admit to personally being deeply saddened and scared for what comes next, however everything that I know to be true spiritually is that indeed everything will turn out, not as we need it in the immediate, but everything will turn out as it needs to be for the evolution of ourselves, our beautiful planet, and humanity. It does no good at this point to cry over spilled milk and for those of us that desperately wanted Kamala to win, we are deeply disappointed and afraid for what the next four years can be. However, in this piece that I'm sharing with you today, *"Everything Will Turn Out, and We Will Be Well."*

This is when we need our spiritual beliefs, to put our trust in divinity and bring the power of Love to all places locally and collectively. Perhaps this is some kind of test of our resolve to believe in the future that we all want, Love, connection, fairness and justice for all people and a country that reflects that. So keep the faith, and together we can bring the ultimate transformation that we long for.

Instead of saying, "Everything will turn out well" ~ what we need to say is, "Everything will turnout and we will be well"

What is so important about this adjustment in these words is that no matter what comes to us, we can be well emotionally and spiritually even though our body and mind are going through changes. We can be steady and aligned with spirit; we can be peaceful and grateful for the life we've had, we can be aware of the good things that have come to us, and we can release the resentments, angers and fears that have stood alongside our love.

How will we manage to be in this 'Ok place' when things are shifting around us? By focusing not just on the many little details of our lives with our literal mind, but allowing ourselves to relax into a more intuitive and expansive appreciation of what's around us, and thus within us.

What we can't explain literally, we tend to shy away from when we're in trouble. We want to hold on to the tangible. But the intangible, the feeling of love, well-being, satisfaction and gratitude are really the healing ingredients that allow us to be well. Difficult circumstances cause unexpected shifts in our focus because we need to trust the journey we're on and to believe that ultimately all will be well.

Thinking this way, toward the non-literal interpretation of life, actually has a name. It's called "Counterfactual Thinking." In other words, we pay attention to non-literal thinking, and in so doing, expand our meaningful connection and communication with ourselves and others. We're happier and we are well.

~Meditation~

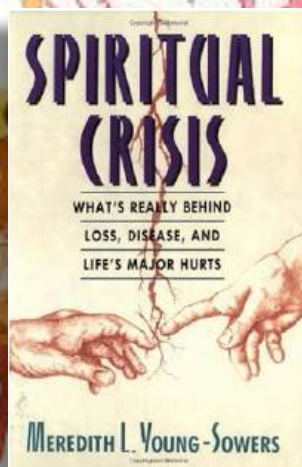
*Placing your hands over your **Deep Heart**, take a long luxurious breath. Imagine the mountains or the ocean or an expansive sun-drenched meadow. Trust that all is well and you are well.*



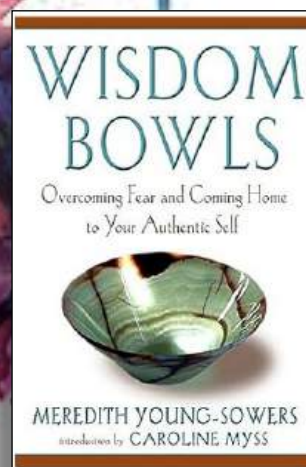
Meredith is the author of several books and the ever-popular Angelic Messenger Cards. Get in touch by e-mail: mysowers@gmail.com



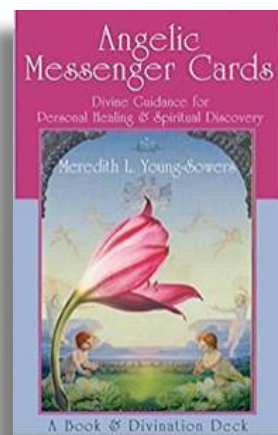
Spirit Heals



Spiritual Crisis



Wisdom Bowls



Angelic Messenger Cards: Divine Guidance for Personal Healing and Spiritual Discovery



Divine Gifts from a Spiritualist Perspective

It's December, and later in the month it officially becomes winter in the northern hemisphere even though the icy chill in the air feels like it's already here. It's a time for cozy social gatherings, holiday foods and drinks, and gift giving to mark various religious celebrations. Of course, this isn't the only time of year when we exchange gifts. We give each other gifts to celebrate occasions like a graduation, birthday or wedding. I have a different type of gift on my mind today.

Sometimes we use the word 'gift' to describe an individual with a special ability. For example, a young child who can play an instrument with great skill, or someone who can calculate math equations with computer-like speed and accuracy may be described as "gifted". In these instances, we're implying the rare talent is attributed to an outside source.

When I was a kid back in the dinosaur age, I knew when the landline telephone was ringing and the caller had bad news. Was my claircognizance a gift? At other times I'd be overwhelmed by the emotion I felt in people near me. Was my clairsentience a gift? I didn't consider either a gift. In fact, those experiences made me question my sanity.

When I was a young adult, I no longer questioned my sanity when people in spirit, some of whom I knew, some I didn't, appeared in the dark of night at the foot of my bed. And, when I knew thoughts before words were spoken or events happened, I thought it was unusual and interesting, but not a gift. Now that I'm older, and a bit wiser, with many more metaphysical encounters, I still don't think of my experiences as gifts. I appreciate them and consider them wonderful and awesome in the true meaning of those words.

In my opinion, if we use "gifted" to describe anyone with a unique ability it implies that someone has given them that talent. So, when a five-year old child can paint a masterpiece without any training, who has given them the ability? A Divine creator? The answer would be yes according to various religions that believe the Divine is an omniscient force that's external to us. During a conversation on this subject a friend mentioned Corinthians 12 in the Bible which talks about a variety of gifts

all "...empowered by one and the same Spirit...". What a beautiful sentiment that, on its own, states the source of special talents. But from the bit of reading I did on the subject, the "empowering" is attributed to an external force.

I like the Spiritualist first principle that says God (which I refer to as the Divine) manifests in all things. In the book *Philosophy of Spiritualism*, it states, "God is the Universal Spirit, the Divine Parent, Who dwells in everything, infinite in essence, unlimited in power and perfect in attribute, forever seeking expression in an infinite variety of forms." I understand that to mean the divine force is within you, me, and everyone else. When I consider unique talents from this perspective, the word "gifted" doesn't resonate with me. The Divine isn't giving the special talent. The talent is a divine expression through us.

1 Corinthians 12:8-10

For to one is given the word of wisdom through the Spirit, to another the word of knowledge through the same Spirit, to another faith by the same Spirit, to another gifts of healings by [a] the same Spirit, to another the working of miracles, to another prophecy, to another discerning of spirits, to another different kinds of tongues, to another the interpretation of tongues.

We live in a society that likes to label things because it helps us understand the world in which we live. If we don't use "gifted," then how do we describe a special and rare talent? "Brilliant"? "Clever"? "Extraordinary"? "Divine expression"? It's something to think about. I'm just happy knowing I am a conduit for Spirit and the healing that goes along with it.



Susin Micallef is a spiritual medium, communication specialist, and author in Canada. She can be contacted at aShortMedium@gmail.com.



Sleep in Heavenly Peace

with Feng Shui

Bad habits can be what are holding you back from having restful sleep. Here are some suggestions, insights and adjustments you can make to turn create sacred rituals of heavenly sleep.

By Gabriele Van Zon; Edited by Nancy Freier

Much has been written about healthful sleeping aids and pharmaceuticals that will literally knock you out. Feng shui experts chime in with the standard cures of placing your bed

in the power position, removing “active chi items” such as mirrors and televisions away from bedrooms and adjusting décor to be calm and soothing. First let’s do an analysis of your bedroom. Start with these questions: Are electronics, iPhones, iPads, computers haunting you during the night?

Are street lights, head lights, blinking lights from towers, neighbor’s flood lights or Christmas decorations sending a glare through your windows?

Is sha qi (poison arrows) coming at you from glowing power buttons, smoke detectors, carbon monoxide detectors, chargers, TV equipment and computers?

Is sha qi (poison arrows) coming at you from glowing power buttons, smoke detectors, carbon monoxide detectors, chargers, TV equipment and computers?

Here are some feng shui evening rituals to try for creating nocturnal bliss

- ♦ If you have a disturbing amount of light coming through your windows, you might install black-out window coverings. Your bedroom will be like a cave of darkness.

- ♦ The position of the bed should ideally be where you have a view of the door when you are laying in bed. Do not place your bed directly across from the door as the chi coming in at you is too strong for sleeping peacefully.

- ♦ Create for yourself a nest with comfortable pillows; a soft bed roll under your knees, a body pillow to lean on, soft texture blankets, a down comforter, etc.

- ♦ Before bed, write down your list for tomorrow’s agenda, and clear your mind of all those have to’s.

- ♦ Turn off all your e’s and i’s.
- ♦ Cover glowing power buttons with tape.
- ♦ Allow extra time to unwind from the day’s adventures and events.

- ♦ Dim the lights.
- ♦ Soak tired muscles and aching joints in a tub of bath salts and aromas.

- ♦ Indulge in your most relaxing libation...



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ginger or chamomile tea, or red wine, or hot chocolate?

♦ Use a pillow prop for your glow light e-reader. No blue light emitting devices. Read only uplifting literature just before retiring. No murder mysteries or thrillers.

Feng shui morning rituals to try for creating daytime bliss

- ♦ Allow extra time to wake up slowly.
- ♦ Drink a glass of water. The brain is 75 percent water and because it is deprived of moisture during the night, it needs replenishing.
- ♦ Transition from sleep mode to wake mode with dimmed or indirect lighting.
- ♦ Set e-candles to light up a little before wake-up time to send a soft glow through the darkness.
- ♦ Flush toxins out of your system with green tea. Tea leaves in a glass tea pot are mesmerizing as they unfold to emit a subtle aroma.
- ♦ Nature sounds or happy music will set the tone for the day's best intentions.
- ♦ Have a dialogue with your bedroom. Let it 'speak' to you about your personal needs for rest and relaxation. Are your pictures, furniture and décor objects sending you positive messages?
- ♦ Is there a warm, soft rug underfoot to land on as you step out of bed?
- ♦ What is the first thing you see upon waking? Make it as pleasant and as beautiful as possible, as it is likely the last thing you see at night before dreamland!

Note that I have not said a word about turning on the TV or radio. World news can wait until you have mindfully focused on productive goals and creative desires for the new day. Here's wishing you nights filled with Heavenly Sleep!



Gabriele Van Zon is a feng shui practitioner in Ponte Vedra Beach, Florida. She provides her clients and the media with cutting edge information about the 'experience of place' and its influence on human affairs. Read more here: <https://fengshuinexus.com/expert/gabriele-van-zon/>

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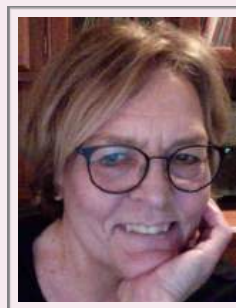


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10 Ways to Simplify Your Holiday Season

Written By Joshua Becker

For many of us, the holiday season holds a special place in our hearts. It's a time to focus on faith, gratitude, celebration, and cherishing moments with family. But too often, the beauty of this season gets overshadowed by busyness. Not to mention the stress of over-commitment, excessive spending, and unrealistic expectations.

As the holiday season begins, let's remember that simplifying it can actually magnify our joy and allow us to focus on what truly matters. Simplicity isn't about cutting back on joy. Simplicity is about promoting the values and actions that bring real joy by removing the distractions that keep us from it.

Here are ten practical, family-friendly ways to simplify your holiday season.

1. Limit Gift-Giving

Reducing the number of gifts you buy is about refocusing on what's important. Consider setting a limit on the number of gifts for each person or doing a gift exchange. This shift can reduce stress, and will also result in less clutter in the long-term.

2. Learn to Say No

You don't have to attend every holiday event or gathering. Prioritize the ones that are most meaningful to you and your family. Holiday parties can be a wonderful opportunity to connect with people, but if the calendar is resulting in stress just by looking at it, learn to say no politely.

3. Avoid Holiday Debt

Steering clear of debt during the holidays is a gift to both your present and future self. Create a reasonable budget and stick to it. Remember, the best memories often come from shared experiences, not expensive gifts.

4. Simplify Decorations

Decorating for the holidays can be delightful, but it doesn't have to be elaborate. Choose a few meaningful decorations that bring you joy and create a cozy, festive atmosphere without the clutter. In our family, we've found that eliminating the unnecessary allows the most necessary to speak louder.

5. Define Your Season's Purpose

"Keep your main thing the main thing," as the old saying goes. Before the rush of holiday activities get into full swing, take a moment to define what the holiday season means to you and your family. Whether it's about faith, gratitude, family, or celebration, let this purpose guide your decisions and help you stay focused on what truly matters.

6. Manage Children's Expectations

Define your family's purpose and remind your kids what is most important so expectations can be better managed—and so can your stress level in trying to meet them.



7. Delegate and Trust Others

Embracing the spirit of trust and delegation can significantly ease holiday stress. If your spouse is managing the holiday meal, let them take the lead. If a family member is organizing a Christmas Eve gathering, trust their judgment and skills.

Offer help and stay involved, but resist the urge to micromanage every detail. This approach not only lightens your load but also empowers others, often leading to wonderfully unexpected outcomes. Remember, the holiday season is about togetherness and shared experiences, not perfection in every plan and event.

8. Focus on Your Health and Well-being

Maintain your regular healthy habits during the holiday season. Eating well and staying active are not just good for the body. They're crucial for mental health, especially during busy times.

9. Seek Reconciliation

The holidays can be an opportune time for healing and reconciliation. Reach out, make amends, or simply extend a gesture of goodwill. And even if it is rejected, we can sleep confidently and peacefully knowing that we have handled our side of the equation—even if the other half chose not to.

10. Identify What Brings You Joy

Take note of which holiday activities bring you genuine happiness. Maybe it's baking cookies, caroling, or just spending quiet evenings with loved ones. Prioritize these activities and let go of the ones that don't bring you the same joy. As we embrace the holiday season, let's remember that simplifying isn't about diminishing the joy or significance of our celebrations. It's about creating space for more meaningful experiences and connections.

A simplified holiday season can be richer, warmer, and more fulfilling. It's within this simplicity that we often find the deepest joy and the most lasting memories. Let's choose a holiday season that reflects the true desires of our hearts—and let's begin today.



Joshua Becker is the best-selling author of several books. Visit: <https://www.becomingminimalist.com>



A Christmas Past ~ 1993

After the accidental death of her son Terry in a fire, Rev. Joann Baumann began communicating with him through automatic writing. The messages she received are published in her book, [Messages from Heaven](#) (available on Amazon).

The holidays were approaching. People were shopping for gifts, sending cards and decorating. I was doing some of that too, but I really wanted a Christmas greeting from Terry in Heaven. My typewriter and I were ready for the message.

This is truly a glorious time of the year as you are celebrating the birth of the Christ Child and the Feast of Lights. We will talk to you about the inner meaning of these celebrations. The Christ is the Christos, or the Light. The One called Jesus brought Light to a world of spiritual darkness. The world was in a type of darkness; a Light was needed to show the way.

The Star of Bethlehem was a sign in the night that the Light had come. So you celebrate the birth of the Christ at the darkest time of the year with the many lights in your homes and yards; you truly light up your world of darkness with a bit of light and beauty."

But there is a greater light in the Real Light or Presence of the Christ. That Light is in and around you but it is hidden from the view of your physical eyes. As you seek for that Light and take the blinders off your eyes and broaden your vision, that enlightenment will happen to you, and the Christ will be born in you. A bright star will shine for you, and you will be a bright and shining star yourself. It is time for your light to shine. Jesus said, 'Ye are the Light of the world.' (Matthew 5:14)"

Just as the angels announced to the world that Christ was born, the angels will announce to the world, glad tidings of great joy for you that many people on Earth are seeing and experiencing the Christ now through meditation, visions, or visitations. The angels rejoice when an event like this occurs, or someone is willing to listen to the recalling of these events, or the messages that came with them."

As you sing the joyous carols or songs of the Christmas season, your singing brings more light to your world, and to your bodies. The angels sing with you. Bells and chimes ring out beautiful sounds to bless your ears and your world with gentle vibrations that are very healing for you and your planet. This is a type of joyous celebration that should go on all year long (without all of the commercialism, of course)."

There is a type of celebration that goes on in the spirit realm when one of your dear souls goes through the transition you call death and comes into the light. They are drawn to the 'Light' in a feeling of ecstasy, and you should not hide your light under a

'bushel,' but set it high on a lamp stand. The Christ Light is within you and you should let it shine. Some of you are in a type of darkness under your covering of dense consciousness. If you are the Light of the world, then it must be a bright light. Think of yourself as a Light, knowing that the Christ is in you. The joy that you find will light up your life and your world. The Christ will be birthed in you."

When this happens, there will be peace on Earth and goodwill toward men because in this Light no one will want to fight with, hurt another, or make war. This is how there will be world peace.

As the Christ returns to your consciousness, or conscious awareness, you will experience peace. As many have that experience, Christ will have returned to your consciousness on your Earth. You are the holy family. Now!

This communication made my holiday a pleasant one, offering more insight into the purpose of celebrating Christmas. Terry and his angels' messages are always received with joy and they bring peace to those who read them.



Rev. Joann Baumann is a health counselor and lecturer since 1972 after healing herself of her own health problems. Her techniques and insights gently guide clients in their healing process. Joann is an avid student and teacher of A Course in Miracles. She also teaches holistic healing and spiritual awareness classes in a prison ministry. Email Joann in care of: theinnervoice magazine@gmail.com



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