

# The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 13 Issue 2 • February 2025

One Command I gave to you

LOVE ONE  
ANOTHER

Remembering  
Self-Love Guru  
Louise Hay

Afterlife Interview  
with Alan Watts

A Life-Changing  
Metta-Meditation  
you'll want to try

...and more inside!

"In the beginning" Art by Luis Cohen Fusé





**Your Hosts**  
**Amy & Dave Wilinski**  
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Golden Light Healing Retreat Center is an oasis of peace and healing nestled amid 200-acres of prairie, fields and forest just 15 miles from Green Bay, Wisconsin. We offer workshops and sessions in Shamanism, Reiki, Mediumship and Psychic Development. Our mission is to empower others to connect with their own healing capabilities and psychic intuitive gifts. Our Retreat Center is available for customized personal retreats, company team-building workshops, or for private group rental. Lodging options are available.

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## **Ancient Celtic Irish Shamanism with Amantha Murphy from Ireland April 12-14, 2025**

Join international teacher and author, Amantha Murphy, as she shares these ancient traditions. The Irish Shamanic tradition goes back over many thousands of years. This Way allows a person to walk between the worlds, recognizing the interconnectedness between all living forces both seen and unseen.

## **Listen To Your Body and Heal Yourself with Matt Schmidt**

April 10, 6:00-10:00pm ~ *A life enrichment workshop to learn self-healing.*

## **Deep Healing & Integration Weekend Retreat with Matt Schmidt**

June 27-29 Friday 4:00pm thru Sunday 12:00 Lodging options available.

**Mavis's Way with Jean Else And Annie Gee May 7-10, 2025** Mavis Pittilla is one of the most iconic and well-respected mediums whose service to the Spirit World bridged two centuries. Since her passing in 2022, her widow, Jean Else, along with "Mavis Pittilla Authorized Teacher," Annie Gee, will share with you Mavis's practical approach to becoming a "Whole Medium" not just a mechanical medium. They will share with you Mavis's practical approach to communication with the Spirit World.

**Check our [website](#) for complete listings of all UPCOMING EVENTS!**

## **PERUVIAN SHAMANISM TRAINING WITH JOSE LUIS HERRERA May 29-June 1, July 24-27, September 18-21, November 13-16, 2025**

Join Peruvian native and international teacher, Jose Luis Herrera, for this powerful training on Peruvian Shamanism. This 4-part series is comprised of four long weekends in which you will develop a medicine bundle, or mesa, that becomes your animistic map of transformation and healing across the medicine path.

## **Beginning Crystal Healing Class with Diane Bloom (former advertiser in The Inner Voice)! April 19, 9:00-4:30**

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

**REIKI LEVEL I TRAINING\***  
 March 1 9:00-4:30

**REIKI LEVEL II TRAINING\***  
 March 2, 9:00-4:30

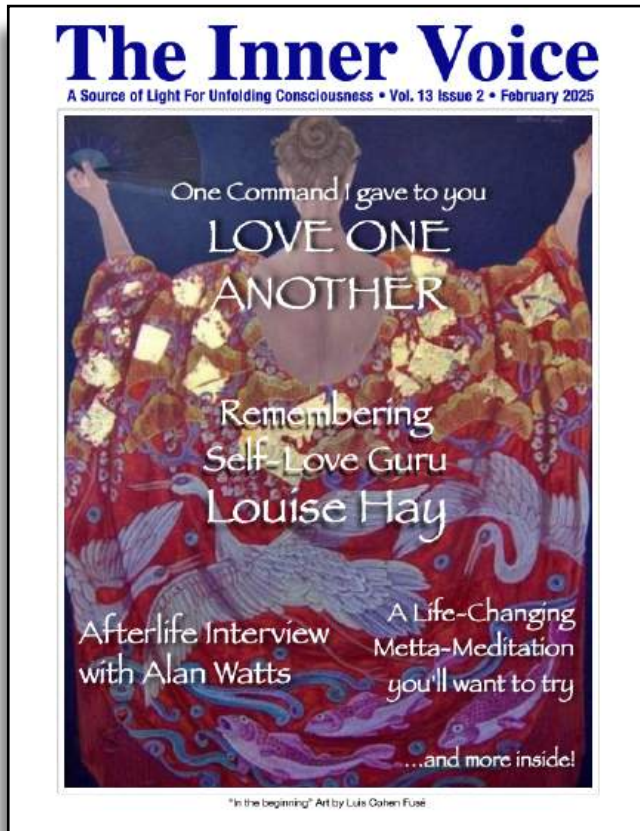
**REIKI MASTER TRAINING\***  
 Feb 8, 9:00-4:30, or contact us to schedule date. Includes apprenticeship.

\*All trainings with Amy Wilinski

Lodging  
 options  
 available!



## About the cover...



Art by Luis Cohen Fusé ~ "In the beginning"  
Oil, collage and gold on canvas.  
Private Collection

*"The more you understand, the more you love;  
the more you love, the more you understand."*

**Thich Nhat Hanh**

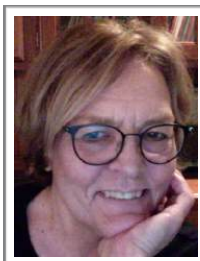


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*Lightlines Publishing*



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



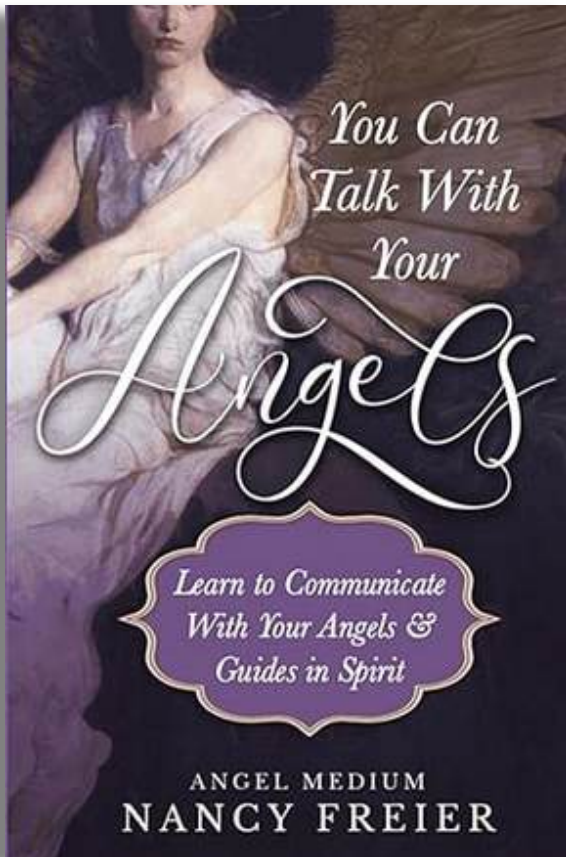
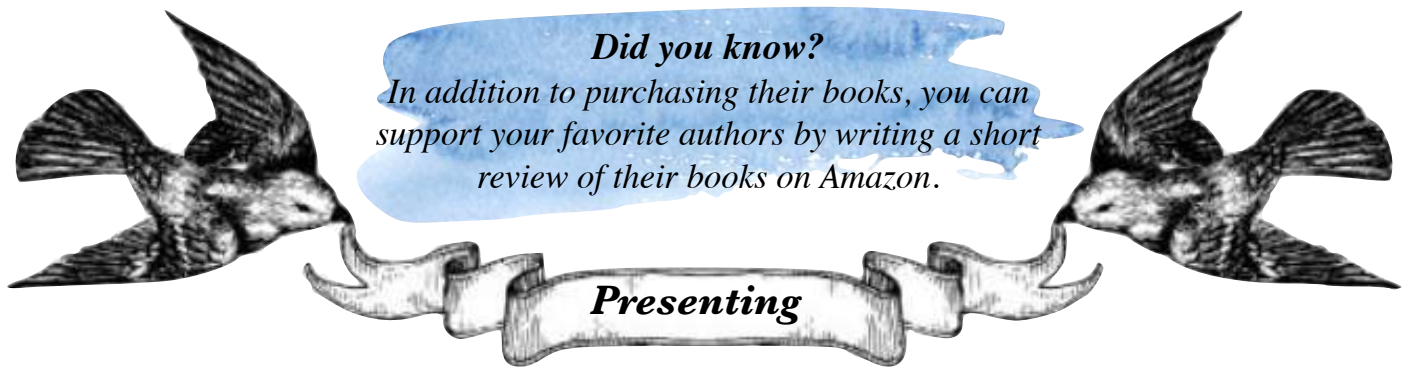
**Steve Freier**  
Co-Publisher  
Website Design



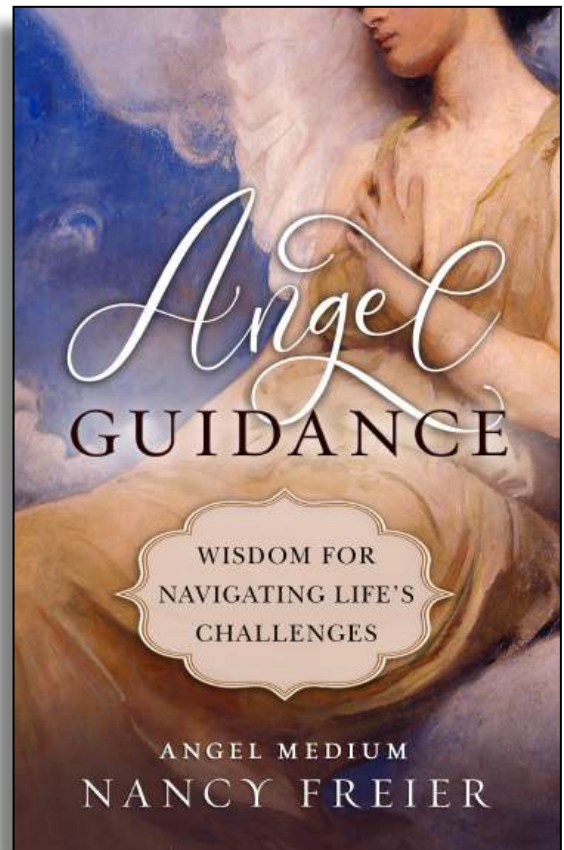
**Beverly Brunelle**  
Consulting Editor

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[You Can Talk With Your Angels](#) (©2024) is published! A long time in the writing, This in depth 171 page book is a compilation and celebration of Nancy Freier's refined techniques for inner listening and automatic writing. She has practiced, developed and taught these methods for over three decades. Now, these clear and empowering instructions, along with samples of actual automatic writings, class experiences, and easy-to-follow exercises can support you to learn how to talk with your angels and guides. Nancy also offers private tutoring to boost your confidence, clarity and expertise.



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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## Our Readers' Voice

Dear Nancy,

I want you to know how much I appreciate the time, artistry and attention you put into *The Inner Voice* every month. It is a beautiful labor of love. Although I read articles in the PDF version, I like to look through the Flipbook, because it's so beautifully put together. Your layouts and variety of content and images makes it not only an enjoyable resource for a variety of spiritual topics, but a piece of art I enjoy.

Thank you for your ongoing, consistent hard work and commitment you put into producing this beautiful monthly magazine. With love and gratitude, ~EM

Very nice magazine! I especially liked Gordon Phinn's interview with your friend Timothy Wyllie, who is now in spirit. ~DW

Your magazine covers are gorgeous. You just keep on going! ~Jeanine S.

Keep up the excellent work and know you have an admiring audience. Perseverance is your middle name so you are blessed with that characteristic. Keep on keeping on...and keep a song in your heart. ~Anonymous Fan

We'd LOVE to hear from you!

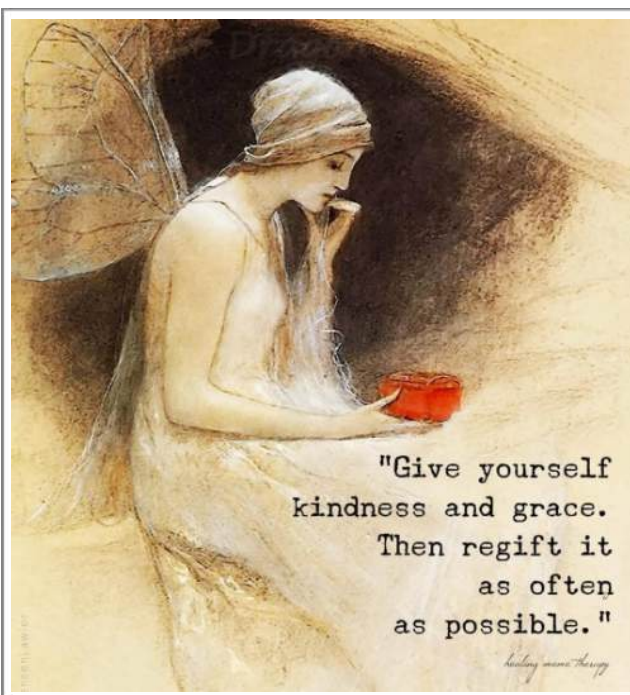
E-mail your comments to:

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

## Dear Readers,

How many times have we heard or read "Love is the Answer?" And how many more times do we need to hear it before it truly and totally sinks in and resonates with how we choose to live our life?

February brings the idea of Love into our awareness and into this issue once again, offering a refresher course to recharge our perceptions of what Love means, with practical ways we can love ourselves more and extend this most precious of all vibrations to everyone else. Love is the great healer. It is the anecdote for what ails us individually, across the world, and through the veil to the Other Side. We only need to practice loving more, as the quote below encourages.



My wish is that this issue will inspire deep Love and ignite the flames of Divine Right action in hearts everywhere.

May you be filled with LOVE always, and choose to share it around the world. Remember, Love is the Greatest of all Healers.

Blessings,

Nancy

Always believe  
something  
Wonderful is  
ABOUT to  
HAPPEN

## SUBSCRIBE to The Inner Voice!

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# LOVE Can Heal Difficult Relationships

***Q. Sreper, I am having trouble with the people I work with and I cannot stand to be there any longer due to the negative, competitive coworkers! Short of finding another job, what can you suggest I do to heal this situation and restore harmony in my workplace? ~Sad at Work***

**F**irst of all, we ask you what negativity are you yourself contributing to this situation? We see by your question you are ‘feeling the heat’ and you’re ready to take responsibility for your actions, and that is the first step.

To change this or any other challenging situation, we say, open your heart. You can heal this by stepping up your vibration to that of love and clarity. Do unto others as you would have them do unto you, find that within yourself and radiate that to those around you. You see, whatever you send out comes back to you. By projecting a judgment that everyone is rude and negative, that is what you will see and receive in return. And that is the situation you have found yourself in.

Explore this. On your drive to the office, send the Great White Light of Love from your heart to those you work with. In your contemplation and imagination, visualize the office infused in this Light, beaming through the hearts and minds of all who work there, including yourself. Put on new glasses of perception and find a new level of clarity and kindness in you that directs a new behavior and colors every word you say to others. Welcome Love to shine through you and to guide you in new behaviors and communications.

In time, those who can manage their own shift will stay and not be troublesome to you any longer, and those who cannot tolerate this new vibration of Love and cooperation being sent to them, will either leave and seek a job elsewhere that supports their lower vibration of negativity, or you may be moved to a new position that supports your new level of Love. Just relax your hold on how this will unfold, release your past judgement

that the workplace is competitive, and release your struggle with your coworkers. Ask to see the blessing this situation has brought to you instead. Find your inner critic. Ask what you need to learn from being there and allow yourself to change your mind to see the ‘face of Love’ on everyone. With learning this lesson it will bring you the peace and evolution you seek.

The reason why relationships can be so difficult is that there is a universal lesson to learn Love. It is about experiencing the deepest levels of true love: to love one’s self and one another and to also know what it feels like to be loved.

The reason for the emotional tugs you experience is that you are being encouraged to be lifted up into higher levels of Love. You need to open the doors in your heart, become more aware of



“Around you angels hover lovingly.”—A Course in Miracles T-26.IX

inner conflict and denial, and free yourself to experience this expansion of the Heart. The old ways of relating to one another and the old patterns of loveless behavior no longer serve you. They need to be loved and let go of before you can enter the gate to a new and peaceful world.

Cleanse yourself of all psychic debris from the emotional tug-of-war you have been through with anyone. Create in

yourself a clean and peaceful heart. Be ready for these higher levels of Love to be expressed in and through you. Remember, your Light is what attracts others. See yourself as a shining star that blazes a trail wherever you go, in whomever you meet. Be that which you want to see and expand into the world.

## ***A Prayer To Heal Relationships***

*Dear God, Help me to see as You see. Let me look at my relationship with (name of person) in a new way. Help me and all to continue to be embraced by Higher Consciousness knowing that it blesses me and blesses them. Help me feel Your Love within myself and experience its glorious healing magic. Thank you!*



# Need a Light? Get a Reading!



In the Readings I offer, we call on your Guardian Angels and Spirit Guides who 'shine a light' on the lessons you're facing so you may see your way forward. The angelic perspective reaches into the Akashic Records, revealing unresolved issues from past-lives that may be affecting *this* life ~ issues such as origins of disease along with what is needed for healing body, mind, spirit, and/or relationship challenges. The angels offer new thought patterns that help guide you in creating peaceful solutions and happy outcomes.

Readings are done in confidence. I use an automatic-writing process to obtain the information you seek, followed-up with a private meeting to discuss and clarify any remaining concerns.



## February Reading Special

**10% off Readings**  
**scheduled during February**  
**E-mail: [NFreier@aol.com](mailto:NFreier@aol.com)**



*"It was a pleasure meeting you and connecting with the Angels. I received much insight about my life. Thanks for the prayers, too."*—Carrie A.

*"Thanks so much. Your readings are awesome."*—Susan K.

*"Thank You, Nancy. Isn't getting Angels' messages another way of being a medium between Earth School and the Afterlife? You and the Angels are a blessing to me and many."*—Gloria T. Nye. Ph.D

## Attend the 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 every 2nd Saturday of the month.



**Sat. February 8 - 1pm CST**

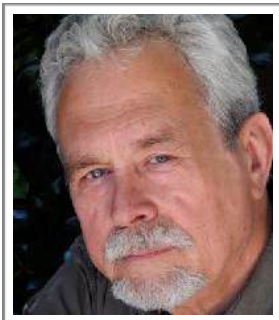
11am Pacific • 2pm Eastern  
Sydney 6am Sunday

**[Click HERE to Join](#)**



*The Angels predicted in 1992 that we'd be  
"Zooming enlightenment around the World"  
and well, here we are.*





# The Eagle and the Rose

By Rosemary Altea



**T**he *Eagle and the Rose* is a memoir by Rosemary Altea, a renowned spiritual medium and healer. The book details her journey of discovering and embracing her spiritual gifts, including her communication with the spirit world, her connection with her spirit guide Grey Eagle, and her mission to help others find solace and healing.

The Theme for the February edition of *The Inner Voice* always seems to turn to love. My book overview this month falls into a similar category, as well. The title, *The Eagle and the Rose, A Remarkable True Story*, almost gives it away. Written by Rosemary Altea, the book could be considered a love story between the her and her guide, Gray Eagle, who helps her solve

problems and heal people on both sides of the veil, as well as in her personal life.

Written partly as a memoir but which also aspires to be a novel, the narrative starts off with her childish descriptions of how she first became aware of Gray Eagle as a young girl; at first, not really understanding Grey Eagle or the nature of their relationship. However, as time goes by, the relationship develops in her teen years and then into young adulthood when she really begins to understand the power and the intelligence that she has to draw upon when attempting to bring an intelligent solution to the various dilemmas she is presented with.

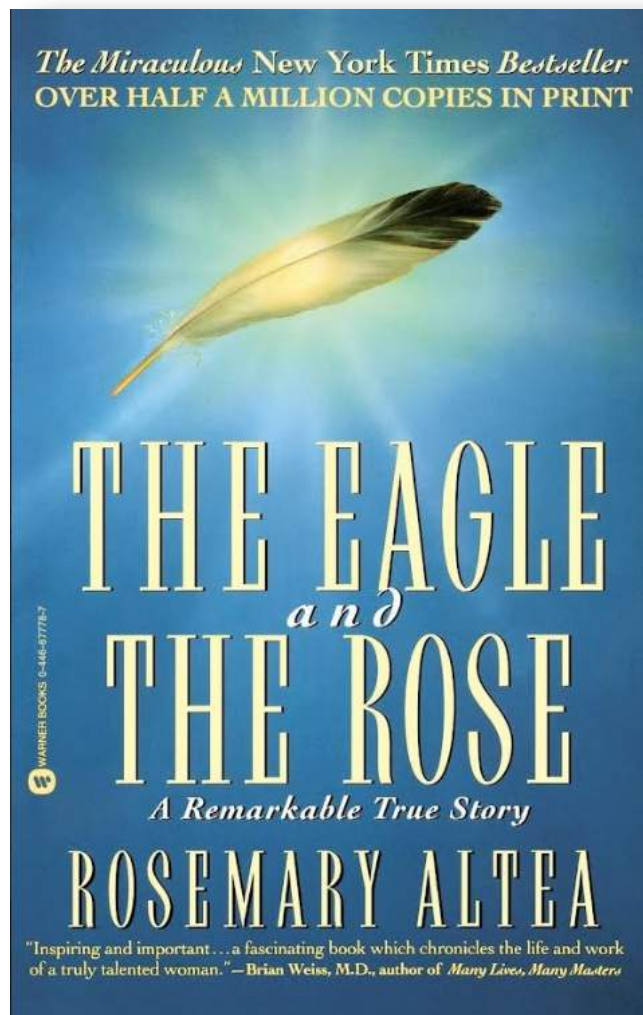
Here I present an interesting example that is described during a mediumship reading for the mother of a young boy who drowned when he fell into a river which then fed into a large waterfall. The boy, Michael, who is now in spirit, is describing what happened as he reached the edge of the waterfall. Medium, Rose says, "I can see his body as it goes over the edge, but wait. Oh, this is wonderful!" Michael says, "Tell her, tell my Mom, as his body goes over the waterfall, I see Michael. I see him leave his body. He seems to fly upward. I hear him say, 'I flew like a bird; up, up. Angels came to fetch me. They carried me up and over the waterfall to fly like a bird. It was bright. A bright light shining. The Angels took me into it, and now I'm safe. Mom, can you hear me? I am safe.'" This description helps to provide closure for the mother as well as assurance that life goes on. There is no death.

In another section, there is a discussion of the many reasons why people here on Earth are either good, or bad. The answer is: Some of us are good or bad because we enjoy our lives better that way. Others perceive that living a good life will earn them brownie points, that somewhere God is watching and keeping score. Living life in a bad way is for some and open active defiance to a God they perceive as a judging God. Life is not about earning a place in heaven. It is enough for the soul that the life of the soul continues on... That the soul grows stronger.

## Some of the central themes:

**The Eagle and the Rose Symbolism:** The title symbolizes the connection between the earthly (the rose) and the spiritual (the eagle), representing the balance and integration of the physical and metaphysical in her work.

**Developing Spiritual Gifts:** Altea shares her struggles with accepting her role as a medium, her training, and the ethical dilemmas she faced when using her abilities to assist others.





**Healing Stories:** A significant portion of the book features stories of individuals who sought her help. Altea provides insights into her process of connecting with spirits and delivering messages of comfort and guidance to the living.

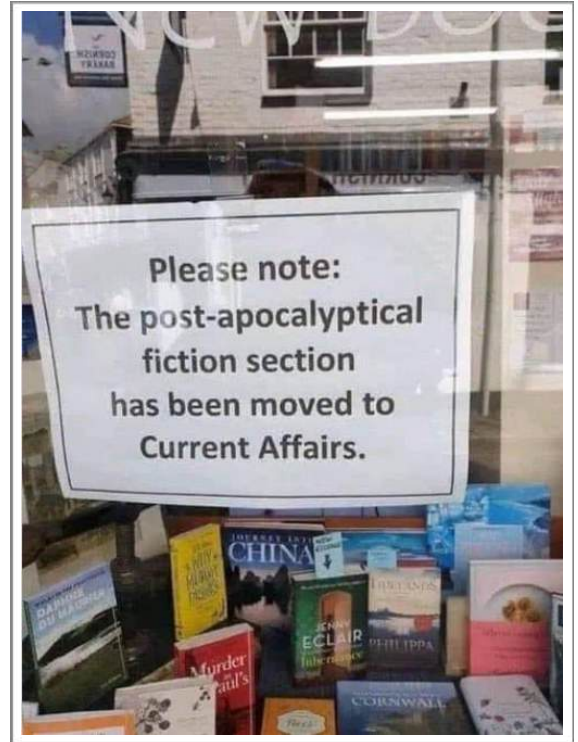


Author Rosemary Altea

**The Eagle and the Rose** is available on [Amazon](#). Rosemary Altea is the author of quite a few books. Discover these and more on her [website](#):

△

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



A sign in a bookstore window

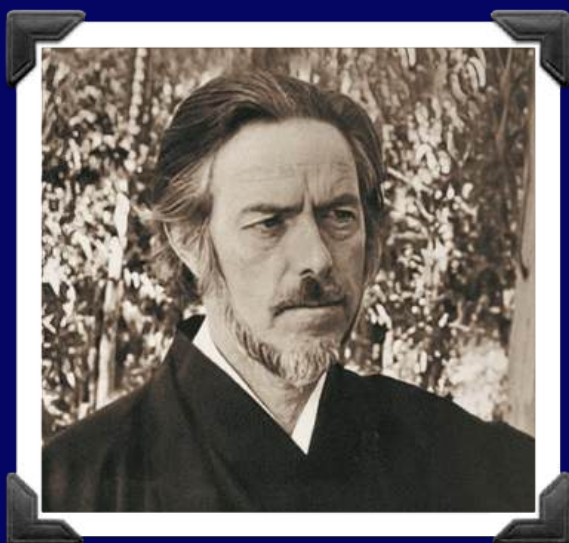
## Evidence of Angels ~ An Angel in the Driver's Seat?

**Written By Carol VanScyoc**

I was traveling home to Green Bay on a January Sunday from Amherst Junction on Route 54 between Black Creek and Seymour. It had started to snow during the course of the day and had yielded several inches of accumulation. I was heading north toward Seymour when my SUV inadvertently drifted into the center of the highway where there was a pile of snow from the plows. I grabbed the steering wheel with both hands and I also took my foot off the accelerator. I did not touch the brake. Suddenly, I found myself in the southbound lane heading north! I was sure that I was headed for the embankment (off the southbound lane) when my SUV gently turned around and headed south in the southbound lane!

My goal was to be going north to Seymour, so I needed to turn around. I was shaking so much that I decided to drive back to Black Creek and find a large parking lot to turn around in. As I was going toward Black Creek, my SUV seemed to be 'riding funny.' I wondered if I had blown a tire. When I looked down, my SUV was in low, second gear. I had not shifted the vehicle myself. Shifting it required squeezing and pulling back on the gear shift. I know that I did not do that, but without a doubt that is what caused my SUV to gently recover and right itself. All I could think on the rest of the journey back to Green Bay was that my guardian angel had interceded to keep me safe. I knew at that moment that I still had a purpose and reason to be here.





# Afterlife Contact with ALAN WATTS

Alan Wilson Watts (Jan. 6, 1915 - Nov. 16, 1973) was a British author, writer, speaker, and self-styled "philosophical entertainer" known for interpreting and popularizing Buddhist, Taoist, and Hindu philosophy for a Western audience. **Source: Wikipedia**

**Interview Conducted by Astral Traveler, Gordon Phinn on July 3, 2023**

**Transcript Edited for Continuity by Steve Freier and Nancy Freier**

**I**n a recent series of spirit contacts where 'I' moved spontaneously to project my consciousness from the waking state to various locations and spirits, I interacted with Alan Watts, the influential and revered spiritual teacher of what came to be known as 'North American Zen.' His influence was mainly felt in the 50/60/70's when his books and talks were in wide circulation. His son Mark keeps that reputation alive for later generations these days.

Of the several contacts experienced in this series, I find this one resonating the most strongly with me. In this carnival of life with its ups and downs, finding a point of stillness to quietly inhabit is an achievement that Alan Watts arrived at and sought to illustrate for others.

So, let me see if I can project to where he is...

I see that he has picked a rural area of rugged beauty overlooking an area that might be San Francisco Bay, with communities like Sausalito where he feels comfortable and knows that such a location is one that people will recognize from his writings. I seem to be sitting with him in a comfortable chair by a cabin, but being the astral plane, he could have made that ten minutes ago! He's smiling and nodding and thanking me for the generous introduction. I assure him he is well worth it, continuing that his influence is profound and joyous in a meditative fashion.



**Gordon:** Many have benefitted from your communications, Alan, and still do.

**Alan:** Well, not too many of them come to see me like you have. Hopefully that will change things.

**Gordon:** You likely know that your son, Mark is still taking care of the publication and distribution of your writings and talks. I picked one up just a couple of weeks ago. They are still

great little reference works, handy to have around for momentary inspiration!

So, Mr. Watts, people will be asking how you are enjoying your afterlife?

**Alan:** It's all one life. There's no life and afterlife, just the one life with various phases and chapters. And yes, I know you're going to ask about past lives. Indeed, I'm aware of those, as I was aware of some of them when I was still Alan Watts. Now, I am kind of like 'Alan Watts plus' but again, to me, it's all one life, whether it's in the earth's physical plane, or the spirit planes around the earth, it's all one life. You change your name, you change your face, you adopt a culture, you live in it, and you uh, put it aside. You can imagine from my writings and philosophies what kind of cultures those would be, although you can add to that businessmen and military men and women ~ many women in various roles; some wealthy, some not so wealthy, some influential and some grasping and clutching at power. By the time I became Alan Watts, I was ready to sift through all that and find the, how shall we say, the *gold of consciousness* from the various grasping activities of earlier lives.

Discovering Zen and bringing it to North America was I think, my major contribution, showing the various schools and how they have their advantages and disadvantages; and, how the modern man and woman could employ those techniques to achieve an inner stillness to achieve a consciousness beyond the hurly-burly ... that buying and selling of the ego in the flesh, of the anxious ambitious ego. I certainly got caught up in the cycles of communication, gain and ego gratification. If anyone would like to accuse me of that I will certainly bow down and admit I did get caught up in my star status, and was perhaps not the all

continued on page 11



round nicest guy, but I did try to achieve a stillness and an insight that would benefit others.

I was no saint and did not claim to be one. After all who is? And in the ups and downs and ins and outs of personality and its expression, the ego and its activities there are bound to be areas of regret and shame, and that sort you thing ... you know, remorse. Looking back at on it, one can see they are all valuable, "But let's stop talking about me (laughs).

**Gordon:** Okay Mr. Watts, I feel that your words are very beneficial to all, and I'm not insisting that you stop talking about yourself, but if you feel that way then perhaps you would like to give us some thoughts on how you see the world now; now that it has moved on and developed more technologies and more instant communication.

**Alan:** Well, in meditation, while I was still Alan Watts on earth, I could feel such things coming, but I did not imagine them in any detail. It is fascinating to come here and see its development from here, because, as you know, technically minded people who were, quote unquote 'dead,' helped develop this stuff and transmitted it to those researchers on earth that were in the same line.

And the progress toward the Internet, as I know you're referring to that, and the telecommunications and satellites, was intriguing to observe. Also enjoyable to let go and forget.

The fear-based activities employing those techniques were tiresome, but at the same time mere continuations of anxious egos trying to increase or maintain their level of control and wealth all throughout history, they just got more clever at it. And we are still getting clever, but the uh, that tower of Babel, that chaos of cultures and languages and attitudes has been pacified, to some degree, by the regular and often quite efficient communication though the telepathy of the Internet, that is essentially telepathically transmitted thought, on a screen, on a voice, on a vision. It has, I believe, been of great benefit to mankind in its movement toward *harmonious understanding of each other*, despite the high tech wars that go on. And they will go on and lead to the defeat of the egos rather than the triumph of aggressiveness, and I believe this looking at it now.

Do not be distracted by vicious economic or military activity, it has always gone on and you do not have to participate. You can choose a birth that will avoid those areas. You can choose a life that sidesteps all that silliness. You can

pursue your spiritual agenda and care for your loved ones and family without participating in all that nonsense, make no mistake. Make careful choices, either before being born or after being born. Do not be swayed by the propaganda of the state or religion or ego. I know I make it sound terribly simple, but in essence it is.

I know you are wondering about my life here, it is very enjoyable! It's a heavenly world and paradise awaits all who long for it! And, in the excitement of paradise, you can still find serenity and stillness ~ that point from which all can be enjoyed and understood.

**Gordon:** Well, Mr. Watts that is just lovely, thank you very much. I give my thanks for the audience and myself. It has been quite a pleasure being with you, as it was to read your books as a young and questing interested spirit. You made a nice balance with the voices of the 70's and 80's, the channels, the ashram frauds and so on. I really appreciated that.

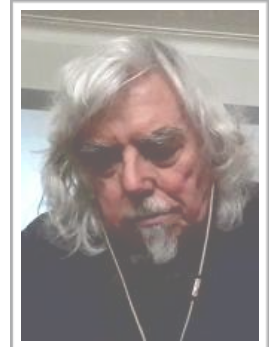
Thanks again. God bless you!

**Alan:** God, is he really going to bless me, he chuckles, that's another discussion.

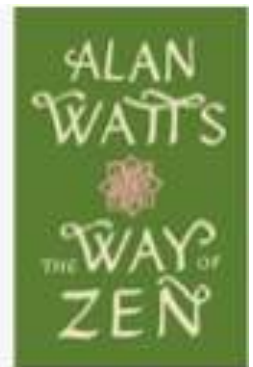
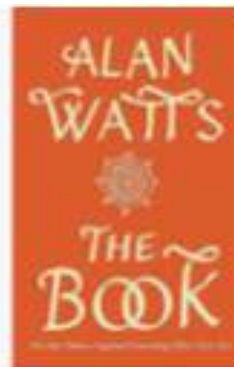
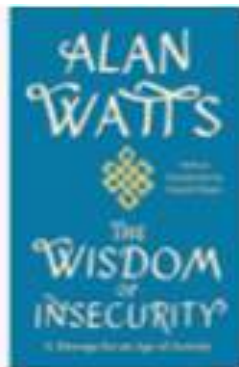
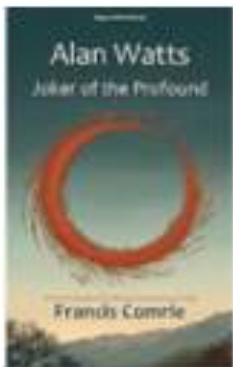
**Gordon:** I agree, but I'm not really a big God guy but it's an acceptable civilized greeting."

△

**Gordon Phinn is a Canadian writer and psychic known for his explorations into the afterlife, reincarnation, and out-of-body experiences. Phinn shares his insights through his blog, "Another Word of Gord" where he discusses topics related to spirituality and metaphysics. He describes himself as a 'writer, psychic, out of body traveler, guru without all the BS.'**



Phinn studied Arts and Humanities at York University and currently resides in Oakville, Ontario. Through his writings and teachings, Gordon Phinn continues to influence readers interested in metaphysical subjects, offering perspectives on life beyond the physical realm. His notable books include [Eternal Life and How to Enjoy it](#) (2004), which offers a firsthand account of the afterlife, and its sequel, [More Adventures in Eternity](#) (2008).





## 10 Ways to Love Yourself By Louise Hay

I have sent this to thousands of people over the years — my *Ten Steps* - or the 10 Ways to Love Yourself. Many of us seem to suffer from a lack of self-esteem at one level or another. It is very difficult for us to love ourselves because we have all these so-called faults inside us that we feel make it impossible to love ourselves exactly as we are. We usually make loving ourselves conditional, and then when we are involved in relationships, we make loving the other person conditional also. So, how can we catapult beyond this thinking and take the next step in loving ourselves?

### *10 Ways to Love Yourself*

1. Probably the most important key is to **stop criticizing yourself**. If we tell ourselves that we are okay, no matter what is going on, we can make changes in our lives easily. It is when we make ourselves *bad* that we have great difficulty.
2. We must also **stop scaring ourselves**. Many of us terrorize ourselves with frightful thoughts and make situations worse than they are. We take a small problem and make it into a big monster.
3. Another way is to **be gentle and kind and patient with yourself**. Most of us suffer from the expectation of immediate gratification. We must have it now. Impatience is a resistance to learning. We want the answers without learning the lesson or doing the steps that are necessary.
4. We must **learn to be kind to our minds**. Let's not hate ourselves for having negative thoughts. We can think of our thoughts as *building* us up rather than *beating* us up.
5. The next step is to **praise yourself**. Criticism breaks down the inner spirit, and praise builds it up. Acknowledge your Power. We are all expressions of the Infinite Intelligence.
6. **Loving yourself means supporting yourself**. Reach out to friends and allow them to help you. You really are being strong when you ask for help when you need it.
7. **Love your negatives**. They are all part of your creation, just as we are all part of the Universe. The Intelligence that created us doesn't hate us because we make mistakes. This Intelligence knows we are doing the best we can and loves all of Its creation, as we can love ours.
8. **Take care of your body**. This was the topic of my email last week, however it bears repeating. Think of your body as a marvelous house in which you live for a while. You would love your house and take care of it, wouldn't you? So, watch what you put into your body.
9. I often emphasize the importance of **mirror work** in order to find out the cause of an issue that keeps us from loving ourselves. Look in the mirror first thing in the morning and say: "*I love you. What can I do for you today? How can I make you happy?*" Listen to your inner voice, and start following through with what you hear.
10. Finally, **love yourself now** — don't wait until you get it right. If you can love and approve of yourself now, then when good comes into your life, you will be able to enjoy it. Once you learn to love yourself, you can begin to love and accept other people too.

Loving yourself is a wonderful adventure; it's like learning to fly. Imagine if we all had the power to fly at will? How exciting it would be!

**Affirm:**

*I love myself just the way I am!*



Through Louise's healing techniques and positive philosophy, millions of her followers have learned to create more of what they want in their lives ~ more wellness in their bodies, minds, and spirits. Read her lengthy bio here: <http://www.louisehay.com/about/> Louise transitioned on August 30, 2017, at the age of 90 in San Diego, California. Read more about honoring her life [here](#).





# *A 5-Minute Meditation to Open Your Heart*

By Louise Hay

*Breathe in. Breathe out.*

*Breathe in. Breathe out.*

*Breathe in and breathe out and just let go of all that stuff that is stuck inside you.*

*This is a special day and we don't want to carry any old stuff with us.*

*Put one hand on your heart and one hand on your belly. And as you breathe quietly, notice how comforting that feels. Be aware that you can do this anytime and anywhere and take care of yourself.*

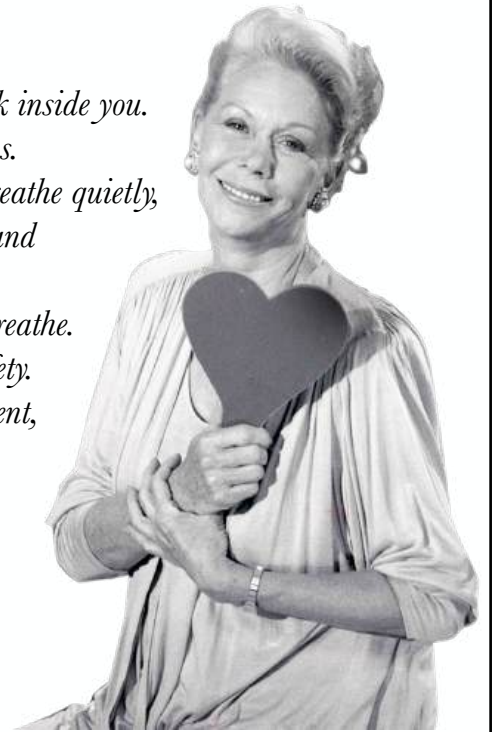
*You can make yourself feel better with simple gestures and your own breathe. How it calms you down. It lets yesterday go. It gives you a feeling of safety. You are here for yourself. And as you release yesterday and even this moment, you allow your full attention to come into this day, this hour, this time.*

*Turn your full attention to this wonderful, wonderful day.*

*Let your heart open and make room for all the good of the Universe to come in.*

*All is well.*

*Louise*





# LOVE Is All Around You

By Dr. Susan B. Barnes, CSNU

Love is often ignored in our world. We tend to overlook a kind hand or welcoming gesture, the love of a pet, or the sharing of a friendly glance. The obstacles of daily living can overwhelm us into complacency. Our senses grow numb as the world spins by us faster and faster with each new technological toy designed to make life easier. But it slowly moves us further and further away from our true selves until the shallowness overtakes us.

Step back to smell the roses or the fresh air and feel the cool breeze on your face. Let nature surround you with love. As the love swirls around your body, sense the warm feeling it brings. Know that the first love is really a love for yourself, and all other types of love grow from within you.

Often we are too critical of ourselves and our interactions with others. We try to have perfect experiences, but life is messy, and nothing is ever flawless. Remembering this can make us realize that the imperfection in life is what is absolute. We live in an unqualified world that is flawed and fallible. In contrast, love is impeccable, and focusing on it instead of our mistakes will make life more fulfilling.

Love is defined as a deep feeling of affection or as something we enjoy very much. In the *Bible*, love is described as being patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful. Love is not self-seeking; it is not easily angered, and it keeps no record of wrongdoing. (See 1 Corinthians 13:4–8.) Love is a virtue representing human kindness, compassion, and affection. Spiritual love is about connection, respect, and a deep understanding of one another. It is not about lust, power or material things. Love is about seeing each other as souls and honoring the Divine spirit within each individual. These definitions create ideals for living a positive life.

Thoughts are things, and our thoughts can change our relationships. For instance, when encountering someone difficult, send them loving and healing thoughts instead of negative complaints. After a while, notice how the relationship



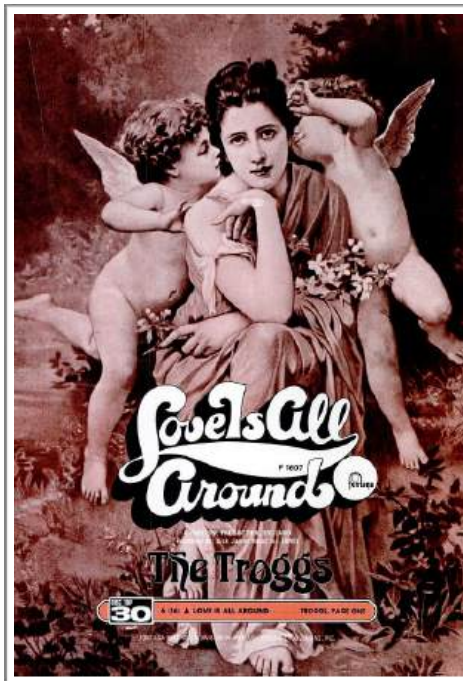
art by Susan Barnes with AI assistance

changes. Sending love instead of dislike changes the energy around the situation and yourself. The law of attraction tells us that positive thinking brings positive results. Living a more spiritual life will bring more joy into your life and, ultimately, more love.

Do you remember the song “Love is All Around?” The lyrics provide a great philosophy for life. Keep in mind that love is everywhere. We just need to open our eyes and our hearts to feel it, see it, and hear it. You just need to start somewhere. Tomorrow, take the time to find the love in your life. Look for it in family, friends, pets, and even strangers. Put love into action and you will be amazed at how it changes your outlook on life.

△

**Author Dr. Susan B. Barnes, CSNU is a Spiritualist Medium and Life Coach who offers Readings, Spiritual Counseling and Spirit Art Readings via Zoom and Phone. Please see her ad on page 15.**



Reg Presley, lead singer of the Troggs, wrote, "Love Is All Around" in about ten minutes, inspired by a TV broadcast of the Salvation Army Band performing an evangelical song titled, "Love That's All Around." (Wikipedia)



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

*Offering...*

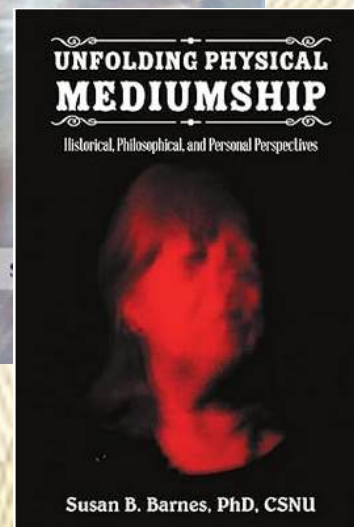
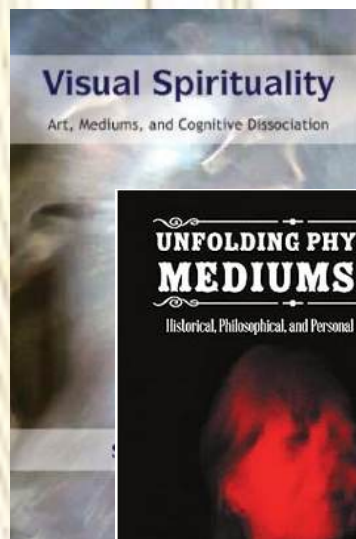
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**Tutors: Dr. Susan Barnes, CSNU,  
Lisa Mandell, Nancy Smith, and Teri DelAurora**  
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# A Life-Changing “Metta-Meditation” Practice

By JJ Flowers, a Spiritualist Writer and Practitioner

**My Guides gave me this most beautiful practice. It is a potent form of the Metta meditation or loving-kindness meditation. This is the single most transformational spiritual practice. Drawing on the awesome power of prayer and amplifying this with the energy of LOVE, it changes everyone and everything in your life.**

**For instance, coping with a recalcitrant teen? Worried about a troubled or ill child? You still suffer from a toxic mom? You cannot escape your childhood? That mean coworker is ruining your life? You want to manifest even more love between you and your spouse? You love your best friend and want her to know? You want a better relationship with your children? Or perhaps you want to connect to a deceased loved one?**

**Try this!**



**L**ove is the most powerful force in the universe. While many people think of love as an emotion, it is infinitely more than that. God is love. Love is the number one transformational energy available to us.

My Guide, Melchizedek, gifted me a Metta-meditation or loving kindness meditation. When I first started practicing it, I thought it would change me—grow me in love and compassion. It does do that, but I was to discover how it dramatically alters and amplifies your light, while affecting all the people and places you practice it on. You become a conductor of God/Source energy. There is nothing and no one this practice cannot help. Here are the steps:

Begin with ten minutes of slow and deep breathing.

As a lifelong yogi, and pranayama teacher, I enjoy sharing the miracles that ride on breath exercises and there are good reasons to start any meditation practice with a breathing exercise. Not only do breathing exercises have the same physical effects as strenuous exercise: lowering blood pressure, inflammation and other stress hormones, while activating the vagus nerve and energy channels throughout the body, increasing oxygen and shooting positive brain chemicals sky high, for our purpose here, conscious breathing settles your auric field and alerts your consciousness that there has been a shift. Importantly, this calming of your auric field serves as an invitation to your Guides; zooming in, connecting to your auric field, they can now see what you need and how they can help you. They then facilitate the meditation session.

Next, close your eyes. Remember the time in your life when you felt the most love. Visit a memory when love overwhelmed you. Relive this in detail. Feel your heart chakra open. You are now in the vibration of love. There are a million plus octaves/vibrations of the energy of love; God/Source holds the highest of these. Ask your Guides to lift you to a higher octave of love.

Now imagine love as a glittering white light. Begin with your family members. Picture them in your mind's eye. Again, use loving memories if they are available. Remember the time you felt the most love for this person. Relive it now. Picture your love cascading over them.

Always imagine people, not as they are, but as their best self; the noise of our lives often drowns out the soul's incandescent beauty. This practice calls you to see people as God sees them. This in itself is a powerful spiritual practice. You know you hit the high octave when the person appears so beautiful to you, as to drop you to your knees.

Imagine each person's response: see their face upturned with joy and wonder; laughter and awe. As your consciousness is connected to theirs now, you can tell them anything you feel; share your truth. Thank them for being in your life. Bless them. Go through each family member in this manner.

This magic is especially potent for recalcitrant teens. Follow the simple steps, but once you are connected in consciousness, embrace them. Throw your arms around them. My Guides have shown me that these 'imaginary' hugs are more effective than those happening in real life and no one on God's green Earth needs hugs more than our teenagers. When practicing on teens, be sure to keep it positive. (Often the problem with adult relationships with teens is that... there is too much nagging. Every negative complaint tells the young person you do not trust them or their judgement and this is a pernicious message.) Instead, in our loving meditative state, tell the young person that you know they will make great choices; that you are rooting for them; that you will always be here for them; that you love them.

Next, practice with your friends, your neighbors your co-workers. After a daily practice of just one week, you will notice a shift in each person. Most people will be more cheerful, loving,

Continued on page 17



helpful toward you. The changes can be mild, but they can also be rather dramatic. Difficult people sometimes take up to two months before you witness the effects, but subtle shifts become apparent much sooner. Expect miracles.

**You can also use this Metta-meditation practice to connect to deceased loved ones, if you choose.** Begin, always, with conscious breathing, followed by reliving a cherished memory of your deceased loved one. See the glittering white light cascading over them in your mind's eye; imagine their response. Share your truth. Express your love. Thank them for being in your life. Then, ask them for a sign. This can work better than hiring the best mediums.

If you do not already have a relationship to your Guides (an invaluable tool), you can use this practice to connect to them. Again, follow the simple steps and once in the vibration of love, simply ask to know them. How they answer your request is different for each person. Just keep practicing until they do show up; one day to two weeks. Feel free to expand this practice as you are called to.

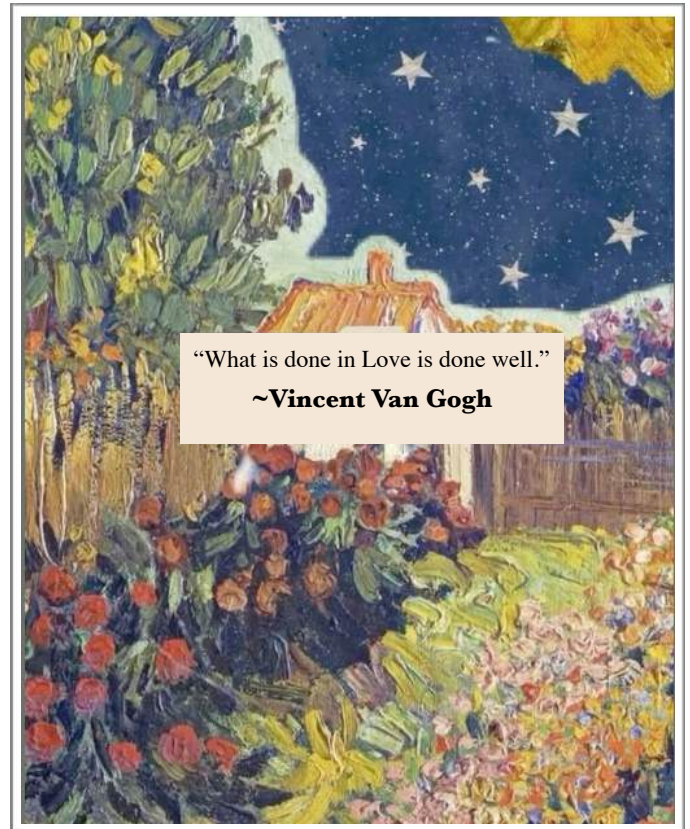
My Metta-meditation practice is always expanding. I employ it to connect to Mother Earth and then to connect all of humanity to Mother Earth. I use it to connect to my animals and then to hold all the animals of the Earth in the light of God's love. I use it to lift trouble regions of the world to the light—vibrationally, this is the highest note I reach.

*"Pick a difficult person and practice it on them. Your Guides will use this experience to demonstrate the power of love—I guarantee this."*

Wilma, an older woman terrorizing my neighborhood, was almost comically unpleasant. She liked no one and was mean to all. Older neighbors recounted dozens of stories of a legendary rudeness. (Note: behind every unpleasant person, there is a very sad story; connect to the story and your compassion will rush to meet it.) Serving as a visual metaphor, Wilma's house was surrounded by a dead beige landscape, the water had been turned off decades ago. This, in a neighbor of lush green gardens.

One afternoon, I was reading in the park with my Newfoundland, Paris sleeping at my side. Wilma spotted us across the distance and yelled, "Get your goddamn dog on a leash!"

I leaped in fright. "Sure," I said, but Wilma just shook her head and hurried away, unused to kindness, much less easy compliance. Zooming in, Melchizedek invited me to do the meditation on Wilma and I began our loving kindness meditation on Wilma twice a day thereafter. Nothing happened for six weeks, except, as if connected by an invisible rope, every time I



found myself in our neighborhood park, I ran into Wilma taking her afternoon walk.

Then, one day passing Wilma's house, I stopped and stared in dumbfounded amazement. The dead zone was transformed! A green lawn appeared, and a new tree planted. Modest flowers beds dotted the perimeter of the lawn.

I couldn't imagine this was the meditation, but... the next thing that happened—when passing in the park, Wilma nodded at me. A smile from Leonardo de Capria or Stephen Colbert would not have meant as much. That one slight nod shot me sky high with joy.

Next time I saw her, I ventured, "It's a lovely day."

She stopped, surprised. "It is indeed," she said tentatively.

We were on speaking terms. Soon after, I ran into Wilma at the bus stop. I offered her a ride home. It took some cajoling, but I finally managed. A wonderful conversation followed. Our relationship began.

After six months of including Wilma in my Metta-meditation, the whole neighborhood wonders, what happened to Wilma? She can almost be considered friendly. She even joined a community organization. She seems happy. *This is a miracle!*

Expand and amplify your light, your consciousness, your love. Start a loving kindness practice. You will be transformed. Know, too that love, the most powerful force, is also a healing energy. This practice not only heals you, but it is ultimately how we heal the world.

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Read full-article here: <https://jjflowers.substack.com/p/a-life-changing-metta-meditation>



Let's Talk Crystals! Written by Lori A. Andrus

## Find Focus and Grounding in February with Fluorite

As we move through February and the dark weeks of winter, we often desire clarity and vision. This month, Fluorite brings us the medicine we need to get grounded, focus, and prioritize so that when the timing is right, we are ready to take our next steps. Fluorite's message is simple: slow down, clarify what truly matters to you, and act with soulful purpose.

Recently, I've been reflecting on these messages as I begin training my new puppy, Clover. With the big-picture vision of preparing her to become a therapy dog, her trainer has been helping us get creative and support her during key developmental stages. In many ways, I feel like her trainer is guiding us similarly to the ways Fluorite guides us in bringing our vision to life.

Clover is an American Eskimo, a working breed like my Border Collie, Koda. These breeds thrive when they have a job, and training them requires focus and patience. Each step of her training is an opportunity to support her where she's at, helping her build confidence and skill without overwhelming her.

If we jump too far ahead by placing expectations on her that are beyond her current developmental stage, we could set her up for failure, causing her to become frustrated and shut down.



Instead, we're focusing on the small, sequential steps that will guide her toward success.

Like Clover's training, our dreams and projects have developmental stages. Beginning with inspiration, that spark of creative energy transforms into a vision, which we nurture with love and intention. Each step is essential, from planting the seeds of our dreams to supporting them as they grow. Fluorite helps us recognize these stages while also unifying our sense of vision with our sense of will.

As we move toward our dreams, Fluorite reminds us that achieving them isn't about rushing to the finish line; it is about growing into the vision one step at a time. Each action, no matter how small, lays a foundation for what comes next. When we skip steps or rush ahead, it can lead to burnout and exhaustion. Fluorite helps us slow down, get clear, and honor the process.

Fluorite is also a great ally when we feel scattered or overwhelmed. It helps us sift through the noise and distill our ideas so that we are crystal clear about what truly matters. Fluorite helps us organize disconnected thoughts and prioritize our most heart-centered dreams and visions. It acts as a compass, aligning us



Continued on page 19



with a singular vision and guiding us toward the next right step to bring that vision to life. And it does all of this while keeping us grounded in the present moment.

In these changing times, we are being called to lead from the wisdom and love in our hearts. As we create and live from a place of love, we share our most authentic gifts with the world. Fluorite supports us on this path by helping us access our soul's unique template, clear mental clutter, and align with what truly matters.

Our visions and dreams are deeply personal, and how they take shape will look different for each of us. Fluorite reminds us that when it comes to bringing our vision to life, we each have unique and creative developmental stages to navigate. It is time to trust in our inner wisdom as we embrace the beauty of our authentic expressions. It's time to love all that we create ~ whether it's a project, a relationship, or simply the life we're living.

As you move through February, welcome Fluorite's focused and grounded energy as an ally for prioritizing what matters most to you. Trust the process as your dreams come to life. Remember that each step of the journey matters. Whether training a puppy, launching a project, or simply seeking clarity, Fluorite will help you move forward with soulful intention as you breathe life into your most heartfelt vision.

Δ

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A collage of various products from the Journey Jewels boutique. It includes a 2025 Crystal Forecast Calendar, a white mug decorated with colorful stones, a sheet of stickers, and a book titled 'STONES SPEAK'. There are also some loose crystals and a small jar of stones visible in the foreground.

**[JourneyJewels.com](https://JourneyJewels.com)**



Practicing Mindfulness Written By Beverly Brunelle

# LOVE Transforms Life

**T**he natural love in your heart is very powerful and is ever present, even when you can't feel it. In deep presence, anything you hold in your heart will be loved. You can let it go there.

Question... and more to follow that may cause enlightenment and change the world! Are you willing to be curious, open-minded and explore new possibilities?

If so, I invite you on an inner journey...with more empowering questions that are intended not to create pressure, but to open awareness and to invite more love in.

Take some deep breaths and relax any expectations or needing to get the "right" answers. Just be aware of who and what comes to mind as you read: Who or what are you judging outside of yourself? What are you judging about yourself? Give yourself time to receive revelations.

When you feel ready, invite your energy, free, clear and pure, to disentangle from where you have invested in these judgments, concerns, people and situations. Sense the nectar of your pure energy gently pouring into your heart space. Relax and get present with the new sensations. Ask your heart space to reveal the new wisdom that is here for you and notice any shifts and changes that arise in your perceptions.

A few more deep Breaths ...with a curious and open mind take a moment now, to journal to explore your discoveries from this deep rich inner heart space of expanded awareness.

There seems to be a time of dynamic change. Curious questions can open our hearts and minds to new possibilities, to new creative perspectives, avenues and higher frequency actions and actualities. We can raise our frequency when we question with true desire to access the highest wisdom and deeply listen with an open mind. I invite you to create sacred inner space to explore and expand your self-awareness and to invite more love in into your life.

Where are you investing your attention and intentions? What empowering qualities/change do you wish to see in you, your immediate relations and your larger world? What is your role in that? Are you willing to allow space for curiosity, love and deeper inner peace to flower within you and your world?

Where do you start? Open your heart to receive.

Let your heart be open to your Self. This is a source and a resource of clear enriching communication, for the heart being open, receives the gifts of life and pure creation.

Here is an invitation to relax your mind and expectations via another gentle inner exploration:

Continued on page 21

## Raise Your Frequency

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#### Practicing Mindfulness from page 20

Bring your attention to your breath, and then bring your focus onto your heart space. Rest your awareness there and relax your body, mind and emotions as you continue to breathe gently. After a few moments, invite the love in your heart space to expand. As you feel this, invite it to reveal what you need to know from Love, at this time.

This practice is a loving way to create an oasis within you and in your day where you are nourished inside and out, as well as multi-dimensionally with the highest frequencies of abundant love.

Love transforms. Explore the abundant possibilities! You have opportunities throughout your day to befriend it, to expand it, and invite it often to infuse the magic of love's highest frequencies into yourself and your life. Enjoy the journey and spread the high magic of love!

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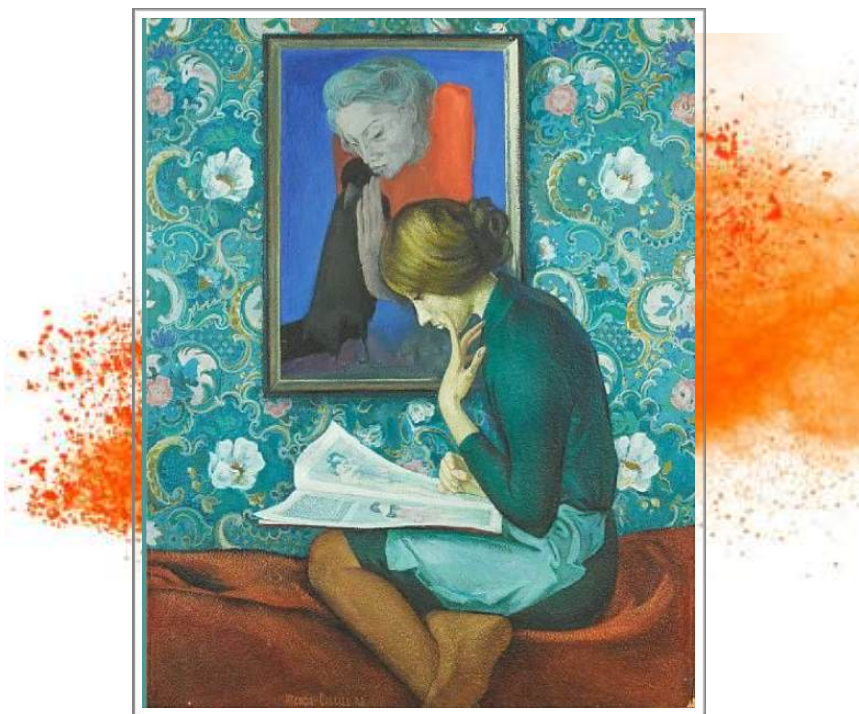
**Beverly is an Intuitive, pioneering energy worker, teacher and speaker. She works with clients internationally. Check out her youtube channel: <https://www.youtube.com/@beverlybrunelle3981/videos> Book a personal session at [beverlybrunelle.com](https://www.beverlybrunelle.com)**

# The Cure for Sadness? Learn Something.

Excerpt from [The Once and Future King](#) By T.H. White

From *The Once and Future King*, the author wrote: "The best thing for being sad," replied Merlin beginning to puff and blow, "is to learn something. That's the only thing that never fails. You may grow old and trembling in your anatomies; you may lie awake at night listening to the disorder of your veins, you may miss your only love, you may see the world about you devastated by evil lunatics, or know your honor trampled in the sewers of baser minds. There is only one thing for it then — to learn."

"Learn why the world wags and what wags it. That is the only thing which the mind can never exhaust, never alienate, never be tortured by, never fear or distrust, and never dream of regretting. Learning is the only thing for you. Look what a lot of things there are to learn."

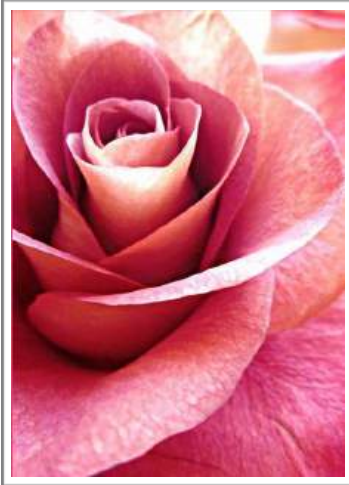


Painting by Ivanov-Sakachev, a student of Art History (1972)

Article and art from our friends at

<https://www.facebook.com/midwivesofthesoul>

~ *Rose Potpourri* ~



“No rose without a thorn.”—**French Proverb**

“The sharp thorn often produces delicate roses.” – **Ovid**

“You can complain because roses have thorns, or you can rejoice because thorns have roses.” – **Ziggy**

“If you really screw up, send roses.” – **Letitia Baldrige**

“The rose is a rose from the time it is a seed to the time it dies. Within it, at all times, it contains its whole potential. It seems to be constantly in the process of change: Yet at each state, at each moment, it is perfectly all right as it is.” – **Paulo Coelho**



Whatever happens, stay alive.  
Don't die before you're dead.  
Don't lose yourself, don't lose hope,  
don't lose direction  
Stay alive, with yourself, with every  
cell of your body, with every fiber of  
your skin.  
Stay alive, learn, study, think, read,  
build, invent, create, speak, write,  
dream, design.  
Stay alive, stay alive inside you, stay  
alive also outside, fill yourself with  
colors of the world, fill yourself with  
peace, fill yourself with hope.  
Stay alive with joy.  
There is only one thing you should  
not waste in life, and that's life itself.  
~**Virginia Woolf**



**A Calling Card of Love**  
By **JA Dioguardi**

Distractions from the world outside  
Of the You who lives within,  
At times, can trigger fear.  
Then pessimistic thoughts appear  
Since judgment will begin  
The moment human logic  
And needs of the Soul collide.

At moments such as these,  
Why not leave a calling card of love?  
Believing words and deeds outweigh

The potency of our thoughts,  
We often don't equate  
Scenarios of pride and hate  
(That constitute the plots  
We play out in our thinking)  
With results that come our way.

By changing what we think,  
We can leave a calling card of love.

Love is the very fabric of all reality.  
No matter our locality,  
its power permeates the dark  
And radiates its light in every  
situation.  
The source of all creation,

Love always hits the mark!  
So whether via thought or deed,  
You select each seed that falls.  
If you are wise, you'll choose  
The highest energy to use  
Within your garden walls.  
The blossoms of your lifetime  
Are what your intentions breed....

In all that's left behind  
Why not leave a calling card of love!



For more of JA Dioguardi's writings visit:  
[www.jadioguardi.com](http://www.jadioguardi.com)



# AFTERLIFE REPORT

Evidence



Presented by  
Victor and Wendy  
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## Join the Weekly Global Gathering! February Guest Presenters:

**February 2nd** - The Cosmic Voices Team talk about their long-term friendships with the NASA space shuttle astronauts who "died" in the two disasters.

**February 9th** - Italian ITC researcher Maddalina Di Leo talks about more than 2,000 radio voice ITC messages that she has received in more than 20 years of research

**February 16th** - Robert Cornett actor and end-of-life doula talks about shared death experiences and his play about NDEs and SDE's.

**February 23rd** - Jimbeau Walsh – Musician, Divine Love Minister, and Celestial Medium talks about his new book, *"The Path of Roses: Soul Transformation through Divine Love"* and about over 350 messages he has received from spirits and celestial angels.

**Link to join!**

<https://zoom.us/j/7595442928>

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Global Gathering Coordinator

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



## Venus takes us on a **LOVELY** Piscean field trip this month...

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

Written By Andria Nikoupolis Weliky

Venus takes us on a **LOVELY** Piscean field trip this month; she is, after all, in her favorite feel-good place, a place where she can dream, fantasize, and maybe even escape.

February 1, Venus in Pisces conjunct Neptune in Pisces ~ Not only is Venus in the place of her exaltation in Pisces but conjoined by the planet of dreams and spirituality, this combination can bring a heightened soul-hearted and mystical love. On the grand scale this transit is harmless and can offer a rich and inspiring season for creativity, art and design. It can bring blissful moments with loved ones. It is also a beautiful time to explore, meditate and visualize your relationship with spiritual dimensions. Dreamy and fantastical, it is not the best transit to see things pragmatically or make decisions where we need to be grounded in reality.

February 3, Venus conjunct the North Node in Pisces ~ A wonderful time to reevaluate your values, your desires and how they align with your self development.

February 4, Venus enters Aries and Jupiter in Gemini stations to go direct ~ The combination of these transits bring a feeling of action with a fierce and passionate, assertive, feminine drive and a magnified buzzing busyness around law, order, and justice. This may elevate fiery activism and an inflated frenzy around communications.



February 9, Sun in Aquarius conjunct Mercury in Aquarius ~ Word to the weird as out of the box topics take center stage and are illuminated with truth and clarity. It's a great energy for acting on a goal around writing or networking!

February 12, Full Moon in Leo in a tight t-square with Uranus in Taurus ~ Full moons bring a fruiting of the cycle; here lovely Luna is all a glow in heart-centered Leo. She seeks to nurture and to be nurtured around matters of the heart and sovereignty, reflecting a bold and courageous warmth with an element of surprise. This may also speak to topics of digital currency.

February 14, Mercury enters Pisces ~ Words of compassion and poetic expression are in the flow with Mercury, the messenger; a perfect signature for Valentine's Day!

February 18, Sun enters Pisces ~ Happy Pisces Season! Explore enchantment, myths and wonderment delving into deeper dimensions of the imagination. Tune in to receptivity, and acknowledge the ways in which we are sensitive, honor the nervous system with healthy boundaries and retreat, and extend a hand to those in need.

February 23, Neptune conjunct North Node ~ The realms of myth, bliss and spiritualism are further heightened for self and for the collective; with Neptune we are asked how can we go beyond the physical, where can we grow limitless and transcend? The shadow side to be mindful of with this conjunction is chaos, confusion and escapism. There is an invitation to dissolve what holds us back from growing our consciousness. This is a great



Meditation under an ocean of stars, the vast Cosmos, opening our consciousness to oneness, associated with the signature of Pisces.

Continued on page 25



transit to honor our ability to have mercy and grace and begin again.

February 24, Mars in Cancer stations to go direct ~ Mars comes out of retrograde and joins the planets in forward motion, full steam ahead! A ferocious passion for the underdog, a drive of zeal and an insistent energy is ignited around home, caring for or stirring up a feeling of defense for what may seem to be vulnerable.

February 25, Mercury conjunct Saturn in Pisces ~ This transit speaks to intellectual perspective, hard facts, cold analysis, and critical judgment and unfortunately negative thinking. Keeping this energy in check can help us from going into the ladder.

February 28, New Moon in Pisces ~ A great time to set new intentions and develop spiritual disciplines and practices

Herb picks of the month include Rose and Passionflower. These can be implemented as a tea, tincture, spray, or oil and help as a mood tonic to keep our spirits up and light.

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

Δ

**If you are curious about the information and placement of points in your own natal chart, please reach out to [andria@emeraldionalchemy.com](mailto:andria@emeraldionalchemy.com).**

## Enchanted Love

By Marianne Williamson



True romance is not a situation so much as it is a realm of being, a realm unlike any other, permeating the air around us yet oddly invisible. It exudes a mystical power that calls to most of us once we are past a certain age. There is something there we want because we are human, and it clearly answers a basic human need.

True romance answers our need for adventure, for meaning, for magic, and for deep and soulful connection with another. It answers our spiritual as well as our emotional cravings. It is to grown-ups what the entire inventory of a toy store is to children. It makes our eyes grow large and bright the way theirs do when they have seen Santa Claus. In a very real sense, it is Santa Claus!

Yet romantic love is also like a train that cannot be ridden without a ticket. Some people have that ticket and some people do not. Some people have the emotional, psychological, and spiritual propensities for a truly romantic love, while others shy away from its deep and oceanic currents. Many, many people say they want it desperately, yet actually do everything in their power to avoid it.

This book is not about rules for intimacy. It is not about how to have a long-term relationship. It is not a formula. It is merely a woman's musings on what I have seen beyond the veil of love. It is about what I have come to recognize as the enchantment of a deep romantic encounter, which has less to do with quality, less to do with the outer world and more to do with inner domains.

To have loved is like having travelled to a very distant and mystical land. This book is little more than impressions I have brought back from my journeys, but with this particular train ride, having been there is a ticket to going there again, and having truly understood someone else's journey can help convince the conductor that you belong on that train, and deserve a chance to ride it.

Most of the time, we fall in love but can't remain there. The world then calls the state we were in a delusion or infatuation.

But we were not deluded. We were not infatuated. We merely lacked, or someone else lacked, the emotional skills to hold on to the magic when the morning came. Later we would tell ourselves that the moment of magic had not been real, but that analysis is just a collective lie. We invented the lie as a way to face the disappointment of having been to the moon on a starlit night, and then fallen back down to what can seem like such a barren earth.

That lie is little more than a social conspiracy. It gives its adherents a perverse kind of comfort to think that our basic lack of courage is some form of psychological health. In truth, we can go to the moon and retain its magic for a lifetime. We can breathe in its spirit and never exhale. We can own the powers of romantic adventure and experience all of life as a glistening adventure. We can enter the temple and receive a new heart, forever aglow with orange heat. Having gone to the moon, and believed in what we saw there, we can return with a ticket that will always take us back. Forget your old ideas. Forget the lies they told you. Forget them all, and you will begin to remember. There is a realm of romantic enchantment that makes the world we are currently living in seem not so very important, and not even so very real.

That realm is entered two by two. It is not just an emotional vacation spot, but in fact our newest spiritual frontier. In fact, it is where we are supposed to live. And in that place we do not just live. In that place we live forever.

***Editor's Note:** Unsure which of her many books she is referring to and not sure if that matters, as her writings always point to loving yourself and living in that vibration.*

Δ



**Marianne Williamson, a former candidate for US President, is an inspirational writer who is currently seeking to head the Democratic Party. She is the author of several bestselling books including: Return To Love, A Woman's Worth, Illuminata, The Healing of America, and others. She is also a world renowned lecturer on A Course In Miracles. Visit her website for more information: [www.marianne.com](http://www.marianne.com)**



## By Loving I'm Staying Alive

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

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

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

A colleague asked me recently to review her book on chronic Lyme's Disease which she has struggled with for many years. And one of the statements in the book that really struck a chord was "*by loving I am staying alive.*" Even in our darkest moments, having someone, something to love saves our lives--quite literally. Love is an energy booster and when we feel it in any form, we begin to rebuild our immune system from a simple common cold to a life-threatening or chronic condition.

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

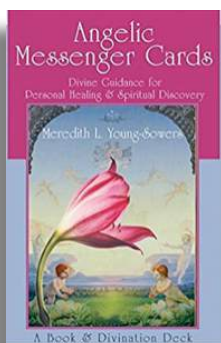
If you need Love as Medicine, do this simple practice:

### ~Meditation~

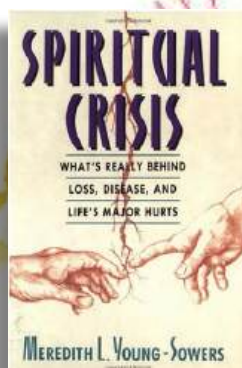
*Take a deep breath, place your hands over your deep heart and call up what or who you love the most — and feeling the radiance of this love, know that you are being helped to live well.*



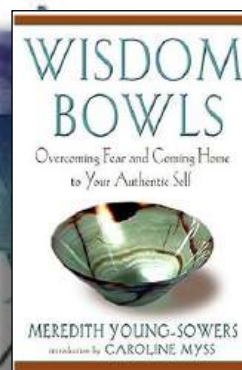
*"This moment, this Love comes to rest in me." ~Rumi*



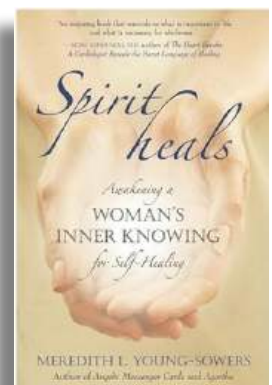
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## My Healing Journey

In an interview, Joann said that back in 1972, she was in her 20s and was very sick. She had numerous things wrong with her body and was scheduled for a hysterectomy. Someone suggested using an alternative method of healing and she figured she didn't have anything to lose.

"I changed my diet, added supplements and herbs and I didn't have the hysterectomy I was scheduled for; a cyst the size of a golf ball went away, my kidney and bladder problems disappeared, fatigue and depression diminished, and I soon had lots of energy and was back in high spirits," she said.

Joann's healing was the beginning of a lifelong journey into health and healing. "When I got well, I wanted to learn all that I could. I was looking for what would work better or faster, and that led me into the study of spiritual healing. I intensely searched the scriptures. I wanted to know how Jesus did what He did. Then through faith, and believing what I was reading about miracles, I knew they could happen again right today."

One of her teachers was Dr. John Ray, the developer of **Body Electronics**, a method of acupressure that could facilitate rapid healings for all sorts of conditions. "Body Electronics explains that pain is simply blocked energy, so what I do is get the energy moving in the body, and then it will heal. The body reflects what is going on inside of you, and as you release suppressed thoughts, feelings and stress, the body heals, and aches and pains vanish."

She combines Body Electronics with guided meditation in which she helps people access their connection to God. "When we take our focus off the pain or problem and focus on a Higher Power, the door to healing opens. I merely help people open that door," she explained.

In the years that she has practiced holistic healing, Joann has seen every disease and limitation healed, either in her own work, or in that of her teachers. "I've seen arthritis, back problems and chronic fatigue syndrome heal. I've seen torn ligaments and broken bones heal within hours; curvatures of the spine straighten, disintegrated spinal discs regrow, asthma, diabetes and thyroid problems have disappeared, birth defects and mental illnesses corrected."

"A healing session may also include Reiki [a type of healing involving gentle massage therapy and deep relaxation] to recharge the body's battery, and listening to the wisdom from the angels. *A Course In Miracles* says that the only thing we need to heal is our sense of separation from God. The problem can then be corrected, whether it's an illness, a pain, an addiction, or mental illness such as depression or grief. The Course states, there is no order of difficulty in miracles. One is not bigger or more difficult than another. They are all the same."

Joann adds, "We can choose to learn the lesson facing us without any illness or suffering. We can rise above that method of learning. Since the healing of my illnesses back in 1972, I have not been seriously sick. I do not 'catch' what other people get, like colds or the flu. If it starts, I can stop it quickly. I do not believe in the aging process. We can learn to take care of our bodies and prevent aging. We can change limiting belief systems that most humans have. The Course helps us change that."

"In our sense of separation from God, we feel helpless and hopeless, but when we reconnect to that Source in prayer and meditation, we find the power to change whatever needs to be changed in our lives. A large portion of my work is in helping people change their belief systems about illness, disease, or the outcome of a situation. What a doctor says, what the newspaper prints, or what is heard on the news, is not the truth from God's perspective."

Germes and viruses? Joann said, "God gave us power over every living thing as written in Genesis. We need to claim our power over them. That's how I work with someone who has allergies, environmental illness ~ even AIDS. I believe the healing power is in us and we simply need to make the connection to it to overcome it. When Jesus healed the sick, He never said anyone was too old, too sick, or not worthy enough."

Joann's work at the halfway houses helps these individuals change the belief they have about life and about themselves. "Finding their connection to God releases their struggle of addiction," she added. "People need to learn their connection to God and put into practice the truths that set us free from sickness. The Course states, 'In the remembrance of God's Love, you cannot be sick.' This is what my work is all about."

△

**Rev. Joann Baumann is a faith healer, health counselor and lecturer since 1972. Her combination of techniques and insights have helped many people overcome serious illnesses, crippling ailments and other painful conditions. She uses *A Course In Miracles* to instill faith and a fresh outlook. Her work at transitional living houses for recovering drug addicts, alcoholics and prisoners reentering society is her current passion. She can be reached c/o: [theinnervoice@gmail.com](mailto:theinnervoice@gmail.com)**



**Following the accidental death of her son in a fire, Joann began communicating with him through automatic writing. The messages tell a remarkable story in her book [Messages from Heaven](#).**



# 2025: The Yin Wood Snake Arrives

By Karen Abler Carrasco, Mentor at the [Western School of Feng Shui](#)®

**O**n January 29, 2025, the lofty, all-seeing Yang Wood Dragon of 2024 will come down to earth, transforming into the powerful Yin Wood Snake, who will digest the Dragon's findings and bury the old, decayed past. Shedding all constricting beliefs to emerge fresh, expanded and shiny new is the Wood Snake year's task. It is a powerful year, where the strength of the feminine Yin principle illuminates the more nurturing and nourishing solutions to troubling issues facing us today.

The snake is the master of her domain, which is the dense, dark, ground level of life, the Earth. She is a keenly intelligent creature, and laser-focused in her choices and actions. Paradoxically, she is both cautious AND bold. She can move simply and gracefully through life because she has many defenses. She can disappear into her surroundings with silent stillness, with camouflage or by whipping into a handy burrow. She can also strike out with lightning speed and deadly poison, or with strangling strength. Who or what shall challenge her?

Therefore, like the creature herself, this year's Yin Snake energy moves slowly, silently, and confidently toward its goals. Although this decade of upheaval and transformation continues to bang and crash around us, use the wisdom of the snake. Take extra time with yourself and your actions this year. With a slower pace comes the opportunity to do the research and inner work required to find the best path going forward.

Snake energy favors the elegant solution, the one that gives the most result for the least effort. If you are basking in the perfect, warm spot, says the snake, why move until it becomes necessary? In other words, at all times find the most personally satisfying position this year. Be ultra discerning--if something doesn't resonate with your inner well being, don't give it any attention. Trust that you are safe, correct and invulnerable in your own identity and on your own turf.

The Yin Wood Snake year shows us the darker underpinnings of what the previous Dragon year revealed: a social paradigm that is exhausted and begging for change. There may be more shocking and destabilizing revelations of this as the keenly aware and intelligent Snake energy moves through the year. Dealing with these can move us away from old, out-dated ways that have limited healthy growth. This is the power of the snake shedding her skin, over and over again. It can feel like a vulnerable time. This is also the year's Yin quality of inner focus coming forward. Shedding the constriction of what no longer serves requires deep personal work. This shedding is radically different from the simple decluttering of possessions. It is actually the refusal to act out of ego-based prejudices and fatalistic fears. Forgiving everything of the past, releasing any old stories of misfortune,



Image generated by [Petah Raven](#) using chatGPT 4.0

and relinquishing loyalty to obsolete beliefs takes muscle, courage and perseverance. Like the fearless snake, we have the chance to begin living with a whole new "skin," or interface in the world. As you reach for the new, ask "which path opens me to a sense of limitless well being, and what do I need to shed to get there?"

Like a parent tenderly encouraging their toddler to take their first steps, give your attention to the hopeful, healthier movements that are emerging everywhere. Be aware that Snake energy can become isolating if not balanced with a strong community outreach. Fortunately, this 2025 Snake year holds the Wood element for balance. Wood energy brings us the ability to branch out toward the Light with intuitive trust in a benevolent, though unknown, future. Cultivate these qualities now. Increase your compassion for your fellow beings along the way, remembering that they, too, are experiencing the loss of security that the old paradigms held. Share your confidence that the new world this decade is birthing WILL grow and thrive, as we each feed our positive energy into it.

This is a critical year to "up your game" with uplifting self-talk and all of the numerous self-improvement programs and techniques that have been demonstrated over the years. Answering the call to meditate daily is crucial now for amplifying your inner guidance and maintaining a steadier nervous system. This Yin year's slower energy flow can provide those few extra minutes each day to establish a calming, centering practice for body, mind and spirit. It is essential to do so, because there is a plethora of new information emerging

Continued on page 29



everywhere, regarding every aspect of daily life ~ radically new physical and mental health findings; fresh, creative options for making a living, and innovative solutions for maintaining a sustainable future. These are the pathways of necessary change that we are called to follow now. Find your inner Yin Wood Snake energy and let it carry you through the serpentine twists of this year unscathed and transformed.

Together, let's tip the scales in the direction of inner peace, beauty, compassion and Love!

△

### From Our Friends at [Porter Art Guild](#)



**F**inding beauty in small moments, it's as essential as breathing isn't it? These tiny pockets of magic surround us, as easy to miss as morning dew, yet waiting to be discovered when our hearts are open.

The enchantment each of us seeks is deeply personal, like fingerprints of the soul.

These seemingly microscopic moments carry a quiet power, offering their gift to those who pause to notice. When we allow ourselves to truly see them, something extraordinary happens — our heart's deep curiosity meets our awakened senses, creating a sanctuary of wonder we can step into and savor. It's in these gentle pauses that we find our own particular magic ~ these small spaces where beauty whispers just for us.

Sending waves of love and gentle goodness your way, today and always. ♥

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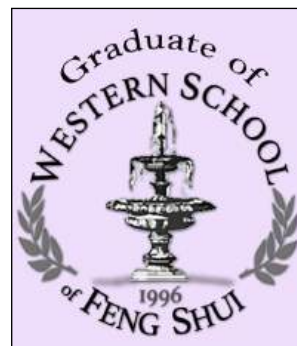
To lift its energy, remove what is no longer needed or used. Live only with what you love. Then, every time you enter your home, say, "Hello! I'm home," and every time you leave say, "Thank you for all you do for me." Note the difference you feel after doing this. Homes that are loved feel happy, whereas homes that are ignored tend to be sad and unhealthy, attracting negative energy and experiences to it — and you!

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## Hearty pH Balancing Miso Soup

This soup is yummy and great anytime, and especially when mending from the cold or the flu.

### Ingredients:

2 heaping TBSP cold pressed coconut oil  
 2/3 c chopped sweet onion  
 2 cloves fresh garlic, pressed  
 3 stalks celery chopped  
 3/4 cup c. sliced carrots  
 2 c sliced mushrooms  
 1 1/2 cups cooked wild rice (3/4 c dry)  
 A big handful of fresh spinach (at least 1 cup)  
 2 TBSP miso (my favorite is Adzuki Bean wood-fired unpasteurized by South River)  
 1 tsp pink salt (my favorite is the pink salt by Premier Research Labs - exquisite!)  
 2 1/2 c. water  
 1/4 c chopped cilantro

### Optional:

1/2 c. crumbled tofu (I like the firm sprouted organic best)  
 Hemp seeds (3 TBSP = 10 grams of protein)

Turn burner on to medium. Put coconut oil in pan. Sauté vegetables one by one, then add chopped celery, then onion, then garlic, then carrots, then mushrooms. As you add the celery, prepare the onion, add the onion and stir. Prepare and add the garlic. Stir. Then chop the carrots, add and stir, then the mushrooms. Next, add the cooked wild rice and salt (Pink salt is full of healthy natural minerals; much of the salt on the shelves is bleached with additives which the body does not like).

If you have tofu, now is the time to add it. Crumble it or cut it into very small cubes. As veggie and rice (and tofu) mixture is getting hot, add 2TBSP of miso to 2 cups of water and mix together. When veggies and rice are hot, turn off the burner, add the water miso mixture, a big handful of spinach, and the cilantro. Stir and put the cover on the pan. Miso is rich in probiotics, so you never want to boil it. Let the soup sit on the stove, covered with a lid, while you tidy up. Soup will be done in a few minutes. I like to top mine with hemp seeds for extra protein. Enjoy. Makes 2 big bowls and is easy to double! This soup is easy to make and can be made in 20 minutes start to finish.



## Immune Support Smoothie

This smoothie calms a cough, soothes your lungs, warms your body, settles your tummy and flushes out the bugs!

2 oranges, peeled with seed removed  
 1/2 lemon peeled with seeds removed  
 10 cranberries, rinsed  
 1 inch ginger, peeled  
 1/4 tsp cayenne powder. Add more if you like hot!  
 1 heaping tsp of raw honey  
 3/4 c water and a three ice cubes.

Blend in a blender until smooth. Enjoy! ❤️





## Amazing Avocado Chocolate Mousse

This is an easy, healthy and delicious version of chocolate mousse. You can double, triple and quadruple the recipe easily! It is wonderful made as a pie filling, as well. For chocolate pie, multiply this recipe by four and top a vegan raw crust. Chill and serve!

### Batch for two:

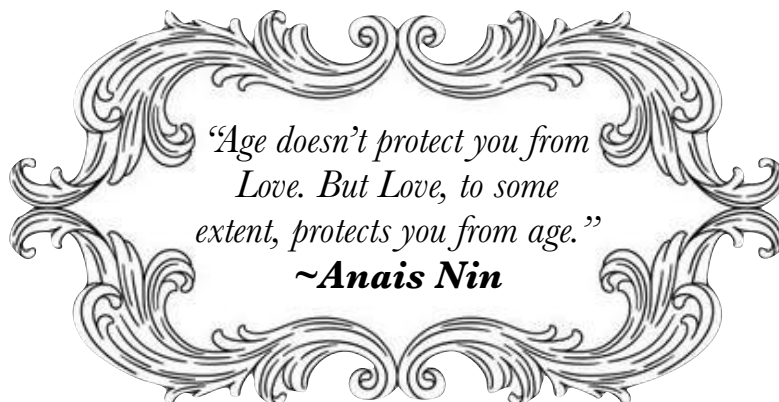
1 ripe avocado (peeled and pitted)  
3 large dates, chopped  
1/3 cup organic soy, almond or rice milk  
1/8 tsp pink salt  
1/8 c maple syrup, more if you like  
1/4 c raw cacao powder

Put chopped dates, maple syrup, and milk in a blender. Blend until smooth. Add avocado, salt, and cocoa powder. Blend until smooth. Divide into two portions. Enjoy! You can top with shaved chocolate for a pretty look and add a few edible flowers in the summer!

### Pie Crust (optional):

1 c oats  
1 c walnuts  
1/2 tsp Pink salt  
3 dates, pitted  
1/4 c coconut oil  
1/2 tsp vanilla

Blend dates and coconut oil in food processor until sticky-ish. Add remaining ingredients. Pulse until mixed and sticky, but not mushy. Press into a pie pan lined with parchment. Top with chocolate mousse. Chill. Enjoy! (If you do not want to use oat, use more walnuts, almonds but not peanuts)



### About Kari Uselman, Ph.D.

Kari established her holistic healing practice in 2007, and provides innovative wellness with care and integrity. She weaves quantum technologies, sound and frequencies, energy work and intuition as she holds space for you to return to balance. Kari offers a variety of modalities and products, including her own line of frequency tinctures, and has served 1,000s of satisfied clients and their families over the years. Vibrant cooking, nature, creating music and art, and spending time with family are her passions. She resides in Oshkosh, Wisconsin.

Email: [wellnessessentialsllc@gmail.com](mailto:wellnessessentialsllc@gmail.com)

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