

The Inner Voice

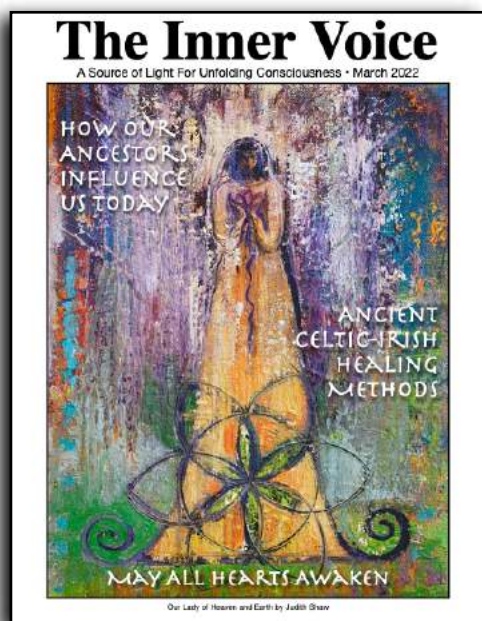
A Source of Light For Unfolding Consciousness • March 2022

HOW OUR
ANCESTORS
INFLUENCE
US TODAY

ANCIENT
CELTIC-IRISH
HEALING
METHODS

MAY ALL HEARTS AWAKEN

Our Lady of Heaven and Earth by Judith Shaw



Our Lady of Heaven and Earth was inspired by a statue of the Madonna, "Our Lady of the Yucatan," located in the Cathedral of San Idelfonso in Merida, Mexico. Emanating a healing energy, clothed in gold, white veil streaming to her feet, crowned and with a sun disc behind her, she stands on the earth with angels at her feet. I drew her, photographed her, sat with her often. Upon returning to home to my studio in the US "Our Lady of Heaven and Earth" flowed onto canvas.

Shaw, a graduate of the San Francisco Art Institute, has always been interested in myth, culture and mysticism. Her work, inspired by nature and ancient wisdom traditions, combines whimsy and the esoteric. Shaw also creates illustrated oracle decks and fairytales. Her work has been used on book covers, in calendars and exhibited nationally and internationally.

Our Lady of Heaven and Earth prints are available as follows:



Giclee Prints 11"x17" limited edition of 25, signed and numbered, Purchase here: <https://tinyurl.com/small-print-goddess-art>.
Our Lady of Heaven and Earth on professional photo paper. 8.5"x11" Free shipping in the continental US Purchase here <https://tinyurl.com/small-print-goddess-art>

www.judithshawart.com

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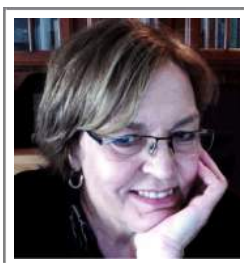
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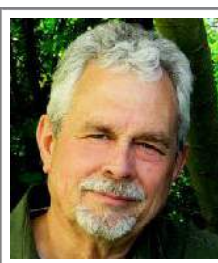
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We would LOVE to hear from you! Email your thoughts and ideas to: theinnervoice@gmail.com



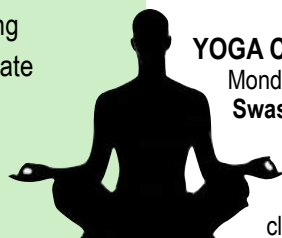
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REIKI LEVEL II TRAINING
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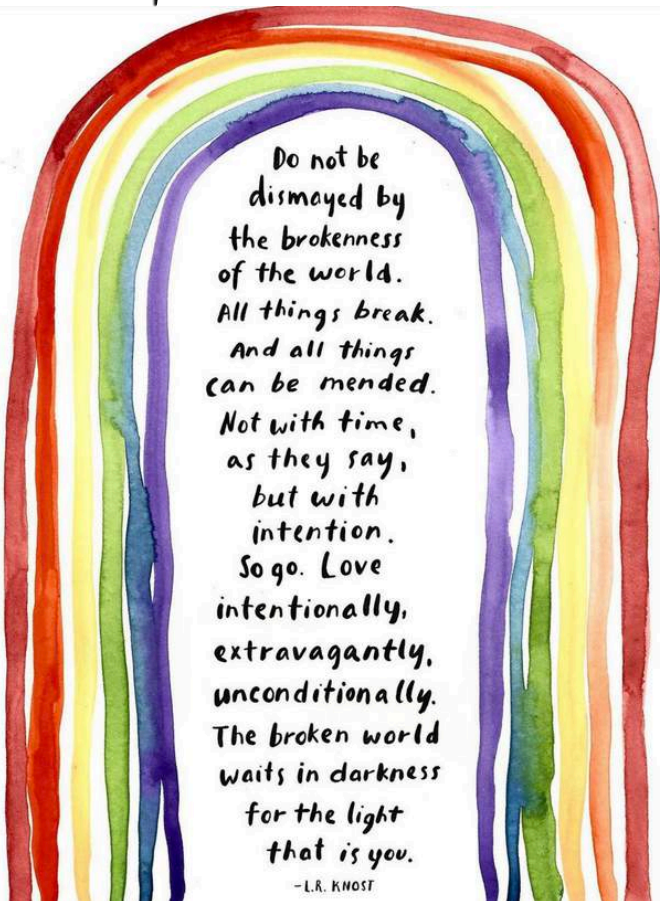
Dear Readers,

When March rolls in regardless if it's like a lion or a lamb, I always think of St. Patrick's Day and the culture of Ireland, corned beef and cabbage, 4-leaf clovers, pots o' gold, shamrocks and shenanigans. When I began working on this issue, I feel I was magically led by leprechauns to discover some of the ancient healing practices of the Irish and the Celts. I hit the jackpot with an article called, "Irish Ancient Healing Practice Proves A Modern Miracle Antibiotic" by Mara Benner, (pages 8-9). That inspired Bev Brunelle to share her wisdom on the influences our ancestral lineages have on us, and how we can untangle and heal, page 14.

While curating the articles for this issue, I watched the Beijing 2022 Olympics. An idea I had many moons ago came to mind, that instead of countries going to war over their differences, we become inspired by the athlete's commitment to health and vibrancy. Let's focus on building our own healthy bodies, minds, and spirit and enjoy life and each other more.

Okay so, call me a dreamer. I am, after all, a product of the 1960s' movement ~ Make Love Not War. And here we are again, answering a fervent call to prayer for peace. I hope you will join me in my dream.

Nancy



Angel Talk™

Radiate Love to All

By Nancy Freier and the Angels of the Great White Light

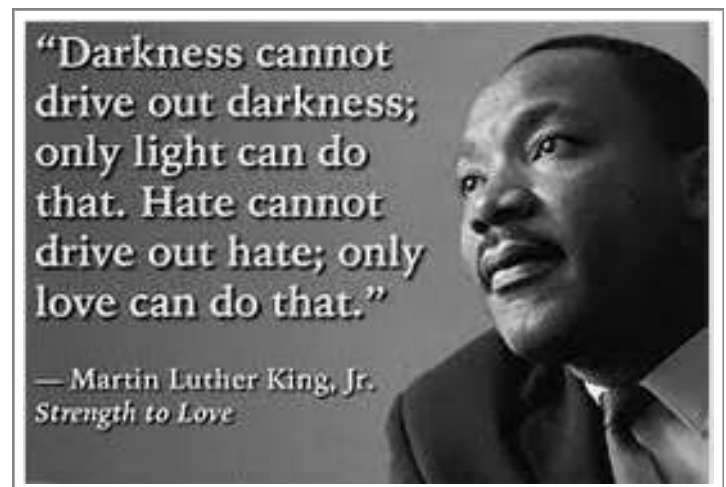
Q What are we to do when there is war somewhere in the world? How can we feel peace and not be afraid of impending doom?

Dear Ones on Earth, We are watching the unfoldment of current events very closely. This is a lesson in establishing trust in your heart of hearts that the Divine has a plan for ultimate good, and uses all things in an orchestrated way for that end. There are legions of beings standing by ready to protect Earth and her inhabitants. You are presently being called to prayer and to have faith in the Grand Plan for Earth and all people. Your disconnect, as it were, is that you can only see a tiny fraction of the entire picture and the events as they unfold. When acting from the ego, that seemingly has more power, you become attracted to its negativity and live life in a fearful state. Naturally then, you fail to see the love and innate goodness in the divine outworking of the larger plan.

We come to remind you to call on your Higher Self. Tune into your own heart and find the peace within and radiate that to all the world. Ask for clarity, and insights, then listen to your intuition. This will give you strength in the face of fear. Then from your heart, send your deep peace and love out to those who come against you. Send love to all beings. Let your peace surround them and permeate their being.

Ask for the wisdom to see these people as God sees them. After all, we are all loved the same by our Creator. You may not love what they are doing, but choose to see the *Light of God* within them however dim, and send your Love to ignite theirs. They are a part of God's Creation just as you are. Keep sending

Continued on page 5



this love and peace to them, and to whatever pressing situation facing you knowing your effort is creating a new paradigm and a peaceful outcome. Then, let go and let the Universe intervene as you have asked. Be sure you open your heart and mind and allow yourself to be in awe at how we deliver our response.

Call on your Higher Self (where we are) to assist in balancing these perceptions within your own mind and heart. We will restore you to peace. Do this for yourself, and you do it to light the world.

Love is the answer. Love is ALWAYS the answer. Every situation that appears to be a “call to arms” is really a “call for Love.” Respond by sending love and calm to one another, regardless of race, religion, social rank, political views, or any other distinction the ego created to separate you. You are created out of Love as One People who share One World and where you came to learn LOVE.

So, here is what you can do in this moment from wherever you are. Breathe love and peace into your heart and let go of any previous thought that was less than LOVE. Stay in that vibration and radiate it out from your heart into the hearts and minds of people everywhere. Love is the highest vibration known to you, and when it is intentionally sent in its purity to the hearts of others without expectations and manipulations, it clears out the lower, darker vibrations.

Let go of the eye-for-an-eye; tooth-for-a-tooth mentality. Forgive it all and expect miracles. Remember our words: Love always wins and peace will prevail. If you do not yet see love and peace, it isn't the end of the story. Also, you have the power to choose love over hate, and to ride above the waves of the ego's world; and, this is your call to do so.

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You may e-mail your questions to be answered in this column to:
theinnervoice@gmail.com

Readings | Flower Essences Classes | Essential Feng Shui

Angel Guidance Readings

The Angels shine a light on your path so you can see your way through life's challenges with clarity, ease and wisdom. Readings are either LIVE or written through an auto-writing process.

Mediumship Readings

In this type of reading, we connect with your loved ones in spirit. The Angels guide the session, bringing through their unique perspective and compassionate wisdom to give you peace and comfort.

You Can Talk To Your Angels

Learn to listen to *the inner voice* of your angels and guides! Gather your friends and I will come and teach, or schedule a private class 'live' on Facetime.

Flower Essence Remedies

These are liquid, potentized plant preparations from Flower Essence Services and Dr. Edward Bach that convey a distinct imprint, or etheric pattern of specific flowers. These remarkable remedies recognize a relationship between body and soul, and the interweaving of spiritual, mental, emotional and physical aspects of wellness. From your Reading, I determine the essences you need and combine them in a dosage bottle. They address the root of the issue and vibrationally restore balance. Flower essences are highly effective and very safe to use.



Discover how the Angels can help you!
e-mail NFreier@aol.com to schedule a
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Afterlives

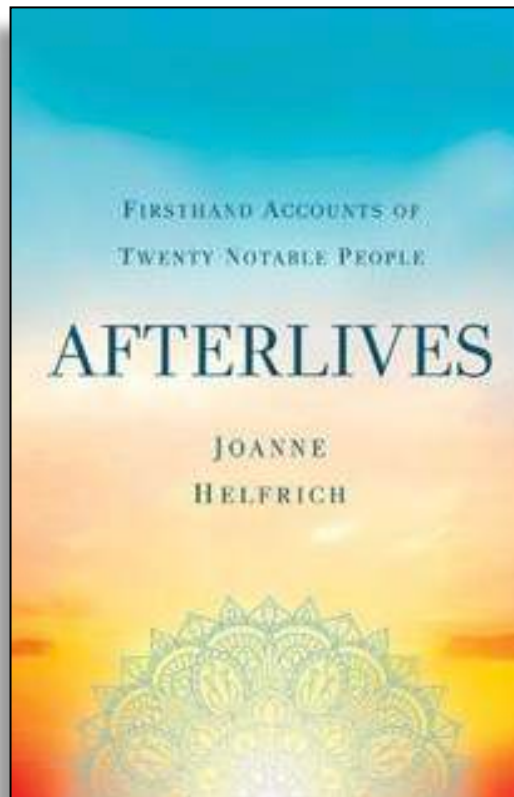
Firsthand Accounts of Twenty Notable People

Afterlives, **Firsthand Accounts of Twenty Notable People** is an impressive collection of the afterlife accounts of some of the most remarkable people of modern times: Anthony Bourdain, Hunter S. Thompson, Ayn Rand, Martin Luther King, Jr., Harriet Tubman, Thomas Paine, Johann Wolfgang von Goethe, Albert Einstein, Carl Jung, Hildegard von Bingen, Paramahansa Yogananda, JD Salinger, George Harrison, James Baldwin, Kurt Vonnegut, Aldous Huxley, Robin Williams, and Jane Roberts. The personalities report on their physical life and also on their afterlife experiences, comment on world events, and share their impressive perspectives on the nature of reality from their expanded perspectives in The After Life.

For many people, playing with a Ouija board seems to lead to trouble. However, for Joanne Helfrich it eventually led to writing this wonderful book called *Afterlives, Firsthand Accounts of Twenty Notable People*. It all started a few years ago, back around 2013 when Joanne became interested in the Seth Material, which paved the way for many other channelers and is a classic in its own right. Joanne was intrigued by the process of channeling information from a higher intelligence. And the Seth Material has inspired a lot of people to try their hand at channeling, as well.

For Joanne, the next step after reading the Seth Material was to try the Ouija board, and in very short order she was doing automatic writing, and that evolved into 'air typing' on a computer

keyboard. That led to her first book, *The Way of Spirit: Teachings of Rose*. Rose is her non-physical guide and a source of inspiration. Then, in 2016, she was inspired to bring through famous author, JD Salinger with the book, *"The Afterlife of JD Salinger: A Beautiful Message from Beyond."*



With the unexpected death of Anthony Bourdain in June 2018, Joanne was inspired to try to make contact with him. Once she had established contact with Anthony, he suggested that another famous writer who had died of suicide, was available ~ Hunter S. Thompson, the Gonzo Journalist of the 1970s. Following that, she realized she was on to something and then the next famous

writer she was connected to turned out to be Ayn Rand!

I have been involved with many channelers over the years and I have never met anyone who was able to do what Joanne has done in *Afterlives*. What makes it credible is that each personality she brings through 'sounds like' that person when they were alive on Earth.

Further evidence of this is provided by analyst, Lance St. John Butler of the Sir Arthur Conan Doyle Centre in England, who is a retired professor and an expert in stylization. He found it difficult to believe that any non-expert could write in so many distinct styles, including himself, so that it's entirely likely that Joanne is, in reality, channeling the actual persons from The Other Side. What makes it even more interesting is that many personalities, once they are 'dead,' are able to express themselves from their expanded state of consciousness and are thus, not limited to their earthly personality any longer.

Another interesting aspect is that at the beginning of each chapter, many times Joanne is questioning her ability and asking questions of the personalities that she's bringing through for confirmation, and then as the book progresses, we realize that there are certain threads of ideas that are tossed about and discussed from one personality to another. I found this gave the dialogue an even greater strength.

Interestingly, toward the end of the book we realize that this entire project was guided by a committee, headed by someone you would never expect to be mature enough to handle such an important job. I'll leave that for you to

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discover for yourself, just who that is. No spoilers here!

So far this book has not received much publicity, but if you care to consult the book reviewers on Amazon, you will find that all of them provide five star reviews and many interesting comments. Here are just a couple:

"What I loved most ... was how each one of these individuals are personally experiencing their own afterlife environment and especially the joy they feel upon the expansion of their consciousness, growing beyond who they once were, even while retaining their unique individualities." – Ellen Gilbert

*"Atlas shrugged my world! I am glowing on the inside. That is the effect that **Afterlives** has had on my universe. I have never had such a poignant shift in my perspectives and perceptions. This book has altered my life in so many ways"* —Bridgit Bartley.

Find the book on [Amazon](#).

Δ



Author Joanne Helfrich

The Holy House of You

Unlock the hidden door,
leading to another floor
inside the holy house of you.

Once you venture through
that secret passageway of Soul,
what's written on your sacred scroll
awakens power deep within.

And who you once had been
beckons you to look again,
not only at what happened then,
but also how those lessons learned
equate to all you've earned.

Rejoining every facet,
the obvious and the tacit,
then clarifies the objective
of you and your soul collective,
guiding further steps along the way.

With all of you now on display
for everyone to see,
at last, you feel completely free.
No longer will you hide!

It's time for you to hit your stride
and get on with your designated quest
by using all with which you have
been blessed.

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About JoAnn Dioguardi in her own words: "I am a Cosmic Consultant for Change whose mission is to help others see the possibilities available to them so that they are inspired to create a joyful life that honors the intention of their soul. I inspire, teach, and heal via the vibration of my words." For more of her writings visit: www.jadioguardi.com

From the Timeless Topics Radio Archives



An interview ([Radio Link](#)) Steve Freier did with Tanis Helliwell, who wrote, "My Summer with The Leprechauns" while she was on a trip to Ireland!

Air date: 2/10/1998



Irish Ancient Healing Practice Proves A Modern Miracle Antibiotic



By Mara Benner

<https://fourdirectionswellness.com/>

What do you think of when you hear St. Patrick's Day? For many of us, we think of shamrocks, four-leaf clovers, leprechauns, the world of fairies, and yes, of course, green beer! As March 17 is fast-approaching, it is equally an excellent time to explore the world of Irish healing practices.

Most of the Irish healing practices date several centuries back and those include the techniques offered by the Celts. The Celts' history dates farther back than the fourth century BC. Their healing practices came from the spiritual world. As they believed that all things came from the [Celtic Otherworld](#), they based most of their healing practices on the guidance and observations through the lenses of their perceptions of what pleased their deities.

Notably, and a lesson we can take from the Celts, they heeded the concept of *balance* diligently. They believed that all negative consequences stemmed from imbalances with the Otherworld. Keep your worlds in balance, all will be fine. If you don't keep your worlds maintained, chaos ensues. Does that resonate with you in the modern era? I'm sure it does.

Celts believed in 10 elemental constructs for healing that include: water, herbs, stones, fire, music, Nature, symbols, storytelling, deities and rituals. Each healing element underpinned or connected to another element as a facet of Celtic life. If you're interested in learning more about the Celts and Ireland generally, check out the book, [How the Irish Saved Civilization: The Untold Story of Ireland's Heroic Role From the Fall of Rome to the Rise of Medieval Europe \(The Hinges of History\)](#) by



A Reiki healing session is being done at Four Directions Wellness in Alexandria, Virginia.

Thomas Cahill, the former director of religious publishing at Doubleday.

Medicinal Herbs Used in Irish Healing Practices

As early as the fourth century AD, myths and legends began on the use of herbal medicines. In Irish mythology, as the story goes, Miach was murdered by his jealous father, and his burial led to the growth of the 365 healing herbs growing from his grave, which his sister Airmid arranged, but which their father scattered. (In any case, however, Miach is later seen in the story continuing to heal the Tuatha Dé by his father's and sister's side, so apparently there were no hard feelings.)

So, much of Irish traditional medicine is based on herbal remedies. But, this mythology turns to real science today as we have learned time and time again. Natural remedies used by ancient healers are explored by scientists and used for

pharmaceutical drugs (e.g., morphine, salicin [of willow bark] turned into aspirin, and ephedra sourced for ephedrine). Here too, with Irish herbalism, we can learn about the source of herbal medicines and tinctures that help us understand healing remedies don't necessarily have to be harsh drugs.

[Irish medical herbalists](#) continue to thrive today, experiencing a modern renaissance. Herbalism in Ireland is seeing renewed interest in treating a wide variety of diseases, including most recently this study on [the use of boswellia \(an Indian tree\) for reducing fluid inflammation in cancer patients](#).

Therapeutic Waters in Ireland

As an island state off the coast of Great Britain, Ireland has a culture built around water dating back to 10,000 BC. So, it's only natural that the Irish have many healing practices that incorporate water

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and the natural waters in the environments.

Ronan Foley, professor at National University of Ireland, has written [*Healing Waters: Therapeutic Landscapes in Historic and Contemporary Ireland*](#) (*Geographies of Health Series*). Healing Waters is a fascinating discussion on the “holy wells, spa towns, Turkish baths and sweat-houses, sea-bathing and the modern spa” in relation to how the Irish culturally connected to water and health.

Foley focuses on five specific curative aspects of water in Ireland—spirituality, rest, sweating, thalassic therapy (sea bathing), and the modern spa.

Spirituality as a cure with holy wells through Ireland.

Rest as a cure with spa towns, which are resorts that usually contain hot springs and copious opportunities to relax.

Sweating allows toxins to excrete from the body (mind and spirit, according to

Irish ancient healing practices) in Turkish baths and sweat-houses.

Thalassic therapy cures many ailments for the Irish with bathing in the mineral-rich seas of the island. And, finally, the use of **the modern spa** that combines many different healing modalities to rejuvenate the body.

All told, the rich historic tapestry of Ireland and the Irish healing practices can fill books (and probably has). The more we explore the variety of ancient healing practices in contemporary society and using modern science, the more useful, validated and widespread these natural healing modalities can be applied.

What type of healing modalities are available?

There are many different types of healing modalities available. It's fascinating to research various cultures to see what their ancient healing remedy might have been. Once you begin to

review various cultures, it becomes apparent that most have similar objectives and goals. If you are interested in learning more, please take a moment to review the *Four Directions Wellness* [weekly blogs](#) that delve into the old healing modalities.

Here are some examples:

China: Acupuncture, Qigong and Tai Chi

Japan: Reiki

Roman/Greek: Meditation and Guided Imagery

India: Chakras and Yoga

Native American: Shamanism

There are so many more. If you have a strong association with your particular lineage or another culture, I would encourage you to investigate to find the culture's healing perspectives.

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For more information, visit:
www.fourdirectionswellness.com

This is Ukraine. Polina Raiko, a 94 year old housewife turned her house into a work of art.

<https://tinyurl.com/mrx7u8ct>





Anchor Your Light with Star Cluster Aragonite

My curiosity was piqued before I even began to listen to the wisdom and message from the March crystal of the month, the star cluster aragonite. This lovely crystal was the ally of the month back in November. At that time, it spoke about how to navigate times of change by feeling all of our feelings: to let them flow, to heal, to grieve, and to create space for a new world.

Here we are, a couple months later, on the cusp of the spring season, and the star cluster aragonite is ready to take that message deeper. This month it shares insights about how to manage our energy by doing a little spring cleaning for the soul. A little energetic hygiene goes a long way. It clears brain fog, creates a sense of lightness within, and supports us in being present in our day to day lives.

I just love it when a crystal gets really specific. That is exactly what the star cluster aragonite is doing this month as it shares three specific steps for an energetic spring cleaning.

If you happen to have this beauty in your crystal collection, grab it and let's dive in...

First, simplify and clear energetic clutter. Just as a home can become cluttered with extra stuff, so can your energy field. Over time, this clutter becomes heavy. It weighs you down. It dims your light. It clouds your perception. And, it gets in the way when you try to bring your most heartfelt dreams to life.

The star cluster aragonite will shine its starlight into your energy field, illuminate the dark dusty corners, and support you in letting go of the old energetic clutter that is weighing you down.

Second, call your energy back. Take a moment to consider the places, situations, and conversations where your energy is



Star Cluster Aragonite at Devils Lake State Park. Photo courtesy Lori Andrus

scattered. Think about the stories that run on repeat in your mind. The threads of thought, ideas, expectations, challenges, and so much more. These places may seem insignificant, but slowly, your energy, your most valuable resource, is being depleted by the ways it feeds those thoughts with threads of scattered energy.

The star cluster aragonite will illuminate where your energy has become scattered. It will help you to call it back. Gently. With love and awareness. Simply carry a piece of this crystal with you throughout the day and you will quickly discover where your energy has become scattered and just how easy it is to call it back.

Third, anchor your energy (and light) within. Now that you've spent a bit of time clearing away the clutter and calling your energy back to you, it is time to fully anchor your light within you.

One of the unique things about the formation of the star cluster aragonite is that the crystals form around a central mass. Tightly anchored to this central

core, the crystals project outward like the light that radiates from a star. This unique shape is a mirror for how powerful your light is when it is wholly anchored within you. This may sound a bit complex, but it is really quite simple. As you call your energy back, simply close your eyes, bring your hands to your navel, and invite your energy to anchor into your navel space. As you feel it anchor within, let it light you up.

As you move through this month, give this a try. This series of practices are wonderful to do on a daily basis, especially during the spring season. Let your light illuminate you and the world around you. It is time for you to shine brightly!

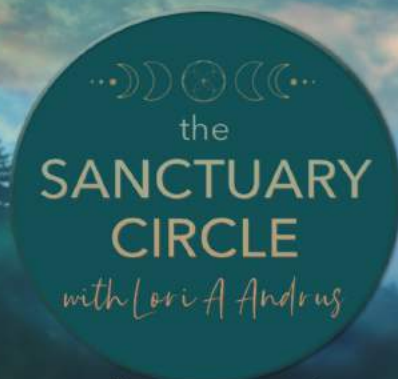
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See Lori's ad on page 11. Rise into your soul wisdom. Discover shamanic practices and crystal rituals for activating your sacred path. Begin today with the Crystal Magic journey: <https://loriaandrus.com/crystal-challenge>



LORI A ANDRUS

Artist - Ceremonial Guide - Wisdom Teacher



step into sacred space

and spend soul-nourishing time with you.

the Sanctuary Circle is a membership for soulful visionaries ready to rise.



Join Lori for fresh weekly
episodes of the
Crystal Shaman Life Podcast
Available on Apple Podcasts, Spotify, and more.

Lori A Andrus is an artist and wisdom teacher. With great joy and deep commitment, Lori artfully blends her background as an occupational therapist with nearly two decades of study and practice in the areas of spirituality, earth-based healing, ceremony, and crystal wisdom.

Known for asking spot-on questions, she invites her clients and students to explore the most intimate facets of their soul. Her creative online programs offer high level content and breakthrough lifestyle applications.

Lori hosts the Crystal Shaman Life Podcast where she shares practical ways to bring crystal wisdom and sacred practice into your everyday life.



LEARN MORE AT WWW.LORIAANDRUS.COM



Creative Corner By Pat Gullett

Do Something Different ~ Discover Magic in Life and Art

Discovering the Magic takes some exploring in the new. Old patterns hold no magic anymore. They become mundane, routine, and a bit boring. To stay in the game, we have to up our approach, take a chance, and delve into the unknown.

Plus, it can be an exciting way to live. The painting (below) is done with my non-dominant hand. This is really entering the land of the unpredictable and trusting my body to create magic. It's unknown territory for sure!

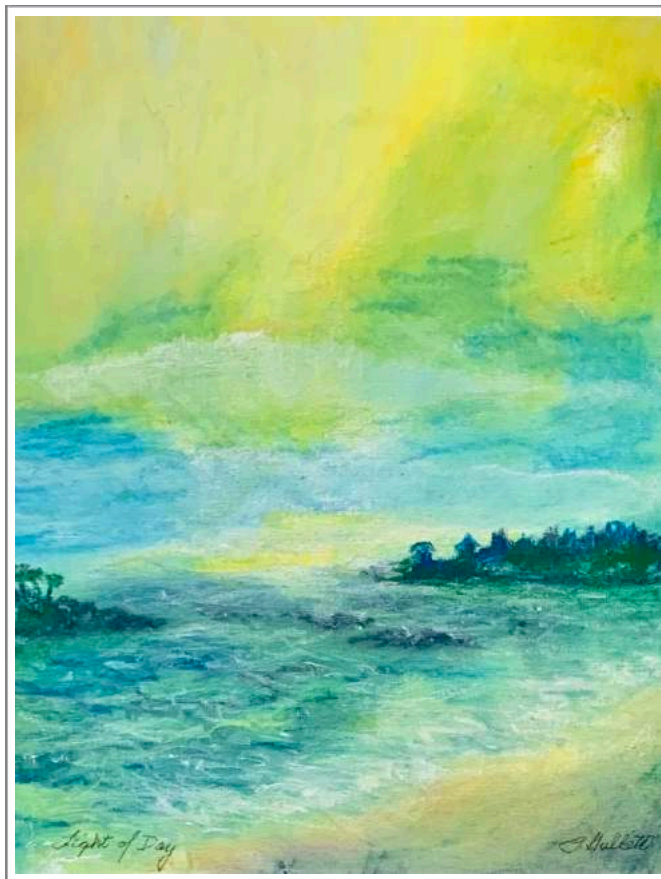
Discovering the magic for art and life means taking the step into something you've never done before. In art, I literally scribble with oil pastels, carrying my eye around in different directions. Righty is not great with fine details, but it loves to scribble. My new creative style leaves a lot open to surprises.

In life, I set the intention to discover something new in my world. I head out to just drive, or walk, to seek out new beauty. Sometimes I get lost along the way, but there's always a path back home. New places, eating at a new restaurant, walking a new path, all lead me to see life in a new way. This is a magical journey into the unknown. Excellent!

For art, I blend in oil, scrape through with a palette knife, or rub out anything that doesn't 'feel' right. This is where magic happens. Colors flow and combine, as I let intuition tell me when to stop. It's exciting, unknown, and creative in every way. I just knew my energy had shifted away from the dark, and into yellows and green. I trusted the process. So, don't let yourself slip into the same old ways. *Do something different*, creative, and soul filling.

Art has saved me all my life. Look to the skies. Find photos of places you love. Seek the beauty to make this day unforgettable

Go deep. See if nature holds a message for you. Be creative with new media. Grow some seeds in old eggshells. Plan for spring since it's right around the corner. Buy a bright new scarf. Create a new dish to broaden your kitchen experience. Try something unusual and daring to trigger the unpredictable. That creates true magic. Δ



"Light of Day" ~ Painting by Pat Gullett

Pat Gullett is an artist and instructor in Connecticut. "The woods, hills, shores, and wildlife are my inspiration. My art reflects and transforms my life. I am a painter, mixed media artist, jeweler and guide on the inner journey." Visit:
www.patsartfullife.com www.patgullettdesigns.com
www.artisticwaytoenlightenment.com

A Story Worth Repeating

Author and lecturer Leo Buscaglia once talked about a contest he was asked to judge. The purpose of the contest was to find the most caring child. The winner was a four-year-old child whose next door neighbor was an elderly gentleman who had recently lost his wife. Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there. When his mother asked him what he had said to the neighbor, the little boy replied, "Nothing. I just helped him to cry." – Source: Tom Brown's Facebook page



Though true for everyone, the following information will feel more relevant to you if your Sun, North Node, Chiron and/or a group of other planets are in Pisces on your birth chart.

What Is Pisces' Intention?

In our journey toward an ever-expanding sense of self, Pisces brings us to knowing a oneness with all that is. To the extent we believe God to be outside our self, Pisces will haunt us until we discover, experientially, that we are part and parcel of God. Pisces, home at last!

Our inner Neptune always feels oneness with the divine and Pisces' spiritual intention is to give us conscious access to our divine wholeness in infinite, eternal and unconditional love. Yet because our ego can be unaware of any direct experience of our divine connection, we can struggle with deep, unconscious existential longing and pain. Our deep feeling Neptune, always connected to others, can be oversensitive to others' pain, creating emotional confusion and self-doubt. By not knowing how to create authentic connection to our divine wholeness, we can feel vague, disorientated and a victim to life.

So we create temporary experiences of divine bliss through alcohol, drug, and sex addictions, or through cultish rituals of delusional and ungrounded hope, or even fantasy and mental illness.

In more positive direction, we learn to engage with our soul and the divine through music, beauty, creativity and nature as they resonate with the higher frequencies of our own true being. We join with other soulful people in

benevolent and charitable causes and in celebrations of altruistic love.

In even more advanced spiritual devotion, we free our minds with meditation and self-reflection. We heal our emotions through self-love and forgiveness. We learn non-judgment, compassion and acceptance. We let go of any need to "fix" the world, and surrender our anxiety to a "higher power" and a divine plan. Our ego learns to relax totally, sometimes seeming to not exist. We feel at peace, not by denying worldly reality, but by incorporating divine reality. We consciously embody our soul and feel authentic and lasting contentment and joy.

What needs healing and growth?

Our Pisces ego, blind to the illusions of its limited senses, can suffer greatly from a lack of faith or trust in God. The world can seem entirely unfair and merciless. One can shut oneself to the divine and create a hard shell of cynical pragmatism, afraid of opening to others, yet painfully desiring connection. And we can feel overly sensitive to others, like an open sore, lacking boundaries. The pain can crush us, drive us to escapism or to creative and artistic expression, and yet eventually to our inner spiritual resources.

After lifetimes of blame, rescuing others, denying self, escaping, and recovering from various addictions, we eventually begin to experience a larger order to life. There is justice within the unjust, fairness in the unfair, blessings in every turn of events. Love is ever present and supporting us in everything we experience. We open our spiritual heart to receiving and giving that love, thus

grounding our soul in full presence in this physical dimension. We consciously live the reality that we are divine consciousness having a human experience.

What Can I Do This Month?

To heal and evolve your Pisces self, give attention to your spiritual awareness. Do you blame outside of yourself? Do you feel alienated from God? Do you get confused around other people's feelings? Can you feel compassion without needing to rescue? Do you trust the flow of life? Can you feel your divine connection to others, beyond just a concept? Do you meditate and spend time alone in self-reflection? Do you trust that this seemingly unfair and cruel world is actually perfect for all souls in it? Does that last question tend to annoy you?

Δ

To see how this month of Pisces affects your own Sun sign, [click HERE](#)



Barry Kerr is a certified soul-based astrologer with over 40 years of experience. Located in Sedona, Arizona, Barry offers astrology, energy healing and transformational coaching by phone, Zoom or in person. Visit [his website](#) for more information or email: Barry@ChooseConsciousLiving.com



Ancestral Influences

Are you living their dreams and unresolved emotions?

Unconscious influences from parents, culture and ancestors affect our perceptions, beliefs, behavior and what we attract into our experience. With honor and love we can reveal and resolve the origins of underlying conditioning to align with our deeper inner freedom, authentic creative expression and the current of wisdom that flows through us.

We live in a world of abundant unconscious influences that become filters through which we perceive ourselves and our relationships.

We receive ancestral alignments: unresolved emotions, expectations, dreams, traumas and also strengths and creativity in the original egg and sperm of our conception. The egg and sperm come together in a cosmic union with the ancestral energies searching for resolution, satisfaction, acceptance, power and love.

In the womb, a baby is a fully refined sensory being. They sense everything. They are one with the inner most emotional environment of the mother, father, home, and culture. They are what they feel. It's all pre-verbal.

The birth experience imprints more intense sensorial memory into the body-mind that later become more unconscious patterns of self perception, behaviors, and beliefs that can limit possibilities for authentic expression throughout life. We can ask ourselves questions to discover the links between our current ways of navigating our emotions and dreams for a good life, and those of our early developmental experiences and our ancestral and parental dynamics.

Here are some questions to consider. Whose eyes am I seeing through? Whose emotions am I feeling? Whose desires am I yearning for? Whose reactions am I acting out? Whose expectations am I living from? Whose limitations am I living up to? Who am I being loyal to that is not lined up with me and brilliantly shining my unique light?

Let's explore a bit. I invite you to take a deep breath and relax into a sacred meditation space. Breathe into your heart space and intend to meet yourself during your womb time. Be there with loving presence, welcoming your precious developing self into human form. Let go of expectations and assumptions. Notice what you feel and sense.

Ask, "What ancestral and parental unresolved emotions are affecting my sense of self and my relationships?"

Deeply listen, feel and sense what this womb time wants to reveal to you. It doesn't need to make sense. It's a piece of your life puzzle.

Notice how you feel with this discovery. Relax your mind and invite clarity for how you are playing out these perspectives and patterns in your life now. Breathe and receive the wisdom. Feel your love in your heart space. With gratitude and acceptance, embrace your womb time self. Melt together in your sacred heart. Give yourself space and time to be with yourself. When you feel ready, journal the pearls of wisdom of your journey. Move your body in curious ways to move the new energy that has been freed up.

You can explore this meditation again and again to discover and free unconscious conditioning and develop a more loving relationship with your nonverbal self.

You can also do a sacred meditation journey with an older aspect of yourself to discover what ancestral dreams you are living out that express loyalty to the family. Breathe, relax, and bring your awareness into your heart space. Invite a

younger age of yourself into the safety of your sacred heart. Ask them what their dreams of the future are. Openly feel, sense, and listen to what they share. Notice how you resonate. Do their dreams resemble yours? Or, have you forgotten these early desires?

Then, turn together to look to the ancestors and ask: "Whose dreams are we playing out in or lives?" Relax your expectations. Be curious. Notice what comes into your awareness. There is no right or wrong experience here. It is an exploration. It is important to notice how your senses respond to what you discover. Does it feel true? Are pieces to the puzzle of your life coming into more clarity?

If you feel you are living out your ancestors dreams and unresolved emotions, you can thank yourself for your loyalty to the families. Thank them for believing in you. And let them know you are not their source. The Divine is.

Give all that you are carrying of theirs back to them and invite them to offer it to the energy of pure creation. You do the same. Together you surrender.

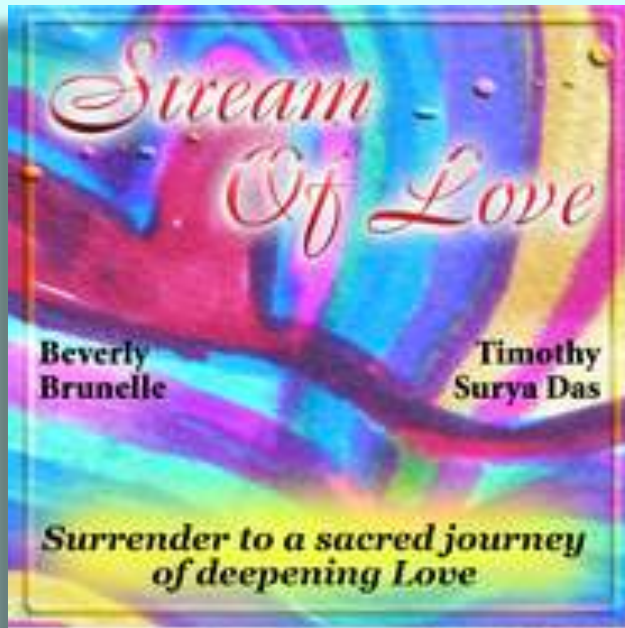
Notice what you feel. Perhaps lighter, freer, clearer? More you?

If you are curious how you may be living out your ancestors unresolved emotions and dreams, ask!

△

Beverly Brunelle is an Intuitive, Energy Worker and Teacher. Schedule a 15-minute complimentary discovery call and explore how you can work with her. Learn more and receive free meditations at www.beverlybrunelle.com

Stream of Love



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

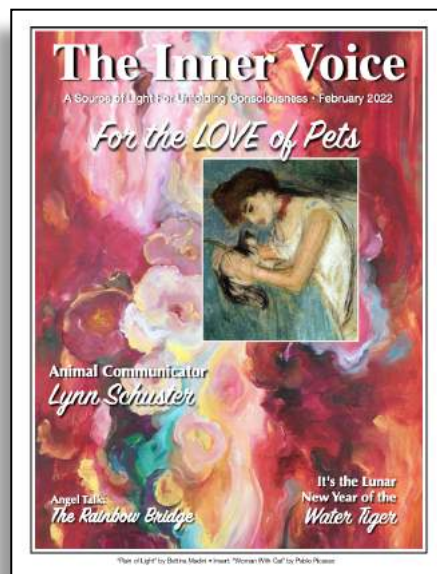
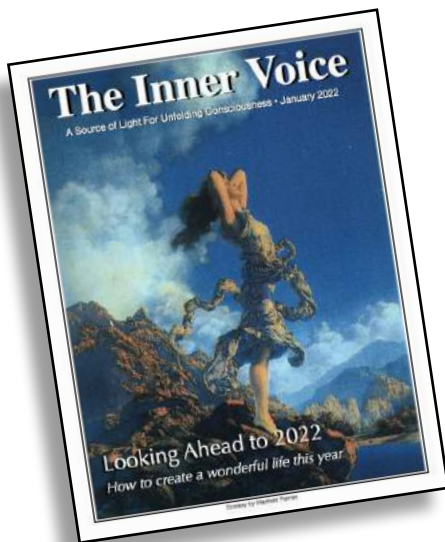
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Re: The Feb. 2022 issue: "Nancy, You are a fantastically creative person! Everything you touch is beautiful. J.S."

We'd love to know your thoughts and comments! Email: theinnervoice@gmail.com

Share the link on Social Media www.theinnervoice.com



Allowing Our Differences



Facing a blank wall, what do I see in the emptiness as my mind chatters on and on about trivia of the day, expressions of annoyance at the latest diatribe by right wing talk show attack mongrels and left wing pundits. Everything so bound up in either/or, us/them, the mentality of duality that sees anything outside of its own view as evil or wrong. And in life, the extraordinary truth is that this cannot stand. It erupts, disrupts, and causes splintering in the fabric because there is no accommodation for another view or vantage point of a larger truth.

We can each only see a portion of something bigger than ourselves. I am limited by where I stand and what is in front of me. I can turn 360 degrees, but my scope of vision is determined by where I am standing. At the base of the mountain, I see dirt and trees and little else. At the top of the mountain, I have a vaster view, but still I am limited by the nature of my singularity and upon what ground I find myself, where I am born, what culture I am from, and the gender I inhabit. It isn't like being able to zoom out on Google Earth and see the whole planet as a passerby. We see what is here and now as the reality of our time and place. And yet, we do not give credibility to anyone else's time and place viewpoint.

The woman in Iran or the Balinese fisherman — the Russian ballerina and the Cuban immigrant — they see things from a perspective framed by their experience — and how can it be otherwise? Yet, in each of our diverse backgrounds there is a beautiful tapestry that we can weave. Each of us has a thread to contribute to something more stunning than our single viewpoint. If we would allow for our stories to emerge and our vantage points to be heard, we could possibly create a world in which we are all welcome and where we would all like to live and thrive and share our resources.



Photo: © by [Jane Erica Hutchison](#)

Without allowing for the differences that are intrinsic to our lives, we limit creation. Yet, in creation there is no one-way.

There is no one form of weather pattern that touches all the planet at the same time. When I see daylight, those halfway around the world see night. Are they right to say that it is night, and I am wrong to say it is day? Does their truth negate mine, and vice versa? Of course not. Yet, we debate endlessly over whose God is the real and only God. We war over cultural customs and gender differences, and all the other isms and opposites that small minds cannot accept or allow because those differences ask each of us to step out of our comfort zone — out of our familiar patterns and life view to recognize something more as being a way of life.

It doesn't have to be THE way, nor should it. One form of flower covering the entire earth would be monotonous. One species, one gender, one food choice — we would be bored by the repetition of sameness. And when we limit the sharing of beliefs or ways of being, we are boring. We become parrots of what has gone before, biased into submission, and the end result is a world that splinters and withers in potential. All the talent, creativity and possibility is squandered by non-allowance, and each of us is diminished as a result.

Weaving the Tapestry

It's time to become one world. It's time to become fully human, to see the gift in our variance, and to speak with one another, not posture with enmity in mindless rhetoric. We can bridge the gaping holes that divide us by weaving our tapestry one to the other. We can start simply, finding a point upon which we can agree, by sharing the fact that we are human, that we

Continued on page 17

have children, and then showing pictures of our family and discussing our hopes for them and ourselves.

We can describe how we came to believe our beliefs and the foods we eat and the customs we have established, and through this we will become aware of another's point of view. It will not diminish us; it will enrich us. And then we can allow for our differences, and gradually, gradually hold out a candle to one another that we light in friendship and compassion. Then, as we eliminate the gaping gulf of unknowing between us, humanity can come together to celebrate life. It all begins with allowing our differences. And, it's time.

Food for Thought

1. Where have you felt that somebody closed a door to who you are and what your story is? What about the reverse...have you discounted someone else because of their ethnic background, gender, religion, viewpoints, social status or customs?

2. Where do you find yourself "stuck" in a belief that taken from a larger vantage point might not be the full truth? Are you open to hearing another view?

3. Investigate points of similarity within different religious views. See where the same beliefs may be stated differently but point to the same ultimate truth.

4. Where is there a possibility of doing something that will give you an opportunity to learn more about a culture or people you may not have fully understood?

5. Learn about another culture and then try recipes from that culture. By understanding what foods people have had available in different regions, we see the reason for the foods they eat that we may think are "weird".

6. Are there areas in your life where you can get involved with others from different backgrounds, where you can weave the tapestry of your unique stories to bring a greater richness to one another's lives?

7. Question belief systems that have been passed down to you from past generations that may be outmoded in today's shrinking world. Be willing to clear out those things that constrict you and make you feel superior/inferior to anyone else.

8. Be open to learn one new thing about a person, place, or different belief system each week. Expand your level of tolerance and willingness to reach out to bridge gaps in communication through an exercise in curiosity, compassion, and friendship.

△

Kathleen Jacoby former editor of *The Inner Voice* magazine made her transition in April 2019. She has communicated to me that she is "sitting at the feet of the Masters learning more about the Greater Universe." We plan to publish more of the many writings she left.

Life, Death and The Afterlife An Open Discussion Group

Most people have not given the death and dying process much thought. Have you? What are your concerns? Have you lost a loved one or perhaps you fear your own death? We all have our worries and questions! In this discussion group you can freely express your thoughts and feelings, worries and concerns in an open, non-judgmental atmosphere.

Location: ADRC of Door County

916 N. 14th Ave, Sturgeon Bay WI 54235

Time: 1pm — 3pm

Dates: March 17, 2022 (every 3rd Thurs. of the month)

Registration: Call ADRC to register. 920-746-2372

Space is limited to 15 people; can be any age over 18

Host 1: Steve Freier.

Steve has over 20 years researching Death, Dying and the Afterlife and has read and reviewed hundreds of books on these topics. He has viewed as many or more videos on NDEs, OBEs, the Afterlife and what it's like, etc. He is also a video producer and writer and contributes regular book reviews to *The Inner Voice* magazine.

www.theinnervoice magazine.com

www.myunobstructeduniverse.com

Host 2: Marggie Moertl.

Marggie has many years of clinical experience within hospice and home care nursing and providing End of Life Doula services. She brings all of that with her and combines it with her deeply intuitive gifts. www.embraceyourinner selfllc.com

See you there!





A Sweet Reprieve from Madness

Living in a world of Distractions and the Reality of your own Soul's Journey

By Caroline Myss

<https://www.myss.com/sweet-reprieve-madness-part-one/>

Every person wants to find a way to live in tranquility. Every person is overwhelmed by chaos. We are not creatures who strive for chaotic, confused lives, at least not when we have our heads on straight. Rather, our inner nature thrives when we find the courage to become congruent, when our heart is one with our mind and through that union, we find the key to our soul.

The great mystics of all traditions offer us enlightened teachings that remind us that many pathways to the soul exist — through the Christian tradition, through the Buddhist, the Hindu, the Jewish, the Sufi — all of them wise paths to soul illumination.

Living in a World of Distractions

Revered spiritual teachers tell us that we are consumed and controlled by distractions. Have you ever really noticed how loud your environment is? I know so many people who cannot tolerate silence. They have to have some sort of background noise on at all times, whether it's the radio or television. This irritating blast of sound bites and commercials and endless horrible television nonsense broadcasts all during their dinners instead of conversation or while attempting to have a conversation. The kids race through dinner so that they can return to their on-line life.

I observe people who are so insecure about being alone that they cannot even do gardening without their cell phone

hanging from their side. And if there was ever a place to enjoy the sound of nature itself, it's your garden. Or what about taking a walk just to reflect upon your own thoughts? Nothing is as irritating to me, however, as dining with someone who places a cell phone on the table. Trying to have a conversation with someone whose eyes are constantly shifting from you to a cell phone has raised the bar on the definition of what it means to be socially rude. I have often excused myself giving the impression that I am headed to the Ladies Room when in fact I am headed right out the restaurant door. I then send a text.

And what is this value we put on "multi-tasking"? I don't admire that. I always picture someone who claims to be able to multi-task as having a spinning head on his or her shoulders. Since when is not being fully conscious and attentive to what you are doing something to be admired? Why is driving yourself faster and faster and faster and faster the standard of admiration? (Will someone please tell me how we got to this insanity?) Is it any wonder then, how, in the midst of a culture that admires speed and doing more and more and more and living in an electronic wonderland, that there is little if any time for self-reflection on a daily basis? Quiet time is something that many people get only when they are on the verge of a breakdown or they have to flee their residence and take off for some cabin in

the woods somewhere because they think it's city life creating the stress — (I don't think so, folks).

Distractions are a product of attachment to a sensory-driven life without values strong enough to control the choices your senses compel you to make. Your five senses are in charge of your reality. You know you're alive and in charge of your life because you can see, hear, touch, move, control, pick up a phone, hold on to your lap top as if it were your life preserver, speak to another person, get reports on this and that, sell this, buy that, be with this person or that person — any one, just as long as you are not alone. Consider all the data coming at you nonstop and the noise.

And now — more importantly — consider the content of that data. What is flowing in and out of your mind and heart just on a daily basis? Think of all the choices that you are confronted with each hour of your life, never mind during an entire day. If you were to believe all the nonsense of every television commercial and so-called medical report on what you should or should not consume for your health — every morsel of food that you put into your mouth is now a life-or-death decision, not to mention where you live, walk, and what you wear. I look all these other countries in the world that do not have advertising companies promoting vitamins and health products and cannot help but notice they have millions living to a ripe

Continued on page 19

old age...and I wonder, “How’d ya do that without all your vitamins and three organic veggies per day and just the right amount of omega fish oil and avoiding certain toxic movies.” Then I realized, they just don’t listen to American pharmaceutical commercials — that’s how they survived — they don’t suffer from American neurosis. For what reason do nations with a population of over a billion people need viagra? Maybe it’s us...duh.

Distractions. Our culture is dripping with the most outrageous distractions that have ever been manufactured — from noise to electronics to advertising propaganda. But then, life is a journey of distractions. And the first one to point that out was the Buddha. He called the world of form and everything in it “illusion”. Few jewels are as liberating to your inner life and soul as understanding the core teachings of the Buddha, beginning with that one. Distractions are illusions — and what is not a distraction?

It took me a long time to understand the Buddhist teaching on illusion (not that I fully understand anything the Buddha taught). I remember thinking that the rock

that just fell on my foot is not an illusion because illusions cannot possibly hurt that much. But I was missing the key ingredient to this mystical truth. I did not yet understand that power was the fundamental ingredient of the human experience—a topic for another discussion. Briefly, however, Buddha was referring to the danger of developing an illusion with an object, person, place, thought form — anything — in life that causes you to negotiate your inner power and form an attachment to that external object in the belief that you require that attachment for your survival or happiness or security. Any such attachment for Buddha qualifies as an illusion. That illusion, in turn, becomes a distraction of consciousness. We create narratives in our mind about its significance in our life and how our life would crumble without it.

Buddha included relationships as illusions. All of us have close and loving relationships and none of us would refer to those we love as “illusions”. And yet, though we all have suffered terribly at the loss of people we have loved, the truth is life has gone on. We did not evaporate in our pain, though we perhaps thought we

would for a while. It was an illusion that we could not go on without that person — because we did.

And people can and will go on without us. Many have already. We were illusions in their lives. Imagine that.

Distractions and illusions are powerful things. But they are clutter, talking mind clutter. Go for a walk and listen to your clutter. Anger, stress, things your worry about — it’s all clutter. You may tell me that a mortgage payment is not an illusion. Fair enough. But the stress around it is. With or without stress, you have to find a way to make that payment. Does stress help you? That is the illusion.

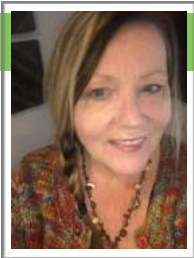
Observe your distractions and illusions and see how many you can detach from just by realizing you are captive to them. Turn off the television. Read a good book instead of sitting at the computer. Change your life habits. Break out of your routines. Stop multi-tasking — give yourself a break.

Slow down and become conscious of your life and the world you live in.

*Love,
Caroline*



Caroline Myss is an American author of books and audio tapes about mysticism and wellness. She is most well known for publishing *Anatomy of the Spirit*. Her most recent book, *Archetypes: Who Are You?* was published in 2013 Source: [Wikipedia](https://en.wikipedia.org/wiki/Caroline_Myss)



Journeying With Your Ancestors

For as long as humanity has existed, family and clan elders have played critically important roles as parents, guardians, leaders, mediators, advice-givers and more. Cultural anthropology research reveals that survival in pre-literate societies was dependent on the knowledge of the oldest members of the family or clan. It is easy for us to forget that it is only in the past 100 years or so that people have turned to other sources than their wise elders to solve life's problems. On the healing path your own ancestors may hold keys and guidance in what appears to be an uncertain future.

Who are your family members in their wise elder years? This month or moon cycle, consider purchasing a new journal or sketchbook for purposes of writing and collecting photos of your ancestors, or simply record images and words in a special computer file that you design. Take 20 to 30 minutes to reflect upon the stories that your elders shared with you in childhood, or into adulthood. Perhaps there are storylines that your parents or family shared about their ancestors. If wise elders are present in your life, arrange for a meaningful conversation with them to gather important stories before they are lost. If elders have journeyed to the other realm, enter into meditation for messages and guidance.

What questions might you ask ancestors and elders?

People face difficult or challenging life experiences, but they learn important lessons from them. Is that true for you? What are some of the most important lessons you feel you have learned during the course of your life?

As you look back at your life, do you see any turning points, key events or experiences that changed you, or the course of your life?

What are your secrets to a happy relationship/partnership/marriage? Parenting? Grand-parenting? What are your secrets to our friendships? What about your relationships with your elders?

What would you say you know now about living a happy and successful life that you didn't know when you were 20? 40? 60? What values or principles do you hold dear in life?

These are common questions when engaging in an elder interview or conversation, yet there are deeper, creative topics of contemplation or discussion that may reveal even more about your ancestry and influences upon who you are presently, such as:

Taboos ~ Do you remember hearing about taboos in your family? Anyone with a wild streak? Secrets about affairs, espionage, or other realms that have been hidden? Do these stories speak to you?

Wild One ~ Who were the eccentrics, creatives, inventors, poets? And what about the adventurers, explorers and nomadic ones? Who were the immigrants or First Nations People?

Namesake ~ What about your family names? Were they changed? Given names... taken names? Do you know your matrilineal names? Is there a storyline behind your name or the family name? Were you named after a relative? What were the characteristics of that family member you are named after?

Lineage and Life's Work ~ Are your ancestors or family known for something special? Being farmers and gardeners, having green thumbs? Being gifted healers or medical professionals? Families who fish, do masonry work, train horses? What is your profession? Who taught you these skills? Who will you intentionally share your skills with?

Interesting Ancestral Storylines ~ There are many other directions you may explore: cultures and geographic regions



your ancestors were from, migration patterns, ancestral spirituality and religious practices, shelters and homes unique to your ancestors, foods, medicines, and more. I am sure you will also explore more about the traditional medicine practices of your people.

Again, I suggest you purchase a special journal, sketchbook or create a computer file for purposes of this course and the sacred work related to your origins. Each week this month you might embellish the cover, add copies of family photos, maps of homelands or anything else that comes fluttering into your hands magically that relates to your ancestry. Start with three topics of storyline features and write about them based upon your memories.

To enhance this experience, speak with other members of your family. Arrange a sacred elder interview if possible. Examples of three storyline features or topics: Ancestral countries and region of origin, time period of migration to other countries, such as Canada or the United States, and recording as many matrilineal and patrilineal surnames that you can locate. May your ancestral discoveries help guide you along the healing path.

▲

Gigi Stafne MH, ND is the director of Green Wisdom School of Natural and Botanical Medicine in the United States. She invites you to learn more about your ancestral traditional foods, medicines and healing practices. See her ad on page 21.

Ancestral Scandinavian Herbs and Foods

In the Scandinavian northern tradition of my ancestors there were herbs dried and stored for the year ahead. My great-grandmother Anna's traditional Nordic Saami and Finnish Karelian tradition included reindeer, elk, beaver, grouse and fish as part of their diet. Additionally, there were numerous roots, barks, berries and fungi used both as foods and medicines for the sustenance of the family tribal circle.

The Sami were a beautiful animistic, nature-based people who integrated sacred animals and plants into all daily life rhythms. "Joik" or "Yoik" was a unique literary and cultural expression of song, sound and chant used to tell the story of and honor each sacred plant, animal and landscape. Saami shamans or Noaidi were adept at healing, medicine making, working with Nordic animals, singing Joik and using the sacred drum (all of which were banned at one point). Medicine-making was considered to be one of those precious sacred handicrafts. Here are more than seven medicine plants that will help you survive and thrive through the long winter moons, traditionally used by the Saami and Nordic wilders...

Birch Bark ~ Medicinally, Birch Bark was used for pain relief, arthritis, muscle, connective tissue and joint aches. It is an anti-inflammatory and analgesic, among other things. Birch ash was used as a cleanser for washing clothes and cooking utensils. Prepared as a syrup, the first run of sap was nutritious and considered a precious spring tonic, a nordic medicine drink.

Cedar ~ Considered a sacred tree by many cultures. The woodsy scent is amazingly aromatic. All parts of this powerful tree were used as foods, medicines and other cultural uses from the evergreen buds and needles, to inner bark. The evergreen needles were used in the sauna over hot rocks as aromatic inhalations. Medicinally, this is used as tea for cold and flu season, with natural anti-bacterial, anti-viral, anti-fungal and anti-tumor properties. Additionally, it is used for skin infections, warts, digestive problems such as ulcers, diarrhea, coughs, bronchitis, respiratory ailments, fevers, kidney stones, arthritis and rheumatism, delayed menses and reproductive infections. The sap was combined with animal fats or oils and used for wounds and skin ailments. Perhaps most important of all, cedar was used in sacred ceremonies.



Cranberry, Elderberry or Lingonberry were important winter staples... dried, mashed with dried meat, prepared as a juice, jam, fresh, dried or roasted. Cardamom, star anise and sweetener were sometimes added to the berry base to create a thick drink or sweet soup. "Sotsuppe" was a traditional Norse sweet fruit soup that we ate every holiday when I was a young girl.

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The Art of Cleaning

By Llewellyn Vaughan-Lee

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Adapted from [*Spiritual Ecology: 10 Practices to Reawaken the Sacred in Everyday Life*](#).

The art of cleaning is a simple spiritual activity that is often overlooked. The image of the monk sweeping the courtyard has a deep significance, because without the practice of cleaning there can be no empty space, no space for a deep communion with the sacred. Outer and inner cleaning belong to the foundation of spiritual practice, and as the monk's broom touches the ground, it has a particular relationship to the Earth. We need to create a sacred space in order to live in relationship to the sacred within ourselves and within creation.

In today's busy life cleaning one's home is often considered a chore. We may spend time and energy (and expensive products) in our daily ritual bathing, but the simple art of cleaning our living space is rarely given precedence. Our culture calls to us to use products that will kill all of the "germs" that surround us, products that are often more toxic than the germs, but do we give attention, mindfulness, to caring for the space in which we live? Are we fully present with our brush or vacuum cleaner?

Once I realized that everything is part of one living whole, that nothing is separate, I understood how everything needs care and attention. Cleaning a table, dusting a shelf, I give attention and love, because everything responds to love and care—not just people, or animals, or plants, but *everything*. It is a simple recognition of the sacred that is present within everything, and a way to live from the heart in everyday life. Maybe, having been brought up in a family without love or care, I feel this need especially strongly, but I sense that it comes from a deeper knowing of how everything is part of the fabric of love—that creation is woven out of love. And so when I clean I

am also looking after, caring for, what is around me, knowing that it too needs to be loved.

I must admit that I love to clean. I find cleaning deeply reassuring. Personally I love emptiness, inner and outer space.

In cleaning my living space I am creating emptiness, clearing up the debris that so easily accumulates. And when one cleans with love and attention, one is not just vacuuming the dust, but also the psychic debris, even the worthless thought-forms that stay in the air. Because our culture only values what it can see and touch, we do not understand this invisible accumulation. But it is real, and without conscious attention it clutters our life more than we realize. Just as ritual bathing prepares the worshipper, or just as we may take off our shoes at the entrance to a temple or mosque (or even a friend's home), cleaning is an important preparation for living with the sacred in our daily life.

When I first started lecturing, traveling over America, I would stay in people's houses. I remember one night being given a bed in the "spare room," which was also my host's therapy room. After a few restless hours I gave up trying to sleep and realized that I was lying in the psychic soup of all of his patients. Through his therapy work he brought unconscious feelings to the surface, brought shadow dynamics, anger, and depression into consciousness. And so they were floating around the room, waiting to attach themselves to the next

THE ART OF CLEANING

Bamboo shadows sweep the stairs, but no dust is stirred. Moonlight penetrates the depths of the pool, but no trace is left in the water.

—Nyogen Senzaki



person who entered. The therapist had no understanding of psychic cleaning.

This is not uncommon. Often people who do healing wash or shake their hands afterward, but then the illness just goes into the water or into the air, to be drunk or breathed by another. When my teacher was in India with her Sufi sheikh, she would sometimes witness him performing a healing. She noticed that after each healing he would cup his hands and bring something to his mouth. She realized that he was inwardly digesting the sickness that he had cleansed, so that it would not just stay in the air and attach itself to another person.

Ecological awareness teaches us the importance of recycling and composting. The waste from our daily lives should not be allowed just to accumulate in a landfill. Nor should it be allowed to get into our water, which in a less visible way is becoming toxic with all the tranquilizers and other drugs that go through our system into the water, affecting and mutating the fish. There are many ecologically aware people who make it a practice to leave as little as possible in their garbage bins for the landfills, and work to safeguard the food and water supply, and this is very commendable. But if we are to practice spiritual ecology, if we are to include the spiritual in our

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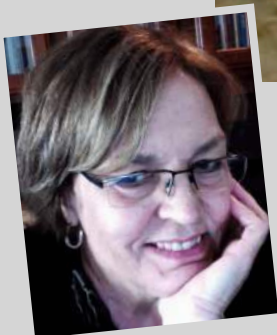
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Space Clearing to Attract Abundance

Tips for Improving Your Home's Energy

By Denise Linn www.DeniseLinn.com

Have you ever entered a home where you immediately felt light and uplifted? Or have you had the experience of walking into a room where the very atmosphere left you feeling depleted and drained? Have you noticed how a room feels after an argument has taken place? Did you sense the tension and heaviness there?

All of these responses can be explained in terms of the energy of environments. Every space has energy. Your home is not only a composite of materials assembled for shelter, but also every cubic centimeter of it, whether solid or seemingly empty space, is composed of infinite flows of energy.

When you enter a space that makes you immediately feel light and uplifted or walk into a room where the atmosphere leaves you feeling depleted and drained, you are responding to the energy of the environment. Sometimes energy in a home or office can become stagnant and dull. When this is the case, you may feel tired and listless or become agitated and angry. When you cleanse and purify the energy in your home, it becomes a sanctuary, a retreat from the discord of the world, a place of refuge and protection. It becomes an anchoring point from which you venture out into the world and as well as being a welcoming abode for your return. A home that has been cleansed and blessed is a home that is safe to be yourself, embrace your joy, and explore your pain. Space clearing can turn every inch of a home into a sanctuary of sacred space that nurtures the soul.

About Your Chi

Where intention goes, energy flows. The more chi (inner energy) you have, the

more powerful your space clearing will be. When your chi is flowing, you can project your intention into a space magnificently and gracefully.

An exercise to activate this unseen inner life force is to imagine that you have a ball of energy in your hands. Slowly move this energy ball around. After a while you will feel an increasing sensation in your palms. This is your chi increasing. A visualization to project your will into a space is to imagine that your body is a sacred vessel through which vast, loving energies of the universe are pouring through your hands and into your home.

Using Mudras to Dispel and Activate Emotions

Using mudras is one of the ways to shift the energy in your home by dispelling or activating certain emotions. Traditionally, mudras, which mean "seals" or "signs" in Sanskrit, are devotional hand gestures used in many cultures across the world for a variety of purposes, including healing, yoga and martial arts. They were used to deepen the energy of an individual and used to bless and seal the energy in a room.

Today, we use mudras to implant and seal healing qualities into a living space. Mudras work well in space clearing because through them you can channel energy flows of the universe through your fluid movements in a powerful way because you are using your body as the tool. Just as mudras are used to align energy within the body, they can be used to do the same in a space.

Combining these body movements and gestures with essential oils creates powerful shifts of energy in any space. You can also use these mudras to release



The Lotus Mudra (above) is the mudra of abundance. It is symbolic of the opening the lotus flower, a symbol of transformation. A flower which grows deep in the mud to emerge as a beautiful flower, the lotus represents that even in muddy waters beauty emerges. The lotus is a strong symbol of beauty emerging from darkness. This mudra is also used to open the heart chakra reminding us to stay connected to our roots and open to the light.

or activate an emotion or a pattern of energy.

It is essential that you become very certain about what you hope to accomplish: 1. Get rid of piles of magazines you will never read; 2. Discard plants that are dead or dying; 3. Repair or toss anything that is broken, or has parts missing; 4. Do a thorough cleaning. Vacuum, mop the floors, wash the windows; and, 5. Open the windows to allow the sunshine and fresh air to fill your home.

Deep within each of us is a longing for home. We yearn for a place of comfort where we can be ourselves and realize our dreams. Make your home a sanctuary of soothing abundance and health by using the wisdom and techniques of ancient civilizations and cultures from all over the world.

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All of these berries are rich in vitamin C and antioxidants. Organic cranberry concentrate is useful for cystitis or urinary tract infections, elderberry is an amazing cold and flu remedy when proven clinical success, while lingonberry is useful in preventing high blood pressure and strokes.

Fireweed Sometimes called Rosebay Willow Herb. Early shoots taste like asparagus. Fireweed's fuchsia-colored flowers were used in jams, juice, wine and syrup. Both flowers and leaves were prepared as tea and added to salads. It has so many medicine uses including: chapped skin, wounds, cysts, boils, burns, ulcers, dysentery, diarrhea, laxative, digestive ailments in general, prostate health, antispasmodic for the nerves and general winter tonic.

Labrador Tea ~ Sometimes referred to as Swamp Tea or Bog Tea! Another hardy plant that will only be found in bogs, especially Sphagnum~Tamarack~Cedar bogs. Used as a medicine tea for winter ailments such as colds, fevers, coughs, sore throats, bronchial infections, pulmonary infections, headaches, arthritis, kidney ailments, skin rashes and general nervous system relaxant.

Lichen ~ (Pale-footed horsehair lichen) Tastes somewhat like artichoke. Dried then added in the winter to soups and breads. Another traditional Sammi medicine for coughs, colds and general respiratory system ailments.

Mushrooms ~ There are numerous mushrooms and fungi that were collected by the Saami people, one of our favorites is what we affectionately refer to as "Chicken of the Woods," it is delicious and meaty, a source of protein. Eaten fresh or dry. A medicinal use of this one is for severe digestive infections and parasitic or bacterial infections...e.coli, in particular.

White Pine ~ 'Pine Tree Cough Medicine' prepared from the tips of white pine or spruce, just as we make alcohol based herb tinctures--then maple syrup or honey was added. Pine tree bark was crushed into a 50-50 mix of rye and wheat then cooked as a flat bread. Pine Tree Soup "Guossaliepma." Mixture of pine sap and reindeer fats was used as a protective skin balm. Medicine uses include: natural antibiotic, anti-bacterial, antiviral, anti-tumor, possibly even useful for cancers. A general skin and respiratory system support and tonic.



Wintergreen

Wintergreen ~ (Pictured above.) One of the herbal ground covers that may be gathered from Springtime through the winter. A helpful winter medicine--and the berries are edible. Leaves and berries were gathered and used for general energy, coughs, colds, flu and fevers. Chewing on the leaves will help offer pain relief, as it is considered an analgesic. Wintergreen soothes the digestive track, is a mild stimulant and the phytochemicals and oil offer pain relief for sore muscles, arthritis and rheumatism.

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Source: Gigi Stafne, MH, ND, ©2022

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ecological awareness, we need to bring a greater awareness to all the debris we leave behind. We need to learn how to clear up after ourselves, how to keep an empty space—how to be attentive in our cleaning.

When we bring a quality of attention in our cleaning, the psychic debris can be absorbed along with the dust. Often the attention is linked to the breath, so the two work together.¹ When we work this way, the debris does not harm us, and I have found a deep satisfaction in this practice.

Our present culture teaches us to accumulate, but not how to make empty. But for real spiritual work in the inner and outer worlds, in order to give space to the divine, in order to return to the sacred, we need to practice a certain purification in our daily lives. We learn to eat

consciously, to be attentive to our outer environment, to sweep our courtyard.

We also need to learn how to clean our house, both physically and inwardly. Just as we need to learn to empty our mind in meditation, to clear away the clutter of unnecessary thoughts, so do we need to consciously clean our living space. Dusting, sweeping, vacuuming with attention, we bring a certain awareness to the ground of our being. This has to do with respect for our environment.

In some old Celtic rituals after a wedding the couple walk to the celebration preceded by a young boy and girl with brooms, who are sweeping away the evil spirits so that the couple have a happy marriage. These ancient rituals carry an understanding of the inner worlds and how they can affect our daily

life. In the practice of spiritual ecology we are not just working with the outer physical world, but also the inner worlds, and we need to respect this. We need to relearn how to live lightly, to leave as little debris behind us as we can. We need to relearn how to sweep with our broom. It is simple good housekeeping, more important than we realize.

¹ In the Sufi practice we work with the heart, and so darkness and debris are also absorbed through the heart, with love. Sufis are sometimes known as "sweepers" because they sweep up the debris, the dust of the world, that others leave behind.

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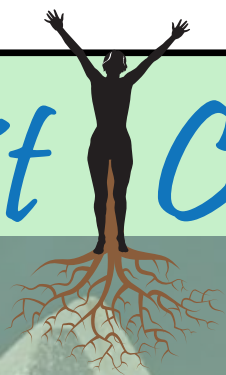
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