

The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 11 Issue 6 • June 2023

**Inside...
The Gentle Way to Pray**

**Shift Your Words
to Shift Your Life**

**Cosmic Forecast
for June**

**Evidence of Angels
and Signs of Spirit**

**Connect with The Global
Gathering on Zoom**

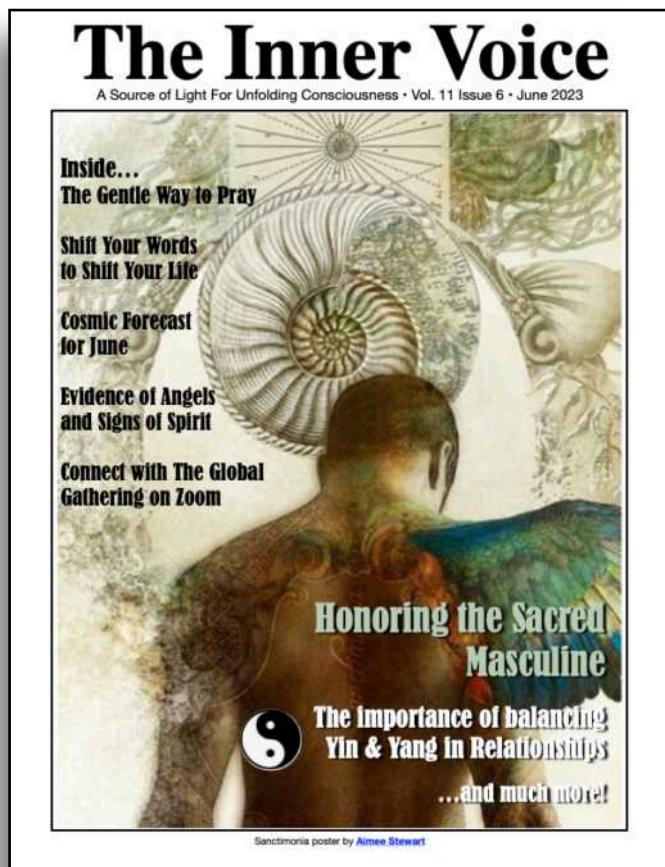
**Honoring the Sacred
Masculine**



**The importance of balancing
Yin & Yang in Relationships**

...and much more!

About the Cover



Sanctimonia Poster designed and sold by [Aimee Stewart](#) on Redbubble

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Body, Mind, Spirit, Heart & Home*

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What would you love to read in future issues? Email your ideas to us! theinnervoice@gmail.com



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UPCOMING EVENTS!

WHISPERS ON THE WIND SHAMANIC PROGRAM

Group #29: Aug 2-6, Nov 8-12, 2023, Feb 7-11, May 1-5, 2024

Group #30: Jan 31-Feb 4, Apr 3-7, July 10-14, Sept 25-29, 2024

Are you searching for the meaning in your life? Would you like a deeper connection with nature and the spirit world? Please join us for an intensive training program in shamanism, energy medicine and self-transformation. We meet four times over 12 months. You will learn core energy healing techniques including power animal and soul retrieval, clearing of past life and ancestral imprints, connecting with the forces of Nature, ceremony & ritual and much more!

MEDIUMSHIP TRAINING

June 24-25, 9:00-4:00pm

Would you like to learn how to connect with the spirit world? Join us for this powerful 2-day Mediumship Training where Amy Wilinski will take you step by step through building the skills needed to give a mediumship reading. During this highly experiential class, you will learn to make those connections with the spirit world and how to give an evidential mediumship reading.

REIKI LEVEL I TRAINING

June 21 or July 27

9:00am-4:30pm

REIKI LEVEL II TRAINING

June 22 or July 28

9:00am-4:30pm

REIKI MASTER

June 20

9:00am-4:30pm

Includes apprenticeship.



AWAKEN YOUR INTUITION

July 29, 9:00am-1:00pm

TRUSTING YOUR INTUITION

July 29, 2:00-6:00pm. \$111

TAKE A WALK ON THE WILD SIDE WITH HERBALIST GIGI STAFNE

July 21 | 6:00-8:30PM

THE HERBAL APPRENTICE WITH GIGI STAFNE

Two-day Herbalism Workshop July 22-23,
9:00-4:00pm

POWER OF RELAXATION WITH YOGI ASHOKANANDA

September 1, 6:30-8:30pm

SELF-HEALING & AWAKENING WITH YOGI ASHOKANANDA

September 2-3, 10:00am-5:30pm



Register online now for our Workshops and Sessions! www.glh.as.me

Dear Readers,

June is the time of year we celebrate certain milestones in life ~ graduations, weddings that mark couples beginning their new life together, and Father's Day. This issue offers ideas that will bring balance and harmony to these aspects of life, and much more.

June is the unofficial start of summer in the Northern Hemisphere where we look forward to vacations and activities outdoors. You will read about all of these topics including a trip to Mount Shasta. Author Barbara LeVan Fisher in her book *"The Spirit of Saint Hildegard"* we all have feminine and masculine parts to our psyche that need to be integrated, p. 21. My feng shui feature balances the yin and yang in couple's bedrooms as a good foundation for an enriching marriage.

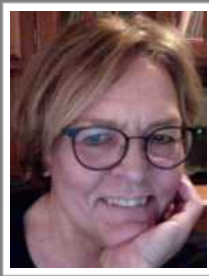
Steve went off his usual path of exploring the Afterlife and reviewed *"The Gentle Way."* It teaches us an effective way to pray and "manifest benevolent outcomes." Beverly wrote about the dynamic of shifting what we say to ourselves to shift the course of our lives. Lori highlighted the qualities of ammonite, p. 12 with events to learn about crystals, p.13.

Featured this month is Baby Blue Eyes flower essence with a unique ability to address early experiences of the father/masculine archetype, p. 6.

Andria the Cosmic-tologist tells us what's happening in the cosmos during this "Gemini Season," p. 10. We have a new collaboration with Wendy Zammit, host of *The Global Gathering*. Connect with others around the globe and share wisdom on spiritual topics, page 22-23.

Let the reading adventure begin! Dive right in ~ as into a pool on a hot summer day and enjoy the really cool wisdom!

Nancy



Angel Talk™

Q&A's with the Angels

By Nancy Freier & the Angels of the Great White Light

Q Why do some people heal miraculously while others struggle trying various modalities that don't seem to help at all?

True healing happens when you dig deep into the soil of the subconscious and get to the root level cause of the disease. The taproot may stem from a previous life experience that went unhealed and has sprouted up again in this life. This primarily means to get to the root and examine why this is presenting. The ailment comes into your life like a teacher walking into a classroom ~ to teach you something.

Illness, in any form, is a call to awareness and action. We remind you that it is no accident, nor is it a "luck-of-the-draw" situation. If something is in your life to deal with, it is there for a reason. It is something you wanted to experience, heal and move through. It can also be seen as a blessing in disguise meaning it is one of the reasons you're experiencing life on earth at this time!

Here is what you can do now that this "disturbance" has gotten your attention. Call on your Guardian Angel. Be still, and in the quietness allow your angel to come into your awareness and speak to you. Ask, what lesson is this 'dis-ease' bringing to me? Help me see the light of the situation being presented. Help me understand its meaning and its cause, and show me what steps I need to take to heal and move through it. Listen deeply within and journal their response. When you know these things, true healing can begin to take place. Otherwise it remains masked and buried.

In general, the cause is something that has gone unforgiven and has now manifested to get your attention. We say, reexamine your need to carry it any

longer. Invite love, forgiveness, and grace to heal the origins. Then let it go. Allow your journey of discovery and recovery to flow freely as water over river rocks. Ask us to help you uncover the mysterious origins of what has manifested, and we will hand you the keys to the kingdom so you may move on from the shadow side and into the Light.

There are many various healing modalities available today that can assist your healing journey. These are as varied as those who are going through something.

Q We have five children and do not want to have any more. What do you suggest we do for effective birth control?

We say that birth control is so very simple you may laugh when you hear its simplicity. Because you are sovereign beings with full creative powers, say unto the kingdom of yourself (over which you have supreme authority but have forgotten), exactly what you want. Simply state: *"I do not want to give birth to a child at this time. So be it."* Once you have stated this, it is law; and you will not become pregnant. You are always free to change your mind later. Just stay consciously aware of what you want, and pray that plan.

We sense your argument that birth control cannot be that simple; but, it is the truth. *Your word is your Law on that plane.* You only need to awaken from the sleep you have been in regarding the power of your words. However, we say that until you know with certainty that you are the master of your reality, you might choose to use some physical form of birth control.

Δ



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NFreier@aol.com

<https://NancyFreier.com>

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Angel Guidance *Group*

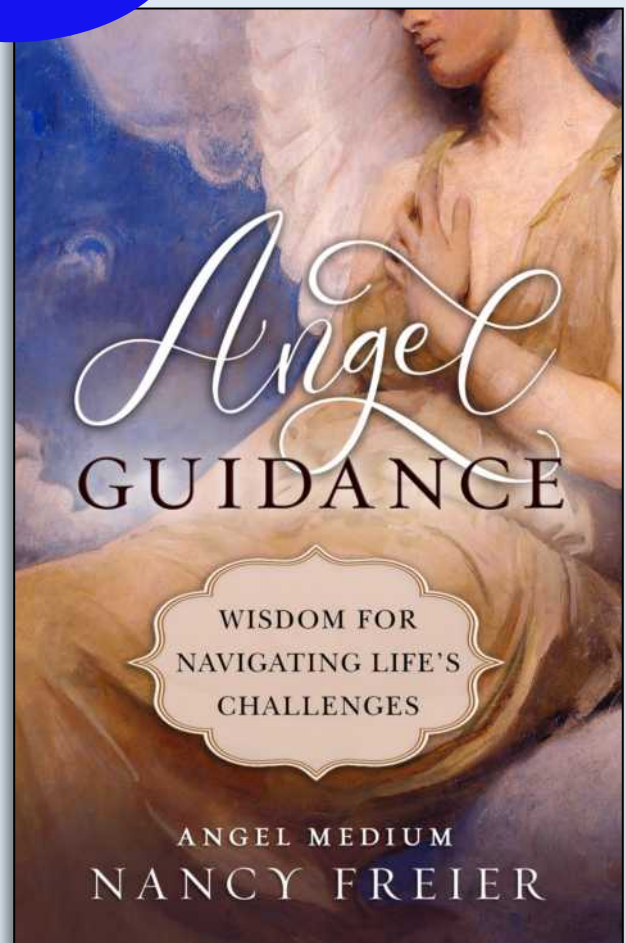


Saturday, June 10 @1pm CST

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

[Click HERE to Join](#)

Sponsored by The Inner Voice and
Wendy Zammit of the *Friday Afterlife Report*
and the *Global Gathering Group*





Flower Essence of the Month

Baby Blue Eyes

Healing the Soul's Experience of the Father Archetype

By Patricia Kaminski of Flower Essence Services <https://www.fesflowers.com>

Baby Blue Eyes flower essence has the unique ability to address our earliest experiences of the father/masculine archetype and how it has imprinted the soul's identity.

This flower speaks to the manner in which we trust with utter innocence and profound vulnerability, that one who is wiser, older and stronger, will be an anchor for us as we find our way into the fragility of bodily incarnation and human being-ness. Just as we look up to the Blue Dome of Heavenly Sky to trust in a spiritual protective presence, so do we in our tender childhood look up in a gesture we might call "Baby Blue Eyes," to that which guides, protects and embraces us. This kind of secure knowing and resting into a Presence which is strong and stable is the very essence of the masculine father archetype.

Knowing how essential this condition is for our early years of incarnation, we can also understand with heartfelt compassion, the aching insecurity, anxiety and mistrust of one who has not been able to establish that deep foundation of human-being. So many differing circumstances are addressed by Baby Blue Eyes: a father who abandoned or was otherwise not present for the family, a father who impacted the family in frightening or degrading ways such as physical or sexual abuse or drug addiction, a father who

withheld love or made it conditional, a father who was unable to support or otherwise uphold and contribute to the family, a father who died and could no longer provide physical and emotional presence and support. This archetype also includes those who operated as a significant masculine influence in early childhood and youth — and possible betrayal, exploitation or abuse — such as a grandfather, uncle, older brother, teacher or a trusted minister or priest.

Transforming a Father Wound:

A Case Report

Recently we received this touching report from Ellen Heddleston of Portland, Oregon, regarding Baby Blue Eyes flower essence:

"One of my most profound flower essence experiences was with Baby Blue Eyes. I used it personally to work through the ways my father abandoned me. Because of that experience, I held a lot of resentment toward men in general, and viewed them in a poor way.

When I took the essence consistently, I would have dreams about a man who would give me flowers in a garden. He had a very gentle, spirited energy. It was the first time I had a dream about a man that wasn't violent. I could tell the essence was working to heal my view of men through my dreams."

It is significant to observe from this report how Baby Blue Eyes facilitates an inner alchemy in the soul. For Ellen, the process was initiated in the dream state through archetypal symbols. The original picture or soul imprint of abandonment and violence from the father is transformed into a new archetype of a nurturing male presence within a healing garden. As this new image of the masculine is anchored in the soul, a real change of perception and experience of the masculine in daily life can then take hold.



Baby Blue Eyes
Photo: Flower Essence Services

Continued on page 7

Positive Vulnerability as a Soul Gift

The quality of “positive vulnerability”— of being able to receive and trust a father or similar masculine presence who provides protection, strength and guidance—is a quality that is sadly damaged, distorted or otherwise deficient in so many familial and cultural experiences of childhood and youth. It is a wound that harms not only our social capacities, but also our spiritual ability to trust in higher guidance and protection (connection with the Heavenly Father). The Baby Blue Eyes type who carries this wound attempts over time to cover such vulnerability with a falsely hardened exterior that can present as emotional distancing, cynicism, lack of social trust or connection, generalized resentment or hostility, or spiritual alienation.

Baby Blue Eyes flower essence is equally beneficial for men or women. A man who used Baby Blue Eyes to heal his relationship with his partner expressed, “I have realized so much taking this flower and doing the related cognitive therapy. Most importantly, that I cannot hope to have a genuine relationship with a partner if I do not let her in. I have always thought that to be strong means not showing your feelings, maybe not even having feelings. But I have learned that it requires far more strength to actually feel pain, and to show uncertainty and vulnerability.”

△



“Mexico” by Peter Max: “If you're going to San Francisco be sure to wear some flowers in your hair.”

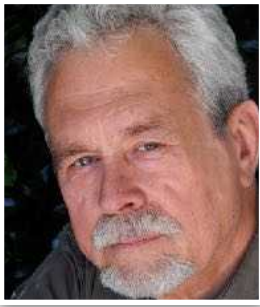


Flower essences create healthy changes

Flower essences are potentized flower extracts (not essential oils) that address the mental and emotional aspects of wellness. They are first and foremost a ‘therapy for the soul’ or ‘consciousness in a bottle.’ The remedy comes in a one-ounce dropper bottle that contains a combination of flower essences selected from Dr. Edward Bach or Flower Essence Services.

Each flower conveys a distinct imprint, or etheric pattern of healing that are selected (with guidance from the angels) for your unique needs. What makes them so effective is they address the root cause and vibrationally restore balance at that level. For example, they can restore joy; calm anxiety; help you focus; ease grief, and so on. They are highly effective and safe to use.

To order your personal remedy, e-mail NFreier@aol.com
(US addresses only)



The Gentle Way

A Self-Help Guide For Those Who Believe In Angels

By Tom T. Moore

The *Gentle Way* will connect you with your guardian angel and strengthen your spiritual beliefs, as well.

The author states, “For the purposes of this book, we are going to use the commonly accepted belief that a guardian angel is an angelic being who watches over you during your lifetime. The guardian angel is assisted by guides who might be departed parents, relatives, friends or specialists in your field of work. This book is a self-help guide for learning how to be in touch with your guardian angel on a daily basis and the huge benefits that will result. After reading this book, you may wish to read more about angels.”

And *The Gentle Way* will even inspire you to learn more about our world and universe. You will start to have more fun

and experience less stress in your life. Through the simple practice of *MBO – Most Beneficial Outcomes*, the author will assist you in achieving whatever goals you have set for yourself as well as open doors to bigger realities you that perhaps have never considered. The practice will assist you in handling the major challenges we all experience in life at every level.

Moore says, “How can I promise all these benefits? Because I have been using these concepts for over 10 years, and I can report these successes from direct knowledge and experience. This book is for people of all faiths and beliefs. The only requirement is a basic belief in angels.”

I must emphasize that the practice outlined in *The Gentle Way* is super simple, easy to master, and can be applied to nearly any situation. After a brief exposure to the concept, I decided to give MBO a whirl, and here are my first success examples.

On May 6 I was about to leave home for a tour of the local shipyard here in Sturgeon Bay. Before leaving, I asked for the perfect parking space and for no rain during the tour. There were 1,000 tickets sold so I knew the event would be crowded, and with parking restricted to one side of the street I did not want to walk a mile! Furthermore, the weatherman forecasted a 90 percent chance of rain. I left 20 minutes before the scheduled start time. When I got there, I saw many people walking after having parked many blocks away while I pulled in to an open spot just eight spaces from the entrance! And here’s the kicker... if I had ventured a few

more spaces toward the entrance gate, I would have found a spot just one space from the entrance. Then, to top off the morning, we only felt a light sprinkle during the 90 minutes we were outside. So, I would say my MBO's were very successful!

Tom T. Moore has been in the travel and the entertainment businesses. He brings a keen knowledge of how requesting benevolent outcomes can be used both in business affairs as well as in one's personal life. He says that requesting benevolent outcomes has resulted in a more gentle, less stressful and less fearful life.

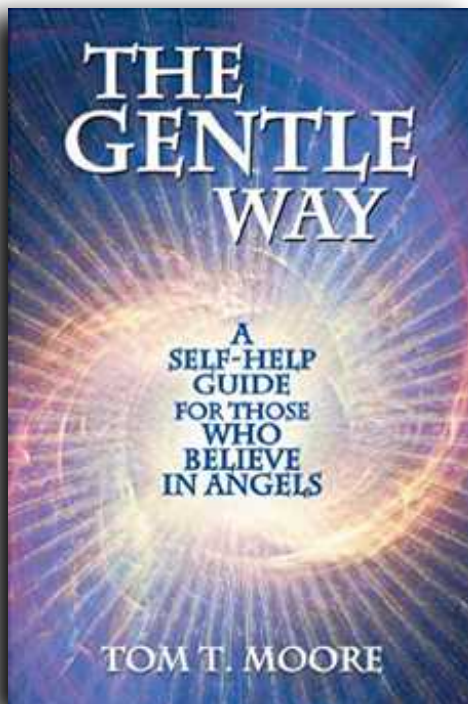
How did *The Gentle Way* come about?

Tom had been reading *The Sedona Journal of Emergence*. One day he read a channeled article by Shaman, Robert Shapiro. Robert channeled a spiritual being named Zoosh who said people could ‘request Benevolent Outcomes in their lives.’ This struck a note with Tom and so he began testing it and discovered it worked perfectly. He had never been able to say that for the other modalities he had tried.

Next, he worked on developing the wording and was inspired to word it so that any one of any religious beliefs (or of no belief) could request MBOs.

In gratitude, Tom dedicated the book to Robert Shapiro. With his wisdom, encouragement and private mentoring Tom was inspired to create his own path by applying Robert’s concepts and practices of benevolent outcomes. Robert encouraged Tom to write this book, and said, “I shall be forever indebted to him for helping me expand on these concepts, enabling me to bring them to a wider

Continued on page 9



readership and audience. They changed my life and hopefully will change yours, too, by taking The Gentle Way.”

1. This book will put you in touch with your guardian angel, or strengthen and expand the connection that you already have. 2. It will strengthen your spiritual beliefs. 3. You will have more fun and less stress in your life. 4. You will greatly lower the fear factor in everyday living. 5. In lowering the fear factor, this book will give you the confidence that you can travel in safety wherever you go ~ to the store, across the country, or around the world. 6. It will assist you in achieving whatever goals you have set for yourself in your life. 7. This book will assist in finding just the right job for you. 8. It can even help you find that special person to share your life with. 9. It will assist you in handling major challenges we all experience in life. 10. This book will inspire you to learn more about our world and universe.

Δ

Get The Gentle Way [here](#).

Watch: [Most Benevolent Outcomes: Enlisting the Help of Your Angels](#)

Watch: <https://www.youtube.com/watch?v=0Zy9gj8jV1o>



Steve's remarkable healing journey: **"My Road To Healing - How I Ditched My Doctor's Advice and Healed Myself of CLL Stage 4 Cancer"** is available here: <https://amzn.to/3agweoq>

Bring Love into the Wound ...



*Open up today, Let it
penetrate
The diagnosis is a fallacy
Only love can heal us
in a way that's lasting and
permanent*

*It is not complicated in the
realms of God's peace
It is magical and possible
and completely feasible*

*The essence of God's love is
exquisite
It is capable of saturating
your cells
with the healing light of eternity*

*You don't have to understand it,
just try it on for size
by breathing it in to the cellular
structure
and allowing no thoughts to
interfere
with the healing light of God's
love*

*Instructions
are not
needed
Just the pure will for life
For God's essence is
everywhere*

*Be in Silence
Let the starry wonder soothe
your soul
Let miracles land and show
themselves to you today
Let healing occur in your
mind's eye for yourself and
others*

*There are no others
There is only Self
Let time remain
as you lift off into galaxies
Into presence unknown
And witness the miracles unfurl
themselves
in oneness, love and light
- Your Pleiadean helpers*



Stefanie Finn is a channeler of the Mighty Angels, an Ordained Minister of [A Course in Miracles](#), writer, speaker and spiritual guide. <https://stefaniefinn.com>

Steve Freier has been researching death, dying, NDEs, OBEs and the Afterlife for over 20 years. He has read and/or reviewed 100s of books and videos on these and other metaphysical topics. With a passion to share what he has discovered, he is the Moderator and Host of: **Life, Death and the Afterlife**, an open discussion group. In-person meetings are held at the **ADRC of Door County, 916 N. 14th Ave, Sturgeon Bay, WI 54235** **Next Meeting Date: Thursday, June 15 from 1-2:30pm.** A zoom group is coming soon. Contact Steve for more information: sgfreier23@gmail.com



JUNE 2023

Cosmic Forecast

BY ANDRIA NIKOUPOLIS WELIKY

As I write and celebrate Gemini Season, Venus and The Moon are beautifully cozied up in the evening sky. I invite you to step out to experience and embody these cosmic beauties. A toast to you Gemini Babes! Cheers! Wishing you a bountiful and blessed solar return!

We begin our June journey accompanied by expansive Jupiter newly in the earthly realms of Taurus where he will venture for roughly a year. While in Venus's domain, he will be meeting up with the North Node (future collective destiny) for one last Taurean discussion.

They will be speaking to our foods, food production, farming, agriculture, values, finances, and resources. What philosophies or visions of new rhythms can we implement? Co-present by Uranus and swiftly forward-moving Mercury brings the ingredient of change and innovation to the menu. Squared by Pluto who is barely moving in reverse heading back to do some final cleanup in the Capricornian (old, top-down structures) demolition site. This clearing and clean-up is preparing the way for new technologies, new ways to travel, and new forms of currency.

There is a prominent theme that has been and is still quite present since Pluto crept close to 27 degrees of Capricorn back in early 2022. This point is very potent as it marks the return for Pluto coming to where it was when the US was founded. We, as individuals, will never experience such a return, but countries and rulers and lands do. This is a flavor or opportunity for deep growth and transformation, to heal, to lift the floor boards, and expose the rot (or what isn't working) for the good of all.

Pluto represents the butterfly effect, dissolving into goo, becoming the chrysalis and emerging with glorious new wings as the phoenix that rises from the ashes of destruction. Pluto reveals corruption, secrets and ill power. To add to this unraveling story, we have several Kuiper Belt Objects, or KBOs, coming to the cosmic conference table.

Kuiper Belt Objects or dwarf planets, some larger than Pluto, orbiting outside of Neptune and Pluto, also have an approximate 300 year orbit, they bring great meaning and nuance to the unpacking of this journey. Specifically this June, Orcus, Haumea, and Chaos, (all KBOs) are lining up by degree and speaking to sacred law, divine justice and truth telling. The full moon at 13 Sagittarius 18 minutes on June 3 is conjoined by the Great Attractor, an enormous gravitational anomaly, shining a light on truth with an invitation for living in alignment, and a harmonious relationship with nature and natural law.

Another quality to share in this forecast is the conversation between the Galactic Center, a heightened energy point of clarity, at 27 Sag and Neptune at 27 Pisces. This union mirrors a greater knowing, awakening and opening



"Pupae" Art by Kitty-Grimm

*When she was transformed into a butterfly,
the caterpillars spoke not of her beauty but
of her weirdness. They wanted her to change
back into what she always had been.*

But she had wings.

-Dean Jackson

Continued on page 11

to higher realms. We may be experiencing big dreams, visions and even receiving messages from spirit guides, angelic beings and beyond.

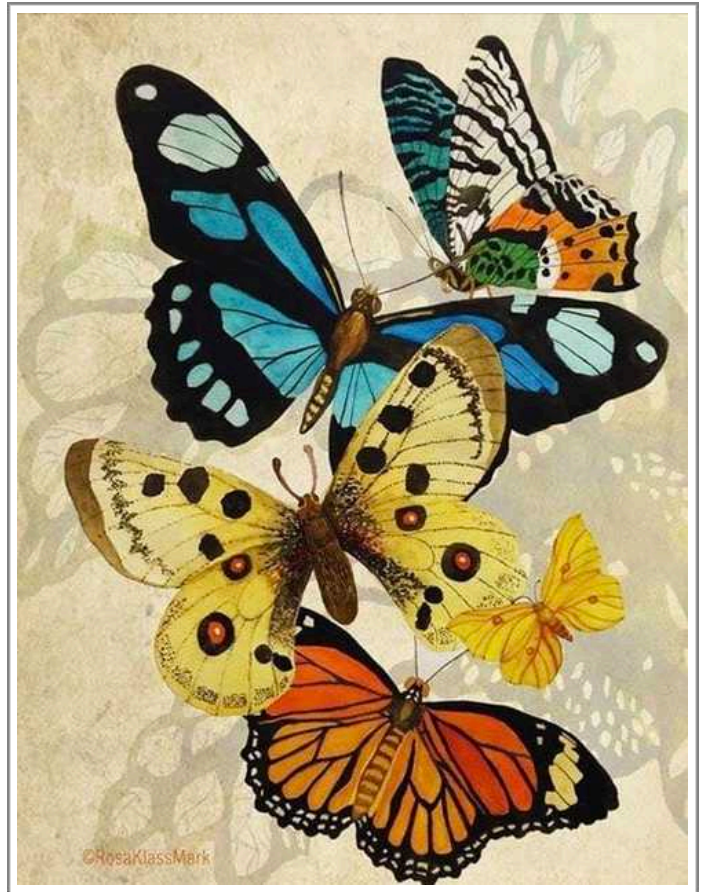
June brings us the beginning of summer with the summer solstice on June 21, the longest day of the year in the Northern Hemisphere. Summer is the busy season, our energy is yang filled with action, growth, and output. What you put into something, you harvest in autumn. Summer is the ultimate “doing.” In Traditional Chinese Medicine (TCM) we are in the Fire element associated with the small intestine and the heart. Foods to support this season include strawberries, cucumbers and melons, aka cooling foods to balance the heat.

Some herbs to consider this time of year include Gotu Kola for mental clarity (Gemini), Elecampane for anti-inflammatory and respiratory support, and lavender for relaxation to balance the yang of the season.

(As a reminder this is not medical advice. Please seek a medical professional if you have questions in these areas.)

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



“Waiting for the flowers” By Rosa Klass Mark

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Let Your Soul Come Alive with Ammonite

I sat quietly, tears swelling in my eyes, and a wave of chills flowing through my body as Dr. Wayne Dyer spoke to several hundred writers and aspiring authors in a Fort Lauderdale conference room. He said, “Free yourself of the good and bad opinions of others.”

I could feel a deep resonance. My soul whispered: *listen closely*. This was not the first time I heard that phrase, but this time it landed deeply. In my mind's eye, I saw all of the ways I allowed the opinions of others to hold greater value than my own. I saw the ways I twisted myself into a pretzel trying to make everyone else happy.

I had bound myself to the good and bad opinions of others. I scattered my energy and little by little I abandoned not only myself but also the dreams and gifts my soul longed to share with the world.

Much like many other women in my lineage, I mistakenly believed that sacrificing myself in an effort to make others happy would make me happy.

The reality was, this pattern left me feeling overwhelmed, confused, exhausted, and distant from my true nature.

I think, in one way or another, many people can relate to feeling this way — especially those of us who are empathic or highly

sensitive. It can be difficult to differentiate the feelings and truth of others from our own. So we bend and twist and along the way our own voice becomes harder to hear.

On that early spring morning, something was sparked within me. I may have been sitting among hundreds of other people, but those words penetrated me as though Dr. Wayne Dyer was speaking to me directly. My soul invited me to get curious.

A few days later, I returned from that event and my favorite piece of ammonite got my attention. I worked it into a necklace and began wearing it everyday. That pattern quickly unraveled. My inner voice gained clarity and the echo of others' words became faint. My soul began to reveal the truth of who I am and I finally felt unencumbered by the stories, opinions, and expectations of others. My heart opened as I received all of myself. The deeper I went within, the more clarity

I gleaned, and I joyfully embraced what made my soul feel alive.

Unhooking from the good and bad opinions of others is not easy. We care about the people in our lives. We desire good things for them and value their opinions. The challenge is that sometimes we dismiss our own inner voice and forget that bending ourselves in unhealthy ways does not create authentic, meaningful, or lasting relationships.

Ammonite is showing up this month to unravel any belief that tells us otherwise. It will shine a light upon our inner truth and help us to release attachments to the external storylines that scatter our energy and create confusion. Ammonite knows that as we explore our inner worlds, we unearth our truth, our soul light shines brightly, and we courageously expand into our authentic self. Ammonite wants us to be fully alive in all facets of life.

As you move through the month of June, carry a piece of ammonite, release old untruths, get curious about your truth, and let your soul come alive!

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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>



Ammonite in the Forest



...)) ((...


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Upcoming Online + In-Person Events
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August 11 - 13, 2023

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Shift Your Words to Shift Your Life

Words are creative energy. Precisely choosing your words is a precious practice that has immense power to affect your experience.

It is important to honestly listen to yourself to notice when you are expressing self limiting perspectives. It is important to own your power to choose new words that sentence you to new beneficial life opportunities.

When you notice limiting self talk, take a deep breath and choose a new life changing direction with your words.

Create questions or requests of Pure Creation that creates a shift in your inner consciousness and outer experience that are newly enlivening and life expanding. Desire to become an active explorer of expanding consciousness and you become a generator of new possibilities!

I like to experiment with combining words into sentences and questions that open my mind, my energy field and life beyond my typical expectations. When I do, I notice an uplifting energy, expanding awareness to new creative ideas, and inspiration to move forward in

new ways. When I choose a compilation of precise words aligned with higher vibrations of consciousness I invite and receive a more magical future, and my life responds. Inspiring sentences and questions are guides.

Here is a simple example of how I put this practice into action. When packing for a trip I may automatically perceive: "I have too much to do and too little time." That statement stimulates stress, scattered thinking, overwhelm and inefficiency. So, I play with verbalizing new possibilities. "I am perfectly ready for my travels with ease and efficiency. I know exactly what to pack and am ready in plenty of time."

I may ask: "How can I have more fun being ready?" When I do all this, I notice I feel calm, more clearly focused and I take new, clear action. The precise words align me with the actuality where I move through packing with ease and delight. It's amazing!

It's important to be willing to listen to yourself with an open mind to notice your body's response as you shine a light on your everyday conversations. Words have the power to influence how you feel and how you perceive yourself and others. Notice when you are speaking on 'automatic.' Stop and ask yourself: *Is this true? Do I really believe this? Do I really want this to happen? What new sentence, perception, or question is more aligned with my greater well-being and can shift me into experiencing greater possibilities?*

Questioning yourself reveals new, conscious choices that can raise your vibration in any given moment. This practice refines your capacity to access

The book cover for 'Luminous Infusions' by Beverly Brunelle features a circular portrait of the author in the top left corner. The title 'Luminous Infusions' is written in a large, elegant script font. Below it, the subtitle 'Wisdom to inspire self-awareness, discovery and empowering change' is in a smaller, sans-serif font. The background of the cover is a vibrant, abstract design with warm colors like orange, yellow, and red, suggesting a sunrise or a field of flowers. At the bottom, the author's name 'Beverly Brunelle' is printed. To the right of the book cover, there is promotional text: 'Now available on Amazon!' in a bold, sans-serif font, followed by the title and author's name in a purple, serif font. Below that, the subtitle is repeated in a purple, sans-serif font. Further down, it says 'Featuring full color photos and insightful guidance.' in a purple, sans-serif font. At the bottom right, there is an orange button with the text 'Order Now' in white, sans-serif font. Below the button, the website 'BeverlyBrunelle.com' is listed in a purple, sans-serif font.

Continued on page 15

higher conscious and new creative options. I call this *being in auto magic!*

I invite you make it a practice to shift your words to shift your life. Tune into how you feel with each of these common automatic assumptions: "I can't. I don't know what to do. Nothing will change."

Now shift to these statements: "I am willing to learn. I am open to new ideas. I wonder what my next wise step is."

"I am willing to learn. I am open to new ideas. I wonder what my next wise step is."

How does your energy respond with these options?

Your words create. Your words powerfully influence your mood, emotions, physical sensations, relations, health... all realities of your life. They direct your focus and act as perception filters that can limit your choices, or light up your awareness to new possibilities. When you notice feeling stuck, lost in limiting perceptions and unquestioned assumptions, with no seeming options for change...stop and deeply review your expectations.

When you truly listen to yourself, feel what you feel. Then, honestly desire new direction. You will receive a treasure trove of new perspectives from your most high future. By consciously exploring higher vibrational words, phrases, sentences and questions, you will align with vast new resources that expand your capacity to shift your consciousness and light up your life.

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Do you want to create significant change? Are you in a life transition? Do you want to open to more of your spiritual nature? Beverly's insights, wisdom, clarity, and skilled energy healing work are a magnificent support. Contact her for a complimentary 30-minute consultation. www.beverlybrunelle.com/contact



Evidence of Angels Signs of Spirit

I am a student nurse. I have always believed in angels and many times I have prayed for one to help me. During one of my rotations at work, I was caring for an elderly palliative woman. She was a sweet woman who touched my heart and soul in the short time that I cared for her. When she took a turn for the worse, it really hit me hard. I went home that night and prayed that God would send her an angel to sit with her and keep her company. The next day, I went to say good morning to her and she asked me who the woman sitting in the chair beside her bed was. There was no woman sitting in her chair, but I knew that her angel was there and I told her not to worry. She passed on the next day.

-Misha, Vancouver BC, Canada

I had been in a tumultuous argument with my wife, another of many. I went for a long walk to take time out, and felt the urge to go down to a lookout above the river. The sun had just set, and as I was approaching the lookout, I felt directed to look behind me to the East and felt an infinitely loving presence. In the kindest of tones, it said, "Look at what lies behind this" — meaning the discord with my wife. Looking toward the East, I saw the full moon just above the horizon. I realized that I am a person who is affected by the phases of the moon, and that it would be wise for me to exercise special care near the time of the full moon so as to not respond to the altered energy by indulging my tendency to argue with my wife! Since then she and I have had less discord. I bless the loving spirit who advised me when I needed it most.

-P. Calvert, New Zealand

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Send us your Evidence Stories (about 200 words) for publication in this column! theinnervoicemagazine@gmail.com





Seasons of the Soul By Kathleen Jacoby (1944-2019)

Reflections on Mt. Shasta Vista Point

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.” She left a wealth of writings and this is one of them, from a vacation to Mount Shasta.

Nature

Everything that we need for soul fulfillment is given by the natural environment. And our tendency is to try to find things to fill our emptiness — we go out and buy objects, we go to special seminars, and we do all these different things to place barriers between ourselves and the real gift of life, which is found in nature.

It is very essential, especially for people who live in cities, to find nature, to create spaces that have natural beauty, where the land has been left alone. We must go to areas where the land has been allowed to grow as it was intended, cared for and nurtured by itself. And some people call this act the work of nature spirits. But it is the spirit of life that is allowed to move through without restriction and without planning. Without the imposition of human perspective, nature thrives. Our human vantage point can sometimes be extremely limiting. And when we don't trust this beauty of untamed nature, all we have to do is go into a natural

environ as we are at this very moment, and look at this awesome setting which has not been designed or engineered by anyone.

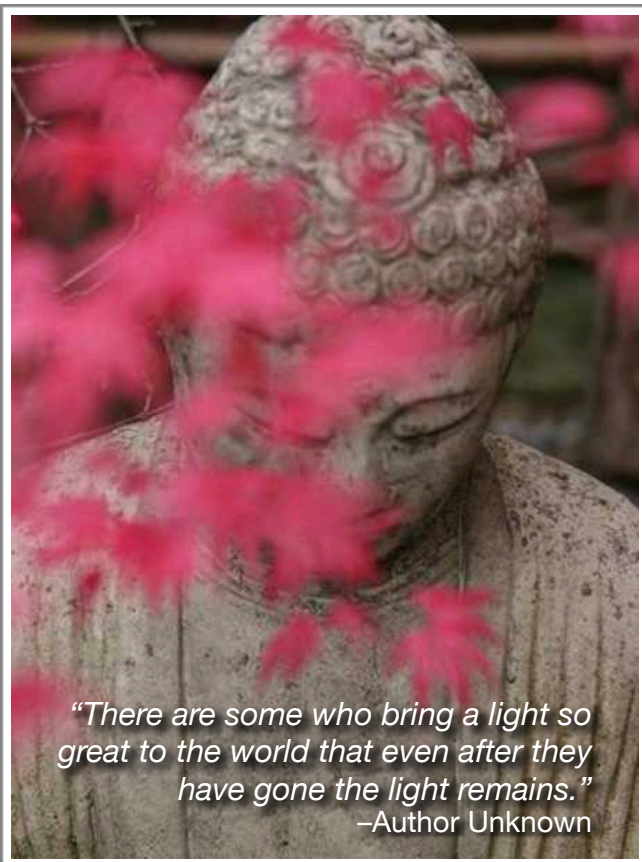
This is not a planned community. It is a grouping of energy called mountains, trees, water, sky, and it comes together in this perfectly orchestrated balance of physical possibility. It is here for all of us to partake in if we will merely stop and give ourselves the space to enjoy whatever the moment is. It is called practicing the presence, the Eternal Now. And it doesn't cost us anything.

We often think that if we don't pay, it must not have value. That which is given with no strings and no agenda is part of our heritage. Nature's beauty is a gift that frees our soul.

There are places nestled in our towns or in the parks of larger cities where we can go and selectively take our time to be in nature. We are given the opportunity to choose. Life is a process of choices. And by those choices, so are we known. We are asked to select with care because it has an effect upon us. It has bearing on our being. And when we make those choices that allow us space, time, quiet, and freedom...then something can happen within that affects us at core. We are in communion with life, and we become part of this natural process. We connect to the spirit of the land.

As we make a small choice and connect to nature once a week, we can decide to make that small choice twice, maybe three times a week. Perhaps when driving home from work, instead of going the direct route, we take a side road that leads us to a place of natural beauty. We can allow ourselves to sit quietly for five minutes and just be at one with all that we see, reflecting in the magnificence of creation. We become humble in these moments, for there is something beyond our own comprehension that fills us. When we partake of this moment, it is as though we are preparing ourselves to receive. There are whispers and glimmers that penetrate our receptive mind. We become receptacles because we have allowed ourselves to be quiet. And when we are in this state, we are fertile. Something can be planted within us... a creative seed can be allowed to germinate and sprout.

This doesn't mean that we go into nature once and forget about it. We don't take this as a novelty and then go back into the world from which we came. We have begun a process that enlivens us, and in forgetting this, we return to that which is deadening. The natural world calls us back again and again. Refreshed and renewed, communion with nature becomes our daily bread. Finding that and taking it within ourselves is utterly simple, and eloquently satisfying.



“There are some who bring a light so great to the world that even after they have gone the light remains.”

—Author Unknown

Photo: ©Jane Erica Hutchison

Continued on page 17

Weather

When we left on this trip, the weather was beautiful. It was sunny. We wondered what we would do if it rained, and as I look out I see beauty in the rain and gray that now surrounds us. Nature provides such bountiful gifts...sky, earth, and fertility. Embracing the earth, rain is the kiss that is part of the dance of life. We humans lose touch with these natural rhythms of seasons.

These days we are all concerned about the El Nino effect. This is something coming to allow for a re-balancing, because there has been a tremendous drought on the West coast for about 20 years. According to projections, we're going to have a tremendous influx of rain and it is going to cause what seems to be an imbalance. But when we get stuck in imposing the moment as the entire picture, we lose site of the greater reality unfolding. So what seems to us to be of crucial importance this instant may have a very different purpose from a universal perspective.

Our concerns are that we are being inconvenienced, or displaced. We do not want to have our plans ruined. What is needed is a larger view to zoom out and see this gift for what it is and not our expectation of it. And that applies to the way we look at all life. We need to move in ways that flow with what is given, whether it is snow or rain, hot or cold, or delays in plans. Every one of these time periods has something for us. And we need to learn the importance of being present with what is provided, rather than wanting what is not.

As the rain pelts in through the window of the car as I'm coming out with all of these magnificent pronouncements, I am moved to laughter. It is drenching me, but I'm feeling its gift. I am being kissed by life. Embraced by the rain drops, I am baptized and renewed in Spirit.

Our Place in Nature

One of the reasons why the spirit of nature manifests itself in forms that are visible to humans is to remind us that ALL nature is filled with life force. When we see forms that take shape, we are aware that there is aliveness even in things that appear unfamiliar to us. It is a nudge to return to our essence, to work

together *with nature* for the well-being of all life. Humans have done so much to move from our instinctive, intuitive nature. And yet we have an astounding capacity to find attunement with all of life when we redirect our focus.

Why are we being asked to simplify life? Partially because we are destroying a great portion of life in our pursuit of more and bigger. And what we are really destroying is the essence of ourselves! It is as though nature is extending a hand to us, and we are being invited back into the confederation of life...into accord with this beautiful spatial connecting link. And we've lost site of this.



Photo: Mount Shasta Vista Point

We've become a powerful force within the realm of this incredible earth, and we are acting unconsciously. It is a detriment to the earth, although in the long run she doesn't care. She can just shrug us off. She's done it before and can do it again. But what is disheartening to earth is that we are like an unfinished melody. We're lost notes. If we return consciously to being respectful members of the planet, we are going to create a beautiful symphony. So it isn't so much that, "Gee you guys are wrecking the earth and this is awful." It is awful. But what is deeply saddening to Life Force is that we are wrecking ourselves. We are ruining what is inherently true for us, what our true nature is all about.

Restoring the Garden of Earth

In alluding to the Garden of Eden, if humans truly come to understand what we are a greater part of, we are going to have this unbelievable garden on the planet. And we will be so happy.

Continued on page 18

We will have happiness we have never even touched upon because we are going to be integrally linked and connected to everything and everyone. There will be no separation. Sky, earth, trees, water. All of it as one incredible unified system.

We will move back into a state of fluidity that we had at one point, maybe in the times of these etheric step downs dimensionally. I think the Lemurians may have been from that group where they were really not bound in physical form as densely as we are or as grossly as we are.

But the key is to have this fluid motion in this dense state. We can do it. And as we attune, we are going to become lighter bodies. Even though we are dense physical beings, we do not have to be as solid. There will be a lighter element to us. And we will be charged with light particles. But our choices reflect whether we are going to be taking in light or whether we are retracting it, whether we are separating ourselves from it.

Every time we make a choice that separates us, that's when we want to go home and have the drink, take a hit off the cigarette, have a big meal, go out and buy new toys because we're bored. Every single time, that is the result of choices that take us further away from what we're all yearning for, which is this return to home. And home is not some place in the sky. It's not being dead, because we are already in a sense deadened, it is coming again to be enlivened and to come to the space where everything interpenetrates. It's like making love. It's like the whole idea when we're out of body and we're making love with everything. This is what we can do in body ~ make love with life. We create a loving atmosphere, and as we create this what we have is celebration. And life becomes not only the garden, it's the symphony. It's the dance. It's all of it.

Remember the Wild!

And that's why when people like Author Penny Kelly from Lily Hill Farm talk about the elves, and that the elves say *leave a space that is wild for us*, what they are really seeking to let us know is that it is in the wild ~ what we perceive as wild ~ the unformed, the unframed. They are showing us that it is not in the square because nature doesn't work in squares, it works in the circle. And so as you go to those areas such as where we are sitting now in the midst of beautiful pine trees, this is where the spirit of life lives. It does not live with that same charge, with that same capacity in these planned structured straightened, narrow confined avenues.

The participation is to *remember the wild*. Remember the wild flowers. What you have is that the wild is not meaning something that is out of order, it means allowing the spirit of life to infuse you so that we don't put these restrictions in the way. It is the artificial barriers that we construct that keeps us from something so marvelous and magnificent. And we do this people to people. We do this one on one, where we are very aware of our boundaries. Our heart may be doing one thing, but the head is saying no-no, that's not appropriate. And we do that in our

working environments with people because we don't talk from our hearts to them because intellectually that's not appropriate. What would happen if we come into what for us as humans is our wild space...which is the heart? The heart has its own reasons, and it doesn't operate on logic. It goes by something that is prompted through this connection to spirit, to the connection to all of life. It doesn't go into what is appropriate and what is not appropriate. It just is. And that is what this wild nature is about. It does not mean something that needs to be tamed. It means something that needs to be embraced because *that* is where the passion, that's where the authenticity of life comes forward. This is where it springs from.



It's interesting too in nature how you will see that the trees all live at different levels. Different shrubbery, different life all gather in one particular altitude. And then when you go to different altitude levels you have different vegetation. The vegetation of its own nature naturally goes to where it is designed to grow. And so there is an ordering. We don't have to do it artificially. And when we see what we've done in planning of communities...many people moved to Arizona because they had allergies from the vegetation in the East. So they go to Arizona. And in Arizona, there is none of that originally because it is not part of the natural environment. So these people go to Arizona and they take their vegetation with them, and you have the same problem. The allergies spring up. The key is that when we find ourselves in one locale, it is important for us to adapt to that environment. We need to eat locally produced food because we are part of that local system of energy. When we import things from other places we are introducing elements into our system that may not be appropriate for us. And when we go to a different area, we have to adapt to what that area provides for the same reason.

The whole message here is to take off the blinders and look at the natural world. See the incredible harmony of nature at work and recognize that we are part of that world, not apart. The separation myth is what causes us distress. We aren't meant to be isolated or to dominate all life. We are meant to partake of it...to learn from it...and to incorporate the essence of the natural world into our daily lives. When we do that in all areas of our lives, we are bringing the fulfillment of earth's potential into full bloom. We become the co-creators on this planet, not the destroyers. And then, and only then, the Garden of Earth will flourish!

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Solstice Serenity

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

Transformation this year is the balance of the Fire Dragon of change with Kwan Yin, the Goddess of mercy and compassion. This is also the Dance of Dark and Light, Yin and Yang, the Unknown and Inner wisdom. The Dance keeps us moving forward in enlightenment, change, and evolution.

Fire Dragon hit me squarely yesterday as I began to purge big time. I wanted to find my business cards to include the story of a piece of jewelry I was selling. They were scattered beneath accumulation from the last two years. At first, I thought this was a distraction away from writing and painting. But then it quickly turned into the Grand Purge of getting rid of all that no longer pertained to my life! Layers were disposed of, value judgements were made, and stacks were donated. It was a purification at the deepest level.

When I finally found all my business cards from the past, I realized that only one explained who I am today! I have dropped classes, clubs, and membership sites, which truly were overwhelming, time consuming, and not working as expected. From doing Live Paintings every Friday on FB, to gathering images of the Masters as examples, I walked away from it all. Time to burn the old out of my life.

Then, Kwan Yin re-entered my life. I have small statues and cards of Her, collected over the years. But this time she appeared as a 3' tall garden statue at our Sunday market. Beautiful, serene, and

a blessing to our deck, She has returned to watch over me. I needed to remember to love myself, to live in gentle mercy, and to value all I do. I have nothing to prove since I am enough right in this moment of time.

Summer Solstice Transformation is the Dance of Dark and Light. The Dark is nothing to fear. We all have dark and light within us, but they are not at war. To be in balance, one must see the dark as merely the Unknown, the mystery that we bravely enter to learn more about blending our Humanity with our Soul Self. Plus, this is a way to accept all parts of ourselves as we are, in imperfect

perfection. The dark needs the light to exist. Do not judge it or run from it.

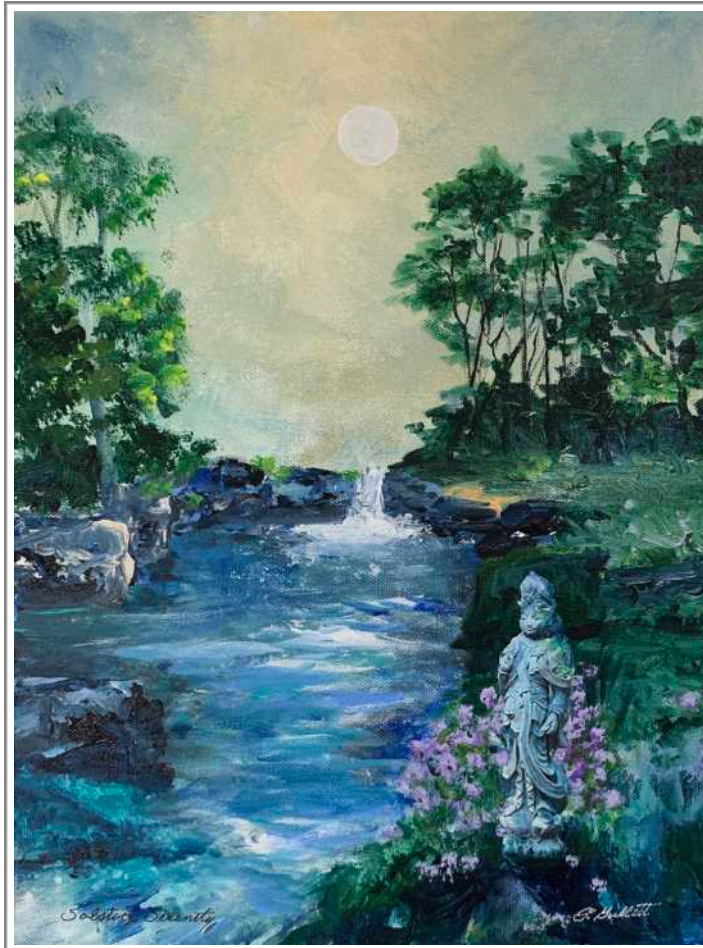
The Light is our inner wisdom. It shines on the dark to reveal new facets we have yet to face. We only get there by experiencing in the body, loving ourselves gently, and continuing on the journey of Life. Also, Soul is here to know the senses, to adapt to changes, and learn along the way. It loves to love, to be in beauty, to create, and play,

As I focused on healing my shoulder and wrists from overwork, sharing my techniques with the world no longer mattered. Instead, this became a time to focus on my art, writing, and me, as I watched my body go through the amazing experience of healing itself. Physical Therapy, building up strength, and moving the body became the daily priority.

But we need it all. Befriend the fire dragon. As the energy and vitality of the wild Fire Dragon burns away the old, the Goddess Kwan Yin opens our hearts to walking the Beauty Way. How do you find balance at this powerful time of the year? What is your Fire Dragon taking away that you have known in the past? In addition, we can never go back.

Fire consumes, transforms, and shifts the landscape of life. Go with it, flow like the waters, enter the painting on left and seek strength from Kwan Yin. Above all, each day is a beautiful gift of love. Summer Solstice is June 21. Celebrate the Sun!

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Solstice Serenity painting by Pat Gullett



Tuesday Teachings By Meredith Young-Sowers, D.Div

Getting Into Relationship With What's Around You

Have you ever wondered why life can feel pretty good on one day and terrible on the next? What happens inside of us that move's us from good to bad and back again to good when events stay pretty much the same. This moveable thermometer of our emotional well-being is actually based on being in relationship.

We tend to think of relationship as partnership or close friends. But relationship is an involvement, a focus on-what is in front of us. I have a relationship right now, for example, with the desk in front of me, the flowers on the side table, the books in the bookcase behind me, the chair beneath me and the trees I see out the window waving their brilliant leaves and on and on. In other

words, we are in relationship with everything as well as everyone around us.

When we are out of relationship — where are we? — We're in our head, in our thinking. The more our thinking takes over, the less we're in relationship with life around us and in this moment. This is another way of saying **stay present and in the moment**. But that phrase can seem pretty vague. But when we realize that staying in relationship to life isn't based on good or bad things happening to us, but on our willingness to stay present—to stay with ourselves right here and right now.

It is, after all, our ability to get into and stay in relationship with people and things—with all forms of life around us at each moment, which fills us with

God's love and with a sense of being connected to Life.

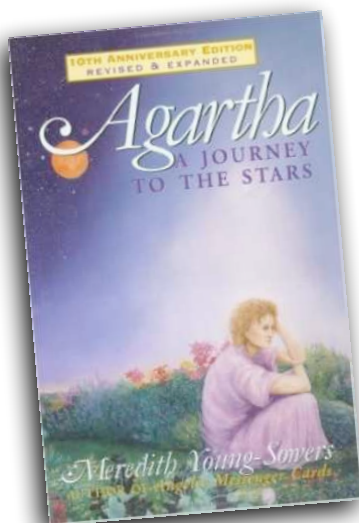
Lack of connection to life—drifting off into our thinking minds — what happened yesterday and plans for tomorrow — this all takes us out of relationship.

~ Meditation ~

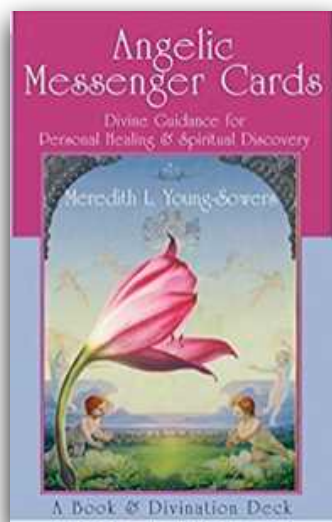
Take a deep, luxurious in breath. Now relax and breathe out. Breathe into relationship with the life around you. What's in front of you, next to you, behind you? What has depth, and color, and vitality? As you enter your world fully, you find the true sense of community and it all hinges on getting into relationship with life.



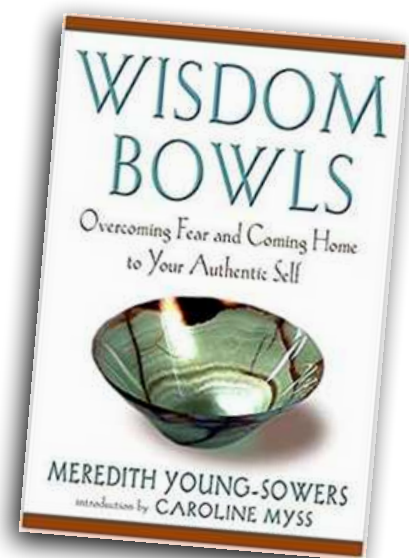
Meredith Young-Sowers, D.Div. is a watercolor artist and Author of: Agartha, The Angelic Messenger Cards, Spirit Heals and Wisdom Bowls. She is the Founder of The Stillpoint Foundation and School.



Agartha: Journey to the Stars by Young-Sowers, Meredith L. (2006) Paperback



Angelic Messenger Cards: Divine Guidance for Personal Healing and Spiritual Discovery, A Book and Divination Deck



Wisdom Bowls: Overcoming Fear and Coming Home to Your Authentic Self



The Sacred Masculine

An excerpt from *The Spirit of Saint Hildegard*

By Barbara LeVan Fisher

"Only the integration of the healthy Sacred Masculine and a resurrected Divine Feminine can save us from our destructive ways." —Rev. Matthew Fox

In the modern world, we often lose sight of the fact that we all have feminine and masculine parts to our psyche. In Hildegard's holistic view, these opposing energies would be viewed as a marriage or a sacred dance. And although Hildegard had chronic battles with patriarchy, she expressed a healthy balance between male (*animus*) and female (*anima*) energies throughout her life.

Carl Jung wisely advised: *"Know thyself and know thy psyche."* Jung represented these two subconscious archetypes as "science vs mysticism," "reason vs imagination" or "conscious activity vs the unconscious."¹ In many modern cultures, male energy is generally prized over female energy. Historically the struggle to control these inner psychological

and spiritual powers has played itself out as a struggle for domination, often referred to as "the battle of the sexes". But the battle is deeper than that, it begins in our individual brains and the inability to balance these dynamic forces with our own psychology.

What is the method by which we create more synergy between male and female? Hildegard's prescription would be: Creativity! She would have

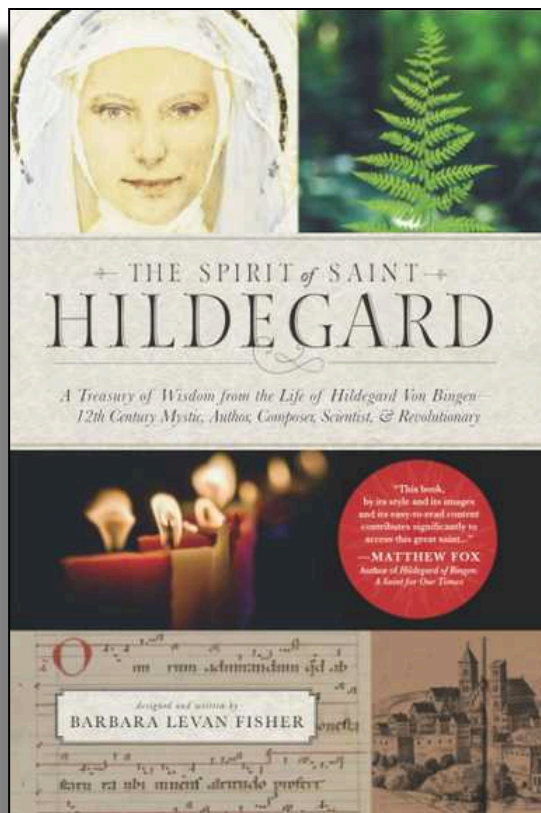
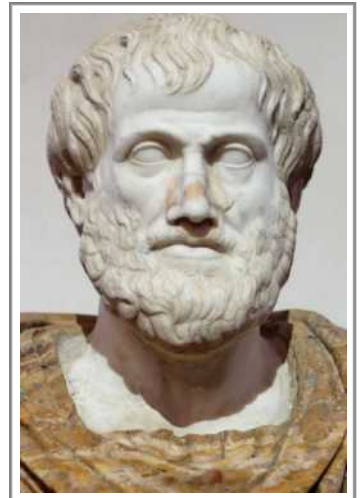
agreed heartily with the idea put forth by her fellow Rhineland mystic Meister Eckhart when he wrote, *"We are all meant to be mothers of God ... for God is always needing to be born."*

This means we are all meant to give birth—to be intimately involved in the creative process of bringing heaven to earth—in divine cooperation with all of life. As Rev. Matthew Fox says in his wonderful book, *Creativity*: *"To speak of creativity is to speak of profound intimacy. It is also to speak of our connecting to the Divine in us and of our bringing the Divine back to the community. This is true whether we understand our creativity to be begetting and nourishing our children, making music, doing theatre, gardening, writing, teaching, running a business, painting, constructing houses, or sharing the healing arts of medicine and therapy."*² Hildegard's message to modern society would be to lay down our weapons, both literally and metaphorically, and simply create!

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1 https://en.wikipedia.org/wiki/Carl_Jung

2 Matthew Fox, *Creativity*, Penguin Publishing Group (2004)



Get book here: [The Spirit of Saint Hildegard](#)





The Global Gathering Guests in June

Updates to schedule will be available on the calls

If you are interested in knowing more about the Greater Reality and seeking to explore all things Spirit and The After Life, **The Global Gathering** is for you. We are in collaboration with Wendy Zammit of **The Friday AfterLife Report** to bring you news on authors and experts in the field. The Global Gathering happens on Sunday in the US. Check for the time in your city and join the discussion with other like-minded souls from around the world. **Subscribe for free to The Friday Afterlife Report!** <https://www.victorzammit.com/archives/index.html>



June 4 • Elizabeth Raver, Ph.D. “A Medium's Journey”

ravelizabeth516@gmail.com

How I was born a "sensitive" and some of what I went through in order to become a medium later in life. Some personal experiences,

my classes, sessions, research, volunteer work, etc.

One especially important person in my life in regard to mediumship. My experiences as a medium-subject at Yale University's Project Hope and the Belief Lab; they are looking at differences between "voice hearers" (i.e., psychics/mediums who hear voices) and schizophrenics in order to develop treatments that do not involve drugs.

One of their findings includes that for mediums, voice hearing always leads to positive outcomes but with schizophrenics voice hearing always leads to negative outcomes. I think people love hearing about that especially since testing includes EEGs, fMRIs and a host of cognitive tasks.



June 11 • Susan Barnes & Friends “The Upcoming Physical Mediumship Conference at Lilydale”

susanbbarnes@gmail.com

<http://www.spiritartgallery.net/physical-mediumship-conference>

<http://www.spiritartgallery.net/physical-mediumship-conference>

June 18 • Gerald O'Hara “Psychic Observers Mid-20th Century Physical Mediumship in America”

gohar2702@gmail.com

The 1930s and 1940s were an age of unprecedented interest in mediumship and extraordinary claims to unique phenomena. Ralph and Juliette Pressing knew everyone who was anyone in the American Spiritualist movement and wrote about all the great mediums. Through the *Psychic Observer*, the medium's names acquired a star-like quality. A glamor was attached to the mediums' names, who became the 'must sit with' sensation of the day. The author's research identified one hundred and sixty-four direct-voice and trumpet mediums. The sensational séance reports in the paper were consumed by an avid readership that made the *Psychic Observer* a national American newspaper.



The book "Psychic Observers" describes a movement in its heyday. The *Psychic Observer* and the American Spiritualist movement were assailed on all sides by controversy. Journalists, police, courts, and psychic researchers, hounded the Spiritualists, wrote scandalous articles, raided their séances, charged them with fortune-telling, and hauled them before the judges.

Continued on page 23

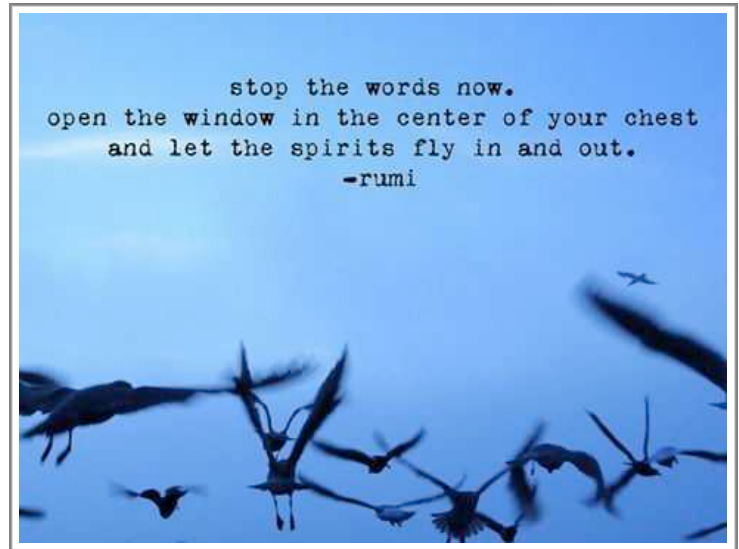
The Psychic Observer were there, reporting, defending, going to law, engaging lawyers, and syndicating their articles worldwide.

An extraordinary book, deeply researched, revealing fascinating new insight into the twentieth century American the Spiritualist movement.

<https://www.amazon.com.au/Psychic-Observers-Mediumship-Gerald-OHara-ebook/dp/BOBTQ5CD6N>

June 25 • Sally Stacy
“My Journey to Mediumship following the Loss of a Son”

<https://www.grief2growth.com/grief-2-growth-podcast-sally-stacey-incredible-spirit-communications-ep-99/>



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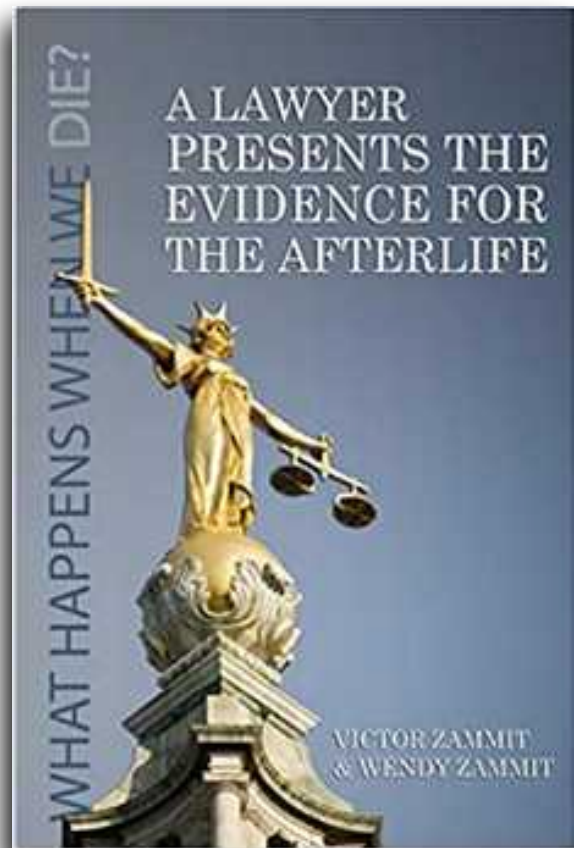
Wendy Zammit

wendyzammit@gmail.com

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

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Sydney/Melbourne 7 am Monday
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Message #11

From The StillPoint Within

By JA Dioguardi

What we require in any given moment is always available to us. When we allow ourselves to move through each day while trusting in the wisdom of Source, we exist in a holy space; we vibrate at a level of grace that keeps us right on course, safe and supported on our journey. Yet we often don't see the daily gifts with which we are presented in a variety of ways while living on this planet. The many benefits of whatever weather is occurring where we live could, in itself, fill the pages of a tome. The presence or absence of ambient noise in our environment also serves a purpose for which we are most often unaware. And even though it is unimaginable in scope to the reasoning mind, the precise timing of seemingly insignificant movements, performing a task, and utterances of sound are also overseen by Spirit.

Still, the phrase "God is in the details" holds a Truth that goes unrecognized by many. Despite the beauty and meaning present in the minutiae of daily occurrences, we as human beings rarely marvel at our existence. We so often miss out on the awe and wonder that is meant to permeate us and bring joy into the NOW; instead, we focus our attention on what we perceive as lack, what is *missing* and needs to be found. Ever on a hunt—off in the future via thought—we miss out on the infinite serenity and joy of presence. We believe in the false thinking of fear, judgement, and lack. We hold ourselves...apart from the embrace of the Divine in which only abundance, love, and peace reign. And we condemn ourselves to be outsiders when a loving and inclusive community surrounds and flows through us.

Step into the Light of love and acceptance by awakening to the miracle of every moment of life. Open your eyes. See the beauty. Feel the love. Be both the inclusive and accepting energies that compose the world of which we are all a part, whether in form or formless, manifest or unmanifest. All That Is vibrates, and we choose our frequency via our perceptions. Presence resonates in union with Source. Tune in to the Divine Harmony. Be one with the Choir of Souls by accepting yourself as a beloved emanation of Source while embracing *the other* as equally beloved and valuable.

"Whatever we require, inspired by life's creative fire, is in each molecule..." Be it an object, a sound, a sight, a smell, or a feeling, recognize the inherent vibration of God in all. We are not only living in a miraculous world, we are miracles ourselves—cherished emanations of the Divine, no more or no less of importance than the infinite Light of Source. For we are the ever-evolving Light. Let us shine!

Δ

About JoAnn Dioguardi in her own words: "I am a Cosmic Consultant for Change. I inspire, teach, and heal via the vibration of my words." For more of JoAnn's writings visit: www.jadioguardi.com



Dare to Dream

By Marc Allen

I remember seeing Hamlet
when I was a teenager
I walked away thinking, knowing,
there is far more in heaven and earth than I
can possibly imagine....

Later, as I grew and changed
I became fascinated with visionaries,
mystics, spiritual leaders, dreamers,
those who have had experiences that can
seem incredible, miraculous to us.

Some teachers even talked of
enlightenment
And Jesus and Buddha and many, many
others claimed to have experienced it, and
realized it

Were they lying? I don't think so
They were telling the truth as they saw it
And if they experienced it,
if they realized it,
So can we.

We can attain the same states of mind that
the highest,
brightest, most wonderful and loving
people
have ever had in the brilliant history of
humanity.

All we need to do is dare to dream
All we need to do is to find that
enlightened being
who is quietly residing within us.

Δ



Who's Fear is it Anyway?

By [Diane Bloom](#) of Free Spirit Crystals

Back in the early 90's I was playing ping pong with a friend of mine and each time we hit the ball over the net, we called out a fear that we had. It really illuminated the depth of how scared we were to truly step forward in our lives and become our magnificent selves. We tired of the game before we ran out of fears! I made it my mission to discover why I was so afraid. Where did these fears come from? Why were they so pervasive inside of me and why was I allowing them to run my life? Needless to say, I could write a whole book about that but I only have a few paragraphs here so I'll keep it short.

My fears — and most of all of our fears — were learned behaviors from our family, our teachers and our religious leaders. These pervasive lessons live in our cellular structure and our minds preventing us from moving out of the boxes that stored them. I can't tell you how many times I prevented myself from getting what I wanted simply because I was too afraid to ask for it or too afraid to do the things I needed to do to attain them. It caused great anxiety and pain until I learned that I could change the patterns.

I began to become conscious of what the fears were, where they came from and then identify that they did not belong to me. I began to give them back to those who taught them to me through meditation, journaling, music and therapy. I started to ask for things, I stepped to the front of the line, I sat in the front row, I gave myself permission to listen to my own heart rather than the voices of the past. It shifted my values, my self-confidence, my belief in myself and my connection to spirit. I began to trust that I knew exactly what it was that I wanted from my life and I went for it. No regrets!

I encourage you to listen to your heart, to begin to understand how your fears are holding you back, to take one step at a time to overcome one fear at a time. Be brave, be bold, be courageous and don't care what others think about what you are doing. It's your life and you get to live it without fear!

See [Diane Bloom](#) for a special stone layout that helps release fear.



Do one thing every day that scares you. -Eleanor Roosevelt

He who is not every day conquering some fear has not learned the secret of life. -Ralph Waldo Emerson

Never let the fear of striking out keep you from playing the game. -Babe Ruth

Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so we may fear less. -Marie Curie



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The Gentle Art of Blessing

By Pierre Pradervand

We recently started reading and digesting the book, *The Gentle Art of Blessing: A Simple Practice That Will Transform You And Your World*, by Pierre Pradervand. The title is somewhat misleading in that even though the practice of blessing is gentle and internal, the results can be very powerful. So that is misleading in a good way! If you are not in the habit of blessing, you will learn in just the first few pages why and how you should make the practice of blessing a habit. The metaphysics of the process is simple; "What you put out you get back." So when you get into the habit of blessing everyone and everything in your life, you will start to notice positive changes and blessings in your own life as well.

Spiritually we are all connected. We are all One on an energetic level. So blessing others is really like doing something good

for yourself at the same time. However, many times we are challenged to send blessings to people who have harmed us in some way, or to public figures we don't like. But if you can put those feelings aside and bless that person, eventually what started out as an act of the will becomes an act of the heart. Here are some of the ideas in Mr. Pradervand's original tract: * On awakening, bless this day. * On passing people in the street, on the bus, in places of work and play, bless them. * On meeting people and talking to them, bless them. * As you walk, bless the city. Blessing is a form of giving. Giving is a form of service. Service is what each life is ultimately about.

Mr. Pradervand makes a magnificent point: "It is impossible to bless and judge at the same time. So hold constantly as a deep, hallowed, intoned thought, the desire to bless, for truly then shall you become a peacemaker, and one day you shall behold, everywhere, the very face of God."

Jesus of Nazareth promised that we would be judged if we judge. We've seen it time and time again. I don't know about you, but I don't know anyone, including myself, who while growing up was taught to bless anything beside the family meal before eating. However, we were taught to be critical and to judge everyone and everything. What a different world we might have if everyone were taught this basic practice! We have very powerful minds that simply need to be re-directed and put to a higher use.

The book has many anecdotes, both large and small, depicting the results of blessing. One reviewer on Amazon said that he originally thought blessing was a stupid idea. Then he decided to try it on strangers when he was on public transport because he was bored. Strangers turned around many times. Strangers smiled at him and some even spoke to him as he

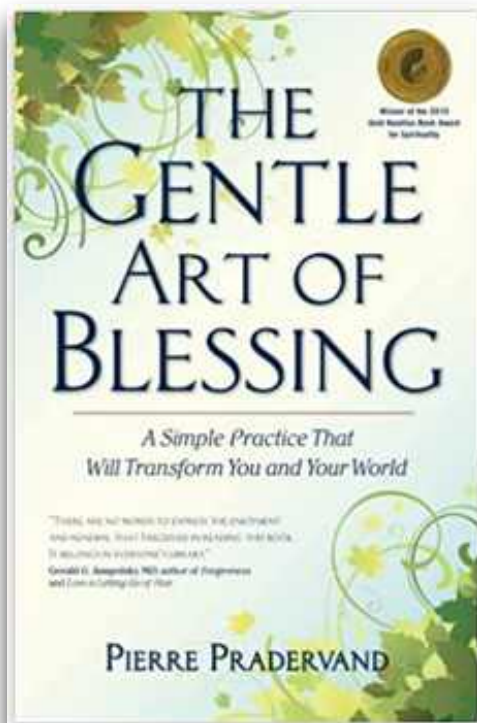
blessed them. He went on to also bless those who have hurt him as he was falling asleep. The surprising result was that he got an email from someone who hurt him three years earlier, and he said he was sorry. He thought it was a bit scary! Now he says, "No matter what happens, I just want to use this method to fill more love into my heart and remove the anger and hate that has been torturing me."

It is far more productive and healing to bless others than to curse them. If you want to contribute to uplifting humanity then this book will teach you how to do just that. In my opinion, this is a book that should be available to both high schools and colleges. It is a most needed way for people to learn to handle the negatives in the world. There is no education like this today and should be required reading, study and practice.

For the metaphysically inclined, it is a perfect and practical way of correcting thought so that negative altering influences do not take control, but one is given dominion over all his affairs for daily living. I highly recommend this to any individual who cares to live harmoniously in their lives. The good learned from this book is immeasurable. Taking the time to bless people you meet changes your whole perspective. It's a simple but powerful form of prayer. When we fail to bless others with joy, peace, success, love, and happiness we are stunting our own spiritual growth. I choose to see this book as an invitation to live from the heart and to bless others sincerely. A very powerful message that what we think, do, or say has a tremendous impact in our world. I highly recommend this book! I read it and felt transformed by its message.

Read Testimonial on page 27

Δ



<https://gentleartofblessing.org/the-gentle-art-of-blessing-video-in-english/>

Testimonial of a Blessing

I would like to give a testimony of my very new experience in the practice of blessing. In the 3 or 4 days I have been practicing it, I have started to bless everyone and everything that I meet, everything that comes to my mind and I have immediately noticed very big changes which encourages me and gives me the desire to continue.

Not only has my relationship with others changed, I feel that for the most part, I attract them more. I also feel better in their company, but it seems to have healed me from within. I feel all my cells singing and like vibrating with love whereas before they were blocked by judgments or fears of being judged and my body was closing. Today my face is glowing. I feel that the very essence of healing is activated in my cells, I have great difficulty hiding my joy these last few days, I feel that it is a form of ecstasy.

Forgiveness and blessing are synonyms for love. In any case, they are a full and true expression of it, and I testify to their power and truth.

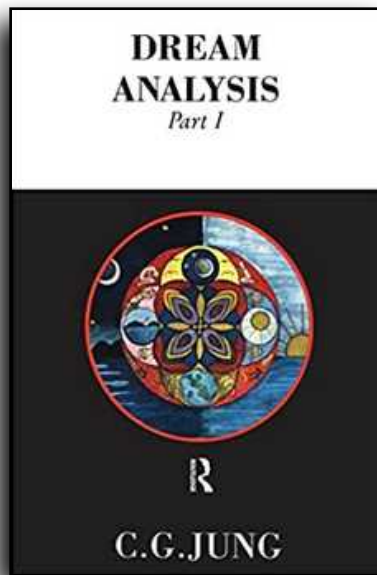
So, I thank you once again from the bottom of my heart for this sharing and this immediate healing.

It is miraculous.

—Matthieu

<https://gentleartofblessing.org/new-experience-in-the-practice-of-blessing/>

Whenever We Touch Nature We Get Clean

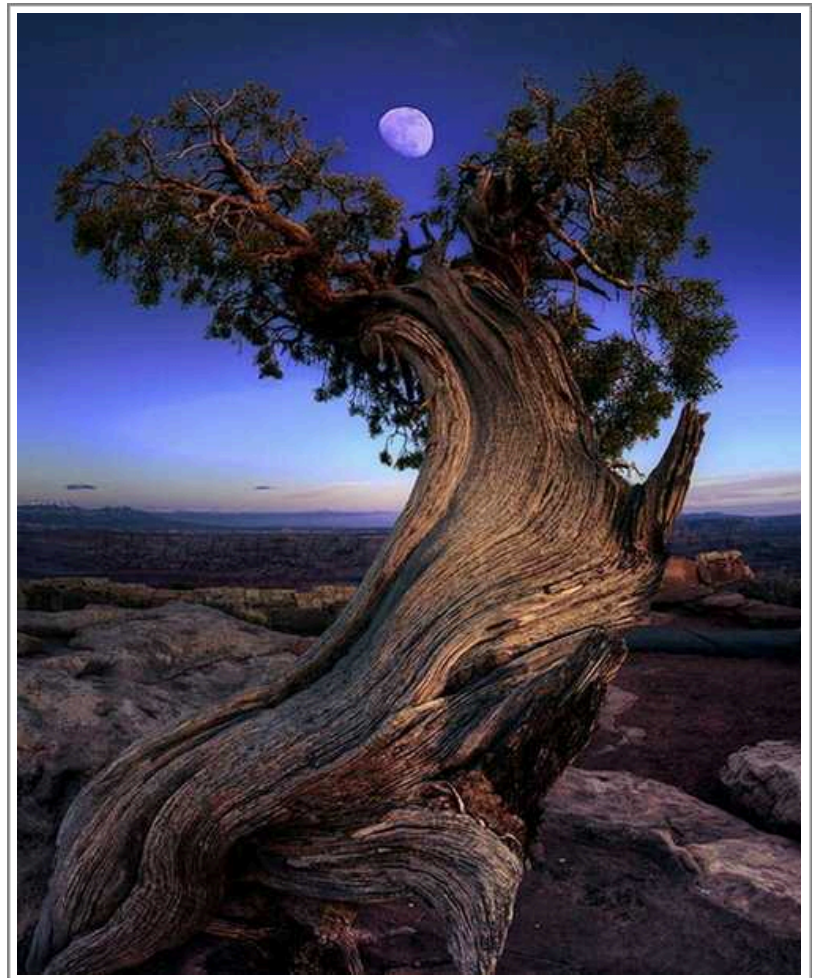


People who have got dirty through too much civilization take a walk in the woods, or a bath in the sea. They may rationalize it in this or that way, but they shake off the fetters and allow nature to touch them. It can be done within or without.

Walking in the woods, lying on the grass, taking a bath in the sea, are from the outside; entering the unconscious, entering yourself through dreams, is touching nature from the inside and this is the same thing, things are put right again.

~Carl Jung, Dream Analysis

Δ



“The twisted tree lives its life while the straight tree ends up in planks.” ~Chinese Proverb

Feng Shui for Couples to Balance Yin and Yang

By Nancy Freier

Want to ensure a happy marriage? Newlyweds have a wonderful tool to help ensure a long-lasting, loving marriage that I hope they will be inspired to use. When I got married in the 70s, I wasn't aware of this wisdom on how to merge my life and household with my husband's life and household. Being young and in love, I assumed our love would weather any storm. I hadn't yet heard of feng shui, nor was I aware there is a direct relationship between people and their home environment. I didn't know we could set the stage to support love, romance, and to enjoy good fortune. I didn't know there was a science that addresses such issues and ensures health, wealth and happiness. Walking down the aisle back then felt more like rolling the dice. Maybe we would be happy, and maybe we wouldn't.

I first discovered feng shui, the art of furniture placement, long after that marriage ended. When I went to my first lecture on this design philosophy in the 90s, something stirred within me, and I needed to learn more about how we are directly affected by our furniture and surroundings.

Before feng shui enlightenment, I unfortunately chose a palette of cold blues for our bedroom. I remember having just one night stand — on his side of the bed ° a big mistake according to feng shui. Looking back now, I see I had lost my voice in the relationship. We became 'unequal.' He seemingly held more power and made critical choices that left me on the outside looking in. We moved a few times during the five years we were together, and each time more wrong choices were made in color schemes, furniture layout, and even the choice of house to live in. Looking back, I see that we never had a supportive stage for our relationship and that followed us to the end. No surprise that marriage ended.



Photo: <https://shoppe.amberinteriordesign.com/>. Large master bedrooms can be made cozy and more conducive to rest and romance with a 4-poster canopy bed. Plush textiles soften the masculine lines and help balance the yin yang of the room.

Learning from the mistakes we made, I now know our homes did not support us. The shapes of the rooms had sharp angles under eaves; the bed didn't face in the correct direction; we had inherited, hand-me-down furniture that not only had sharp edges 'that cut like knives' but held unpleasant memories of where the furniture came from. Even the artwork we hung on the walls conveyed messages of discord and separation unknowingly.

Years later in the 90s, I read a magazine article on feng shui titled, "*Now There's A Doctor FOR The House!*" It was the first time I heard the term feng shui. It explained the essential tenets of how, when we have our house set up correctly and the chi flows properly, it nourishes everything in its path, including those who live there.

There was that missing piece! Yes, you can experience your deepest dreams and highest goals as expressed in the vows shared on your wedding day!

In feng shui, we understand that everything is energy; everything is interconnected; and everything is constantly changing and we want to find a way to change with it. When two people start a new life together there is a mixing of not only their energies, styles and tastes, but also their furniture pieces and other items they bring to their new home. We want to be sure these things come with good memories attached and both of them love the item.

Start off in a clear space. Ideally, move into a new living space together. If one of you has moved into the other's house or apartment, a space clearing will

be especially important. Have the space thoroughly cleaned and professionally clear out old energies to give your marriage the best advantage.

Choose bedroom furniture you both love and agree on. **Good choices are** rounded edges and soft “kind-to-your-body” shapes to help create an inviting space where you want to retreat after a long day. Regardless if you buy new pieces, or if you inherited them, be sure you both love what you place in your home.

Art and images also have a powerful effect on you. Carefully choose artwork that makes you feel happy and remove anything that represents loneliness, hard work, or conflict. I saved a couple from certain divorce by removing her single-woman living a single life themed artwork in exchange for images of loving, happy couples. Within days her husband felt he belonged in the marriage and in their home! Ten years later, they are still happy together!

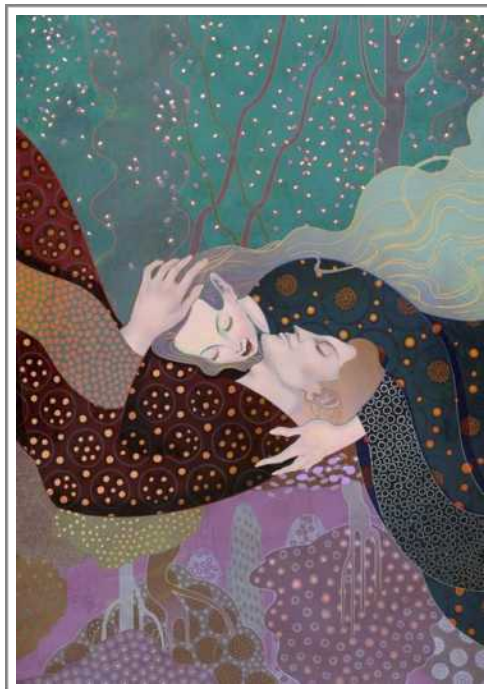
Choose colors carefully. The best colors for the bedroom are skin tones including creamy beiges, tans, chocolates, soft pinks, coral, raspberry,

burgundy and amber. Touches of reds add fire to keep love burning brightly, but too much red can have a reverse affect. Pure white, all blues and cool greens will make the bedroom chilly if they dominate so use them sparingly.

The master bedroom should be a place where all the senses are celebrated. Use sensuous fabrics, faux furs on pillows and throws. Contrary to popular architecture trends, you do not want a large bedroom. If you already have a large master bedroom, create a cozy space for the bed.

Eliminate all active chi items completely from the master bedroom. It's been said, “Bring in the TV and out goes the romance.” If it must stay, cover it when not in use. Same with mirrors..

When you're laying in bed, be sure you have a view of the door. Allow enough space on either side for two night stands of equal size and scale complete with a lamp on each. Couples who share the same view from their bed tend to share the same point-of-view in life, so make that view absolutely wonderful! If you have an ensuite, close the door to the

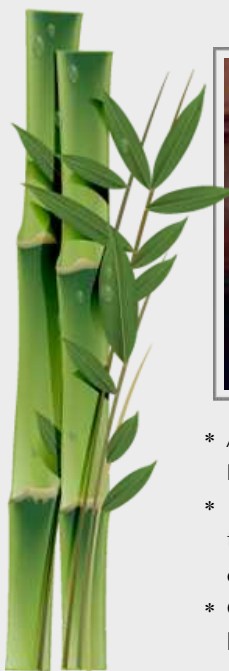


Artist Mikki Lee

bathroom at night. What you see first thing in the morning sets the tone for the day. Make it beautiful!



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There's **Beauty** in Transformation

By Lynn Schuster

(Reprinted from The Inner Voice May 2020 issue)

While I was talking to one of my clients and her dog about his emotional issues, I saw a grass snake glide through on the ground next to the dog. Although the dog saw her too, he was unafraid and did not give the snake any consideration. I acknowledged the snake and knew that she interrupted our session because she had a message for me.

When I had a moment to myself, I called on snake. She told me that she embodies Spiritual Guidance. As a Spirit

Animal, she appears when we are stepping into the unknown and need support to move forward. Furthermore, her mission is to help us shed old patterns, habits, beliefs and behaviors related to fear. I understood why she came in during that particular session, after all, the dog and I were talking about healing and shedding his anxiety and fear.

Snake is here to remind us that this is a time of transformation. Being that she travels on the ground most of the time, she is close to Mother Earth and she represents life force energy.

"It is very important to notice where you draw your energy from," she told me. "It is essential to ground yourselves as you step into the unknown. You need support to move forward and snakes are symbols of healing powers and opportunities. Like the snake, it is time for us to shed our skin." As we release anxiety, we are raising not only our energy vibration, but also the frequency of the entire planet as well.

"It is definitely a time to look inward!" she said. "Shed your skin and release that which no longer serves you. As a culture, the human race is ready to shed old fears and move into the Light of love, gratitude, forgiveness and compassion. All of you are ready to broadcast these emotions which bring you to a higher frequency."



The snake told me that our behavior has to change in order for us to thrive into the future. Our minds are more powerful than we can ever realize. You might be asking how can this be? My thoughts are in my head. But, our thoughts are not contained in our head. Our thoughts are broadcast like radio signals. The more thought we give to an idea or a feeling, the easier it is to bring that thought, feeling or idea into our reality. Now, more than ever, our thoughts and feelings matter.

As humans, we have been brought to a place where the common thought is centered on our feelings about Covid-19, or fear of economic recession. Putting our thoughts toward seeing the world as a beautiful and loving community can help each of us release the fears that have kept us imprisoned for centuries. By thinking positive, we can empower ourselves to facilitate a change in our evolution. Through our thoughts, we actively engage change in our communities. Thoughts of fear distort our thinking. Like looking through a pair of dirty glasses, our vision can be distorted until we clean the lenses.

There is a collective reality through collective consciousness. Our thoughts are like tuning forks. The more individuals who share common thought, the more powerful our vibration becomes. My wish for you is to hold positive thoughts of perfect health, harmony, love and gratitude.

Δ

Lynn Schuster, Telepathic Animal Communicator, Intuitive, Reiki Master/Teacher, Artist

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Dolores Cannon Creator of QHHT®

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