

The Inner Voice

A Source of Light For Unfolding Consciousness • December 2021

Welcoming the Light

The Light Within by Penny Kelly

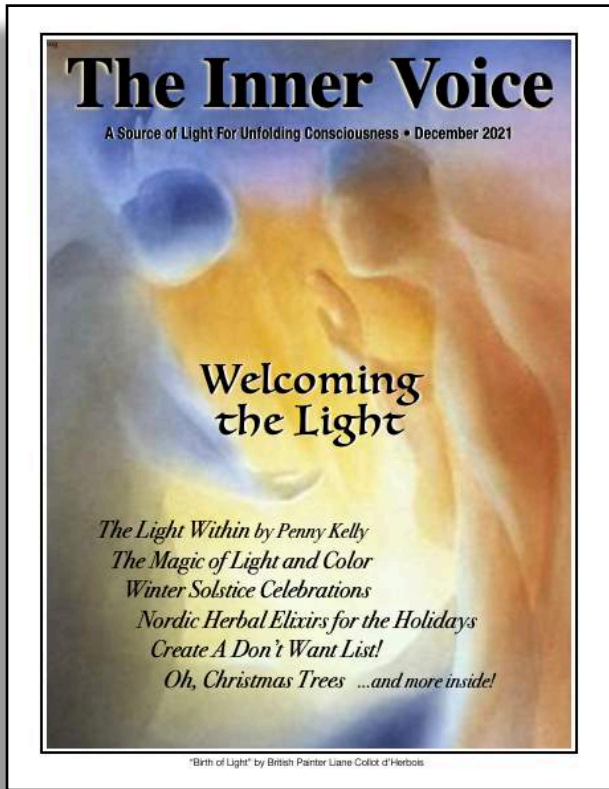
The Magic of Light and Color

Winter Solstice Celebrations

Nordic Herbal Elixirs for the Holidays

Create A Don't Want List!

Oh, Christmas Trees ...and more inside!



G racing our cover this month is a painting called "Birth of Light" by French artist Laine Collot d'Herbois (1907-1999). She built upon the color work of Goethe and Rudolf Steiner, emphasizing the creative forces of light and darkness in painting, both artistically and therapeutically. Read story on page 11, and more examples of her beautiful art on page 16. More information about her work can be found here: www.lightcoloranddarkness.org

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Body, Mind, Spirit, Heart & Home*

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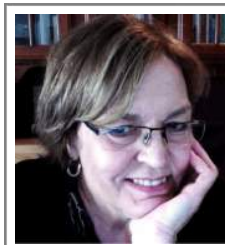
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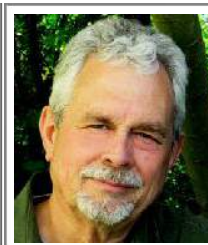
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The Inner Voice Magazine intends to serve as inspiration for healing body, mind, spirit, heart and home. The information in this publication is not meant to replace the advice of healthcare professionals. We aim to bring through the highest vibrational information we can find. The opinions expressed are not necessarily those of the publisher or editors. We encourage you to listen to your own inner voice for guidance and direction on your path. May your life be blessed by reading and sharing this magazine!



Your Hosts
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Dear Readers,

With tidings of comfort and joy, I invite you to turn on the tree lights, cozy up to the fireplace, choose one of Gigi Stafne's tantalizing Nordic elixirs (pages 20-21), and get ready to read all of the enlightening articles in this issue! It is filled with Light and inspiration for creating peace, love and harmony in your home and life this holiday season.

Steve Freier tells how he was able to establish peace in a chaotic situation by calling on the Christ Light, page 6. Author Penny Kelly wrote, "The Light Within," with some amazing insight, page 10.

Bestselling feng shui author Terah Kathryn Collins writes: 'tis the Season for Light, page 24. Read about the Magic of Light, page 19; and the Winter Solstice, page 25.

Learn some of the fascinating history of Christmas trees, page 8.

These are just some of the articles you will enjoy during this season of celebrating the birth of Light.

A new contributor, Author and Artist Jurgen Ziewe caught my eye sometime ago when Steve reviewed one of his books for this magazine. Ziewe reportedly travels out-of-body to the heavenly realms, then returns to paint what he saw. Read his article on page 26. And, watch the video "Vistas of Infinity: The Far Reaches of Consciousness." The link is in the article.

So, read it all! Then, get out there and shine your Light! And, as the song goes, ... help to make the Season Bright.

Happy Holidays!

Nancy



Angel Talk™

Welcome the Light and Shine!

By Nancy Freier and Sreper, Angel of the Great White Light

This Christmas and Winter Solstice signal a Clarion Call to rise up in love and respect for others and for the Earth. Christmas is the celebration of the birth of the Christ Light.

To the Christian, Jesus embodied this Light. His birth was to exemplify this same Light is within us all. Look into your deep self and see the glowing embers there. Be this Light. It is contagious, because as you act from Light and Love for other beings, others will be attracted to it. Hearts will warm and we say that one-by-one; then thousands-by-thousands, the world will be aglow. This is not an outer light that you see with your physical eyes, but an inner light that is felt with the heart. We say this is an ah-ha moment of your life!

You will revel in this Inner Light that will sustain you going forward into each new day and new year. Come alive with joy, and awe, and wide-eyed wonder ~ the likes of which you hear about from the dearly departed who reside in the Heavenly realms. Know that is a perfect, unfolding plan in which this Light will win over darkness.

Simply, sincerely ask your Guardian Angels to lift you up from the world of darkness and pain into the higher, sacred dimensions. You will see new ways to live in the Light that will stop hurting you and all of life, including: other humans, the plant and animal kingdoms, and Earth herself. Meditate on ways you can banish fear and replace it with love. Love one another and love Mother Earth. There is much to be done.

Start with changing your habits. Honor the Earth and stop destructive practices. If it isn't happening where you are, be the initiator. It is high time to pay attention to the messages of Earth's

warming and imbalances: the tremendous and destructive hurricanes, floods, drought, fires and the melting of the ice caps. Even now we see man is looking for "planet B" and if found, in time it too would be destroyed just like what is happening on Earth, that is, of course unless you awaken to what the ego is doing right now, and correct these actions and intentions.

We say that the dark experiences have played themselves out, but it is up to humanity waking up and making changes. It's time to "play a new game." We ask that you be done with the whims of the lower self. Awaken with this New Dawn and change the script to that of love and connectedness to all beings. Step up to the higher realms of Love and Light as your guide and don't look back. Take off the lampshade and shine your light! Channel the Christ Light anew and be the beacon you truly are.

Call on us. Ask your angels for guidance in what you can do for yourself, for others and for healing the Earth. We see your argument that you are just one person ~ what can 'I' do? But we say it is like lighting a candle at the midnight hour... it brightens the room just that much. And this Light is contagious. More and more people will be attracted to the mission. This is the time in your evolution that you and the Earth have waited for.

Go forward in awe and wonder at the possibilities before you this magical season, and rejoice! The Winter Solstice signifies the return of the Light to your heart and to the Earth.

And we say, all of the heavenly realms are celebrating this glorious time with you. Welcome the Light and shine!

Δ

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*All I Want
For Christmas is
an Angel Reading*



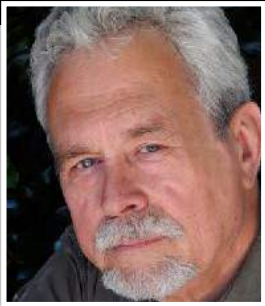
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The Greatest Gift

By Steve Freier

What does Christmas mean to you? Does it represent weeks of hustle and bustle, shopping, and endless parties? Does it bring up feelings of loneliness because you can't be with your family? Or perhaps the season brings up feelings of guilt, memories of drinking, fighting and arguing among the relatives?

Our cultural conditioning, family conditioning, and personal experience has set the tone for the way we each experience Christmas. It can be one of joy, sadness, or a mixture of emotions. Over the years I've had my share of the ups and downs at Christmastime. For me, the key lies in the way I had previously viewed my world and my opinion of myself because the minute I start to identify with human conditions, or any kind of condition not created out of a consciousness of Love and Oneness, I start to experience a world of limited, conditional living.

If we are going to have a true experience of Christmas I feel it is important to spend time steeped in *Christ Consciousness*. Jesus was a wayshower. He preached and demonstrated the way to attain Christ Consciousness. Many times he stated, "*I and the Father are One*"; "*You are Gods*"; and "*The things I do, you will also do, and even greater.*"

His message could not be any clearer. Jesus' entire life was a demonstration of his growing understanding and application of Truth Principles and knowing His Oneness with *All That Is*. Even at the end of His Earth life, He showed it was possible to rise up and overcome the ultimate illusion called death.

In my mind, Christmas is a time to celebrate the birth of the Christ Consciousness in all people and an opportunity to realize the birth of this Light within yourself, and everyone else.

Christmas is a time to celebrate that we all have the potential to live as Jesus did and to realize we are One with the Father and to be our true God selves. So, this season is yet another opportunity to realize the Christ Consciousness within you. It's the gift of the season!

Jesus came to show us that we all have the same potential; to realize the Christ Consciousness within ourselves. The seed has already been planted. All we need to do is acknowledge its presence and choose it. We can do this right now, no matter how difficult our current life situation may appear to be.

I recall a personal experience that happened a few years ago. At about 11:30pm a neighbor and his 16 year old son began fighting. There was a great deal of swearing and scuffling, and their dog's barking added to the commotion. I (my ego self) was ready to go there to do something to stop the fight, but as angry as I felt, I drew back. Then, suddenly it occurred to me that I could sit down, take some deep breaths to calm myself, and say out loud...

"The Presence of Christ enters this place. The Christ Consciousness is now present to create calm."

I said these words with great conviction. At first, nothing seemed to change as the chaos continued. But then, all of a sudden, the ruckus started to die down, and within a minute the dog stopped barking and there was complete silence! All of this took place in less than five minutes. I was stunned and amazed at the outcome!

The power of bringing in the harmonizing intelligence of the Christ Mind is totally beyond our ego mind's comprehension. My ego mind would

have had me go up there and get involved in their fight easily making things worse by trying to settle it in that way.

Another example occurred while I was on a late night "puddle-jumper" flight. I recall the constant crying of a baby midway through the trip. At one point we had to land and de-board the plane. All of the passengers were sitting around in the waiting area and the piercing and annoying sound of that crying baby continued. At that moment it occurred to me that I should "pray" utilizing my innate connection to the Christ Consciousness. So, I prayerfully asked that the baby get whatever it needed to feel better and within a few minutes there was peace!

Why not make this Christmas a wonderful experience? No problem can resist the harmonizing activity of this Supreme Intelligence. If you are in any chaotic situation this season, call on the Christ Consciousness within you to intervene. Consider what could happen if each one of us chose to activate this inner power? We could create peace in our hearts and minds, and peace on Earth. Now that's the true gift of a Merry Christmas! Δ



Steve Freier is a researcher and reviewer of metaphysical books. He is also a professional video producer specializing in personal and promotional videos in YouTube fashion. He resides in Door County, Wisconsin. Contact: sgfreier23@gmail.com

*Wishing You Peace,
Love and Harmony*

Transition

By JA Dioguardi

During a time of transition,
you evaluate your position
and decide what it is that should stay
and what needs to be thrown away.

Passage from hither to yonder
will compel human minds to ponder
the possessions and habits amassed
that are better off left in the past.

With the holiday season upon us
and the new year clearly in sight,
make the transition from darkness to light,
despite the commotion and fuss,
by focusing on inner peace.
Through presence, your fear of change will cease,
and you'll welcome the chance to begin
refining yourself from within.

Negative thoughts that defined you,
once released, will remain behind you;
when replaced by resilience and hope,
with uncertainty, you can cope.

Baseless beliefs that had crippled
the emotional cues, which rippled
through your physical form via Soul,
now dissolve to expose your true role.

Who you are (and were always meant to be)
now shines like the lights on the Christmas tree!

The new year will surely bring changes
since transition, your life, rearranges.

△

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



Photo: [Mauro Laconi](#)

The History of the Christmas Tree

<https://www.history.com/topics/christmas/history-of-christmas-trees>

The history of Christmas trees goes back to the symbolic use of evergreens in ancient Egypt and Rome and continues with the German tradition of candlelit Christmas trees first brought to America in the 1800s. Discover the history of the Christmas tree, from the earliest winter solstice celebrations to Queen Victoria's decorating habits and the annual lighting of the Rockefeller Center tree in New York City.

How Did Christmas Trees Start?

Long before the advent of Christianity, plants and trees that remained green all year had a special meaning for people in the winter. Just as people today decorate their homes during the festive season with pine, spruce, and fir trees, ancient peoples hung evergreen boughs over their doors and windows. In many countries it was believed that evergreens would keep away witches, ghosts, evil spirits, and illness.

In the Northern hemisphere, the shortest day and longest night of the year falls on December 21 or December 22 and is called the winter solstice. Many ancient people believed that the sun was a god and that winter came every year because the sun god had become sick and weak. They celebrated the solstice because it meant that at last the sun god would begin to get well. Evergreen boughs reminded them of all the green plants that would grow again when the sun god was strong and summer would return.

The ancient Egyptians worshipped a god called Ra, who had the head of a hawk and wore the sun as a blazing disk in his crown. At the solstice, when Ra began to

recover from his illness, the Egyptians filled their homes with green palm rushes, which symbolized for them the triumph of life over death.

Early Romans marked the solstice with a feast called Saturnalia in honor of Saturn, the god of agriculture. The Romans knew that the solstice meant that soon, farms and orchards would be green and fruitful. To mark the occasion, they decorated their homes and temples with evergreen boughs.

In Northern Europe the mysterious Druids, the priests of the ancient Celts, also decorated their temples with evergreen boughs as a symbol of everlasting life. The fierce Vikings in



Bettmann Archive/Getty Images. An illustration from a December 1848 edition of the Illustrated London News shows Queen Victoria and her family surrounding a Christmas tree.

Scandinavia thought that evergreens were the special plant of the sun god, Balder.

Christmas Trees From Germany

Germany is credited with starting the Christmas tree tradition as we now know it in the 16th century when devout Christians brought decorated trees into their homes. Some built Christmas pyramids of wood and decorated them with evergreens and candles if wood was scarce. It is a widely held belief that Martin Luther, the 16th-century Protestant reformer, first added lighted candles to a tree. Walking toward his home one winter evening, composing a sermon, he was awed by the brilliance of stars twinkling amidst evergreens. To recapture the scene for his family, he erected a tree in the main room and wired its branches with lighted candles.

Who Brought Christmas Trees to America?

Most 19th-century Americans found Christmas trees an oddity.

The first record of one being on display was in the 1830s by the German settlers of Pennsylvania, although trees had been a tradition in many German homes much earlier. The Pennsylvania German settlements had community trees as early as 1747. But, as late as the 1840s Christmas trees were seen as pagan symbols and not accepted by most Americans.

It is not surprising that, like many other festive Christmas customs, the tree was adopted so late in America. To the New England Puritans, Christmas was sacred. The pilgrims's second governor, William

Continued on page 9

Bradford, wrote that he tried hard to stamp out “pagan mockery” of the observance, penalizing any frivolity. The influential Oliver Cornwell preached against “the heathen traditions” of Christmas carols, decorated trees, and any joyful expression that desecrated “that sacred event.” In 1659, the General Court of Massachusetts enacted a law making any observance of December 25 (other than a church service) a penal offense; people were fined for hanging decorations. That stern solemnity continued until the 19th century, when the influx of German and Irish immigrants undermined the Puritan legacy.

In 1846, the popular royals, Queen Victoria and her German Prince, Albert, were sketched in the Illustrated London News standing with their children around a Christmas tree. Unlike the previous royal family, Victoria was very popular with her subjects, and what was done at court immediately became fashionable—not only in Britain, but with fashion-conscious East Coast American Society. The Christmas tree had arrived.

By the 1890s Christmas ornaments were arriving from Germany and Christmas tree popularity was on the rise around the U.S. It was noted that Europeans used small trees about four feet in height, while Americans liked their Christmas trees to reach from floor to ceiling.

The early 20th century saw Americans decorating their trees mainly with homemade ornaments, while the German-American sect continued to use apples, nuts, and marzipan cookies. Popcorn joined in after being dyed bright colors and interlaced with berries and nuts. Electricity brought about Christmas lights, making it possible for Christmas trees to glow for days on end. With this, Christmas trees began to appear in town squares across the country and having a Christmas tree in the home became an American tradition.

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Read complete article here:

[25 Christmas Traditions and Their Origins](#)

Oh, Tannenbaum!

The practice of growing and cutting trees for a brief time in our homes during the holidays has always bothered me. Trees are living things! What a waste, but as you can see, tradition wins. Here are a few ideas from the author of “Trees For Healing” (Chase & Pawlick, Newcastle Publishing Co., ©1991) offering conscious ways we can treat the trees.

By The Overlighting Plant Deva

When a tree begins its growth cycle through the natural process there is an immediate bonding of the tree with the Earth element, and the other forms of life that support its being. When the process of germination and growth that takes place through the Human Kingdom, the consciousness of the tree is very much aware of human intentionality. When your intention is to plant the tree and cut it before it has completed its total cycle of being, that awareness is known to the tree. Therefore, the degree that a tree will commit itself to expanding to its fullest potential is held back from the Human Kingdom.

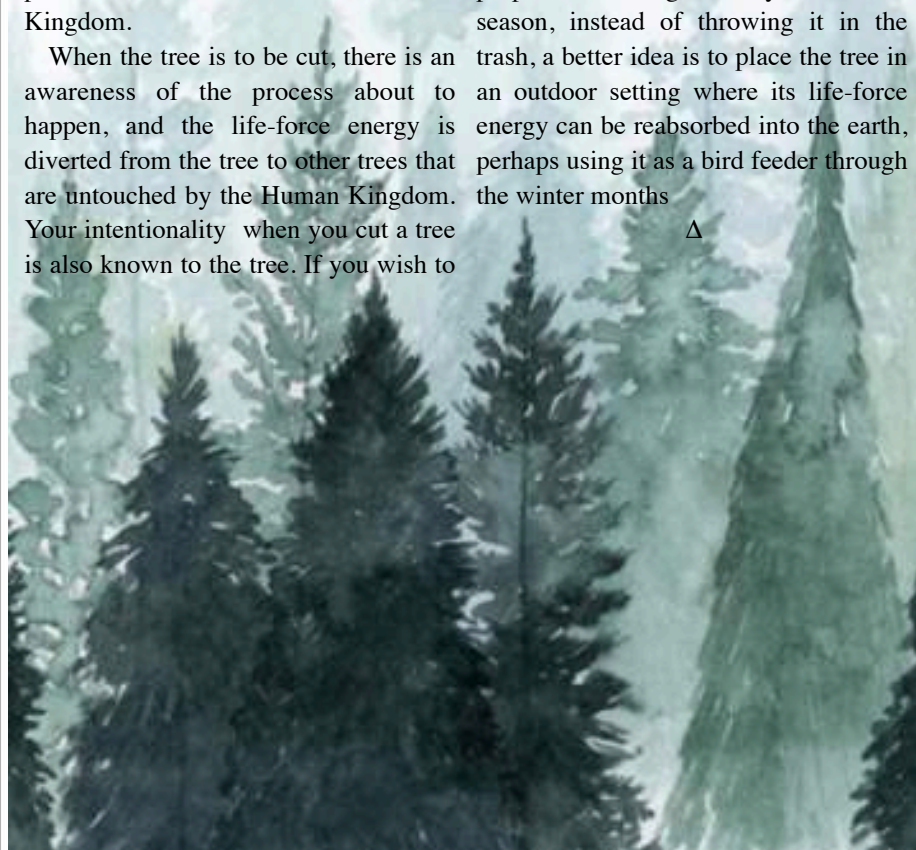
When the tree is to be cut, there is an awareness of the process about to happen, and the life-force energy is diverted from the tree to other trees that are untouched by the Human Kingdom. Your intentionality when you cut a tree is also known to the tree. If you wish to

have a Christmas tree because (you always have and) everyone else does, then you are not honoring the tree species itself. However, when you approach a tree with unconditional love and appreciation for its gifts, it will radiate unconditional love in the new space in your home.

If you wish to cut branches from the tree, it is important to attune with the tree itself, and ask permission to take those branches. The particular branches may have a real life-force energy value in being a part of the tree while it is with you.

After the tree has completed its purpose in being with you for the season, instead of throwing it in the trash, a better idea is to place the tree in an outdoor setting where its life-force energy can be reabsorbed into the earth, perhaps using it as a bird feeder through the winter months

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Watercolor Source Internet; Artist unknown



The Light Within

© Penny Kelly



There is an old saying, or maybe it is an old teaching, that says we humans live in the dark. When I first heard this, I thought it was saying that we were not very enlightened, or perhaps not very bright in some intellectual way. Later I wondered if the saying was really referring to electricity or the lack of it in early days. Not until I entered into some very advanced states of consciousness did I realize how true the saying was – literally.

I was in the midst of some deep research into consciousness and was paying attention to every nuance of what was happening in my mind. I had been in this hyper-alert state for months and had maintained this watchfulness even when I went to bed. I would watch myself slip out of the body and enter into other dimensions of life and consciousness, noting carefully what I did, always believing that I was truly awake, but later waking up to what I thought was reality...only to wake up from that reality, and maybe even waking up again to discover I had only thought I was awake. The question in the back of my mind was, "How do I know when I'm really awake?"

One afternoon in late June it was hot and I was extremely tired. I decided to lay down for a brief nap. Napping was something I rarely did, but I had worked in the garden all morning and thought the nap would not only allow me to refresh my energies, it would give me another chance to observe consciousness out of the body and perhaps further my

research. I climbed on my bed and curled up on top of the cotton quilt. No coverlet was needed because it was so hot that day.

Within a few moments I slipped out of the body, but for some reason I didn't go anywhere. I just stood beside the bed looking back at myself and had the thought, "She's asleep, but I'm awake."

A powerful voice right beside me startled me with the words, "No, you're asleep and I'm awake!" I was so shocked that for a moment my consciousness fluttered from one body to the next — the one on the bed, the one standing beside the bed, and the one with the powerful voice standing next to me also beside the bed. As I fluttered back and forth, I was full of confusion. Who was speaking...and who was really awake? Then I merged fully into the consciousness of the one who had declared she was awake.

It is difficult to describe that experience because it was so very far beyond what we can easily imagine. First, it was a state of all-knowingness. To say I knew all things in complete detail without limit would be an understatement. For example, I knew every thread in the quilt on my bed, what country that cotton had come from, which field it had been grown in, which cotton plant it had grown on, and which boll of cotton it had been on that plant. I knew how much rain and fertilizer it had experienced, who picked it, who baled it, who washed and combed it, who spun it into thread, who dyed it, who wove it into fabric, who cut and pieced it into a



quilt, and who shipped and sold it. Every thread was like a personal, private friend that I was intimately aware of.

The same was true of every thing in my entire home and my environment. I knew the life and history of every piece of clothing in my closet, every two-by-four in the walls and every nail holding them together. I knew every bit of clay, glass, and porcelain in my dishes, and every vegetable, fruit, or cut of meat in my refrigerator or freezer. I knew the siding on the house, the shingles on the roof, and every grain of silt, sand, and soil that covered the area in which I lived.

It is difficult to imagine the power that is inherent in that state of consciousness. I turned to look across the fields and had only the window to look through. I felt a moment of impatience or irritation that the South wall of my home was in the way and I could not see because of it. In response to my thought wishing the wall away, the wall began to crumble and I could hear the entire building begin to groan and crack under the stress. Instantly, I realized what I had done, and just as instantly I reversed my thought, thanking the wall for being there, for

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holding up the roof, and for being of service. The crumbling stopped and the wall repaired itself!

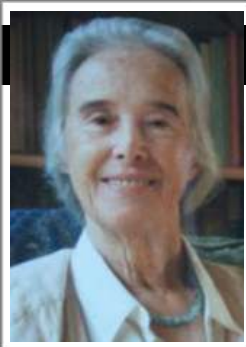
The thing that is perhaps the easiest to get your mind around, is the fact that during this entire experience, a brilliant but soft golden light was coming from my body. It lit up the entire room and extended out through the walls of the building another 20 feet or so on each side. My bedroom was an old hayloft that was 30 by 40 feet and I estimate the light to have been at least 60 feet in diameter. I knew that I was that light and that it went with me wherever I might go, and that this was what true enlightenment meant – being able to generate light from within the body.

We are all moving steadily toward becoming beings of light, and it is my wish this season that we might begin to grasp what that means in real, practical terms. It means being completely open and loving with one another – even loving the messy chaos of families during the holidays. It means trusting what you know and inviting more of that knowing into your mind and heart – even if that information contains hurt, sorrow, or disappointment. It means being willing to use our power with humility – even if we have to reverse what we have already said or done. Most of all, it means moving toward becoming more of what we already are – beings filled with light.

While the sun is low on the horizon, and we wait for the winter solstice, may you light up the season of darkness with your inner light and create the glow of love in every direction during this holiday season.

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Penny Kelly is an author, teacher, publisher, consultant, Naturopathic physician, and researcher of consciousness. Penny holds a degree in Humanistic Studies from Wayne State University and a degree in Naturopathic Medicine from Clayton College of Natural Health. She is the mother of four children has co-written or edited 23 books with others, and has written nine books of her own. E-mail: info@kellynetworks.com



About the Cover Artist

Painter Liane Collot d'Herbois (1907-1999) built upon the color work of Goethe and Rudolf Steiner, emphasizing the creative forces of light and darkness in painting, both artistically and

insights into a Painting Therapy based on the foundation of Anthroposophy, demonstrating the direct connection and healing possibilities of Light, Color and Darkness to the human being on all levels. Her therapeutic insights and transformative paintings have inspired doctors, therapists, artists, and those seeking a connection with spirit all over the world.

therapeutically. She showed how the result of the dynamic meeting of light and darkness is movement that manifests as visible color in a transparent color space. Through using the resulting laws of Light, Color and Darkness one can move beyond subjectivity into a world of greater objective significance.

Her early work with people of all ages showed her tremendous talent for seeing how constitution, temperament and illness can be revealed in one's paintings. By working closely with Ita Wegman and other physicians, she developed her



Furthering Her Work

Website www.lightcoloranddarkness.org is a networking website created to further the artistic and therapeutic work of Liane Collot d'Herbois. Our goal is to help develop awareness of this extraordinary and innovative work and to provide information on opportunities for practice and further study. We will present educational articles related to the study of Light, Color and Darkness, as well as Painting Therapy, and are open to contributions from others.

Our outreach efforts include courses in the study of Light, Color & Darkness and their relationship to the human being, artistic and therapeutic charcoal drawing and veil painting.

Δ

**[Read More About Liane Collot d'Herbois](#)
See a few more examples of Liane Collot d'Herbois's art on page 12.**



All is Well Beneath the Surface

By Denise Linn

I just had the coolest dream. The photo below is me a few minutes ago in my tent. It is 4AM, which is why it looks so dark and it's bit damp and chilly, hence the faux fur hat. I'm in Sacramento visiting my daughter and her splendid baby and toddler. Her house is so very small that there's nowhere for me to sleep, so I set up a tent in the back yard to stay in when I'm here. Tent living takes me back to camping adventures as a kid.

As I fell asleep last night, I was aware of the cacophony of frequencies and vibrations in the city. I tuned into the loud sounds and energies of cars and trucks and their individual drivers, as they surged down the freeway. I could also sense the energies of the neighbors ~ each with their own frequencies. And I was aware of the more subtle vibrations of animals scurrying in the night ... and so much more.

I live in the country where nature's energy frequencies blend and flow together in harmony, but here, in the heart of the city, it feels like I'm listening to a symphony where every musician is playing his or her own song.

In my dream I was flying over the city with my arms outstretched. The energies below me appeared as moving colors, bright, as well as dull. In some places the energy looked sickly green and stagnant. Other places glowed jagged and red, and felt angry. There were also dots of lovely blue and violet light that radiated light around them. I wondered if these were churches or spiritual centers.

Then I heard a beckoning voice. "You think there is disharmony here in the city? And you are right, there is. But I want to show you something."

I found myself being pulled down and into the earth. It wasn't frightening as I sunk beneath the surface of the land and sunk into the dark, warm depth of the earth. Somehow it felt comforting.

I heard the voice again, "When you go beneath the surface of the earth, into the deeper ancient energies, you'll find the same strength, wisdom, and balance that occurs in the countryside. Don't be concerned about the surface in the deeper places that matter. Know that all is well."

I woke up feeling relaxed and comforted knowing that all is well. Cool dream, huh? Okay, I know that dreams are personal... so for me, my dream is probably telling me that no matter what is occurring in my life, beneath the surface everything is working out as it should.

But also dreams can also be universal, and it could be that this dream means that even though there is a lot of strife on our planet right now, beneath the surface all is well.

I sure hope that is what it means!

Δ

Denise has taught seminars in 25 countries and has written 17 books, including the best-selling *Sacred Space* and the award-winning *Sacred Legacies*. She has distilled the information and wisdom she has gained from indigenous cultures around the planet, as well as from her own Native American roots, into her teaching. Read more at: <http://deniselinn.com/>



Paintings of Light by cover artist Laine Collot d'Herbois



SAGITTARIUS ~ DOES LIFE HAVE MEANING?

Dates: Nov 22 - Dec 21

Ruled by: Jupiter

Element: Fire

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 Sagittarius on your birth chart.

What Is Sagittarius's Intention?

Once our ego has survived last month's stinging Scorpio dance of personal intimacy and seeming death, we become aware of a greater sense of self, connected to realms beyond our five senses and logical mind. Expansive Jupiter beckons us to adventure into the unknown and seek meaning and wisdom. Wow, Sagittarius! Look at the stars!

The Sagittarius in us understands that the world is not what it seems, that there is something much, much bigger going on here. In our initial, fiery enthusiasm for trans-ego visionary truth and wisdom, we might bow to the first inspiring scriptures or doctrines that seem to satisfy our need to understand something greater than ourselves, but more is required. Sagittarius's spiritual intention is to inspire us to explore truth in all directions, first as beliefs, but then as experience and knowing.

A healthy, conscious Sagittarius is developing a sense of spontaneous freedom beyond the limits of our conditioned past, learning to trust intuition and divine guidance. Spending time alone and with nature, we learn to listen to our inner voice of higher self and speak from this source, uncensored. In maturity, we allow others have their truths while we remain centered in our own.

Falling short of this, our unconscious Sagittarius self becomes self-righteous, needing to defend our ungrounded beliefs, espousing "The Truth" to others without taking their views into account. In our need for "absolute" truth, we can resist new ideas that threaten to shake or undo our current, and still limited, perspective, and thus lose ourselves in dogmatic, uncompromising systems of belief and ritual.

What needs healing and growth?

At times, our Sagittarius ego self, feeling wounded by inevitable disillusionment, may experience doubt or confusion, no longer satisfied with the pat answers offered by science and religion. We may retreat into aloofness and even sink into a fear of "not knowing," afraid there may be no meaning to anything, no wisdom to be had. Yet our hunger for truth and meaning persists.

By continuing to explore the many truths presented by others, we eventually begin to see a commonality, and more universal answers emerge, answers that resonate with some deep inner knowing that was already in us. As we push past the boundaries of familiar beliefs, our ego becomes more comfortable living from within the questions. Experience teaches us that when we can just "be," knowledge comes intuitively to us as a reflection of our deep, inner, divine wholeness and wisdom... our higher self. From there, each new question invites an exploration into the unknown and the limitless possibilities of our magnificent universe. Life is truly an adventure!

What Can I Do This Month?

To heal and evolve your Sagittarius self, be more adventurous. Explore inwardly and outwardly. Travel. Read an inspiring book. Spend time alone and in nature. Notice how you experience your truth, your beliefs and your responses to others. Do you cling to the familiar? Do you prejudice situations based on past experience? Are you able to listen to others intuitively, hearing the meaning behind their words? Or do you think you know what others are saying without really listening? Do you need to feel right or get caught up in arguments? Are you attached to your religious beliefs? Do you resist others' beliefs or ideas? Do you listen to and trust your own intuition? Do you speak from your higher consciousness, free from self-censorship? Does your life have meaning? Are you comfortable with, perhaps even excited with the idea that you barely know anything about what is?

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

Δ



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



Creative Corner By Pat Gullett

The Sacred Dark to Birth New Light

Winter Solstice, the longest night of the year, is a time of Dreaming. There's a place I go, a cave within the heart. Fox leaps & dances in and out of the fire, Owl flies at and through me, and Sabre the Wolf Dog guards and protects me. I meet my ancestors there, my brother Jim and my Mother, who are guides along the way. Grandmother Moon shines through an opening in the roof. This safe place is

"Nothing can cure the soul but the senses, just as nothing can cure the senses but the soul."
~ Oscar Wilde

where I remember the experiences gone by, and dream my future into existence.

We all become Wiser with the passing year. Honor all that you've learned, all the feelings you've felt, since all are

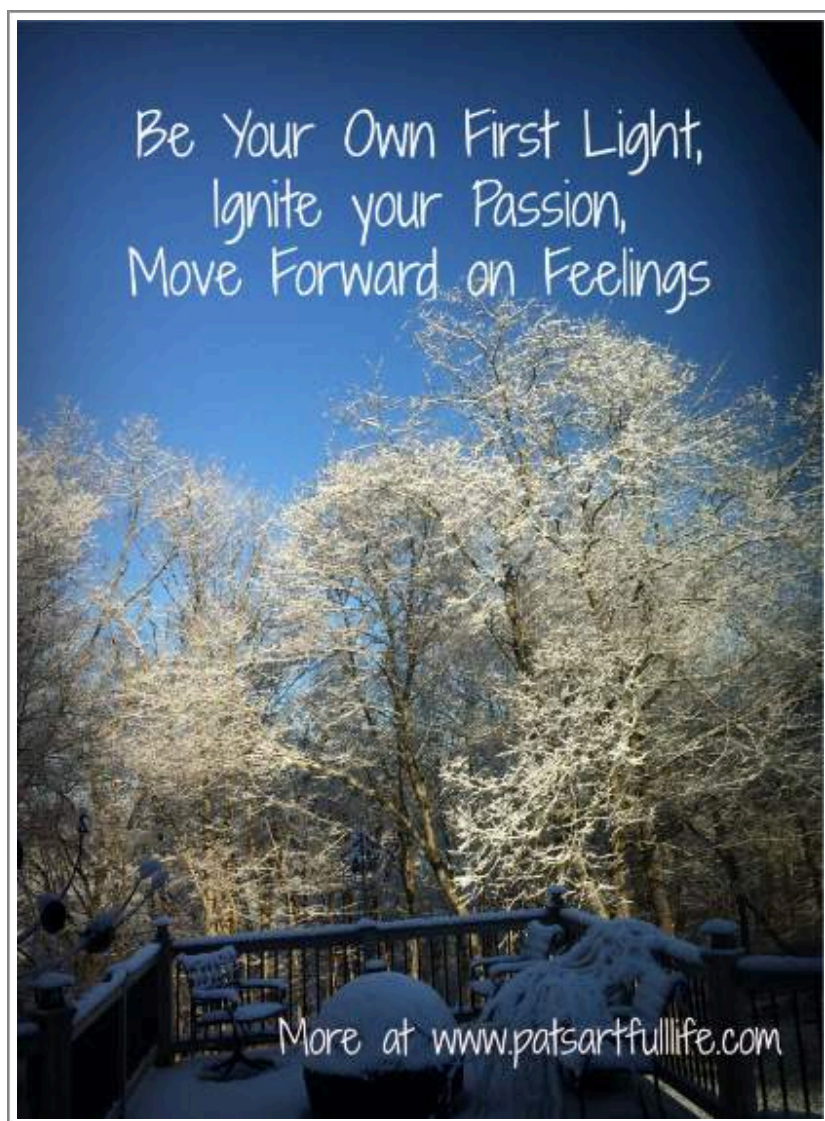
there to serve you in some way. Stand behind the short wall and without emotion, explore the events that have stopped you cold, as well as the ones that have expanded & broadened your horizons. Emotions & thoughts in the moment stop all movement forward. But seeing with the senses, broadens the big picture, helps you not take it personally, and continues the energy forward. Become the Observer of your life.

When major physical challenges hit, we all wish to get back to 'normal'. We seek to get back to that moment before we were hit. Remember how that felt before, when we were in control, could do anything, and were filled with energy & anticipation for the new day. That's the Dream to create for the future in your deep cave of the heart. Write about it, draw it out, dance it into being. Feel the excitement again of all the possibilities a new day offers. The Dreams of today become the reality of tomorrow.

So enter this Winter Solstice long night, treat the dark as your friend and ally, as you conjure, feel, and imagine all the magic of the coming year. Celebrate the coming light, the return of the Sun, and a new dawn creating great experiences, bringing love, and producing adventures for you personally this year.

Δ

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





Give Presence As Your Special Gift



Red Velvet Rose Source: <https://alluringplanet.blogspot.com/2013/10/red-velvet-rose.html>

Wondering what to give your special someone this holiday season with so much news of nation wide supply chain back ups and delivery delays? Wondering how to celebrate your relationships and enrich your gift giving experiences by being a bit more creative, without shopping on your computer or even spending money? Wondering how to give something special from your heart of deep caring?

Creativity with heart can look like regifting, but this is better! Explore your home for treasures you have enjoyed and are now ready to pass the joy and delight on to someone you care about. It can be a rewarding adventure. Once you locate your perfect giveaway(s), create a mini ritual to honor the items and their time spent with you. Communicate that they are now going to a new home.

Write a note, a poem, a card with the origins story of your treasures, the pleasure they have brought you and beautiful wishes for the new owner. Wrap them festively.

Invite friends and family to do the same. Then, plan to meet for a grab bag gift exchange. To add to the fun and mystery, everyone gets a number. In a forward or backward order of even or odd numbers, each person gets a turn to pick from the plethora of presents gathered.

First, a package is chosen, which can be a fun excavation in itself. Next, the accompanying message is read to the group. After opening the gift and offering gratitude, the person tunes in and tells the group what special meaning this gift has for them.

The fullness of this experience is enhanced by everyone's presence,

holding sacred space for the receiver and witnessing the blessings of the moment. The energy in the room comes alive with bountiful appreciation and curiosity. This is a delightful way to co-create and celebrate all special gift giving events.

Speaking of gifting personal treasures, your *Presence* is precious. It is not something that can be bought, synthesized, wrapped, or saved. It can, however, be savored. It is, in its very existence, *a giving energy*. My experiences of *Presence* lead me to define it as an inclusive, welcoming natural energy that fills and surrounds a person or persons. A living energy space, a container of love, acceptance, caring, neutrality, and safety for oneself and for the other.

Presence is a beneficial gift to give others as well as to give yourself. To be present is to be aware of how and what you feel within you; to care about the other, and to believe, know and act like you and they matter. Presence is the capacity to feel the other; their emotions, fears, secrets, and their state of being. It's being the ultimate "noticer" and relaxed listener, not needing to make the conversation about you, yet awake to the subtle, and not-so-subtle inner experiences.

Presence is not needing to fix anyone, and not needing to control the process or outcome. Presence is being open to the flow of wisdom and creativity that comes through you, and is wanting to come through those you are with, and through life itself.

Presence is a sacred space. New options are accessible in this rich reality. Presence is a marinade, a consciousness

shifter, a true gift for those who choose to receive it. In Presence, senses are heightened, creativity is expanded and new possibilities present themselves "out of the blue."

Slow down to experience Presence. Breathe. Feel your body sensations. Be with yourself. Notice what you notice: mental thoughts, physical sensations, subtle energy movements, and emotional environments. Be with what is. Notice what changes. This is a rich gift of Presence to yourself.

Presence is priceless. It is intimate, whole and complete. It is memorable. Whatever your personal situation, Presence is always an endearing gift you can choose to give yourself and others, anytime.

△

Beverly Brunelle is an Intuitive Energy Worker and Channel. Private sessions help you identify and let go of "self-limiting trances" that support living from your true essence of wisdom. E-mail dreamonbab@yahoo.com to schedule. More at www.beverlybrunelle.com See page 22 for Bev's "Stream Of Love" meditation.



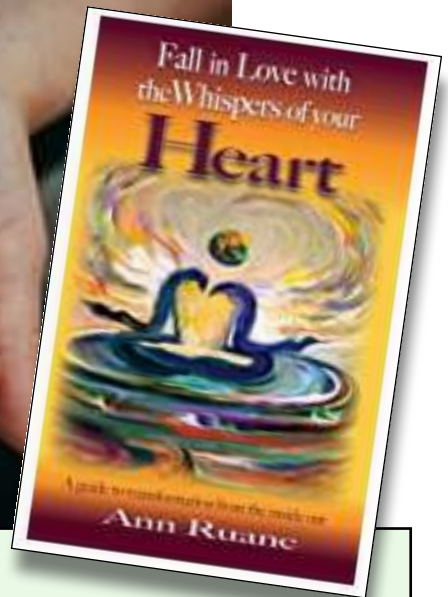
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shamanic journeying, boundaries, protection, creating
sacred space, and so much more.*

Lori A Andrus is the founder of the Crystal Shaman School. She is an artist, soulful traveler, and practitioner of crystal shamanism. 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.



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Create A Don't Want List and Be Content With What You Have

By Joshua Becker

From www.becomingminimalist.com Diane N. said: "I have been following Joshua and his articles and ideas towards minimalism for over a year. This is one of the best summaries of living and being at peace within yourself. Wanting, working and always striving for more is exhausting and depleting."

Contentment is finding joy in what we already have in our lives, feeling or showing satisfaction with our possessions, status, or situation. It's being happy *without* trying to find fulfillment in acquiring more material possessions.

What are the benefits of contentment?

Contentment allows us to stop comparing ourselves to others and it allows us to break the cycle of wanting more. It lets us be grateful and happy for all that we have. This approach to life is scientifically proven to reduce your stress level, improve your outlook, relax your body, and make life more enjoyable.

What is the difference between contentment and complacency?

The difference can seem minor but there's actually a world of difference. Contentment is to be happy with what you have and find satisfaction in your present circumstances. Complacency is being unsatisfied with how your life is in the moment but still being unwilling to make changes to improve your situation.

Is contentment a choice?

Absolutely, although it's not as easy as it sounds. Learning how to be content comes from a combination of intentional mindset shifts, habit changes, and being aware of our thoughts and actions.

Start with Creating Your "Don't Want List"

Let me offer an example. I have never wanted to own a fixer-upper home. I'm terrible at fixing stuff (My wife, Kim would be the first to attest to that fact). Now, there are some people who would love to have a fixer-upper style home, but not me. I wouldn't know what to do with it. It's on my *Don't Want List*—and always has been.

Also, I've never wanted to own a boat. I enjoy being on boats, but I've never been inclined to own one. I simply don't want one, so please don't gift me one.

I also don't want a horse, a tractor, a saw table, a car lift, a tuba, a tuxedo, a motorcycle, or a collection of snow globes. Now I suppose there are some people who want some of those things, but not me.

Since becoming minimalist, my *Don't Want List* has grown. For example:

- I no longer want a bigger house ~ too many lightbulbs to change.
- I no longer want to keep up with changing fashions ~ too much time (and money) wasted shopping.
- I no longer want upgraded countertops, useless kitchen gadgets, or souvenirs from my travels. I don't want to store them and would rather spend the money on things I need, or experiences.

The longer my *Don't Want List* grows, the easier it is for me to reject empty

consumerism and enjoy more contentment.

What can you add to your list?

Make a list on a sheet of paper or a Note app in your phone. Begin with as absurd an item as you need to get started: a rocket ship, a banana farm, a bus, etc. Then, list as many things as you can that you already *don't want*.

Next, add what you can to your list. Obviously, the more reasonable the items you can learn to *not want*, the more helpful your list will be. But think of rational reasons to expand your list.

"I don't want a bigger house; my family is getting smaller."

"I don't want a bigger yard; I hate mowing."

"I don't want any more clothes in my closet; mine is already stuffed full."

"I don't want to buy a new car; I'd like the money for something else."

"I don't want new furniture; ours works just fine already."

Hopefully, the longer we live, the more items naturally get added to our *Don't Want List*. But there's plenty of value in sitting down to expand it now, as quickly as we can.

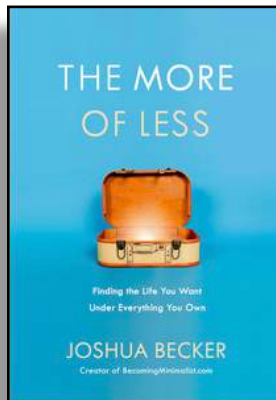
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Joshua Becker is the WSJ Best-Selling author of *The More of Less* and *The Minimalist Home*. His new book, *Things That Matter*, will be published in April.

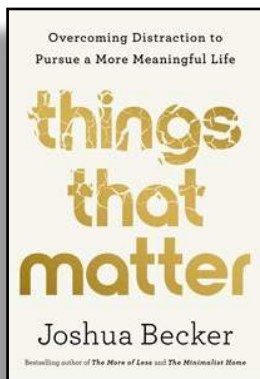
Books by Joshua Becker



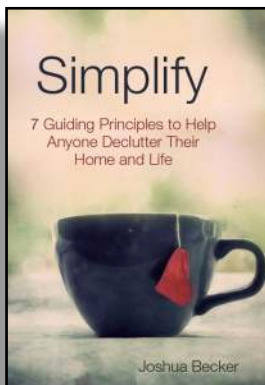
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[The More of Less: Finding the Life You Want Under Everything You Own](#)



[Things That Matter: Overcoming Distraction to Pursue a More Meaningful Life](#)



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I've never really liked the holidays. There, I've said it. Growing up in a Christian family, we learned fables about a virgin birth, Wise Men following a star to seek a baby who was born to be the King of Kings, being born in a stable on a straw bed with animals surrounding him.

On Christmas Eve we would lustily open presents hoping that we would get everything we wished for in the Sear's catalog. (Yes, I'm that old!) As I aged, all of this held very little meaning for me, and very little magic. It became more of a chore to bring out my festive nature as merchants (such as myself) began to display their holiday merchandise ... at the end of October. I hadn't quite reached the Scrooge persona, but I certainly became disillusioned by it all.

But the one thing I enjoyed were the lights ~ all the beautiful colors, shapes and sizes that flowed through my eyes and into my imagination. In the darkness of winter, the lights helped me to dream and believe in a world that was full of beauty and wonder.

I love to drive down the streets all decked out in decorations ~ not paying attention to the context but, rather, to the *Magic of Light* and the burst of magic that enters my mind and takes me to places inside myself that desire such illumination! I can sit with my eyes closed and allow the ribbons of rainbows to enter through the darkness and open my heart and mind to the beauty surrounding me. I can then remember when I followed my own star, lighting up the night with its message of hope and regeneration, guiding me to a life that I could never have imagined without that spark.



I have since learned that fables have a purpose ~ that shining truth on the meaning of one's life, no matter how you choose to live it ~ is the fulfillment of allowing one's self to live in their Light.

Each and every one of us has that light within us, that can kindle a spark inside someone else, and together we can become one bright, glowing ball of Love that can spread throughout the world. Can't find that in a Sear's catalog!

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Diane Bloom is the owner of Free Spirit Crystals and Founder and Co-Director of Free Spirit School. See her ad on page 28.



Botanical Bliss By Gigi Stafne, Naturopath and Master Herbalist

Nordic Herbal Blends & Elixirs for the Holidays

Disclaimer: This winter and holiday season integrate herbs and spices into your culinary dishes, as well as for health and wellness. Remember that many herbs and spices contain active constituents, some of which are very strong. Generally, smaller amounts in cooking are considered safe, however, please use carefully and in proper doses. If taking herbs for health reasons due to factors such as pregnancy, medical conditions and other medication contraindications, consult with your doctor or trained health practitioner.



Swedish Glogg (Mulled Wine)

This is truly a Scandinavian holiday brew to serve at hygge gatherings!

2 cinnamon sticks, break into pieces
1 teaspoon cardamom pods
1 small piece of peeled ginger
Optional: zest of ½ orange
6 whole cloves
½ cup vodka
1 750-ml bottle of red wine
1 cup of Port
1 cup sugar
1 Tablespoon vanilla
¼ cup of whole almonds
½ cup raisins

Crush cinnamon and cardamom with your mortar and pestle. Transfer to small glass jar and add ginger, orange zest, cloves and vodka. Let this mix sit for one day. Shake periodically. The next day strain the infusion above through a mesh net into a larger saucepan. Compost the spices that were in the jar. Add the wine, port, sugar, vanilla, almonds and raisins. Brew this over medium heat until bubbles start to form around the edges. All set! Serve hot

glogg in holiday mugs topped with several almonds and raisins.

Classic Fire Cider Zest

Original Fire Cider by Herbalist Rosemary Gladstar and folk herbalists of long ago.

1/2 cup chopped ginseng root, fresh (or other Adaptogen herbs)
1/4 cup fresh grated ginger root
1/4 cup fresh grated horseradish
1/8 cup chopped garlic
Cayenne to taste
Apple Cider Vinegar
Honey

Place all herbs in a large glass jar. Pour in enough organic apple cider vinegar to cover the herbs by an inch or two, then seal tightly. Allow this blend to marry together with the solvent for 4-5 weeks. At that point, strain the herbs from the vinegar. This is a hot, fire element blend! You may want to sweeten the taste with honey. Take a spoonful straight up or blend it in with a glass of water. Stay well with Fire Cider!



Sweet Sacred Rose Honey Elixir

2 ounces rose petals
2 cups hot water
1.5 pounds local honey

Gather two ounces of rose petals (pink or red) that have not been sprayed with chemicals. Pour hot water over the roses in a glass container or jar and let it sit for ten hours. Next, strain and press the liquid from the roses. Add honey to this. Simmer in a saucepan again until the liquid has consistency of a thick syrup. Pour into small containers or tincture bottles and use as a delicate elixir. Perfect for heart chakra work. You may even want to drizzle this on toast.

Very Berry Herbal Oxymel

Oxymels are an interesting type of sweet and sour substance prepared with medicinal herbs to help assist with sore throats, colds, coughs and upper respiratory system ailments. Here is an oxymel formula that I prepare with students in my Nordic Herbals course.

1/2 cup elderberries
1/2 cup blackberries
2 T dried ginger
2 T dried cinnamon
2 T ground elecampane root
Raw local honey
Good quality apple cider vinegar

Fill a one quart jar 1/3 to 1/2 full with all of the berries. They may be whole or

Continued on page 21

sliced in half. Add the spices and the herb elecampane to the jar. Next, pour in an equal amount of honey and apple cider vinegar. This ratio can be adjusted to taste. If you want a sweeter oxymel I suggest the 1:1 ratio of apple cider vinegar and the sweetener. I prefer to lighten up on the sweetener with a 1:2 ratio instead (1: honey, 2: apple cider vinegar). Blend this well. Check your mixture the following day and stir it again, adding more vinegar if necessary. If you used dry berries they may swell a lot and need more fluid added. Allow the oxymel to infuse 3-6 weeks, shaking it occasionally. When done, strain off the delicious fluid using a cheesecloth or fine strainer. Store in the refrigerator and use within 6 months.



Spicy Northern Chaga Chai Honey

This is a special infused honey that includes the strong adaptogen fungi Chaga.

16 ounces raw local honey
1 t ginger powder
1 t cinnamon powder
1 t cardamom powder
1 t chaga powder
1/4 t clove powder and dash of ground black pepper are optional

Start with a 16-ounce glass jar that has a tight, sterile lid. Mix all of the spices and herbs together with the honey, placing them in the glass jar. Let this infuse for 4-6 weeks, shaking it

periodically. (There is another method to create a low heat infusion) Once tapped, this deep, rich honey is a healthful addition to your teas, warm milk or yogurt.

Honey Garlic Lemon Tea

This is so easy to prepare, especially when those aches and pains of Old Man Winter blow in. Keep these essential ingredients stocked in your kitchen this winter. This clear tea tastes better than most suspect.

4 cloves raw garlic
4 cups water
1 t. lemon juice
Optional: 1 to 2 T. Honey

Mince one to four small cloves of raw garlic and add to a small saucepan to brew in 4 cups of water. Simmer for 8-10 minutes. Turn off the heat and add 1-2 tablespoons of honey and a teaspoon of lemon. Stir and strain off the garlic. Serve up as a soothing cold season tea. Drink one cup 3-4 times daily.

Sage, Garlic & Honey Tea

Here is another northern garden tea to support you during respiratory infections, colds, coughs, congestion and sore throats.

Boil 6 cups of water, then pour over:
2-3 T. garden sage
2-3 T. oregano
2 cloves of garlic, minced
1 t. lemon juice
honey to taste

Steep tea for 5 minutes. Drink one cup every 2-3 hours for best results.

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See Gigi Stafne's ad on this page for more information on her "Green Wisdom School of Natural & Botanical Medicine."
www.greenwisdom.weebly.com

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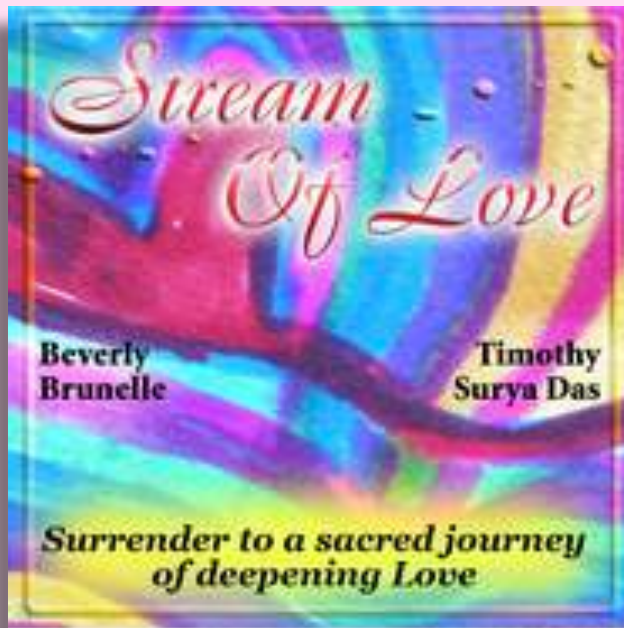
Green Wisdom is the place for you!

GreenWisdom.Weebly.com

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715.642.5760

Stream of Love



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

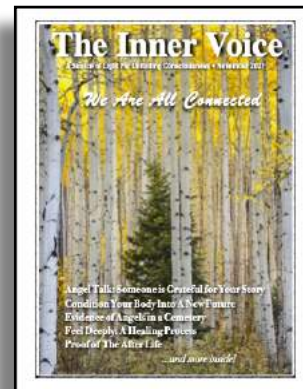
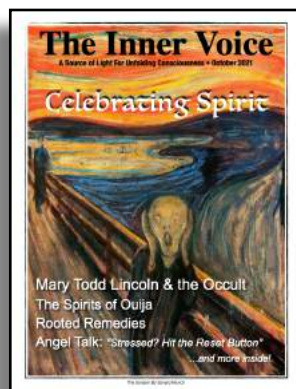
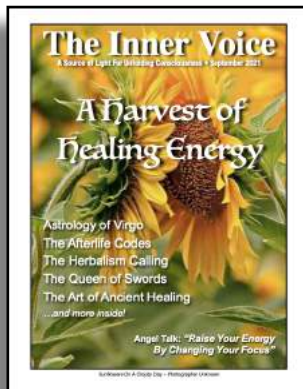
Stream Of Love is a living transmission. A perfect marinade of deepening peace, love, emotional and spiritual nourishment.

Each listening is a fresh exploration that deepens your experience and knowing of love that truly nourishes you from within.

<https://harmonicdreams.com/music/stream-of-love.html>



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Surrender Dorothy!

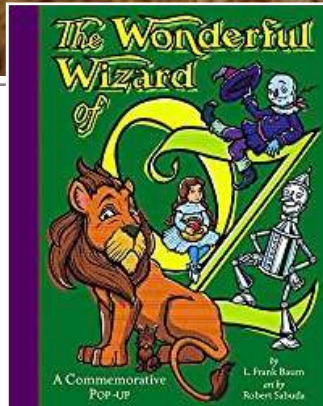
The story line, characters, and themes of The Wizard of Oz have been showing up in my life for quite some time. The most recent WOO intervention came while I was channel surfing. Smoke letters were shooting out of the witch's broomstick above the Emerald City spelling out a message, "Sur-ren-der Dorothy!" A woman in the crowd below yelled, "Who's Dorothy?"

At this point in my life "surrender" means letting go of expectations and attachments, and having faith in the outcome. I have come to realize that every time the "Wizard" appears, I learn something.

One Christmas many years ago I found myself alone, separated from my biological family because of disputes and disagreements. I wasn't sad to be apart from them, just petrified to spend the holiday alone without cheer. Because parents install traditions on their children, finding our own way is the metaphoric Yellow Brick Road.

My Godmother, Auntie Marlene, has seven kids but a heart big enough to welcome another. She was my beloved "Auntie M" who wouldn't let me be alone on Christmas. I still felt like an orphan, because as they say, "There's no place like home." But for now, home was an open road.

That Christmas was a bright and bitter cold day with temperatures dangerous enough to freeze your nostrils together. Before leaving town I stopped at the children's bookstore on my street, aptly named Rainbow Books. Joseph, the kindly old proprietor, pulled a hot new seller down from the shelf. It was [The](#)



[Wonderful Wizard of Oz: A Commemorative Pop-Up](#) book by Robert Sabuda. He slowly turned the pages as they sprang to life. He gave me fatherly road advice and a holiday cookie for the long journey.

In two hours, I was passing my father's hometown of Westfield. A car with a flat tire was twisted toward the side of the road. Seconds later my car started making a terrible noise. Whatever flattened the other tire just dug into mine. I had to walk back to town for help.

The valley between the highways was extremely wide and full of snow. The air was too cold to inhale. The wicked wind slashed like razor blades across my face and the sunlight blinded me. A vehicle whizzed past and kicked up a frosty dust cloud. I started to cry. Another car emerged from the powder, skidding towards me. A skinny bow-legged man with a large nose and weak chin, with a large hat called out from the car. It was the highway trooper. I asked him, "Did anyone ever tell you that you look like the Scarecrow, from the Wizard of Oz?"

He replied sprightly, "All the time Ma'am. So, what seems to be the trouble here?"

Before he spotted me, he was on a high speed chase hitting 110 miles per hour but couldn't catch the speeder. Rescued and safe and warm inside the squad car, he talked nonstop, telling

me his job was lonely and he enjoyed having someone to talk to.

The barrel-chested AAA driver with thick strong legs, wearing a silver-colored cap slightly cocked to the side, drove up and swiftly hooked my car onto his tow truck. He drove calming me back to his garage in Westfield to tinker with my tire. We passed the dilapidated movie theater that my father went to as a child. The Tin Man's shop was oily. As my fingers glided through slippery pages of a magazine, he told me he was a single guy, so he didn't mind working on a holiday to help stranded motorists.

I accepted and surrendered to my otherworldly Christmas. Only 45 minutes of road left to reach my destination. There were others out there, just like me who didn't have anywhere to be.

When I arrived, everyone at Auntie M's gathered around to hear my tale. As I spoke, a strange man in the back of the room caught my eye. His hair was so long it blended into a full beard that grew from the top of his cheeks down into his chest hair. He was nervous around Auntie M's large, rambunctious group. He followed me around the rest of the evening, relieved to find another stray cat. A few days later, I took the road back home. My mind was content because I knew the place called "home" was in my heart. The End...but I doubt it...

△

'Tis the Season of Light

Excerpt from [Home Design With Feng Shui A-Z](#)
By Terah Kathryn Collins

'tis the Season when short days and cool temperatures beckon us to spend more time indoors. Feng Shui sees the winter season as a time when the Fire element, represented by the sun, is low and needs to be “stoked” in our homes to nurture our health and happiness. To do this, we warm and brighten our interiors with lighting and other Fire-related enhancements.

Candlelight is an instant mood-maker and brings out the best in people's skin tones. Transform a room by lighting it entirely with the luminous magic of candlelight. With safety always in mind, hang candleholders on the walls and old-fashioned



candelabras from the ceiling to fill the room with an enchanting glow. Group pillar candles, tea lights, votives, and tapers together to create multitiered ‘banks’ of illumination. Use reflective trays and holders to multiply and magnify the light. Choose one candle color for an elegant look, or a variety of colors to capture a more playful casual atmosphere.

The fireplace symbolizes the heart of a home, as it warms a space and inspires the feelings of comfort and safety. In Feng Shui's elemental cycle, the Wood element intensifies the Fire element, making the heat and light they produce together particularly pleasing on a long winter's night. Avoid leaving the ashes of a previous fire on display for any length of time, as this connotes the loss of warmth and light.

Another classic way to capture the dynamic relationship between Wood and Fire is to arrange boughs of evergreens or other plant material with items in the Fire-related color of red. Mix red ribbons, candles, flowers, ornaments, and other decorations with seasonal greens to create your own beautiful display.

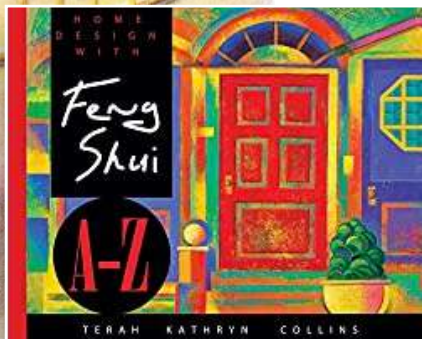
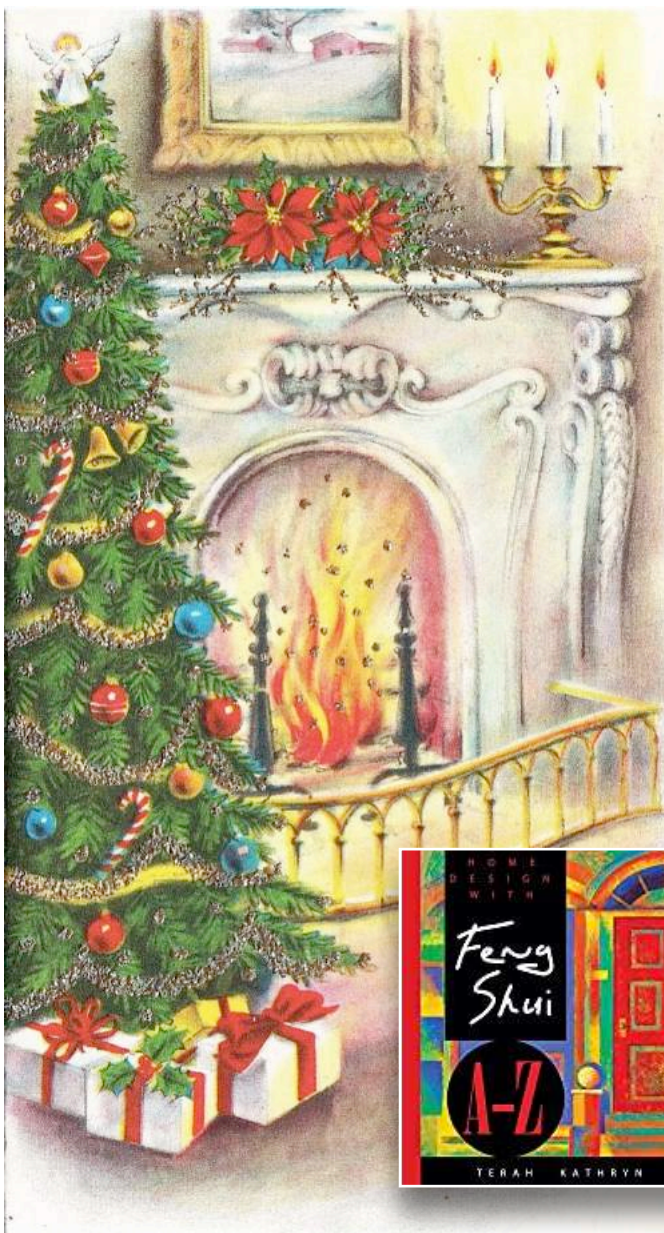
Soft lamplight brings a comforting ambience to every room. Turn glare into glow by installing rheostats, or dimmers, on lamps and light switches throughout the house. If you're now living under the bright glare of fluorescent lights, consider replacing them with more versatile and appealing track or recessed lighting. Or, add alternative lighting such as well-placed task lights so that the fluorescents are rarely used.

Expand your repertoire of seasonal decorations to include photographs of, or tokens from loved ones. Celebrate your relationship with the people you care about and draw them close throughout the winter, as they symbolize the emotional Fire of human bonds that warm your home with cherished memories.

Winter is the time to create spaces that encourage personal renewal and social intimacy — a time to get to know yourself and others better. This is the season to light the candles, cozy up around the fire, sip something delicious from a steaming mug, and share stories with your favorite people. Keep the home fires burning and enjoy the many warm experiences winter brings to life.

△

Terah Kathryn Collins is the author of six [books](#) on Feng Shui and the founder of the Western School of Feng Shui® in San Diego, CA. For more information about Essential Feng Shui®, or to attend a Feng Shui [Training Program](#) or event, please visit www.WesternSchoolofFengShui.com





By Dana Claudat

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

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

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

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

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

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

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

Δ



DIY Celebrations and 'Make A Fresh Start Ideas' adapted from Dana Claudat.
For more of Dana, please visit: www.fengshuidana.com



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- Intuitive all my life



The Channeling of Stillness and The Big Shift

By [Jurgen Ziewe](#)

When things become noisy around me, I use awareness to tune into the Moment, the Now, untouched by the mind. When mental chatter stops, I enter a place of stillness, where I can hear the calming whisper of my soul which has no words, only the gentle reassurance that, "I am," and that I am loved like everybody else, deep from within, and the only response I can return is love.

When asked what is my spiritual life like? It's just this: Unease makes me change direction and love leads me on the right path. When I feel peace in my heart I know I am heading along the right direction. It is so simple any child can follow it.

All know a universal shift is taking place and everyone agrees. Big Shifts in economics, socio-politics, in the environment, the climate, geopolitically but in particular in consciousness.

I first became aware of The Shift on my retreat in 2013 in Scotland which I documented in my book "The Ten Minute Moment." The Shift for me meant awakening to my Higher Self. Becoming self-aware of love and that the mind with its myriad beliefs, ideas and opinions, will no longer separate me from others, or put me on a pedestal.

This is how the Big Shift in consciousness

will impact our lives: We will be able to accept our differences without falling out or becoming enemies. We will live side-by-side in peace regardless of who we are, in the same way as different flowers grow side-by-side to adorn our gardens.

We will be able to accommodate our differences of beliefs, partisanships, interests and opinions without animosity, but show tolerance, understanding and negotiate for our mutual benefit.

We will no longer tolerate being preached at like little children and any sermon we may benefit from will be received directly from within our own hearts. Nor will we depend on spiritual authorities, guides and teachers, because our inner guide will be our very soul, not spirits from an alien world. We will control our own destiny as we were intended to by our very creators.

We are able to connect directly to our source and become our own sovereign entities, and rejoice in the freedom and independence this will bring. We cannot be affected by the judgments of others or depend on their approval.

Instead of seeking our salvation in pleasuring our senses we appreciate the simple joys of everyday life which knows no greed. We no longer blind ourselves by seeking outside miracles but find the miraculous in everyday life.

Death is no longer a thing to be afraid of, because we will experience life as a continuum. We no longer fall victim to conspiracy theories and find truth shining brightly like a torch light without even having to think about it. And when we speak truth it will be transported by love and understanding.

Our heart will be employed naturally as our organ of communication instead of the mind with its beliefs, opinions and agendas. We will listen with the heart, speak through the heart and see through the heart where we will appreciate with gratitude the richness of life which is given to us.

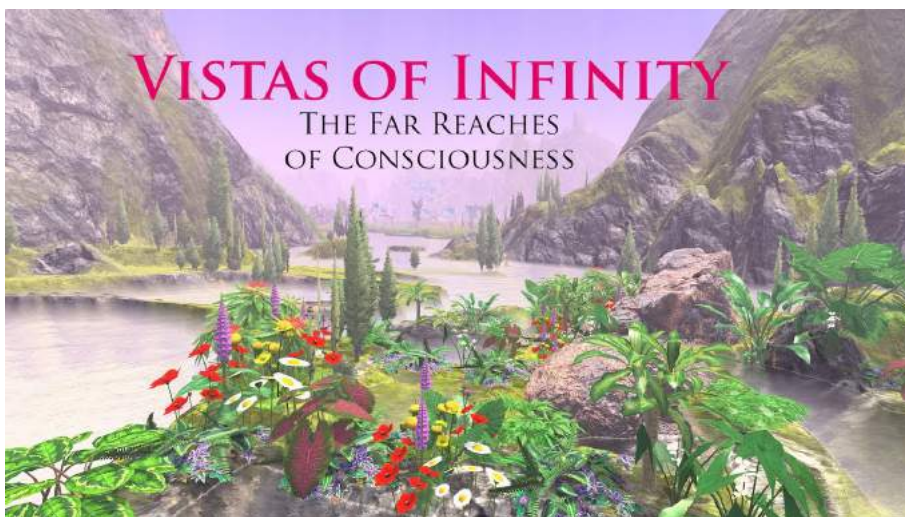
We will love our fellow travelers and no longer encounter strangers, because we all share the same home. Our home is wherever we set foot.

This is the shift as I see it. It will not happen overnight, but it is sure to happen when we no longer view and judge the world through our beliefs and opinions but open the channel to our soul.

△

See video here:

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