

# The Inner Voice

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

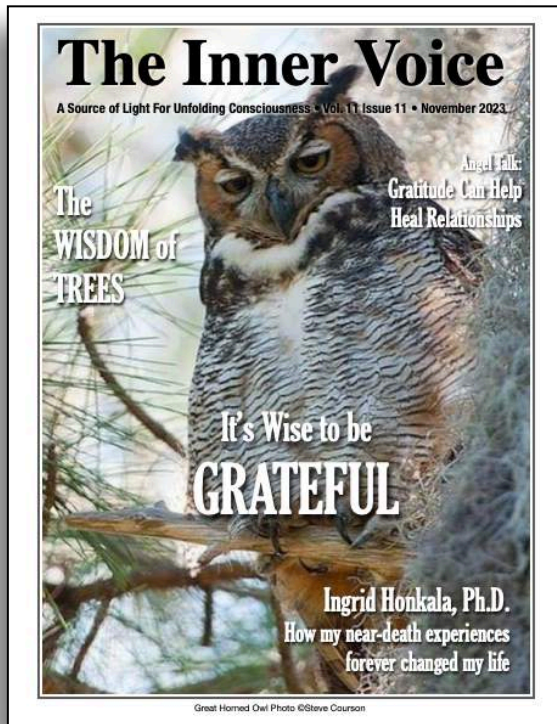
The  
WISDOM of  
TREES

Angel Talk:  
Gratitude Can Help  
Heal Relationships

It's Wise to be  
**GRATEFUL**

Ingrid Honkala, Ph.D.  
How my near-death experiences  
forever changed my life





A Great Horned Owl stares down at photographer Steve Courson

Starting in late fall and early winter you may hear the low “hoo hoo hoo-hoo-hoo” call of the **Great Horned Owl**. Our largest owl, males and females mate for life. They begin hooting in October, have mated by December and are laying eggs in January. Cornell Lab of Ornithology claims that the male owl has a larger voice box and a deeper sounding call, but some long time birders will tell you that the female has the deeper hoot. Regardless of whose hoot is deeper, it's awesome to hear them dueting together. The dueting strengthens their bonds to each other and the process of raising their young.

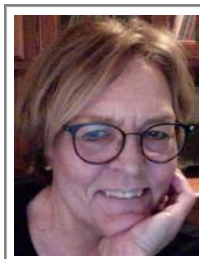
Source: <https://www.napervilleparks.org/winter-is-for-the-owls>

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What would you love to read in future issues? Email your ideas to us! [theinnervoice@gmail.com](mailto:theinnervoice@gmail.com)



# Golden Light Healing

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Located just 15 miles from Green Bay, Wisconsin

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## Your Hosts

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Golden Light Healing Retreat Center is an oasis of peace and healing nestled amid 200-acres of prairie, fields and forest just 15 miles from Green Bay, Wisconsin.

We offer workshops and sessions in Shamanism, Reiki, Mediumship and Psychic Development. Our mission is to empower others to connect with their own healing capabilities and psychic intuitive gifts.

Our Retreat Center is available for customized personal retreats, company team-building workshops, or for private group rental. Lodging options are available.

[www.goldenlighthouse.net](http://www.goldenlighthouse.net)

## **LISTEN TO YOUR BODY AND HEAL YOURSELF WITH MATT SCHMIDT**

*November 7, 1:30-5:30PM. \$75 A life enrichment workshop to learn self-healing*

## **MEDIUMSHIP TRAINING**

November 16-17. 9:00-4:00PM

## **AWAKEN YOUR INTUITION**

November 25, 9:00-1:00PM

Followed with:

## **TRUSTING YOUR INTUITION**

November 25, 2:00-6:00PM

## **ANCIENT CELTIC IRISH SHAMANISM**

**with Amantha Murphy from Ireland**

March 23-25, 2024.

Lodging options available.

Join international teacher and author, Amantha Murphy, as she shares these ancient Irish Celtic traditions.

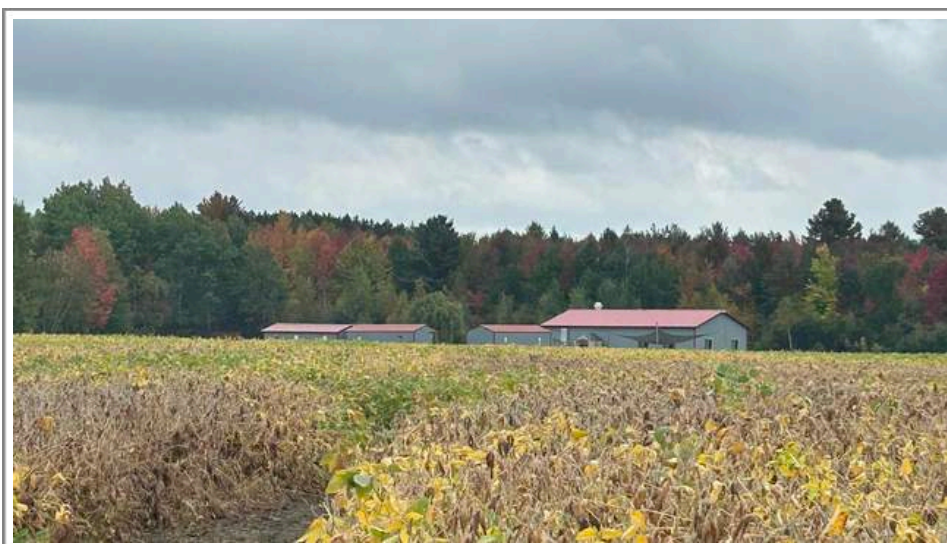
## **SEIDR NORSE SHAMANISM WITH IMELDA ALMQVIST**

April 4-7, 2024

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*"No amount of regret changes the past. No amount of anxiety changes the future... but any amount of gratitude changes the present."*



~Ann Voskamp

## Dear Readers,

I send an enormous thank you to our subscribers, writers and contributors for your ongoing readership, love, wisdom and ad support each month. This magazine simply would not exist without you guys! ♥

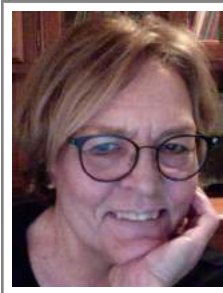
November always brings to mind the importance of being grateful for what is going on in my life, whether or not it appears to be beneficial. The angels always say that everything is a blessing regardless of the form it takes. Some of what happens we cannot possibly understand. I think we need to trust that a Greater Plan is working itself out. I take comfort in a statement by Gurumayi Chidvilasananda, "Have faith everything is all right." Then, I breathe and change my fear into a blessing. It really helps. (See p. 22 for more ideas on that.)

November also brings a special appreciation for trees. Psychic intuitive Richard Schneider wrote about his adventures with the 'Spirits in the Trees' and Bev Brunelle also shares her fun experience with the trees. I am certain that your next walk in the woods will never be the same.

Also, read the remarkable story of Ingrid Honkala, Ph.D., who as a child had a few NDEs and a vision that shape-shifted her into becoming a scientist for NASA! (See pages 8-11.)

There is so much more for you to enjoy so I will let you get to it ~ just as though you're sitting down to a fabulous Thanksgiving feast!

Nancy



## Change your attitude to gratitude and heal a difficult relationship



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

**S**reper, what do you suggest I do to get along better with someone in my family whom I don't agree with, but I need to deal with on a regular basis?

**A.** We are happy to shed light on this for you. We say that if you care to improve your relationship with someone, first change how you view them. Choose to love them and show your gratitude for them. This is the answer to your prayer.

**Q.** Wait, what? I should be grateful for a lousy relationship?

**Sreper:** Yes and the first step is, decide you want to get along better with him or her. Begin right now to appreciate who they are and what role they play in your life. If the relationship has been particularly troublesome, we say they are likely in your life to bring you a great lesson in love. Their behavior persists because you haven't yet seen the gift they bring to you.

So, ask to see this relationship differently from our higher perspective, and be willing to change your behavior toward this person. Before your next meeting with them, or even talking or texting them, change your mind about how you view them. Then, send your love and gratitude to them. If you can't think of anything to love or be grateful for, realize they are in your life as someone who volunteered to bring you the all important lesson in learning love and forgiveness, because that is precisely what they are doing, and that is precisely what you need to do.

You don't need to like them or condone what they've done. Just decide you want this relationship to improve and send them love from your deep heart. In meditation,

visualize the Great White Light encircling them in such a magical way that their own personal energy shifts and lifts them up to a higher plane. Along with it, you and your attitude ascends and washes away your unforgiving attitude like magic scrubbing bubbles on a bathtub ring.

Decide to flip the switch and turn on the Light! Leave the darkness and enter a bright new awareness of appreciation for everyone who is in your life. Let go of how you have heretofore viewed them and with your new attitude of gratitude, you change how you view the relationship and you change the relationship!

**Q.** This is not going to be easy!

**Sreper:** To the ego it won't be easy, but we say rise up into your Higher Self past the low-level ego hurt and forgive this person of any wrongdoing they may have done. In truth, this is the key to your freedom! You cannot soar with the angels if you are tethered to the prison of unholy ground called unforgiveness.

Open the cage door and fly free. Do it now and waste not another second of your precious journey on Earth by holding onto grudges of the past that only hurt you. Forgive and let go! Choose instead to send only love and gratitude to this person. Send their guardian angels to them as well, who will further guide them on their journey into the Light.

In this season of gratitude and showing kindness to one another, forgiveness is the tool to get there. Just be willing to try it. And keep trying it. Send it to all the world leaders, too. The world needs it, and you, now more than ever.



*Peace to all, from Sreper, Angel of the Great White Light*

# All we are saying is give PEACE a chance...with a 'Swiftie-style' Friendship Bracelet

By Nancy Freier

Back in my day, namely the Hippie era of the late 60s, we had our prayers for peace and carried signs that read, "Make Love Not War." We sang along to, "All we are saying, is give peace a chance" and "All you need is Love" thanks to the imagination genius of peace maker, songwriter John Lennon of the Beatles.

Call me *out of it* in terms of the modern day pop era, but in light of the Taylor Swift and Travis Kelce popularity explosion of late, I learned about the trendsetting friendship bracelets that Taylor made popular on her world-wide Eras Tour. Apparently, they are much more than just plastic beads. A Google search turned up this...

*It's a trend that started as a sweet nod to a lyric in Swift's song from *Midnights*: 'You're on Your Own, Kid,' in which she sings, 'So, make the friendship bracelets, take the moment and taste it.'*

*Fans took her literally and began beading their own bracelets, then taking the moment (their experience of the Eras Tour) and tasting it (dancing and singing until their voice goes).*

What a novel idea! Let's take a cue from Swift's Eras Tour and revive the counterculture of the 1960s hippie era campaign for peace. Let's make some friendship bracelets and share the love with everyone we know, even those we don't know. And who knows? By wearing them we could be reminded to drop our petty grievances and love one another by showing kindness instead.

I see the *Swifties* as the modern-day call for peace and love in the world. And, who better to lead the movement and carry the message than Taylor Swift, who is quite possibly the most popular person on the planet. I say it is time we join her and give peace (and love) another chance!



Friendship Bracelets

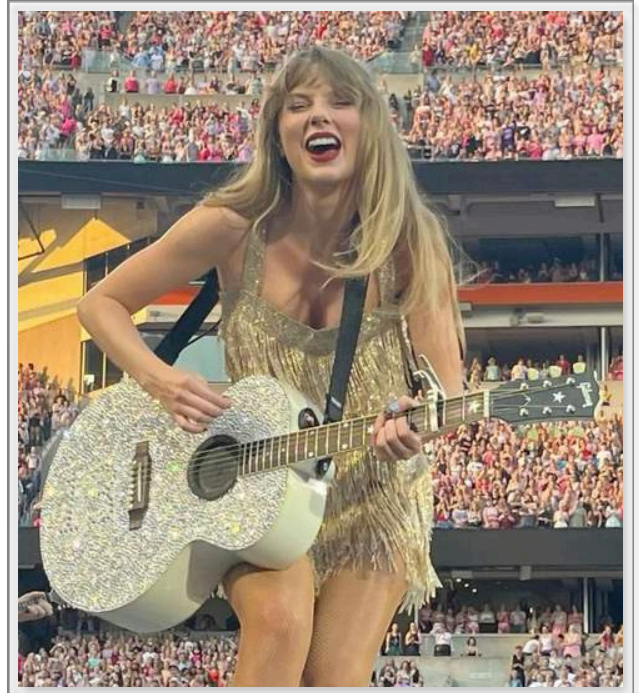


PHOTO SOURCE Internet: Taylor Swift Eras Tour 2023



PHOTOS SOURCE: Instagram [hadidnewws](https://www.instagram.com/hadidnewws)



*Get a Reading!*



## *Angel Guidance Readings with Angel Medium Nancy Freier*

If you're experiencing a challenge and need the Angels' unique perspective to understand and resolve it, get a reading! The Angels see the bigger picture of your life and where you're heading, and they are ever-present to wisely and lovingly guide you through whatever you are facing. Mediumship readings bring you messages from those on The Other Side of the veil. Readings are available written through an automatic writing technique, or verbal via phone, Zoom, or Messenger by appointment. Get a reading! E-mail [NFreier@aol.com](mailto:NFreier@aol.com)

### *Welcome to the Angel Guidance Group*

Nancy leads the group into a growing awareness of those in the higher realms and the ways they guide us through the lessons and challenges we face. Join us as we explore the methods of communication, share our enriching experiences with spirit, and discuss enlightening Q&As with the Angels. The term "angel" may have roots in Christianity, but they are whatever you want them to be ~ Messengers from the higher realms of spirit who come to guide us.

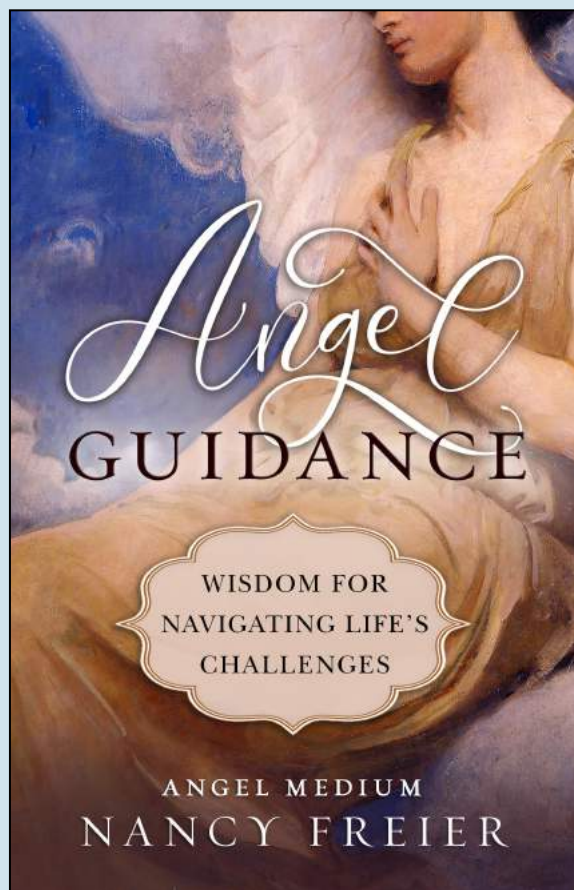


**Sat., Nov.11 @ 1pm CST**

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

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

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



**Click [HERE](#) to get  
Nancy's book**  
Available on Amazon

*Book includes over 150 questions asked of the Angels. The universal nature of their responses will inspire you to heal body, mind, spiritual and emotional issues facing us today.*



## Play of Light

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." [www.patsartfullife.com](http://www.patsartfullife.com)  
[www.patgullettdesigns.com](http://www.patgullettdesigns.com) [www.artisticwaytoenlightenment.com](http://www.artisticwaytoenlightenment.com)

**P**lay of Light is so amazing as the Sun hits more extreme angles and illuminates gold! On our Litchfield Hills, layers of brilliance appear, valleys lighten up, misty lavenders glide over the land, and changing colors brighten up the landscape. It's like a dreamscape, another world.

I recall reading the 'flowering of human consciousness' in the book *A New Earth* by Eckhart Tolle. This was it! I felt this was what the New Earth would look like. After days of torrential rains, the tears of the Mother, cleansing away the old energies, what remains is crystal clarity, beauty, and rebirth. Our job is to

be fully present to the shifts and changes happening in the earth now.

You raise your consciousness when you become present to this day, this experience in the present moment of Now. This is your Life's Purpose, as well as a memory to be felt of beauty, peace, and light. Giving it your fullest attention, honors all the forces that have come together for your personal reality.

Love this gift you've created in every way. Align with it by focusing on every part, and appreciate it completely. In addition, these feelings ripple across the earth like a butterfly's wings, allowing all of us to rise to new levels of awareness.

I love this way to live. It's so different from the old world out there. Imagine, we no longer are here to persuade, convince, control, or change anybody or anything. Instead, we accept each has their own reality to explore, create, and discover. Each becomes enlightened in their own time.

Play of Light began with that incredible sky. Suddenly, while driving on a hazy, moody, day, the sky just lit up in a column like an apparition from a movie. Plus, it stretched far above and shot straight down to fill every part of the rolling hills with color.

Next, I added our crescent Moon rising in the early dawn. It floats

like a mystical boat across the heavens with Venus the Morning Star. The 11 ravens are gathering in groups during this season, soaring, calling, and protecting the land.

I am the lucky observer of this magnificent landscape, and very privileged to be here. The world is shifting, weather is 'mind blowing' as the meteorologists say, and we see a New Normal being created in every way.

Play of Light invites us to our personal illumination. This is a time to live in mindfulness, trust our feelings, and be flexible in our choices.

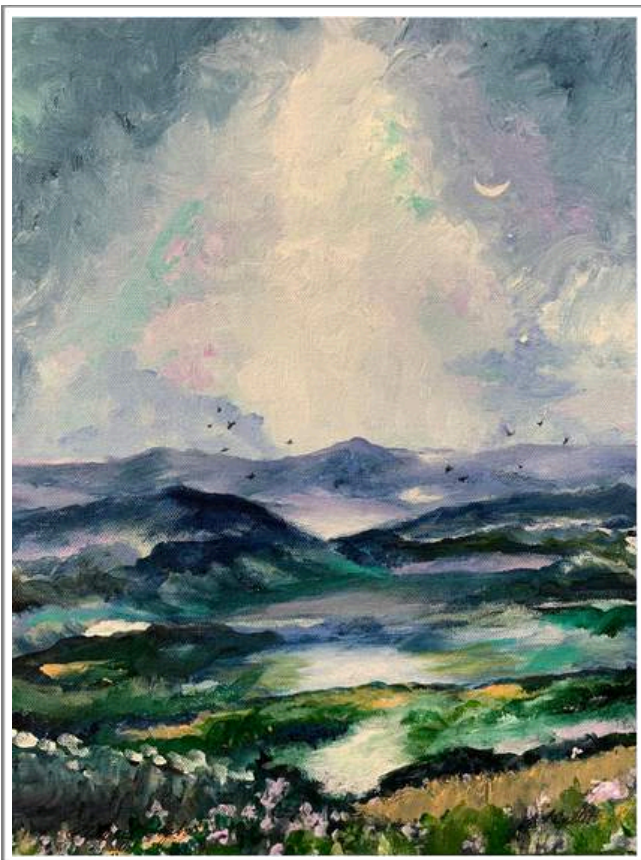
First of all, listen to your body. It will tell you what's best to do, eat, and experience. Body is your companion on the journey.

Secondly, open to seeing deeply the world around you. You are a magnet for all you see, feel, and do. Love the world you have created or turn it into something more to love. It's your creation and personal magic.

Thirdly, protect yourself from other's agendas. Set your boundaries. Do what you have the energy to do. Live your life to the fullest of your ability. Keep the body strong so it has the stamina to keep up with your chosen people. But, honor your down time to rest and rejuvenate yourself. Listen to your intuition to tell you what's best for you personally.

Live the life of your dreams. Some are traveling to new places, opening to surprising experiences. Yet, others are creating, painting and making beautiful things. Your purpose is to thrive, energize your passion, and renew your body and soul. What a beautiful way to live!

Δ



Play of Light by Pat Gullett





# A Brightly Guided Life

By Ingrid Honkala, Ph.D.

**R**ecently, I was privileged to attend a presentation by the author of *A Brightly Guided Life: How a Scientist Learned to Hear Her Inner Wisdom*. The presentation was by Ingrid Honkala, Ph.D., a beautiful conscious 53 year-old native of Bogota, Columbia, South America where she grew up with her parents and three sisters.

What makes Ingrid so special started when she experienced an NDE at two years old. She accidentally fell into a large pool of water and drowned. There she met a group of Angelic Beings of Light who she eventually recognized as her guides throughout the rest of her life. The only problem with that was that at age two after she was revived from the drowning

incident, she didn't really understand what had happened to her.

In the first part of the autobiography she deals with her various experiences and reactions to her new awareness of these *Beings of Light*, as she refers to them. And of course at a young age she did not have the language to describe what she was experiencing. As she became older she was eventually able to discuss what was happening to her with her mother, and later with her grandmother. Both women accepted her experience and validated it as real. This provided Ingrid with a measure of comfort.

Ingrid also had occasional premonitions of what her future life might be like. She states: "Although I grew up in the mountains my love for the ocean started when my parents brought me to see it for the very first time at the age of four. I perceived it as a huge blanket and told my mom that someday I was going to find what was hidden under it. At age five I told my dad, 'When I grow up I am going to become a marine scientist.' I pursued my dream and went to college where I graduated as a Marine Biologist and later continued my graduate studies until I got a Ph.D. in Marine Sciences with emphasis in Biological Oceanography. My passion for my career had brought me to be a very successful scientist in this field."

When growing up and attending public schools Ingrid often felt out of place, ignored, extremely lonely and misunderstood both by her teachers as well as by her fellow students. It was a difficult time for her because she could not understand why she

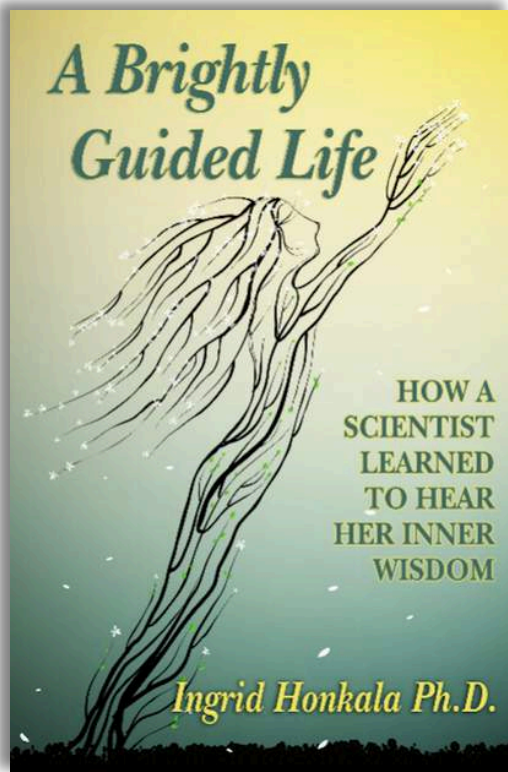
could be in touch with these Beings of Light and get guidance from higher realms, when her classmates could not!

Who could she discuss this awareness with? If she did talk about it, she was certain they would think her crazy. She might even be locked up in a mental institution! For example, one time she opened up to a nun at the local Catholic church and the nun's response was to never bring the topic up again, or suffer the consequences.

In her young adulthood she was able to rely on the guidance of the Beings of Light to protect her and to avoid being abducted or even murdered during various situations she encountered on the streets of Bogota. In her middle years, for some reason she decided not to contact her guiding Beings of Light for a period of about ten years. The question is, *why?* Why would she do that when she had such wonderful guidance available to her just for the asking!

My own intuitive answer to this seeming incongruity is that perhaps she had chosen this life before being born in order to undergo certain difficult experiences in order to learn and advance her soul development. And part of that design is trying to see what life would be like without the guidance of the Beings of Light. And of course, she experienced much harder and very difficult situations in that timeframe. It is also very probable that Ingrid was already a very evolved soul and decided to create such a challenging Earthly lifetime in order to advance to an even higher level while also providing teaching and guidance for other humans at the same time.

In my opinion another major reason for Ingrid to suffer so much in her middle



A Brightly Guided Life: "An easy read with an instant and meaningful impact" is available on Amazon.

Continued on page 9





**Author, Scientist Ingrid Honkala, Ph.D.**

period was because she was educated and trained as a scientist. Her life also provides us with a great lesson during the age we are living in which it is so materialistic and grounded more in science than in spiritual awareness. In this view, we become aware that there needs to be a balance; and, in the life of Ingrid Honkala, we are able to witness exactly how this balance can and should work for all of us. She is a wonderful example to learn from!

If you like autobiographies of interesting talented spiritual individuals, I think you will enjoy this book. She has had such an interesting and eventful life. There's a lot we can learn and take home by reading along as she tells her story.

△

**Read more of Ingrid's story on pages 10-11.**

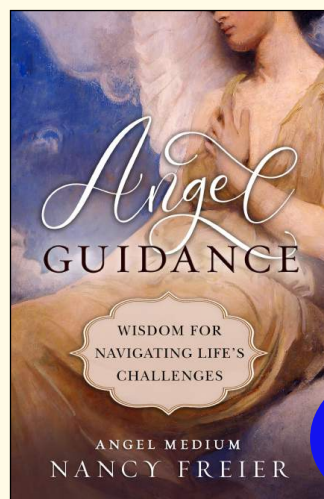


*From Angel Guidance ~*  
**Wisdom for Navigating Life's Challenges**

***What is the importance of thanksgiving?***

Sreper said: Gratitude and giving thanks *brightens life*. Having gratitude for something *even before you receive it* is a demonstration of faith, which expands the heart further.

Gratitude and thanksgiving are ways in which you can live a happy life, for one cannot be grateful and sad at the same time. Thankfulness unlocks the doors to leading a brighter, light-filled life. We suggest everyone create in themselves an *attitude of gratitude*. It will actually heal them, it's that powerful.



[Click HERE](#)  
to get book!



**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, November 16, from 1-2:30pm.** A zoom group is coming soon.

For more information, email: [sgfreier23@gmail.com](mailto:sgfreier23@gmail.com)

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



# The Life-Long Aftereffects of My Childhood **Near-Death** Experiences

By Ingrid Honkala, Ph.D

Colombian-born Ingrid Honkala, Ph.D., had her first near-death experience at the age of two and came back with knowledge far ahead of her peers. At five she decided that she would work with the oceans and single-mindedly pursued that path becoming an oceanographer. She remained deeply connected to Spirit and is now an inspirational speaker and teacher. In her presentation she shares highlights of her book ["A Brightly Guided Life - How a Scientist Learned to Hear Her Inner Wisdom"](#) that shows that we are eternal beings, we are never alone, we are more connected than we think we are, and we are the Light. Learn more about Ingrid on [her website](#).

In 1973, near the age of three, I fell into a five foot deep 900 gallon above ground concrete tank of frigid water located on the patio of our home in Bogota, Colombia. The tank was used to collect water for hand-washing clothes. Next to the tank was a flat surface for scrubbing.

Both of my parents worked and would leave my two sisters and I (all under the age of three) in the care of a young maid who never paid much attention to us once they weren't home. One morning after my parents had left, my older sister and I decided to play catch across the tank. So we grabbed some stools and my sister managed to reach the flat surface next to the tank, while I kneeled precariously on the thin edge at the other side of it. What happened next is so vivid in my mind that I can still remember every detail of my experience as if it happened yesterday.

My sister and I were throwing the ball to each other when it slipped from my hands. As I tried to grab it from the water, I lost my balance and fell into the tank, which resembled a dark hole. The first feeling of the plunge was a shocking coldness. I didn't know how to swim and rapidly began sinking. My desperation was intense, as I couldn't breathe. I could feel my heart pounding in my head; with eyes open, I stared hopelessly into the darkness, unresponsive.

Then suddenly came a feeling of total relief. I was at peace and was no longer in anguish or feeling cold. My heart stopped pounding; everything turned absolutely

still. Then, I noticed that a dim light, like a candle, had somehow begun glowing, just enough to illuminate my watery surrounding. I could see bubbles, and then behind them I noticed a body suspended in the water. This was my own lifeless body, but instead of feeling surprised, I felt immense joy and freedom. No wonder I felt so relieved being liberated from the burden of my body, for I was a fragile, sickly child who always felt unwell. As I turned around, leaving my body behind, everything felt peaceful and bright; at last I was free from the aches and pain I had carried since birth.

At once, I found myself in the maid's bedroom looking down on her laying on the bed listening to the radio, completely unaware of what happened to me. Next, I found myself looking at my mom walking to her bus stop several blocks from home. Right then, I became aware that I didn't have a defined form, and that time and distance had vanished for me. I could be anywhere, at any time. Not only was I able to communicate with everything, but I was part of everything. It was like the "Wholeness" and I were one. As I sank into an atmosphere of pure bright light, I had the absolute awareness that prior to becoming a human, I was a being made of pure light, just as I was now.

While I was experiencing this blissful state of being, my mom suddenly sensed an intense feeling of dread and began running home. When she arrived, she knew exactly where to go, finding my oldest sister leaning over the tank,

helplessly crying. As she pulled my lifeless body out of the water, she found no pulse; my lips were blue, my body was cold and my skin was pale. Being trained in CPR, she pushed her fingers into my little chest and began blowing air into my lungs until I began choking and gurgling. Since I was so "far away" at the time, I have no recollection of being revived. What I do recall was that I began falling, as if I had jumped from the top of the tallest high-rise in the world! I was being sucked back into my body like a vacuum. When I felt the intense, agonizing cold of my body, I knew that I had returned.

I was just a baby when I had my near-death experience (NDE). I was too young to understand that I had actually died, let alone have any preconceived ideas about NDEs. All I knew was that I had left my body, had gone to a place of indescribable well-being, and that such an experience did not feel unfamiliar to me. Somehow, I comprehended that my current life was just a continuation of a very long existence. As I grew up and remembered my drowning, I could never get away from the question, "How could I have seen my body lifeless if I was still alive?" This experience made it clear to me that there was an existence beyond the body.

For about a year after my NDE, I began seeing colors, hearing sounds, and feeling motions similar to the ones I experienced during my drowning. Time would start to slow down, then abruptly speed up. It also felt as if, for an instant, I was being taken somewhere else, then I would experience a

Continued on page 11



vacuum inside my belly and chest while being pulled back in. I was completely unaware at the time that I was having out-of-body experiences (OBEs).

After my NDE, I refused to eat and often felt upset. I would run to my mom and scream, *"You don't understand! I'm not this person. This is not me. This is not my name. I should not be here!"* Patiently, she would hug me and wipe away my tears. I came back to my body with an awareness and skills that I didn't possess prior to my NDE. I had clarity that my parents were not my parents; they were my equals. I had a realization that I was not a baby; this was just the state of my body. Since I was unable to communicate all of my feelings in a way that people could understand, I became frustrated, and I increasingly isolated myself from the world. My sisters were too young to understand what was happening, and my parents were too busy working and surviving in a country at war, so they did what they could to deal with a very challenging child.

Thankfully, the help I needed to adjust to my unique experience arrived in a most unexpected way. Right after my fourth birthday, during one of my vivid journeys, I was surrounded by star-like figures of pure light shining everywhere. They were of different sizes and colors. Suddenly, one of them, shining in pure gold, shaped itself into a human form, approached me and touched me. Feeling absolutely astonished I said, "Wow! You are a Being of Light." Thereafter, I continued seeing the lights while sleeping, so I was eager to go to bed. Each time I was with the Beings of Light, I sensed a deep feeling of joy, felt more peaceful and healthier. I began interacting more with my family and sharing that I felt good because I was meeting Beings of Light while I slept. My parents felt relieved because I was feeling better and having good dreams.

For a while, I would see these Beings only when I went to bed, but before long, they began appearing anytime, anywhere. The first time I saw one with my eyes open was when I was taking a shower. Suddenly, an intense and astonishing blue light flashed before me, staying for a few

seconds before it vanished. Even at the age of four, I knew it was a Being of Light. They didn't say or do anything in particular, but I felt so loved in their presence that I needed nothing more.

I first heard them talk after I threw a big tantrum. Since my NDE, I was unable to identify with my name and often felt bothered when people called me Ingrid. On that particular day, I got angry with the maid for calling me Ingrid. I told her, "Don't you understand, that is not my name!" When asked what was my name, I answered, "I don't need one." That night as I fell asleep, a golden Being of Light embraced me and I heard a voice talking in

*"Each time I was with the Beings of Light, I sensed a deep feeling of joy, felt more peaceful and healthier."*

a very loving and clear manner. "It is going to take time for anyone around you to understand that names are not needed in the realm of the Light." They also told me that for now it was best to remain quiet. Still, it was difficult for me to accept why no one was able to understand me. Why did I feel so peaceful with the Beings of Light, but so uneasy when surrounded by humans?

As I grew up and went to school, I often felt like an alien and judged by others as being weird and different. Even our family priest got angry and punished me after I approached him stating that we didn't need to fear God because He was pure love. Not having the support from my school nor my church only added to my loneliness. The only place I felt safe was at home. There I could retreat from the world. During those days, I often asked the Beings of Light, "Why me?" They always responded that everything was going to be all right and I would find people to help me, starting with my family.

My mom was the first person to realize that I was truly seeing non-physical entities. My maternal grandmother mentored me to learn about spirituality. Together, we joined various spiritual groups where I started to gain more clarity.

At 19, I began to search for answers in the medical community. With the help of an uncle, I found a psychologist with expertise in hypnotherapy. Under hypnosis, instead of seeing myself, I started seeing the psychologist's childhood traumas and gave him advice about his experiences. He was so blown away by my ability that he sent me to an advance practitioner who specialized in hypnosis and past-life regressions. With his help, I was able to access many past lives and miraculously healed my lifelong respiratory problems permanently. It was an amazing breakthrough for both of us and he was able to use my case for his research.

Even though I have had many teachers and experiences that helped me deepen and understand my spirituality, it was still difficult to feel a sense of belonging in my secular life. Once I began college, I had a strong desire to be like everyone else. Wanting to fit in with my peers, I abandoned all the spiritual groups I was once associated with and made the difficult decision to end my communication with the Beings of Light. Nonetheless, no matter how much I tried to fit in, I always felt different and lonely.

For the next 20 years, my unresolved feelings grew stronger and I began experiencing a lingering and profound sense of sadness. This remained true even when I became a successful marine scientist and worked for important organizations like NASA and the US Navy. The sadness was so palpable that I found myself thinking about death and dying daily, until I reached a point of the deepest state of depression at the age of 39. Realizing I needed professional help, I found a psychologist who, after a few months of treatment, helped me to heal, to reconnect with my inner-wisdom, and make sense of my spiritual transformative experiences (STEs). I learned they were far more common than I thought.

△

**Read more about Ingrid in her book, "A Brightly Colored Life: How a Scientist Learned to Hear Her Inner Wisdom," reviewed on pages 8-9 in this issue.**



# Spirits in the Trees

By Richard Schneider

**Editor's Note:** Knowing about Psychic Intuitive Richard Schneider's experiences communicating with nature, I asked him to write this article to share with my readers. He did not disappoint! Enjoy his insights that will most certainly inspire you on your next walk in the woods! Thank you, Richard!

Autumn in New England is a time when I'm grateful to the trees for their magnificent displays of color. I'm also grateful for the relationship I have with them that goes beyond the appreciation of their beauty. I know them as spiritual beings. What follows may seem as if I'm making things up, but imagination is the doorway and I've learned as a psychic intuitive to listen to what I call "the knowing," an inner sense that what I'm receiving feels true, and I experience this when communing with spirits that inhabit trees.

I began recognizing their spiritual aspect years ago when I was standing alone one day in the Medicine Wheel at Starseed Healing Sanctuary in Savoy, MA. I found myself turning around in the sudden realization that the tall pines surrounding the clearing were conscious. It came to me that they provided protection for this sacred site. I called them "The Sentinel Pines" and to this day when I'm in the Medicine Wheel, I acknowledge them for their service.



The Sentinel Pines just beyond the Medicine Wheel

I've had other encounters with trees and their state of consciousness since. For instance, while walking in a forest on one of the Seven Sisters in the Mount Holyoke Range in Amherst, MA, I had to stop along the path because unexpectedly I sensed that the trees were aware of my presence. It was as if they were looking at me. Since then, with this knowledge whenever I'm in a forest, I tune into the trees until I feel their recognition. I'm never disappointed.

Returning to the Sanctuary at Starseed, this is where I first encountered a female tree spirit along a forest path. (See photo on left.) Her face was rather plain to see in a bulbous burl about seven feet up from the ground. Yes, tree spirits have faces and gender.

She's located in the light brown part of the burl in the picture above. I tried to photograph her, but the pictures never seemed to turn out well. I later learned that a tree spirit wants you to establish a relationship first before granting permission to be photographed.

This process requires showing honor and respect which includes touching the tree in some way. Hugging is appreciated. I found that this particular tree spirit had a wary personality and was not that easily approached. I honored her by building a sculpture of stones enclosing a Herkimer diamond on a nearby tree stump within her line of vision.



A female tree spirit in a bulbous burl

Continued on page 13





I was careful not to take the stones that surrounded her tree as she gave me no indication that I was permitted to use them. The offering of the stone sculpture made our relationship more congenial, but I still had to remain cognizant of the honor and respect she wished for.

Years have gone by and her face is no longer discernible. It appears this spirit is moving on but it looks like a different face is forming meaning there will one day be another tree spirit to get to know.



Whenever I walk in the woods, I look for spirit tree faces, especially in bulbous burls. (See photo middle left.) Also, faces appear in gnarled outcroppings and tend to look grotesque, as the photo below illustrates, but I'm sure this face seems normal to the tree spirit. You can make out eyes, a nose, and a mouth, but it looks rather unlike us.



Sometimes, the faces of tree spirits occur on the surface of the bark itself. (See photo lower left.) For four years, I had a relationship with a tree spirit occupying a mature maple in the backyard of a home in upstate New York. The face appeared about five feet off the ground and I sensed she was female.

She was very kind and offered her trunk for me to lean my back against. She was sympathetic to the chronic pain I have there and I always felt better afterwards. Because of the relationship I had with her, she let me take this photo. I told her I was featuring it in a presentation and that seemed to help.



I hope this brief article inspires you to seek out our fellow spirits in the trees. They, like us, are having incarnation experiences on our planet except their "bodies" are members of the Plant Kingdom. Remember, it's important to form a relationship with them that includes honor and respect. Let your intuition guide you in this and good luck in your search. A truly wonderful way of relating to nature awaits you.

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**About Richard Schneider: He is a psychic intuitive, Reiki Master-Teacher, and elder who's been on his spiritual path for over 40 years. He currently resides at Starseed Healing Sanctuary in Savoy, Massachusetts.**





Author, Artist, Blogger Robert Moss

# Active Dreaming for Soul Recovery

By Robert Moss | [Robert Moss Blog](#)

**S**hamans understand that soul loss is the root of much illness and confusion in our lives. It may be caused by pain or trauma or heartbreak, by wrenching life choices, or by wimping out on our best and bravest dreams. It can reduce us to the condition of the walking dead, passionless and dreary, forever trying to fit in with other people's needs and expectations, lost to our own deeper purpose.

Soul *retrieval* is a shamanic operation in which the practitioner journeys to bring back lost soul-parts and puts them into the client's body (typically by blowing into one or more of the energy centers, most often the heart or the crown of the head). Soul *recovery* is a practice in which we help each other to become self-healers and function as our own shamanic practitioners — to gather and integrate our own families of selves and bring wholeness and vital energy into our lives.

*Dream reentry* frequently opens the road to soul recovery, because our dreams show us where our missing parts may have gone, and invite us to reach in and bring them back. When we dream again and again of the "old place" (maybe a childhood home, maybe a space we shared with a former partner) we

may be learning that a part of ourselves — a part scared away by trauma, or a part that resisted a choice we made — is "stuck" in that place, or went missing at the time we lived there.

By going back inside the dream of the "old place" in a lucid shamanic journey, we may be able to locate that lost aspect of our own identity and energy and find the way to bring it back into our hearts and our lives. Typically, soul recovery of this kind will require reassurance and negotiation. Our younger self may need to be reassured that she is not going to be hurt in the way she was hurt before. She may need to be convinced that we will include things in our lives that she will enjoy and will engage her passions.

In the practice of soul recovery, we support each other without necessarily playing shamanic practitioner for each

other — since the heart of this practice is to assist everyone who is able to become a self-healer. The core technique is dream reentry and tracking. This is a method of interactive shamanic lucid dreaming explained in depth in my books, especially [Dreaming the Soul Back Home](#). As applied for soul recovery, we place the focus on locating and reclaiming lost aspects of soul energy that may have surfaced in a dream or a life memory.

The tracker may be required to play an activist role — for example, by helping the dreamer to move beyond a fear, by running interference if there are negative entities in the field, by bringing in the tracker's own animal guardians, or by negotiating directly with some of the dreamer's younger or "other" selves. Before undertaking the soul recovery journey, dreamer and tracker should try to

reach a clear agreement on how far the tracker should go (or *not* go) in assisting the healing.

What do we do for a person who has suffered soul loss and does *not* have a dream? This is of course a common condition. The Onkwehonwe, or Iroquois, say that if we have lost our dreams, we have lost our souls — at least, the part of our soul-self that is the dreamer and remembers the



Art: "Many Selves" by Robert Moss

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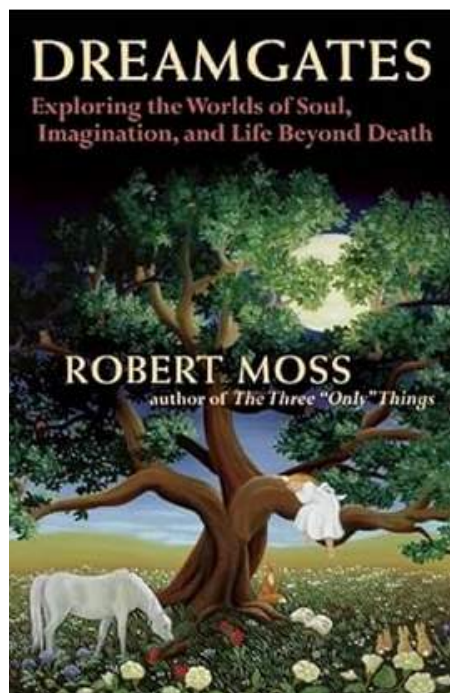
deeper life. Several Active Dreaming techniques can help the dream-deprived to open a gateway to soul recovery — and reclaim part of themselves that is the beautiful dreamer.

We can encourage them to call up the last dream that they remember. It may be a dream or nightmare from early childhood. I have been privileged to help facilitate profound soul recovery healing by getting an adult bereft of their dreams to revisit a dream from thirty years ago, or longer. We can help a dreamless, soul-damaged person to revisit a life memory in the same way that they might reenter a dream.

We can perform *dream transfer* in the service of soul recovery for someone who has lost their dreams. We journey for them and grow a dream for them that they can be helped to enter and can provide an authentic portal for self-healing. Active dreamers know we can bring a dream to someone in need of a dream.

△

Author Robert Moss' book [Dreamgates: Exploring the Worlds of Soul, Imagination and Life Beyond Death](#) available by clicking link. Published by New World Library.



[Dreamgates](#)

## A Prayer for All Citizens of the World

By Debra Martin

I first want to say that I am praying for all of the innocent men, women, and children in Israel and Palestine. No one knows what tomorrow brings. It can be scary to see and hear about the horrific violence that is happening throughout the world. Fear starts to take over our mind with all the “what if’s?” I would like to share a few words that God shared in a recent healing session. I feel His words can benefit us all:

*No one knows what tomorrow may bring. I was with you before you were born. I am here with you now, and will continue to be with you through the good, the bad, and the ugly. I will be with you when you die. I have been and always will be by your side.*

*You may not understand the evil, hatred, and destruction that is happening in the world. If you are struggling to remain positive because of the horrific things you are seeing and hearing, you need to give yourself permission to take a break and turn it off. This is especially important if you are a sensitive soul. If it's not serving you, don't continue to take in the negative energy that is coming through the screen, stripping you of your joy, and leading you to think the worst. Give this to God. Let God take control of what you can't.*

*While it is important as citizens of the world to stand in solidarity with your brothers and sisters, the best thing that each and every one of you can do is send light and love through prayer to everyone in the world. Surround them in peace. The more peace you hold within, the more peace you will radiate outwards. You can't control the outcome, but you can send peace. Celebrate each moment, each birthday, each victory, and each passing. You are love. You are loved.*

This message placed comfort in my heart when I heard it. I believe if we all stand in God's Light and Love and sending out peace to the world, people will feel this embrace. Each act of love makes a difference, it never gets lost.

△



Debra Martin is a world-renowned healer, an International Research Lab certified medium, and an author of six books. She has had three near-death experiences and is a survivor of cancer.

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# 'tis the Season of Eclipses



**By Andria Nikoupolis Weliky**

**G**reat endings and great beginnings is the flavor leading into this report as we are in eclipse season. The potency of our most recent lunation cycle has me wanting to backtrack and expand a bit more on eclipse energy and specifically Luna's partial eclipse we just had on October 28 at 5 degrees and 9 minutes of fixed Taurus and Scorpio.

Eclipse energy can be initiated six months prior and six months post; they are pivot points or course correctors, where we may find ourselves on a sudden alternate trajectory however, where can we see that the shift is the gift!

In the Taurus/Scorpio axis, this brings in themes of finances, power, secrets, values, food and our earthly realms of security and what security means to us. This energy is elevated and magnified by Jupiter, highlighting our belief systems and Mars, triggering precise, passionate, Scorpionic action and drive. This was our last of the series of eclipses in these two signs for nine years. Sometimes we can look back to what was going on in our lives in 9 or 18 year increments to discover the storyline that may be playing out. None-the-less, I think we may have to put out the astrological swear jar for the word "intense" as I'm probably not alone in saying that the energy is somewhat INTENSE these days.

To counteract or balance this energy, we can choose to walk the high vibe, positive, peaceful and productive earthly path, dropping into the body and doing whatever we can do to ground, taking moments to remove ourselves from all the

buzz and hullabaloo, step into nature and find the breath. Taurus is the body, the physical earthly being. Trust your gut instincts as Scorpio governs the intestines and genitals. The body is where it's at!

Before I dive in, pun intended, I wish all November Scorpions and Sagittarians a Happy Solar Return!

Most astrology signs are represented by one symbolic image however, complex Scorpio is represented by, of course, the scorpion, but also the eagle and the phoenix. Scorpions have the wear-with-all to dig deep, with determined and steadfast focus, to persevere into the raw underside of matters, and a tough skin.

Scorpio is a water, feminine or yin sign that may be inspired to turn within and create from the depths of the molten realms. Since Scorpio is about regeneration or rebirth, in a way there is a death and from that death there is a renewal. This is where the eagle comes in, the wise, piercing birds-eye vantage point, and then the phoenix, symbolizing great transformation.

*"The extreme natured Scorpio is tempered, reborn from the ashes, renewed and rejuvenated as the Phoenix representing the capacity for empathic observation without judgment thus an expansion of compassion and disillusionment of self the Phoenix strongly associated with rebirth resurrection and transformation is a symbol that represents Scorpio breaking the chains of attachment, having learned the lesson of letting go."*

—by The Scorpio Gang

The parts of ourselves that we avoid is where the portal of transformation lies.

At the top of the month, we have a stellium or a grouping of planetary energies in Scorpio, Sun, Mars, Mercury and Ceres, all opposing Jupiter and Uranus, both retrograde in Taurus. Venus, ruler of Taurus is hard at work and not in her most desired position in analytical and discerning Virgo.

Meanwhile, Mars being the traditional host of Scorpio and strongly seating on his own throne, amps up the... hmmm.... intensity... ch-ching, ch-ching!



Here, Mars joined with Mercury can speak with a sharp tongue, or perform laser accurate surgery, literally or metaphorically.

Sun in Scorpio is opposing a retrograde Jupiter in Taurus on the 4th. This duo can lead to over indulgence or even find us overly optimistic. On the other hand, we may find we are equipped with some extra courage, or gifts of

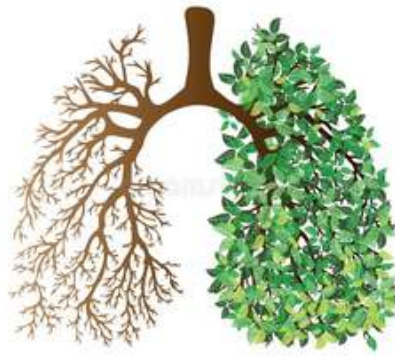
Continued on page 17



confidence to take on any obstacles. Also on the 4th, we have slow moving Saturn at 0 degrees of Pisces stationing to go direct or forward motion. We may want to apply practical boundaries or outline a disciplined practice around our artistic endeavors thus creating tangible rewards with legs of longevity. Check your natal chart to see what houses, thus areas of life, these land in for you.

We also open our month with Eris, street fighter, Goddess of Chaotic creation, relentless, uncompromising warrior for inclusivity conjoining the North Node representing our future collective destiny. This aspect is also in a Mars-ruled sign Aries, and with Mars at home in penetrating Scorpio. Okay, I won't say it, just put another quarter in the jar, ch-ching, ch-ching!

As all of this sounds, shall I say rather intense, there is a strong energy of forward motion as all the outer planets



Trees: The Lungs of the Earth

are one by one coming out of retrograde, supporting workloads and accelerating the pace, and yet, we are only at our best when we pace ourselves, remain human, honor our bodies with great reverence and come back to our beautiful breath.

In Traditional Chinese Medicine this is the season of the lungs. Additionally, the trees analogous to earthly expression, are the lungs of the planet; with Uranus and Jupiter traveling together for the last time in the earthly

domain of Taurus for another 84 years, this is our opportunity to honor the connection to the Earth, taking practical measures of stewardship, personally and collectively to restore our precious home. There are many helpful breathing exercises available to us, one of my favorites is Insight Timer, a meditation app I use regularly.

Plant teachers to turn to this month include: elecampane for respiratory support, black cohosh for menopause symptoms, Maca root for gut health and libido. This is not medical advice but a path of exploration and wonderment.

Δ

**If you are looking to schedule a reading and learn more about the information of placements and points in your own natal chart, please reach out to [andria@emeraldionalchemy.com](mailto:andria@emeraldionalchemy.com).**

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## Cherish Life's Blessings with Kunzite

I recently went on a fall forest hike, surrounded by the beauty of nature. The trees had undergone their annual transformation — their vibrant green leaves transitioned into a brilliant golden hue that enveloped the entire forest. It felt like nature was embracing me, providing a sense of warmth and comfort that filled my heart with joy.

As I hiked along the forest path, the sound of dry leaves crunching beneath my feet created a soothing rhythm. My carefully curated playlist accompanied me in the background. Each song seemed to reflect the energy of the forest, creating a deeper sense of aliveness.

Sunlight fell and reminded me that life can be so gracious sometimes. And I felt

like everything around me was connected somehow.

I couldn't help but pause and fully immerse myself in the soul-stirring song "Blessings" by Hollow Coves. It transported me.

My thoughts wandered to Kunzite, the November crystal of the month. The song's message about gratitude and cherishing life's blessings resonated. I had set out on my hike with the intention of reflecting on Kunzite's monthly message and here I was, surrounded by the energy of the forest, the vibrant colors, and this song ... my heart expanded. I felt Kunzite gently reminding me to appreciate the simple moments of life.

"There are blessings all around you. Open your eyes. Feel the sunlight fall upon you. Let it free your mind. There are blessings all around you. Take a step outside. Let your heart shine in a new light. See it come alive."

Alive is exactly what I felt. In that instant, I found myself in a sea of emotions as deep gratitude flowed. I felt an indescribable connection with everything around me, a profound knowing that I too am an integral part of nature's grand design.

Mmm, the beauty of nature and its ability to touch our soul is truly awe-inspiring. It serves as a reminder that amidst the chaos of life, there are moments of serenity and interconnectedness that can uplift our spirit and bring us profound joy. Kunzite serves as a catalyst for us to truly acknowledge, embrace, and revel in the abundance of incredible moments that already exist in our lives. It urges us to pause and



Kunzite Photo by Lori Andrus

appreciate the simple joys that surround us, from the soft whisper of a gentle breeze caressing our skin, to the magnificent spectacle of nature unfurling its vibrant colors during the enchanting fall season — and indeed, in every other season that graces our world.

As I write this, I am reminded that there are definitely times when it is difficult to feel joyful, to be heart centered, or to find even the smallest bit of magic within a moment. Consider those times when perhaps your emotions feel dense or an unforeseen challenge arises. This is when Kunzite, known for its calming and uplifting properties, is most eager to support us. It activates a deep and profound connection between our heart and mind, opening our heart and our thoughts to the immense beauty and wonders of life.

As you move through this month, pop on some joy-filled tunes and spend a bit of time in nature with Kunzite. Notice how it helps you navigate through life's challenges with grace and to find comfort in the simple pleasures that surround you always.

△

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**See page 19 for more information.**



Golden Forest Photo by Lori Andrus





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## Who could I tell that trees were talking to me?

I was walking along the coastal waters of Georgia and I noticed a very ancient tree. It was gnarly, with wild twists, turns and textures proliferating the huge tree trunk. Green moss hung from its branches, resembling ghosts who had lost their way.

Enthralled by the thick layers, patterns and colors of the bark, I wondered how they were formed, what had they witnessed in their centuries of being present with changes in environment, weather, history, and how it all somehow related to us, to humanity?

Then I heard a response in my mind. "Look deeply, for we are all a myriad of layers of reality: overlapping, mingling,

*interacting and protecting ourselves. The layers of history that you see here have been shaped by the elements of wind, rain, sun and more. There is much you cannot see that is indeed deeply hidden but potently present. This is the same with you. Parts of your past are exposed and obviously inform your life. Other layers remain hidden yet, give shape and character to your journey. It is difficult to separate the layers as they have shifted to become entangled with time. They can add great beauty and richness to your life. As you can see here with me."*

These were not my thoughts. I had posed several questions and I was



Photo: Courtesy of Beverly Brunelle  
Trees on Orcas Island

organically getting a response in my head. I could feel it was the tree communicating with me. It felt intimate and important. The ancient tree was communicating about itself and it was also a metaphor for humanity. Miraculously I had paper and pen with me. I began to write the messages I was getting. I wrote pages.

I was on a family trip and had taken the afternoon to myself to explore the area. I wondered: how do I tell them I was talking with a tree, and it talked back? How do I share this with anyone? They will think I am a nut case, and yet the messages from the tree felt more real and deeper than any interaction I'd had with a human in quite a while.

Since then, as I've walked through forests and woods, I have received many messages from trees. Often they share about the nature of relationship and community: deep presence, expanded awareness, growing with others while being true to self, all coming from one source with natural awareness and respect of the interconnectedness of all.

Trees can inspire us. Let's explore the wisdom of trees in a guided meditation journey... Take some deep breaths as if you are emptying yourself, then filling



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yourself up with your breath. On the third deep exhale, imagine there are roots coming down from your heart, through your legs and feet and extending down deeply and easily into the earth. As you continue to breathe, imagine receiving into your root system, all the nourishment and wisdom the earth has to offer. Notice how you feel.

Now bring your awareness to the top of your head and hands. Feel the energy of the sun with all its vibrancy, colors and warmth nourishing you as you imagine branches growing out and receiving the magnificent energy from the sun and quantum cosmos.

Feel a new strength within your body: the sun energy coming down through you, deep into the earth, and simultaneously, the earth's nourishment coming up through your roots, your body and out through your all branches.

What are you inspired to ask of these nourishing tree energies? They have much knowledge to share that can help humanity. Record what you receive. Give thanks for their wisdom and notice how it influences your awareness.

Δ

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There's nothing wrong  
with having a tree  
as a friend.

Bob Ross



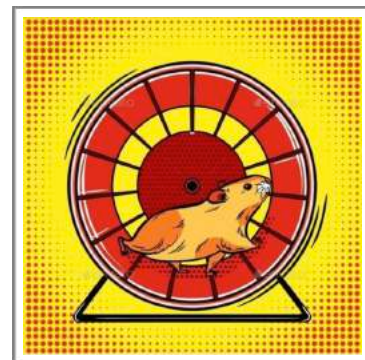
## Karma

*The choice is yours my beauty, We love you either way  
And your despair will keep you near to earth's unholy ways  
of fight and might and all things quite treacherous by compare  
But the other way is calling and calling loud and light  
For your destiny is on distant shores of brightness and lightness  
Of love and letting go  
that don't compare to struggle-some weary minds*

*Control it is illusory and cannot help you live  
You'll fight the flight or give into the streams of basking still  
And on the rivers mighty of your pure peace you give and you'll  
see light and spread your love rather than control your destiny  
Control is not the answer although you've learned that it sure is  
In order to release you must want It more than to manipulate  
There's no fun in manipulation, its results are up and down  
Up in ego's realm and down again to tarry to and fro  
There's no love in the illusion of this winning then losing game  
There'll be ego fun followed by deep despair*

*And what will that give you in the end?  
Nothing but coming back to this  
over and over like a hamster on the wheel  
of one sorry situation and then another  
Life after the other you'll befall  
So release yourself from karma, even though it's not really real  
In your mind it might as well be as you repeat it now and again  
You have to want love fully for it to enter into your mind  
but once it does there's no going back to caverns in your mind*

Δ





# Change fear into a bouquet of loveliness

I knew a woman who was petrified each time she took a shower. She had seen the movie, *Psycho*, after being expressly forbidden to see it by her mother, who knew she was overly sensitive and would be badly impacted by the scene in which the lead female character is stabbed by a crazed innkeeper as she is showering. The woman I know could not get that scene out of her head, and each time she went into the shower, she was petrified that the same would happen to her.

One day she finally realized that she had to break the "charge" this image had on her. She began visualizing herself in the shower, with a floral delivery boy coming to the shower door and handing her a bouquet of flowers. The image was so ridiculous and comical that it made her laugh. Soon, she was anticipating the type of flowers she would receive in her daily shower, and within a matter of weeks, the entire fear of taking a shower was dissolved. She had not only interrupted the pattern of a negative response to a violent image, she recreated the scenario by introducing a creative and pleasant image that would replace it. In the end, both the positive and negative image cancelled one another out.

In our daily lives, we must root out the images that have caused us to form distorted representations of reality and find healthy pictures to replace them. In this way, we are able to create a more vibrant present rather than recreating our past.

## The past fuels the present unless we alter the images we feed ourselves

When we allow ourselves to be swept along by the tide of familiarity, we continue to react unconsciously and become restricted in our thinking. There is no new information or creative input to alter an existing scenario. It is only when we make a conscious choice to make positive changes in our lives that will impact our lives.

This is an act fueled by the will, and requires attentiveness and repetition, like developing a group of muscles. Once is not enough. The action must be consistent. Soon it is integrated and becomes a new habit.

And the brain appreciates this kind of mental discipline. It responds well to this and will begin to open more creatively as a result.



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

-Author Unknown



**Everyone should try this...** Look for an area in your life that is a chronic problem, or where you are locked into a habitual pattern. Consciously change the picture or thoughts you feed yourself and instead choose something that is nourishing and life-giving. Make this effort a daily one, and interrupt the old thought pattern every time it comes to your conscious mind. Do this for at least a week and see the difference it makes in your reaction to life. It will likely stimulate other areas of growth, as well.

It is very good idea to develop more brain power by using a visualization technique to retrain the thinking process that has become sluggish or lazy. We are waking the brain up to its creative potential. *Mind over matter!*



**Kathleen Jacoby was the former Editor of The Inner Voice who made her transition into spirit in April 2019. In her own words she said she is sitting at the feet of the Masters, learning as much as she can about the Greater Universe. She wrote this article in 2011.**





## Have You Ever Weighed Feathers?

Meredith Young-Sowers, D.Div. is the Author of: *Agartha, The Angelic Messenger Cards, Spirit Heals, Wisdom Bowls*, and more. She is the Founder of The Stillpoint Foundation and School and has become a watercolor artist. E-mail: [mysowers@gmail.com](mailto:mysowers@gmail.com)

A friend and colleague, Ginia Pati, writes poetry that takes me to an inner place of presence and deep awareness. Questions more than answers, really – like a Zen Koan – statements that open our hearts to the eternal and give us a moment of pause – a spirit break from the daily grind.

I want to share one of her most recent pieces ...

**Have you ever weighed feathers?**

**An arc of chocolate brown from**

**The magnificent wing of a hawk...**

**An Energy still empowered with magnetic**

**Force and thrum of the earth**

**Or perhaps, a tiny sliver of iridescence**

**From the breast of a hummingbird,**

**Like an eyelash, with a solitary tear**

**Quivering from the weight of love**

**How would you measure truth?**

**Or soul, upon the humble wings**

**Of a sparrow...surrendering in delight**

**To the thorny fruits of warm raspberry**

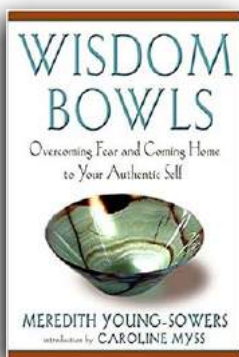
**Gently, I measure them all, cupped**

**By the protective shell of my hand**

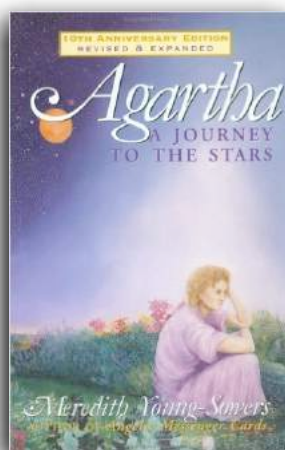
**Not one slides away, or lifted by breeze,**

**So now I do know the full weight...**

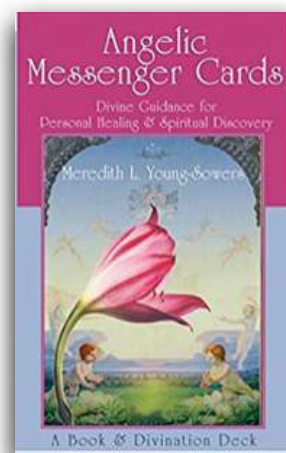
**Of Gods eternal grace**



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



**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**

### Between heaven and earth

Sandwiched between the morning news and the evening collapse into the nearest chair, we seldom read much that has more to do with our delight and steadfastness rather than daily accomplishments. Thinking all day makes us weary and in desperate need of a breather – not for more food or alcohol – but for something that takes our breath away in its recognition of beauty and truth.

Take a *Spirit Break* today and every day – a minute won't be missed – and your heart will celebrate being given its due and you'll return to your tasks a renewed human. Take a moment before you put your head on your pillow tonight to open to an experience of beauty that has a lasting quality – a phrase that has caught your attention, a friend's greeting, a poem, a meaningful thought you jotted down on the corner of an envelope.

Though life is vibrant, terrifying, electrifying and daunting – what lives within us is a forever alchemical flow of Divine Love that can carry our minds to rest and open our hearts to true love.

### ~Meditation~

*Take a slow and easy breath, put your hands over your heart and relax into your Spirit Break. Let a simple phrase or thought come to mind and receive it fully.*



# AFTERLIFE REPORT

Evidence



Presented by

Victor and Wendy Zammit

Science



If you're interested in knowing more about The Greater Reality and exploring all things Spirit and The AfterLife, **The Global Gathering** is for you.

Wendy Zammit of **The Friday AfterLife Report** brings you news on authors and experts in the field who present at **The Global Gatherings**. The upcoming guest list was not available at press time, but is available in the Afterlife Report. Check it out!

**Subscribe for Free:** <https://www.victorzammit.com/archives/index.html>

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Pacific ~ 1pm Sunday  
Phoenix ~ 1pm Sunday  
Mountain ~ 2pm Sunday  
Central ~ 3pm Sunday  
Eastern ~ 4pm Sunday  
London ~ 8pm Sunday  
Vienna ~ 9pm Sunday  
New Zealand ~ 9am Monday  
Sydney/Melbourne ~ 7am Monday

### Global Gathering Coordinators:

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## Message #36

By JA Dioguardi

Whatever it is that we are here to do now comes into focus. After months of preparation, which was interpreted by the reasoning mind as confusion, clarity arrives. Open to your own clear-sightedness. Hear the words of Spirit, no longer unintelligible as they were when filtered through ego. Feel in every cell of your body the knowingness of who you are and what you've come here to do. It is time!

As the clouds that once obscured your personal Truth evaporate, stand firmly in your now-empowered self so that the next step of your journey is taken without hesitation. Those who are Warriors of Light are gathering together from all parts of the globe, aided by Beings of Light from beyond this mortal world. The power of these energetic connections propels us forward, giving us the strength and wisdom needed at this crucial point in the history of planet Earth. We stand together in Spirit as we move along the ever-expanding trajectory of humankind's evolution. Though uncertain of what is to come, we as a Whole have the faith and courage to proceed.

Fear is dissolved by love, hate is eradicated through acceptance, and greed and envy no longer have a place in a generous, compassionate world of brothers and sisters united in Light. What once haunted our dreams is now recognized for what it is: a mirage born in the desert on the way to verdant lands of a *future* that exists in the *now*. As nightmares dissolve with daylight, so do our fearful collective projections disappear once the Light of Spirit shines upon them.

Gratitude for all that exists in the world of form is the pathway to salvation. Especially in these turbulent times, giving thanks for every nuance of your existence—both the shadowy corners and the light-filled vistas—is what carries you onward and upward. As higher vibrational opportunities make themselves known, acceptance of where you are and gratitude for all aspects of self open the gate to the pathway ahead, invisible to human eyes still clouded by self-hatred and shame. Rise above the old, fearful teachings of the past. A New Earth awaits! All we need do is open our heart-eyes and *see*.

Δ



About JA 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](http://www.jadioguardi.com)



# What Can I Say?

Poem written by Mary Oliver

*What can I say that I have not said before?  
So I'll say it again.  
The leaf has a song in it.  
Stone is the face of patience.  
Inside the river there is an unfinishable story  
and you are somewhere in it  
And it will never end until all ends.  
Take your busy heart to the art museum  
and the chamber of commerce  
But take it also to the forest.  
The song you heard singing in the leaf  
when you were a child  
Is singing still.  
I am of years lived, so far, seventy-four,  
And the leaf is singing still.*

Δ



Photo: [Bernie Kasper Photography](#)

## Mediums of History: The Bangs Sisters

Very few people had as special of a gift as May and Lizzie Bangs



Photographed touching trees, the Bangs Sisters were perhaps influenced by the trees' energy or needed it for grounding their own energies. May Bangs, who was born in 1853, and Elizabeth in 1859 in Chicago, Illinois, were the daughters of Edward and Meroe Bangs.

They were known for their ability to produce a form of physical mediumship known as "precipitation." Even at a young age the girls were no stranger to psychic phenomena. As children, experiences frequently happened in the home, such as furniture moving of its own accord, and coal "raining" from the ceiling.



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# Improve Self Care to close this year of the Yin Water Rabbit

By Karen Abler Carasco

**D**uring the last quarter of this year of the Yin Water Rabbit, it is a great time to revisit the energies it has offered us and apply ourselves to using them before they pass on to the Yang Wood Dragon year of 2024. That will be a huge year! Dragon years always bring big shifts.

How has this bunny year enticed you into a smoother, maybe even gentler flow in all areas of your life and psyche? While big events may have occurred, this year allowed us to get through them with a little more breathing room and a greater awareness of the need for improved self care. Increase your self care and play time *now*, to establish some solid routines with them. You will need these patterns of daily ease and contentment next year.

*Q. Yang + Wood + Dragon sounds like 2024 will be a big deal! Or, do fire-breathing dragons just have a bad reputation? Still, this reminds me to practice acceptance, and to trust the bigger picture.*

*A. It is a big deal!* We can certainly see that on the horizon of our country's election politics for the next year. Dragon energy gathers up all of the disparate threads of human endeavor and reveals the *whole* mythical creature as it weaves its way into even the tiniest hidden spaces of our lives, and flicks their content out for all to see and to judge. The heroic Dragon seeks to save us from our worst selves, desiring harmony and well being for all, no exceptions.

With Wood as its flavor, 2024 will be a year of growth, inspiration and a general cleaning out of anything stagnant or corrupt. Hope arrives!

Δ



"Autumn" by AmyLyn Bihle

## We are at our best when we serve others

Written by Dr. Ira Byock in his book on palliative medicine, "The Best Care Possible: A Physician's Quest to Transform Care Through the End of Life" (Avery, 2012)

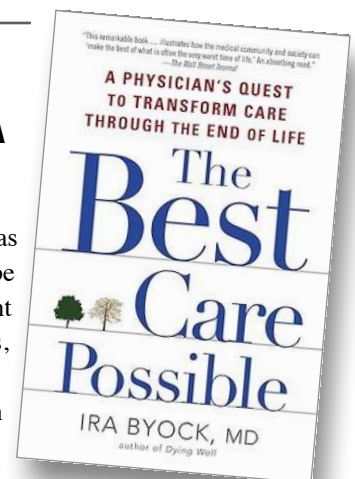


**Y**ears ago, anthropologist Margaret Mead was asked by a student what she considered to be the first sign of civilization in a culture. The student expected Mead to talk about fishhooks, or clay pots, or grinding stones.

But no; Mead said that the first sign of civilization in an ancient culture was a femur (thighbone) that had been broken and then healed. Mead explained that in the animal kingdom, if you break your leg, you die. You cannot run from danger, get to the river for a drink, or hunt for food. You are meat for prowling beasts. No animal survives a broken leg long enough for the bone to heal.

A broken femur that has healed is evidence that someone has taken time to stay with the one who fell, has bound up the wound, has carried the person to safety, and has tended the person through recovery. "Helping someone else through difficulty is where civilization starts," Mead said."

Δ





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### When to call the Feng Shui expert...

- ♦ When you want to increase your wealth and prosperity
- ♦ When you want to lovingly enhance your relationships
- ♦ When you want to boost your health or upgrade your life in any way
- ♦ When you're designing and building a new home or office
- ♦ When you're remodeling or adding on to an existing structure
- ♦ When you are choosing or selling an existing home, business or a piece of land
- ♦ When your life feels stuck, or has changed in some way since you moved into your current home or office — changes such as marriage, divorce, birth, death, a child moves to college, a change in career direction, etc.
- ♦ When you are ready to clear the clutter and bless the structure you live or work in to assure your goals are supported

### Some results after Feng Shui is applied...

- ♦ I've seen family relationships change and improve
- ♦ I've seen couples go from divorce proceedings to reconciling their differences and happily staying together
- ♦ I've seen people go from dead-end jobs to getting promotions and salary increases
- ♦ I've seen couples unable to conceive have the children they always wanted
- ♦ I've seen kids with such conditions as ADHD reverse the disorder and become content
- ♦ I've seen salespeople who didn't want to travel be able to stay home without changing jobs they loved
- ♦ I've seen homes sell after making some simple, minor shifts to the energy in the home
- ♦ I've helped business men and women make important decisions that resolved key issues in their organization and increase the bottom line
- ♦ ...And so much more!

Imagine what Feng Shui could do for you!



## “I can elect to change all thoughts that hurt”

By Beverly Hutchinson McNeff

“Loss is not loss when properly perceived. Pain is impossible. There is no grief with any cause at all, And suffering of any kind is nothing but a dream. This is the truth, at first to be but said and then repeated many times; and next to be accepted as but partly true, with many reservations. Then to be considered seriously more and more, and finally accepted as the truth.” (W-284) [All quotes from *A Course in Miracles* workbook lesson 284]

When my mother passed in 1997, it was a shock. I knew she had not been well, but she had seemed to rebound. She had worked at the Center on the very day of her passing and had been her usual cheery self. As she left for the day with my dad, she lovingly hugged and kissed everyone goodbye. Only later could I reflect on that day and see that it was her way of leaving this world of illusions in love and not sorrow. None of us knew at the time that later that evening at home, she would experience a fatal heart attack.

My first reaction after the shock was of loss. It was almost as if that was what I was supposed to feel. While certainly a normal reaction, I simultaneously thought, “But the loss of what?” I think it was fear that I had lost her because her body was no longer there, and yet I knew her essence, which was her love, was still all around me. As if my mom was orchestrating the entire experience, I began to feel the love that came to me from many people in so many ways. It so clearly showed me that I have not lost her love. Her love came from so many different channels, and as I was willing to see this, I realized there was no loss.

I also felt pain, grief, and suffering. But, when I faced this trio, I found them to be powerless. The pain, grief, and sorrow of not being around her was eased by knowing that she was all around. Perhaps not in the form I am accustomed

*elect to change all thoughts that hurt. And I would go beyond these words today, and past all reservations, and arrive at full acceptance of the truth in them.”*

Now, this full acceptance does not just happen. For me, this acceptance regarding



my mom was a process. And the Course reminds us that it is a process, a process of us remembering the truth. That is why it simply cautions us to be patient and trust, as it says, “This is the truth, at first to be but said and then repeated many times; and next to be accepted as but partly true, with many reservations.

Then to be

considered seriously more and more, and finally accepted as the truth.”

I think this lesson’s instructions for remembering the truth are much like the instructions for making a new recipe. Let me explain by juxtaposing the concept of cooking a recipe with the concept of remembering the truth.

**Recipe:** You pick a desirable recipe and follow the instructions to create the dish. **Remembering:** We desire to release ourselves from our pain and suffering, so we are willing to follow God’s recipe and trust Him with our hurtful thoughts. This lesson asks us to repeat, “I can elect to change all thoughts that hurt.”

Continued on page 29



**Recipe:** You put all the ingredients together. At this point, the recipe might not look like much, but you're willing to keep going because you know you are working with good ingredients. So, you put it in a pan and pop it in the oven. **Remembering:** You can't work with any better ingredients than God and the truth in you. Therefore, with faith, you are willing to see the deeper meaning, even if you are not totally sure how it will work in your life.

**Recipe:** As the recipe is in the oven cooking, you can begin to see the potential: it looks pretty good, and it is starting to have a delicious aroma. But you may still have reservations because you have not tasted the result. **Remembering:** The same is true when it comes to trusting God's truth for our lives. We have felt support and peace at times in our lives and there seems to be a Helper there to get us through our challenges, but we might still doubt whether that Help will be there for us in the most challenging of times.

**Recipe:** Finally, the time is up, and you take the recipe out of the oven. You taste it and realize that all that you went through created quite a tasty dish. Now, you'll save that recipe and use it again and again because you know it works! **Remembering:** And so it is with God. When we actually turn to Him, even in our most challenging of times, He is there. He works because He is a "tried and true" recipe. But we will only know this if we turn to Him.

"I can elect to change all thoughts that hurt," not because I am asked to deny my pain or suffering but because pain and suffering are not who I really am or who God is. When we get stuck in our pain, we have misread God's recipe for our healing. He is not asking us to do anything but to have faith in Him to create a masterpiece of healing out of the pain and brokenness we bring to Him. He works! Let us elect to change all thoughts that hurt and begin the process of healing.

"Father, what you have given cannot hurt, so grief and pain must be impossible. Let me not fail to trust in You today, accepting but the joyous as Your gifts; accepting but the joyous as the truth."

Δ

## Make A Tree Your Friend

This story is from Facebook page:

[Fifty Shades of Life](#) by [Emma Isabella](#)

I hired a plumber to help me restore an old farmhouse, and after he had just finished a rough first day on the job: a flat tire made him lose an hour of work, his electric drill quit and his ancient one ton truck refused to start. While I drove him home, he sat in stony silence. On arriving, he invited me in to meet his family. As we walked toward the front door, he paused briefly at a small tree, touching the tips of the branches with both hands.

When he opened the door he underwent an amazing transformation. His face was wreathed in smiles and he hugged his two small children and gave his wife a kiss. Afterward he walked me to the car. We passed the tree and my curiosity got the better of me. I asked him about what I had seen him do earlier. 'Oh, that's my trouble tree,' he replied 'I know I can't help having troubles on the job, but one thing's for sure, those troubles don't belong in the house with my wife and the children. So I just hang them up on the tree every night when I come home and ask God to take care of them. Then in the morning I pick them up again.' 'Funny thing is,' he smiled, 'when I come out in the morning to pick 'em up, there aren't nearly as many as I remember hanging up the night before.'

Life may not be the party we hoped for, but while we are here we might as well dance. We all need a tree!

Δ



Photo: Courtesy Steve Freier  
Potawatomi State Park, Door County, WI

*"Go out in the woods, go out. If you don't go out in the woods nothing will ever happen and your life will never begin."*

~Clarissa Pinkola Estés, Author of "Women Who Run With the Wolves" and "Stories of the Wild Woman Archetype"

# Stop Chasing Success. Seek Significance.

*"I cannot believe that the purpose of life is to be happy. I think the purpose of life is to be useful, to be responsible, to be compassionate. It is, above all to matter, to count, to stand for something, to have made some difference that you lived at all."* —Leo Rosten



## By Joshua Becker

Financial success is a powerful motivator. And it controls the lives of many. It chooses occupations. It dictates how time, energy, and resources are spent. It influences relationships, schedules, and families. To some, it even becomes an all-consuming passion that leaves broken people and morality in its wake. Unfortunately, it is not the greatest call we have on our lives. In fact, compared to significance, it fades quickly.

Consider the limitations of success:

- **Success ebbs and flows with the economy.** When the economy takes a downturn (as it always does), so does net worth.
- **Success ends on the day you die.** On the day you die, all wealth and possessions will be immediately transferred to someone else.
- **Success is never enough.** Financial success will never satisfy the inmost desires of our soul. No matter the amount of financial success earned, it always leaves us wanting more.

On the other hand, compare the advantages of significance:

- **Significance always lasts.** Significance will always outlast you. Even when you are no longer present, your significance will still be yours.
- **Significance carries on.** Significance keeps on giving.
- **Significance satisfies our soul.** While the thirst for success is never quenched, significance satisfies our deepest heart and soul.

Don't waste any of your life. Seek significance today. Here are just a few practical steps to get you started:

**Realize life won't last forever.** Everyone knows that life will come to an end — but no one likes to think about it. That's unfortunate. As soon as you start thinking about the end of your life, you begin to live differently in the present. You are never too young to start thinking about your legacy. How do you want people to remember you?

**Live a life worth copying.** Live with character, integrity, and morality. Your life should look the same in private as it does in public.

**Focus on people, not dollars.** Begin to transfer your life's focus from your banking account to the people around you. Rather than worrying about the next get-rich-quick scheme, spend that energy focusing on your child, your neighbor, or the disadvantaged in your community.

**Start with one solitary person.** Find one person who needs you today. Start there. Significance may be as inexpensive as one cup of coffee or as simple as one heartfelt question. If you are unsure where to start, try this, "No, how are you *really* doing?"

**Find a career outside your job.** Sometimes, our day job leads to significance. But if yours does not, find a "career of significance" outside of your job by volunteering in a local organization. Most likely, your gifts, talents, or expertise are desperately needed. Use your job to pay the bills, but use your "new career" to pay your soul.

**Realize significance is not dependent upon success.** Too many people fall into the trap of thinking, "Once I make it rich, I'll become significant." This is rarely the case. Choose significance today. Begin striving for it now. If, then, financial success comes your way in the future, your mind will be in a better place to truly use your new success for broader significance.

**Reduce your expenses.** Learn to live with less. Living with less frees up your life to invest into others. And living with reduced expenses allows you the freedom to not spend so much time at the office and more resources on others.

**Read biographies of people who sought significance rather than success.** If you prefer recent history, read about Mother Teresa or Nelson Mandela. If you prefer older stories, give Mahatma Gandhi or Harriet Tubman a shot. Either way, their lives will inspire you to make more of yours.

Rarely do people look back on their lives and savor their professional achievements. Instead, they celebrate the impact they have had in the lives of others. Give yourself much to look back and celebrate. Stop chasing success. Start seeking significance.

△

Because the best things in life aren't things.  
[www.becomingminimalist.com](http://www.becomingminimalist.com)



# Meditate on these **Nuggets** of Wisdom from Albert Einstein

“I didn't arrive at my understanding of the fundamental laws of the universe through my rational mind.”

“Concerning matter, we have been all wrong. What we have called matter is energy, whose vibration has been so lowered as to be perceptible to the senses. Matter is spirit reduced to point of visibility. There is no matter.”

“Time and space are not conditions in which we live, but modes by which we think.”

“Physical concepts are free creations of the human mind, and are not, however it may seem, determined by the external world.”

“Time does not exist; we invented it. Time is what the clock says. The distinction between the past, present and future is only a stubbornly persistent illusion.”

“I think 99 times and find nothing. I stop thinking, swim in silence, and the truth comes to me.”

“The intellect has little to do on the road to discovery. There comes a leap in consciousness, call it intuition or what you will, the solution comes to you and you don't know how or why.”

“A human being experiences himself, his thoughts and feelings as something separated from the rest, a kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.”

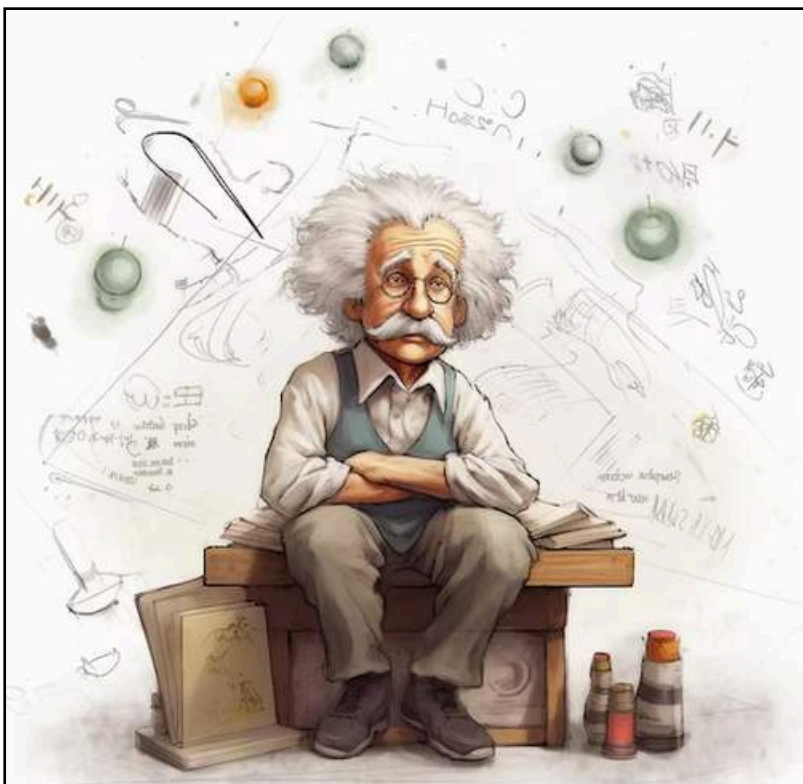
“Our separation from each other is an optical illusion.”

“When something vibrates, the electrons of the entire universe resonate with it. Everything is connected. The greatest tragedy of human existence is the illusion of separateness.”

“Reality is merely an illusion, albeit a very persistent one.”

“We are souls dressed up in sacred biochemical garments and our bodies are the instruments through which our souls play their music.”

“When you examine the lives of the most influential people who have ever walked among us, you discover one thread that winds through them all. They have been aligned first with their



Source: [freepik.com](https://www.freepik.com)

spiritual nature and only then with their physical selves.”

“The true value of a human being can be found in the degree to which he has attained liberation from the self.”

“The ancients knew something, which we seem to have forgotten.”

“The more I learn of physics, the more I am drawn to metaphysics.”

“One thing I have learned in a long life: that all our science, measured against reality, is primitive and childlike. We still do not know 1/1000 of one percent of what nature has revealed to us. It is entirely possible that behind the perception of our senses, worlds are

hidden of which we are unaware.”

“I'm not an atheist. The problem involved is too vast for our limited minds. We are in the position of a little child entering a huge library filled with books in many languages. The child knows someone must have written those books.”

“The common idea that I am an atheist is based on a big mistake. Anyone who interprets my scientific theories this way, did not understand them.”

“Everything is determined, every beginning and ending, by forces over which we have no control. It is determined for the insect, as well as for the star. Human beings, vegetables, or cosmic dust, we all dance to a mysterious tune, intoned in the distance by an invisible piper.”

“The religion of the future will be a cosmic religion. It will transcend a personal God and avoid dogma and theology.”

“Energy cannot be created or destroyed, it can only be changed from one form to another.”

“Everything is energy and that is all there is to it. Match the frequency of the reality you want and you can not help but get that reality. It can be no other way. This is not philosophy. This is physics.”

“I am happy because I want nothing from anyone. I do not care about money. Decorations, titles or distinctions mean nothing to me. I do not crave praise. I claim credit for nothing. A happy man is too satisfied with the present to dwell too much on the future.”

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# Quantum Healing Hypnosis Technique®

Dolores Cannon developed and perfected her unique method of hypnosis, **Quantum Healing Hypnosis Technique®** (QHHT®) over several decades and thousands of QHHT® sessions. QHHT® is a powerful tool to access that all knowing part of ourselves that has been called The Higher Self, The Oversoul, even the Soul itself. When we incarnate on Earth we forget our previous lives and connection to our souls and to The Source.

**QHHT®** enables all people from any background, culture, religion or belief system to engage with what she called 'The Subconscious,' since it resides beyond the conscious mind. Dolores' term 'The Subconscious,' which she later abbreviated to 'The SC,' is that greater part of ourselves that is always connected to The Source, or God, and has unlimited knowledge and ability to heal the physical body. Sometimes mental and physical ailments are rooted in trauma from past lives; sometimes they are connected to lessons being learned in a person's present life. The SC reveals the cause and will assist according to any soul's particular lessons.

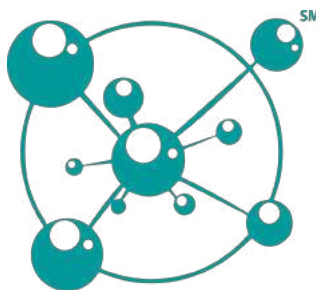


*Dolores Cannon Creator of QHHT®*

***"Nothing is beyond the realm of possibility. There are no limitations except the limits of your own imagination."*** - Dolores Cannon



**QUANTUM HEALING HYPNOSIS TECHNIQUE®**  
with **Tatiana Druckrey, Certified Level 2 Practitioner**  
Practicing the Dolores Cannon Method of Quantum Hypnosis



**Tatiana Druckrey**

Certified Level 2 Practitioner Of

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