

# The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 12 Issue 4 • April 2023

## Hope Springs Eternal

Angel Talk:

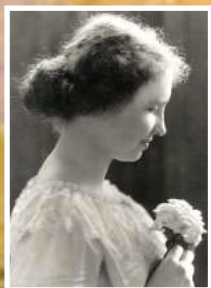
*Turn toward  
the Light*

Robert Moss:

*“Whatever You  
Think or Feel, the  
Universe says,  
YES!”*

Healing Our  
Ancestry

Voices in the Dark  
The Life of A Medium



*“Although the world is full of suffering, it is full  
also of the overcoming of it.”—Helen Keller*



## About the Cover...



*"There is something about the color pink that brings a sense of hope, that brings the sense of waking, that brings a sense of love my way this morning. There is something about the color pink that helps me to let the 'winter thoughts' fall and the 'leaf tremble.' There is just something about the color pink."*



**Patricia J. Mosca** is a spiritual intuitive artist, a published writer, and an author from Rochester, New York. She works from her heart to her hands in many

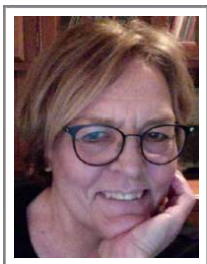
different mediums. Art journaling each morning bridges the connection of her heart and handwork and how she starts her day. Expressing her feelings that come from within to share with others. She has deep pleasure and is filled with love and gratitude for the creations that come forward. Her work is in private collections around the world. She welcomes you to follow her journaling on Facebook at: <https://www.facebook.com/patricia.mosca.7>

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This publication intends to be an inspiration for healing body, mind, heart and home. It is not meant to replace the advice of medical doctors and other healthcare professionals. The opinions expressed herein are not necessarily those of the publisher or editors. We encourage you to go within and listen to your inner voice for guidance and direction on your life path. It is our sincere hope that you will be blessed in wonderful ways by reading and also sharing this magazine around the world. Ad Rate Sheet and Writer's Guidelines are available on request.

We LOVE hearing your thoughts and ideas for future issues! Email: [theinnervoice magazine@gmail.com](mailto:theinnervoice magazine@gmail.com)



# Golden Light Healing

DREAM • EXPLORE • DISCOVER • GROW

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## ◆ UPCOMING EVENTS ◆



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**Amy & Dave Wilinski**  
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[www.goldenlighth healing.net](http://www.goldenlighth healing.net)

### INTRODUCTION TO IRIDOLOGY WITH GIGI STAFNE

April 14, 6:00-9:00pm \$111

Iridology is a natural medicine modality and technique that identifies patterns, colorations, markings and other characteristics of the iris that can be examined to determine information about a patient's systemic constitution, health and dis-ease patterns.

### NATUROPATHIC CLINICAL ASSESSMENT SKILLS TRAINING WITH GIGI STAFNE

April 15, 9:00-3:00pm

Acquire and practice gentle, non-intrusive assessments to help yourself, friends, family and clients. Learn tools and techniques that are ancient yet hold an important place in contemporary clinical CAM practices. Lodging options available

### MEDIUMSHIP TRAINING

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

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

### THE HERBAL APPRENTICE WITH GIGI STAFNE

July 22-23, 2023, 9:00-4pm

### REIKI LEVEL I TRAINING

May 28, 9:00am-4:30pm

### REIKI LEVEL II TRAINING

May 29, 9:00am-4:30pm

### REIKI MASTER

May 27, 9:00am-4:30pm  
Includes apprenticeship.



### WHISPERS ON THE WIND SHAMANIC PROGRAM

Group #28: April 19-23, July 12-16, Oct. 4-8, 2023 and Jan. 3-7, 2024

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

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## Dear Readers,

Art journaling every morning is a wonderfully creative and healing habit to get into, according to cover artist Patricia Mosca. I am really loving this idea and started my own practice of journaling and drawing; and, dreaming and creating in a journal. The cover art on this issue states, "Waking up from winter thoughts." Perfect timing, the angels said, to leave the past, turn toward the light, and move in that direction! (See Angel Talk page 4.) This entire issue is a smorgasbord of ideas for moving on from what was, and letting go of what isn't working. Among the many articles ... a great reminder from Blogger Robert Moss who explains, 'Whatever you think or feel, the universe says yes!' Change your thoughts and the universe responds! Change something in your home and see how it affects you! (See ad page 5.)

So, join me. Let's think higher, lighter thoughts and see what we can heal in ourselves and in the world. Let's spring ahead with renewed hope that this season brings us. In my journal today I wrote and uncovered a thread of unresolved anger and the pain it has caused me. I now let that darkness go, and with love and compassion, I welcome the glorious signs of life and light that are springing forward! Wishing that for you, as well!

Happy Spring!

Nancy



Image: "When it's cold you can see the song" by Mikhail Kalinin. "A birdsong can even, for a moment, make the whole world into a sky within us; because the bird does not distinguish between its heart and the world's."—Rainer Maria Rilke

## Angel Talk™



# Turn toward the Light, then move in that direction

By Nancy Freier & the Angels of the Great White Light

**Q**uestion: *How can I move on from so many disappointments that happened in the past? There is so much devastation in the world; both man-made and natural disasters, not to mention the extreme weather patterns causing destruction all over. My hope of living a peaceful life seems hopeless amid so much suffering. Please, what can I do to be happy and help the world be at peace?*

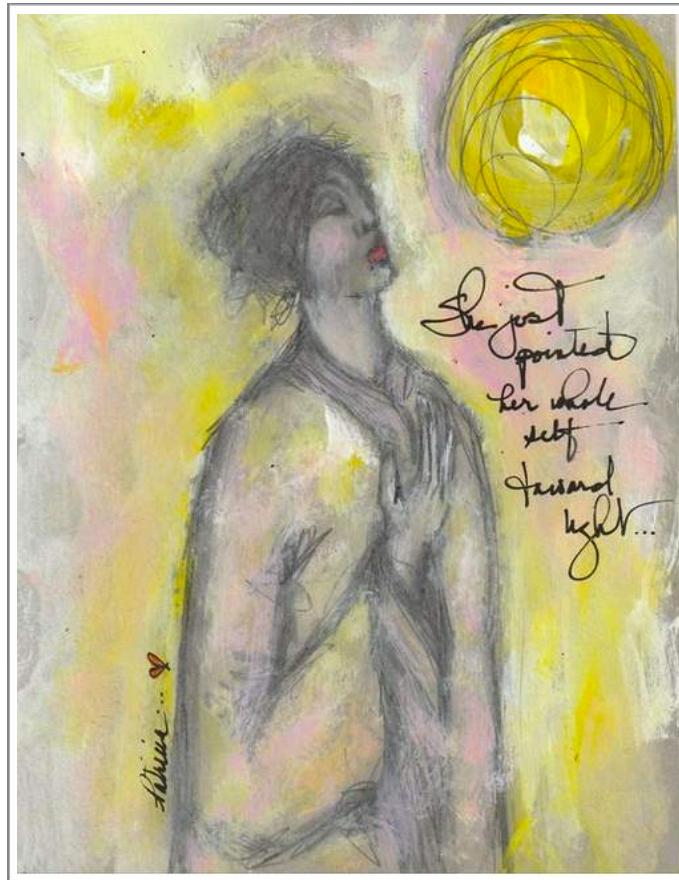
I no sooner typed the above question a reader asked the angels to answer, when I came across this painting by the same artist as the one on the cover of this issue. It appeared to be the answer to this question. And that isn't odd at all. The angels often answer questions very quickly, by whatever means they can to deliver their message. All we really need to do is ask and then pay attention.

The angels said, "Become keenly aware of what is happening around you in the moment." In this example, as soon as I read the message in this painting (see caption on

left), I knew it was the answer to the above question.

When we understand that everything is energy and everything is connected to everything else, we simply need to turn our focus away from the past and what had been created before.

We need to turn toward the Light. Ask your Higher Self for the new ideas to come into your awareness that will help you take new action and create the world you want to experience. Then choose to move in that direction with your whole self ~ body, mind and spirit!



"She just pointed her whole self toward light"  
Art by Patricia Mosca

Send your questions for this column to: [theinnervoice magazine@gmail.com](mailto:theinnervoice magazine@gmail.com)



## Angel Guidance Reading **AND** A Virtual Feng Shui Consultation Combination!



Everything is connected. Your subconscious mind, your environment and everything in it directly affects the quality of your life and well-being. Your health, family, relationships, career, wealth, prosperity, love and marriage, children, creativity are all in a dynamic relationship with you and your reality. In this special offer, you receive angel guidance to resolve any challenging situations; AND with your laptop, we do a virtual walk-thru of your home (allow about 3 hours depending on size of home), during which the feng shui angels and I suggest essential changes to make to your home. New possibilities and beautiful solutions are revealed in the process to move you forward to your goals of peace, love, health and happiness!

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- AG Reading with Virtual Feng Shui Consultation: \$360 (Save \$150!)
- One Room Only AG Reading with FS Consultation: \$180 (Save \$45!)

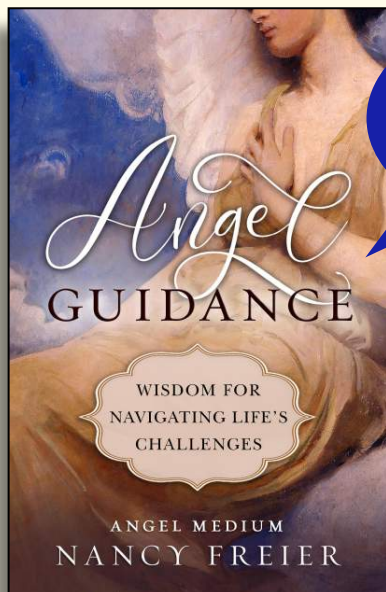
*"I found Nancy to be a most compassionate, knowledgeable and experienced person who I contacted to help me with the organization of my home and for spiritual consulting. She was incredibly helpful and provided me with valuable information that was useful, fun, and wildly transformative? I am very grateful." – JC*

### **Schedule Today!**

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# Whatever You Think or Feel, The Universe Says, "Yes!"

## Robert Moss Blog

**W**hatever you think or feel, the universe says, "Yes." Perhaps you have noticed this. Yes, we are talking about the law of attraction. It is indeed an ancient law, never a secret to those who live consciously. "All things which are similar and therefore connected, are drawn to each other's power," according to the medieval magus, Cornelius Agrippa von Nettesheim. It is a rule of reality that we attract or repel different things according to the emotions, the attitudes, the feelings, the agendas that we carry.

Before you walk into a room or turn a corner, your attitude is there already. It is engaged in creating the situation you are about to encounter. Whether you are remotely conscious of this or not, you are constantly setting yourself up for what the world is going to give you. If you go about your day filled with doom and gloom, the world will give you plenty of reasons to support that attitude. You'll start looking like that cartoon character who goes about with a personal black cloud over his head that rains only on his parade. Conversely, if your attitude is bright and open to happy surprises, you may be rewarded by a bright day, even when the sky is leaden overhead, and surprisingly happy encounters.

Through energetic magnetism, we attract or repel people, events and even physical circumstances according to the attitudes we embody. This process begins before we speak or act because thoughts and feelings are already actions and our attitudes are out there ahead of us. This requires us to do a regular attitude check, asking, What attitude am I carrying? What am I projecting?

It is not sufficient to do this on a head level. We want to check what we are carrying in our body and our energy field. If you go around carrying a repertoire of doom and gloom, you may not say what's on your mind, but the universe will hear you and support you. Attitude adjustment requires more than reciting the kind of New Age affirmation you see in cute boxes with

flowers and sunsets on Facebook. It requires deeper self-examination and self-mobilization.

What are you doing? A woman in one of my workshops told me she hears this question, put by an inner voice, many times a day. Sometimes it rattles her and saps her confidence. But she is grateful for the inner questioner that provokes her to look at herself. It's a question worth putting to yourself any day. As you do that, remember that thinking and feeling are also doing.

"The passions of the soul work magic." I borrowed that from a medieval alchemist also beloved by Jung. It conveys something fundamental about our experience of how things manifest in the world around us. High emotions, high passions generate results. When raw energy is loose, it has effects in the world. It can blow things up or bring them together.

There is an art in learning to operate when your passions are riding high and recognize that is a moment when you can make magic. Even when you are in the throes of what people would call negative emotions; rage, anger, pain, grief, even fear, if you can take the force of such emotions and choose to harness and direct them in a certain creative or healing way, you can work wonders, and you can change the world around you.

How? Because there is no impermeable barrier between mind and matter. Jung and Pauli in concert, the great psychologist and the great physicist, came round to the idea that the old medieval phrase applies, *unus mundus*, one world. Psyche and physis, mind and matter are one reality. They interweave at every level of the universe. They are not separate. As Wolfgang Pauli wrote in his essay on Kepler, "Mind and body could be interpreted as complementary aspects of the same reality." I think this is fundamental truth, and it becomes part of fundamental life operation when you wake up to it.

The stronger our emotions, the stronger their effects on our psychic and physical environment. And the effects of our emotions may reach much further than we can initially

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understand. They can generate a convergence of incidents and energies, for good or bad, in ways that change everything in our lives and can affect the lives of many others.

When we think or feel strongly about another person, we will touch that person and affect their mind and body — even across great distances — unless that person has found a way to block that transmission. The great French novelist Honoré de Balzac wrote in Louis Lambert that “ideas are projected as a direct result of the force by which they are conceived and they strike wherever the brain sends them by a mathematical law comparable to that which directs the firing of shells from their mortars.”

Scientific experiments have shown the ability of the human mind and emotions to change physical matter: studies by Masaru Emoto have shown that human emotions can change the nature and composition of water, and the Findhorn experiments have taught us that good thoughts positively

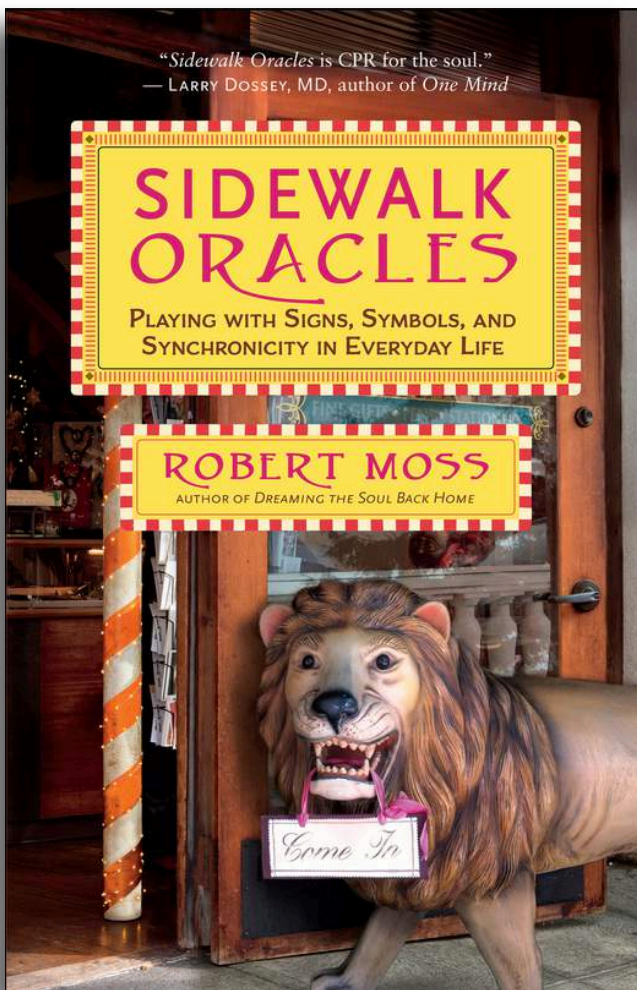
affect the growth of plants. Conversely, rage or grief can produce disturbing and sometimes terrifying effects in the physical environment.

"We are magnets in an iron globe," declared Emerson in his essay "Resources". If we are upbeat and positive, "We have keys to all doors...The world is all gates, all opportunities, strings of tension waiting to be struck." Conversely, "A low, hopeless spirit puts out the eyes; skepticism is slow suicide. A philosophy which sees only the worst... dispirits us; the sky shuts down before us."

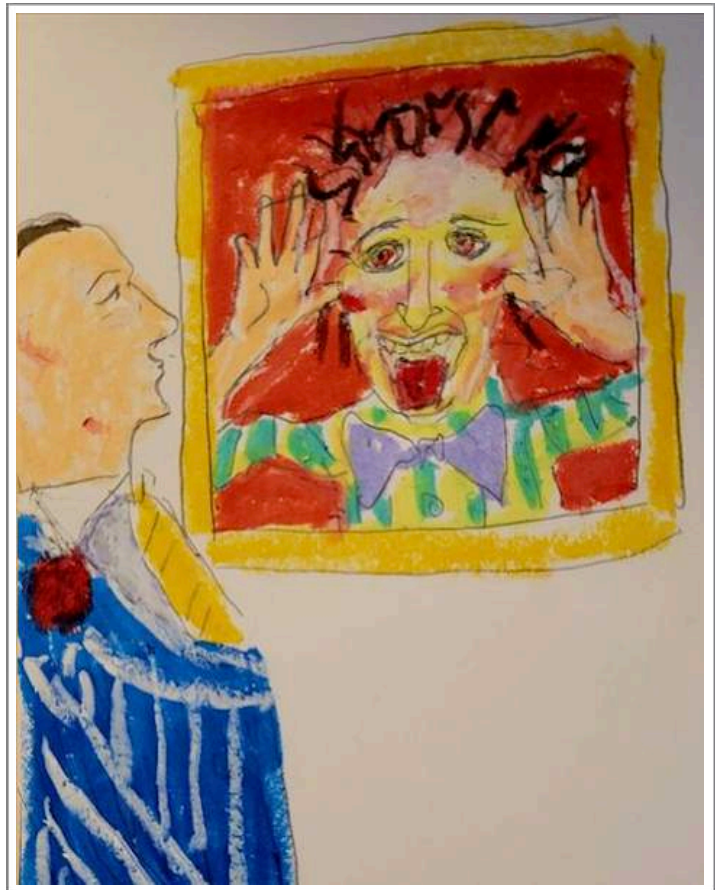
Whatever our circumstances, we always have the power to choose our attitude, and that this can change everything.

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Text adapted from [\*Sidewalk Oracles: Playing with Signs, Symbols and Synchronicity in Everyday Life\*](#) by Robert Moss. Published by New World Library.

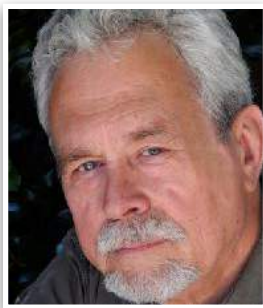


Sidewalk Oracles by Robert Moss Art: René Magritte, "The Portrait"



“Night dreams are an essential corrective to the delusions of the day. They hold up a mirror to our everyday actions and attitudes and put us in touch with deeper sources of knowing than the everyday mind.”—Robert Moss, “Dreaming True”





# Voices in the Dark

## My Life as a Medium

By Leslie Flint

If you enjoy a good autobiography about the fascinating life of a most unique man who had the unequalled ability to channel voices of dead people using a method called 'Independent Direct Voice,' then you will be delighted to learn all about Leslie Flint's amazing rise from obscurity and destitute poverty to become a most amazing medium of our time! Along the way you will have a special personalized view of history from WWI, through his experiences as a conscientious objector during WWII.

To begin with, I didn't know what a direct voice medium was, or how rare they are. However, you certainly will after reading this book.

Leslie Flint became a famous British spirit medium, not because he stood on a platform to give messages from

the deceased, but because countless thousands of spirit communicators spoke for themselves at his séances.

Flint's mediumship was tested by independent researchers time and again, and still the voices came to speak their message: *that we are eternal spirits living a physical life and we live on after death.*

I found it engrossing to follow Leslie's personal thoughts as he developed through the various stages of his early life as he slowly discovered his mediumistic abilities, which in the beginning were fairly limited. For instance, he would have to go into a deep trance in order to bring spirits through and afterwards had no recollection of what had transpired. This bothered him because he felt like he had not been



Flint inside a wooden séance cabinet

there and had been 'gypped' out of an hour of his waking life!

Leslie, while still a young man had ambitions to become a top flight ballroom dancer and formed a bond with a beautiful young lady dance partner. It wasn't long before they were winning contests and gaining fame. This became a major distraction while he was still developing his mediumistic skills. Fortunately for him (and us) he had guidance, much of it from 'on high' at critical junctures (in his life) which kept him on track.

As things progressed, Leslie at about age 15 was invited to attend a medium development circle hosted by an up-scale Mrs. Cook who thought that his ability to channel deceased humans was beneath her dignity and so she pushed him to reach for only the highest most advanced entities.



An infrared test séance with members of the Society for Psychical Research.

Continued on page 9

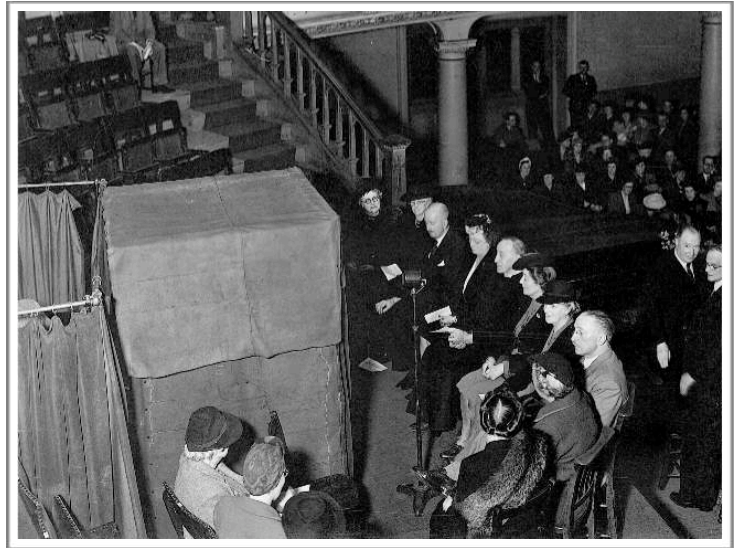


However, this became a damper on his abilities in short order. I recall one humorous occasion when the lady channeled her spirit guide, an "Egyptian temple dancer" who suddenly overtook Mrs. Cook's body and made this very dignified lady dance in a most uncomely and provocative manner (for the time). This spectacle made Flint laugh out loud; and, afterward he was asked never to return! Lucky for him he was then able to find his own path and along with the best methodology to develop his abilities into top form.

As Leslie gained experience he attracted the assistance and support of a solid base of supporters who promoted him to present all over England, including many large halls in London where thousands would crowd in to witness independent voice mediumship. And because this really only worked best in complete darkness they eventually discovered that they could build a light-tight box for Leslie to sit in while on stage with microphones situated well outside the box to pick up the voices.

One of the more engrossing threads throughout the book involves hearing from the famous Hollywood film star, Rudolph Valentino every so often. Unfortunately, Valentino died at the young age of 31 in 1926. In one of the earliest communications, he told Leslie that one day Leslie would hold a séance in a room at Valentino's Hollywood home, Falcon Lair, which he had built in the Hollywood Hills. Of course young Leslie passed this off as nonsense, which however did come to pass in 1949 while on a trip to America, when through a complicated set of circumstances, which were actually quite delightful, it all unfolded as predicted!

Amazon book reviewer Brian Hurst wrote this testimonial: *"Having known Leslie Flint for many years and having sat with him both in London and when he visited Hollywood, I can testify wholeheartedly to his genuine ability to provide materialized voice boxes in the seance room, enabling the spirits of many deceased personalities to communicate fluently and in character. This is the story of Leslie's difficult early life and his willingness to be subjected to many tests by extremely*

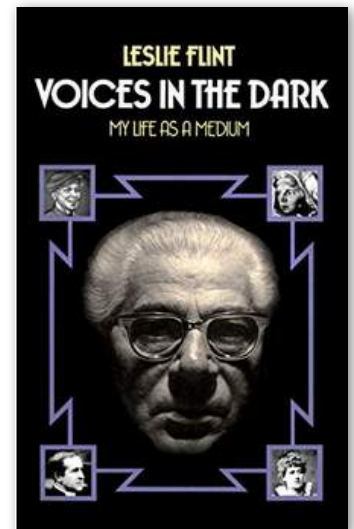


A public demonstration, with members of Leslie's home circle on the platform facing the cabinet. Kingsway Hall 1946.

*skeptical inquirers. Doreen Montgomery penned the book from many interviews and close observation of the medium. Doreen captured the complete essence of his being and did a marvelous job. This is a wonderful true life story that every grieving person should read. We can now be absolutely certain that death is NOT the end of life on this planet."*

You can find this book on [Amazon Kindle](#) for about \$6, however a hardcopy will set you back perhaps as much as \$135! If you want to hear actual recordings of some of the hundreds of voices recorded, many of which have been transcribed by numerous volunteers, check out [The Leslie Flint Trust at www.leslieflint.com](#)

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**Steve Freier** has over 20 years researching death, dying, NDEs, OBEs and the Afterlife. 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 about the Other Side, he is the Moderator and Host of an open discussion group called: Life, Death and the Afterlife. In-person meetings are held on the 3rd Thursday of the month at the **ADRC of Door County, 916 N. 14th Ave, Sturgeon Bay, WI 54235, from 1 until 2:30pm.** A zoom group is coming soon!

Steve has a remarkable self-healing story that he put into a book let entitled: *"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>

**Contact Steve for more information: [sgfreier23@gmail.com](mailto:sgfreier23@gmail.com)**



Practicing Mindfulness By Beverly Brunelle

# Sacred Ghosts of Our Past



**O**ur past informs the present. If we want to deeply understand ourselves and others, we need to explore the journeys of those who came before us: parents, ancestors and their culture, world events, and more. Our obvious past may be our own childhood memories, old photos and family stories. But the memories that have been forgotten, the stories that have not been told of times before photographs also contribute strongly to who and how we are now. In a way, these influences are sacred ghosts of the past that silently haunt us, spurring us on to greater things, or limiting our sense of self and our capacities to create fresh new possibilities in our lives and relations.

My mother died in 2021. She was the family historian. She remembered and loved to tell stories about her childhood and life in our small New Hampshire town during the depression, WWII and the post-war boom. She told stories how her grandfather came to Boston from Ireland on a ship during the Great Famine of the mid-1800s. He met his wife there and started their family, but life took a turn when they both unexpectedly died leaving two young boys. One was taken in by a wealthy family member outside Boston and went on to become a professor at Boston Latin School. The other brother, my

mother's father, was taken in by a family member in rural New Hampshire and was made to sleep in the barn. Every so often my mother would reveal a 'new' piece of the family story... or, was I just listening better? Many of these people were like ghosts to me, not quite real. But my mother had photos of those people and times tucked away, that I found after she died.

Suddenly the photos of my ancestors dressed in clothing of their eras, matched

faces to the family stories. Some were formal photos, posed and taken in a studio. Others were causal photos taken at the beach, in nature and in neighborhoods. The photos revealed more information, innocence and emotion. I could almost feel their personalities come alive. Stories I'd heard over many decades started to land in my awareness as part of the foundation of my very existence. I wish my mother were here so that I could ask her the questions that I didn't think to ask her earlier before she died.

With the visual history of my family origins laid out before me, I saw the progression of my parents as teenagers with their parents. The personal stories I had heard were now profoundly matched up with photos of family relationships before I was born. I saw my parents' faces when they were dating in the 40s. I read letters they'd written when my father was in the Army Air Force in the Pacific. It was heart-opening. I saw their personal world come to life amidst the intense world they choose to love each other in. I was exposed to a whole new depth of perspective, understanding and appreciation for what I had not realized before.

It is truly humbling to realize that we are not alone. We are each part of a massive, complex network —



PHOTO: My rural New Hampshire ancestors, late 1800s

Continued on page 11



a multi-dimensional matrix of family relationships. They all had outrageous varieties of life experiences, dreams, emotions, traumas, beliefs, choices, strengths, creative genius and world events before we were born, that are still influencing us now.

Our ancestral matrix is constantly informing us where we can be more free to draw on love, compassion, courage and creative possibilities to truly welcome and free the haunting ghosts of past traumas and longings so that we can shift into a whole new world of rising consciousness and new possibilities.

We, who are alive now, have the power and capacities to honor, resolve and dissolve these ancestral issues. We must first become aware that we are living out their beliefs, expectations, assumptions, unmet desires and dreams. Our power lies in bringing healing to these unconscious patterns, these sacred ghosts of our past, and consciously choosing to create new possibilities in our lives and in the future.

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**Beverly is an Intuitive, Pioneering Energy Healer, teacher and author. Her specialty is shifting ancestral and early developmental trauma and limiting influences to free you to know and live more true to yourself and to shine your true magnificence. Request a FREE 30 min. Shift the Energy Clarity call with Beverly. [www.beverlybrunelle.com/contact](http://www.beverlybrunelle.com/contact)**



PHOTO: My grandparents, about 1920

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“History is not there for you to like or dislike. History is not yours to change or destroy. It is there for you to learn from. And if it offends you, even better, because you are less likely to repeat it.”

– Unknown

# Symbols of Ostara: Pagan Easter Symbols and Their Spiritual Meaning

<https://eclecticwitchcraft.com/symbols-of-ostara-pagan-easter-symbols-and-spiritual-meaning/>

You probably know most of the symbols of Ostara ~ a sacred time of fertility, life, birth, and rebirth. Spiritually speaking, this is a time to renew ourselves and our devotion to any deities we may work with.

Ostara is a spring celebration. Also known as the Vernal Equinox, will occur on March 20, 2023, at 4:24 CDT. The Christian celebration of Easter comes not far after, on April 9, 2023. These holidays are somewhat related, and share much of the same symbolism in our modern, mostly secular society. You can probably think of most of the symbols of Ostara and Easter on your own: [eggs](#), bunnies, and fertility.

Thanks to the continuing popularity of Easter, [Ostara](#) is one of the better known pagan holidays. This can cause some controversy among Christians, who insist that Easter is a pagan holiday. But for us pagans, that means that for once, our traditions live on and can be passed down to our children without much interference.

In this article, I am exploring the many different [symbols and items that are important during Ostara](#). You're sure to find that many overlap with secular and

Christian traditions during spring. That makes [Ostara](#) a wonderful time to try to find common ground with those of other faiths. In a way, you could make Ostara a time of community rebirth!

## The Meaning of Easter Symbols

### The Hare, Fertility, Rebirth, Renewal, The Moon

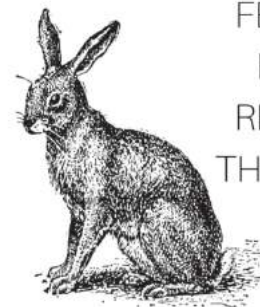
Etymologically, [there isn't much evidence of Ostara or Eostre being a real goddess](#). Still, there is a myth that the goddess Ostara brought a bird back to life as a white hare, and gave it the power to lay eggs one day a year.

That may be a modern story (I certainly think it is), but it does show that the hare symbolically represents renewal and rebirth. Hares and bunnies are also obviously associated with fertility, considering how many babies they have.

### Eggs, Birth, Rebirth, The Sun

Eggs have the obvious symbolic meaning of "birth." They also represent fertility, abundance, and the sun. They can be used in rituals to remove curses, used in

## THE HARE



FERTILITY  
REBIRTH  
RENEWAL  
THE MOON

kitchen witchery, making wishes, and in funerary rites.

### Hot Cross Buns, The Four Elements, The Four Fire Festivals, The Phases of the Moon

Hot cross buns are commonly associated with the Christian celebration of Easter, but there is no harm in using them in our traditions as well. Hot cross buns have many relevant meanings for pagans and witches. They can represent the four elements of Earth, Air, Fire, and Water. Or they can represent the four fire festivals of the Wheel of the Year (Imbolc, [Beltane](#), Lammas, and Samhain).

### Serpents; Rebirth, Renewal, Sun Worship, Creation

The snake awakens from its winter hibernation around the time of Ostara. It [basks in the light of the sun](#), lays eggs, and sheds its skin. It's easy to see how this creature can be [associated with Ostara](#). The shedding of its skin represents renewal and rebirth. Snakes are also part of many creation myths.

### Spring Flowers

Appropriate spring flowers include catkins, celandine, crocuses, daffodils, hyacinths, primroses, pussy willow, and violets. These flowers usher in spring and are a sign of life after a long winter.

Δ



Hyacinths in bloom are a sign of warmer days in the Northern Hemisphere. Easter is a holiday to remind us life goes on even after physical death.





### From **Dakini Wild (The Quiet Mind)**

**W**e are in the midst of a great Awakening, a deep collective wave of purification is bringing to the surface all darkness and many are feeling it.

If there are emotions and situations in your life that you haven't dealt with, due to them being too painful, they will be bubbling up now to be looked at, acknowledged and released to the Light.

For those that have already made their way across the bridge to peace they are assisting others to anchor in the Light.

These minds sing to us the song of Unity and beacon us to drop identification with the mind and move into the peace of God that passeth all understanding.

With all that is seeming to be happening globally and with what's coming up internally for many it's really challenging to find a way through.

We really are in a pivotal time of a collective awakening and if you are reading this you are hearing the call to take your part, to take your place, to be a Light and to join with others in Christ.

Among the stirring, uncertainty and chaos learning to trust in the higher unseen forces at play in your life is imperative.

We need to be reaching for the Spirit now more than ever.

Along with, strengthening a daily practice of surrender in order for a continual giving up of oneself to occur.

A daily practice of surrender now needs to become your default.

The focus now being on your internal house and strengthening your foundation on the bedrock of the Holy Spirit's thought system and not on the ego's, which is made of sand.

So when the waves of darkness come you are prepared and ready with a survival tool box on how to ride through the Dark Night with the Holy Spirit as your GPS.

Even at times when terror is gripping at your heart keep your attention focused on the Light. Affirmations and prayers from A Course in Miracles such as, "I am not a body, I am free, I am still as God Created me." Are incredibly potent at loosening the ego's attack and has the power to pierce through all illusion.

And from **A Course in Miracles**:

"The escape from darkness involves two stages: First, the recognition that darkness cannot hide. <sup>2</sup>This step usually entails fear. <sup>3</sup>Second, the recognition that there is nothing you want to hide even if you could." <sup>4</sup>

"This step brings escape from fear."<sup>5</sup> When you have become willing to hide nothing, you will not only be willing to enter into communion but will also understand peace and joy. (T-1.IV.1:1-5)

Δ



Photo: Iconic photo of the Temperance River entering into Lake Superior

### "Fear" by Khalil Gibran

They say before entering the sea,  
a river trembles with fear.  
She looks back at the way  
that she has travelled, from the peaks,  
the mountains, the long winding road  
which crosses forests and villages,  
and sees in front of her such a vast ocean  
that entering it doesn't seem anything else  
than having to disappear forever.  
But there's no other way.  
The river cannot go back.  
No one can go back.  
Going back is impossible in existence.  
The river needs to take the risk  
and to enter the ocean.  
It's only when entering the ocean  
that fear will disappear,  
because it's only then  
that the river will know it's not about  
to disappear into the ocean,  
but to become ocean. Δ





Let's Talk Crystals ~ By Lori Andrus

## Let love in with Emerald Green Calcite

**A**s we step into the month of April, Emerald Green Calcite enthusiastically greets us as the crystal ally of the month. This heart opening crystal infuses life with a sense of hope, love, and new possibilities. It reminds us that the birthplace of meaningful change is in our heart . . . It begins with love.

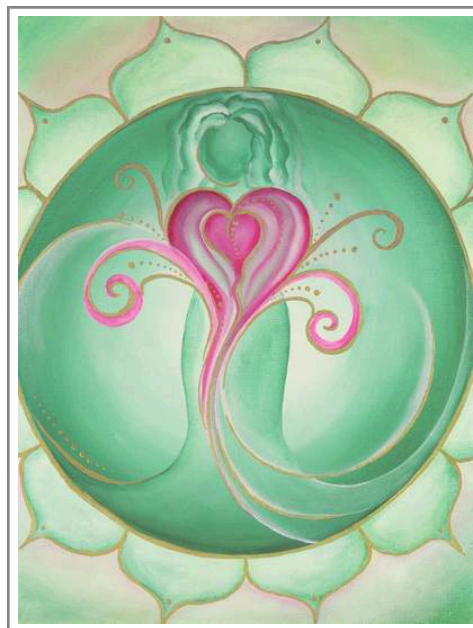
I was so happy to see this joyful and soothing green ally show up in the 2023 annual crystal forecast. It always lets me know that positive change is on the horizon, and this year, spring feels like the perfect season for it to arrive.

As signs of spring emerge in the outer world, emerald green calcite opens our hearts to how we long to experience life differently. It nudges us to take action by planting the seeds of our dreams and desires. Winter is a wonderful season for dreaming. Spring is a season for inspired action. It is the time to shift from nurturing our dreams to planting their seeds so that they may grow in our lives.

This is not always easy. It seems as though it would be, but, often it is easier, safer, and more delightful to simply dream about what we want rather than take the action necessary to create what we want. Have you ever noticed this?

Sometimes we get lost in the sweet space of romanticized dreams and ideals. We drift away with a sense of longing and forget that meaningful change requires aligned and inspired action. Other times we linger there because the idea of getting started or even believing in our dream feels overwhelming. And still, there are times when we muster up the courage to dive in and take steps forward only to be confronted by the old stories, beliefs, and patterns of limitation that we've been desperately trying to leave behind. Ahh yes, those old stories seem to show up at the most inconvenient times and in the most inconvenient ways.

The thing is, this is natural. The challenge is that all too often, we get stuck in the sweet space of imagining



because while we desperately long for change, we worry about the ways it will ripple through our lives.

Change asks us to confront our fears. It requires growth and healing. We need to create space for our dreams to grow by weeding out the stuff that has been cluttering our heart. This means getting curious, unearthing old stories and limiting patterns, and letting them go, completely. As we do, they can be transmuted into a narrative that liberates and empowers us to live our dreams.

This month, emerald green calcite reminds us that the pathway for change is traveled with a bit of grit, lots of love, and a willingness to pioneer a new path in our lives. Little by little, it opens the heart center and invites a renewed sense of love and connection with life.

The heart center is a gatekeeper. It bridges both the physical and spiritual worlds. When it is healthy and open, energy flows freely, and we remember we are love. We recognize our oneness with both the divine and the earth. We feel a sense of vitality and aliveness. We are grounded and present, creatively inspired, and attuned to the subtleties of our intuition. And most importantly, we receive the love that surrounds us, always.

△

See Lori's ad on page 15.







# LORI A ANDRUS

artist. ceremonial guide. wisdom teacher.



## Online + In Person Events

Earth based Spirituality, Practices, and Healing to for Courageously Navigating Your Sacred Path.

**Crystal Soul Fusion** - April 21, 6pm - 7pm (in person at Balance SoundSpace in Manitowoc, WI)

*Embark upon a soulful journey to connect with your voice of inner wisdom. Experience messages from the crystals as Lori weaves together the sounds of the drum, rattle, and native flute to carry you on a soulful quest.*

**Living the Art of Ceremony** - Begins April 28th (yearlong online training)

*This highly experiential program will guide you through Compass of Creation as a pathway for healing and change. You will flow with the creative energy of the four seasons, work with transformative energy of the four elements, bridge the worlds, and align with new possibilities for your life.*

**Shamanic Journeying Workshop** - April 16th (online)

*Shamanic journeying is a pathway for direct connection with spirit. As you develop your practice, you cultivate a more intimate relationship with your soul, with spirit, and with all of life. This online workshop is structured to feel much like a retreat: a time to connect with your soul, activate new pathways for connection, and nourish your inner light.*

**The Sanctuary Circle** - Ongoing. Online.

*Attune to the monthly crystal allies. Nourish your soul. Reconnect with your inner wisdom. Gather in community for Full Moon Ceremonies and New Moon Community Calls. Navigate collective themes and energies through inspirational messages. Sink into sacred practice through a vast library of guided meditations, crystal insight, sacred practices, & soulful resources.*

**Meet Me in Sacred Space Podcast** - Available on Apple Podcasts, Podbean, Spotify, & other podcast apps.

*Press pause on the busyness of your day to day life and reconnect with your authentic self during episodes that explore crystal wisdom, sacred practice, ceremony, ritual, and soulful travel.*

**Learn more at [LoriAAndrus.com](http://LoriAAndrus.com)**



## Codas For Living

**Kathleen Jacoby, a prolific essayist and former Editor of The Inner Voice, made her transition into spirit in April 2019. She communicated that she is “sitting at the feet of the Masters” where she is continually learning about the Greater Universe.**

**T**here are codas for living. There is tempo and symmetry, art imitating life, life imitating art. What comes first, the chicken or the egg? Move to the high calling of Love as your God. You call that which created you by different names, but in remembrance of The One, move beyond the barriers of limitation and litigation. Move to a lighter approach. Hold to humour in your heart rather than wrathful indignation. Life is an outreach program at its most intense and necessary level. Reach out to embrace one another, not to judge your differences.

Spirit is reached through many paths. Like the web on internet... religions become the servers who tap you into the great unified field. They may be necessary intermediate steps...but Spirit is the goal, the source of supply. As you consistently

separate yourselves one from the other, you stifle the light of loving and the essence of Love. Stop! Stop in the name of One. I am your martyred son, your father, your brother, your spouse, your friend, your hero. I am an aspect of life, plucked in my prime, to show you a way. I am not the only way shower, I am one of many. But I am one. And I speak to you now because I can...and you might hear me.

The definition in my life was poignant. I had come to peace in my choices and the voices I followed. My path was in front of me and my focus was unwavering. I reached out to encompass everything, leaving no one or nothing behind. I found joy in my daily pursuits and had the love of a good family. Gratitude was my companion, and this is my legacy to you...the surviving ones. Make of life a celebration. Bring your gifts forward. Overcome your self-consciousness and attain your place in the unfolding tapestry that life is. Your portion is important. Only you can contribute it. Only you can restrict it. Follow my example and make of life a victory. That is the greatest medal I can achieve.

I died that you might live and live life abundantly. Overcome the temptation to limit your possibilities. Overcome the tendency to intellectualize yourselves. Just reach out like little children and ask for and give what is needed one to the other, one to the many, the many to the few, circling the globe with an unwavering commitment to Life for all.



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

## Earthschool Harmony

By Tony Hoagland

Down near the bottom  
of the crossed-out list  
of things you have to do today,  
between “green thread”  
and “broccoli” you find  
that you have penciled “sunlight.”  
Resting on the page, the word  
is beautiful, it touches you  
as if you had a friend  
and sunlight were a present  
he had sent you from some place distant  
as this morning to cheer you up,  
and to remind you that,  
among your duties, pleasure  
is a thing  
that also needs accomplishing.

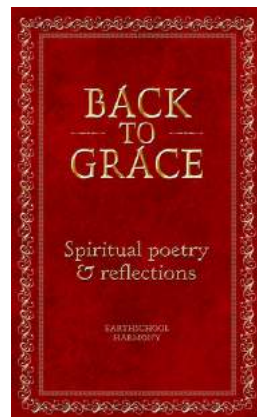
Do you remember?  
that time and light are kinds  
of love, and love  
is no less practical  
than a coffee grinder  
or a safe spare tire?  
Tomorrow you may be utterly  
without a clue  
but today you get a telegram,  
from the heart in exile  
proclaiming that the kingdom  
still exists,  
the king and queen alive,  
still speaking to their children,  
to any one among them  
who can find the time,  
to sit out in the sun and listen.



[www.earthschoolharmony.com](http://www.earthschoolharmony.com)

## Back To Grace by Earthschool Harmony

is a collection of 79 illuminating spiritual poems. It is a perfect collection for those on a healing journey or as a gift to a loved one. Each poem can be read as a meditation or perhaps used as a modality towards spiritual awakening and transcendence.





# Everything Is Energy and We Control it with Our Thoughts



**By Conscious Reminder**  
(Reprinted from April 2019)

**T**he Nobel Prize awardees in physics, beyond doubt, proved that the physical world is one big ocean of energy that materializes and dematerializes in a split second, over and over again. Nothing is solid. This is the world of quantum physics. They proved that thoughts are responsible for holding this ever changing energy field together in the form and shape of the objects we know.

So why do we see a person, instead of flashing clusters of energy? Think of a film roll. A film is a collection of about 24 frames per second. Each frame is separated from the other by a small space. Compared to the speed these frames change with, our eyes are tricked and see them as a continual film.

Think about television. The cathode tube is a simple tube with a bunch of electrons hitting the screen in a certain way, making an illusion of shape and movement. This is how all objects are made.

We have five physical senses (sight, hearing, touch, smell and taste). Each of these senses has a specific range (for an example, a dog hears a different range of sound than people do; snakes see a different spectrum of light than us, and

so on). In other words, our senses perceive energy from a certain fixed point of view and that's how they create images and form our perception. But that's neither exact nor complete. That's just an *interpretation*.

All our interpretations are based exclusively on our "inner map" of reality, but not the real truth. Our "map" is the result of the collective experience of our personal lives. Our thoughts are associated with this invisible energy and they determine what form it will take. They can literally change the universe "particle after particle," creating our 3D life.

Look around you. Everything you see in our physical world began as an idea which kept growing until it materialized into a physical object through a series of steps. You literally turn into your most frequent thoughts. Your life has become what you imagined and believed in. The world is literally your mirror, allows you to experience everything you believe to be the truth in this 3D plane ... until you change it.

Quantum physics tells us that the world is not a constant as it may appear to be. Instead, it is a place of a constant motion which our individual and collective thoughts keep building, tearing down, and rebuilding. It's a perpetual mobile. What we believe to be true is

actually an illusion, almost magic. Fortunately, we started to expose the illusion and, most importantly, we are learning how to change it.

**Here's a simple explanation. What are the components of our body?**

The human body is comprised of nine systems, including the circulatory, digestive, endocrine, muscular, nervous, reproductive, respiratory, skeletal and urinary system.

What makes these systems?

–Tissues and organs.

What are tissues and organs made of?

–Cells.

What makes the cells?

– Molecules.

What makes a molecule?–

Atoms.

What makes an atom?

–Sub-atomic particles.

What makes a subatomic particle?

– Energy!

We are just an energy light in its most beautiful and intelligent configuration. An energy which is constantly changing under the surface and all of that is controlled by our powerful mind.

You are one big and powerful human being.

Δ

**Read entire article here:**

<https://consciousreminder.com>



# Fresh Eyes of Spring

Discover Pat Gullett's **Art of the Dreamtime**  
[patgullettdesigns.com](http://patgullettdesigns.com) | [www.awegroup.net](http://www.awegroup.net)  
[www.patsartfulllife.com](http://www.patsartfulllife.com)

**F**resh Eyes of spring is starting new. To be in harmony with nature is to connect to the New Solar Year, the rebirth of all life, Springtime. Plus, everything has a new beginning from the animals giving birth, the broods of birds in nests, the buds on trees, and even the growing trickle of springs with melting snow and rainfall. And it all starts small. From the mundane to the magical, miracles are growing right before your eyes.

We each can use this powerful time to create magic *today*. Everyday things take on meaning if done in mindfulness. Being aware involves inspiration, inner wisdom and intention. Therefore, having a place to go for quiet time really helps.

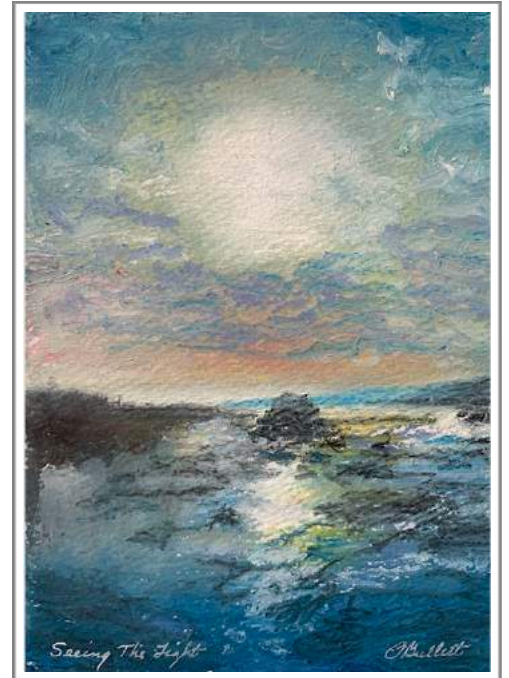
This becomes your sanctuary. You create your own world of beauty, a safe haven where your innermost thoughts become the seeds of new life. Listening allows inspiration to find you in your hands-on creativity, writing, dancing, or even gentle yoga and stretching. Also, beautiful instrumental music, colors, incense, and candles are all part of the ritual of finding yourself.

After returning from two months in the sun, I found my body stronger and more able to do refined art. Furthermore, swimming and exercising the arms has given me the confidence to go back to drawing with control. My 'New for spring' is a return to oil paint sticks.

I encourage you all to do a series of something. The above painting is #4 as I played with big sticks of my favorite colors. So different from painting, I was put into a new mindset completely. It was fun and challenging to make it look like something, and not end up with it all blending into brown. As a result, I made a small group of 5x7" oil-on-paper paintings ~ taking the best of one and elaborating on that in the next one. I feel refreshed in the doing, as I am becoming more painterly with oil again.

Always start with what you know: art techniques, collage, clay, journals, dance ~ are all ways to get the body moving. In addition, the important thing is to do something without thinking. One creative piece leads to the next. Your inner wisdom remembers what you love.

Fresh Eyes of Spring creates Magic in the moment!



All in all, intent is everything. Play again. Scribbling, coloring, shaping, blending, tearing, using kitchen utensils as tools, are great fun things to ignite your passion. Also, use colors, paper, and fabrics you have around the house.

We aren't here to create masterpieces every time. Don't judge your final piece. Instead see what you like about it. Remember, from small beginnings come huge, powerful pieces of new original creations. Actions change the energy, and that changes all life. In addition, the act of creating shifts the possibilities in the world.

What you do, what you think, and what you create is really energy that ripples out into the world. Live the best life you can this day. The doing is your new becoming in the world.

Δ



*"Write it on your heart,  
that every day is the best day  
in the year. This new day is  
too dear, with its hopes and  
invitations to waste a moment  
on the yesterdays."* – RW  
Emerson



# Hope

By JA Dioguardi

Hope springs eternal! And so they say  
that skies will turn blue  
soon after they're gray;  
the darkest of nights will be followed by day,  
and sunshine will chase all the clouds away.

Hope for the best, prepare for the worst —  
a precept that's posed so bubbles won't burst.  
Expecting to fail shouldn't be rehearsed,  
for visions of doom can leave you accursed.

Worry and dread, plus dismal advice,  
amount to your making a sacrifice.  
It's best to hone in on dreams that entice  
since positive thoughts are Heaven's device.

Surely your thinking can be rewired  
to grant you the dreams that have you inspired.  
Just focus with passion and do what's required,  
then hope can bring everything you've desired!



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

## Poem from "In Someone's Shadow"

By Rod McKuen

There are some forests that I haven't known.  
Some tree trunks I've never wrapped my legs around  
and climbed.  
A million branches I might have slid down  
had I had the time.  
Still some leaves trembled in the wood  
and caught my ear.  
Some twigs beneath the hooves of deer snapped  
and signaled spring,  
waking me from endless winter thoughts.



Your awakening mind expands out across  
the universe, like a wave flowing over a  
beach of crystal sand.

Your peace has a benefit far beyond what you can  
imagine. Your light is exploding in the fields to catch  
the next wave, and so on and so on...

You have conquered your demons not by killing  
them, but by equating yourself with love, more and  
more, each day and hour.

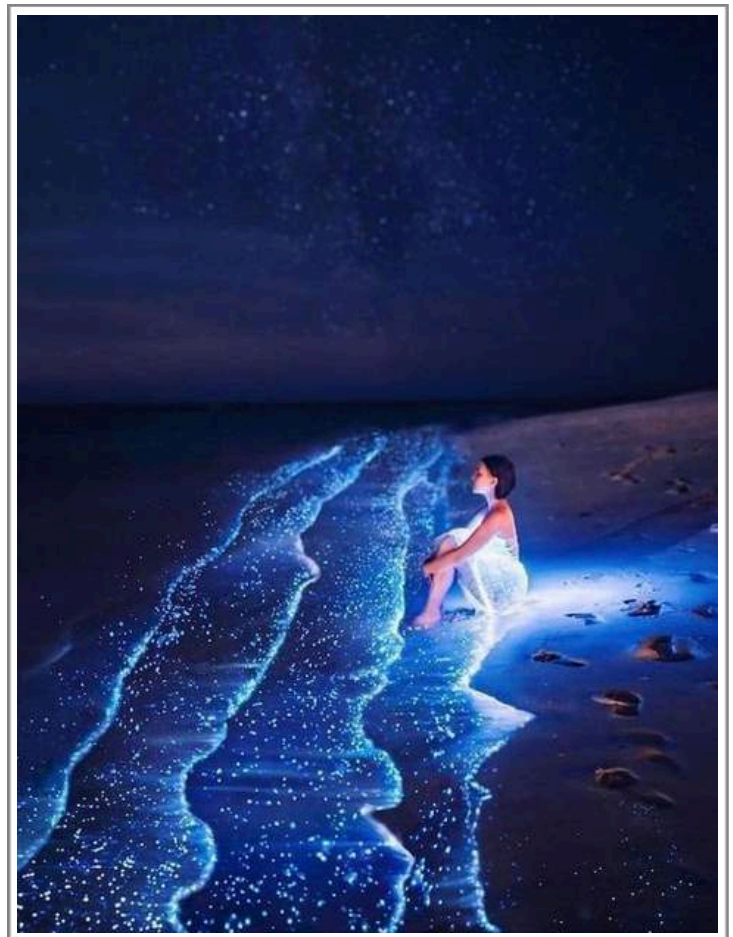
You have chosen to find God's love, and choose it  
over the pilgrimage of hate. And now the blessed  
reverence for the One has taken up residence in your  
mind.

When the equation of one is understood you will  
never fear again. One God. One Life. One Love. One  
Son. One massive state of revelatory brightness. One  
Welcome so complete and grand, that stars will seem  
like little tiny spotlights in a room.

The harbinger of truth has arrived, and so it is.

♥ With much love, Stefanie Finn

[www.stefaniefinn.com](http://www.stefaniefinn.com)





# Ten Ways Clutter Affects Our Health

By Joshua Becker

Joshua Becker is the best-selling author of four books, including: *The More of Less* and *The Minimalist Home*. Visit: <https://www.becomingminimalist.com>

**M**indy, a mother of three, is an engaged and creative mom. On any given day, there might be paintbrushes soaking in the family's kitchen sink, social media-inspired sculptures on the counter, board games strewn about on the dining room table, or a child's artwork fighting for space on the door of the refrigerator. Backpacks, sports jerseys, books, and toys would often be strewn across the floor.

When Mindy visited friends' homes—with clear countertops, organized desks, and coffee tables with room to rest a cup of coffee—she saw a different way of living, one that appeared freeing to her. But, dismissing these tidy homemakers as being of a different personality, Mindy made very few changes at home.

Mindy admitted that when she was *forced* to straighten her home—scrambling to clean up before company and begging her kids to do the same—she felt better about the space and the way it made them feel. But when the clutter began to creep into their home again, as eventually it always did, Mindy lacked the confidence to believe that regular clutter-free living was possible for her and for her family.

So they continued to limp along, kicking loose soccer balls, stumbling over cleats, and endlessly moving around piles of junk mail.

What's the problem with a little mess here and there? - she routinely said to herself. Other than a minor pain after stepping on a plastic game piece hidden in the carpet, Mindy's family had deftly avoided major injuries. So, what was the harm with a little clutter?

If your home is like Mindy's—cluttered most of the time—you might ask yourself the same question. *What's the harm?*

Maybe more than you realize.

## What Our Clutter Is Doing to Us

When we look into the research and studies that have been conducted, we notice a troubling trend: the clutter in our home may be having more of a negative impact on our family's health and well-being than we realize. Consider these examples:

### Ten Ways Clutter Affects Our Health

#### 1. Increased Stress

Researchers at UCLA have discovered a link between high levels of stress hormones and a high density of household objects. In other words, clutter increases stress levels—almost undoubtedly.

**Psychology Today** reinforced their study, citing eight specific reasons why messy rooms contribute to higher levels of stress in our bodies.

Among their reasons: clutter bombards our minds with excessive stimuli; clutter signals to our brain that our work is not done; clutter creates feelings of guilt; clutter produces feelings of anxiety; and clutter frustrates us by preventing us from locating what we need quickly.

#### 2. Stress-Induced Physical Symptoms

Clutter is a contributing factor to the level of stress in our lives. And given the fact that the average American home now contains 300,000 items there is no wonder why **the New York Times** recently referred to the modern American generation as the most stressed of all time.

All of this stress begins to take its toll, affecting almost every system in our bodies. Stress cues the body to breathe faster, which can aggravate conditions such as asthma and emphysema. It increases blood pressure by causing blood vessels to constrict. Stress increases the likelihood of heartburn and acid reflux. And it can overtax our muscles, causing headaches and body aches.

#### 3. Decreased Ability to Focus

Closely related to the stress mentioned above, **Princeton scientists** discovered that a cluttered environment limits our ability to focus. Their study reports that a visually disorganized environment has neurological effects similar to what we experience when barraged and overwhelmed by lots of different noises at once.

#### 4. Overeating

Did you know that a cluttered kitchen can be a cause of overeating? Brian Wansink of **Cornell University** and his colleagues conducted a study back in 2016 to better understand how cluttered, chaotic environments—such as messy kitchens—influence snacking behavior. Among their findings, women in a messy kitchen tended to consume twice as many calories as women in a tidy kitchen.

#### 5. Unhealthy Habits and Choices

In a similar study published in **Psychological Science**, researchers at the University of Minnesota confirmed that an orderly environment leads to more desirable, normatively good behaviors, such as being generous to the needy.

We think we're not being affected by the physical environment around us. But

Continued on page 21



in reality, a cluttered environment negatively influences our habits and behavior more than we realize (or care to admit).

#### 6. Diminished Air Quality and Environment

According to WebMD, clutter increases the risk of asthma and allergies. According to the medically reviewed article, “You may think your house is messy but not dirty. But it’s hard to clean around piles of belongings. Decluttering can prevent pests and reduce dust, mold, and mildew, which may trigger asthma and allergies.”

#### 7. Impaired Learning

According to a study conducted by [Carnegie Mellon University](#), children in decluttered classrooms perform 13 percent better on tests than children in disorganized classrooms. And what’s true for the classroom is true for the home—for both the adults and the kids.

#### 8. Less Restful Sleep

A cluttered environment can lead to difficulty falling and staying asleep, resulting in a reduced quality of sleep. When our bedrooms are cluttered, according to a study funded by [The National Institute of Mental Health](#) and others, we have a harder time falling asleep and experience more sleep disturbances through the night.

#### 9. Lower self-esteem

Clutter often brings negative self-talk and feelings of self-criticism. According to research conducted by the [University of New Mexico](#), this results in a negative impact on our psychological and subjective well-being.

#### 10. Negatively impacts wellness in all aspects

In this post, [How Minimalism Can Help You Find Wellness](#), I lay out all seven dimensions of human wellness and how clutter (or its opposite) affects each of them. If you’d like to continue this conversation and take an even deeper dive into minimalism and wellness, you can find it there.

### Beginning to Live Well

Clutter is so much more than a nuisance. It impacts the health and well-being of our families in ways we might not even notice. A decluttered home isn’t just about impressing the neighbors when they come over; it’s about preparing an environment where everyone in our family has the best chance to succeed. And that positive change is always possible.

If you are ready to take the steps needed in your home to live with less clutter, you can find helpful thoughts in this article: [The Simple Guide to a Clutter-Free Home](#).

△

# How to Have More Money and Time to Enjoy it

By Joshua Becker

According to one study, 80 percent of working adults wish they had more time to spend with their friends and family. In a similar study, 60 percent of working parents always feel rushed. And the New York Times, back in 2015, called the current American generation “[stressed, tired, and rushed](#).” No doubt, many of us know that to be true.

What if there was a way to have more time available in your life, AND more money, as well? There is a solution. And it is available right now, without spending a penny (literally). The solution to this problem is: Shop less. In fact, according to the US Bureau of Labor Statistics, the average American spent 22 minutes/day shopping in 2019. That is the equivalent of 133 hours each year (or 10,400 hours over a lifetime ) spent shopping. And it should be noted that this survey is far more conservative than most. Some studies show the average number in many scenarios might actually be closer to 400 hours each year! That’s almost 8 hours per week!

Almost everybody I know would take more time or money if it was offered to them. Here’s the good news: You can have more of both. Shop less. Some might argue, “Yeah, but I have to shop. My family needs food and toiletries and my house needs cleaning. Some of these shopping errands are non-negotiable.” And you would be right.

To live is to consume and there is a certain level of shopping that will always need to be maintained. But according to the studies listed above, only 25 percent of our shopping is spent on necessities (groceries, toiletries, etc.). The rest is spent on nonessentials amounting to \$18,000 per year for the average American. Wouldn’t we all like an extra 25 hours and \$1,500 every month?

A second argument might go as follows, “Yeah, but what am I going to do with extra money and extra time if I can’t spend it shopping?” And the answer is, “Anything else in the world. Surely there are more important things in life than what is on sale at your local department store. All those things you want to do with your life? You should go do them.”

△



Spend all that extra time doing something you love!

# A floor maid at the Tewksbury Institute

## The Anne Sullivan and Helen Keller Story



**D**r. Frank Mayfield was touring Tewksbury Institute when, on his way out, he accidentally collided with an elderly floor maid. To cover the awkward moment Dr. Mayfield started asking questions.

“How long have you worked here?”

“I’ve worked here almost since the place opened,” the maid replied.

“What can you tell me about the history of this place?” he asked.

“I don’t think I can tell you anything, but I could show you something.”

With that, she took his hand and led him down to the basement under the oldest section of the building. She pointed to one of what looked like small prison cells, their iron bars rusted with age, and said, “That’s the cage where they used to keep Annie Sullivan.”

“Who’s Annie?” the doctor asked.

Annie was a young girl who was brought in here because she was incorrigible—nobody could do anything with her. She’d bite and scream and throw her food at people. The doctors and nurses couldn’t even examine her or anything. I’d see them trying with her spitting and scratching at them.

I was only a few years younger than her myself and I used to think, ‘I sure would hate to be locked up in a cage like that.’ I wanted to help her, but I didn’t have any idea what I could do. I mean, if the doctors and nurses couldn’t help her, what could someone like me do?

I didn’t know what else to do, so I just baked her some brownies one night after work. The next day I brought them in. I walked carefully to her cage and said, “Annie, I baked these brownies just for you. I’ll put them right here on the floor and you can come and get them if you want.”

Then I got out of there just as fast as I could because I was afraid she might throw them at me. But she didn’t. She actually took the brownies and ate them. After that, she was just a little bit nicer to me when I was around. And sometimes I’d talk to her. Once, I even got her laughing.

One of the nurses noticed this and she told the doctor. They asked me if I’d help them with Annie. I said I would if I could. So that’s how it came about that. Every time they wanted to see Annie or examine her, I went into the cage first and explained and calmed her down and held her hand.

This is how they discovered that Annie was almost blind.

Continued on page 23



After they'd been working with her for about a year—and it was tough sledding with Annie—the Perkins institute for the Blind opened its doors. They were able to help her and she went on to study and she became a teacher herself.

Annie came back to the Tewksbury Institute to visit, and to see what she could do to help out. At first, the Director didn't say anything and then he thought about a letter he'd just received. A man had written to him about his daughter. She was absolutely unruly—almost like an animal. She was blind and deaf as well as 'deranged.'

He was at his wit's end, but he didn't want to put her in an asylum. So he wrote the Institute to ask if they knew of anyone who would come to his house and work with his daughter.

And that is how Annie Sullivan became the lifelong companion of Helen Keller.

When Helen Keller received the Nobel Prize, she was asked who had the greatest impact on her life and she said, "Annie Sullivan."

But Annie said, "No Helen. The woman who had the greatest influence on both our lives was a floor maid at the Tewksbury Institute."

Δ



Helen Keller with Teacher Anne Sullivan



## Evidence of Angels

"In a moment of great fear and sadness [for my daughter's safety], an angelic presence – a large and almost invisible entity touched me; and, everything felt warm and all right again. Moments later, a phone call verified that my daughter was indeed safe."—Deb D.

"My angel visited me years ago when I was extremely worried about my financial situation. I was lying in bed and the closet door was ajar. I saw a bright light in the closet. (There's no electric light in there!) A male figure, clothed in shining white light stood there and said, *"Never be afraid. I am with you always."* Since that day I've never been afraid of anything."—Georgia W.

"In your *You Can Talk With Your Angels* class, I asked my angel 'Rose' for the symbol of pink roses so I would know when she wanted to communicate with me. Two days later my husband brought me flowers for our anniversary. They are usually either carnations or a mixed bunch, but this time he brought – you guessed it – *pink roses!*"—L.S.



Send your Evidence of Angels stories to:  
[theinnervoice@gmail.com](mailto:theinnervoice@gmail.com)



## Spring Has Sprung! How Wind and Wood Elements Help Us Heal



**D**uring late winter, we were eagerly anticipating spring, radiant sunshine, green vegetation, and the promise of new growth. Predictably, the fertile unfurling of spring has arrived, a cycle shared by all sentient beings. Earth's ancient perpetual cycle of birth, life, death and rebirth dynamically spirals and we are a vibrational part of this process. The fantasy of spring initiates as the dormant seeds awaken from winter slumber.

Spring quickens into physical earthly

manifestation of vital life forces. Solar energy stimulates strong potent energies within all living things, humans and plants alike. Wild greens unfurl, trees begin to bud, and branch out. The soft earth blanket transforms into rich, textured greens. We experience a renewal of vitality and uplifting energy, especially when we are more aligned with nature, immersed in it rather than being cooped up inside four walls.

### **Wind and wood are the elements and energies of this season.**

Envision a new plant sprouting from the warm soil. Energy ascends toward the sun. How does this translate for humans? We have the opportunity to engage in aligned actions that also correlate with rising, ascending energy. To tap into true spring health we must engage in bodily movement, be well nourished with spring greens, and release stagnant or toxic energy from the body.

For some this might mean a detox or cleanse. Supporting the nervous system during this bridge into spring is also critical. It is a time to clear, cleanse, and strengthen all systems.

I'd like to share more about the element of *Wind*. In March and April, winds blow wildly, whisking away what is no longer necessary, clearing the landscape of clutter, debris, and dead matter. Wind element scatters seeds widely, recreating new landscapes, assisting with the succession of plants and trees.

To align with the *Wind Element*, humans would be wise to tend to the natural inner terrain in relation to changing landscapes. What do I mean by this? Tending to your mind, intellect,

cognition, perception, vision, and intuition. It is a perfect time to engage in seasonal self assessment, discarding old thought patterns and habits that are no longer useful. Learn about new theories, engage in abstract thinking.

The emotional, intellectual, and physical landscapes of self are rich and fertile with possibilities at this time. If you are bogged down with stagnant energy, you'll run the risk of being stuck in seasons ahead. Consider engaging in a type of spring rebirth. All that germinated within during winter may now manifest.

### **What are some creative, natural ways to engage in nature, specifically with wind element to restore your health?**

Hike windswept hills, meander windy plains and prairies, or windy sand beaches. Trek to a high mountain peak, or a tower if you are a city dweller. Take in the wind. Let it blow through your body for a natural cleanse or detox. Contemplate wind and your own breath in those wild spaces. Intentionally let go of that which is no longer needed. Continue to support your personal growth, development, visions, and creativity. Add astringent herbs to your health routine, such as bugleweed, chaparral, cranesbill, witch hazel inner bark or yarrow flowers.

Move, be light, feel energized this spring. Be healthful and hopeful!

Align with the ascending and flowing energies of wind, plant life, and spring energies.



**See Gigi Stafne's ad on page 25 for more information, or visit:**  
[www.greenwisdom.weebly.com](http://www.greenwisdom.weebly.com)

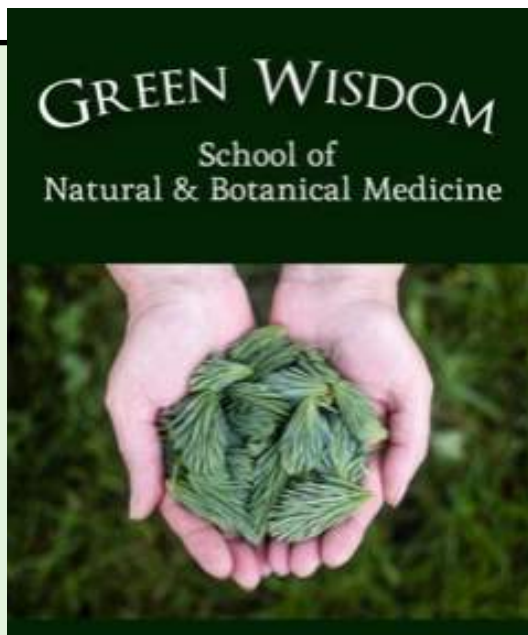
**S**pring is on the horizon. It has begun to peek through in the chortle of the newly returned Sandhill cranes. Redwing blackbirds are trilling in the marsh. Cardinals are singing love ballads to their mates. Robins are softly serenading just before dawn. I adore this time of year. I've come to deeply anticipate and relish this cyclical touchstone of renewal. It speaks to me of resilience, intuition, and an internal guidance system that directs each creature forward, now and again.

I feel my own heart lighten with hope and potential. I am deeply grateful to live in this abundant space and never take this privilege for granted. The land, rhythm, and nourishment of nature have sustained me.

—Linda Johnson from <https://shebecamemagic.com/>







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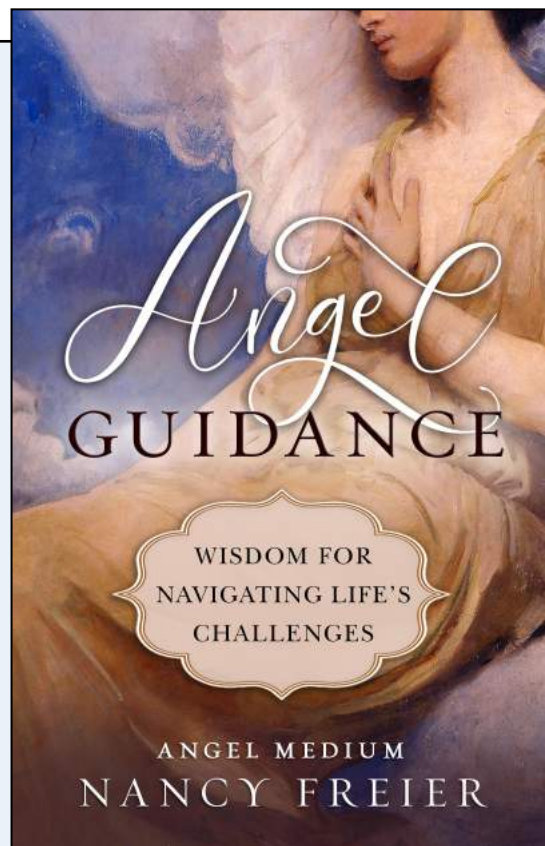
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Click image below to watch and listen to Nancy tell her story of the origins of her work with the Angels.



# Spiritual Ecology: The Art of Cleaning

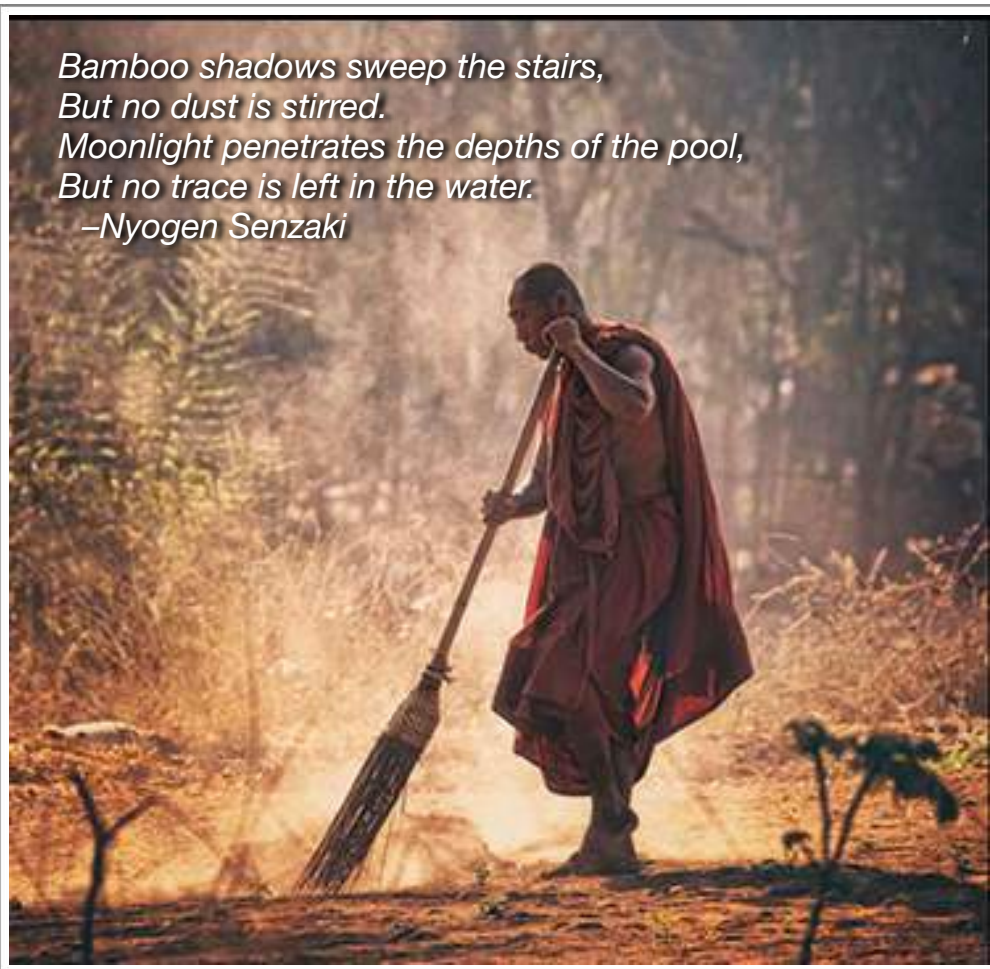
By Llewellyn Vaughan-Lee

In the busyness of our contemporary life we are drawn into ceaseless activity that often separates us from the deeper dimension of our self. With our smart phones and computer screens we often remain caught on the surface of our lives, amidst the noise and chatter that continually distract us, that stops us from being rooted in our true nature. Unaware we are drowned deeper and deeper in a culture of soulless materialism.

At this time I find it more and more important to have outer activities that can connect us to what is more natural and help us live in relationship to the deep root of our being, and in an awareness of the moment which alone can give real meaning to our everyday existence. Over the years I have developed a number of simple practices that bring together action and a quality of mindfulness, or deepening awareness, that can nourish our lives in hidden ways. These activities, like mindful walking, cooking with love and attention, can reconnect us with the web of life, our natural interconnection with life in its beauty and wonder. They can help us “declutter” our outer life and instead become rooted in what is simple and real. One of these practices, which combines action with mindfulness, is cleaning.

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

*Bamboo shadows sweep the stairs,  
But no dust is stirred.  
Moonlight penetrates the depths of the pool,  
But no trace is left in the water.*  
—Nyogen Senzaki



need to create a sacred space in order to live in relationship to the sacred within ourselves and within creation.

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

Once I realized that everything is part of one living whole, that nothing is separate, I understood how everything needs care

and attention. I bring this feeling and awareness into my cleaning. Cleaning a table, dusting a shelf, I give attention and love, because everything responds to love and care—not just people, or animals, or plants, but *everything*. I feel strongly that just as I should only have what I need, I should only have what I can look after, love, and care for. It is a simple recognition of the sacred that is present within everything, and a way to live from the heart in everyday life. Maybe, having been brought up in a family without love or care, I feel this need especially strongly, but I sense that it comes from a deeper knowing of how everything is part of the fabric of love—that creation is woven out of love. And so when I clean I am also looking after, caring for, what is

Continued on page 27



around me, knowing that it too needs to be loved.

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

When I first started lecturing, traveling over America, I would stay in people's houses. At the time I was lecturing mainly to Jungian psychology groups, and so would sometimes stay in the house of a therapist. I remember one night being given a bed in the "spare room," which was also my host's therapy room. After a few restless hours I gave up trying to sleep and realized that I was lying in the psychic soup of all of his patients. Through his therapy work he brought unconscious feelings to the surface, brought shadow dynamics, anger, and depression into consciousness. And so they were floating around the room, waiting to attach themselves to the next person who entered. The therapist had no understanding of psychic cleaning. Sadly it had not been part of his training or practice. The air was dense with discarded psychic contents.

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

something to his mouth. She realized that he was inwardly digesting the sickness that he had cleansed, so that it would not just stay in the air and attach itself to another person.

**Ecological awareness** teaches us the importance of recycling and composting. The waste from our daily lives should not be allowed just to accumulate in a landfill. Nor should it be allowed to get into our water, which in a less visible way is becoming toxic with all the tranquilizers and other drugs that go through our system into the water, affecting and mutating the fish. There are many ecologically aware people who make it a practice to leave as little as possible in their garbage bins for the landfills, and work to safeguard the food and water supply, and this is very commendable. But if we are to practice spiritual ecology, if we are to include the spiritual in our ecological awareness, we need to bring a greater awareness to all the debris we leave behind. We need to learn how to clear up after ourselves, how to keep an empty space—how to be attentive in our cleaning.

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

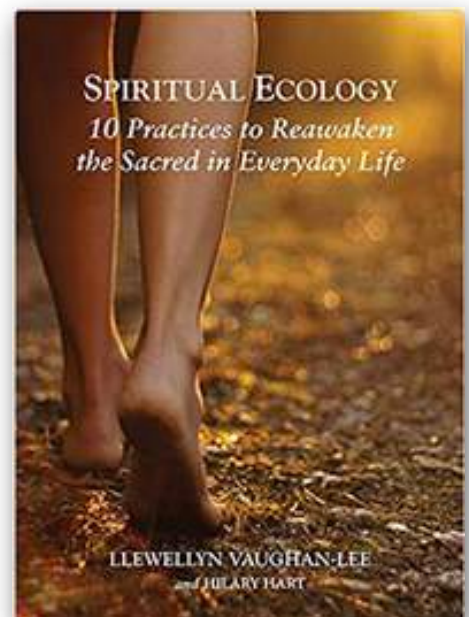
Our present culture teaches us to accumulate, but not how to empty. But for real spiritual work in the inner and outer worlds, in order to give space to the divine, in order to return to the sacred, we need to practice a certain purification in our daily lives. We learn to eat consciously, to be attentive to our outer environment, to sweep our courtyard. We also need to learn how to clean our house, both physically and inwardly. Just as we need to learn to empty our mind in meditation, to clear away the clutter of unnecessary thoughts, so do we need to consciously clean our living space. Dusting, sweeping, vacuuming with attention, we bring a certain awareness to

the ground of our being. This has to do with respect for our environment.

In some old Celtic rituals after a wedding the couple walk to the celebration preceded by a young boy and girl with brooms, who are sweeping away the evil spirits so that the couple have a happy marriage. These ancient rituals carry an understanding of the inner worlds and how they can affect our daily life. In the practice of spiritual ecology we are not just working with the outer physical world, but also the inner worlds, and we need to respect this. We need to relearn how to live lightly, to leave as little debris behind us as we can. We need to relearn how to sweep with our broom. It is simple good housekeeping, more important than we realize.

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© 2017 The Golden Sufi Center. Adapted from **Spiritual Ecology: 10 Practices to Reawaken the Sacred in Everyday Life.**



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





## Listening to the Silence

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

I recently came across an interesting piece on how to go to sleep and stay asleep. The article suggested the normal remedies like not drinking caffeinated beverages in the late afternoon, resisting late night snacks, writing down your “to-do” list for the following day, or listening to soothing music.

I thought to myself, how many people will read that article and say: Yup, I do that; Yup and I tried that; and Yup that — and still I get into bed and struggle getting to sleep. Or, I go to sleep only to wake up a couple of hours later, and then it’s misery for a few hours getting to sleep again. So, what is really going on in our energy field?

A well-known astronomer (yes, astronomer) gave me a reading several years ago and though the CD self-destructed, his comment on my nervous system stayed with me, and I think it is relevant to all of us. He said, “Meredith,

protect your nervous system because people who are sensitive easily overload this system, which can create problems.”

I didn’t think much about the comment until recently when sleep began to be a problem. I wondered if sleeplessness was one of the symptoms of an overloaded nervous system, because at an energy level, our nervous system carries our beliefs about God. Having an overloaded nervous system means that very real messages of support, love, grace and guidance are being overridden with the everyday worry and trivia of ‘stuff.’ Our nervous system gets loaded down until it no longer carries the enlightening and loving messages from Divinity, thus we can’t relax and sleep.

So, what’s an easy way to clear our nervous system’s clogged energy and return to its original design of carrying enlivening energy from Spirit?

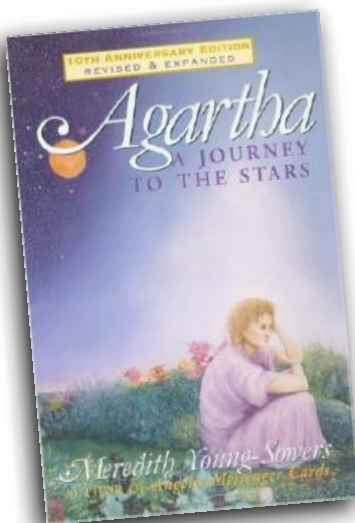
As if on cue from Central Casting, a friend called to tell me in passing

conversation that her way of managing sleeplessness was to have a short chat with God when she first gets into bed. Or she said, “Sometimes when I catch myself whining, I just *listen to the Silence.*”

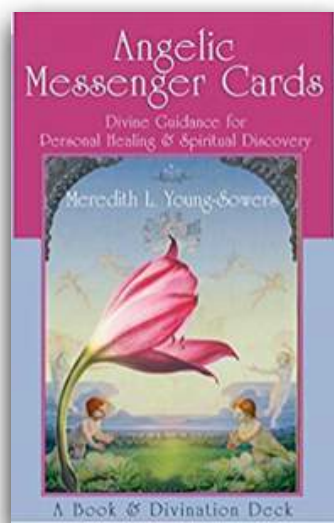
Listening to the silence, in fact, clears the energy in our nervous system — rather like eating a small dish of sherbet between courses of a meal in a fancy restaurant. You allow your nervous system to regroup and refresh its important messaging to you. And, best of all, you go to sleep!

### ~ Meditation ~

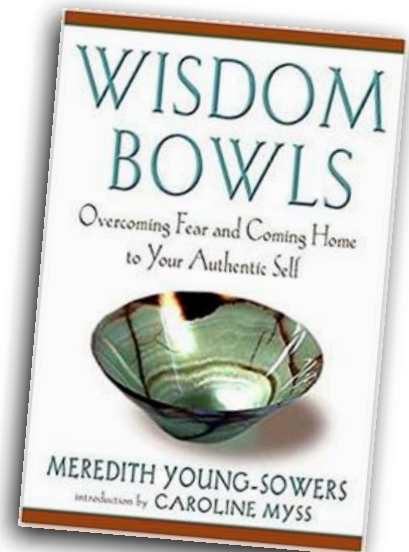
*Take a slow, deep breath and while putting your hands over your deep heart, relax into a quiet place of “listening to the silence” ~ allowing your nervous system and entire body to renew itself.*



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



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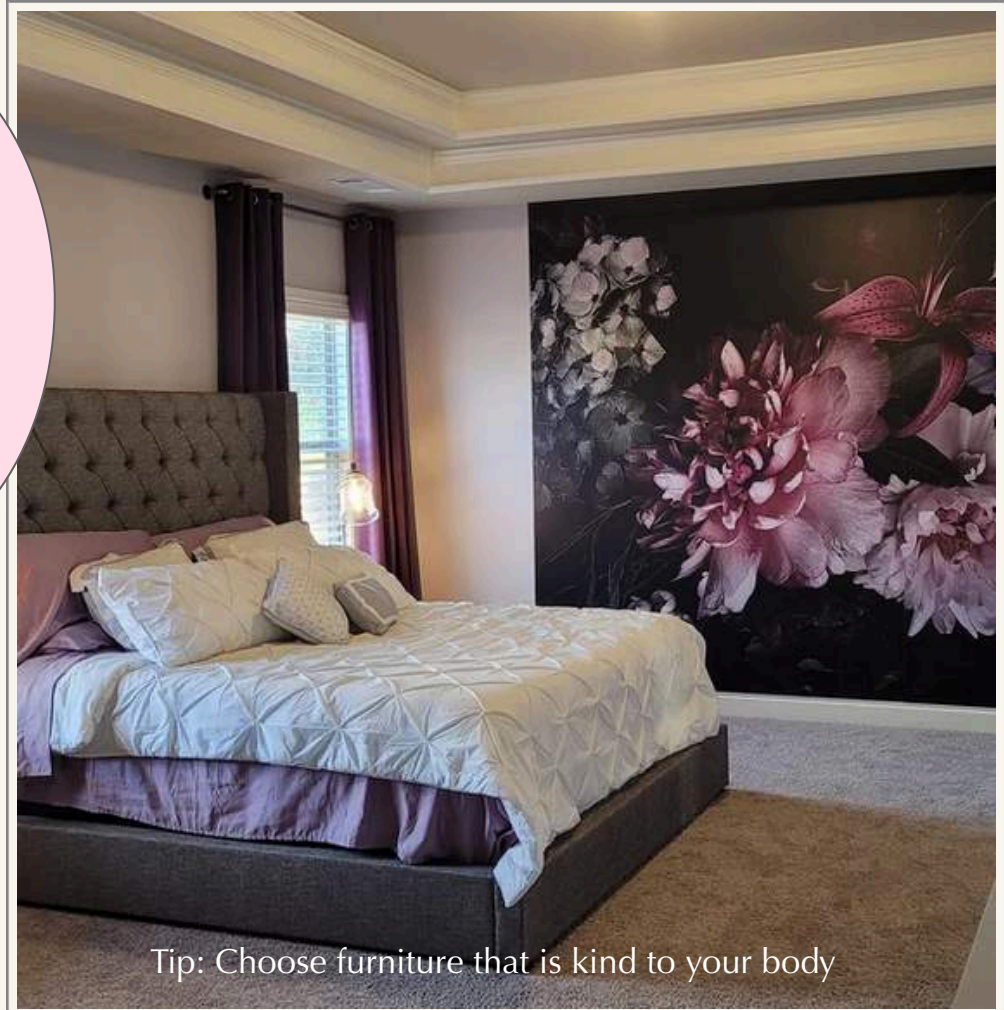
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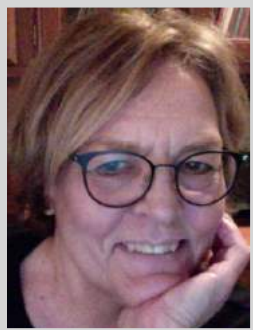
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# Imagination is an Important Tool for Healing

By Lynn Schuster

**T**ake a gentle breath, tune in, and be with your life. Allow your breath to calm and soothe you as you go about your day.

I, as many of you, have a hard time watching world and local news. There is so much violence and injustice. The last two years have been especially challenging for most of us. Many times, I feel that there is little that I can do to help bring about positive change. And then, I remember the importance of my breath, and my imagination.

Imagination is an important tool or resource for healing and transmutation. Without imagination, we cannot connect to our gifts of intuition and telepathy. We cannot connect with our inner guidance — our Higher Self. By allowing ourselves to pretend or imagine, we can remove blocks or obstacles we face when doing our work.

Find your Inner Child – remember her (or him) at any age that comes to you.

Remember how she (or he) could pretend and play? Meditate with your inner child, and ask her (or him) to help you reconnect with that part of yourself so that you can use your imagination freely.

Imagination is a God given gift and can be used to heal and transmute, or we can utilize it to create illness and trauma. Use your imagination wisely and divinely in all aspects of your life to heal, inspire, and change your life. When you are stuck, ask for guidance, your imagination is here to help you find your way.

The truth is, we are all deeply connected to the Divine and to each other. Our words are vibrations in the air. If we truly understood the power of our words, we would be more mindful of how we think, how we feel, and how we speak. The words we speak are a vibrational match to all we experience.

Life is lived most fully in the imagination. Ironically, imagination is the key to reality. Do not dismiss the imagination by saying, “Oh, that’s just your imagination, it’s not real.” If we understood the power of our thoughts, we would guard them more closely.

There is more happening than we can ever imagine. The Universe is truly listening! Our thoughts, combined with our feelings, are broadcasted just like programs on radio stations. Tune into your desires and magic always happens. Be sure to broadcast your desires clearly. Your Guides and Angels are always listening. They want to bring your

deepest desires into the physical world, creating an ultimate experience just for you!

Creativity stems from our imagination. It’s a powerful way to celebrate who we are. It is *spiritual energy* that nourishes our vitality. It is a way of replacing negative thinking with positive action. When we create, we plant ourselves firmly in the moment and teach ourselves that what we do matters.

Once I realized that I am responsible for every thought I think, every feeling I have and every action I take, my life completely shifted. When I begin my day asking, how can I be of service today, and then walk that path, the day unfolds beautifully.

Be tolerant of those who are lost on their path. Ignorance, conceit, anger, jealousy and greed stem from a lost soul. Pray that they will find guidance. Forgive others, not because they deserve forgiveness, but because you deserve peace. And remember, allow your breath to calm and soothe you as you go about your day.

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“Imagination is more important than knowledge. For knowledge is limited, whereas imagination embraces the entire world, stimulating progress, giving birth to evolution.”

~Albert Einstein



**Lynn Schuster is a Telepathic Animal Communicator, Reiki Master Teacher and Artist. As the founder of Animal Spirit Talker, she is passionate about helping to strengthen the bond between animals and their human families. She inspires people to see, feel and believe that they can, indeed, communicate with their animals. For more information, see Lynn’s ad on page 31.**





Lynn Schuster

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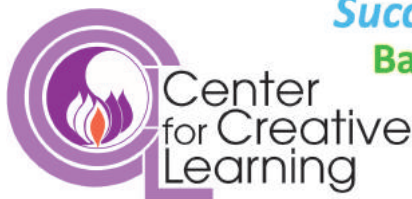
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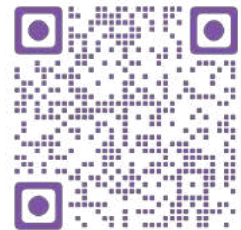


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