

The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 13 Issue 7 • July 2025



Illustration by Tetsuhiro Wakabayashi

AFTERLIFE REPORT

Evidence



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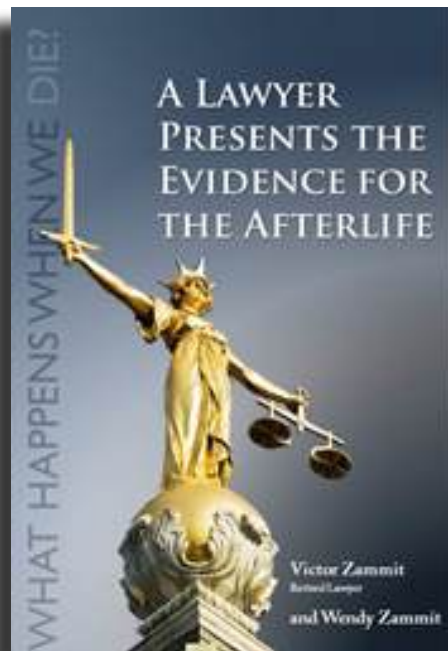
Science



THE GLOBAL GATHERING and several other FREE Zoom Groups are listed in the FRIDAY AFTERLIFE REPORT. **SUBSCRIBE FOR FREE HERE:**

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July 2025 Guest Presenters:

July 6 - Cosmic Voices Mediums Regina Ochoa and Jeanne Love

July 13 - Sally Hawk— Founder of 'VerySoul'—A spirit-inspired platform to spread knowledge of mediumship to a new audience

July 20 - Ellen McCord - “Mediumship Misunderstood”

July 27 - William Murray and Mary Beth Spann (and partners in spirit). Love Afterlife - Ways to maintain a romantic connection with a transitioned partner.

Click Link to Join...

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

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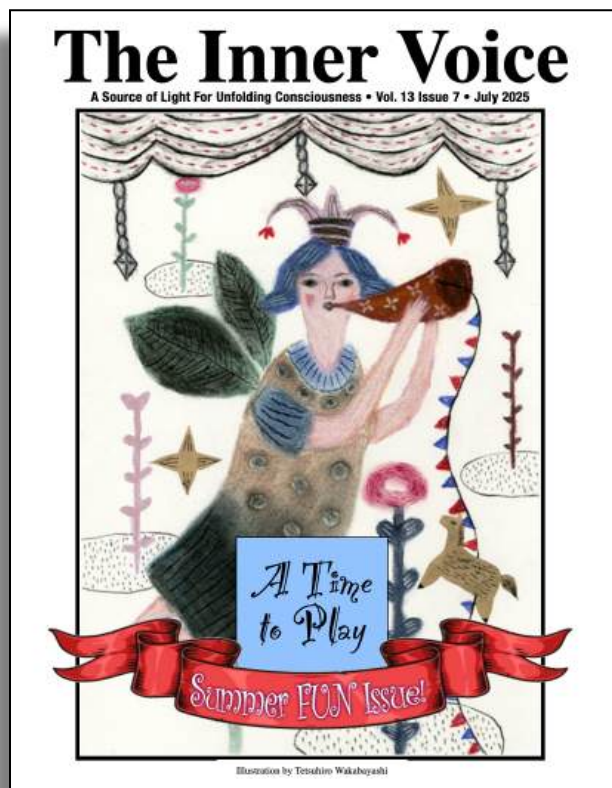
<https://www.victorzammit.com/archives/index.html>



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About the Cover...



<https://www.artisticmoods.com/tetsuhiro-wakabayashi/>

From the artist's website: "These super-fun illustrations make me happy! I love the colors, the animals, the magical little details ~ all of it! Tetsuhiro Wakabayashi is an illustrator who lives and works in Kanazawa, Japan. There are many more wonderful illustrations to be found on his site." www.isoparm.biz

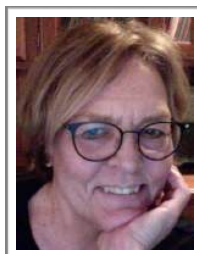
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"To practice art, no matter how well or badly, is a way to make your soul grow. So do it!" ~Kurt Vonnegut



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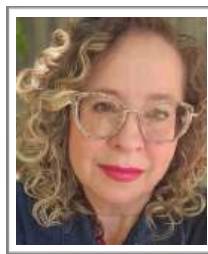
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Books, Readings & More!

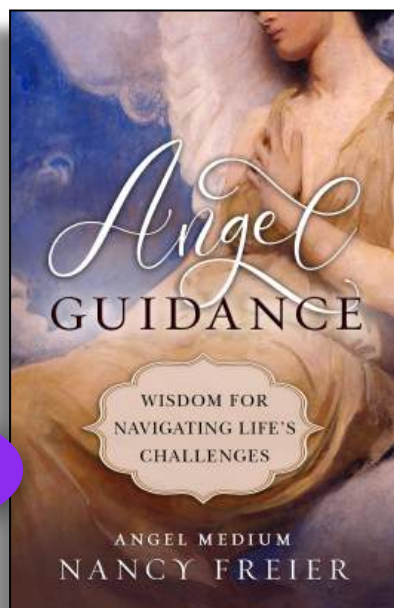
by Angel Medium Nancy Freier



Angel Guidance Readings help you understand your lessons on your life path. The angel's perspective often reveals unresolved issues from past lives, origins of disease and other life challenges, providing you with new ideas for healing your life and relationships.

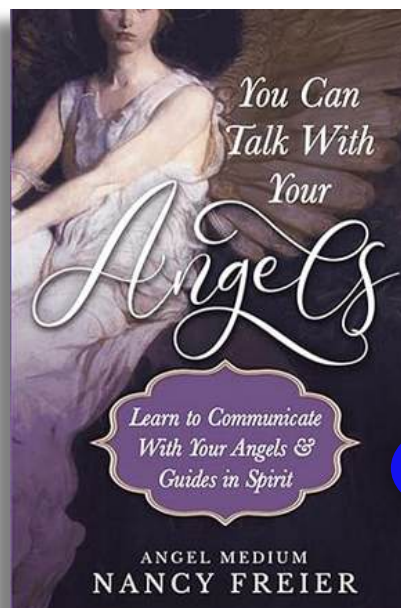
Readings are done in confidence using automatic-writing process, then followed-up with a private consultation to clarify what was written. E-mail: NFreier@aol.com

Visit: <https://theinnervoicemagazine.com/angelreadings> for more information.



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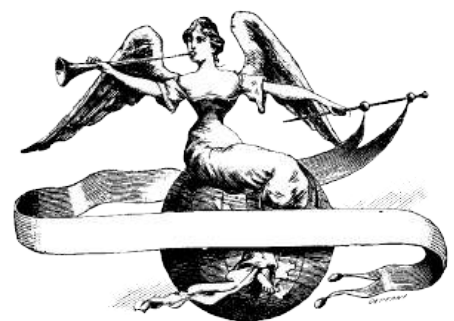
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Thank you!

Responses From Our Readers...

"I so enjoyed our chat and loved the reading you sent! It is beautiful and tears welled up in my eyes as I read it. I appreciate all the reminders and advice from the angels. You have a beautiful gift and I'm so happy that I was guided to speak with you." ~Heather A.

"I so enjoyed reading all of the loving wisdom from you and your contributors. Thank you!" ~Christine

"The Conclave of Angels article by Kathleen Jacoby spoke directly to me. Thank you so much!" ~Gloria N.

Email your comments to:

theinnervoice@gamil.com

Watch Nancy's Interview on Soul Explorers Podcast

Conducted by Hosts Sally Daniels Taylor and Gary Langley



<https://youtu.be/uf6-iTQFHeU?si=YJLgTqfDAyrTwjyX>

Dear Readers,

Welcome to our Summer FUN issue—celebrating kids, creativity, and the joyful spark of play and laughter! The following is from the Angels to you...

"Did you know you are a Divine Creator? You were created in joy, and you were created to create. It is the breath of the Divine within you that stirs your imagination and calls forth new beauty into the world through your hands, your thoughts, your words, and your dreams.

"You do not need to be an artist to be creative. Every act of love, every solution found, every meal prepared with care, every kind word spoken is creation in motion. You are already creating every single day with your thoughts and intentions.

"We are always near, offering inspiration and nudging your heart toward what feels light and joyful. That spark of an idea? That pull to try something new? That quiet voice that says, "What if?" — that is us. When you follow your joy, you are walking in harmony with your soul's purpose. When you play, when you wonder, when you try something for no other reason than it delights your heart—you are in divine alignment.

"Make something even if it's messy. Even if no one sees it. Create something simply because it feels good. And when you do, we will be right beside you—guiding and whispering with boundless joy and everlasting support."

Here's to a summer overflowing with creativity, joy, and endless fun!

Nancy

P.S. Watch this! "Practice Any Art"

<https://www.facebook.com/reel/1706578586642281>



Unleashing Joy: What A Balanced ‘Children & Creativity’ Area Can Bring!

First, a word about feng shui. It is derived from the *I Ching*, an ancient Chinese book of divination that contains 64 pairs of trigrams with deep symbolic meaning. Often called the *Book of Changes*, it explores the natural patterns of the universe and how to align with them to achieve goals.

According to author Terah Kathryn Collins in her book *The Western Guide to Feng Shui*, the *I Ching* trigram *Tui*—meaning “Joyous Lake”—is associated with pleasure, generosity, and encouragement. She writes:

“The essential idea of this teaching is that by encouraging others to fully express themselves, we bring success and pleasure to ourselves. Parents sometimes experience this energizing and almost magical satisfaction while encouraging their children to learn and grow through creative expression. The same holds true with our own creativity. We need generous amounts of encouragement and admiration, as well as a playful ‘lightness of being’ to unfold and blossom into full creative expression. In all cases, the flowering of creativity is a joyful experience when it occurs through kindness and encouragement.”

In my Feng Shui design practice, the angels intuitively guide me to help clients live their best lives. One important area of the home is called **“Children & Creativity” (C&C)**. Over the years, I’ve noticed that whenever energy is blocked in this part of the home, residents often experience a form of creative blockage—sometimes even affecting the creation of a baby.

Several years ago, I worked with a couple in their 30s who had tried everything to conceive a child—numerous doctors and even a fertility clinic—but nothing had worked. Desperate, the woman called me to come check their home for energy imbalances. Sure enough, the C&C area, which happened to be in their master bedroom, was cluttered with baskets of laundry—blocking the energy from flowing freely and nourishing this area.

We found a better place for the laundry and the baskets. As we cleared the space, I uncovered a beautiful child’s rocking chair with a baby doll nestled in the seat. “That was my grandmother’s doll when she was a little girl,” my client explained. To me, it was the perfect *environmental affirmation* for calling in the spirit of the child they longed for! I intentionally placed it in their C&C area of their bedroom to enhance their intention of having a child. Then I shared a message whispered to me by the angels...

“Make room in your home and in your hearts for the child to come,” Sreper, my angelic guide, said. “Understand that the incoming soul is already alive in spirit form—and may feel apprehensive about entering the lower vibrations of the Earth plane. Earth is a classroom where souls come to grow, to resolve karma, and to return to love and balance.”

To ease the spirit’s fear of entering the physical world, I encouraged the couple to meditate and speak directly to the child’s soul. “Imagine how it would feel to arrive in a foreign country where you know no one and speak a different language. This is what it’s like for the incoming soul. They need to feel welcomed, loved, and safe,” Sreper said.

“Talk to your unborn baby as if they were already here. Express your love. Welcome them with softness and tenderness. This will make a difference in the outcome you so deeply desire.

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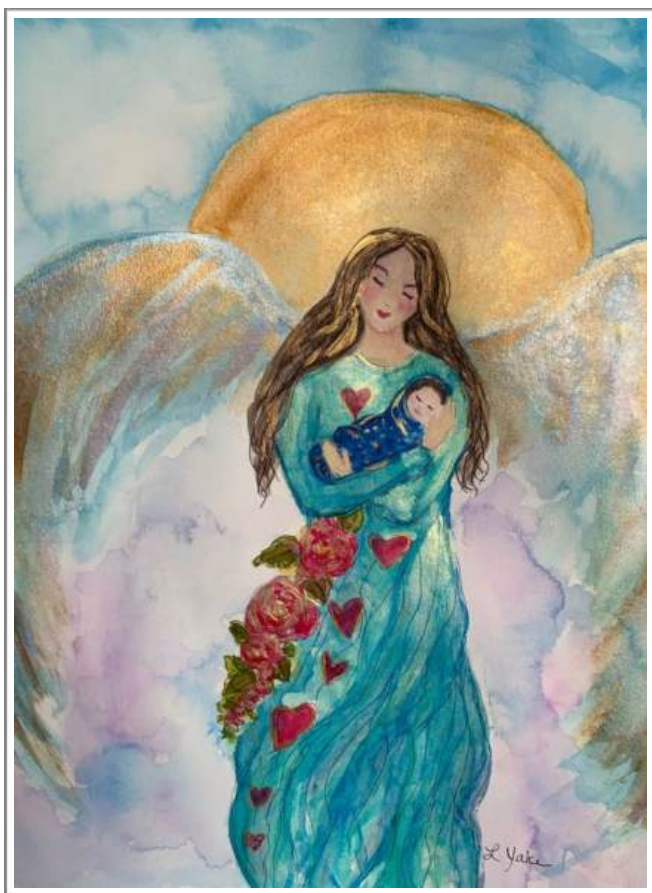
A lovely decorated room for baby is a sure way to welcome an incoming soul to your home. Photo source unknown.

It will also quiet your worry and open the channel for deeper spiritual connection.”

Sreper inspired the following heartfelt message—a blessing that he called the *Welcome to Planet Earth Prayer* signed, “From an angel to an angel...”

Welcome to the World

*Dearest Child of God,
Whose sweet love you represent,
Thank you for coming to be a part of our lives forever.
From beyond this life
where not long ago you dwelled,
The Light shines brightly still—
And now you bring that Light to us.
Dear sweet child, little Light-bearer of God,
We pray you always keep that purity,
And remember: It shines within you always,
No matter how dim the outer world may seem.
As the path of your life unfolds,
We ask God to shine upon you each day,
Like the Sun,
to keep you safe within His golden rays of Love.
Dearest child, our precious little one,
Bless you for coming here.
We love you for coming here.
Welcome to the world.*



“Angel Holding Baby” by Artist Linda Yake. Used with permission.

Where Does Creativity Come From?

When a lightbulb moment strikes, is that idea truly yours alone—or could it be coming from your angels?

In my experience, angels seem to be behind nearly everything in life. Those spontaneous nudges—like the urge to slam on the brakes to avoid an accident—may well be divine whispers from our angelic guardians. Though angels vibrate at a higher frequency beyond our normal vision, that doesn’t mean they aren’t with us, orchestrating subtle support from behind the veil.

Here’s an example that came to me recently. In my ongoing quest to live the elusive dream of “Do what you love, and the money will follow,” I stumbled upon an internet survey that asked: *What did you do as a child that completely absorbed you? What made time disappear because you loved it so much?*

Your answer to that question, it said, is likely your true calling—your soul’s purpose. For me, the answer was clear: creating! As a child, I was mesmerized by art—drawing, coloring, painting, crafting. A new box of crayons and a fresh coloring book could keep me happy for hours. That love evolved into designing doll clothes, then sewing, embroidery, and stitching samplers of schoolgirls from the 1800s. Eventually, I became an interior designer—helping to create beautiful and comfortable homes for clients.

Any creative act—designing a space, making a quilt, giving an inspiring talk, writing this magazine—is time well spent. Creativity is energy used wisely. It feeds the spirit. And most of all, it spells FUN!

Fun is inspiration in motion. Fun is making something out of nothing. Fun is the phoenix moment—rising from the ashes of what no longer serves, moving lightly to the next juicy experience like a bird flitting from branch to branch.

I’ve learned that angels guide us constantly throughout life. Life is the process of experiencing creation in action. Art is the tangible result of that creative force moving through us. Life is art, and art is life.

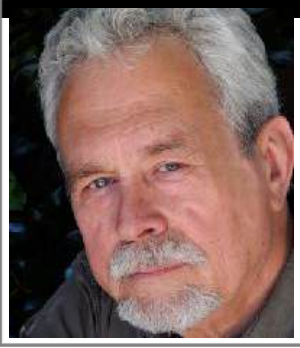
Don’t think you’re creative? The angels ask you to think again. Creativity is the breath you take. The heartbeat of your connection to the Universe. It flows through everything you see, feel, touch, and imagine. The angels say imagination is the reality where they live—and it can be our reality too, if we pause long enough to bask in it, like we do on a sunny beach.

How often have we heard: *Dream it and it happens. Build it and they will come.* These aren’t just clichés. They’re angelic encouragement—cosmic invitations to create.

So, what is the creative desire in your heart? Discover it. Uncover it. Return to what you loved as a child—because you still love it. That is your path. And when you follow it, your life will explode with joy and clarity like fireworks on the 4th of July—sparkling, alive, and full of wonder.

△

To ask questions for this column, or to learn how feng shui can support your needs and desires, e-mail theinnervoice@gmail.com



The Children That Time Forgot

Book by Mary and Peter Harrison

Originally published as *Life Before Birth* by Mary Harrison, *The Children That Time Forgot* is a collection of stories about young children who spontaneously remembered their past lives.

The case histories provide us with a clue to the true nature of human consciousness and provide an indication that we exist not only on the Earth plane during our present lives, but also in a “pre-birth” dimension. Many children remember the days and months spent in their mother’s womb before being born, but even more amazingly, some remember further back than that to an existence in a previous life.

The great majority of case histories in this book deal with children’s memories of former lives on Earth brought to the

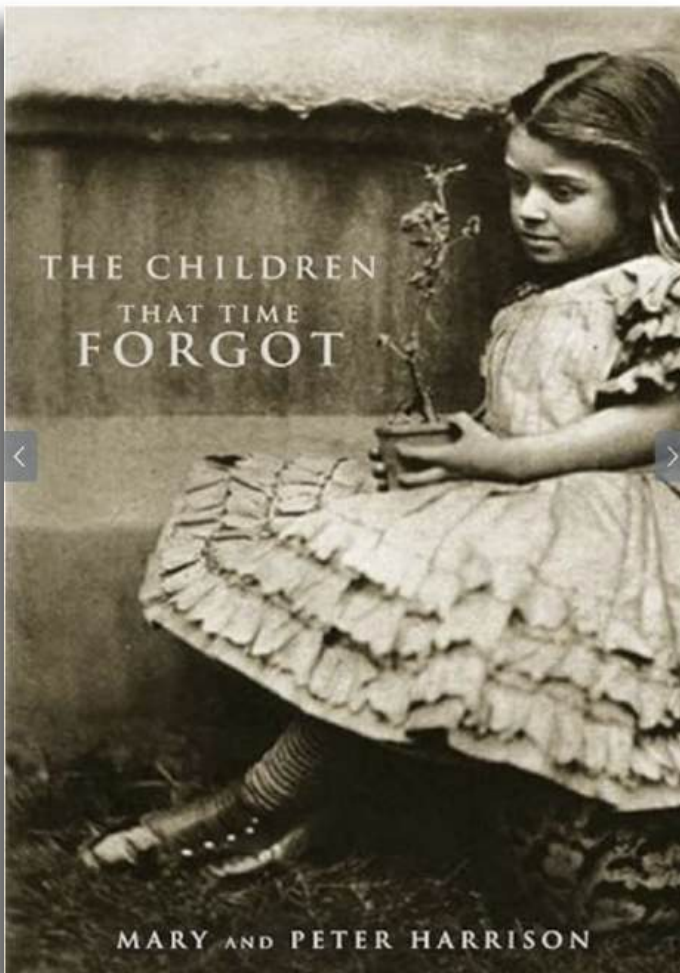
attention of their parents by spontaneous memory flashes usually triggered by some ordinary everyday activity or experience. It should be noted that neither hypnosis nor any other form of age regression was used to obtain these anecdotes, and in every case the parents were hesitant to jump to conclusions about their children’s statements. Only after repeated spontaneous recollections of places, people and objects which were outside the knowledge of their children did these parents concede that there might be an element of truth in their children’s stories.

It is significant that in every case the child was of preschool age and almost all were between two and three years of age when their memories were first given voice. And by the time they reached the approximate age of six, the memories seemed to vanish. For whatever reason by the time the children reached school age perhaps their brains had become so occupied with the increase in the amount of information that they had been exposed to that their pre-birth memories were then pushed aside.

According to the case histories there seems to be little doubt that life does indeed exist before Earthly birth, either in a non-physical realm, or in the physical Earth plane. If this is so, then the idea of life after death seems like a natural occurrence and a continuation of the personality.

The original idea came to co-author Mary Harrison when she observed her youngest son, Leon, trying to pick flowers from a floral pattern on her bed cover. The infant’s actions seemed so quirky and amusing that Mary was prompted to write a letter to *Woman’s Own Magazine* and which was subsequently published. Mary quizzed if other mothers may have had similar ‘odd’ experiences with their little ones. The word ‘odd’ was the keyword that triggered an amazing reaction, and Mary, whose address had also been published, was overwhelmed with letters from parents reporting accounts of reincarnation. From this, the idea for the book *The Children That Time Forgot* was born.

Mary and Peter Harrison spent over a year thoroughly researching leads. The anecdotes and stories developed organically as they gathered new evidence and established facts. Among the 30 fascinating accounts they unearthed, one story features a young girl from the North of England. So young, she had not travelled outside of England before, and she recounted, with chilling accuracy, visiting her Grandmother in Dundee on the fateful night in 1879 when her train was swept away when the



Continued on page 9

Tay Bridge collapsed! Cynics would, of course, be quick to question the validity of such a story but when the girl's family recollections and eye witness accounts were checked out of the event she described, events leading to it and newspaper accounts matched up.

The key to making these stories believable is the concept that, "You can't make this stuff up." And many of the parents relating their child's stories went the extra mile to corroborate the facts wherever possible. In the Chapter about the "Young Boy Who Remembers Being A German Bomber Pilot," after the three year old boy started making detailed drawings of a German bomber cockpit control panel, the parents went to the library to find books that could be used to illustrate exactly what the boy had come up with; and, of course, there was an astounding accuracy!

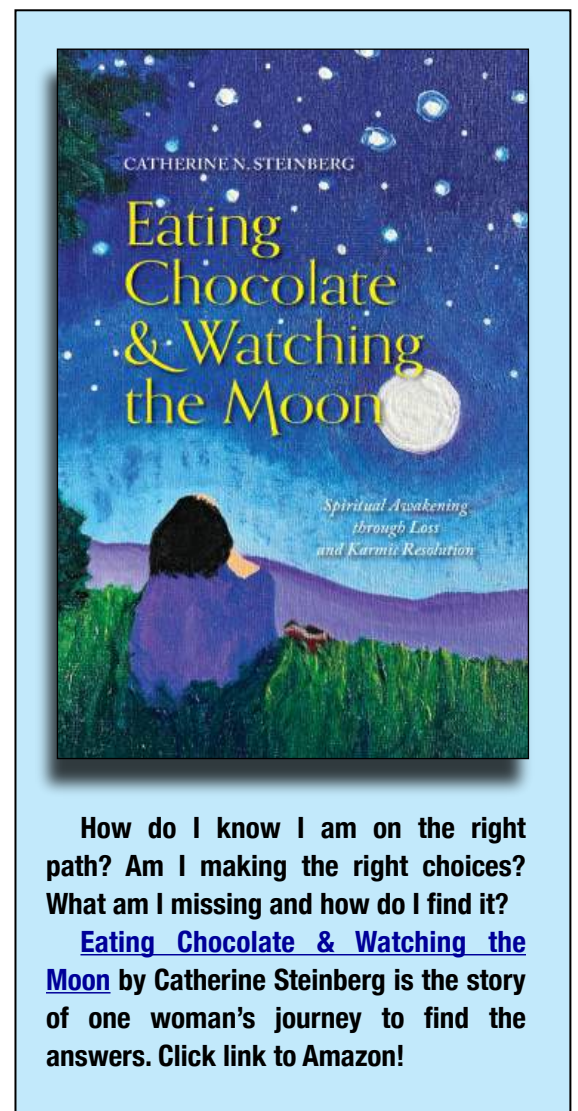
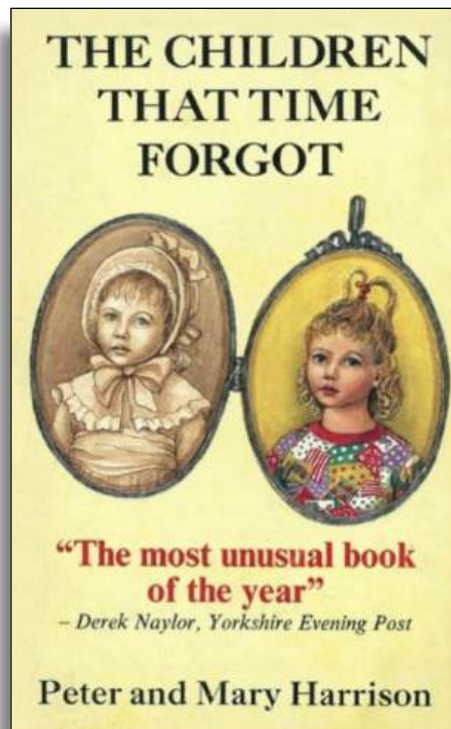
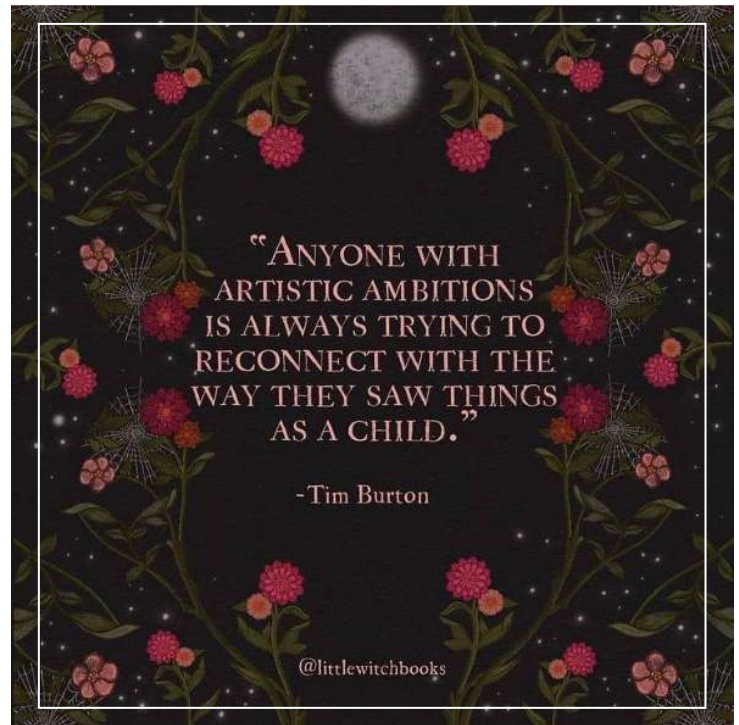
In another story, a mother takes her young son to visit Oxford, England and while there he insists on leading her to see an old sundial-like clock tower there which he had remembered from a past life.

My favorite chapter tells a story, not of a past life but provides an astounding proof that life goes on after death. It describes the experience of a doctor's wife who lost her five year old daughter in a car crash. The mother was an atheist and after the crash she was inconsolable at the loss, partly because she had been the driver and was blaming herself for the accident. For over six weeks she had not been able to sleep or even rest much. Then one night at 5:20AM, she heard a noise and looked to a corner of the room to see her young daughter standing there. They exchanged words and then hugged. To her amazement she found the girl to feel solid! They then cuddled in the bed before the girl was called back to her heavenly home on the other side. This experience changed the woman into a believer who went on to help other grieving parents who had lost children at a young age.

Each chapter has interesting and quirky accounts which I am sure you will not only enjoy, but learn from. You can get the book for 99 cents on [Amazon Kindle](https://www.amazon.com/dp/B000APR004)! Well worth the investment I'd say!

△

Steve Freier is a life-long researcher of metaphysical subjects and is the editor and website tech for The Inner Voice magazine. Read more of his Book Overviews here: <https://www.theinnervoicemagazine.com/overviews>.





Soul Art is for Everyone

No art experience necessary

Drawing and painting can be an experience that enhances one's spiritual connection to the divine. It's a process that everyone can do. Edgar Cayce described the process in the following way: *"For the whole of the experience of an individual entity in a material plane is the coordinating and cooperation of Creative Forces from without to the divine within"* [Cayce Reading 1158-8]. He believed that life is a creative force, and this energy is part of all of us.

When the soul is connected with the divine, we are at peace and happier people. There are many ways to achieve this, and meditation is the most popular method. Still, art can be used to gain a deeper understanding of ourselves and listen to the messages our soul wants to convey. Soul art is a technique for better understanding the divine within and helping to make it manifest in supportive ideas and affirmations. The intent is for messages of the highest and best.

Before creating, set an intention. Ask for supportive images that will help you better understand a situation or improve a relationship. Perhaps you wish to deepen your connection with angels or the spirit world. Once this is set, you are ready for meditation. A recommended meditation is one that aligns your energy with your chakras. These can be found on YouTube. The length of the quiet time is not really important. What is key is clearing your mind of all its daily clutter; sometimes this can take a while. Allow your subconscious, or soul mind, to take control.

Soul art uses an individual's subconscious mind to bring forth ideas into the conscious realm. Make a note of the images and words that appear. What colors do you see? If nothing comes, you can then begin to scribble on a sheet of paper. Don't think about it, just let your hand flow with the drawing instrument in any direction. When you feel it is complete, stop.

Look at the drawing and first sense the emotion it is trying to express. Positive circular shapes versus jagged, sharp-edged ones, for example. What does this tell you about how you are feeling? Self-awareness is crucial in the soul art process because it enables us to understand ourselves better.

Now look for any images or 'signs' in the picture. What do these mean to you? It's like dream interpretation. We need to decode the symbols to understand the messages our soul wants to tell us. If you draw a blank, look up the meanings of the symbols in a dream interpretation or symbol meaning book. Or ask artificial intelligence programs like ChatGPT, and a wealth of ideas will appear. See what resonates with you.

The technique can be done by anyone; no artistic skills are required. If you are afraid of drawing, put the keywords and symbols into an AI image-generating program and let the computer do the work. Beautiful pictures can be generated that you can then use in meditation. Individuals can seek support for any type of question, and the drawings or pictures often reveal unexpected answers.

Δ



AI-generated Soul Art. Symbols and objects revealed in a meditation were put into the OpenArt program to generate these images.

Author Dr. Susan B. Barnes, CSNU is a Spiritualist Medium and Life Coach who offers Readings, Spiritual Counseling and Spirit Art Readings via Zoom and phone. See Susan's ad on page 11.

Spiritualist Medium and Life Coach

Author Dr. Susan B. Barnes, CSNU

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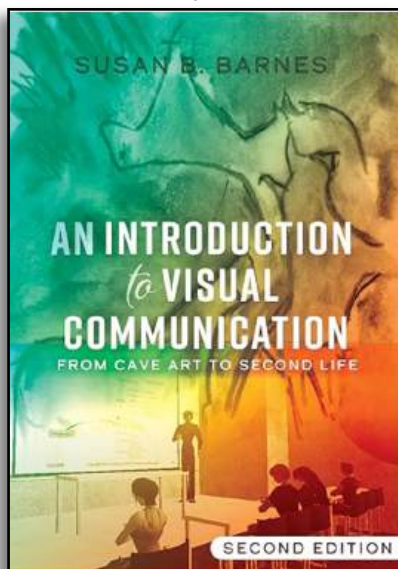
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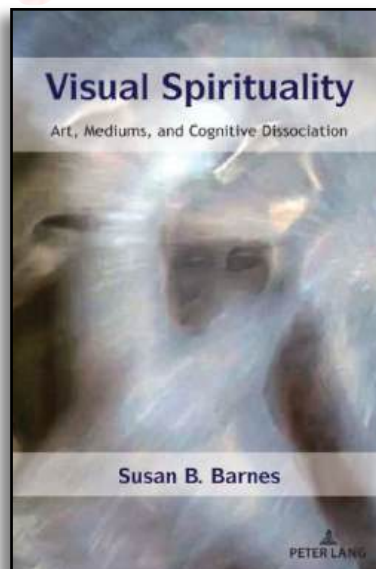
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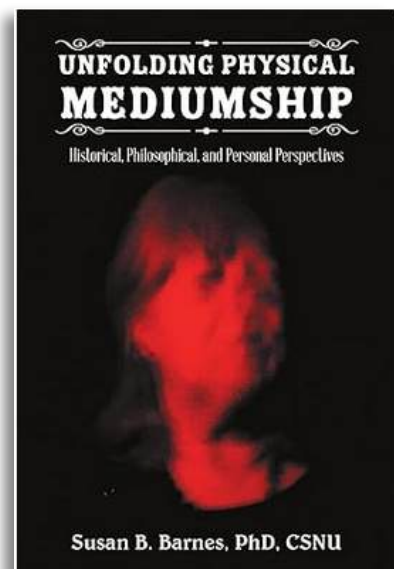
Books By Dr. Susan B. Barnes...



[An Introduction to Visual Communication](#)



[Visual Spirituality](#)



[Unfolding Physical Mediumship](#)



Batter Up! Lou Gehrig Returns to the Plate

An 'Out-of-this-World' story for baseball fans young and old

An Explanation of the Afterlife, NDE's and other Metaphysical Phenomena

Research and Commentary by Steve Freier

It's summer, and most people's thoughts turn to baseball. However, if you're like me and not a big fan of baseball, you will still find the following story to be of great (metaphysical) interest. It is truly amazing!

This experience is the result of a past life regression hypnosis session using the methodology developed by Dolores Cannon. I had the privilege of interviewing Dolores in 1999 at my home in San Mateo, California. In the May 2014 issue of The Inner Voice, I wrote about this in greater detail. What follows is from [Candace Craw-Goldman's New Earth Journey blog](#).



Henry Louis "Lou" Gehrig (June 19, 1903 – June 2, 1941) was a first baseman who played 17 seasons in Major League Baseball for the New York Yankees (1923–1939). Spouse: Eleanor Gehrig (m. 1933–1941). Source: Wikipedia

What would you say to the notion of the reincarnated Lou Gehrig returning to life on planet Earth? Preposterous? Or simply the circle of life as accepted by many Eastern cultures? The concept of reincarnation is being considered more seriously in the West these days, especially in metaphysical circles. Even popular culture has shown an interest with television shows such as the new reality show "Ghost Inside My Child." If you haven't heard of that program you can read more about it in this [Huffington Post Article](#)

The following story was written by Quantum Healing Hypnosis Practitioner, Jeroen de Wit of Los Angeles, CA. In a hypnotic regression using a method pioneered by Dolores Cannon, Jeroen facilitated the past life regression for the mother of the child who was claiming to remember life as Lou. Turns out, she was

his mother in that lifetime, too. Some fascinating details of the Gehrig family are discovered during the hypnotic exploration.

"I recently had a client whom I'll call Cindy. She came to me wanting to do a QHHT session to understand her toddler son better: He had been talking to her about his last lifetime when he was a tall baseball player named Lou Gehrig. The son started playing baseball in this lifetime as soon as he could hold a bat and apparently exhibited specific traits in his movements when hitting that were similar to Lou Gehrig's movements. Cindy had no frame of reference for her son's stories, as she hadn't given much thought to past lives. This also wasn't part of her upbringing and religious background, so when she started researching the things her son was telling her and finding out that the details he provided matched the recorded history of Lou Gehrig's life, she realized there was something more at play than could be explained by a vivid imagination! Her son had told her that she was his mom in his past life as well.

"During our session under trance she started verbally describing a working class neighborhood with old timer cars and the image developed allowing her to describe her body, home and family in great detail. It became clear she was describing a suburban type neighborhood on the East coast of the United States, in what appeared to be the beginning of the 20th century. When she was describing her family, I asked her if she expresses affection to her son, and to tell me what she calls him when she hugs him, like a nickname.

Continued on page 13

Batter Up! from page 12

“She said her son’s name is Luke or Lou, her name is Christina, and her husband’s name is Heinrich. They spoke German at home.

“When we moved forward to an important day in her past life, she found herself walking across a grass parking lot towards the Yankee stadium with her husband and they were both dressed up. It was the day Lou first started playing for the Yankees. She described her dress, how it was finer cotton than the one she had worn at home, and that she was wearing a hat and fancier shoes than the boot-like shoes she wore at home while doing her housework. She described the feelings a parent would have going to see her son play baseball with the Yankees for the first time, and added that she would have liked to see him finish school. “They came and took him, when they saw him play,” referring to the baseball scouts that came to his school in search of young baseball talent. I asked her if they had any snacks during the game, and she described hot nuts, like chestnuts, and when asked if she had anything to drink she answered ‘cola’ (Not the ‘Coke’ a person of this day and age would respond with.) After the game they went to go eat and drink beer.

“The next important day in her life described her son’s announcement that he was retiring, as a result of his health. “Something with his nervous system, doctors don’t quite know what it is.” (Lou suffered from ALS, now known as Lou Gehrig’s Disease.) He married a woman named Eleanor whom Christina didn’t like very much.

“She also described a falling out Lou had had with his friend, Babe Ruth: Babe had made advances toward Eleanor, and the two friends never reconciled. Later Christina, having survived both her son and her husband, died in the hospital at an old age. Her body was cremated and while she was out of the body I asked her if there was anyone with her, and she saw a dog that she loved. It took her to be reunited with her family.



Lou Gehrig getting hugged by Babe Ruth

“The lesson of that lifetime was learning to let go. It was a tough one, but she learned it. Her Higher Self, (with whom we contact in QHHT sessions to ask for answers and healing) showed her the scene because, throughout her life, she had always had the feeling that she was missing someone, causing her to feel a void in herself which, in



Lou Gehrig’s parents. She is holding a small dog.

turn, had caused some other issues. The experience of the affirmation of the bond she shared with her son, that he had come back to be with her, and knowing the cause of the feelings of loss, helped her to heal from this.

“I enjoyed this session particularly because it described recorded verifiable, somewhat recent events and even though Cindy had researched some of the Gehrig family and Lou’s life, the amount and kind of detail that was experienced by Cindy during her session surpassed what she had found out with research so far.

“With this new information she took to researching again, and found out even more facts about the family that in turn confirmed what she had experienced in her session. She has talked to her son after the regression and confirmed his statements that she was his mom “Christine” when he was “Lou.” Her son told her then that even though he had liked his wife Eleanor when he was Lou, he didn’t like her now: there had been a fight between them like he had had with Babe Ruth.

“Subsequent research brought up these images. In the first one Cindy exclaimed, “Those are the shoes!” Then, when she found the photograph (above) she said, “I’m holding a dog!” wondering if it’s the same dog that came to greet her in the afterlife. The dog was given to her by Babe Ruth, who didn’t have his own mother in his life. She also found out that Lou’s dad’s name was Heinrich, but he went by the name of Henry because of the anti-German sentiment at the time.

“Cindy described the QHHT session as the most healing and awakening experience of her life, so far. It was my pleasure to assist her, and I look forward to reading the book she plans to write about the remembered life of Christina and Lou Gehrig.”

△

- Learn more about Jeroen de Wit at his website: source-energy-therapy.com
- Learn more about Dolores Cannon, her work and classes on QHHT at DoloresCannon.com
- <http://source-energy-therapy.com/sourceenergyblog/> Posted on May 3, 2014 by [Source Energy Therapy](http://SourceEnergyTherapy.com)
- Reposted with permission from Candace Crow-Goldman’s New Earth Journey Blog... <http://newearthjourney.wordpress.com/2014/04/30/batter-up-lou-gehrig-returns-to-the-plate-in-2014/>



Inner Awakenings~ Courtesy of a Tree Named Odin

In the Northern hemisphere, July is when Nature's creative forces are seen in all its glory. Flowers bloom with color and vibrancy, fruits and vegetables grow ripe for the picking, deep shades of green tree leaves offer shade from the Sun. Squirrels, Hawks, Deer, Hummingbirds, Foxes, Bees, Bear, Migratory Birds and Groundhogs actively search for food while raising their young. Nights shorten and days lengthen as the Sun expands its journey from Eastern to Western Horizons.

The Natural World is like a book that completely surrounds us while pointing out the patterns of life, both the good and bad. Even cities benefit from Nature's messages regardless of the concrete, buildings and cars; we can still see the moon's faint glow at night and clouds in the blue sky. Small flowers grow through pavement cracks, birds nest in buildings. Cities are subject to weather conditions from beautiful sunny, warm days to fierce thunder storms bringing hail, rain and wind. Small, and on occasion not so small trees, sometimes grow on city blocks, parks or vacant lots. Each of these serve as reminders for us to connect with the creative energies from which we all originate.

Trees represent a particularly important chapter in the Book of Nature. During the Covid pandemic and lockdown, news reports were filled with videos and stories of chaos, violence and rioting. I was deeply affected by this and struggled to understand. As were many others, I was fearful, confused and upset. I never thought I would live to see such things in my lifetime.

In my husband's and my backyard, there was a beautiful Red Maple Tree whom I had named "Odin" after the Norse god. I liked to stand under it, touch it and simply sense its vortex which seemed to envelope me in a strangely beautiful energy. During the chaos of the pandemic, I went to Odin and spoke to him. I asked him why were these terrible things happening to our country? To my surprise, Odin telepathically responded in his subtle but wise way. What he said was something like the following:



Norse God "Odin"
Wikipedia

"Look at my knobs, lost branches, insect holes and split trunk. These are things that tell of my lifetime experiences. I have weathered frigid and hot temperatures, droughts and floods, hail and snow. Insect attacks and hurricane force winds. And yet, look at my trunk and branches. They still keep growing up towards the Sun, never wavering. And, they still house birds and other animals looking for shelter. Similarly, these things that you are witnessing are also the result of the forces of Nature. The difference is, it is the forces of Nature as expressed by human beings. Just as I have always kept growing towards the Sun, so should you. Just as I have always sheltered the birds, so should you help others. The events that are going on in the world right now, though they be man-made, they are still as much an expression of Nature as are the Stars, the Moon, the Sun, the Wind, the Rain, the Clouds, the Cold and Heat, and so on. "

In ancient times, the Sun was often perceived as Source, God, Light, Life, Divine Power, and Re-Birth. There are some that believe that the concept of halos may have developed from the sun disk depicted about the head of the Sun god Apollo. Alchemically, the Sun is represented by a Circle with a Dot in its center; in this case the Sun may represent man's divine spark, Spirit with a capital S and incorruptibility. I point these things out to provide perspective on Odin's advice to keep growing towards the sun no matter what happens in our life! The relentless pursuit of the Sun by trees are like a template for life on earth.

There is an old story about Odin in which he removes one of his eyes and throws himself upon his own spear. He then hangs himself from Yggdrasil, the Tree of Life, for nine days. The reason for this seemingly outrageous behavior was that this was necessary for Odin to gain an understanding of the other worlds and divinatory Runes. In modern times, we accept the concept of consciousness; perhaps this ancient story is about obtaining a higher level of consciousness, in that we first must sacrifice outdated understandings in order to make way for new understandings. By becoming conscious of our lower nature, we

Continued on page 15

will at some point let go of those things that hold back our spiritual development, i.e., sacrifice a part of ourselves for the sake of expanded consciousness.

We humans, with our electric cars, cell phones and Zoom ... we tend to think of ourselves as separate from and superior to Nature. We think of ourselves as conquerors of the Natural World. But in fact, we are very much subordinate to Nature. We are subject to its creative and destructive forces as are all things on our planet. Let's not forget that! It can be no other way. We are not more powerful than the Creative forces from which we were made.

It is in the Nature of experiencing life on earth to experience the cycles of nature's forces. By observing Nature's patterns, we can perceive something greater than ourselves. Those living close to Nature understand this deeply; they understand that Nature is *the* book of the earth experience. In this way, the Natural World communicates with us. We moderns are quite challenged in accepting this perspective, but this does not mean we should give up trying. By understanding the Book of Nature, we begin to shift in our expressions of Nature's energies to something with a higher vibrational frequency, one that rises above chaos, confusion and ignorance.

Just as we in modern times talk about the fabric of space, that is the concept that space has a fabric of length, width, height and time, let us during the summer season use our imagination to play with the idea of a *Fabric of Nature*. This fabric has woven into its warp and woof patterns of profundities that are in our best interests to at least try to understand. In this way, we can begin to work with the Universe in cooperation and gratitude. We all might be surprised when someday Nature

responds to our efforts at communication. We may find ourselves experiencing an awareness we never dreamt of nor thought possible. Let us be like Odin, the tree who never wavered in his pursuit of the Sun.

Δ

Dr. Elizabeth Raver is an Educator, Medium, Trance Healer and Intuitive Life Coach. She has published Academic and Spiritual articles and co-authored the Book Two Souls Desperate to Connect, in which Dr. Liz trance-channels messages from a spirit wife to her earth husband.

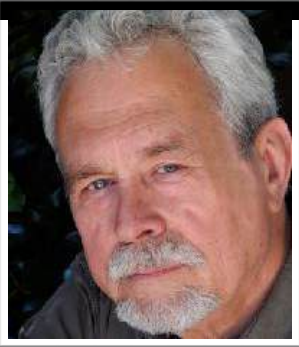
Website: DrLizMedium.com;

E-mail: ravelizabeth516@gmail.com



Photo by Елена Рудакова on Pexels "Sunbeams Over Green Tree"

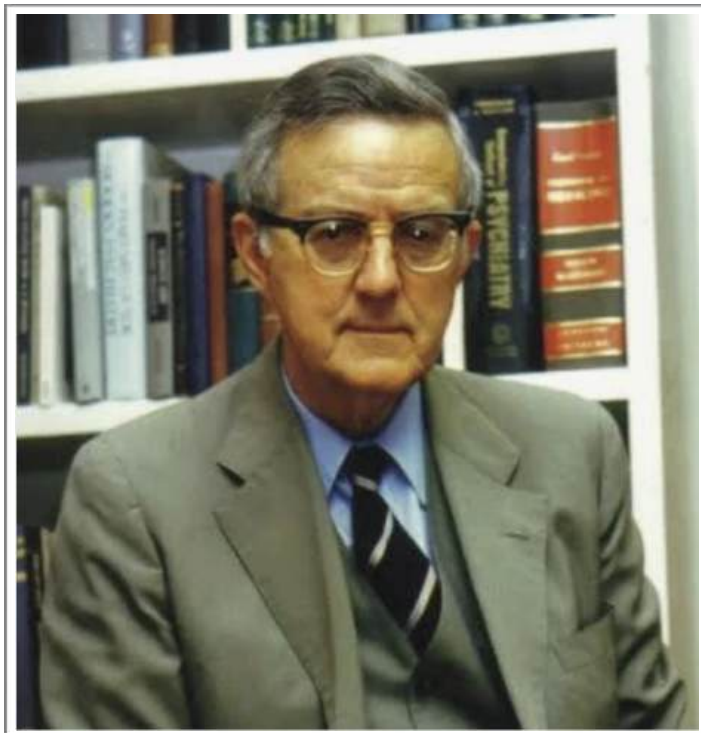




Concerning Reincarnation, Are You A Skeptic?

Concerning Reincarnation, do you consider yourself to be a skeptic? Where does this term come from and why do so many people claim to be skeptics? There are various schools of skeptical thought, but mostly skepticism is a response to the claims of the major religions concerning the existence of God and everything that comes after that; in other words, the claims of the Church. In my opinion, maintaining a skeptical attitude about religion is a healthy thing especially when it comes to asking for proof of the claims of religion that must be accepted by faith alone.

However, one must be careful not to be so skeptical that one becomes closed-minded. At a Christmas dinner in 2014 I was able to speak with dear old Uncle Ed, a kind, mild mannered man who lived alone in a tiny apartment near Chinatown in San Francisco. He's never been married and doesn't indulge in deviations from the 'straight and narrow.' What I find interesting is the fact that he has no belief in God or the Afterlife. So I challenged him saying, "Ed, if you have no belief in the afterlife, heaven or hell, then you could lead a life of total abandon, yet you chose not to. Why do you think you are the way you are?" He had no plausible



Dr. Ian Stephenson



Dr. Jim Tucker

explanation, but I secretly felt that he may have been involved in a strict religion in a recent past life and so that his current life may be a reaction to that sort of confinement. Without a past life regression we may never know!

I have tried on a number of different occasions to get him to look at how life is continuous whether we are in a physical body or not; at the concept of living many lives (reincarnation); about the concept that what you die believing can have a powerful effect not only upon your next incarnation but what happens or doesn't happen to you in the life between lives period.

For instance, in all my research I have found that if one does not believe in an afterlife, then that soul may sleep for hundreds or even thousands of years as we measure time here on Earth. I have now read so much material on reincarnation that I am always shocked when I come across someone who denies its validity. Like Uncle Ed, when presented with the facts of numerous cases, they might say that they are a 'skeptic,' but what exactly is a skeptic?

According to the [Free Dictionary](#) a skeptic is defined as, "A person who questions the validity, authenticity, or truth of something purporting to be factual, esp. religion or religious tenets."

Continuing my conversation with Uncle Ed about proof of ongoing existence; This field of research includes the work of hundreds of mediums in the Spiritualist movement since the mid-1800s who have made contact with the spirits of the so-called

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AI image created by ChatGPT depicts the idea of reincarnation.

determine the validity of the claims of the mediums. With this concentrated investigation, Spiritualism should be viewed as a rational religion because it offers proof based on actual experimentation and communication with souls who have passed over. They are not asking you to accept anything concerning God and the afterlife based upon faith alone as most religions do.

In conclusion, it is important to keep an open mind when it comes to matters of consciousness and religion and to remember that the *true skeptic* is one who questions in a rational manner, not one who has pre-conceived or fixed opinions that they are unwilling to examine. Bottom line: keep an open mind, or as Ernest Holmes, the founder of Religious Science, used to say, “Remain open at the top!”

Δ

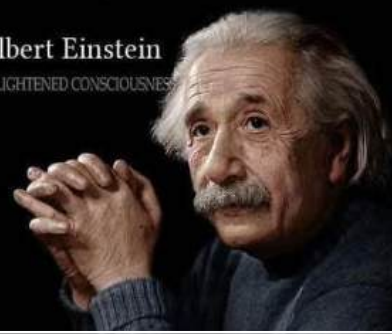
Steve Freier is a life-long researcher of metaphysical subjects, the editor and website tech for The Inner Voice magazine. Steve is also a professional video producer specializing in personal and promotional videos in YouTube fashion. Read past Book Overviews here: <https://www.theinnvoicemagazine.com/overviews>.



DO NOT GROW OLD,
NO MATTER HOW LONG
YOU LIVE. NEVER CEASE
TO STAND LIKE CURIOUS
CHILDREN BEFORE THE
GREAT MYSTERY INTO
WHICH WE WERE BORN.

Albert Einstein

BY ENLIGHTENED CONSCIOUSNESS



dead. Add to this, the more recent scientific investigations of Dr. Ian Stevenson, now deceased, and his successor, Dr. Jim Tucker of the University of Virginia, who have investigated over 3,000 cases of very young children who have somehow retained memories of their past lives.

Dr. Stevenson and Dr. Tucker focused their energies on investigating only cases that can provide hard evidence. This would mostly include things like physical scars such as rope burns on the neck or knife wounds that would have been the cause of the death in the previous life and which can be verified. In many of the cases, the child can name the town they lived in, state their correct previous name and the names of relatives still living, etc. This is the kind of hard evidence that is needed in order to have some effect in order to change the view of a skeptic.

George Hamilton Smith, a noted atheist, concluded in an article about skepticism, “*Only reason can tell us whether a knowledge claim should be rejected, or perhaps accepted as possible, probable or certain.*” I have therefore come to the rational and reasonable conclusion that Dr. Stevenson and Dr. Tucker were truly able to maintain their objective skepticism in a true scientific manner and have therefore provided proof beyond a reasonable doubt that reincarnation does in fact exist and that therefore life is indeed continuous!

I have much respect for Spiritualism. Since its inception it (collectively) has been trying to investigate and thus provide proof of the Afterlife. Along the way the S.P.R. (The Society for *Psychical Research*) has provided a very valuable service to the movement by applying scientific investigative techniques to



Written By Nancy Freier

Thoughts on Expressing Creativity

Before I ever wrote or published a single word, there was a seed. A quiet, innate desire to make a difference in the world.

Back in about the 60s or thereabouts, I didn't yet know about Spirit. I wasn't aware that angels existed—let alone that they might be guiding me! It took quite an effort for them to reach me—to save me from myself, really. They had to burn through the old firewalls of dusty beliefs I'd clung to, and lead me across the threshold to the sacred ground I had longed for all along.

Since childhood, I had always felt drawn to create beauty. I wanted to live surrounded by it—and help others do the same. That desire led me, in my early twenties, to become an interior designer.

The Awakening Spark

But everything changed in 1986. The sudden death of my sweetheart shattered the world I knew. And yet, from those

ashes, something extraordinary began to stir. I felt an acute, undeniable calling—not just to heal, but to help others heal.

That was when I discovered the need to share—through the art of writing, through publishing, through spreading the angels' messages of guidance. And later I discovered there was a name for the kind of interior design I had always instinctively been drawn to: feng shui—the Eastern (intuitive) art of placement. It wasn't just aesthetics. It was sacred energy. A language that spoke to my soul.

Energy, Space, and the Inner Voice

I followed this path and it deepened me. The more I learned, the louder the inner voice became, urging me to teach, to serve, and to bring this art to others.

I discovered something profound: When we restore the natural flow of energy in a space—or rather, when we remove the blocks we've put in its way—not only does the space look and feel better, but that same chi, that same vibrant life force, connects us to everything and flows through our lives.

Creativity as Divine Guidance

Creativity courses through our veins. Ideas come alive. Passion returns. Hope takes root again.

Whatever that inner voice is calling you toward—whether it's a childhood pastime you've forgotten, a long-held desire waiting patiently in your heart, or a quiet nudge to make, build, teach, paint, sing, or serve—that is your angel calling you. Calling you to step up to the Light. To follow through. To become what you were born to be.

Let this be the moment you listen to that inner calling. Let this be the spark that fans the flame.

The angels say simply: “Just do it. Uncover the buried treasures inside you. Discover what's always been there. Dream up your destiny. Follow your innate knowing like you would your favorite master teacher—wherever inspiration finds you!”

Tend to the Seeds Within

And don't stop dreaming. Plant those seeds in the freshly turned soil of your renewed life. Water them daily. Tend to them with love. Keep your eyes on the new horizon.

Rise, Dear One, from the Ashes.

New life is just ahead. Creativity is your fuel. And your angels are right beside you—cheering you on, whispering: “Come, this is the way.”

△

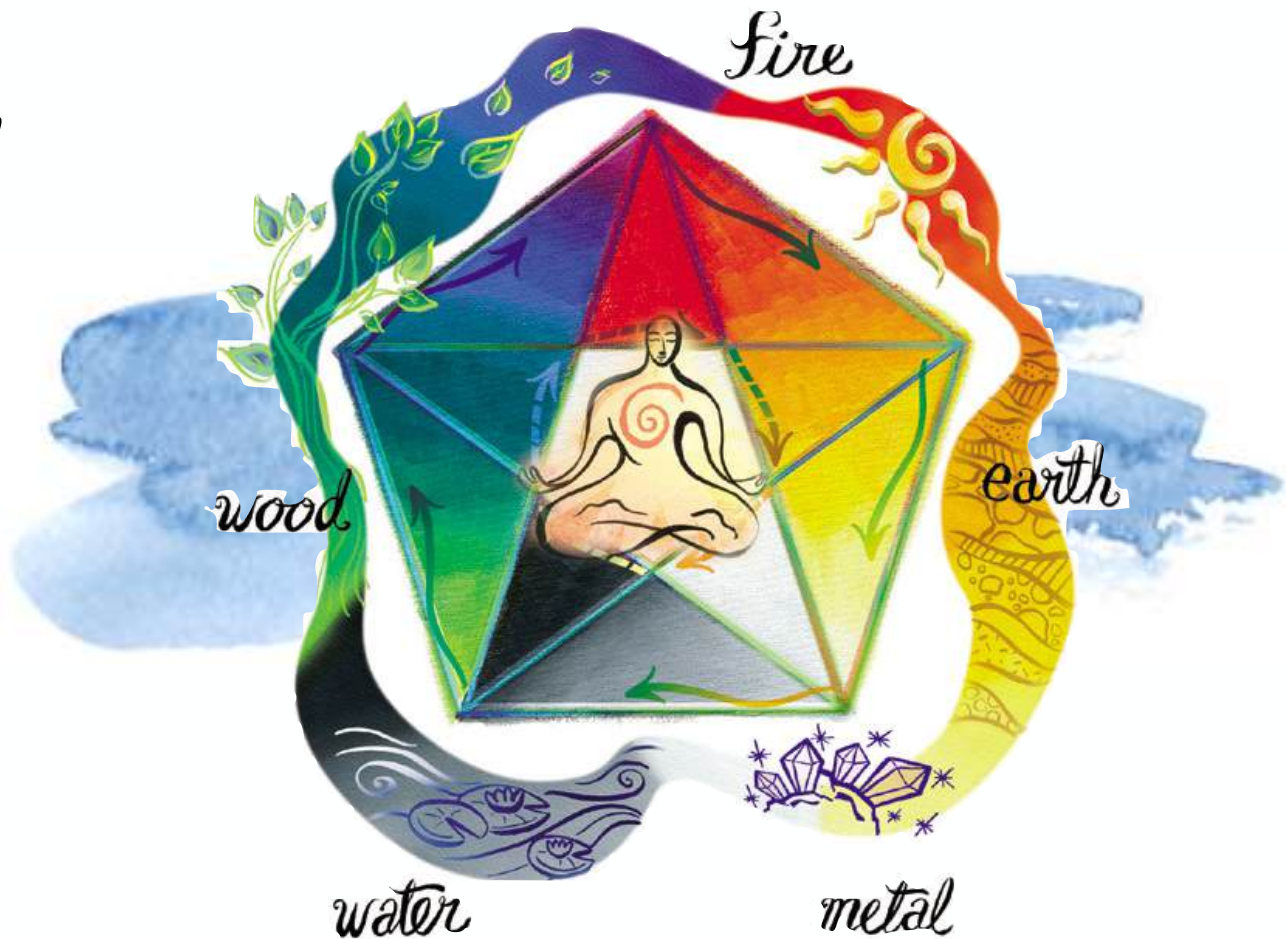
Nancy Freier is the author of 'Angel Guidance' (2022) and 'You Can Talk With Your Angels' (2024), both available on Amazon. Nancy also publishes the Inner Voice magazine. She is the host of the monthly Angel Guidance Zoom Group to help others develop their own connection with the angelic realm. See page 4 for more information.



Painting: “Phoenix Rising” by Artist Bettina Madini

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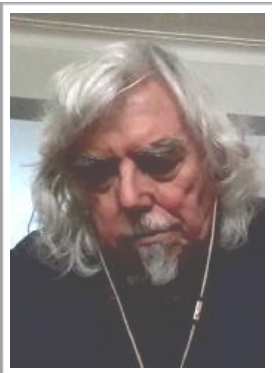
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A Channeled Piece by Psychic Medium Gordon Phinn

Jesus and the Christ

After encountering Maitreya and Jesus in the experiential expansion of consciousness described in my book, "More Adventures In Eternity", I sought to become useful to these Ascended

Masters by channeling their messages. During the composition of that book, I, in my role as recording secretary for intelligences beyond the physical plane, I began to see a pattern emerging that an intrepid explorer of the psychic/spiritual/non-physical realms

could, if he/she deemed it possible and felt worthy, could contact any evolved intelligence in the universe and be the recipient of intelligible communications that might or might not enhance their understanding of form, sentience and spiritual evolution.

I felt quite blessed. I find myself occasionally channeling these exalted beings, who seem to care little for the praise bestowed upon them, preferring that we act upon the essence of their ancient wisdoms. I consider myself no more than a messenger, the boy on the bike who delivers the package.

As you approach that spot on your calendar which is set aside for the remembrance and celebration of my arrival on the earth plane two thousand odd years ago, I would like to remind you that any child can be a Christ child and any family can be a home to such a consciousness.

Much has shifted in the last two millennia, allowing the more or less unfettered expansion of intelligence and sensitivity among individuals ready to explore the psychic and spiritual territory outside of the prescribed norms set by the various belief systems claiming a unique divine authority. The growth which this shift has brought about has ushered many sensitized souls into current incarnations with physical vehicles suitable to carry at least a measure of the Christ consciousness. None are the new Christ that some may seek, and none will be, but many of them can share the ride on the visionary vehicle, and between them,

help bring about a new age of enlightened individual and racial consciousness, whose many raptures and ascensions can be included in the general uplift.

Glimpses of heavenly bliss have ruptured the daily regimen of striving and suffering throughout human history, and the records of them have become the journals and recorded conversations of saints and mystics in every land, that have, for those interested

enough to consult, become the maps to the enlightened territories. Whether this new generation of Christ (or as some call them Indigo) children will consult them or improvise their own as they explore the parameters of experience matters little, for in the excitement of their intuitive spurts they will be leaping against the current of convention and moving inexorably to the spawning ground of the new man, the human creature consciously inheriting her divine gifts and growing into their conscious use.

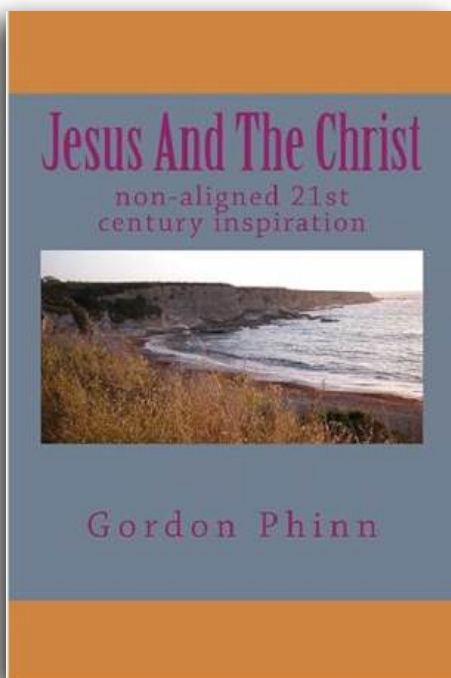
They shall feel and see the previously unseen and they shall remember how to adapt that knowing to both games and problem-solving tasks. In fact their consciousness is such that they will generally be unable to distinguish a game from a problem-solving task, for they have brought with them into incarnation a larger than usual measure of the fun loving astral plane consciousness. How long their supply of such joy will last amidst the waning shadows of the old oppressive consciousness of enmity, greed and oppression remains to be seen, but you who have learned to cope with those dark energies can certainly assist these playful angels extend their light beyond its inevitable shadow.

Watch for them and when you can, help them to continue pouring the light of love and joy into whatever creative endeavor has chosen them as its vehicle, for there will surely be those who would bottle their juice and store it underground. In this I respectfully request your willing cooperation, and suggest that your current devotion to the Christ child of history expand to any child who would attempt the burden of that undying light.

~Jesus

△

Gordon is a Canadian writer and psychic known for his explorations into the afterlife, reincarnation, and out-of-body experiences. He shares his insights through his blog, "Another Word of Gord" where he discusses topics related to spirituality and metaphysics. He describes himself as a 'writer, psychic, out-of-body traveler, guru without all the BS.' Two of his notable books include: [Eternal Life and How to Enjoy it](#) and [More Adventures in Eternity](#)



Jesus and the Christ

The Creative Cure

How Finding and Freeing Your Inner Artist Can Heal Your Life

Creative Healing (2 books) | [Hierophant Publishing](#)

I thought creativity was for artists—until I realized it was my lifeline. For most of my life, I believed creativity was something reserved for painters, writers, and musicians. It wasn't for people like me. I was too busy chasing career goals, checking off life's boxes, and playing it safe.

But as the years passed, something felt... missing. Life became a series of routines—efficient, yes, but empty. That's when I found *The Creative Cure* by Jacob Nordby. And let me tell you, it flipped my world upside down.

Jacob shares a powerful truth: creativity isn't a luxury—it's essential. It's what brings meaning and joy to our lives. Without it, we stagnate, feel trapped, or worse, lose sight of who we truly are. What struck me most was Jacob's story. He wasn't always a "creative."

By the time he reached his mid-30s, he was running a successful mortgage company and lived in a big house with fancy cars. But he felt like he was dying inside. Starting and maintaining a creative practice is what saved his life. Now, in this powerful book, he explains how he traded in his stagnant way of life for one full of meaning and purpose, and offers specific steps to help you build your own creative practice.

Then he discovered the transformative power of creativity. And it didn't come from quitting his life and moving to a cabin in the woods. It started with small, intentional acts of self-expression—tiny sparks that reignited his passion and purpose.

In *The Creative Cure*, Jacob doesn't just share his journey. He invites us to start our own. The book is packed with practical exercises that guide you to uncover your creative soul—no matter where you are in life. For me, it started with something simple: journaling. Then doodling. Then trying a craft I hadn't touched since childhood. Suddenly, the dullness lifted, replaced by a sense of possibility I hadn't felt in years.

"Creativity is the process by which imagination becomes reality. It exists in bountiful supply within everyone and calls on our innate gifts of curiosity, attention, and loving connection so that we can live fuller and more meaningful lives."

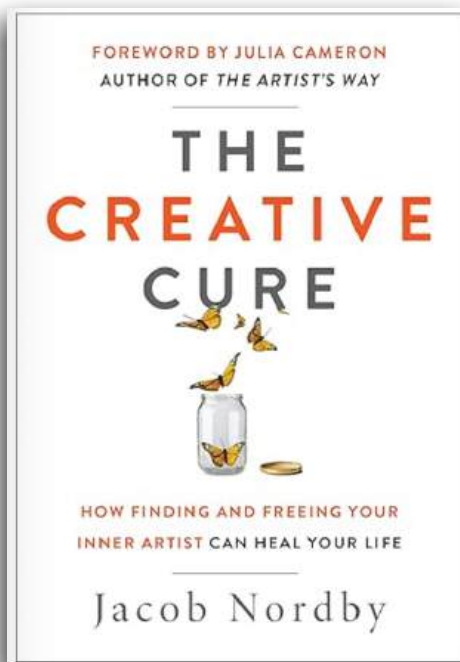
Jacob reminds us that creativity isn't about being good at something—it's about the act of doing. It's about letting go of the inner critic and reconnecting with the part of us that feels alive. If you've ever felt stuck, uninspired, or disconnected from yourself, *The Creative Cure* is the medicine you didn't know you needed.

The Creative Cure is a call for a revolution, fostering change where all change must begin: within. This internal change will allow you to express your own creative gifts, cultivate happiness, and experience the unique feeling of fulfillment that only a

creative practice can offer. Packed with powerful, transformative exercises, this book is the medicine you need to find and reinvigorate your creative soul.

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"You don't have to be an artist. You just have to start."



The Creative Cure: How Finding and Freeing Your Inner Artist Can Heal Your Life
(Hierophant Creative Healing) Kindle Edition by [Jacob Nordby](#)
[Part of: Hierophant Creative Healing \(2 books\)](#)



It's the Motive that Counts

By Kathleen Jacoby

Newton said that every action has a corresponding and equal reaction. Theoretically, we can take this to mean that whatever we put out will come back to us in kind. If we were to look at a scale system with counterbalancing points, we might have a bowl on one side of the scale that says Action and on the other side, a bowl of Reaction. As we put forth good service and deeds of excellence, that should be returned to us correspondingly in our Reaction bowl. Perhaps.

When we see the law of compensation working as it should, our service equals commensurate rewards. However, where in our own lives does this not hold true? Where can we look at service we render and see that the corresponding response or result seems unequal? What has

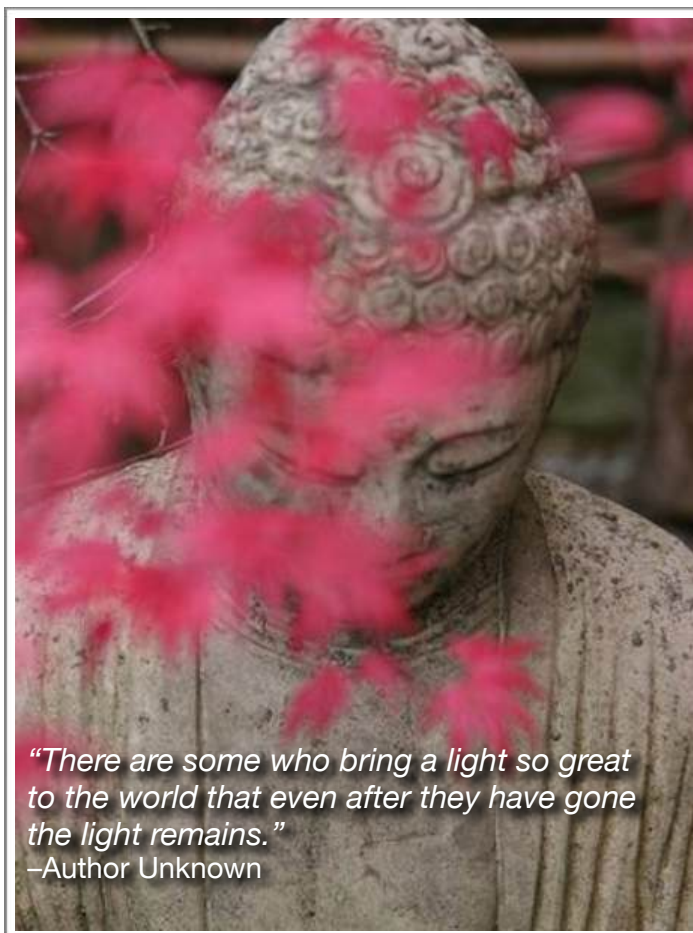
gone wrong? Is the law of correspondence working? It is. The fault does not lie in the law, but rather in our application of it. For correspondence does not have to do with physical appearance, but the mental equivalent of what is being put forth when rendering the service.

A calculated action of service without heart, done strictly for the sake of what will be gotten out of it in return will bring only minimal return. An action seemingly altruistic but inwardly done out of a sense of duty and with resentment is not counted as a good hearted act. Tithing done strictly for the sake of return, will not bring the desired result. No matter what others might perceive, an act without heartfelt emotion is fraudulent. The Universal payment system is very exacting. What we construct energetically is returned to us in full. When we constrict energetically, the return is constricted. When we open our arms with open hearts, we are showered with abundant returns.

Whenever we do not receive what we think we should, we have to go back to root cause and examine our motives. If someone takes a test and copies the answers of the "Wiz Kid" sitting next to them, they may technically have the right answers. But, they do not have the knowledge behind those answers to carry them through to the next step in their process of unfolding education. We can do things that look good on the surface, but it is the underlying energetic component propelling the action that will cause the effect.

I have had many opportunities to view the results of less-than admirable motivation in my own life. For years, I have spent one day a week with an elderly relative, helping her by doing laundry, taking her shopping, to doctor's appointments, and cooking a full meal for dinner. Everyone thinks I was so selfless in this action. Yet, my internal feelings were quite the opposite. I was annoyed at this weekly imposition on my time and viewed the day with her as a duty rather than a pleasure. I was resentful that I was the only one who could take care of her. The result was that she was very nervous and resentful of me, regardless of how everything looked on the surface.

There was an air of tension surrounding our days together although nothing impolite was ever mentioned. As I began to be aware of the importance of motivation behind action, I realized that my "giving" to her was fraudulent. I was actually demeaning her in our exchange, because she was coming from



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

—Author Unknown

Photo: ©Jane Erica Hutchison

Continued on page 23

a position of love, need and gratitude, and I was not. When I realized the full impact of my actions, I was appalled, and determined that it was imperative to turn this around. I either had to feel joy in being able to give to her or find another solution to her need for help. My non-verbal actions were causing her tremendous fear and suffering because she felt my unspoken martyrdom and felt powerless because she did not have an alternative and was in need of my help.

When I was able to see the gift to me in being with my relative each week, with the joy in being able to serve her in ways that said "thank you" for all she had done for me as a child, my attitude shifted. I began to think about how she must feel having to depend on someone else for basics that she always took care of herself when she was younger. I began to look forward to our time together, and found little things I thought would brighten her life. I realized she gave me a great deal in the time we shared, and that the ability to provide her with a loving lifeline was a gift to me as well as to her. As my attitude shifted, our relationship and time together changed. We both look forward to our day each week together, and I feel blessed to have that time to share with her.

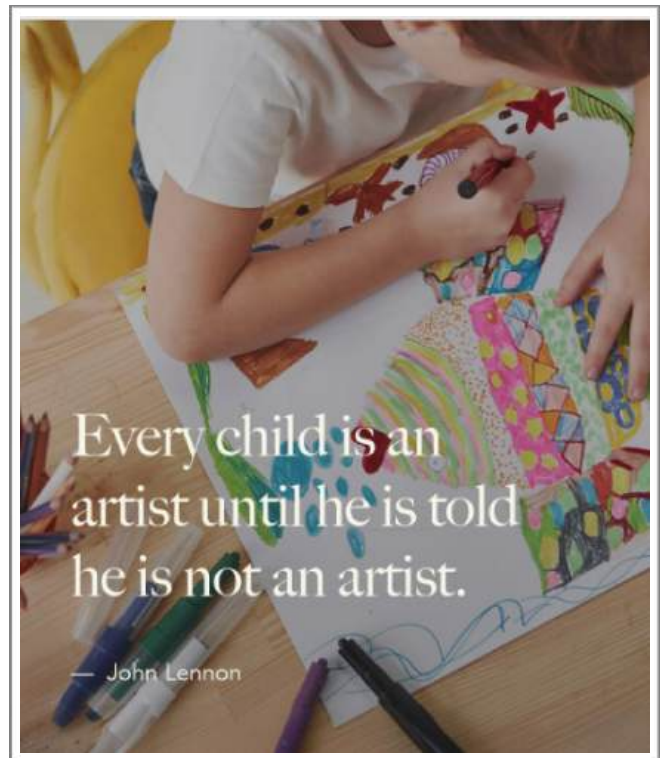
Regardless of what we say, it is our energy that expresses. You know it when you are around someone positive, and you also know how you feel when you are with someone who is negative. Nothing needs to be said. There is an unspoken communication that is transmitted, and from that we derive our sense of one another.

When we pay our bills resentfully, we constrict energy. We limit what can return, because we are coming from a place of ingratitude and in essence feeling ripped off. Yet, when we wanted credit, the credit card companies extended it to us. Living in our homes or apartments, we are extended shelter to protect us from the elements.

Paying for food, we have the gift of nourishment that we receive in return. As we focus on our attitude, intention and motivation, we begin to see how we are responsible for what comes back to us in return for everything we do.

Life is a continuous process of circulation. We often forget that. We want the inflow to be something that we can hold on to without having to let any of it go. That attitude comes from a lack of understanding and restricts our good, constricting the law of reciprocal action/reaction.

So, as we become aware energetically of the way we interact with life, we will see the areas where we gain full measure for our efforts and areas where we think we're not getting back what we put out. It is here where we need to focus our attention. Knowing that life's law of reciprocal action/reaction is flawless, it is up to us to uncover and unearth what we are thinking to cause our sense of limitation. As we adjust our perception, life's rich bounty will flow abundantly and reward us accordingly.



From Our Friends at Banksy Art Forever Facebook page



Have You Ever Weighed Feathers?

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 God's eternal grace
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



Photos Courtesy Pexels.com

greeting, a poem, a meaningful thought you jotted down on the corner of an envelope.

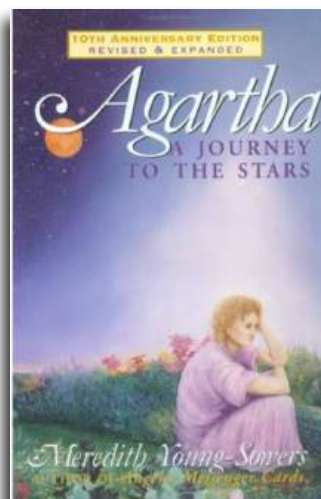
Though life is vibrant, terrifying, electrifying and daunting - what lives within us is a forever alchemical flow of Divine Love that can carry our minds to rest and open our hearts to true love.

~ 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. Receive it fully.

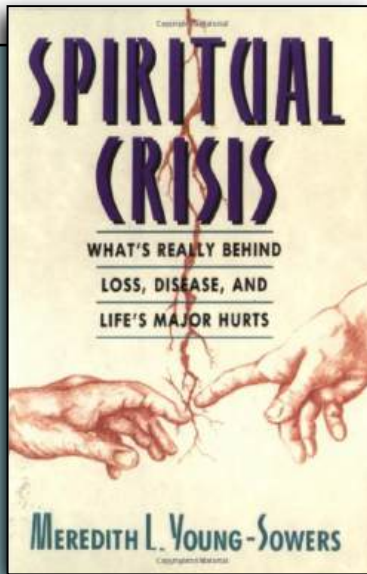


Meredith Young-Sowers, D.Div, Watercolor Artist, Author of: **Agartha: A Journey to the Stars** and several other books. See p. 25. To contact Meredith, e-mail: mysowers@gmail.com

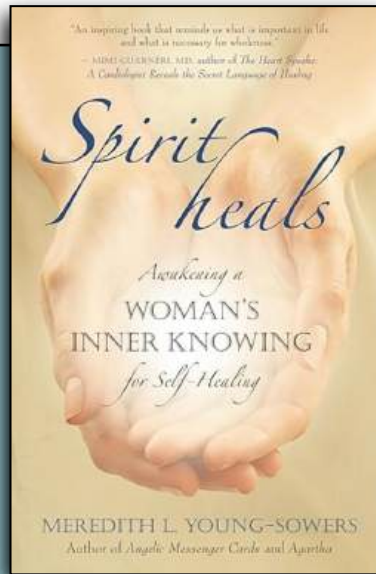


Meredith's Classic:
"Agartha: A Journey to the Stars" (newly-revised edition) is coming soon to a Kindle near you! Watch this space!

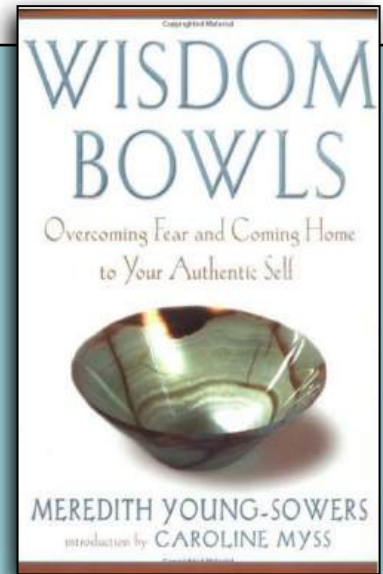
Books By Meredith



[Spiritual Crisis](#)



[Spirit Heals](#)



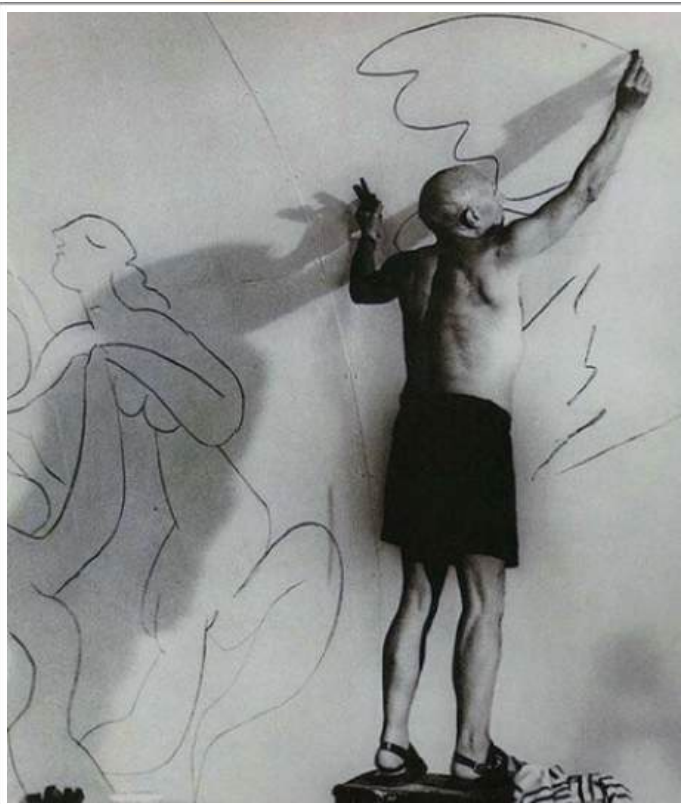
[Wisdom Bowls](#)

"When my daughter was about seven years old, she asked me one day what I did at work. I told her I worked at the college...that my job was to teach people how to draw. She stared at me, incredulous, and said, "You mean they forget?"
~Howard Ikemoto

Below: Pablo Picasso drawing, 1960.



"The soul is healed by being with children."
-Fyodor Dostoevsky



"Creativity involves breaking out of established patterns in order to look at things in a different way."

-Terry Tempest Williams, When Women Were Birds: Fifty-four Variations on Voice



Someone drew a line around the countries of the world and found the world is a CAT playing with Australia



Conscious Change Can Delight You

Life is calling us to expand our consciousness and up-level our capacities to generate greater wisdom, higher intelligence, and unlimited creativity: conscious change.

Today, where can you create new perspectives, new responses and new options instead of limiting your intelligence to repeat age old, thoughtless ways of being, perceiving and behaving? Humanity and the earth are screaming for dynamic change. We are each being called to become more responsible for raising our frequencies and contributing to the evolution of consciousness.

“How?” you may be asking.

By waking up from controlling trances: beliefs of limitation, manipulation, competition and loyalty to familial, political, societal and religious conditioning and by inviting our higher frequency Essence to support us living in awakened awareness and making conscious change the new normal. We can thereby become transmitters of unfettered higher consciousness in our relationships and world.

What if raising your vibration actually expands your capacities for more creativity, joy and delightful surprises in daily life?

You might counter, “*but I like our summer rituals. I am used to our family dynamics.*” I am not suggesting stopping doing the activities you enjoy or being with the people you are with. I am inviting you to be more present in the moment with expanded awareness and receptivity to the joy and pleasures that you were previously unable to perceive and receive and even contribute. Instead of being stuck in your ongoing judgments, expectations and assumptions of how things will be, shift to being more curious and notice what’s new. This opens the door and invites your higher consciousness to freely explore, express and evolve you, your relationships and the world.

You may say- “*but it’s all ok the way it is.*” You don’t know what you don’t know. There is more to life than attachments to the past, and expectations of the future, whether they be upsetting or pleasing.

Be curious and committed to expanded awareness so that you connect with your higher intelligence and wisdom. Request to embody higher frequencies of light. Invite that which you truly want, which may seem like miracles, into your daily living. Invite conscious change into your perceptions of yourself, your relations, your work, environment, and beyond. Do this often and let go of how it needs to happen. Be in wonder.

Continued on page 27

Raise Your Frequency

Book a complimentary 20-min. personal energy clearing!



Gain greater clarity, creativity and courage so that you expand your capacities to co-create heartfelt change.

Beverly Brunelle

Intuitive, Channel, Master Energy Healer

beverlybrunelle888@gmail.com | www.BeverlyBrunelle.com

Conscious change can be organic and free flowing. It can surprise and even delight you. Shifts in consciousness can be like realities morphing with no big fan fare, no cataclysmic eruption. Conscious change can be smooth and easy and life goes on a new pathway of evolutionary proportions. You have that power to create conscious high frequency change.

As I walked along the Atlantic Ocean, I looked with wonder up at the expansive blue sky. Then I noticed two white lines miles long pouring out of the back of a jet. Chem trails. I felt a surge of tension, anger, resentment, and rage. Then organically I realized my greater power was to send all involved love and to invite higher consciousness to support them to wake up to their higher consciousness so that they realize what they are doing and stop. I felt the shift inside me as if letting go of feeling victimized, fighting with an unseen villain and finding my true power.

Waking up our higher consciousness is our super power for creating dynamic change. We are each a significant key to this current of evolutionary movement. It is not a mission impossible.

What can you do today to step into your role? Remember to invite conscious change to help you.

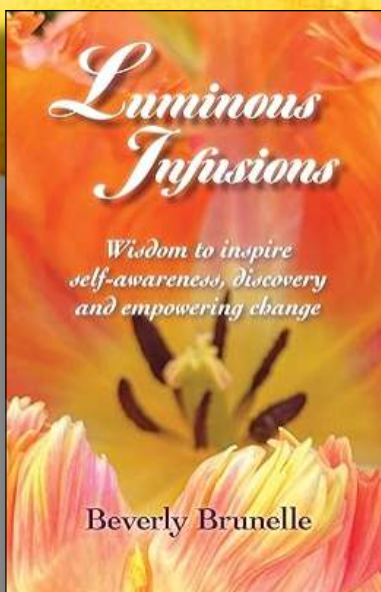
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Beverly Brunelle is an Intuitive, Pioneering Master Energy Healer, teacher, speaker, international best selling author. She clears personal, property, home, office and business energy fields to align clients with deeper clarity, wisdom, creativity and courage. Her book: *Luminous Infusions* is a daily guide to self discovery and empowerment.

Subscribe to Bev's YouTube channel:

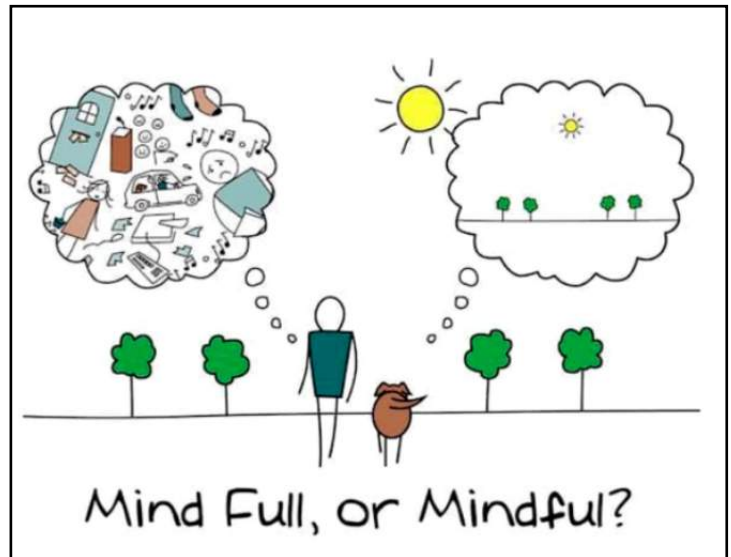
www.youtube.com/watch?v=2SajLsUYWw

www.youtube.com/@beverlybrunelle3981/videos



Luminous Infusions

~For the FUN of it~



From Our Friends at 'Ecological Consciousness'





Step Inside My Store

An imaginary gift shop with extraordinary souvenirs

Welcome. Step inside my store. It'll be fun! All ages are welcome! On display, you will find some beautiful things. Trinkets that can turn a downturned face into smiles again. There is magic at work here. Your pensive worries and disturbing shadows will disappear when curiosity leads you through my gift shop.

Here, atop shelves and open counters are small touchstones, each gleaming colorfully, competing for your attention. I have cards, magic ones with inspiring words only you can see. Turn them one way or another; the images change, and the letters move, bringing curiosity with every hand.

Come. Delight in the surprises you discover. Around each corner is another pleasure. A scent of perfume, or maybe cologne, drifts past you. A memory of love, a warm touch of another's hand.

There are familiar voices, distant, but you recognize them. An upturned wrinkle magically appears in the corner of your eye.

Joy. Laughter. Heart-to-heart openness.

Therapeutic. Healing. Smiles.

Bliss.

These items are scattered throughout, lifting your spirits and brightening your heart.

I offer these gifts to you.

Please touch everything. Hold it close to your skin. Close your eyes, clear your mind. Journey far away into the stillness of your soul.

Serenity lies within.

Leave sorrow behind and be transported to another world. Rejoice in the unexpected surprises you will discover as you walk through these aisles. The ecstasy of feeling the light within you, the gladness of remembering wishful dreams. It's all here, right here. Let the angels be your guides.

Bring your story and your distress to the register. I will open the drawer and set it inside with a prayer and a touch of my hand, which Spirit and God hold.

Your stories are safe with me; I will hold them with care.

All the tales of sadness, hopelessness, confusion, sorrow, and grief one carries without knowing it until they open their spiritual wallet —the soul of their being- and discover there is more to let go of.

When I close the shop, I will remove the cache of stories from my register at the end of the day. And walk them to the local Bank Of Angels.

There is no need to count them out with the teller; she knows exactly where to deposit each coinage of disappointment and loss. And then, the deposit boxes containing one's burdens and hardships will be keyed and locked shut. The vault that holds these pains will be sealed.

An incinerator is turned to HIGH. The vault glows red hot, and all is turned to ash within seconds.

The Bank Of Angels has performed another miracle. This one's for you.

So, cross this threshold of delight where joy and laughter are scattered throughout. Once inside, our customer service angels will guide you through this wondrous shop. And in no time at all, you, too, can learn to soar.

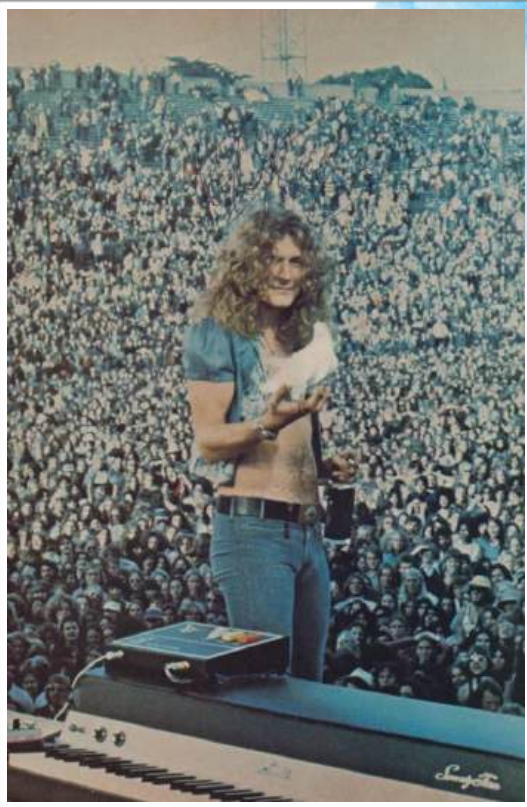
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Regina Ochoa is a seasoned psychic, medium, and writer with over 60 years of experience connecting with spirits. As a founding voice of the cosmicvoices.network, she shares channeled messages of healing, guidance, and hope. She is currently writing an autobiography of her mediumship.

<https://www.cosmicvoices.network>



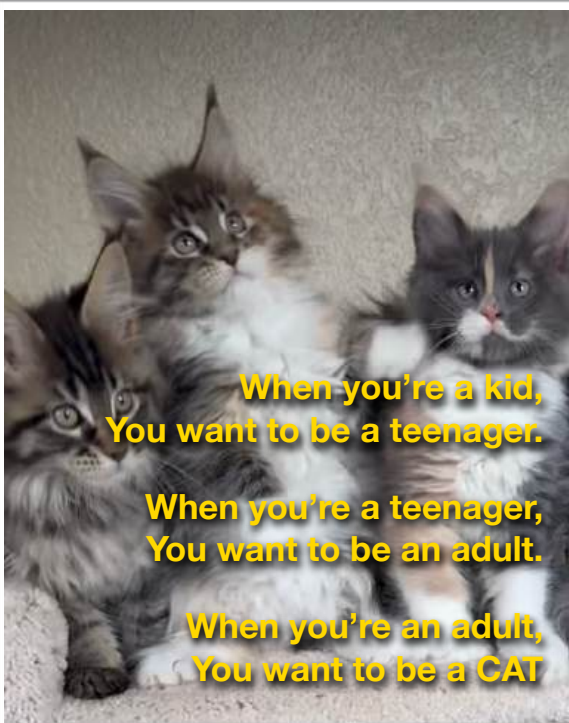
"Nature Angel" painting by Internationally renowned visionary artist Joanne Koenig-Macko.



MIRACLE! Robert Plant in 1973 in San Francisco when a dove landed on his hand during the Led Zeppelin performance ~ at the end of the song "Stairway To Heaven."

50 Kind Things You Can Say to Kids ... of Any Age

1. I'm so proud of you.
2. You are so loved.
3. You make the world brighter.
4. You're amazing just the way you are.
5. I believe in you.
6. You are so creative.
7. You're a great problem solver.
8. You have a kind heart.
9. I love your sense of humor.
10. You are enough.
11. You're brave for trying.
12. Your ideas matter.
13. You make me smile.
14. I love how curious you are.
15. You're so thoughtful.
16. It's okay to make mistakes.
17. You are important.
18. You're a great friend.
19. You inspire me.
20. You're capable of great things.
21. I'm here for you.
22. You have a beautiful mind.
23. You did a great job.
24. I love how you think.
25. You're stronger than you know.
26. I'm so lucky to know you.
27. You have so many talents.
28. I love spending time with you.
29. You're so unique.
30. You light up the room.
31. You have a great imagination.
32. I trust you.
33. You're a good listener.
34. I appreciate you.
35. Your hard work is paying off.
36. You're so helpful.
37. I love your creativity.
38. You're a good leader.
39. Your kindness makes a difference.
40. I admire your determination.
41. You're learning so much.
42. I love how you care about others.
43. You're so fun to be around.
44. You're doing your best.
45. You're a great team player.
46. You make me so happy.
47. I'm grateful for you.
48. You're a star.
49. You have a big heart.
50. You're growing into an incredible person.



Inspirational Video to Watch!





What are flower essences?

Flower essences are potent extracts made from the plant's blossom that address the subtle levels of being – the emotional, mental, and spiritual levels of wellness. Often referred to as “*consciousness in a bottle*” or “*therapy for the soul*,” these vibrational remedies work by gently restoring harmony where imbalance exists.

What makes flower essences so powerful is their ability to address the *root cause* of imbalance. They help restore joy, calm anxiety, ease grief, sharpen focus, and support emotional clarity. Safe, non-toxic, and deeply effective, flower essences offer a gentle path back to inner alignment and peace.

What is a flower essence remedy?

The flower essence remedy is in a one-ounce dropper bottle that contains a combination of several flower essences intuitively selected from **Dr. Edward Bach Flower Essences** and/or **California Flower Essences**.

How to use flower essences:

Using flower essences is simple, intuitive and deeply personal. There's no wrong way to use them — trust your inner guidance that is influenced by the angelic realms and let your healing unfold in divine timing

Here's a gentle guide:

- **Dosage:** Take 4 drops under the tongue or in a glass of water, 4 times a day upon waking, midday, late afternoon, and before bed to establish a rhythm.
- **Consistency:** Healing unfolds subtly over time. Use your blend daily for at least 21–30 days to allow for deep integration.
- **Intentional Use:** Each dose is more powerful when taken with mindfulness. Pause, breathe, and silently affirm your intention for healing.
- **Topical or Environmental Use:** You may also place drops on pulse points, add to bath water, or mist a room to shift the energy of a space.

However you use them, you will raise your vibration and can expect to see remarkable results rather quickly.

Safe. Effective. Totally Awesome.



Personalized remedies include a consultation to determine choice of essences.
e-mail: NFreier@aol.com Put “Flower Essence Remedy” in the subject line.



A Fly-By Miracle



The other night, I was downstairs in my kitchen, getting a drink of water, when I noticed a small fly in the corner of the window over the sink. I don't like flies in my house; my "deal" with them has always been, "If you remain outside, you live, but inside... well, that's another story." Frankly, I was too tired to bother and figured this little fellow's life isn't that long, so I'd give him a reprieve, and I went to bed.

The following day, I was surprised to see that same fly in the same corner of the stationary window, still attempting his fruitless effort to get out, and my heart went out to him. I decided I would help him escape by showing him the way to freedom. My windows don't open upward, but to the side. As I slid the window open and pushed the screen up, so the fly could escape, I began gently pushing him round the window to the open air. But that silly fly would not take my help and kept returning to that corner where no escape was possible.

I tried several ways to make him see the error of his ways: talking to him, sliding the window in front of him, pushing him numerous times with my finger, and even telepathically joining with him. No use! He was stuck in his pattern, and frankly, I was stuck in mine.

Finally, I thought, why don't I ask the Holy Spirit for help? A *Course in Miracles* consistently states that the Holy Spirit's purpose is to help us, and no problem is too small or too large. So why not ask for help with even this little fly? I stilled my mind and asked silently, "What would you have me do?"

The answer was actually miraculous! It came immediately, and it was so simple! I realized that I could slide the window all the way past the fly, which allowed his place in the corner to be right where the open screen would be. I did this and used my hand to encourage him to move in that direction, and he quickly flew to freedom.

At that moment, I truly felt free as well! The Course tells us that when we release anyone, freedom is found for both. Now, the Course is not necessarily talking about physical release and freedom; it's speaking more about releasing our imprisoning thoughts about another. In a way, though, that's exactly what I did for myself and the fly. I think that's why his release felt so good and freeing for me.

It became clear to me that this little fly represented a bigger lesson. How many times had I tried to be helpful to someone, thinking I *knew* how to help them, only to have them not take my advice or direction? They clung to their old ways and

patterns, which I could see would not work, just as the fly clung to his corner of the window. I would often become frustrated and angry with them, and sometimes even give up on them. This little fly gave me a chance to do what all my years of studying had asked me to do: stop, be still, and let healing come. I was willing to see that my way was not the answer. Then I could let go of my judgment that the fly's way would never work and be open to an answer that would bring healing release to both of us. I was willing to let it come.

Ultimately, my desire to help and the fly's need to stay in his corner were the perfect combination. He needed to be precisely where he was for his release, and I needed to listen. My original solution would not have worked for him, so if I wanted to help, I had to move from my place of seeming "rightness" to a place where I did not know but was willing to learn. This place is really the space in our minds where we step back from the frenzy of the world and experience the peace and power of God.

Here's the Course's counsel...

"Do not be concerned about how you can learn a lesson so completely different from everything that you have taught yourself. How would you know? Your part is very simple. You need only recognize that everything you learned you do not want. Ask to be taught, and do not use your experiences to confirm what you have learned. When your peace is threatened or disturbed in any way, say to yourself:

"I do not know what anything, including this, means. And so I do not know how to respond to it. And I will not use my own past learning as the light to guide me now."

"By this refusal to attempt to teach yourself what you do not know, the Guide Whom God has given you will speak to you. He will take His rightful place in your awareness the instant you abandon it, and offer it to Him."(T-14.XI.6)

It's not always easy to step back, be quiet in a situation, or let go of years of seeming "rightness" for the possibility of a new way, but it is miraculous!

Amazing, all that came from a fly! Now, that *IS* a miracle.

Δ

Beverly McNeff is the Founder and President of the Miracle Distribution Center, A Course In Miracles Resource Center.

Visit <https://www.miraclecenter.org/> for more information.

Teacher ♥ Coach ♥ Medium



July & August EVENTS

July 2 - Illuminating Firefly Paths:
Unconventional Journey with Author Julie Wignall,
California **Edge Talk Radio**

July 16 - Reverse Aging & Biohacking Mastery with
Author Dr. Grazyna Pajunen, California **Edge Talk
Radio**

August 2nd - Gallery Reader with Rooted Holistic
Healing and Wellness Fair at the DoubleTree by
Hilton Hotel, Neenah, WI

August 3rd - Gallery Reader with
Rooted Holistic Healing and Wellness Fairs,
at Stone Harbor Resort, Sturgeon Bay, WI
<https://rootedholisticfairs.com/upcoming-fairs/>

August 6 - Path to Peace: 'Pandemic of Being
Right' with Author James F. Twyman - Oregon

August 20 - Trust, Intuition & Your Future Self with
ThetaHealing Master, Karen Abrams, CA

Contact Angela for more information about these events.

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Online / Phone / In-person Sessions are available



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Guidance
Mediumship
Oracle Cards
Soul-to-Soul
Spiritual Coaching
Group Sessions
Classes and Retreats

Angela also hosts an Edge Talk Radio Show!

Available on Podcast Networks,
YouTube and in the Edge
Magazine!

[https://www.angelazabel.com/
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