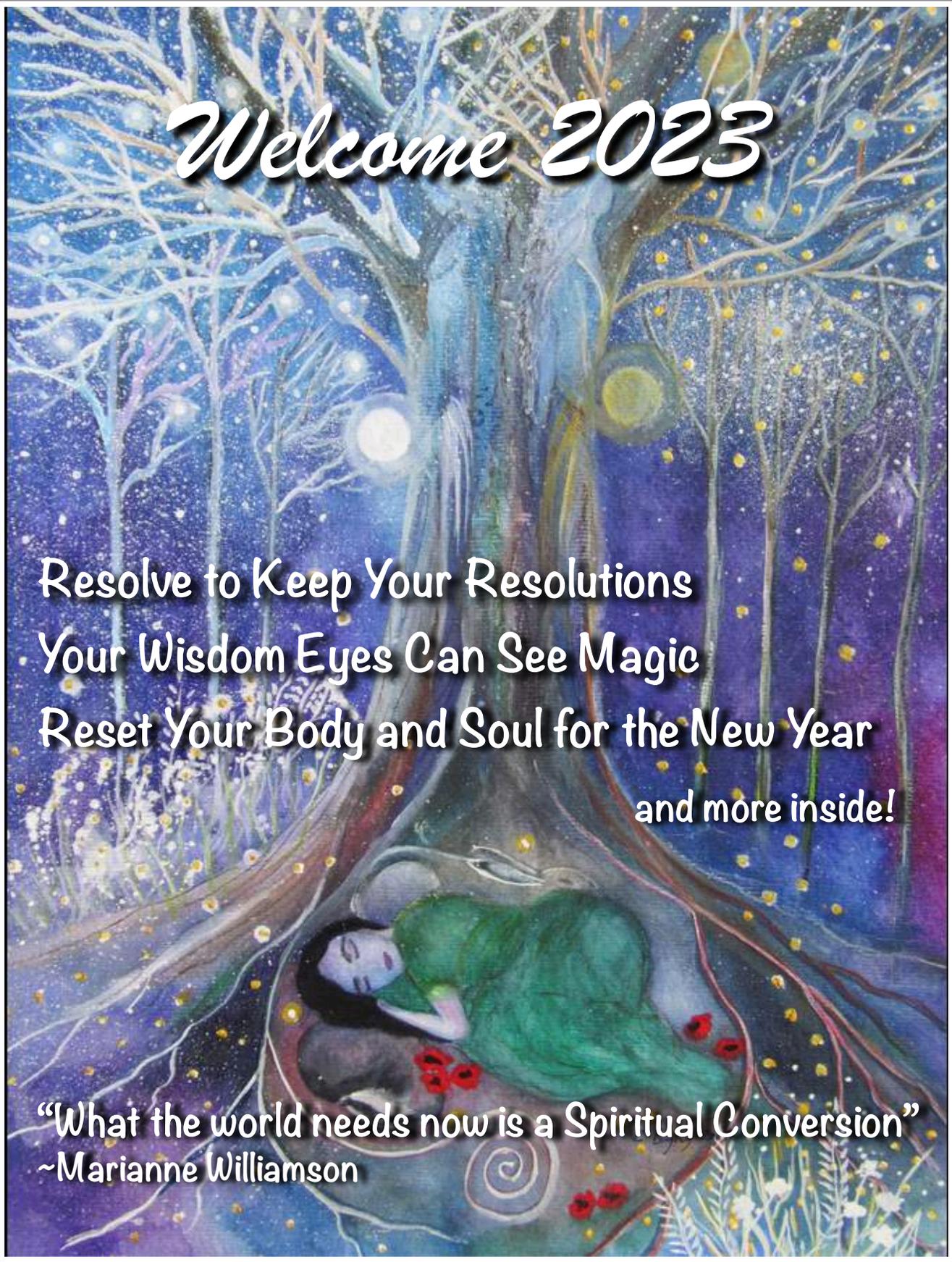


# The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 12 Issue 1 • January 2023

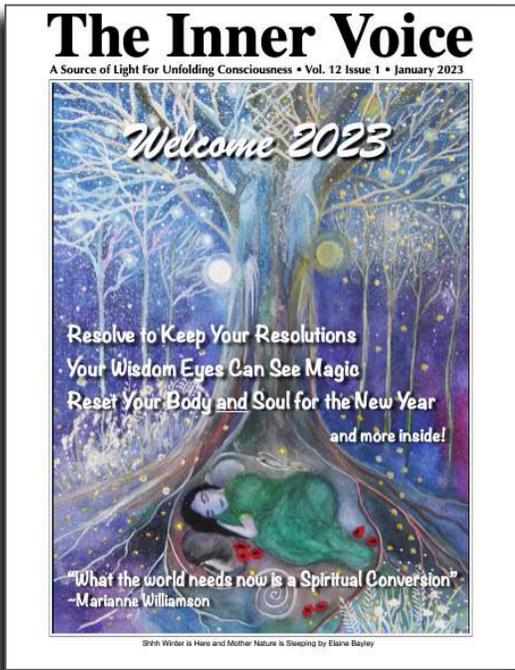


*Welcome 2023*

Resolve to Keep Your Resolutions  
Your Wisdom Eyes Can See Magic  
Reset Your Body and Soul for the New Year  
and more inside!

“What the world needs now is a Spiritual Conversion”  
~Marianne Williamson

About the Cover...



**A Midwinter's Night Dream** is an illustration by Elaine Bayley. She says this about her paintings: "Nature evokes in me a magic that I express through my artwork. Inspired in the beauty and magic of nature, intrigued by myths and legends. From

early childhood I have been influenced by the beauty and magic of nature, having grown up in a small village in the Shropshire countryside. I would always want to be outside, no matter what the season. A self taught artist, I have always loved to draw and paint. However it was when I had my daughter that I really took to art. Watching my daughter, her journey through the innocence of childhood, gave me the opportunity to see life again through the eyes of a child. One of wonder and magic, their hearts and minds open to all that is around them. Imagination is the key.

Painting is my way of relaxation. It opens up a place of both peace and one of magic that I can escape to."

To place an order, e-mail [elaine.bayley@btinternet.com](mailto:elaine.bayley@btinternet.com)  
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In This Issue...

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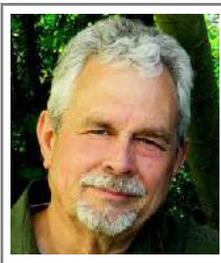
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This publication intends to be an inspiration for healing body, mind, heart and home. It is not meant to replace the advice of medical doctors and other healthcare professionals. The opinions expressed herein are not necessarily those of the publisher 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.

e-mail: [theinnvoicemagazine@gmail.com](mailto:theinnvoicemagazine@gmail.com)



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

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 DREAM • EXPLORE • DISCOVER • GROW

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**~UPCOMING EVENTS~**

**AWAKEN YOUR INTUITION!**  
 January 12, 6:00pm-10:00pm

**TRUSTING YOUR INTUITION**  
 February 1, 2023 6:00pm-10:00pm

**LISTEN TO YOUR BODY & HEAL YOURSELF WITH MATT SCHMIDT**  
 April 8, 2023 1:00-5:00PM

**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, 9:00-3:00  
 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.

**WHISPERS ON THE WIND SHAMANIC PROGRAM**  
 Group #28: April 19-23, July 12-16, October 4-8, 2022 and January 3-7, 2024

Group #29:  
 Aug 2-6, Nov 8-12, 2023 and Feb 7-11, May 1-5, 2024  
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**ANCIENT CELTIC IRISH SHAMANISM WITH AMANTHA MURPHY**  
 March 18-20, 9:30AM-5:30PM. Lodging options available.  
 Join Irish teacher and author, Amantha Murphy, from Ireland as she shares these ancient Celtic traditions

**REIKI LEVEL I TRAINING**  
 February 3 or March 15,  
 9:00am-4:30pm

**REIKI LEVEL II TRAINING**  
 March 16, 9:00am-4:30pm

**REIKI MASTER**  
 March 14, 9:00am-4:30pm  
 Includes apprenticeship



**DRUM MAKING WORKSHOP WITH DAVID WILINSKI**  
 February 8, 10:00am-2:30pm

**Register online now for our Workshops and Sessions! [www.glh.as.me](http://www.glh.as.me)**

January 2023

Dear Readers,

Happy New Year and Happy 12th Anniversary of *The Inner Voice*! My channeling the angels and publishing their messages began soon after the sudden death of my fiancé in 1986. Their messages helped me through my grief, and as others heard of this phenomena of calling on the angels for comfort and guidance, others likewise healed their grief and issues.

Inspired by the early angel messages and miracle healings, I had a passion to share the news so others could be helped. I wanted to shout it from the rooftops, but instead began publishing *The Inner Voice* ~ in print beginning with the January 1992 issue. For over 9 years it featured my column **Angel Talk™** and **Miracles I've Seen** written by colleague Rev. Joann Baumann, a holistic faith healer. She has since moved on to ministering to men in alcohol and drug recovery programs in prisons and halfway houses, giving them support for a better life. After my own hiatus from publishing, in January 2012 I began publishing *The Inner Voice* again in the current e-format. I am passionate about sharing my gifts and skills of channeling, mediumship, writing, feng shui and graphic art. Every month I enjoy bringing conscious talented people together on these pages offering you resources for help and guidance, and to inspire change and expand consciousness so that we might all live better lives.

I invite you to read and savor this issue, chock-full of awesome ideas for creating a healthy and magical New Year!

Nancy

"You are an artist. Your life is your art. Whether you realize it or not, you create it with every footstep, with every word, and with every breath. Every moment is a blank canvas to your creative expression." ~Unknown



Artist Credit : Luis Cohen Fuse

Angel Talk™



## How to stay on track with your New Year's Resolutions

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

*Question from a Reader: Every year I make resolutions for what I want to achieve in the New Year, in about a week or two, I've blown them off and completely derail my good intentions! What can I do differently this year to have the good results I want?*

As we start off a New Year, many people have great enthusiasm for making important life changes, and as the clock strikes midnight, feel a burst of positivity to accomplish the things they want to have happen in the New Year. The most popular wishes, according to studies, are to lose weight, exercise and get in shape, eat healthier, shop less, save more money, etc. But by the end of the month, these studies showed that less than half of those who made a New Year's resolution were successful in keeping it.

Sreper once said, that if you are planning to quit something, quit making excuses that you aren't worthy to have what you want, or it isn't the right time to pursue your goal. This is a new day, a new year and you are a new you. Take an inventory of the excuses you are hanging onto of why you cannot achieve what you want. For example, you have a belief that no matter what diet you follow to lose weight, you just don't have the willpower to be successful. Excuses are rooted in the past and it is time to bury them in the past. Sreper said, "Take a new step forward toward your goal. Have faith in yourself and in us who forever guide and inspire you. You can accomplish what you truly set your mind to."

Know that here in Earth School, everything is constantly changing. Everything is continually refreshed and renewed. Jump on board the train any time simply by deciding to get on board. Make the decision to reach the destination of whatever it is you want; a new weight, a new job, a new relationship, etc. Do not allow yourself to fall back into old, worn out excuses that derail your good intentions.

It would also be helpful to quit comparing yourself to others. Never mind what others are doing and what they have accomplished. Their path is their path and your path is your path. You are heading in your own direction and having your own experiences within the context of your personal journey and agenda. Comparing yourself to others throws water on your fire and will only serve to stop you.

Continued on page 5

You must always remember that you are on the Earth to do what *you* are there to do. If you aren't aware of what it is, call on us and we will point you in the right direction to explore, to manifest, to love and respect one another, to bless and give thanks to ultimately learn from your experiences. You're in school. Your soul is on a mission to hold that vision for your life and guide you to it. You just need to follow that lead.

Step into your future and trust the inner voice in your heart and you will have the drive to stay on track. Be the master of your life and the captain at the helm of where the ship is headed. Stop comparing what is happening now to what has or hasn't happened in the past. Judging and comparing only makes you sad and your trek more difficult.

Call on your angels who love and guide you. Use their vibrant energy you feel at the beginning of this New Year to fill your tank and fuel yourself forward. Let go of all that needs to stay in the past. Release it like you would excess baggage on an uphill hike. Remember, everything is energy and everything is constantly moving, changing and bringing you opportunities. This is what life is truly all about. The key is to adapt and move along with it ~ trusting all the while it is leading you home to your cherished goals.

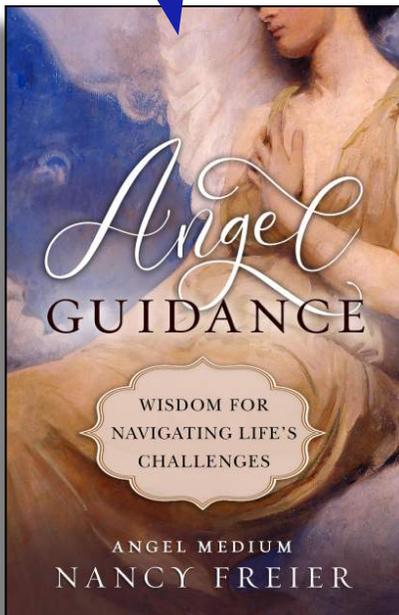


Do you have a question for the angels to answer in this column?

E-mail: [theinnvoicemagazine@gmail.com](mailto:theinnvoicemagazine@gmail.com)

Private Angel Guidance Readings are also available. See ad on right for testimonials and other information.

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**Angel Guidance** is filled with the Angel's words of wisdom that will guide you to new possibilities. Their words will lift you above the fray and lovingly show you the way through life's challenges.

Kindle or paperback versions are available to choose from.



## Angel Guidance Readings

**The Angels of the Great White Light reach out to you with insightful, loving and life-affirming guidance.**

### Client Comments:

*"The reading you did for me was awesome beyond words. The angels answered questions I hadn't even verbalized to you! Thank you so much!"-E.K*

*"Your readings need to come with a warning to have a Kleenex ready. It was truly heart-opening and amazing!"-D.S.*

*"Sreper's reading directed me to ponder and contemplate my life. There is such a mix of warm guidance and a parental authoritarianism, which can be irritating at first reading. (Smile.)"-Deb W.*

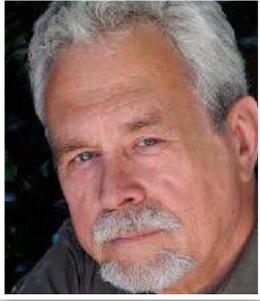
*"The reading you did for me resolved a long-standing family issue. I followed what the angels suggested and have already seen results!"-M.S.*

*"What was said to me in my reading impacted me in ways I had not imagined! It opened my eyes to what I need to do! Thank you!"-J.W.*

**Order Your Reading today!**

**[Angel Medium Nancy Freier](https://NancyFreier.com)**

**<https://NancyFreier.com>**



# Heaven Revised: A Narrative of Personal Experiences After the Change Called Death

By [Eliza B. Duffey](#)

**H**eaven Revised is a narrative of the change we call death. It appears that Eliza Duffey had the ability to connect with the Afterlife Realms via automatic writing. Eliza Bisbee Duffey (1838 - 1898) was an American feminist and writer who was noted for her many books on women's rights, women's health and sex education. Prior to the writing of this book she and her husband had been newspaper editors as well, so she was educated and was already a good writer.

At the time of the writing of this book, she was new to Spiritualism and claimed that she had little knowledge of Spiritualism and no mediumistic ability. However, in the introduction she writes, "During the entire period in which I was engaged in this writing — some three or four months — I lived and moved in a sort of dream. Nothing seemed real to me. Personal troubles did not seem to pain me. I felt as though I had taken a mental anesthetic."

I would call her condition a state of trance.

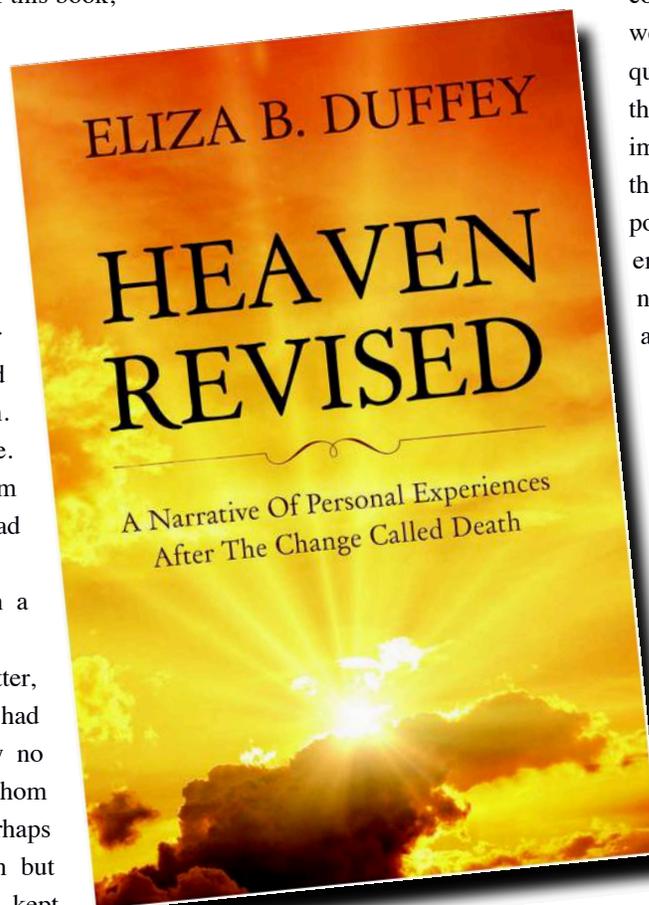
The book is written as a letter, I assume, from a friend who had recently passed. Unfortunately no where is it indicated from whom the dictation is coming. Perhaps Mrs. Duffey knew the person but for personal reasons of privacy, kept

the identity to herself. She states, "I believe that I wrote with unseen assistance, but I hesitate to ask others to endorse this belief. I hesitate even to express it, realizing as I do how often well-intentioned Spiritualists mistakenly attribute to the Spirit-world that which emanates only in their own too often ignorant and ill-informed minds. I know how difficult it is to draw the line between one's own thoughts and impressions, and those that result from inspiration from higher sources."

Here I feel she is being overly modest. This is understandable as there is a section in the book where the narrator is able to observe a seance from her higher vantage point perspective and is able to observe the various spirits, both of a low and higher nature attempting to communicate with four different earthly mediums with varying degrees of ability. She then gives a sort of 'play by play' narrative throughout the session, providing her own assessment as to the final quality of the received communications, which in most attempts were less than desirable. Besides the low quality of many of spirits she points out that the quality of the medium is as important if not more so. And I think in the case of Mrs. Duffey, it goes to the point that she is a well-educated and emotionally balanced woman who could not be better suited to the job of automatically writing this book!

In the beginning of the story, the narrator observes her lifeless body from an elevated vantage point and realizes for the first time she is dead in the physical sense. Her description is reminiscent of a modern day out-of-body experience. As she lies on her death bed she tries to be super-analytical, thinking she would try to be a dispassionate observer of her own death. But then as she starts to transition, she writes, "For an instant I seemed frozen with terror,

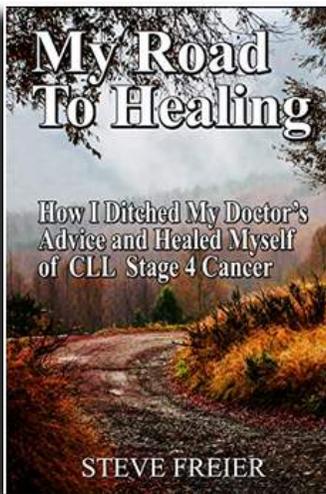
Continued on page 9



or something akin to it, by a strange object which met my view. What was that in my chamber, — my chamber where I lay so still — that object lying rigid and white, in the familiar yet ever repulsive attitude of death? There were the outlines of the head, the projection of the arms crossed upon the breast, the extended limbs, and the upturned feet. Over all was thrown a white sheet; but with a new experience in vision, as I looked at it my sight seemed to penetrate beneath the snowy pall, and I recognized my own features. My God was I then really dead?"

The narrator continues to document her experiences in the afterlife, and the spheres she finds herself in are in stark contrast to the orthodox heaven and hell that was generally taught by Christians at the end of the 19th century. Heaven Revised is as informative and relevant now as it was when it was written more than 133 years ago and is a refreshing contrast to the materialist world we live in today.

I really enjoyed gaining the perspective put forth in this book. The experiences described do correlate very well with numerous other books in this genre, so if you are seeking a first-hand account of what may be in store for you when it's your time to transition to the Afterlife, I can heartily recommend Heaven Revised. Get it on [Amazon Here](#)



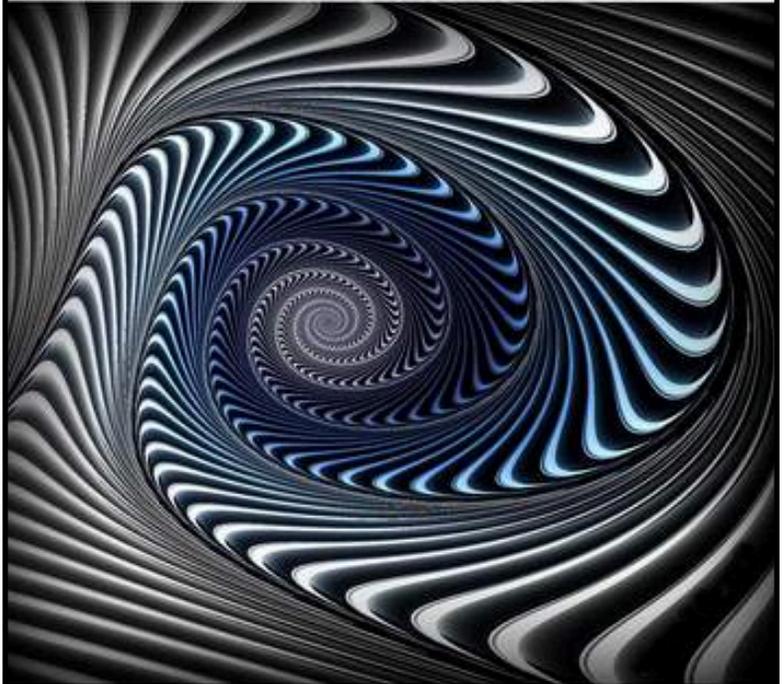
**Steve Freier is an Afterlife researcher and book reviewer of metaphysical topics. He is the author of "My Road To Healing - How I Ditched My Doctor's Advice and Healed Myself of CLL Stage 4 Cancer" available here: <https://amzn.to/3agweoq> For more of his book overviews, visit:**

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

Steve hosts an After Life Discussion Group in Sturgeon Bay, WI. See ad on this page for details. Contact Steve at: [sgfreier23@gmail.com](mailto:sgfreier23@gmail.com)

## An Afterlife Discussion!

### An Open Dialogue About Life, Death and the Afterlife



Have you given the death and dying process any thought? What are your concerns? Have you lost a loved one or perhaps you fear your own death? We all have our worries and concerns! In this discussion group you can freely express your thoughts and feelings in an open, non-judgmental, non-religious based atmosphere.

**Moderator, Guide & Host:** Steve Freier who has over 20 years researching Death, Dying and the Afterlife. He has read or reviewed hundreds of books on these topics. and has viewed as many more videos on NDEs, OBEs on the Afterlife and what it is like, etc. He is also a video producer, writer and contributes regular book reviews to The Inner Voice Magazine

**Registration:** Call ADRC 920-746-2372  
Space is limited to 12 people (any age over 18)

**Location:** ADRC of Door County  
916 N 14th Ave. Sturgeon Bay WI 54235  
**Time:** 1pm — 2:30pm  
**Date:** January 19, 2023

(Every 3rd Thursday of the month)

*See You There!*



# Your Wisdom Eyes Can See Magic

Beverly's intuitive energy work supports people to discover their clarity, wisdom and power to make wise choices and empowering changes that are aligned with their true values. Schedule a free 30 min clarity call. [Beverlybrunelle.com/contact](http://Beverlybrunelle.com/contact)

Every moment is a new opportunity to see life, people and ourselves with fresh eyes: with our wisdom eyes. It is always a perfect moment to update our attention and our intentions to expand our capacity to see and actually to *be* the magic in our lives.

It may be normal to go through the day without noticing if we are making choices, and living according to what we proclaim are our purpose and priorities. We can become so busy and lost in the “shoulds” and “ought to’s” that we forget we have creative power, and magic, to call upon as wise support. At any time, we can take a moment to evaluate what we are truly aligning with. We can notice if we truly need and want to shift our attachments and intentions to explore new options that are healthy seeds for our desired future.

Self inquiry is very valuable to get really honest with ourselves, especially when we approach ourselves with curiosity and a willingness to learn. It is

not always easy to see, or hear, the inner truth and wise guidance of change. Lately, I have been asking myself questions in order to update my reality, freshen my awareness of my priorities, and to wake up my capacities to see new options. Here are some of my exploratory questions:

Are my priorities aligned with what I say I value most in myself, my creative expression, and my relationships?

Are my current actions supporting the future I truly want to live into?

Are my choices unconscious, automatic, and perhaps based on old expectations or old wounds?

How can I more easily and organically come from my wisdom perspective?

How can I notice new opportunities to create significant new movement within me and in my outer life?

How can I be more aligned with my true values in my contributions to relationships, work, life style, etc?

I ask not needing to know the answers right now, for I know answers will come as I need them. To pose the question is a starting place. I am not saying change is easy. I am inviting new options, which can definitely seem like magic, to inform and awaken my capacities to make new wise choices.

I invite you to create some breathing space to review if you are really living according to your true desires and values. Be curious and inquire as to what perspectives, behaviors and priorities need fresh awareness and updating for you to be able to nourish your capacities to create wise, and maybe even magical change.

In a bigger picture we are not alone. We are living the results of our ancestors’ dreams. We are their future, living out

their unresolved emotions, issues and traumas. We have the power, creativity and opportunities to reveal, heal, and set them and ourselves free into higher frequency realms where higher wisdom resides and more magic is actually possible.

What if, today, you decide to look for what is new — in your choices, your perceptions, your actions and your communication? What if you decide to act with more clarity, love, acceptance and joy in your relationship with yourself and others? What if you invite your inner wisdom and magic to show up more today — at work, home, play, and with your choices, intentions, and inner realities?

What if you notice when you are being judgmental about yourself or another, and you turn it around. You can inquire within: “What small step can I take that is more truly aligned with my truer values and my new intentions for updating and upgrading my quality of living and relating?”

Our future presents many options hidden in the mystery of creation and the unknown. We can learn to navigate the unknown in ways that guide us to, and into, new enriching love-filled honest living when we see through our wisdom eyes and invite the magic of the moment, this day, this life. Be patient and look for what’s new. Glorious new beginnings are always available.

Δ

**Beverly's intuitive energy work supports people to discover their clarity, wisdom and power to make wise choices and empowering significant changes that are more aligned with their true values. Receive her 3 free Guided Heart Meditations and schedule a free 30 min. clarity call with Beverly at [beverlybrunelle.com](http://beverlybrunelle.com)**





## *Empower The Real You in 2023!*

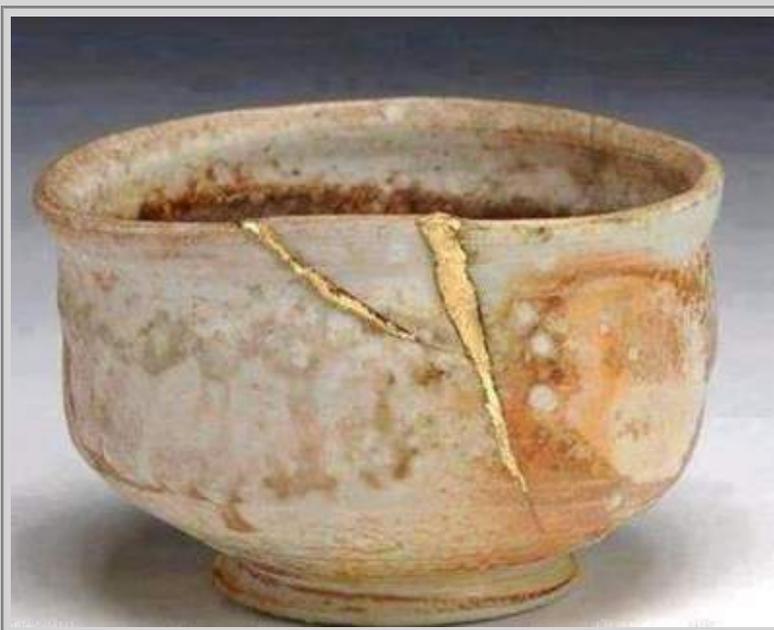
- ~Do you want to live more true to yourself in 2023?
- ~Do you want to know what beliefs are outdated?
- ~Do you want to create change in areas of your life?

Individual personal energy clearing sessions with Beverly will align you with your inner wisdom so that you will know and honor yourself more fully in your choices, communications, work, relationships and more.

**Experience REAL CHANGE!**  
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January 2023 Special Rate: \$99/90 min. Zoom session

## **Here's a lovely thought for anything that is broken...**



“When the Japanese mend broken objects, they aggrandize the damage by filling the cracks with gold. They believe that when something's suffered damage and has a history, it becomes even more beautiful.”  
–Billie Mobayed



# Citrine is Named Crystal of the Year

Each year, as December comes to a close, I spend time with the crystals and stones: tracking collective energies, exploring themes, and welcoming their wisdom and insight for the coming year. It is always interesting to connect with what they have to share. Their deep earth connection brings a unique perspective to what is unfolding on this beautiful planet.

This year, as I called forward my allies and guides from the crystal and stone realms, they immediately brought my awareness to our relationship with the earth. They shared that the core theme for 2023 is one of soul connection. Our soul connection develops as we slow down, step back from the busyness of our day to day lives, and spend time in nature.

As I sank further into that energy, the crystals and stones shared five core messages about the coming year:

1. Make time for inner exploration and soulful reflection.
2. Answer your longing for purpose and meaning.
3. Slow down and enjoy life.
4. Listen to life with all of your senses.
5. Expand your inner light. Let it guide you.

Little side note: I especially loved message #4 as this is how the crystals and stones have guided me to connect with them over the year ... to listen to them with each of my senses.

As I moved into the 12-month crystal reading, I could feel the pace of the



The 2023 Crystal of the Year: Citrine invites us to let our inner light shine brightly in our lives.

crystals slowing down, as well. They invited me to be even more in sync with the rhythm of life. Citrine came to me as the crystal of the year, then gently, without hesitation, each crystal revealed itself:

**January:** Black Tourmaline eases any worry, doubt, or fear by inviting us to connect with the earth.

**February:** Iolite awakens a sense of deep dreaming and soulful visioning.

**March:** Sodalite invites us to walk through the portal of our becoming.

**April:** Green Calcite helps us to attune to the magic and wonder of life.

**May:** Garnet awakens our roots and invites us to sink into the rhythm of the earth.

**June:** Ammonite leans into the spiral path as deeper awakening unfolds.

**July:** Moqui Marbles remind us that a balanced life begins within.

**August:** Chiastolite welcomes us to a sacred crossroads and invites us to let our heart lead the way.

**September:** Magnetite unleashes our magnetizing magic.

**October:** Petoskey Stone calls us into a softer rhythm: gentle, soft and slow.

**November:** Kunzite invites us to celebrate all of life.

**December:** Pyrite invites us to own our power by courageously standing in our light.

As you navigate this year, I encourage you to add these crystals and stones to your personal collection. You can work with them by spending time with them. You may wish to gather them together

into a medicine pouch, add them to your altar, or even wear them as an adornment. Pull out your favorite crystal book and do a little reading. And most importantly, listen to them with each of your senses. And, make sure to pop back here (to read my column each month) as they share insight into collective themes and meaningful ways to navigate life's ups and downs.

△

**Rise into your soul wisdom. Discover shamanic practices and crystal rituals for activating your sacred path. Begin today with the Crystal Magic journey: <https://loriaandrus.com/crystal-challenge> LoriAAndrus.com For more information, see Lori's ad on page 11.**



# LORI A ANDRUS

artist. ceremonial guide. wisdom teacher.

## Online + In Person Events

*Connect with the sacred. Explore your inner wisdom. Remember your light.*

**Journey Jewels Online Jewelry Show + Sale** - December 4th - December 8th (online)

*Shop Lori's consciously handcrafted crystal & stone jewelry. Shop at [JourneyJewels.com](http://JourneyJewels.com)*

**2023 Crystal Forecast** - December 18th, 10am ct. (online)

*Join Lori as she taps into the collective pulse for the coming year and connects with the monthly crystal allies.*

**Winter Solstice Ceremony** - December 21st, 6pm - 7:15pm (online)

*The Winter Solstice marks the longest night of the year. Join Lori for this soulful event & savor the dreamy energy in ceremony.*

**Crystal Soul Fusion** - January 6th, 6pm - 7:15pm (in person at Balance SoundSpace in Manitowoc)

*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.*

**The Foundations of Ceremony** - January 31st - February 28th (5 week online training)

*This highly experiential class will open your heart to your unique medicine as you explore your relationship with the sacred through the art of ceremony.*

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# A Conclave of Angels Gathered to Awaken Us

Kathleen Jacoby was the former Editor of *The Inner Voice*. She 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. We continue to share her articles here.

Written By Kathleen Jacoby  
Edited by Steven Freier

This is a time when the Conclave of Angels gather to make way for what is to come. We are at a forefront of the gathering, and as we clarify our own intention and focus our attention, the angels of our better nature can speak through us to bring about remedies and reminders to help awaken all who slumber.

Life is but a dream, and awakening into our light bodies will assist in lifting the dense cloud cover that surrounds our planet and consciousness. When we each find our own clear notes we become a collective symphony, played at last as the instruments we were intended.

I am reminded as I reflect on this turn in my life about all endeavors that are undertaken from a selfish vantage point. They appear so easy — like Hitler and Hideki Tojo, General of the Imperial Japanese Army starting WWII. The victories of the aggressor appear tantalizingly easy, and in the beginning they are. But as light overcomes dark, the impact of wrong action begins to draw to itself the ripe destiny it has created. We see that now in [Ukraine] as what appeared “easy” has become increasingly complex and untenable [for Putin]. So it is for us when we go against the laws that guide personal ethics and action. Ends do not justify the means, no matter how much those wanting their vantage point to be right profess. We just play out the scenario with others so we can project ourselves and our consciousness onto a screen that will mirror back to us what we reject and what we profess to accept. The “other” is merely our mirror, and as much as people do not want to hear that, it is true.

“Love thy enemy” is a commandment in the Bible. It’s a valid directive. The more we look at another with eyes of contempt, anger, or blame — the more we are tied to that other by invisible energetic tentacles. Our task is to come to a point of neutralizing all relationships; to see everyone and everything as a blessing, even when we don’t understand the differences. When we recognize that there is a unifying force that binds all life together, we will stop condemning what is different from our viewpoint or tribal mindset. We see that the Creator of all has an intention that moves way beyond our small vantage points, and that by

accepting the blessing of life rather than reinforcing it as a curse, we can gain an incredible peace that passes mental understanding because we have allowed ourselves to experience heartfelt lives.

I do know that nothing in life is wasted. Life is an elegant and thorough system of reciprocal utilization. One path or another, all eventually lead to where we must go — the Eternal Home from whence we have all come. The key is how hard or simple we make the journey, and that has to do with soul development and soul wisdom.

Inexperience and innocence are not the marks of wisdom. They are the empty canvas upon which all the brushstrokes of life will play. The etchings of time and the journey between points are the marking spots along the path. As we grow and are enriched, it shows. When we remain in a static state of potential, that, too, leaves an imprint.

Life has one thread of importance — to reunify with the One that we all came from. That cannot be achieved until we have released attachment to all the things that bind us. We cannot be the clear note of creation until we’ve released the vestiges of whatever holds us from the collective unification. And in that journey, there is all the time in the world.

We can come early or late to the table, but we will come. Like the prodigal son who returned late in that story, the reward of coming home is the same. The only loss is the time spent wandering when the warmth of the hearth has awaited us all along. And yet, even in the wandering, all is useful. Namaste’

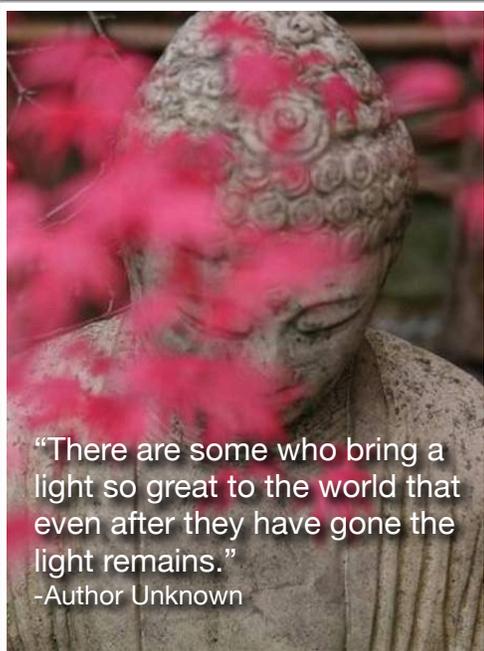


PHOTO: ©Jane Erica Hutchison



# Living In The Light

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



**L**iving in the Light is a change of attitude. Here's where we do things differently, think differently, and create a new life for ourselves and the world.

First of all, *be organic*. From food you eat to clothes you wear, and choices along the way, there are so many alternatives today. For me, it's really being mindful of all I do. I avoid plastic or anything that isn't recyclable. Luckily, I have a forest as my backyard. This composts all organic left overs. Plus, it's great entertainment as the ravens and our one big racoon discover the feast on the Offering Stone. All the birds come out, actually.

Secondly, release all that isn't in sync with your energy. Anything that triggers an agitated feeling falls into this category. People, places, music, news, can be a distraction that gets you stuck. Above all, be loyal to your path of Flow. Feel when you are in Harmony, and step away until you [find your Balance](#) again. This is being Loyal to YOU, to your choices, direction, and flow. Only You Know what makes you Happy!

Thirdly, really work at trusting your inner wisdom, your heart's desire, in all things. Don't look for answers outside yourself. Remember, others don't have a clue where you're coming from emotionally, or physically. Let them go on their own path of revelation. You keep to yours.

For instance, I know what makes me feel safe. As a result, I mask up whenever I'm in a 'mob.' Nothing, no experience, dining out, going to a show, is worth my getting sick and missing entire weeks out of my life.

Fourth, accept that everyone is doing their best. Whatever that may be, they are coming from another Angel family different from yours. In addition, allow them to follow their own learning path. You don't have to know where another is coming from. Even if they project their 'stuff' on you. Bring your focus back to You.

Living in the Light is lightening your load.

Fifth, take nothing personally. Therefore, *give the gift of listening with understanding*. Don't judge or add to the emotions they are in. It's not about you.



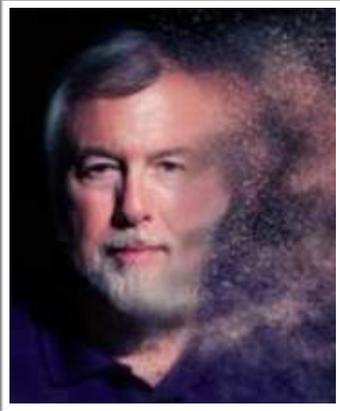
Winter Light Ocean

We are each like a unique drop of water, ultimately gathering with others to create the Ocean of our lives. Winter Light shows the vast Ocean, Air, tides, land, and wind that gather all their [energies from the great Sun](#). Also, each life, above and below, comes from the radiating light and heat, solar energy, that makes it possible for us to exist on Earth. Working together, plants assimilate sunlight to grow, animals and humans use plants for food and oxygen, and we all need the Sun's warmth to thrive.

Each of us is special and necessary. So let's look at our lives in a new way. Know that we need to flow, evolve, and change for life to move forward. Consciously living in the light opens us to harmony, balance, and flow. It's a Fresh Start.

Therefore, create the kind of world where you would like to live. Starting today, know what matters to your happiness and pursue those things. Plus, live in love, kindness, and gratitude for all you have. Be a harmonious ripple in the waves of energy, flowing in the grand ocean of life. And lighten up. You're here for the beauty, magic, and the fun of experiences in this vast beach of life.





**"When we examine the core of all religions and spiritual paths, we find a common theme of revelations and experiences beyond the physical body. No matter what we believe or don't believe, we will eventually separate from the chrysalis of our flesh in order to experience our spiritual essence. There is simply no escaping the fact that our consciousness must transcend the limits of the body in order to have an authentic spiritual experience. Eventually we must master the ability to explore beyond our dense limits, for transcending these limits is at the very heart of our spiritual evolution."**

Excerpted from *The Secret of the Soul* by [William Buhlman](#)  
Start today with a self-guided online course at [www.astralinfo.org](http://www.astralinfo.org).

**A**s seekers of the truth/reality of our existence it is essential for us to become highly discriminating on what we allow to take root in our mind. It's important to remember that all fear-based beliefs and propaganda are weapons used to manipulate the masses for control, power and or financial gain.

I live with a simple practice; if a belief, information, book or news is fear-based an immediate red flag of B/S appears in my mind. I remain focused and centered on my personal goals and objectively observe as the human herds continue to be pawns of the divisive power players that dominate the physical world. This practice of complete detachment will become increasingly helpful as we navigate the swirling ignorance and division around us.

One fun approach is to energetically become like a duck and let the toxic rain fall around you without it impacting you. With calm detachment you can sit back and smile at the insanity of the world and remain centered on what is truly meaningful and joyful in your life.



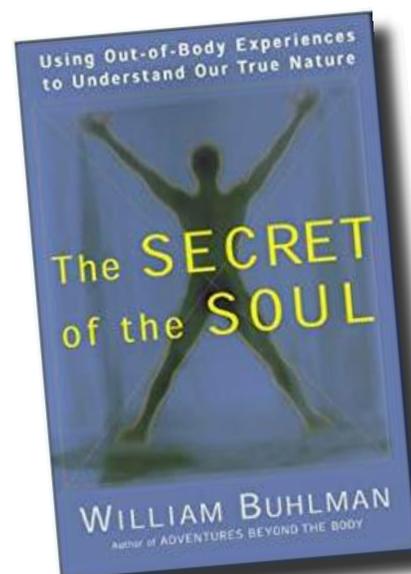
**A**s of this month I have worn this human costume for 72 years. For the first 20 years I was trained to assimilate into human society and culture; I was taught to fit in, follow the rules, don't be weird. After my first out-of-body experiences in the early 1970s I became an active inner explorer of my immortal nonphysical self. That's when I realized that most of the beliefs that I had accepted from birth were seriously flawed or false.

Once you experience the core nonphysical truth of your existence you are no longer the compliant pawn of the belief systems that divide us by politics, religion, race, gender or national origin. You become aware of the daily mass media propaganda of fear and division.

It takes courage to question what you have been taught and accepted your entire life. It takes courage to explore beyond the dense physical and seek the answers for yourself. When you experience your immortal-self you awaken to the reality that you are NOT a physical bipedal human and that's when you begin an exciting lifetime journey of awakening.



For more info, visit [www.astralinfo.org](http://www.astralinfo.org).





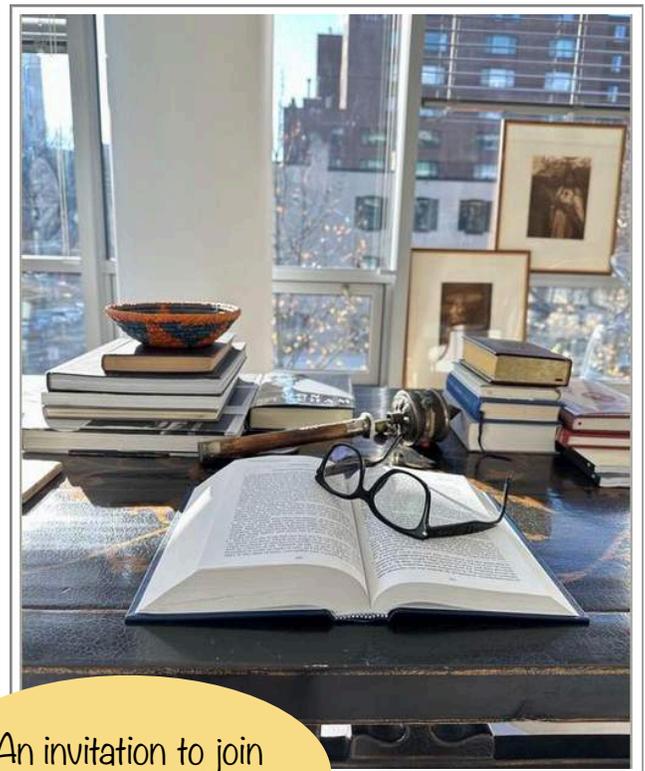
**Marianne Williamson**

This year I'm doing what I can to appreciate the sacred in every moment and in everything. Every morning when I wake up, I have a date with myself on my living room couch. My copy of *A Course in Miracles* lives permanently on my coffee table, and this time with myself before I go about my day is like the engine room of my life.

Years ago, I was in Egypt when I had an amazing experience gazing at the Sphinx in the middle of the night. I felt as though I received my instructions for this lifetime, as though something entered into me and filled my cells with some knowledge my mortal mind could not yet understand. When I told people I had received my instructions for this lifetime, of course they asked me what it was but I didn't know! Lol I just knew I had received it.

I feel a little mini version of that every morning when I sit on my couch, read my Lesson in *A Course in Miracles*, drink my coffee, and allow myself to dream.

Today, I'm off on a magical adventure to a far away land. I'm open to whatever miracles await me there. And I wish the same for you. Every day is a day when miracles await us. Every day and every place and every hour of every day.



An invitation to join me this year!

Hey, Friends,

It's that time again when many of us gear up to start the Workbook of *A Course in Miracles* on January 1, some for the first time, some for the umpteenth time. Given that it's a curriculum in the complete transformation of our thought system from fear to love, doing the Course is a big deal. I can attest personally to the fact that I have a different day when I've done the lesson versus a day when for whatever reason I blew it off.

I've made videos of all 365 lessons plus my reflections on them, deliverable to your inbox every morning. The program is called *Mornings with Marianne*. I've been amused by strangers coming up to me in airports and places like saying things like, "I'm with you every morning!" There's a spiritual yearning on the planet that's palpable these days and *A Course in Miracles* is part of it. The Course uses traditional Christian language but in very non-traditional, psychotherapeutic ways. It's gentle but its effects are fierce. Even five minutes in the morning guarantees a different tone in our thought forms throughout the day.

Join me! Visit [MorningsWithMarianne.com](http://MorningsWithMarianne.com) to sign up.



# Minimalism Introduces Us to Intentionality



By Joshua Becker

When Kim and I (+ two kids) began minimizing our possessions, I was just looking for a little relief.

I was weary of living paycheck to paycheck. I was weary of spending so much money on myself while knowing there were others that needed it more. And I was weary of the time and energy being wasted on cleaning, organizing, repairing, and maintaining our home.

When my neighbor introduced me to the word *minimalism*, I began to see clearly how the excess possessions I had accumulated were stealing my time, money, and energy. And how minimalism was the change I needed in life.

In many ways, our decision to intentionally live with fewer possessions was motivated entirely by discontent.

But regardless of our motivation, shortly after the decision was made, we found countless life benefits. And minimalism introduced intentionality into our lives:

**We found intentionality in our values and passions.**

Minimalism is the intentional promotion of the things we most value and the removal of everything that distracts us from it.

And while this looks different for each person, it always requires its pursuer to further define his or her passions—and discover intentionality because of it.

**We found intentionality in our finances.**

Owning less, by itself, didn't provide us with more money (except for the items we sold), but it did provide us with more opportunity for the uses of our money.

For example, once we became attracted to living with less, and the hold



of consumerism on our checkbook was broken, we could use our money for **more valuable purposes** than buying from the clearance rack at the local department store. New opportunities to help others became available—and new decisions were forced because of it.

**We found intentionality in our health.**

Six months after discovering minimalism, I faced an upcoming birthday. After spending so many months removing the clutter from our home and life, the last thing I wanted to receive was anything that could become clutter.

While brainstorming nonphysical gift ideas, I noticed a **Planet Fitness** that had just opened down the street from my house. And for the first time I had the motivation, the finances, and the time to get in better physical shape.

**We found intentionality in our diet.**

Interestingly enough, the last thing you want to put in your body after working out is junky, processed food. So we started making healthier food choices: more fruit, more vegetables, less sugar.

More time and less desire to buy possessions... introduced me to a gym membership... which then introduced me to healthier diet.

I also began to form new friendships with other simple-living advocates, many of whom modeled intentional diets. Over the years, we have experimented with many of their ideas. Each time, we discover new foods to eat and increased understanding about the food we put in our bodies.

**We found intentionality in our spirituality.**

Minimalism offered the opportunity to slow down. It also provided the motivation.

As I began to realize how much of my thinking had been hijacked by advertisements and a consumer-driven society, I was drawn to the practice of meditation and solitude. I was drawn to find new voices for guidance.

Being raised in a religious home, I was also drawn to find the voice of a higher power—one who knew far more and could reorient my life around greater,

Continued on page 17

more eternal pursuits. This voice is still and small. And it requires each of us to slow down long enough to listen.

**We found intentionality in our relationships.**

Owning less opened the door for new relationships in our lives. We were able to become more involved with our neighbors and our community. We were more willing to have people in our home, as preparing for their arrival became easier.

We spent less time shopping and cleaning and organizing and began to spend more time with the people who made life enjoyable. Our capacity for and appreciation of relationships began (and continues) to grow.

**We found intentionality in work.**

The longer we lived with fewer possessions, the more our view of money began to change. Having a lot of it became less important to us. Our essential needs are met and we have enough left over to practice generosity—what else is needed?

As our view of money shifted, so did our motivation for work. Work became less about the weekly financial deposit and more about the value and contribution we could provide to people’s lives. It opened the door even wider for honesty, cooperation, people, passion, and joy at work.

**We found intentionality in our heart pursuits.**

Living with less opened the opportunity for contentment, gratitude, and generosity to take root in our heart. It forced us to redefine happiness.

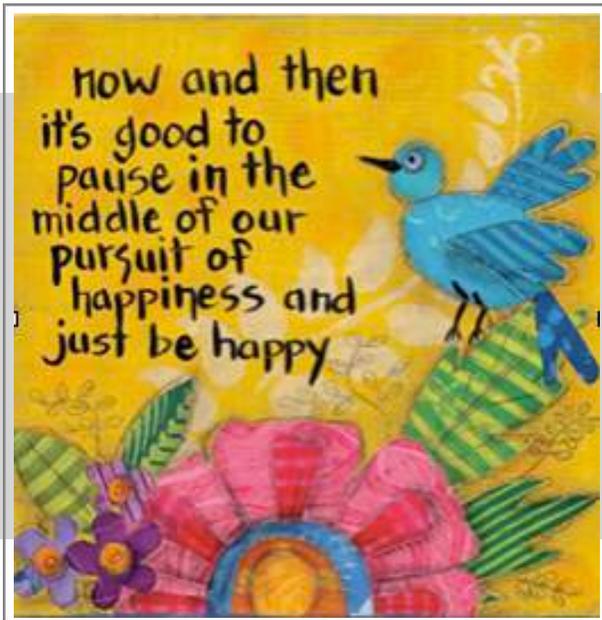
Happiness was no longer for sale at the department store. Instead, we discovered it was a decision available to us all along. And once we stopped looking in the wrong places, we were able to find happiness in the right places.

We entered into minimalism because of discontent in our lives. But among its greatest gifts, it brought us *intentionality*. And we couldn’t be more thankful.

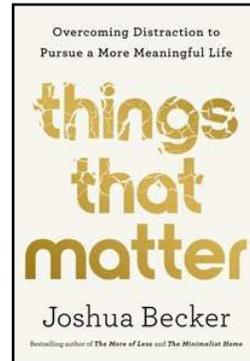
If you only get one life to live, you might as well make it the most intentional one possible.



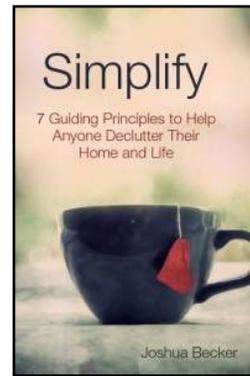
**Joshua Becker is the best-selling author of four books, including: *The More of Less* and *The Minimalist Home*. See links at right to purchase!**



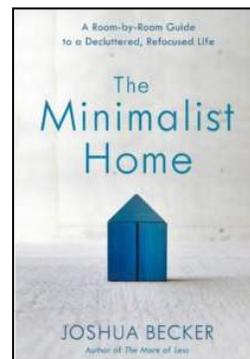
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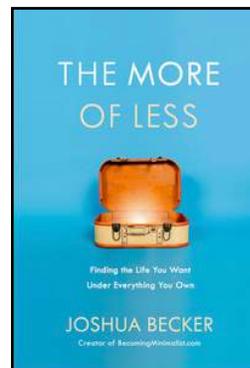
[Things That Matter: Overcoming Distraction to Pursue a More Meaningful Life](#)



[Simplify](#)



[The Minimalist Home: A Room-by-Room Guide to a Decluttered, Refocused Life](#)



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

# How to Make and Keep Your New Year Resolutions

**Studies Show 91 Percent of Us Won't Achieve Our New Year's Resolutions. How to Be the 9 Percent That Do. Four strategies that the 9 percent of successful goal-achievers do consistently well.**

By [Marcel Schwantes](#), Inc. contributing editor and founder, Leadership from the Core [@MarcelSchwantes](#)

Studies I've read over the years show that people that set [New Year's goals](#) don't actually meet them. In fact, of the 41% of Americans who make New Year's resolutions, [only 9% were successful](#) in keeping them.

[Research](#) can even predict which day you will quit your New Year's goals.

Strava documented over 800 million user-logged activities in 2019 and found that most people toss in the towel on January 19, which [Strava](#) succinctly dubs "Quitter's Day."

If you want to break the cycle of your own annual quitting ritual, do what the other 9 percent of successful goal-setters and goal-achievers do consistently well.

## 1. Set specific and challenging goals

[Research](#) found that when people followed these two principles -- setting specific and challenging goals -- it led to higher performance 90 percent of the time. The more specific and challenging your goals, the higher your motivation toward hitting them. That explains why easy or vague goals rarely get met. For example, if your goal this year is to lose 30 pounds, that may be challenging for you, but it may not be specific enough. You'll want to eliminate vagueness and make it more achievable by articulating it like this: During the summer months of June, July, and August, I will lose five pounds each month by cutting off sugar and all fast food, and walking 45 minutes four times per week. When you have that much clarity around your goal, your



increase greatly if you're getting frequent feedback that will keep you on track. Successful goal-achievers benefit tremendously from [feedback](#) and accountability from coaches, trainers, or trusted friends. They surround themselves with those who will support them on their journey.

chances of hitting the mark increase dramatically.

## 2. Set goals that you want to pursue with relentless drive and passion

The 8 percent of successful goal-setters want it, and badly. Check in with yourself before setting the goals and have an honest self-dialogue. Are you totally sold out for reaching your goal? When obstacles pop up along the way, will you do whatever it takes to keep going? The relentless 8 percent have an internal compass that keeps them locked in until they reach the top of the mountain. It's having a mindset of "doing whatever it takes" that comes from an intrinsic drive at the core of their being. Questions to ask yourself: How badly do I want it? Who's holding me accountable to the end? Is my heart truly in it from the start? What's life going to look like once I complete the goal? In the end, will it be worth it?

## 3. Get a support system

We're all bound to procrastinate or lose motivation, it's human of us. To counter these unproductive behaviors, your chances of hitting a specific goal

## 4. Focus on smaller goals to hit your big goal

To hit a big goal this year, work on several smaller chunks to complete that one, big goal. Focus on knocking one small chunk down at a time, then move on to the next one. As you break the big goal down into smaller chunks, each of those chunks should have its own deadlines. For example, if your big goal is one that will take many months or the whole year to reach, take action now by setting realistic target dates to reach your objectives in the immediate future. In other words, find something you can do this week to begin taking some type of action now for next week or next month. If the overarching goal is to save money, make a budget this week for the following week. If it's to lose weight, develop a plan to commit to losing two pounds the following week.

To bring it home, remember the words of Aristotle, who nailed it more than 2000 years ago when he said, "We are what we repeatedly do." By practicing these skills, expect to dramatically improve your rate of finishing the year on target.

Δ



## A Channel from [Stefanie Finn](#)

*Into a panicky situation, a system of rules, or denial, comes a teacher of God. In silence does he see the truth. He never waivers as he amasses the situation at hand. He gathers light frequency, not facts. He sees with spiritual Sight, not eyes. Shadows mean zero to a teacher of God as he speculates the frequency of a 1000 angels. He cannot waiver from the fact that his brother is a massive light frequency. His “hit” is his spiritual knowledge. The past is smoke and mirrors and he sees straight through it to the eternity and magnitude of the moment. There is a brightness in him that cannot be denied even as he penetrates the gladness of God and does not say a word.*

*“Behold I will make all things new through you”, says God.*

*And the teacher of God laughs and laughs and laughs, as he trail-blazes his light particles into this now moment, and saturates himself with the Knowledge that there is nowhere else to be. Δ*

# 11 Resolutions For a Better You—Proven by Science!

By **Joshua Becker**

*“Good habits make all the difference.”*

—Aristotle

It is wise for each of us, from time to time, to stop and evaluate our lives as we seek to make the most of them. The start of a calendar year provides an opportunity to look back at the decisions that shaped our lives during the past year and gives us an extra push to make adjustments for the next one. Every new January represents a natural opportunity to evaluate the direction of our lives, adjust course if necessary, adopt new habits, or make healthy changes. Birthdays can often serve the same purpose.



This January, why not start the year with an empty jar and fill it with notes about good things that happen. Then, on New Years Eve, empty it and see what awesome stuff happened that year.

Consider then, these 11 resolutions for a better you—proven by science. It is, after all, our habits that determine the course of our lives.

**1. Exercise.** Some [studies](#) indicate exercise contributes to a positive body image even prior to any body weight or shape change—with as little as two weeks of regular exercise.

**2. Less television.** Deciding to cut back may be one of the best decisions you could ever make.

**3. Go outside.** Spending time outside with nature contributes to increased energy, wards off feelings of exhaustion, and results in a heightened sense of well-being.

**4. Read fiction.** Reading results in [heightened connectivity](#) and brain activity. You may enjoy beginning with [The Hunger Games](#) or [Divergent](#).

**5. Give.** Numerous studies show charitable giving boosts happiness and reduces stress—especially when the generosity promotes positive social connection. If you don’t already, find a cause or person you believe in and offer them consistent monthly support. They will benefit. You will benefit. And the world will be a better place.

**6. Serve.** Volunteering provides great value for our lives and the lives of those we choose to enrich. The golden number appears to be 100 hours per year (2 hours/week).

**7. Buy less stuff and more experiences.** You’ll be glad you did in [more ways than one](#).

**8. Display gratitude.** One of the greatest contributing factors to overall happiness in your life is how much gratitude you show. Getting started could be the easiest decision you make all year.

**9. Practice smiling.** One easy way to improve your mood is to intentionally recall pleasant memories or think more positively about your current situation—and then smile because of it.

**10. Stop and just play.** But play is fun and enjoyable. Play enriches the lives of children by exercising their mind and body. It has the same positive effect on adults. So make it a point to slow down and play constructively with your friends or kids.

**11. Determine to be happy.** Deciding to be happy is a productive decision toward achieving it.

Adopting 11 new habits at one time is almost certainly too much to ask. But choose one or two specifically. And then, give it 29 days. You’ll be surprised how quickly they become habit.

Δ

**Joshua Becker is the best-selling author of four books. See links on page 17.**





# A Prayer for Guidance in 2023

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.

So often we hear bad news ... we are turned down for a new position; fired or let go from a job we're in, or we lose the vitality in a relationship though we drag it along, or maybe we just feel a misfit in some way. And all the while, others are telling us what we don't want to hear about our failings. But we have no true understanding of what they're saying about the ways we need to change.

This brings up the very essential understanding that what we may well need to change within ourselves is beyond our ability or understanding. Does this mean then that we'll continue to be at a loss to have what we yearn for?

This is where a true prayer for guidance comes in. The prayer isn't so much about, "Give to me," but rather, "Adjust my understanding of my words, and actions that I may find acceptance, involvement, success and meaning in my life."

I value this kind of a prayer for guidance because what ails us may not be something that is easily changed, or changeable at all. We're pretty much the way we are. Yet, when we pray for guidance around an issue, we open to the reality that Divine Love stretches us in ways that we can hear and listen and

become happier and more useful right now. Divine Love opens us to understand and face our faults and broken places without judgment, and with appreciation for who we are, rather than who we are not.

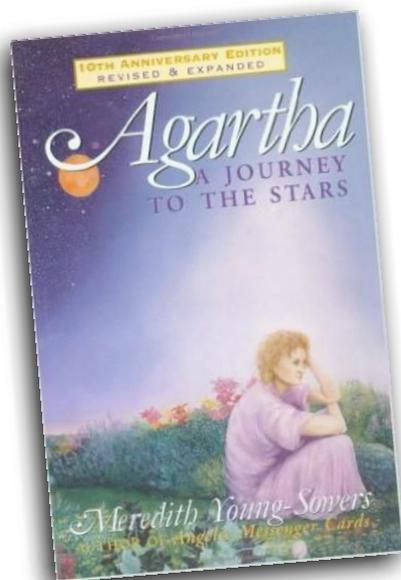
Here is a prayer that I've created for us *today*. You might like to create your own prayers to use, to gain a better understanding of yourself and the possibilities for positive and meaningful change, through Love.

### ~ A Prayer for Guidance ~

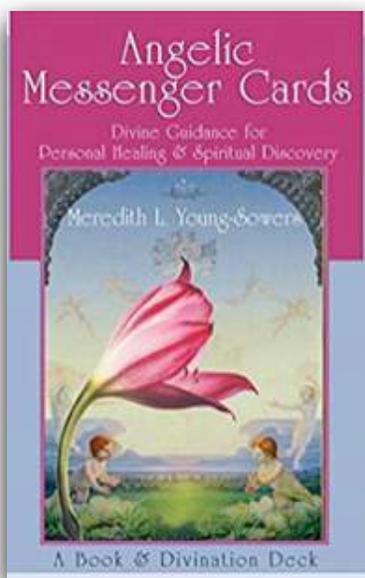
*Dear Mother/Father God,*

*Show me the way ~ through my pain, fear and anxiety ~ to understand what needs adjusting; that I may hear and learn in Love without resistance and resentment in order to change what I can; reframe what I must and release that which is beyond my control. Show me the Way.*

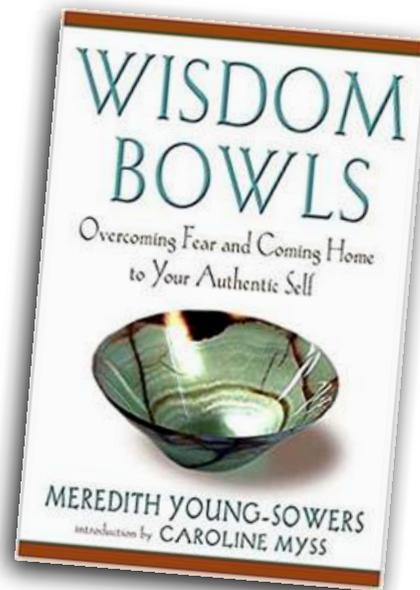
*Amen.*



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



[Angelic Messenger Cards: Divine Guidance for Personal Healing and Spiritual Discovery, A Book and Divination Deck](#)



[Wisdom Bowls: Overcoming Fear and Coming Home to Your Authentic Self](#)



Saturn The Cassini Huygens Space Research Mission NASA

**S**aturn represents the part of each of us that agreed, as spirit, to come into physical form and abide by the rules of time and space. Why? To learn all about how the physical realm works so we can more effectively bring our love-light into it, creating more beauty, pleasure, joy here on earth!

This involves ongoing lessons; thus, Saturn is the enforcer of rules, limits, consequences, and often, pain. It's the stuff of karma, good and bad. Through tough love, fatherly Saturn lets us learn "the hard way" yet is always right there to assist us as soon as we take responsibility for applying the lessons to our choices and actions. It's how we evolve into consciousness.

As Saturn configures with planets in our birth chart over the years, we experience acute times for making choices, letting go of attachments and taking responsibility. Each of these passages helps define us. Inner promptings and outward events challenge us to let go of past patterns and make new

choices and commitments. Our level of consciousness and attitude determine whether we are merely feeling challenged or feeling punished.

Saturn asks difficult questions. What is my purpose? What am I doing about it? What's working? What isn't working? How am I distracted?

Sometimes we experience the painful ripping-away of relationships, jobs, and other attachments. If we refuse to let go, we create suffering for ourselves, missing a more authentic path of growth. Sometimes life imposes responsibilities. If we cannot accept it, life will feel even more difficult. Our karma becomes harder to resolve. We blame others or fall into victimhood.

However, if we apply our lessons and accept responsibility for our life choices, we can then appreciate that Saturn is providing support by focusing our attention, giving our life definition, and pointing us toward the goals we came to achieve in this lifetime.

To achieve anything in this physical world, to manifest any intention, requires committing to a choice and conforming to the principles of time and space. It may not be as easy as in the divine plane, but here on earth, we've agreed to play by these rules. Doing so is rewarded with a sense of fulfillment and inner peace.

So, as the Sun moves through Capricorn this month, your inner Saturn is calling you to become more conscious that you are a spiritual soul creating a human experience and to be more aware of what you are creating for yourself and others.

Some healthy attributes of our Saturn include responsible, accountable, goal-oriented, leader, organized, planner, determined, practical. Unhealthy attributes include bossy, controlling, emotionally insensitive, workaholic, over-achieving, ambitious.

In your body, the energy of Saturn sits in your 1<sup>st</sup> Chakra. Bring your awareness there, feeling rooted to the earth. Ask yourself: Am I committed to being here in my body, in command of my life? Am I still blaming anyone for any of my life experiences? Can I take responsibility for and positively value all my life experiences?

To lend strength to your inner Saturn, try repeating the following affirmation: As a being of loving consciousness, I am choosing to be embodied in time and space. I choose to experience and learn about the dynamics and apparent limitations of this physical dimension. I am learning to become a master of manifestation.

△



**Barry Kerr is a certified soul-based astrologer with over 40 years of experience. Located in Sedona, Arizona, Barry offers remote astrology, energy healing and transformational coaching. Visit: <http://www.chooseconsciousliving.com/>**



# Timeouts: Not Just For Kids Anymore

## Rather than reacting, adults should stop and think before responding to others

By Arline Rowden

We often hear parents of young children talk about using timeouts with their child. Of course, for children the purpose of a timeout is not to punish the child. It's meant to give the child a moment away from an emotional situation so they can calm down. It also probably gives the parent a few moments to do some deep breathing and to relax, too. There is controversy about timeouts for kids but it seems that a great many parents use them.

Have you ever had a time when you said or did something that you regretted because you were emotional and not

thinking in a rational way? Did you just react? I would guess that most of us human beings have done this probably more than once. Have these reactive expressions had a negative impact on your relationships with others? So what is a person to do?

Could a timeout be helpful for adults? The adult would have to assign a timeout to themselves since we'll assume they are no longer living with their parents. Of course, I believe that we all have inner child parts and parent parts alive inside of us. So I guess our healthy parent would assign a timeout for our unhappy child part. This is also an opportunity for us to use our creativity as we work within ourselves. We can have the various parts

dialog with each other.

Emotional healing has been a big focus for me over the years. I've learned to take a time out in various situations. It was to give myself a chance to go inside and discover what was causing me to feel emotional. The cause was inside of myself even though something outside of me triggered it. I

needed to go into my emotional history to discover the cause. Taking the time out would help me to not to say or do something that I would regret later.

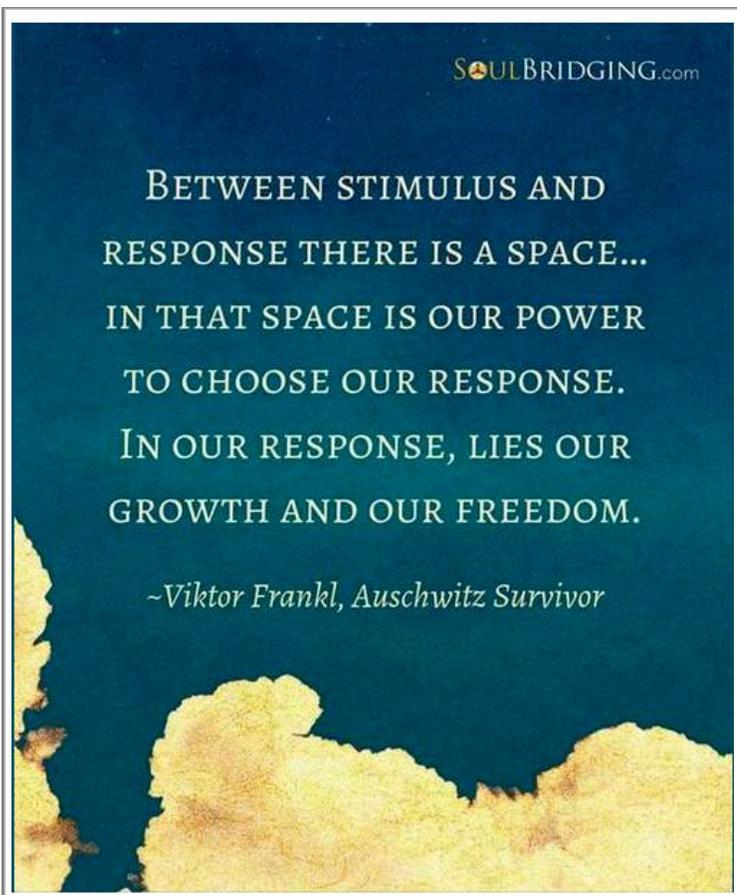
I realized that once I was already feeling quite emotional it was almost impossible to step away from the outer situation that triggered my feelings. I needed to be able to notice my physical sensations that were present prior to feeling quite emotional. My body would always give me a heads up about how it was doing in a situation. It was a type of communication from my body. If I could notice and receive the communication, I could give myself a time out.

Since 2004, I've been studying the emotional nature through the ageless wisdom teachings. It is part of my spiritual path. I feel emotional healing has allowed me to be on a spiritual path. It's difficult or even impossible to be peaceful within if one is in a lot of emotional pain. All that I've learned and all the emotional healing that I've experienced has motivated me to share what I've learned with others.

In Chinese Medicine, they talk about the only job of the Heart is to be an open vessel for spirit. The heart needs to be calm and peaceful for the spirit (Shen) birds to come and rest in the Heart. At this time in human evolution, moving into the Heart is a huge focus for people consciously on their spiritual path. Emotional healing helps us to move into our Hearts.



**Arline Rowden, a Reiki Master Teacher, has been on a spiritual path since 1976, focusing on spiritual development and healing. Hoping to inspire others, she has been sharing stories about her journey on [www.ReikiWisconsin.com](http://www.ReikiWisconsin.com)**



## A New Vibration

From The StillPoint Within  
By JA Dioguardi

*It's time to step aside;  
Take the changes occurring in stride.  
Let go of that which no longer serves;  
Make way for what your future deserves.  
A new vibration has opened the door,  
Unveiling a path that was hidden before.*

*You're feeling a shift in your energy field;  
To fresh desires and demands, you should yield.  
Enhanced awareness drives you to act,  
And now you're given the strength you lacked.  
See through eyes of a shining new you.  
Wake up; expand your view!*

*Discomfort ensures that you'll make the choice  
To heed the call of Great Spirit's voice.  
No longer can you hem and haw;  
you must obey a higher law  
No matter what others say.*

*The dawning of a brand new day  
Unlocks the gate to secret realms.  
And though the thinking mind overwhelms  
your earthly self with doubt,  
the changes that will come about  
not only will lead to where you agreed,  
they will fill your inner world with joy and serenity.*

*So, make way for a revelation!  
The answers that reside within  
and their earthly application  
are viable now as they're riding in  
On the waves of a new vibration.*

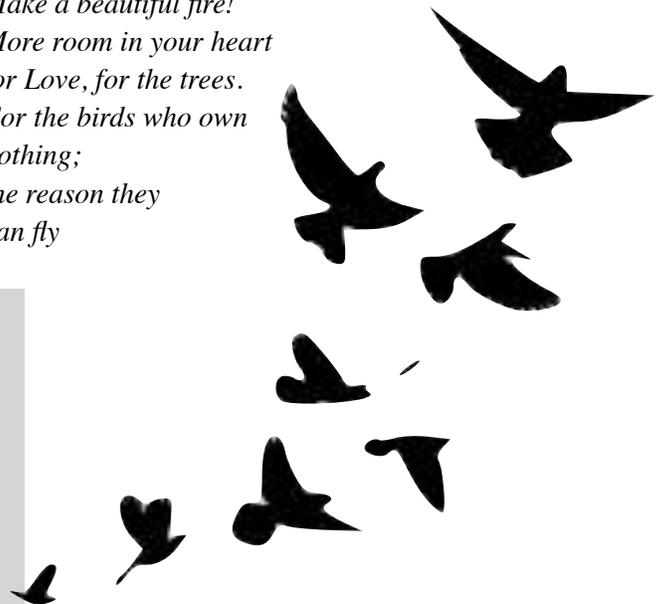


In her own words: "I am a Cosmic Consultant for Change whose mission is to help others see the possibilities available to them so that they are inspired to create a joyful life that honors the intention of their soul. I inspire, teach, and heal via the vibration of my words." For more of her writings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

## Benefits of Space Clearing

A Poem By Mary Oliver

*When I moved from  
one house to another,  
there were many things  
I had no room for.  
What does one do?  
I rented a storage space  
and filled it.  
Years passed.  
Occasionally,  
I went there  
and looked in,  
but nothing happened,  
not a single twinge  
of the heart.  
As I grew older  
the things I cared about  
grew fewer but were  
more important,  
so one day I undid the lock  
and called the trash man.  
He took everything.  
I felt like the little donkey  
when his burden is finally  
lifted.  
Things! Burn them,  
burn them!  
Make a beautiful fire!  
More room in your heart  
for Love, for the trees.  
For the birds who own  
nothing;  
the reason they  
can fly*



# Good News About Addiction

What really causes addiction, addiction to everything from cocaine to smart-phones; and, how can we overcome it?



**Johann Hari says, “Everything you think you know about addiction is wrong.” He has seen our current methods fail firsthand, as he has watched loved ones struggle to manage their addictions. He started to wonder why we treat addicts the way we do, and if there might be a better way. As he shares in this deeply personal talk, his questions took him around the world. He unearthed some surprising and hopeful ways of thinking about this age-old problem. Take a look. [Everything you think you know about addiction is wrong](#)**

**G**et a rat and put it in a cage and give it two water bottles. One is just water, and one is water laced with either heroin or cocaine. If you do that, the rat will almost always prefer the drugged water and almost always kill itself very quickly, right, within a couple of weeks. So there you go. It’s our theory of addiction.

Bruce K. Alexander comes along in the ’70s and said, “Well, hang on a minute. We’re putting the rat in an empty cage. It’s got nothing to do. Let’s try this a little bit differently.” So Bruce built Rat Park, and Rat Park is like heaven for rats. Everything your rat about town could want, it’s got in Rat Park. It’s got lovely



food. It’s got sex. It’s got loads of other rats to be friends with. It’s got loads of colored balls. Everything your rat could want. And they’ve got both the water bottles. They’ve got the drugged water

and the normal water. But here’s the fascinating thing. In Rat Park, they don’t like the drugged water. They hardly use any of it. None of them ever overdose. None of them ever use in a way that looks like compulsion or addiction. There’s a really interesting human example I’ll tell you about in a minute, but what Bruce says shows that both the right-wing and left-wing theories of addiction are wrong. So the right-wing theory is it’s a moral failing, you’re a hedonist, you party too hard. The left-wing theory is it takes you over, your brain is hijacked. Bruce says it’s not your morality, it’s not your brain;

Continued on page 23

it's your cage. Addiction is largely an adaptation to your environment.

We've created a society where significant numbers of our fellow citizens cannot bear to be present in their lives without being drugged, right? We've created a hyper-consumerist, hyper-individualist, isolated world that is, for a lot of people, much more like that first cage than it is like the bonded, connected cages that we need.

### Love is the Answer!

The opposite of addiction is not sobriety. The opposite of addiction is connection. And our whole society, the engine of our society, is geared towards making us connect with things not people. If you are not a good consumer capitalist citizen, if you're spending your time bonding with the people around you and not buying stuff—in fact, we are trained from a very young age to focus our hopes and our dreams and our ambitions on things we can buy and consume. And drug addiction is really a subset of that."

~ Johann Hari

**Credit: Sci Westwood. For more, visit:**

<https://www.ted.com/.../>

[johann hari everything you think...](#) -

**About the work of Bruce K. Alexander**

### Love Heals! ❤️

In a separate study by the National Institute of Drug Abuse, it was discovered that rats prefer social interaction to heroin or Methamphetamine.

Read more here:

<https://nida.nih.gov/news-events/nida-notes/2019/08/rats-prefer-social-interaction-to-heroin-or-methamphetamine>



the *Dao* of Dana

# Want More Success? It Starts with You

By Dana Claudat

<http://www.fengshuidana.com/>

**A**chieving more success is not about changing yourself into a new person; becoming like other people, trying to have another person's style, or anything to do with being suboptimal and then setting yourself on a path to "fix" yourself.

In fact, the secret to success starts with acknowledging all that you are... your greatness, your power, your wisdom., your unique perspective, your energy, your desires, your passions, your personal lessons and your talents and gifts!

We can all grow, improve our skills, hone our abilities and transform our lives— but the goal is never to become a whole new person. It's to bring out all of the (God-given) inherent and infinite potential that we have. This is a vast distinction here.

When you start from a place of being less-than, or somehow "broken" or "bad," it's enormously hard to own your power and move from a place of clarity and connection to life. When you start from a place of being whole and great, you can improve all of life by leaps and bounds – including your home, which is an extension of you.

This should not be a secret to success in my mind, because it's so simple and so straightforward, but give the vast amount of time my clients spend coming back to a place of loving themselves and trusting in their power, it clearly is worth mentioning. Success starts with you.

△

[Click Here To Watch Video and Be Inspired!](#)





# Reset Your New Year with Body and Soul Nourishment



**H**ow and what we eat manifests in true health or imbalances in our physical being. Shifting the diet will not only nourish, balance and cleanse the body, but I believe it will help clear the paths to creativity, harmony, spiritual growth and well being. What could be a better way to begin living well this year?

As you begin to shift your diet to more whole foods, relying less on processed and refined foods, you will notice significant changes. These improvements may include increased joint flexibility, enhanced energy, mental clarity, endurance, sustained patience and an overall sense of feeling satisfied or centered in this universe.

Listen to your body. Be aware of how you physically relate to certain foods and herbs. Attune to your emotions as you eat. How does it feel to eat when you are upset? Notice if the foods you ingest feel alive, fresh, and satisfying. Perhaps you will begin to notice how salt, sugar, or chemical preservatives impact you.

When and why are you eating? Is it truly when you are hungry? Maybe you are eating more compulsively at certain times to cope with stress. Are you eating to meet another need; when you are angry, lonely, tired, bored? Tune in. Consider starting an informal food journal if you wish to improve your relationship with food.

You don't need to make radical changes in your diet and eating habits all at once. Rather, engage in a gradual, gentle shift. Eventually, you will notice certain food cravings, sensitivities, or unwanted patterns slipping away.

**Are you eating consciously or unconsciously? Consider journaling responses to the following questions in your journey toward aligned eating, improved nutrition and optimal health. Do you...**

- Drink 6-8 glasses of purified water daily?
- Eat regularly? Balanced meals? Smaller, frequent meals?
- Skip breakfast?
- Minimize salt intake?
- Reduce the amount of sugar and processed foods you ingest?
- Stay away from chemicals, dyes, preservatives, and synthetic hormones added to foods?
- Limit consumption of stimulants, soda, alcohol?
- Eat as many organic and whole foods as possible?
- Eat locally grown fresh foods when possible?

Eat a diet high in fiber?  
Stay away from foods and substances that seem to irritate you?

**Another set of interesting questions I like to ask patients. Do you...**

- Adjust your diet to align with the seasons and natural cycles?
- Include wild foods, herbs and spices in your diet?
- Have an awareness of foods and energy levels?
- Consider your body constitution and make-up? Your ancestral foods and herbs?
- Reflect upon family and childhood eating patterns and how these impact you now?
- Consider how your home and family environments influence your eating habits?
- Consider your work schedule, commuting and eating patterns of co-workers and their influences on you?
- Assess when stress is impacting your digestive system?
- Take into account normative eating routines? Do you tend to be early, late, rushed, slow, deliberate, solo or social when you eat?
- Have awareness of your emotional needs and how you may eat for fulfillment of those needs?

As you take personal health steps you may want to seek the assistance of a nutritionist, dietician, naturopath, clinical herbalist for individual needs. Examples of alternative nutritional pathways include, but are not limited to: the elimination diet, rotational diet to address allergies, vegan or vegetarian diet, mono food diet, juicing cleanse, detoxification diet, cancer prevention diet, macrobiotic diet...to name a few.

Wishing a nourishing New Year to you!

Δ

**Note: Information disseminated in this article is not medical advice or legal counsel; nor is it considered a medical or psychiatric diagnosis, treatment or cure. Visit: [FAQ & Policies - Green Wisdom \(weebly.com\)](#)**

**Gigi Stafne MH, MI, ND has 38 years of Clinical, Crisis-Trauma Service and Educator Experience. Read more at:**  
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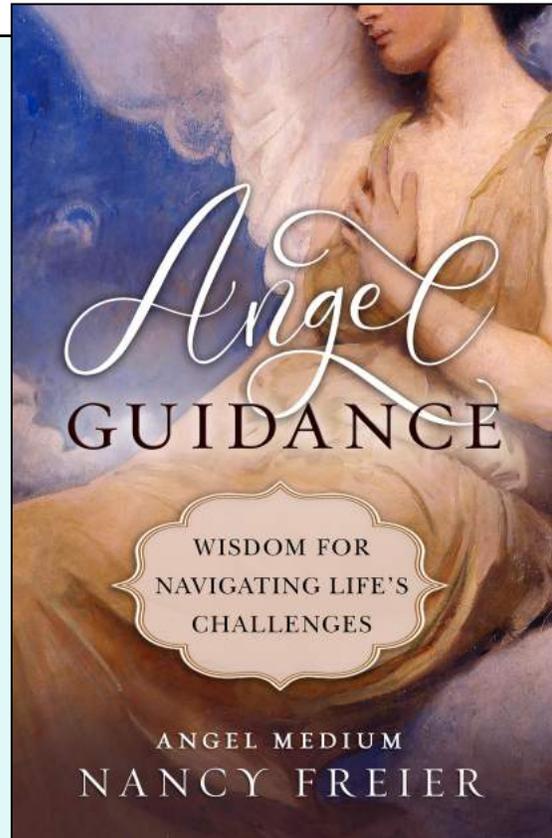
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# Put Your Health in Your Own Hands with the ~ Already Done Prayer



**M**y friend Richard Sutphen tells an interesting story about his experience as a participant in a “Divine Matrix” seminar conducted by quantum physicist and author Gregg Braden.

Much of Gregg’s work relates to his long search through ancient culture, their writings and sacred texts for a more effective form of prayer. Gregg says that classic method of many of our prayers -- asking God for what we want -- actually cancels out our request. We often begin a prayer by acknowledging we do not have what we want.

Here’s an excerpt from Gregg’s book, *Secrets of the Lost Mode of Prayer*. He describes accompanying a Native American friend on a hike through the New Mexico high desert. During a time of drought, his friend David wanted to pray for rain within a medicine wheel. “I wasn’t prepared for what I saw next. I watched carefully as David removed his shoes, gently placed his naked feet into the circle, and honored the four directions and all of his ancestors. Slowly, he placed his hands in front of his face in a praying position, closed his eyes and became motionless. Oblivious to the heat of the midday desert sun, his

breathing slowed and became barely noticeable. After only a few moments, he took a deep breath, opened his eyes to look at me, and said, ‘Let’s go. Our work is finished here.’”

Expecting to see dancing, or at least some chanting, I was surprised by how quickly this prayer began and then ended. “Already?” I asked. “I thought you were going to pray for rain!”

“David’s reply to my question has been the key that has helped so many to understand this kind of prayer. As he sat on the ground to lace up his shoes, David looked up at me and smiled. ‘No,’ he replied. ‘I said that I would *pray rain*. If I had prayed *for* rain, it would never happen.’”

Gregg asked, “If you didn’t pray for rain, then what did you do?”

“It’s simple,” he replied. “I began to have the feeling of what rain feels like. I felt the feeling of rain on my body, and what it feels like to stand with my naked feet in the mud in our village plaza because there has been so much rain. I smelled the smells of rain on the earthen walls in our village, and felt what it feels like to walk through fields of corn chest high because there has been so much rain.”

David had used his thoughts, feelings and emotions to perceive what he desired as an already accomplished fact. Although Gregg does not go into it in the book, in the seminar he said the following day it started to rain and did not stop until after the rain itself had become a problem.

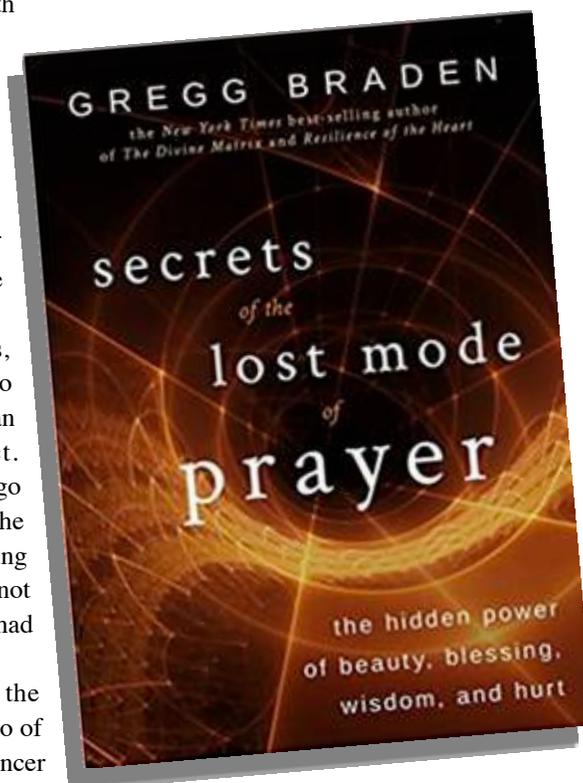
In another segment of the seminar, Gregg showed a video of a woman with inoperable cancer being healed at a medical clinic in

mainland China. A female technician used an ultra-sound monitor allowing us to see what was happening within the patient’s body as three doctors chanted something to the effect of the healing being “*Already Done*.” Within 2-1/2 minutes the cancer disappeared. The success rate of such healings is over 90 percent if the patient is willing to establish new patterns of thinking, diet and exercise.

For many years I have taught people to pray the solution, not the problem. This story from Gregg Braden illustrates how to do that. I thought it was worthwhile to pass along. We can learn to *pray health*, not for health, or the removal of the disease.

△

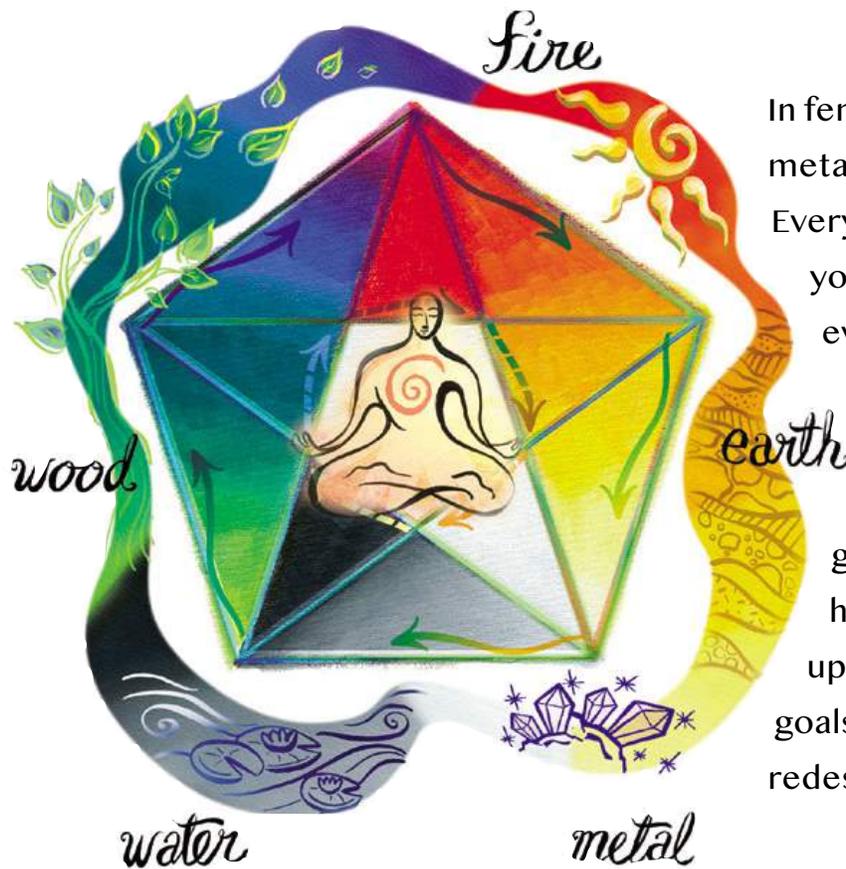
**Editor’s Note: We understand this article has ‘been around’ for sometime, and has been on file for the right time to publish it. Unfortunately, the writer of it is unknown.**



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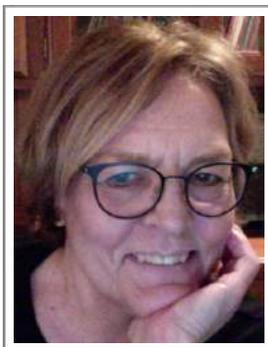
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# A New Home and a New Life for One Lucky Dog

By Lynn Schuster, Animal Communicator



**W**ith the arrival of the New Year, I find myself reflecting on animals that have inspired me and warmed my heart throughout the year. Penny is one of those animals. Her amazing story is about forgiveness, hope, new beginnings and resolution.

I met Penny on a warm summer day in July. She had been with her new family for just one week, and she was not acclimating well. The only thing we knew about her, was that she was a stray, she was found in a parking lot in Kentucky, and she recently had puppies. Colleen called me because she was worried and did not know how to reach Penny. She was barely eating, did not want to move off the sofa, slept most of the time, and was not interested in Colleen, her family, or her other two dogs.

When I arrived, I sat next to Penny. She barely moved and she looked up at me with big round sad eyes. I sat with her for a moment before we began our conversation. She allowed me to put my hand on her shoulder and I could feel her sadness.

Penny disclosed that she was “waiting for the next ride.” She had traveled a long way and with several different people. They were all very nice, but it was obvious that they had a job to do and that was to deliver her to her next destination. Penny was sure that someone else would be coming for her and that she would be leaving this nice house very soon.

I asked her how many rides she had been on since she left the parking lot in Kentucky. She told me she had been on three long rides, and each time they would let her stay for little while but then a new person would show up, put her in their car and off they’d go again. No wonder she was uninterested in getting to know anyone, she didn’t think she would be staying with Colleen and her family, but most of all she felt that she had done something wrong “because so many people didn’t want her.”

The first thing I wished to convey to Penny was that she was safe here, she would be loved and her travels were over. She had arrived at her new forever home. I wanted her to know, without a doubt, that it was ok for her to settle in and get to know her new people and the two dogs that would become her pack. I could feel Penny beginning to trust

Colleen and I and her heart opened a little bit.

With a worried look, Colleen wondered if her previous family was looking for her. Colleen imagined that they would be really worried about her. Penny was sure that they were not looking for her because they were the ones that dropped her and her puppies off in the parking lot.

Penny told me she was very worried about her puppies and she wondered where they were. I assured her that I would support her in looking for them. Through a telepathic connection, she found each one of them and although they were not together, each one had a new home. I could feel her heart opening even more as she poured love out to her pups. Physically, Penny took a deep breath, and let out a tremendous sigh of relief and her eyes softened. Emotionally, she was beginning to relax and she let go of some of the fear and doubt that had been weighing her down. I stayed for a while longer making sure that both Penny and Colleen felt secure about our conversation.

The next day, Colleen called me and exclaimed, “I have a new dog! She is off the sofa, wagging her tail, asking for food and interacting with our other dogs! She even wants to go outside to play!”

Δ

**Lynn Schuster is a Telepathic Animal Communicator who is passionate about strengthening the bond between animals and humans. To get in touch with Lynn, please see her ad on page 29.**

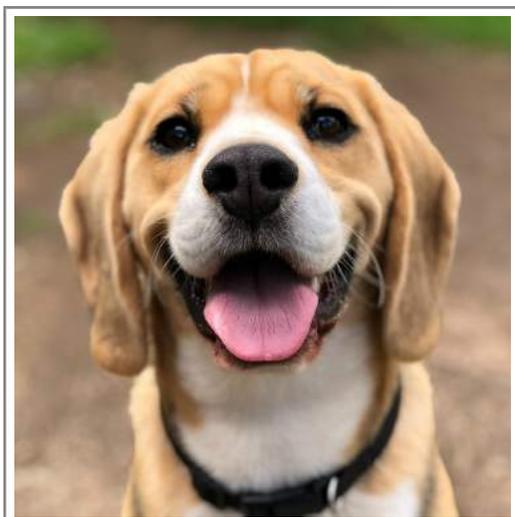


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