

# The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 12 Issue 5 • May 2024

The background is a painting of a woman with dark hair, looking down with a serene expression. She is wearing a blue and white patterned garment. A small blue bird is perched on her shoulder. The painting is rich in color, with blues, greens, and earthy tones, and has a soft, ethereal quality.

## *Honoring the Divine Feminine*

## *A Mother's Story of Love and Bereavement*

*Plus...*

*How to Contact Loved Ones in Spirit,  
The Presence of Angels, Mindful Meditations,  
Miracles, and more!*



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Golden Light Healing Retreat Center is an oasis of peace and healing nestled amid 200-acres of prairie, fields and forest just 15 miles from Green Bay, Wisconsin. We offer workshops and sessions in Shamanism, Reiki, Mediumship and Psychic Development. Our mission is to empower others to connect with their own healing capabilities and psychic intuitive gifts. Our Retreat Center is available for customized personal retreats, company team-building workshops, or for private group rental. Lodging options are available.

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**AWAKEN YOUR INTUITION!**  
June 7 from 6:00-10:00pm

**THE HERBAL APPRENTICE WITH GIGI STAFNE**

July 27-28, 9:00-3:00. Do you desire to be more self-sustainable with your personal health care and home? Dabbled with herbalism a bit or engaged in self-study for years? Are you ready to learn more? Join us for this inspiring foundations certificate-level botanical medicine course! Combine the intuitive art and solid science of botanical medicine, apprenticing with Master Herbalist, Gigi Stafne, for an intensive weekend in herbalism with lots of hand-on opportunities.

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August 23-25, Friday 3:00PM-Sunday 12:00PM. \$570/couple includes meals. Are you looking to rekindle, strengthen and deepen your relationship with someone special in your life? Join us for a weekend where you and your partner will be immersed in loving connection.

**CHAKRA AWAKENING WORKSHOP WITH JOANNE WIRTZ**

May 11, 9:00-4:30, 2024.

**TRUSTING YOUR INTUITION**

June 26, 6:00-10:00pm. \$111

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

October 6, 1:00-5:00PM A life enrichment workshop to learn self-healing

**SOUL NOURISHMENT & SEASONAL SELF CARE WITH GIGI STAFNE**

November 30-December 1, 2024.

Most of us are craving time away to reflect and reset. This is the perfect weekend getaway to do just that before winter blows in. Dive into a weekend of restoration, nourishment, and natural self care techniques to serve you well during this seasonal shift, but also for a lifetime. Each morning there will be a body and soul focus activity: shedding the emotional and energetic toxins of life; shifting with the seasons and aligning with earth energies; journaling for a more calm, contemplative, and creative life; handcrafting heartfelt herbal goodness for a special self care kit to take home.



**REIKI LEVEL I TRAINING**  
June 9 9:00-4:30

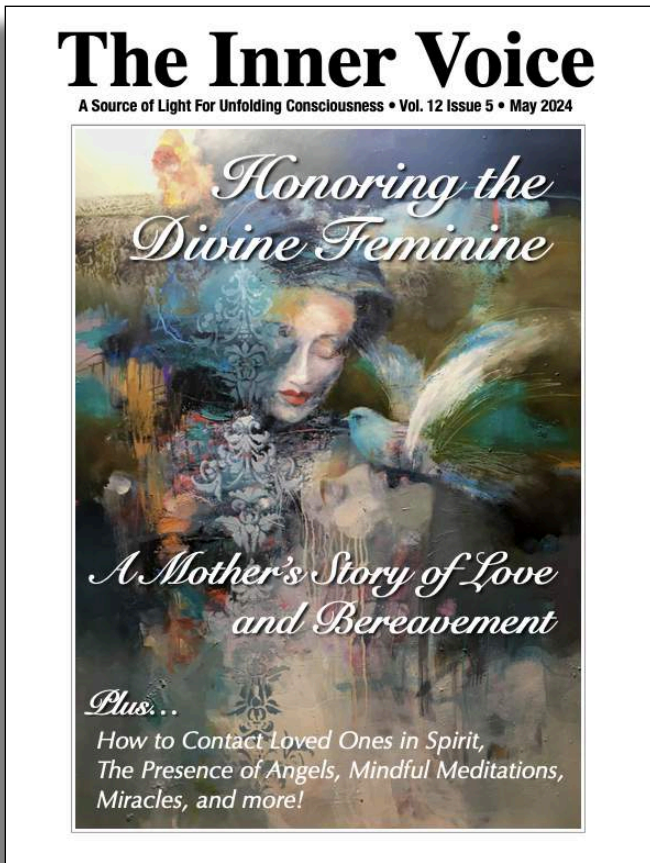
**REIKI LEVEL II TRAINING**  
June 15 9:00-4:30

**REIKI MASTER TRAINING**  
June 8 9:00-4:30 includes apprenticeship



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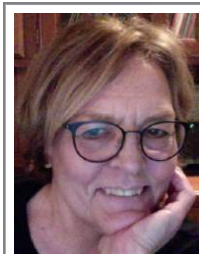


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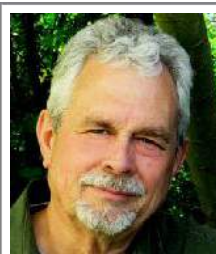
*Life is amazing. And then it's awful. And then it's amazing again. And in between the amazing and awful it's ordinary and mundane and routine. Breathe in the amazing, hold on through the awful, and relax and exhale during the ordinary. That's just living... heartbreaking, soul-healing, amazing, awful, ordinary life...and it's breathtakingly beautiful. —L.R. Knost*

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❤️ Thank You!

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*Celebrate Wellness - Dare to Explore and Discover!*



*May 11, 2024*

**10am - 5pm**

**Brookfield Conference Center  
325 S Moorland Rd, Brookfield, WI**  
\$15 advance purchase or cash only at the door

*Explore! Discover! Feel Good!*

Share the day with over 100 specialists in health & wellness, life coaching, personal growth programs, natural healing, herbs, organic items, animal communicators, sound healers, psychic readings, and much more. Learn more about lifestyle decisions to enhance your health by attending any of our 13 FREE classes.

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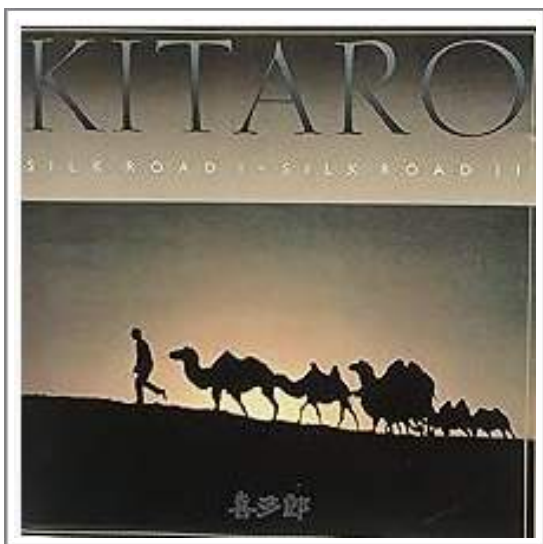
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**[DareToBeAwareFair.com](http://DareToBeAwareFair.com)**

## Musical Memories



In a recent Zoom session the subject of music for meditating came up and of course I shared my all-time favorite, Kitaro Silk Road. My brother Steve came for a visit soon after the death of my sweetheart in 1986, and this music was playing in his car's cassette player. I can't describe what this music did for me! I was immediately transported to another dimension; to another place and time. It's the only music I have purchased starting with the LP, then the cassette, then the CD and I played it every time I did a reading. It is simply *magical*.



### **Comments from Our Readers...**

"Your message is so important, a great vehicle for the Universe. Thanks so much, Jeanine S."

"Beautifully filled with love, light and learning. Far too many wonderful articles to reference. Start to finish, Nancy you and your team are completely inspirational! Thank you, Sharon J."

Send your comments to:  
[theinnervoicemagazine@gmail.com](mailto:theinnervoicemagazine@gmail.com)

### **Dear Readers,**

To Mothers everywhere, Happy Mother's Day! We pay tribute to you regardless what side of the veil you are on. Mothers are forever in our hearts and this month we honor you. Featured is a very special story of a mother who lost her 15 year old daughter to cancer ... but that was not the end of their relationship! Story begins on page 10.

The angels are all over this issue, and 'behind' it, guiding it beginning with tips on how to contact loved ones on the Other Side. That made me think of my late friend and former contributor, Timothy Wyllie and from the 1999 archives, I present to you his article, "Angels are present at both our birth and our death." The angels then led me to share an article by holistic faith healer Rev. Joann Baumann, in which she tells part of the story of how the angels and I collaborated with her... and we saw miracles happen.

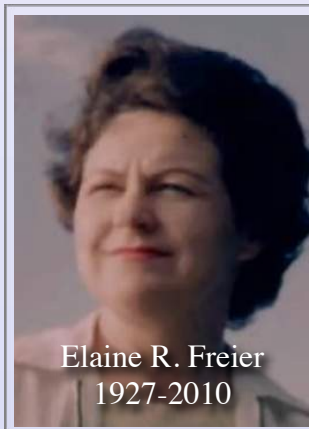
Steve reviewed Gordon Phinn's book, "Moving Through Many Dimensions: a memoir, more or less" that will spark your interest in the afterlife.

I encourage you to call on the advertisers for their services, including some really cool in-person events at Golden Light Healing (page 2); Andria for astrology readings; Beverly for exploring what's possible for you; and myself for Angel Guidance readings and classes, and feng shui consultations.

Also featured throughout the issue are several authors whose amazing books need to be on your bookshelf!

I wish you all a Happy May and a Happy Mother's Day! And regardless if your mom is with you, or in spirit, let go of any past disappointments and remember the Love!

*Nancy*



Elaine R. Freier  
1927-2010

### **Remembering Mom**

Today I am remembering my mom's love of flowers. She always had a bouquet on the table... lilacs, tulips, daffodils, peonies, or perhaps lily of-the-valley and so many others that she grew in her ever-blooming garden. I am also wondering if she knew that would leave such a beautiful memory for me when I think of her?

**Watch this 4 minute video created by Steve Freier**  
[A Tribute to Our Mother](#)



# A Lesson in Contacting Loved Ones in Spirit

An Excerpt from “You Can Talk With Your Angels” by Nancy Freier

With your sincere desire to connect with a loved one in spirit, the angels act as telephone switchboard operators of the past. They will make the necessary adjustments to the incoming and outgoing energies to ‘place the call’ to spirit.

On the day my beloved died suddenly and unexpectedly, the experience left me totally devastated and desperate for answers to the questions of WHY did this happen, and WHAT happens to us after death? The angels initially told me they had to “bend near the Earth to save me, I was so sad.” I was in a state of shock and staggering grief wondering why God hadn’t taken me, too! After all, my life was over, but for the inner voice of the angels in my ear comforting me and saying, “*This is not the end, Dearest Nancy. This is just the beginning.*”

I had such an intense desire to reach him, that nothing else mattered. I didn’t know it at the time, but I was immediately connected to a special ‘category of angels’ whose purpose it is to see us safely through the dark passageway of grief and into the light of hope and healing. As my communicating with the angels progressed, I learned from them that death is but a doorway into the next classroom.

If you intend to contact a loved one on the Other Side, be aware there may be a waiting period from the time of death until initial contact with their spirit can be made. As I understand it from what the angels told me, a soul needs time to rest when they first arrive on the Other Side. The time will vary due to the degree of how ill, or weak the person was before they died. If a person died suddenly, they could be in a state of shock for a while and need time to adjust to their new reality. It is also possible in some sudden or accidental deaths, the person isn’t



When angels talk to me, what should I do, ignore them? Painting by Paul François Quinsac [Allegorie De La Musique](#)

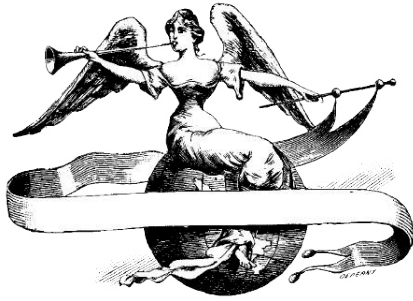
aware they have died! You may certainly write or speak your love to your loved one in spirit, but it has been my experience to check in with the angels to see if it is the right time to connect, and honor the waiting period if there is one.

It is quite possible your loved one may contact you immediately upon their death. It is widely accepted that those who have recently crossed into spirit, help to influence the funeral plans and attend their own funeral service! Spirits most often hang around and attempt to communicate with you for a while before they go to “a place of rest” like a hospital, especially if they had a lengthy illness and were in a hospital before passing. Another possibility is they join “the welcoming committee” and are on assignment to greet new souls who are crossing over to that side. Often times your loved ones are directing these newcomers where to go as they arrive, helping them get oriented to their new surroundings. I

have witnessed all of these scenarios, so it is wise to check in with your guardian angels. They will let you know when it is time to contact your loved one.

If you have any fear of contacting a loved one on the Other Side, wait until you feel certain, then call on your Guardian Angels to infuse you both with their Divine Love and Presence. Breathe in this Love knowing in your deep heart that Love always, always raises lower vibrations of fear and grief, transforming them into peace and calm. From my experience, I am confident your loved one wishes for you to let go of the pain of their loss. Rest in the joyful memories of their life with you, and be happy again.





## You are Invited to the Angel Guidance Zoom Group

Nancy leads the group into a growing awareness of those in the higher realms of Spirit and the ways they guide us through the lessons and challenges we face. Each meeting is unique.

We explore the methods of communication with The Greater Reality, share enriching real-life stories with Spirit, and discuss enlightening Q&As about the communication process and the messages we receive. You are welcome to join this angelic-inspired conversation.

**Sat. May 11 @ 1pm CST**

11am Pacific • 2pm Eastern

Sydney/Melbourne

7am Sunday

[Click HERE to Join](#)

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



*From my forthcoming book:*

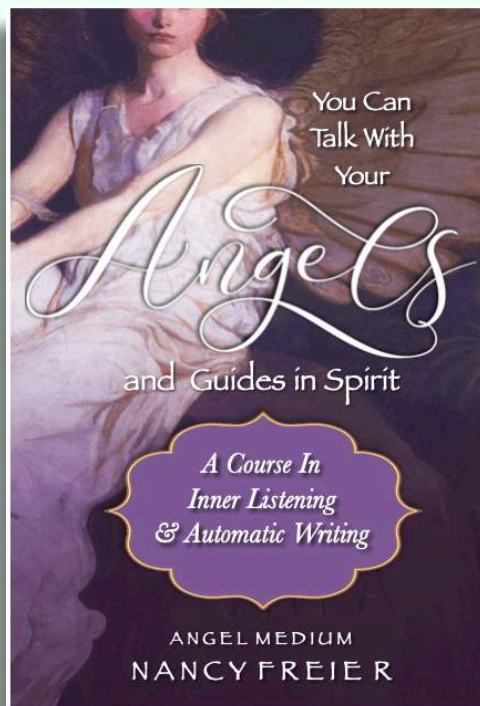
## You Can Talk With Your Angels and Guides In Spirit

*A Course in Inner Listening & Automatic Writing*

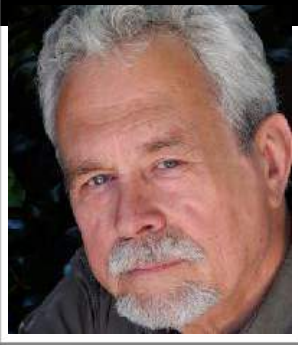
**An Exercise in Automatic Writing:** Take a few slow, deep breaths, and with each breath, go deeper within. Remind yourself to take a deep, slow breath at any time during the session to stay tuned to the channel. Call in the protection of the Great White Light and bring up your vibration, followed by stating your intention: *“I wish to go to the highest plane possible and speak with my Angels and Guides in Spirit who bring my beloved and I*

*together in pure Divine Love with the intention to heal what needs healing, forgive what need forgiving, and to magically turn my sorrow into peace. May the Angels of the Great White Light open their wings around us and keep us safe.”*

Open your journal and begin writing what you see, hear, feel or imagine.



*Book will be available soon!*



# Moving Through Many Dimensions a memoir, more or less

By Gordon Phinn

**G**ordon Phinn was born in Glasgow, Scotland, in 1952, and educated at Glasgow Academy. He moved to Toronto, Canada, in 1968.

It was about 1970, he discovered popular spiritualist books such as *Life In The World Unseen* by Anthony Borgia which helped him put into perspective certain 'haunting dreams' he was having. Further readings in spiritualism, theosophy, and the Western esoteric tradition slowly expanded his understanding of the Mysteries, leading him to study to such modern teachers as Gurdjieff, Krishnamurti, Seth and David Spangler. His interest in the mystical bred a fascination with the entire range of paranormal phenomena. He studied the world of researchers, psychics, healers, and channels without ever imagining he might become one himself.

In the late 1990s, his lifetime of sporadic lucid dreams exploded into a four-month extravaganza of near-nightly adventures. After the usual anxieties of the "what will people think?" variety, he plunged into the narrative which became *Eternal Life And How To Enjoy It*.

Gordon Phinn has been writing all his adult life, his first book of poetry, "Lyrical Shifts" being issued in 1975. His first priority is high quality literary composition, regardless of the genre he's working in. His first afterlife book, *Eternal Life And How To Enjoy It* was issued in 2004 by Hampton Roads. That book garnered praise and readership worldwide, and a sequel, *More Adventures In Eternity* in 2008.

I have been reading Gordon's 577 page book, *Moving Through Many Dimensions: a memoir, more or less*. The Introduction states: "Moving Through Many Dimensions" covers well over a decade of the author's out of body experiences. Gordon illustrates the many journeys consciousness can take once liberated from the body. Many, if not all, spheres of spirit, are open to exploration once one's self-imposed unconscious limitations are exposed and transcended. The hells, heavens, paradises and purgatories are traversed and spotlighted. In doing so, Phinn unfolds the secrets of the ages: "We are not limited in our humanity, we are infinite beings of many forms who can take on any challenge and chart any course. There is nothing we cannot know if we but pursue it with vigor. Our many incarnations, with their triumphs and tragedies, are but an education in the 'earth life system' with all its desire, fear and ambition, a millennium-long enterprise with the unavoidable goal of graduation."

For the willing aspirant and casual reader there is plenty here to excite one's potential and provoke one's doubt. Journeys to many levels, some delightful and joyous, others dark and depressing, and yet others whose characteristics are so translucent and flexible they cannot be categorized or accurately described. Such are the formless energy planes:

They exist to be experienced in all their mystery and Phinn does

exactly that without resorting to the cliches of mystical spirituality. Phinn has also developed the ability to project a part of his consciousness to various destinations that could easily be thought of as areas of speculation, contacting and confronting many characters and personalities, some friendly, some fearful some deceptive.

To me, many of the most interesting out of body meetups take place with numerous celebrities who discuss their recent transitions, and the long-dead report on their transformed view of what is obviously an eternal life. Then there are dialogues with the philosophers, intellectuals, statesmen, spiritual teachers, artists and entertainers who comment on their continued creative lives. Ordinary folk speak of the pleasure of their nightly OBE trips, and Extra Terrestrial Biological Entities are interviewed about the value of their transient earthly sojourns.

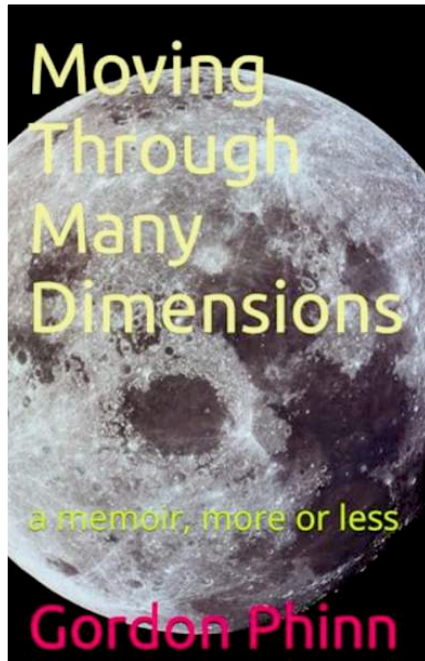
Gordon Phinn methodically unfolds the many illuminations to be had on such journeying and predicts such future possibilities for anyone willing to release themselves from self-imposed restrictions. From Krishnamurti to JFK; with the likes of Sam Shepherd, Dennis Hopper, Jim Morrison, Christophers Hitchens, Robin Williams, Susan Sontag, Sandy Denny, Anne Streiber, Hunter Thompson and many others along the way, this memoir is a virtual encyclopedia of out of body experiences — as cutting edge and up to date as any in the field.



Author Gordon Phinn

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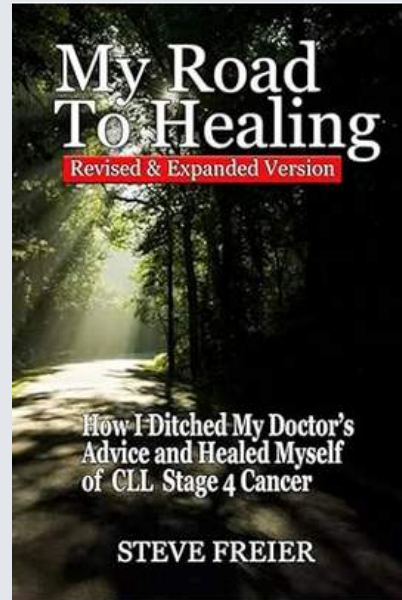


Phinn is a practicing psychic and spiritual counselor, offering many services from his home near Toronto, Canada. He facilitates such practices as spirit contact, entity removal, distance healing and past life regression, all of which can be conducted over the phone, or Skype.

His blog can be found at <http://anotherwordofgord.wordpress.com>. Gordon Phinn is the author of at least ten books that I know of. They can be found [here on AMAZON](#).

Δ

Announcing Steve Freier's Revised & Expanded Kindle edition of his healing story:  
**My Road To Healing, How I Ditched My Doctor's Advice and Healed Myself of CLL Stage 4 Cancer**



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**Steve Freier** has been researching death, dying, NDEs, OBEs and the Afterlife for over 20 years. He has read and/or reviewed 100s of books and videos on these and other metaphysical topics. With a passion to share what he has discovered, he is the Moderator and Host of: **Life, Death and the Afterlife**, an open discussion group.

In-person meetings are held at the **ADRC of Door County, 916 N. 14th Ave, Sturgeon Bay, Wisconsin 54235**

**Next Meeting Date: Thursday, May 16 - from 1-2:30pm**

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

# A Mother-Daughter's Unwavering Love Continues with Evidence from the Other Side



**Presenting an Interview with Karyn Jarvie, an Australian mum whose precious daughter Emma Louise Grace died at age 15 of cancer and how that was not the end of their story!**

## Interview Conducted By Nancy Freier

**Nancy:** I understand that you had quite a journey following the transition of your only child, Emma. Please tell me about her?

**Karyn:** On August 19, 1997, I was blessed with a baby girl through donor insemination. Emma Louise Grace was everything a mother could ever hope for, and I felt blessed. The picture (headstone) tells of her qualities.

She was an amazing child — wise beyond her years. There was just the two of us and we were very close. She had great social skills and was academically brilliant. She played ten different sports and even represented at a national Futsal meet three years in a row. I fostered her independence, freedom, and spiritedness; she made her own choices. In many of her sports, she has trophies. So many things now tell me she was in tune with the spirit world from the beginning. She would often bang her head, trying to stop the voices, which were particularly strong when she was little. At 12, she told me she had come to me to give me the love that other people should have, and that I was her seventh mum, but the best.

**Nancy:** What happened when she got sick?

**Karyn:** In 2011 she was diagnosed with a rare leukemia. I had to take leave from my job as a hospital social worker to support her through a year of intensive treatment which eventually meant leaving our home in the country and moving to the city. When she was battling leukemia and was incredibly ill, ending up on life support once she made not one complaint, her chief fear was that she would lose her smile and humour.

She even said, “Mum, this has been the best year ever.” I could not understand that as she was so very ill and even worse, could not get outdoors, which for a country kid is cruel. I asked her how so? She said, “We have got to spend the whole time together with no interruptions, no school, no work!” She had a bald head from the chemo but refused to wear any wigs or coverings very early, saying, “If people cannot accept me the way I am, then that’s their problem, not mine.”

On December 29, 2012, I held my daughter as she left this life after a 12-month hard-fought battle. Emma was my only child and my only family. I was alone and bereft. I entered a catatonic state. The doctors told my friends to put me in care as I had left the world. They decided that would be premature and that I may come out of it as quickly as I went into this psychotic state. I stayed on their verandah.

Six weeks later, I did come out of it, and it took some convincing that so much time had passed; 2 weeks later, I went home to an empty house and a roomful of memories of our hospital stay some 500 kilometers away.

I am proud to say I organized and conducted a service and “Gathering” (Emma’s word) for her, and arranged for Emma to be buried in our local country cemetery, according

to her wishes. For the next three years, to say I was a mess was an understatement; I selfishly cried and cried, completely broken-hearted.

**Nancy:** I am so sorry for your pain, Karyn. Did you have any idea of the afterlife at that time?



Emma Louise Grace Jarvie

Continued on page 11



PHOTO: Emma Louise Grace Jarvie's gravesite conveys her qualities; a tribute of her Mother's love. INSET: Emma

**Karyn:** My family was hostile to religion because of negative experiences with Catholicism and I had rejected it at an early age. To me, religion and war went hand in hand. I knew nothing about spirituality. But in death, my daughter gave me another gift.

**Nancy:** Oh? I am excited to know what that was?

**Karyn:** We had agreed that we would find a way to communicate, if it was possible. One day, I woke up and sat upright, with words in my head, 'You are letting Emma down. How could we communicate? How could I find out where Emma was when my head was buried in the pillow crying?'

**Nancy:** What pulled you through?

**Karyn:** I began reading the Bible, the Quran, the Bhagavad Gita and other religious material. I thought that perhaps there was something in it that I had closed my mind to. I invited the leaders of the different religions in our small town to come to my home and tell me where Emma was! No two said the same thing; most seemed generally to stop at, "She is in the arms of Jesus." The worst ones had me at her grave in the middle of winter, terrified that she would be called up and I, a sinner,

would not be able to do anything except watch her ascend to be with God!

**Nancy:** Oh my, how awfully ignorant religions can be to those who grieve! So, what changed for you?

**Karyn:** Since religion could not help me, I turned to orbs. A friend had told me they were people who had passed away, which is not entirely correct, but she piqued my interest in the spiritual.

**Nancy:** Good for her!

**Karyn:** I began to realize that religion and spirituality are two separate things. Since I have several degrees and postgraduate qualifications, I am used to studying, so I decided I had to research this spirit business. So began my obsessive study of spirit and the afterlife.

One of the first books I read was Victor and Wendy Zammit's book, "A Lawyer Presents the Evidence for the Afterlife" and my bereavement counsellor had given me a book called "The Flying Cow." Later, someone suggested "Testimony of Light."

I took courses, devouring information from everywhere. I learned to discern the truth from nonsense. I went to America for more classes and training and

Continued on page 12

attended an afterlife conference in Arizona, to which I returned to the following year.

From the Zammit's evidential book and website, I went down many rabbit holes and began reading other classics in the field. I decided that I preferred the evidential books up to and including Leslie Flint, rather than the more modern stuff. I gained a huge amount from listening to the online audio-tapes of Leslie Flint's séances and eventually volunteered to help transcribe this precious information so that others would not have to spend over \$120,000 on courses, books and travel as I had in search of information.

**Nancy:** Wow! And thank you for that! How did you get involved with the Afterlife Zoom Groups?

**Karyn:** I met Wendy and Victor Zammit at one of the Afterlife Conferences in the USA and when we returned to Australia we decided to set up a number of Zoom groups for people to network and share information about the afterlife. Having lost so much money to charlatans or people who could only tell me that my daughter was happy, I saw a need to bring information to people as cheaply as possible.

So, I did lots of research and volunteered to help several researchers behind the scenes. I became a moderator on several afterlife Facebook groups, learned and taught others to record EVPs and even trained as a Past-life Regression Therapist. As a trained social worker with graduate and postgraduate degrees in trauma and grief, I was always a first responder. I also make myself available to help people.

Through the groups, and especially co-hosting the Global Gathering I made lots of wonderful contacts and was able to sit in several physical mediumship séances and witness reunions of people with their materialized friends and loved ones.

The Children in Spirit to which Emma belongs, named their group "The Big Circle." This link takes you to an EVP where Emma is referring to her bracelet, a gift her mum gave to that Medium.

### Evidence From Emma

**Nancy:** Have you had any such contact with Emma?

**Karyn:** There have been so many signs I could write forever on them! A fragile round puzzle she made fell from its base, rolling to my feet a meter and a half away!

Emma comes through in both EVPs and ITCs. I realize now that she was communicating with me very early on, but my grief did not allow her in. She even turned on a red bike light behind a usually closed cupboard door that shone directly into our room.

I have had excellent mental mediumship readings! Emm says she works with Tesla and also helps new children coming over from the wars. She had to excuse herself from one reading because she had a science class she wanted to attend!

I am continually developing my own skills to enhance our communication. I have yet to contact her through physical mediumship, but I attend such events whenever possible.

**Nancy:** Wow! I would guess these experiences have truly helped you through your grief. How are you doing now in your grief journey?

**Karyn:** Unlike some who grieve for what could have been, that never featured in my grief. I put it down to the fact that I consider my daughter to be the master of her destiny and not here to live out some dream of mine.

I know that I have the privilege of having a wonderfully unique, spirited girl whose loyalty and love for me are undeniable. If I had known this earlier, I would not have kindly dismissed her spiritual insights as her having a great imagination all her life. Our lives would have been radically different!

Just minutes before she died, she said she was "off to find her 8th mum...just joking mum!"



### [Emma's Message: "Red Lights"](#)

Read the whole story in [Always Connected](#) by Joseph Higgins

### [Emma's Message for her Mum: "I Love You"](#)

### [Emma's Message for her Mum: "13 years apart, very painful"](#)

### **Editor's Note:**

**ITC**= Instrumental Trans Communication ~ All ITCs use some sort of technological gadget in an attempt to communicate with the beyond.

**EVP**= Electronic Voice Phenomenon ~ Electronic voice phenomena (EVP) are sounds found on electronic recordings that are interpreted as spirit voices. They are typically brief, usually just a word or short phrases.



# AFTERLIFE REPORT

Evidence



Presented by  
Victor and Wendy  
Zammit

Science



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## Join the Weekly Global Gathering!

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

Pacific Time 2 pm Sunday  
Phoenix 2 pm Sunday  
Mountain Time 3 pm Sunday  
Central time 4 pm Sunday  
Eastern time 5 pm Sunday  
London 10 pm Sunday  
Vienna 11 pm Sunday  
Sydney/Melbourne 7 am Monday  
New Zealand 9 am Monday

[Check time in your city](#) and join the discussion with others from around the world!



**Global Gathering Coordinator**  
**Wendy Zammit** [wendyzammit@gmail.com](mailto:wendyzammit@gmail.com)



## THE GLOBAL GATHERING

If you're interested in knowing more about The Greater Reality and exploring all things Spirit and the AfterLife, the Global Gathering is for you! Started in November 2017, by **Wendy Zammit** with co-host **Karyn Jarvie**, it is one of almost 20 different FREE Zoom groups that are coordinated through the **Friday Afterlife Report**. Some groups run weekly, some bi-weekly, and some monthly. We particularly wanted to create a forum where people from the UK and Europe could share experiences with people from the USA, South America and Australia, so we had to choose a time that was accessible to all these areas. For full details of our groups and times, visit [www.victorzammit.com/zoom](http://www.victorzammit.com/zoom)

## MAY GUEST PRESENTERS:

**May 5** - The Cosmic Voices team: Jeanne Love, Regina Ochoa and Dan Drasin

**May 12** - Helene Wahbeh, Director of Research at IONS on their project on physical mediumship

**May 19** - Inge Crosson on Home Circles and ET Experiences

**May 26** - The Messages of the Stones with Psychic Medium Debbie Malone



# This Moment is a Point-of-Power



Written By Beverly Brunelle

Every moment of daily life we have an option to tune into a potent paradigm of higher consciousness. Our perceptions of limitation and challenge shift into greater receptivity to more viable options when we intend to align with a higher vibrational field where new possibilities are readily accessible. Every moment is a point-of-power and we are exceptionally powerful, wise beings. When we remember this we can give conscious attention to our intentions to affect our experience, and reap the magic of life.

I was traveling in Bali for a month, alone. Every day I experienced moments of intense fear. One day I was riding my motor bike into the countryside by the sea. I pulled off the road to contemplate the views and a wave of anxiety washed through me. In the midst of the overwhelm, I received a clear message. *"This moment is a point-of-power."*

With that, my mind stopped spinning. Fear stopped raging. My body calmed. Something inside me opened to a quiet, vast stillness. New possibilities of where I was, and insights on how to proceed softly came to light.

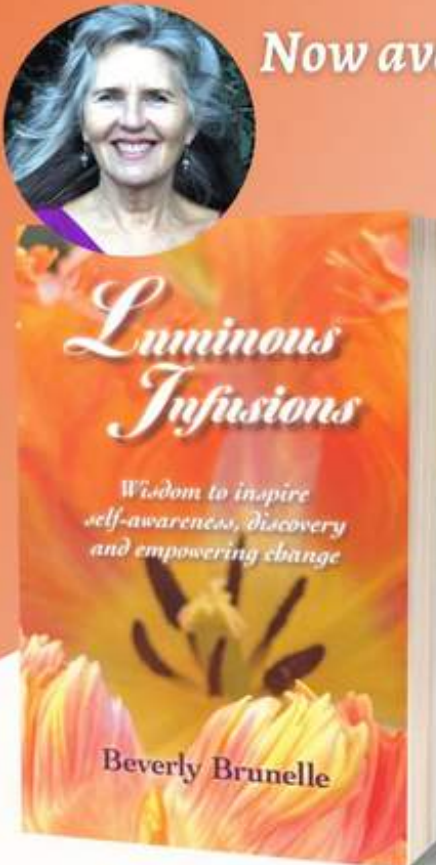
*"This moment is a point-of-power,"* I repeated out loud to myself. With a deep breath I noticed my mind, body and emotions were delightfully calm and I was happy to be where I was and could move forward. Whenever I felt fear I would repeat, *"This moment is a point-of-power."* In the stillness that arose, I found safety and rich, new possibilities. It became a guidance system. I practiced it daily, turning fearful moments into points-of-power where I accessed wisdom and clear direction. This dedicated practice grounded me, got me through my travels with success and I experienced wonderful adventures. This point-of-power practice became a significant resource of energy self-care.

There is much to discover within ourselves. Uncomfortable emotions can be a doorway to healing, revealing quantum evolutionary movement.

There are many moments throughout the day that we encounter a change of focus. This is a point-of-power where we can choose to clarify our intentions. The phone rings; there is a meeting; a job needs to be done; it's meal time, etc. Consciously giving your attention to your intention for the next event aids you in being more present, available to deeper listening, and receiving inspiration. I am not saying this guarantees things go smoothly. I am saying you will be better available to meet the moments as they show up and move with conscious awareness that may even surprise you.

The phone rang, I made an intention to be available to my greater wisdom and to listen with an open mind and ear. It was a

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Continued on page 15

friend who was upset with me from the evening before. I listened as she relayed her experience and her feelings. I was surprised by her perceptions, but I relaxed as my defenses popped up so I could listen to her more openly. I understood how she felt. I expressed my compassion and took responsibility for what I had said. I also expressed to her where I was coming from. Listening to her I realized how my comments had come across to her, and I apologized.

With attention to intentions we clarify our inner pathways which affects the outer realities we are engaged with. With intention we can raise our vibrational field, which nourishes us and brings new possibilities into our relations and experiences in the world.



**Beverly Brunelle's passion with her Quantum Resonances Energy Work is supporting clients to expand their capacities to blossom in their life circumstances, to awaken their multi-dimensional super powers, and to access clarity of new enlivening possibilities. Learn more at: [beverlybrunelle.com](http://beverlybrunelle.com)**



Blossom close-up / Photographer unknown



“If we could see the miracle of a single flower clearly, our whole life would change.”—Buddha

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- Post about their books online
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- Request their book at your local library
- If you liked their book, send a note to the author. Getting positive feedback helps them greatly!



### **How You Can Support The Inner Voice Without Spending Any Money**

- Tell friends about it! Share the website link with them!
- Follow “The Inner Voice” Facebook page!
- Share our social media posts; post your comments!
- Forward our Mailchimp e-mails to your friends!

*Little things mean a lot! Thank you!*



# Jupiter Enters Gemini

Written By Andria Nikoupolis Weliky



***Greetings Star Seekers!  
Lovely Taurus Season to You!***

**H**appy Solar Return May Birthday Babes! Wishing you all the best on your next journey around the Sun!

**May 1,** Venus in Taurus square Pluto in Aquarius ~ The goddess of love and money, comfortably at home in the peaceful and pleasant domain of Taurus, is up against the probing scrutiny of Pluto in Aquarius. This may bring an uneasy feeling around otherwise harmonious interactions or give impetus to take action around values with deep passion and drive.

**May 2,** Pluto in Aquarius stations retrograde through October 11 ~ Pluto drills down to move in apparent reverse motion; when the transpersonal outer planets such as Pluto goes retrograde, we can think of this energy as more process oriented for the times, more generational or global. Concepts may be introduced in the forward motion for the overall evolution or transformation then when in retrograde, reworked, refined and reshaped; once in forward motion again, the idea will gain strength and become more solidified. In Aquarius the topics are air-travel, internet, technology and robotics, and global community.

**May 7,** New Moon in Taurus ~ This is a

celebrated and welcoming position for Lady Luna who is, in the terms of Hellenistic Astrology, Exalted. In the rich and fertile realms of Taurus this can bring great fortune, blessings and growth; adversely it can also bring overindulgence.

Back on April 20 we had the beautiful connection of Jupiter and Uranus in Taurus bringing an energy of expansion, the higher mind and an elevation of consciousness; now they each will receive a surge of spirit light from the Sun.

**May 13,** Uranus Cazimi or conjunct the Sun in Taurus ~ Whenever I think of a planet going through a Cazimi, the heart of the Sun, I think of it as being super-charged or receiving bonus strength. This can bring about sudden awakenings or closure from the previous Sun, Uranus conjunction, April 2023.

**May 18,** Jupiter Cazimi ~ A great time to set up for new projects and endeavors, expand your horizons, take on a new path of study, explore possibilities and reflect on your growth and maturation, a signature of truth, faith and fullest potential.

**May 19,** Sun & Jupiter in Taurus sextile Neptune in Pisces ~ Inspired with determination and conviction, you may find yourself set forth on a path; you hold the vision and pursue it no matter what others say or see, you see it!

**May 20,** Sun enters Gemini ~ Cultivate curiosity! Network! Play! Happy Gemini Season!

**May 25,** Jupiter enters Gemini ~ This shift will really open up an awareness of energy, an augmentation around thinking, communication, connecting and manifestation. Where the mind goes, energy flows! It will be very easy to be

distracted or ungrounded with all the ‘busy bee’ mental capacity of Gemini. Best to implement solid grounding practices, meditation and regular visits with nature. There may also be a sense of questioning when it comes to law, faith or what is just, there may be a testing in how we are relating, can we see the light in each other? The song from Joan Osborne, One Of Us comes to mind.

**May 30,** Last Quarter Moon in Pisces ~ A place of acceptance and trust, perhaps



Photo: Joan Osborne, “One Of Us” 1996

Continued on page 17





Last Quarter Moon Phase

a blind faith, an imaginative space to ease into the release, intuitively knowing you are right where you ought to be.

△

**Are you curious to know your own personal Cosmictology Forecast? Schedule your personal Reading with Andria today! See ad below**

**HOW TO HELP**

When bad things are happening in the world, it's common to feel helpless. There is so much wrong and so little to be done. But remember, everything exists in energy. Your intentions matter. Set kindness as the focus, in your little corner of the world. It makes ripples you see. And ripples are contagious, they form waves. And waves can move mountains given time. Your kindness, your care, your hope, has weight. Send it out. Send it out. Each time you wish a stranger safe, I believe the universe hears.

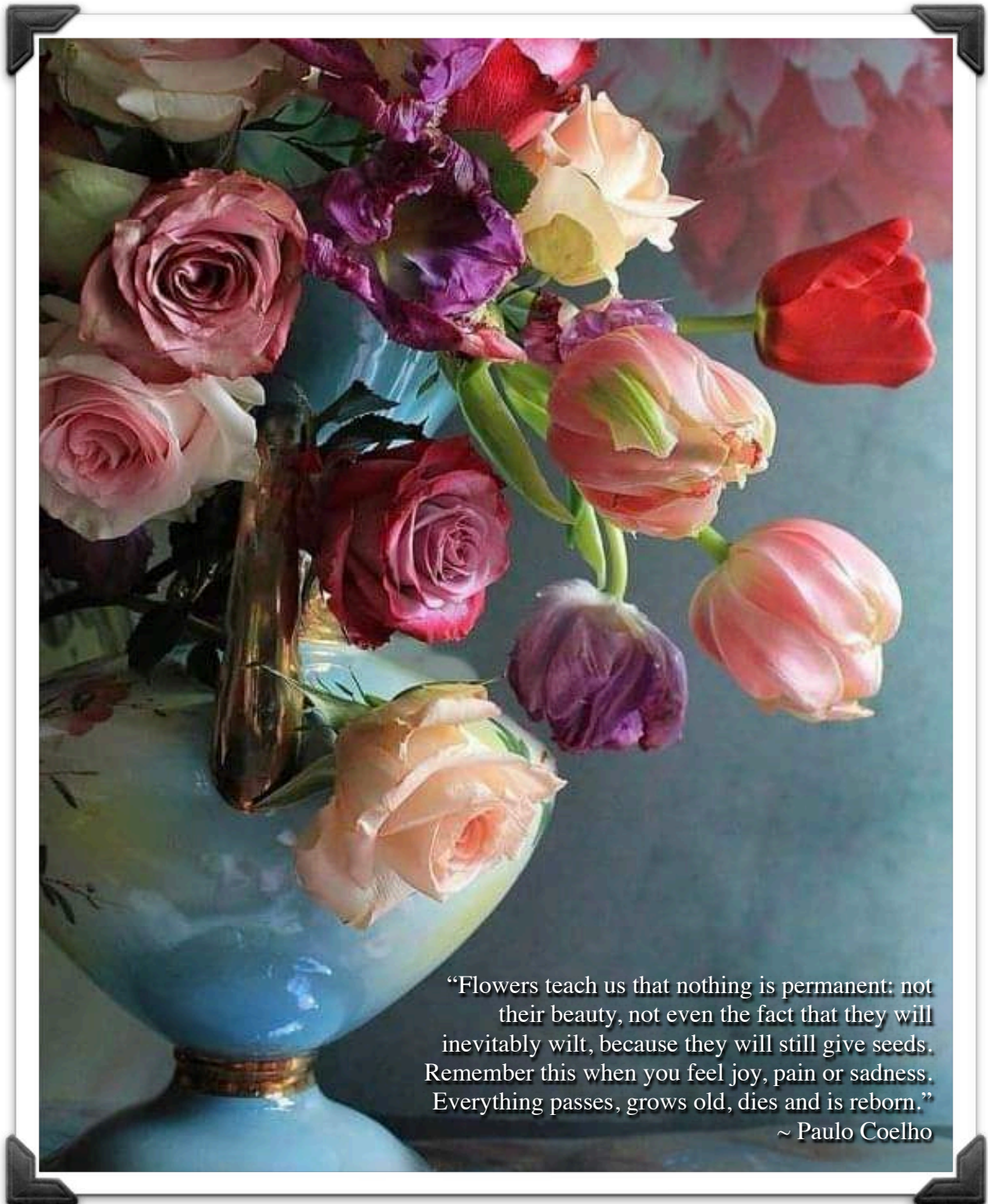
— Donna Ashworth

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*In Remembrance of Our Mothers, Daughters, Sisters  
& Other Female Relatives and Friends in Spirit*



“Flowers teach us that nothing is permanent: not their beauty, not even the fact that they will inevitably wilt, because they will still give seeds. Remember this when you feel joy, pain or sadness. Everything passes, grows old, dies and is reborn.”

~ Paulo Coelho

PHOTO: Photographer unknown



## Taking Stewardship of Mother Earth

By Kathleen Jacoby

It's time to wake up and become stewards of Mother Earth. As we see the results of our lack of understanding of how the earth works, we are made aware that everything is intricately linked

with everything else. The actions of one species affects others, and the natural balance of the earth is tilted when humans exploit the land, water, and air. When we adulterate our food supply and use chemicals that are remnants of WW II looking for a new lucrative market, we see that we have been assaulting this beautiful blue bauble in the sky under the misguided idea that we were given dominion over the earth.

That self-serving term has done more damage than any other in harming our planet and our own lives and the lives of animals, forests, and waterways. We pollute with impunity, using the bible as our source of authority. Yet, when one truly investigates the translations done and the authorship of many of the books within the bible, one sees that everything was arbitrarily entered as the undeniable word of God and there were also many mistaken translations in the process.

However, as we advance as civilization in our understanding — seeing the results of our hubris in attempting to "tame" the earth, we have to go back and wonder. Dominion is a word associated with a warring mentality where dominating is part of the hierarchy of authority. This certainly describes the warlike nature of tribes throughout the patriarchal world. Yet, there is another word that truly represents the covenant between human and the earth, and that is *stewardship*. Stewardship implies an intelligent and responsible use of input to guide things into their natural good. It does not defile. It does not threaten. It does not destroy. It is a pure stewarding of life, knowing that the earth does not belong to us ... it belongs to the Creator, and we are merely tenants who are given the right to live and tend all the areas of life in good faith and good stewardship.

To fully understand how this applies, I have included two websites (below). One is from a more religious point of view and the other is from the Greening Earth point-of-view. Both lead to the same point... we are deeply in need of becoming the care givers to this planet that we are indebted to for life and sustenance.

One thing we can do to bring ourselves into harmony with earth, spirit, and ourselves is to practice moment by moment GRATITUDE. For the last few days I have been saying thank you to God every single time a thought enters my head: *"Thank you for your care of me; thank you for the gift of life; thank you for my body; thank you for clean air, etc."* In other words, if we practice thinking thoughts of appreciation and gratitude, we start to become the healing we want for our earth. It requires repetition because we are breaking old, engrained habits that look for what is wrong in our lives. This is a constant remembrance that there is so much to be grateful for.

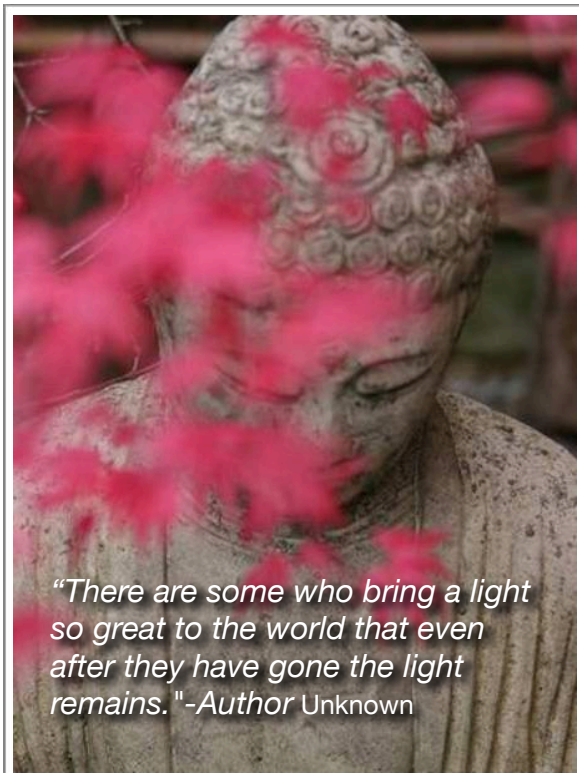
Try it! Do this all day, every time you start to have a thought come in that is old, complaining, or fear-ridden, even if you can only be grateful for air to breathe, do it. Do it for as many days as you can and see if there isn't a change in your state of awareness. I've only done it for two days, but I am already noting benefits, and if I come into harmony with myself, I am doing my part to help heal our precious Mother Earth!

After all, without the gifts of the earth, and being grateful for them, we would no longer exist, and if we do not truly comprehend how important it is to change our ways in relation to this bountiful and beautiful place, we won't.



<http://blog.tifwe.org/four-principles-of-biblical-stewardship/?gclid=CNmVnZSv970CFY17fgodTh0A4Q>

<http://www.youtube.com/watch?v=q52WJjeara0>



*"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



# Look to Life... the 'Book of Life' The Perspective of a Medium

By Dr. Susan B. Barnes, CSNU

The mind does work in mysterious ways. My mind turned the Edgar Cayce phrase: "Not through the GRAVE; [but] rather in the Book of Life!" [Edgar Cayce reading (254-71)] My interpretation was, look to the living (those of us in the 'Book of Life'), not the dead. In other words, instead of seeking deceased loved ones in the afterlife, look to the universal consciousness of life to develop a closer relationship with the God force or Infinite Intelligence.

This is a profound shift in thinking for a medium trained to give evidential information about deceased loved ones! In traditional mediumship the focus is on proving the continuity of life by getting facts from the dead. With this change in thinking, evidence becomes less important and providing the living with supportive messages takes center stage.

However, the two can come together by asking, "What do our loved ones say about our life today?" For example, a message from a mother to her son about his current charity work can be very beneficial. It acknowledges the work he is doing is of value to others. The color of her hair may not be as important as the supportive words of praise and hope, proving that the message may be more important to the recipient than the evidential facts.

That is not to say proof is not important. The recipient needs to feel that their loved one *is* present during the reading; a sense that, at times, is difficult to explain. What are the words that say, "I feel the presence of my loved one beyond the grave?" What is the emotion? Words seem to fail us.

We all need encouragement in our lives. Support from those around us in the living and also support from the departed. The role of the medium is to bring these two worlds together. To bring to life the love and joy once shared by our dearest friends and family back to us today, to the present moment in time. This is a comforting reminder that love never dies and continues beyond the grave, offering a sense of security and peace.

But we need to look to life and all that life has to offer. Be thankful for all that we do have. Loving messages from the spirit world can remind us of the positive things in our lives. Thoughts are things and positive vibrations bring further positivity to us, instilling a sense of hope and optimism.

At times, we can get let down by small obstacles in our path, but do not dwell on the small stuff in life. Look instead to the positive joy of living, to your friends and family, or your pets who give us unconditional love. How many people do you love unconditionally?

Love is looking to the *Book of Life*. It is a universal law. Being kind to one another is an idea that runs through all religions. Do unto others, and they will do unto you. What would life be like today if we all followed this rule? It would definitely be a kinder and gentler place.

So, looking to life rather than death is not just for mediums to ponder. It is something we all need to focus on in our daily lives. Focus on the positive and dismiss those small irritations that occur, sometimes on a regular basis, for they will pass. However, the love we share with friends and family will not. As mediums remind us, love exists beyond the grave and can be brought into our lives today. Instead of dwelling on the grave, look to the *Book of Life* for positive uplifting.

△

**Dr. Susan Barnes is a retired communication professor who has written 11 books including: "Visual Spirituality" and "Unfolding Physical Mediumship." She is also a certificate holder from the Spiritualist Nation Union in speaking and demonstrating mediumship (CSNU). Susan has been trained in Life Coaching at the Edgar Cayce Center and regularly attends their study groups.**

## Listening for the Voice of God

-Author unknown



*The man whispered, "God, speak to me."  
And a meadowlark sang. But the man did not hear.  
So the man yelled, "God, speak to me!" Thunder  
rolled across the sky. But the man did not listen.  
The man looked around and said, "God, let me see  
you." A star shone brightly. But he noticed it not.  
The man shouted, "God, show me a miracle." And  
a life was born. But the man was unaware.  
So, the man cried out in despair, "Touch me, God,  
and let me know that you are here!" Whereupon  
God reached down and touched the man. But the  
man brushed the butterfly away and walked on.*

**Moral:** *Don't miss out on a blessing because it isn't packaged the way you expect.*



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CATMINT



SAGE



CILANTRO



THYME



FENNEL



BORAGE

PERENNIALS



CROCUS



BUTTERCUP



ASTER



HOLLYHOCKS



ANEMONE



SNOWDROPS



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ANNUALS



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SWEET ALYSSUM



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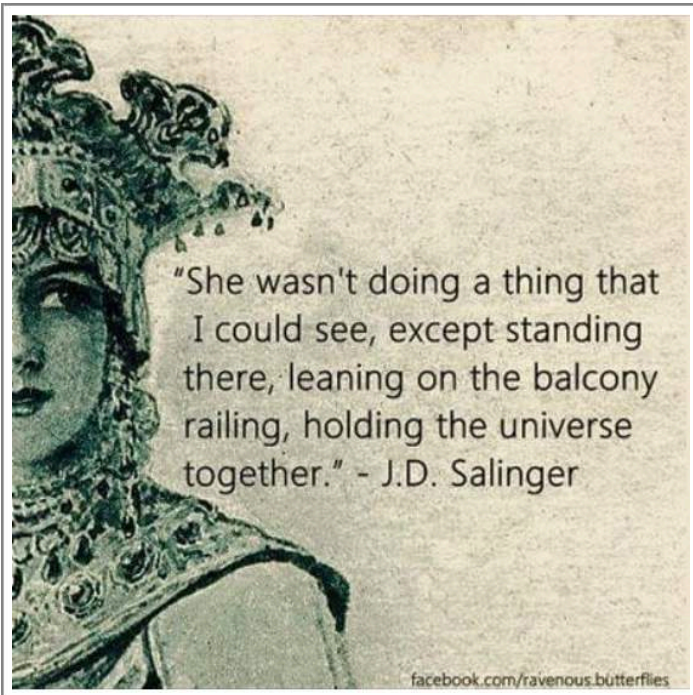
TO HELP SAVE BEES

HANNAH ROSENGREN 2013



Confucius said:

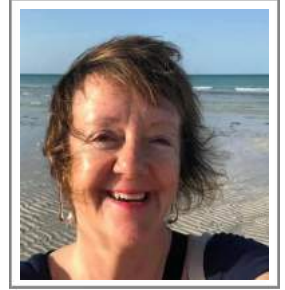
*"I buy rice to live and I buy flowers to have something to live for."*



"She wasn't doing a thing that I could see, except standing there, leaning on the balcony railing, holding the universe together." - J.D. Salinger

facebook.com/ravenous.butterflies

**Death does not mean the end of communication with loved ones. Here's a poem from my Mother, who started sending me poems two weeks after she passed from this world.**



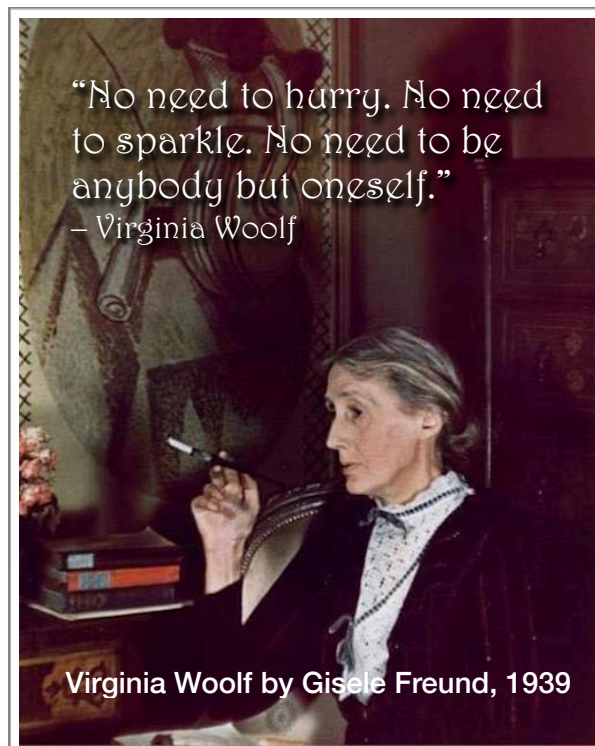
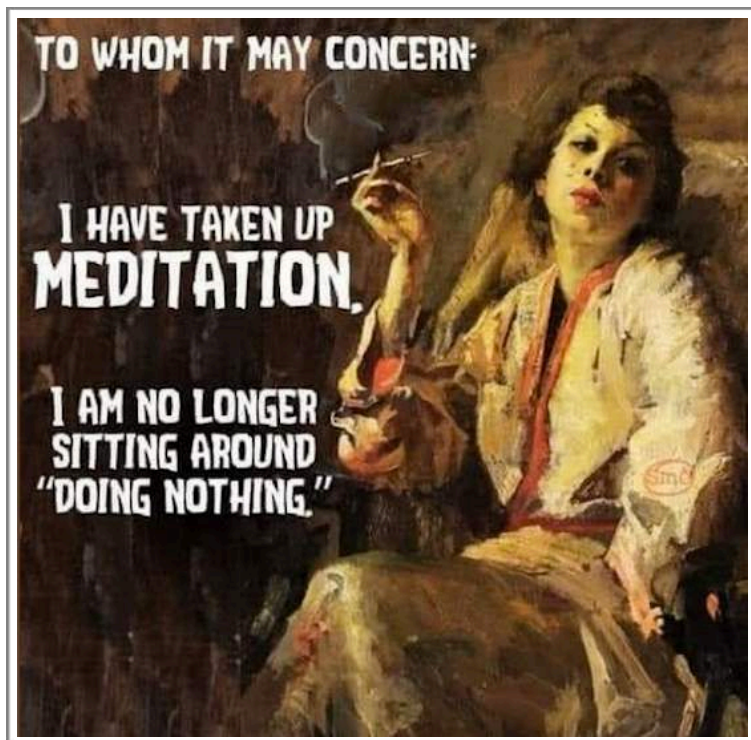
## **I Want You to be Free**

Your spirit wise and holy said  
I want you to be free  
I'll love you through the mountains  
and all eternity  
For evermore your song will sing  
in my heart happily  
Settle not for false pretense  
while the nasturtiums softly sway  
I've loved you in this lifetime  
of this you can be sure  
as sandpipers flip and seagulls dip  
near oceans shore to shore  
Credentials can't define you  
or make you more and more  
Your heart aglow with wisdom's flow  
now that's what makes you whole  
So settle not for deference  
Bring your best up top  
Dance in the wind and go the distance  
on this glorious ride of life  
Don't despair my leaving  
I'm not that far away  
You'll hear me in the crickets  
or on a fiercely windy day  
Goodbye for now, I'll see you  
when the time is right you'll see  
and in the meantime, go  
and remember well  
that I want you to be free.



**Stefanie Finn**

**From a collection of poems titled: Pearls of Wisdom From My Mother**



## A Spiritual Awakening In Search of Hidden Jewels

by [Jessica Elizabeth Taylor](#)

While rebuilding my world after a life threatening injury, I gained a glimpse into the metaphysical and came to realize that all humans have a soul purpose and all living things are connected. By embracing your spiritual dimension and your connections to others and nature, you, too, can find true peace and happiness. In *A Spiritual Awakening in Search of Hidden Jewels* my research into religion, theology, the Bible, and hidden Christian teachings on reincarnation, shows you how the fragmented remains of what we once knew in terms of spirituality can help you experience a new world and a new life. We humans are simultaneously earthly and supernatural beings, capable of more than we consciously know or even imagine. This book will help you grow in your awareness of who you are, of how you're connected to others, of how you, like myself, can rebuild your world.



**Jessica Elizabeth Taylor**  
**Author and Activist Brain Injury Awareness**  
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# Dreaming Helps Us Through

[Robert Moss Blog](https://mossdreams.com/)  
<https://mossdreams.com/>

**D**uring an interview I did for Wisconsin Public Radio, the callers produced a harvest of personal examples of how dreams help us to get through life.

A songwriter described how he has woken in the middle of the night with new songs playing in his mind. Sometimes they are complete, with words and music. Sometimes he has to work on them for a bit. He is in a long tradition of songwriters and composers who have plucked new pieces from their dreams. I was reminded on John Lennon's statement — “the best songs are the ones that come to you in the middle of the night and you have to get up and write them down so you can go back to sleep.”

As we discussed diagnostic dreams, the host recalled the case of a man who dreamed a rat was gnawing on his throat. Shaken by the dream, he sought medical assistance, and went from one physician to another until his throat cancer was detected and treatment began that he credited with saving his life.

David, an IT professional, recounted a situation in which his office was preparing to install a new system. The day before, his supervisor told him to go home and get some sleep. He took a nap and saw himself in a workaday situation. He saw and recognized the code he would be applying. Suddenly the screen in his dream went fuzzy and a voice said firmly, “NO. It should be like *this*.” The code changed. When he went into the office the next day, he checked and found that the code they

were working with was wrong. He made the necessary changes, as had been done in the dream. “Good thing you caught that,” his supervisor told him. At this point, David explained that he had dreamed the correction. “Never heard of anything like that,” the supervisor shook his head. “Maybe I should have my analysts do a lot more sleeping.”

A woman caller spoke of a recurring dream theme whose full significance became clear to her only at the end of a long relationship. She dreamed again and again that her partner was missing. She couldn't find him or couldn't get through to him on the phone. Sometimes she felt he was hiding from her. By the

time of the break-up, she had been compelled to recognize a long pattern of deception, and that in fundamental ways, her partner had been “missing” for much of the time they had been together.

We discussed what is going on when a dream theme repeats over and over. I suggested that it's either because we need to get the message or because we need to take *action* on that message. We may have a notion what a recurring dream is about, but can't bring ourselves to do what is necessary — which would be very understandable if we

dream our partner is missing. Like a helpful (and well-informed) friend who is looking out for us, the dream theme will come again and again until we *do* something about it.

At the end of the show, the host asked me to share a ‘big’ dream of my own. How to pick one, out of so many? Yet I knew



Journal drawing "We do this to open your heart" by Robert Moss

Continued on page 25



at once which dream I would tell, because earlier in the program - when asked to explain how dreaming can help to move us beyond hatred and war - I had quoted a phrase in the Mohawk Indian language. The phrase is *tohsa sasa nikon'hren*. It literally means, "Do not let your mind fall".

We fall into Dark Times, in the traditional Mohawk cosmology, when we forget the higher world - the Earth-in-the-Sky - from which we come. Our ability to heal our enmities and grow as a life form depend on not-forgetting a higher source of wisdom and a higher order of reality. Dreaming is the main link between our ordinary minds and that higher spiritual plane, a way of not letting our minds fall.

So I told a watershed dream from my life in the 1980s, in which I entered a space where a circle of people who lived very close to the earth were singing and drumming. I hesitated at the entrance of their longhouse, fearing I was intruding. But they welcomed me into a place they had waiting for me. At a certain point, I lay by the fire pit, at the center of the circle.

One by one, the dream people came to me. They took red-hot coals from the fire and placed them over my ears and my eyes, and on my tongue, and over my heart. They sang in their own language, which I could now understand: "We do this to open your ears, that you may hear clearly. We do this to open your eyes, that you may see clearly. We do this to open your mouth, so you will speak only truth. And we do this (placing the coal over the heart) so that henceforth you will speak and act only from the heart."

I did no analysis with that dream. Vitaly energized, I jumped in my car and drove to a lake in a state park east of my home. I promised to the lake and the trees and the red-tailed hawk that came knifing through the clouds, "Henceforth I will speak and act only from the heart."

On the darkest days, a dream like this can be a hearth fire and a homing beacon. Charging us with the power of a deeper drama, inciting us *not to let our minds fall*, these may be the biggest ways that dreaming helps us through.

△

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## For the **FUN** of it...

**The following sentences actually appeared in either a church bulletin, or were announced during a church service...**

"The sermon this morning is: 'Jesus Walks on the Water.' The sermon tonight is: 'Searching for Jesus'"

"Bertha Belch, a missionary from Africa will be speaking tonight at Calvary Memorial Church. Come and hear Bertha Belch all the way from Africa."

"Ms. Charlene Mason sang, 'I will not pass this way again' giving obvious pleasure to the congregation."

"Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Don't forget your husbands."

"The peacemaking meeting scheduled for today has been canceled due to a conflict."

"Don't let worry kill you off, let the Church help."

"A bean supper will be held on Tuesday evening in the church hall. Music will follow."

"For those of you who have children and don't know it, we have a nursery downstairs."

"Ladies Bible Study will be held Thursday morning at 10 a.m. All ladies are invited to lunch in the Fellowship Hall after the B.S. is done."

"The Low Self Esteem Support Group will meet Thursday at 7 p.m. Please use the back door."

"Weight Watchers will meet at 7 p.m. at the First Presbyterian Church. Please use large double door at the side entrance."





## A Heartfelt Announcement - Tuesday, April 30, 2024

We are deeply saddened by the news this morning of the sudden passing of our dear friend and contributor, Pat Gullett. I awoke to an email message from her husband, Dave, who wrote she died in her sleep shortly before midnight last night. Yesterday I felt an urgency to tell her that my editors and I loved her Moon Goddess article and painting. I am so glad I told her!

Pat was a terrific artist and art instructor who, over the years never missed an issue writing for *The Inner Voice*. In addition to the sad news, her husband added, "She really loved submitting her work to your magazine." Dave, we send you and your family our deepest condolences. May she fly high with that Divine Spirit she always wrote about. ❤️

## Moon Goddess: Mother of Us All

She lives in the Mystical Liminal Space in between. This is the pause between what's past and what's next. This can be an uncomfortable time as we wait to settle into something brand new and unknown.

In addition, it's an unsettling time of new growth, wild winds, and shifting temps. The wind nearly blew the door off as I stuck my head out to feel a sunny 45 degree day. Also, branches the size of small trees have been torn off their Mother Trunks as the fury scours the land of old debris. Therefore, I see this as a [time of rebirth in every way](#).

Moon Goddess is the Great Mother of us all, the creatures of the forest, the ones who live above and below the ground, the birds who fly free, as well as all of us on our human journey. She



Painting: "Moon Goddess" by Pat Gullett

is our grounding energy that we've experienced another day, the gift of life, and there's still more to come.

She appears at twilight, the magical misty time of deer, bears, and bobcats. So, as the sun slowly sets in the West, a hush seems to come over the Earth. Birds stop singing. Squirrels run home. Another shift, and there's a change in guard from Hawks to Owls that truly feels like magic is in the air. The threshold of the deep dark night is almost here.

But in the meantime, flits of bats can be seen out the corner of the eye. Foxes leap after some unseen creature, while winds die down to barely a shimmer. As a result, the sky takes on lavender and cornflower blue tones that cameras can barely capture. In addition, I feel like I'm entering a gateway ... beginning a new phase.

Also, Moon Goddess governs the waiting space after a loss. While one wonders what's next, emotions run through the questions of the unknown. Therefore, this is the Void, the no time place, where anything can happen. Yet, this truly is the cauldron of creativity where your focus, thoughts, and dreams reign supreme. Enter this 'imaginal' space and see all shifts as opportunities for new growth. Shape your life and know your Self through all liminal spaces.

### **Moon Goddess is the Promise of Rebirth**

As a result, we look to Moon Goddess in all her phases, in anticipation of something even better to come. Our senses heighten to freshness in the air. The dark night comes, but so does She wearing her veil of stars. She's a promise of cycles, a reminder that nothing lasts forever, and to know yourself, and stay in flexible flow during all things. We are here to grow, learn, experience, and move along our personal path to wholeness.

Also, remember after the harsh winds come the soothing breezes of softer days. So, allow the Great Feminine Moon to bath us in the promise of rebirth. Babies are born, sprouts appear, and buds pop up in renewal. What new wonder will you birth in your life?

△



# Listening to the Silence Calms the Nervous System

By Meredith Young-Sowers, D.Div.

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

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

A well-known astronomer (yes, astronomer) gave me a reading several years ago and though the CD self-destructed, his comment on my nervous system stayed with me. It is relevant to all of us. He said, “Meredith, protect your nervous system because people who are sensitive easily overload this system, which can create problems.”

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

So what’s an easy way to clear our nervous system’s clogged energy and return to its original design of carrying enlivening energy from Spirit? As if on cue from Central Casting, a friend called to tell me, in passing conversation, that her way of managing sleeplessness was to have a short chat with God when she first gets into bed. “Or,” she said, “sometimes when I catch myself whining, I just listen to the Silence.”

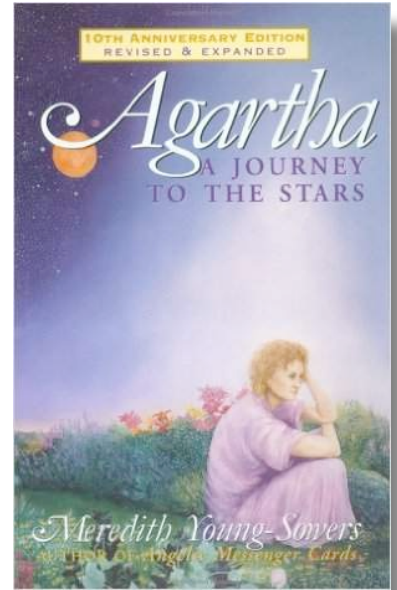
Listening to the silence, in fact, clears the energy in our nervous system, rather like a small dish of sherbet between courses in a fancy restaurant. You allow your nervous system to regroup and refresh its important messaging to you, and best of all, you go to sleep.

## ***Meditation***

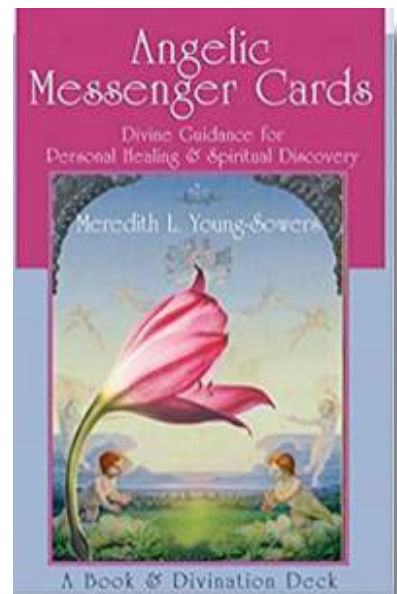
*Take a slow deep breath and putting your hands over your Deep Heart, relax into a quiet place of listening to the silence ... allowing your nervous system and entire body to renew itself.*



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



**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**



# Men and the *Divine Feminine*

By Richard Schneider

This is the time of *The Transformation* when we're raising our spiritual vibrations alongside Gaia to bring about the New Earth which has been so long prophesied. One of the signs of the oncoming Transformation is the rise of the Divine Feminine. A balance is now required between the heretofore more dominant masculine and the ascendant feminine to bring us to a collective holistic spirituality.

What is the role of men in this process? Certainly, we males can be supportive of our sisters, but there's a deeper experience we can have, and we don't have to go far to find it. The Divine Feminine already resides in each of us. How is this so? All humans, whether man or woman, are, in actuality, divine beings inhabiting physical bodies. The divine beings that we are contain the Universe and all its expressions including the male and the female principle. That you choose to come into the body as a male or female doesn't diminish the Divine Masculine or the Divine Feminine within. You only take on a focus based on your sexual choice. So, for those of us incarnated as men, it's not only outside ourselves that the Divine Feminine can be encountered but, more important, from within.

The symbol of Yin and Yang illustrates this relationship men have with the Divine Feminine within. A man is represented by the white area and is mostly of the masculine principal except for the black dot which represents the Divine Feminine within him. Conversely, a woman is represented by the black area and is mostly of the feminine principle except for the white dot symbolizing the Divine Masculine within her.

So, what are these aspects of the complementary Divine Feminine that we men hold within ourselves? We can look to our sisters for their expression and use this as a guide for inner exploration. These aspects, then, are intuition, acknowledgement and ownership of feelings, empathy, heart

centeredness, caring, compassion, nurturing, wisdom, acceptance, forgiveness, collaboration and cooperation, support of others, reflection, sensuality in experiences of touch, taste, and aromas, kindness, gentleness, receptivity, patience, and the ability to listen.

For a more realized man, it's not only important to express these aspects outwardly but to apply them to himself inwardly especially heart centeredness, caring, compassion, and nurturing. These four lead to greater self-love which allows for the increase of love for others. When the man can come to love himself unconditionally through these, he can express unconditional love for all.



Yin and Yang symbol

A man, with his tendency toward action, might want to "get to this." The Divine Feminine, though it involves action, is more about *being* than doing. For instance, a man must appreciate that he is already intuitive as much as he might practice intuition, or he must realize his innate gentleness as much as he might want to treat someone gently. It only takes going within, usually in meditation, to encounter the aspects of the Divine Feminine. As part of a man's divinity, they are there in beingness ready to be called forth and expressed.

Remember, that though you're a man in this lifetime, you've experienced many lives in parallel dimensions as a woman. In meditation, you can recall one of these lives for contemplation. Further, you might try visualizing yourself as your ideal expression of a woman. See her as a separate person, your feminine self. What does she look like? What is her name? How is she dressed? What qualities does she possess? How does she feel about you and treat you?

Another practice that can help your connection with the Divine Feminine is placing a statue of a goddess, pictures of women of mastery such as Mother Mary, or a rose quartz heart on an altar and burning candles and incense to honor the feminine principle.

Continued on page 29

Still, another practice is becoming aware of, and celebrating in ceremony, the moon and her cycles since these are coupled with a woman's cycle.

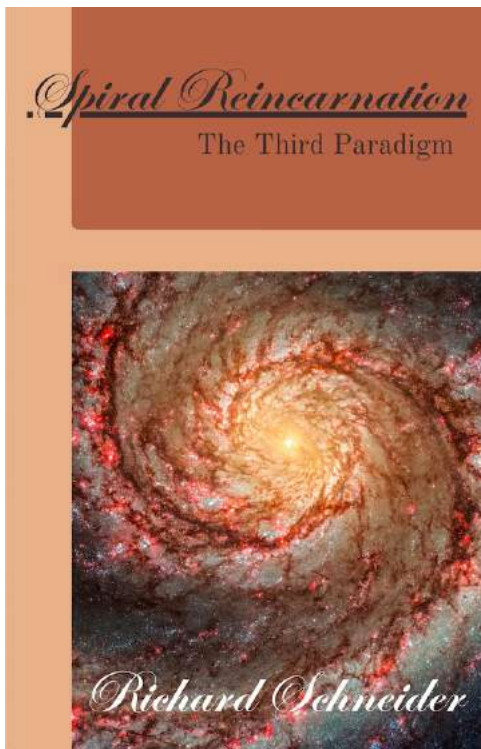
In addition, men can come into relationship with Mother Earth with such sensual experiences as walking in a forest or dipping a hand into a stream. Sitting on a stone can enhance the connection with Gaia, the feminine spirit of Earth.

Finally, for a man, a loving relationship with young children, especially infants, are a wonderful way to bring out the expression of the caring and nurturing aspects of the Divine Feminine within.

In acknowledging and working with their feminine aspects, men can come into a higher vibrational relationship and join with women in bringing on the ascendant Divine Feminine. This, also, will serve to honor and enrich the relationships shared with the women in their lives. Such is a path to becoming the whole man.

Δ

**Richard Schneider is a spiritual intuitive and practitioner, Reiki Master-Teacher, and now, elder, who has been on his spiritual path for over forty years. He has experienced both past-life regressions and future-life progressions. He holds degrees in journalism, theology, and architecture. Before retiring, he worked as a registered architect and as a full time and adjunct professor of architecture and interior design. His book "Spiral Reincarnation" is now available on Kindle.**



[Spiral Reincarnation The Third Paradigm](#)

*From The StillPoint Within*

# The Enchanted Garden

By JA Dioguardi

*Rising out of a conical pine,  
Appeared a tree of expansive line:  
That was to be the very first sign  
Of this enchanted garden of mine.*

*Next was the vine with flowers of blue  
That bloomed in summer, just one or two.  
Then a smaller-leafed vine one year grew,  
Fragrant with flowers, more than a few.*

*Blossoms don't normally turn on cue  
From periwinkle to a white hue —  
Staying alive in the winter, too,  
Covered with snow, but still in our view.*

*Magic exists in my garden's loam  
And follows me wherever I roam.  
Maybe it's done by a playful gnome,  
Who will forever make it his home.*

*I've no question that  
something divine  
Affected both the  
pine and the vine.  
Transformation is  
in the design  
Of this enchanted  
garden of mine.*



Source: The Enchanted Garden:  
A Fairy Mystery



About JA Dioguardi in her own words: "I am a Cosmic Consultant for Change. I inspire, teach, and heal via the vibration of my words." For more of JoAnn's writings visit: [www.jadioguardi.com](http://www.jadioguardi.com)

# Angels Are Present at Both Our Birth and Our Death

**Timothy Wyllie was a writer, architect, teacher and telepath. He talked to dolphins, angels and aliens. He was a researcher of non-human intelligences since his NDE in 1973 during which he met his angels. His first of many books, 'Dolphins, ET's & Angels' remains a classic. He also co-authored 'Ask Your Angels' and many other projects in the genre of 'accessing rungs of reality beyond our own.' I met Timothy in the 90s and he was a contributor to this magazine until he passed to the Other Side on October 4, 2017, at age 77. Here is one of his articles he wrote for The Inner Voice in 1999.**



Angels are present at both our birth and our death. They try to make sure that we are delivered safely and they are there again at the end, to deliver us to the next step in our great cosmic adventure. Igor Tcharchovsky, the Russian midwife and originator of underwater birthing as it is now practiced, has announced that he can feel an angel working through his fingers as he catches the baby with his hands.

Other midwives that I have spoken to have also confirmed that part of the magic of birth, from their point of view, is the exquisite sense of the nearness of angels. Countless, of course, are the anecdotes of the angels' presence at the point of death. Many people who have had near-death experiences (NDEs) have returned with accounts of their encounters with angels. Indeed, the first time that I ever saw them was when I was in the middle of an NDE, and the event was so powerful that it started me on my life's interest in the angelic realms.

If we stop and think for a moment about the vital importance afforded us by our companion angels, it serves us to realize just how tenderly we are regarded by our invisible mentors. Realizing this with a full and open heart also goes a long way towards dissolving the perfectly natural fears we all entertain about the nature of death.

Holding firmly to the belief in the existence of angels can move us away from isolating terror of extinction. A life lived with an awareness of the angelic realms will gradually erode our fears of the unknown and will almost always allow us a joyful death.

A joyful death? Isn't that going a bit far? And yet if, as Plato suggests, we are merely sojourners here, surely a life well-lived is the cause of great celebration. Knowing that the one who has died has passed on to an even more wonderful adventure can comfort the sense of loss felt by the still-living.



Painting by Timothy Wyllie

Allowing ourselves to be convinced by the prevailing materialistic thinking about death, which permits no possibility of survival, not only can make life a thoroughly dismal affair, but has certainly contributed to making death and dying into the modern nightmare they can so often become.

Fear of the unknown and its ultimate dismissal, has produced a sad dilemma in the medical community at large. Doctors not only encourage patients to fight death (as opposed to making friends with it and thus losing the fear), but they end up by projecting their own fears onto the patients by trying to keep them alive far beyond the point of natural death. As if life as a vegetable is in some way preferable to the release of that soul into a magnificent new opportunity.

All this confusion stems directly from fear. Death is indeed the last taboo. Lose the fear of death and we are able to move out from under corporate and nationalistic propaganda. We become free beings again, uninfluenced by the manipulations of those who seek to control through fear.

Many of those who have had NDEs and other direct confrontations with death have returned maintaining that their terror of extinction has vanished in the realization that death holds no finality. These are the extremes of human experience, however, but there is a perfectly natural way that we human beings can drop our fears without having to journey quite that far into the unknown; by acknowledging and believing in angels.

It is the angels, and their insistence that we see ourselves as the citizens of the Universe that we truly are; it is these sweet spirits who can, by their mere presence alone, hold promise of the soul's continuity and the wonders of a life after death.

△

## Angels Are Present for Healing

Beautiful messages of hope and comfort came to Nancy Freier, publisher of this magazine, from an angel named *Sreper*. As a result, these messages made profound changes in the lives of those to whom the messages were given, and to many others who read my column. Over many years in my healing practice, I asked Nancy for her angel's guidance for my clients, and on occasion for myself. As I applied their love and wisdom in my work, I witnessed firsthand countless miracles. If they can happen for these individuals, miracles can happen to anyone!

One of the most remarkable cases of *Sreper's* help was for a young boy who was diagnosed as mentally retarded and autistic. At age four, he didn't speak. The information given by *Sreper* as to why the boy was having these conditions and what needed to be done, were the keys that would open the door and bring about his healing. The angel's words freed him from the small world in which he was trapped. This involved some remarkable healing for other members of his family, as well. Changes began to occur immediately after the first healing session, and within six months, the boy came out of his shell and was talking normally! He started kindergarten in special education, and by first grade he was attending a regular, mainstream school. No more special education! *Sreper's* wisdom guided me all along in this process to bring about several miracles to him and his parents.

When my 19-year-old son died in a fire in a northwoods cabin, I sought *Sreper's* wisdom, through Nancy, to find out why his life had ended so abruptly and at such a young age. The angelic communication came through with my son's spirit who lovingly answered me, and also showed me that he and I were still connected, despite his death. *Sreper's* message was extremely comforting to me. His words had preceded a profound healing of my grief on the eve of Terry's funeral. Though *Sreper's* beautiful predictions left some questions in my mind — a common thread in angel readings as their words always seem to lead us into the future. A short time later the angel's prophecies of how Terry would work with me in my healing practice from 'the other side' began to come true!

*Sreper's* message taught me that there are no accidents, and that Terry's '*return to love on that side*' was absolutely perfect in God's bigger plan, just as *Sreper* promised in my reading. I was able to heal and many people have since been inspired and healed by these beautiful and comforting words of this glorious angel! His loving guidance has brought inspiration for healing, change, and angelic experiences to those in prison.

Many of *Sreper's* messages were printed in **The Inner Voice** magazine in the 90s and have been shared in my spiritual awareness classes that I give in both the city and county jails.



If you would like to get in touch with Rev. Baumann, please write to: [theinnervoicemagazine@gmail.com](mailto:theinnervoicemagazine@gmail.com)

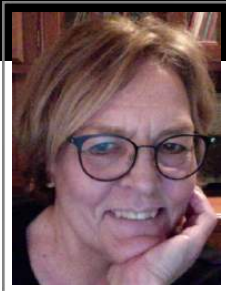


### Messages from Heaven

A Collection of Messages Author Rev. Joann Baumann received from her son in Heaven



The Angel, 1912 Poster by [William Baxter Closson](#)



# Feng shui can balance unsafe designs and restore comfort and joy

Written by Nancy Freier

If you're like most homeowners, you are living in a square or rectangle shaped house that by their mere design have "unlucky, uncomfortable and unsafe" situations in which to maneuver and live.

Feng Shui practitioner and teacher Terah Kathryn Collins in her book **Home Design With Feng Shui A-Z** says, "In Feng Shui, where safety and comfort are paramount, protruding and sharp angles and corners are considered dangerous. They produce 'cutting chi' or arrow-like energy that can make people feel irritable, uncomfortable and unsafe. Our angular Western architecture also creates corners in every room where chi tends to collect and stagnate. In feng shui, these extreme features need to be balanced."

So, short of knocking down walls and redesigning the home with curved walls, what can be done?

You can choose more organic-shaped architectural details and countertops with round, bullnose, waterfall, or ogee edges.

Remember ever stubbing your toe on sharp bed frames? Or getting knee-high bruises from that glass-top coffee table?

Choose furniture with rounded corners to assure safety and comfort, and no more stubbing toes. If your existing table tops have sharp corners, you can drape fabric (think, table cloths); or

arrange a vining plant to drape over the corners to soften them. You can also turn your furniture at a diagonal to minimize the corner's effect.

I recall going to a Realtor's home with an elegant living room right off the foyer. Upon entering through the front door, I immediately felt *poison arrows* coming at me from the pointed furniture arrangement. Lovely as her home was, those arrows hurt! All that needed to be done was tweaking the angle of the furniture to eliminate the arrows.

In another client's home, she had a protruding corner pointing right at her when she was in bed. Being an artist, she created a lovely folded paper mobile and hung it to soften the corner. (See photo 2 and 3.) I also suggested she paint over the turquoise color she had on all four walls, to warm up the room, as her intention was to have a sweetheart. She left the bookcase wall turquoise as an accent, hung the mobile to soften the protruding corner... and VOILA! Just two days later she called to tell me that a friendship turned into a romance and they were going out on a date that evening! Blessing the home after making any change is always a good idea. It helps anchor your dreams into reality, and while they are on the way, you can be safe and comfortable in your home. Δ

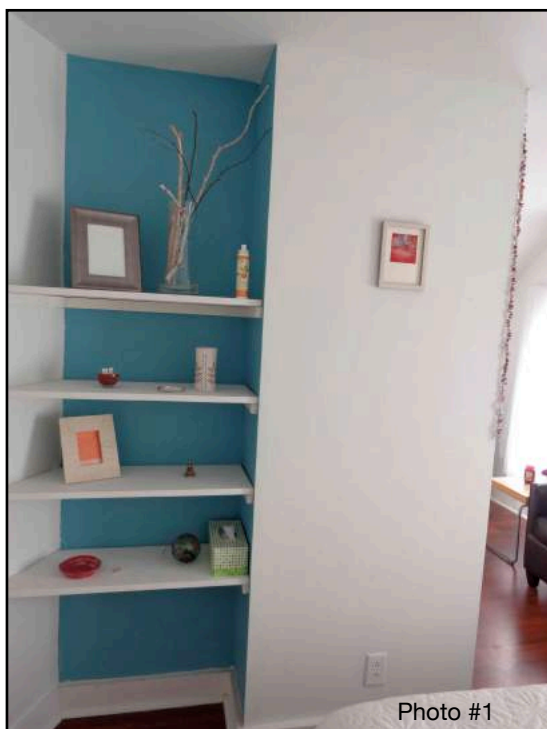


Photo #1

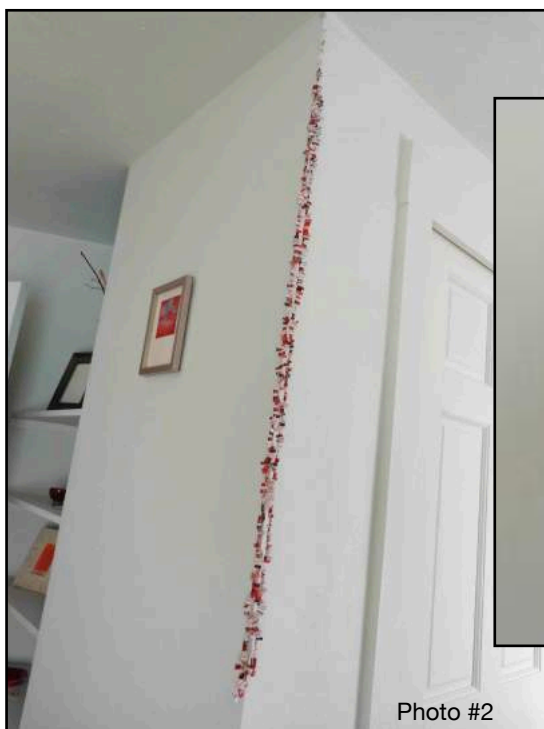


Photo #2



Photo #2 Close-up

A woman's bedroom/sanctuary went from unsafe and chilly to warm and welcoming with a coat of paint and some feng shui ingenuity.



# Nancy Freier Designs | Essential Feng Shui®

In-home and virtual consultations for Home and Business

Feng shui consultations include an analysis of your home's architectural design, floor plan, furniture placement, balancing the elements, review of color choices, textiles and other materials ~ and everything else you live with to ensure all is in alignment with your life goals.

## **Use those Beautiful Flowers to Enhance the Ch'i...**

Flowers are one of the easiest ways to uplift the Ch'i in our homes. They provide us with a sampling of nature's wonder and beauty and help us stay connected with the natural world.

Just as flowers can easily uplift the Ch'i, they can also deplete it if not properly cared for. Keep your flowers looking fresh. Once they begin to decline, groom or replace them with new ones. Only beautiful, vibrant flowers enhance and enliven the Ch'i!

- **Dried flowers**~ Replace every few months
- **Potpourri**~ Made of dried flowers needs to be replaced as soon as it loses its scent.
- **Silk and plastic flowers** can be an alternative to fresh flowers and keep their vitality for about a year. Keep them clean and dust free, and replace them as soon as they begin to fade.

*From: "Home Design with Feng Shui A-Z"*  
by Terah Kathryn Collins



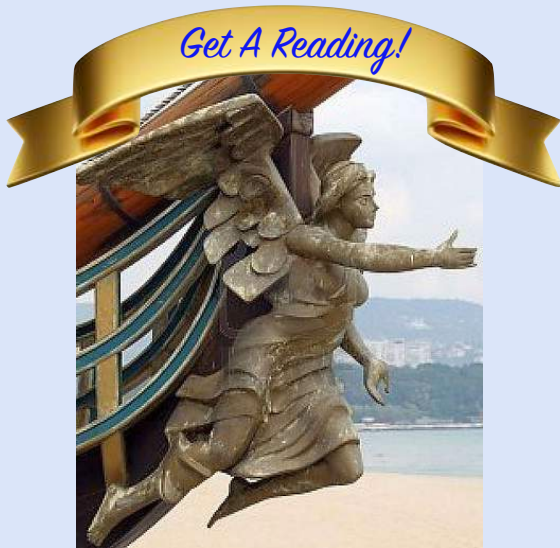
"The Bouquet" Painting by Catrin Welz-Stein



Schedule a **FREE** 20-minute chat to ask your questions and learn how Essential Feng Shui® can help you achieve your heartfelt goals!

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

Visit: [www.NancyFreier.com](http://www.NancyFreier.com)



## Readings with Angel Medium Nancy Freier

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

Get a reading! Email [NFreier@aol.com](mailto:NFreier@aol.com)

## Welcome to the Angel Guidance Group!

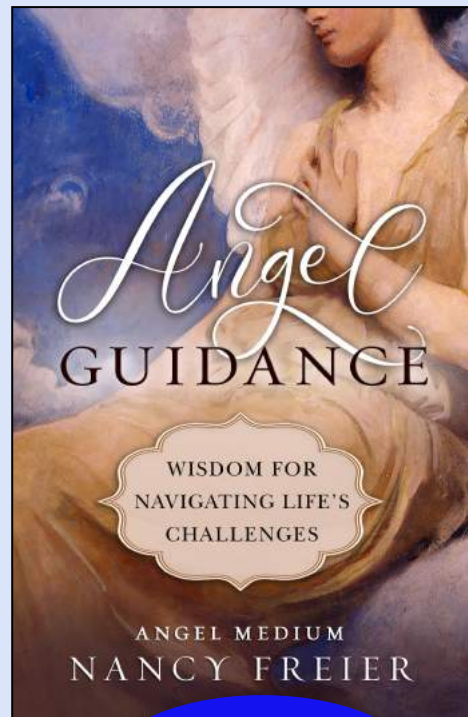
Nancy leads the group into a growing awareness of those in the higher realms of Spirit and the ways they guide us through the lessons and challenges we face. Each meeting is unique. We explore the methods of communication with The Greater Reality, share enriching real-life stories with Spirit, and discuss enlightening Q&As about the communication process and the messages we receive. You are welcome to join this angelic-inspired conversation.



**Sat. May 11 @ 1pm CST**

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

[Click HERE to Join](#)



[Click HERE  
to get book](#)

Book includes over 150 questions asked of the Angels along with their responses! The universal nature of angelic wisdom allows you to see the bigger picture of your life challenges, offering you understanding of why things happen as they do. Having the angel's perspective, you are guided to wisely move through life's challenges with clarity, peace and goodness. Read it cover-to-cover or, the angels suggest you might open to any page. If the question you read, doesn't apply, the answer will.

Book is available on Kindle, or paperback.