

The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 13 Issue 1 • January 2025

Making Our Way Forward
Creating a future you want in 2025

Featuring

A Chat with Esoteric Author
Timothy Wyllie from the Afterlife

Author and New Age Aficionado Timothy Wyllie



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Deep Healing & Integration Weekend Retreat with Matt Schmidt

June 27-29 Friday 4:00pm thru Sunday 12:00 Lodging options available.

PERUVIAN SHAMANISM TRAINING WITH JOSE LUIS HERRERA

May 29-June 1, July 24-27, September 18-21, November 13-16, 2025

Join Peruvian native and international teacher, Jose Luis Herrera, for this powerful training on Peruvian Shamanism. This 4-part series is comprised of four long weekends in which you will develop a medicine bundle, or mesa, that becomes your animistic map of transformation and healing across the medicine path.

Mavis's Way with Jean Else And Annie Gee

May 7-10, 2025 Lodging options available. Mavis Pittilla is one of the most iconic and well-respected mediums whose service to the Spirit World bridged two centuries. Since her passing in 2022, her widow, Jean Else, along with "Mavis Pittilla Authorized Teacher," Annie Gee, will share with you Mavis's practical approach to becoming a "Whole Medium" not just a mechanical medium. They will share with you Mavis's practical approach to communication with the Spirit World.

Beginning Crystal Healing Class with Diane Bloom (former advertiser in The Inner Voice!) April 19, 9:00-4:30

Check our [website](http://www.glh.as.me) for complete listings of all UPCOMING EVENTS!

REIKI LEVEL I TRAINING*
March 1 9:00-4:30

REIKI LEVEL II TRAINING*
March 2, 9:00-4:30

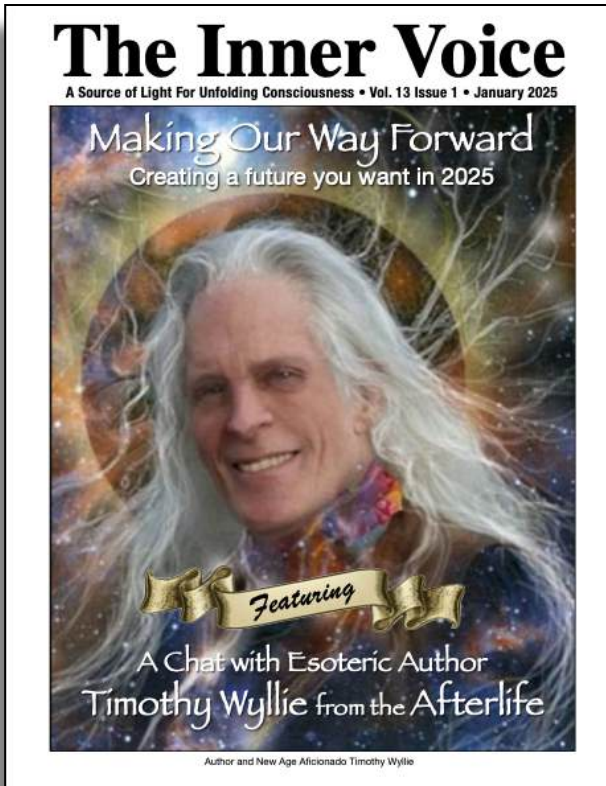
REIKI MASTER TRAINING*
Feb 8, 9:00-4:30, or contact us to schedule date. Includes apprenticeship.

*All trainings with Amy Wilinski



Register online now for our Workshops and Sessions! www.glh.as.me

About the cover...

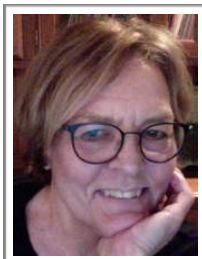


Timothy Wyllie Portrait
by Photoshop Artist June Atkin

“What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from.”—T.S. Eliot

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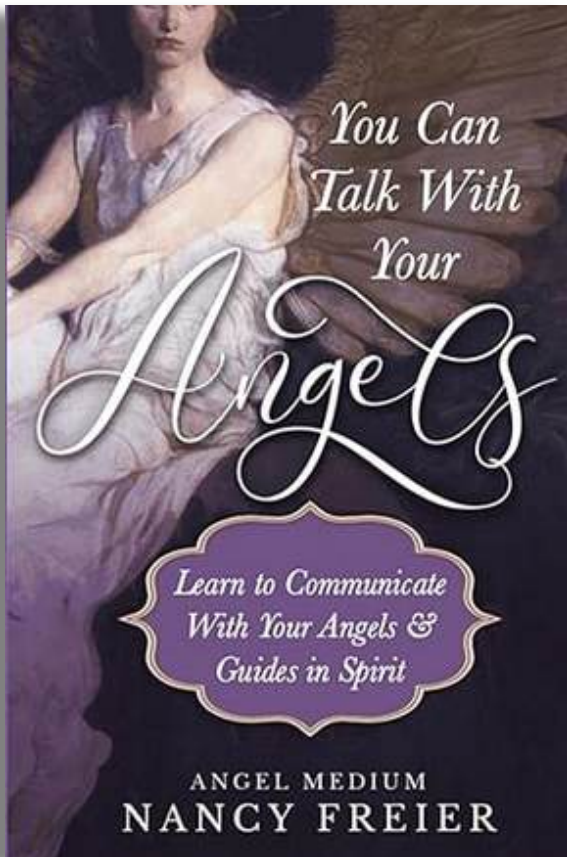
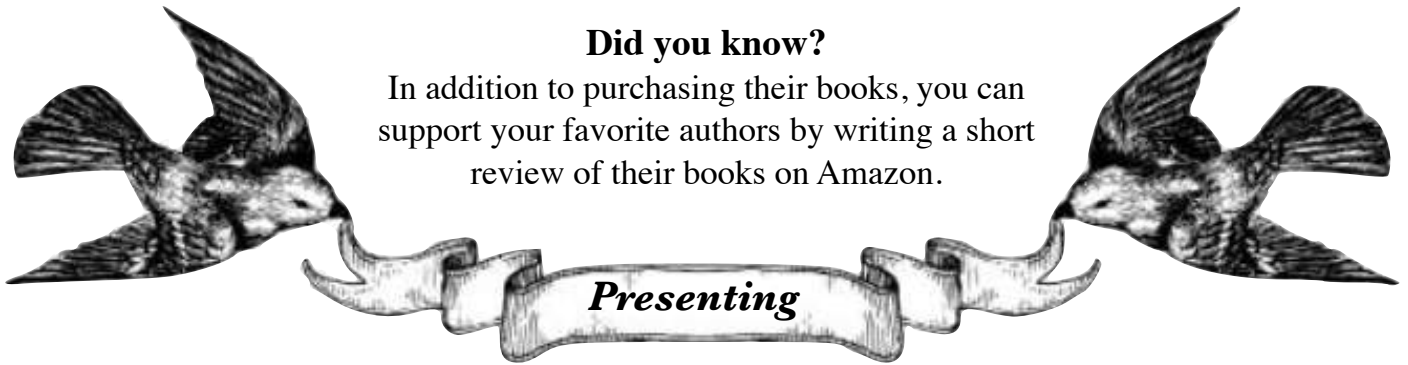


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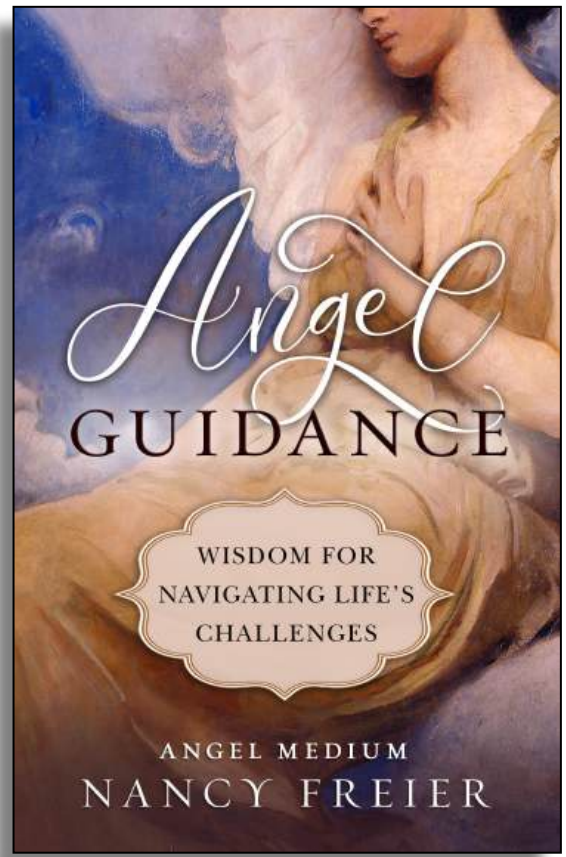
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Did you know?

In addition to purchasing their books, you can support your favorite authors by writing a short review of their books on Amazon.



[You Can Talk With Your Angels](#) (©2024) is published! A long time in the writing, this 171 page book is the culmination of the Author Nancy Freier's inner listening / automatic writing technique she developed over the last three decade of teaching hundreds of students this method. Now the instructions are in this book, that also includes samples of the writings and actual class experiences. Follow the exercises and teach yourself how to talk with your angels! Private tutoring sessions with the author are also available! Email: NFreier@aol.com



From the Angels to your heart, [Angel Guidance: Wisdom For Navigating Life's Challenges](#) (©2022) is a collection of angelic messages in response to questions people asked over the years. Anyone interested in rising above the fray "to see as God sees" and have solutions to life's problems would love this book. From cover-to-cover, this book is loaded with higher wisdom that will change how you look at things and heal your life. Book is available in Paperback or Kindle.



from Our Readers...

I LOVED your November Pet edition since I adore cats. I especially love the cartoon with the dog and cat meeting God, and the cat's answer: "You're in my chair" is so spot on! It tickles me every time I see it. ~Peg E.

Ooh...the November issue is beautiful! If you have experienced the loss of a pet, you may find comfort or connection in some of the articles shared by this month's contributors. It is a beautiful compilation. ~L.A.

The December issue was spectacular. It gave me a true feeling of Christmas. **The Story of Christmas** provided new understanding of how and why we celebrate the holiday. Thank you! -S.B.

We'd LOVE to hear from you!
E-mail your comments to:
theinnvoicemagazine@gmail.com

Dear Readers,

Happy New Year One and All! This issue marks the start of our 13th year of publishing **The Inner Voice** monthly online! When asked how do I manage to do this magazine for so long, I must first credit the idea of creating a goal; what message do the angels and I want to express, then stay the course by keeping my focus on that goal.

And, what better time to begin a goal or dream than right now at the start of the New Year? With any new project, or with anything you wish to accomplish this year, set the ideals. Susan Barnes gives some tips on p. 14. Then, follow through with a step-by-step plan. Remember, if you get tired, learn to rest, not quit.



Angels ringing in the New Year!

Among the enlightening articles this month, featured is a tribute to my late friend, Timothy Wyllie. He enjoyed writing essays (as he called them) for this magazine. And what is really crazy cool is that this interview was done recently by our friend, Medium Gordon Phinn who brought Timothy through from the Other Side!

I hope you will read this entire issue, a bit-at-a-time, if need be. Then, pick up a pen (or keyboard) and let us know how we're doing. Tell us your thoughts and what you'd like to see in future issues. Every one of us here at the magazine would love to hear from you!

Nancy



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Making A New Way Forward

Many of us make our traditional January resolutions and then typically have difficulty following through to the manifestation of these good intentions. Here is some advice for success in accomplishing them from Sreper.

Q. What advice can you give The Inner Voice readers for truly experiencing a personally fulfilling New Year?

Sreper said to first be kind to yourself. Life on Earth can be rough and steep so take the high road and call on your Angels. We come to you from the highest realms of Light 'to set things aright.'

Dive deep into your soul and distinguish who and what you will be going forward this year, and discard the distractions and what is no longer valid like you would an expired credit card!

Meditate on your deep heart at the center of your Soul. It is where we are. Listen to what is revealed to you. Learn the signposts along the way. Where do you want to go, grow, be? Look back and see what you have already accomplished and experienced. Draw a timeline, a long curvy line on a sheet of paper, making marks on it of all your major and minor accomplishments. Start at birth and mark all the way up until now. Leave plenty of room for what's to come. Seriously, do this.

Then give yourself a pat on the back for all that you've accomplished and healed through. Reward yourself in some significant and positive way (create a graduation certificate, if you will) for all you have done, knowing that what you wish to create for yourself this year will also come to pass. And it will by

keeping your intention clearly focused on the prize. Ask us to help and we will anoint and make smooth your path.

Earth school is not easy and we applaud you for being there to do your life's work according to The Plan you set down before birth. As you dive deeper into your soul's mission to achieve the goals you set ~ large or small, know that we are always with you. You are truly 'Soldiers in Spirit' and 'Ambassadors of Light' doing God's Divine work in you. What you do for yourself you do for God. Remember, that if you feel weak or weary and cannot go on, rest, don't quit.

△

One of my personal resolution is to "move more," because I sit long hours at my computer creating this magazine. Meanwhile, the Angels proposed I create a separate newsletter from them to our Angel Guidance Zoom group followers (announcement coming soon). That means I would spend more time at the computer! It will be interesting to see how my resolution pans out with this added task! Just as I typed this, I heard Sreper whisper, "When there's a will, there's a way!"

So there you have it. Make a decision and the universe will support you. P.S. And just before press time, I learned I need a new computer! Hello, universe? ♥



Daybreak, one of my all time favorite paintings by Maxfield Parrish depicts a perfect time to contemplate the beginning of a new day, or New Year. Sreper said, "Arise and shine the Light that you are; as the Light is always there to guide and guard."

Happy New Year of Angel Guidance!

Depending on the nature of your questions, in a private reading your Angels, Spirit Guides and/or Ancestors come through to help you understand such things as:

- The life lessons you're here to learn.
- Any past-life connections that are affecting your current life.
- The origin of disease and illness, and new thought patterns necessary to reverse it.
- How to resolve any issue. If you have questions, the Angels have answers.

Angel Chat

Meet with the angels in a "Live Chat" with Angel Medium Nancy Freier.

Receive kind insights, clarity and loving solutions that give you peace and understanding.

Angel Reading

Get a full 'Automatic-Writing Reading' Done privately, the angels answer your questions to help you deeply understand and heal any situation disturbing your peace in body, mind, spirit, heart or home.



For more information or to schedule, e-mail NFreier@aol.com

Join the Angel Guidance Zoom Group!

Angel Medium Nancy Freier leads the group into a growing awareness of Angels and those in the higher realms of Spirit and the ways they guide us through life's challenges.

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. Join this angelic-inspired conversation!

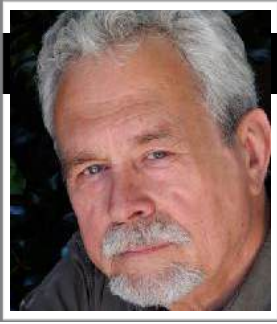
Sat. Jan. 11 - 1pm CST

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

[Click HERE to Join](#)



"Zooming enlightenment around the World"



My Life Here and There

A Journey that Transcends Time and Space

By Bob Ginsberg

Life is an intricate tapestry woven with threads of joy and sorrow, laughter and tears, triumph and despair. For Bob Ginsberg, this balance has often seemed to be skewed in one direction, yet it is precisely this blend of experiences that forms the heart of his story. His journey through life is one of profound extremes—unspeakable tragedy tempered by moments of transcendent joy—and it raises some of the most fundamental questions about existence. Is there meaning or design behind the events of our lives? Or are we adrift in a random universe, trying to make sense of the chaos? These questions are not merely abstract musings for Bob; they are the backbone of his personal evolution and the essence of his reflections on Life.

Bob's life story is deeply emotional, offering a window into the human experience in all its messy, beautiful complexity. At times, it will make you cry—tears that stem from the depth of his heartbreak and the universality of grief. Yet these moments of sadness are balanced by episodes of humor, warmth, and astonishing resilience. Bob's reflections on his life are infused with wit, self-awareness, and an ability to find light even in the darkest of times. His narrative invites readers to ponder their own lives, to examine the interplay between their highest joys and deepest sorrows, and to seek the threads of meaning that tie it all together.

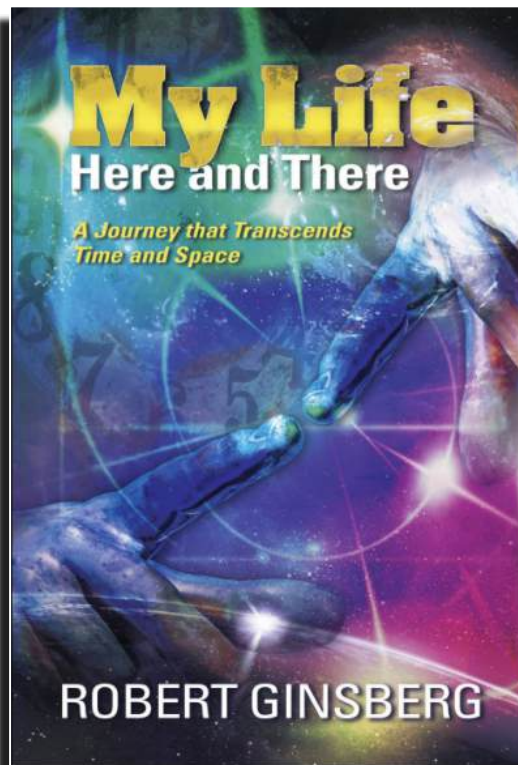
Perhaps the most compelling aspect of Bob's journey is his transformation. At one point, he found himself in the depths of despair, questioning the value of life itself and longing for an escape from the pain. Yet from this place of darkness, he embarked on a path of healing and rediscovery, ultimately finding a renewed sense of purpose and fulfillment. His story is a testament to the human spirit's capacity for resilience and reinvention. It serves as a beacon of hope for anyone navigating their own struggles, offering the reassurance that even the most difficult periods of life can lead to growth and a deeper understanding of ourselves and the world around us.

Central to Bob's philosophy is the idea that permanence is an illusion. Life, in its essence, is transient, and attempting to hold onto anything too tightly only deepens our suffering. By embracing the impermanence of existence, Bob learned to let go of the need to overanalyze every event with his mind and instead began to experience life more fully with his heart. This shift in perspective allowed him to find a greater sense of peace and connection, even in the face of life's inevitable uncertainties. It's a perspective that invites readers to reimagine their own relationship with change and to find freedom in the realization that nothing—not even our most cherished moments or our deepest sorrows—lasts forever.

But Bob's journey doesn't end with his reflections on the here and now. What makes his story particularly unique is the twist it takes as he delves into the question of what comes next after we leave this physical existence. In exploring the possibility of an Afterlife, Bob invites readers to expand their minds and consider ideas that transcend the boundaries of conventional thought. His narrative doesn't claim to have all the answers, but it

offers intriguing insights that challenge us to reconsider our assumptions about life, death, and the nature of the universe.

The prospect of an afterlife has fascinated and perplexed humanity for millennia. From ancient myths and religious doctrines to modern scientific inquiries, the question of what lies beyond has been a source of endless speculation. Bob approaches this mystery with both curiosity and humility, blending personal experiences with broader philosophical musings. His journey into the unknown is as much about the search for truth as it is about the willingness to embrace uncertainty. He acknowledges that the idea of life beyond this world may require an open mind, yet he also suggests that clarity is possible if we are willing to dig deep and explore beyond the surface.



Get the book on [Amazon Here](#).

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Author Bio: Bob Ginsberg, with his wife Phran, co-founded Forever Family Foundation in 2004. Bob's undergraduate degree is in English, but his working career was in the insurance business. Bob started researching the evidence for survival of consciousness soon after his daughter died in 2002. Devastated by the loss, in 2003 he began looking to science to tell him if she still existed in some form. In 2004 Bob and his wife Phran founded Forever Family Foundation (foreverfamilyfoundation.org) a global not for profit that educates the public about evidence 'that we are more than our physical bodies'. Since the passing of his wife, Phran, Bob has assumed the role of President.

One of the central themes of Bob's exploration is the tension between a designed and random universe. Are our lives part of a greater plan, orchestrated by some higher intelligence? Or are we simply the product of chance, navigating a world without inherent purpose? Bob's experiences and reflections offer compelling evidence for both perspectives, leaving readers with much to ponder. Ultimately, his narrative encourages us to find our own answers, to seek meaning in the questions themselves, and to approach life's mysteries with a spirit of curiosity and wonder.

Through his journey, Bob has come to believe that life—both here and there—is deeply interconnected. The boundary between this world and whatever lies beyond is not as rigid as we might think, and understanding this connection can profoundly transform the way we live. By recognizing that we are part of something greater than ourselves, we can cultivate a sense of purpose that transcends our individual experiences and connects us to the broader tapestry of existence.

Life: Here and There is more than an autobiography; it is an invitation to reflect on the nature of existence and the role we play in it. Bob's story is a reminder that life is a journey, not a destination, and that every moment—whether joyful or painful—is an opportunity for growth, connection, and discovery. His reflections challenge us to live with greater intention, to embrace both the light and the darkness, and to find meaning in the fleeting beauty of the present moment.

For anyone who has ever wrestled with the big questions of life—Why are we here? What happens when we die? Is there a purpose to it all? —Bob's story offers a deeply personal and thought-provoking perspective. It is a journey that transcends time and space, bridging the gap between the physical and the spiritual, the seen and the unseen. And in doing so, it reminds us that the greatest adventure of all is the one we undertake within ourselves, as we seek to uncover the truth of who we are and what it means to truly live.

△

Steve Freier is a researcher of metaphysical subjects and The Inner Voice website design tech. Steve is also a professional video producer specializing in personal and promotional videos in YouTube fashion. Contact Steve here: sgfreier23@gmail.com

A Prayer for A New Age

By JA Dioguardi

We sometimes have to dig deep,
Willing to work in the dark,
Knowing that what we're to reap
Will contain Divinity's spark.

The fear we're feeling is real;
Conditions aren't what we'd dreamed.
Fate has its hand on the wheel,
And our spirits will be redeemed.

We're warriors mining for gold —
Mortals that God has ensouled,
Toiling for treasures untold
In spite of all we behold!

Although the atmosphere lours,
Light is pervading our souls;
Heaven on earth can be ours
By performing each of our roles

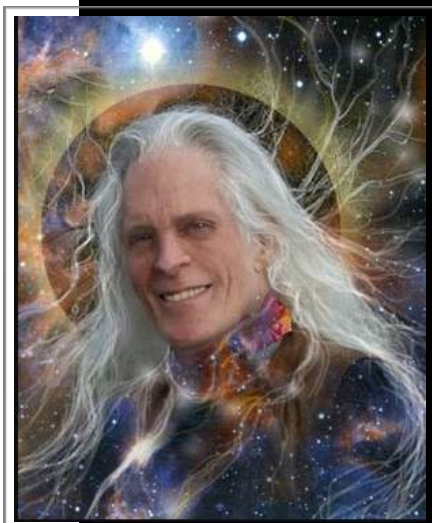
Engaged in service to all
While working under the dome,
Heeding a singular call
Is the way that's leading us home.

We're warriors mining for gold —
Mortals that God has ensouled,
Toiling for treasures untold.
Let us be courageous and bold!



JA Dioguardi, in her own words, said: "I am a Cosmic Consultant for Change. I inspire, teach, and heal via the vibration of my words." For more of her writings visit: www.jadioguardi.com

A 'Most Unforgettable Character' Author, Artist ...



An Interview Across the Veil Conducted by Medium Gordon Phinn

Editor's Note: Timothy Wyllie (June 9, 1940 - October 4, 2017) was simply a genius who focused his art almost exclusively on his perceptions of the Universe. He was fascinated by and deeply involved with New Age topics. He authored 15 books including: "Dolphins, ETs and Angels" and coauthored the classic "Ask Your Angels." I had the distinct pleasure of knowing Timothy. I hosted his workshop in Palm Desert, California in 1999, with Timothy riding up in a jeep, his trademark hair flying in the wind. I visited his home that he designed and built in the middle of nowhere in New Mexico. Timothy enjoyed writing essays for The Inner Voice. His art and his work leaves an indelible mark in consciousness.

I am happy to present my friend Timothy who came through another friend, **Medium Gordon Phinn**, a practicing psychic and spiritual counselor who facilitates spirit contact, entity removal, distance healing and past life regression. <http://anotherwordofgord.wordpress.com>. Here, he speaks with Timothy.

Spirit Contact: Earth to Timothy Wyllie...

"Earth is a complicated planet facing a crucial stage in its evolution; and, it's the place to be!"~T.W.

Timothy Wyllie made his name on Earth through both his radiant artwork and several books on "chumming it up" with dolphins, extraterrestrials and angels, particularly his series on what he called "the Rebel Angels." I got to know him mainly through email, but boy we had a vibrant interaction! The publisher of this magazine, Nancy, suggested that it might be fun to contact him, as he's been on the Other Side for several years now. I felt his presence last night and suggested that tonight would be the night to call on him, and so it is.

Gordon: Timothy, it's great to be able to interact with you! So, greetings my friend, do tell us how you are enjoying your 'afterlife'?

TW: Well Gordon, as you know, I was well acquainted with these realms through my near death experience, lucid dreaming and psychedelic journeying, so the transition was a pleasure not to be missed, not by anyone. It's quite the trip! One has

personality issues to deal with of course; one has to confront one's parade of regrets and, 'Oh what I might have done had I been thinking this way or that way.' But one learns very quickly that forgiveness is easily available from the so-called 'others' that one meets up with, and that forgiveness of the self is the key to unlocking whatever door you feel is closed upon you, even doors you cannot seem to see.

Yes, that is the magic key — the ending of the search for the lost chord. I could see how I had deluded myself early on in life with belief systems and efforts, spiritual efforts to become a more enlightened and better person when I was actually enlightened to begin with. I gave up the gurus. I gave up the dependence on thought ~ thought forms that told me I should do this or be that, or go here or go there.

There is much to be applauded and enjoyed in this world. I urge you all not to be apprehensive about what you might uncover about these worlds, or yourselves ... and yes there is

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more than one self. Sometimes I feel like I am chasing these hidden and lost selves. At other times I am just basking in the radiant colors of this sphere that I find myself in ... a sphere not that different from the one in which I lived on Earth. More shiny and radiant of course; and, the colors are extensive and unbelievably beautiful.

My life as an artist has increased tenfold, to say the least. One goes from creating artwork on canvas to artwork in the air! Artwork that makes its own frame. Artwork that denies the possibility, or necessity of a frame. Artwork that morphs. Artwork which you and your friends can enter into. 3D is just the beginning. Artwork that can replicate itself, if you so desire it and focus on that possibility, that manifestation.

Gordon: What about Angels?

TW: Angels are everywhere. There are angels of the dead human variety, those who have forgiven themselves and as the prayer goes, those who trespassed against them. Humans that have transcended their perceived limitations they inherited a long time ago and were loath to give up, partly because they didn't really realize they were there.

There are many resistances to expansion that are, how shall I say, 'cleverly hidden.' You can be a very good looking human, young, glowingly and attractive. The angelic dead human types can act out that archetype: the handsome young man, the gorgeous young woman, but they can easily shift from shimmering angelic mode into a variety of white and multi-colored orbs with intricate designs. They can be two or three orbs at the same time.

Then there are those that have been, as we say, angels all along, who watch over us caring for us in our vibrant stupidities, as I was cared for and wrote about.

Many of you will recall my angel that kept my sanity by throwing me curve balls and making me cope with the mysterious and ancient past. My angel who could recall 'this era' and 'that epoch.' Some of what was enacted in the evolution of humanity and the evolution of sentient forms, dolphins not being the least of them, our cousins the dolphins. They, too, can manifest in many ways in this sphere, They can show their intelligence in the same ways as they did on earth, but with even more efficiency.

Those of you who read my books and wondered about this, wonder no more. They're not, uh, sitting down in cafés having lattes, but they can fake it. Or, you can swim with them in their element and be glad that their songs have no ending, that they become ever more intricate, hinting at even further unworldly harmonies.

So those of you who crave the presence of angels crave no more. Enjoy what I am telling you and rest in the assurance that it will all be here when you get here. And when you do, there is nothing missing except all that annoying stuff that irritates you. That's all gone ... no pollution, no excessive heat or cold ... just whatever you would like it to be.



"Self Portrait" by Timothy Wyllie

Yes, there are consensus realities, but they have much broader limitations that seem like boundaries, but when you go past those boundaries you're actually ascending into another dimension. Such boundaries are in fact invisible, but present in a mental sense. All you have to do is think different thoughts that maybe didn't occur to you before, when you were, how shall I say, 'Oh my goodness I'm dead and isn't it wonderful?' It is wonderful but it can be even more wonderful when you let limiting thoughts melt away. Those thoughts can be of a political, cultural or religious nature. Just like on Earth if you have trouble with diverse ethnicities you will be stuck with your tribe, who may be nice folks but it's still just your tribe, it's not international, it's not the embrace of all others. And that embrace is, of course, mental. You don't have to run around hugging everyone, although you can if you want, but it's an inward thing.

~ Part 2 ~

Gordon: Timothy, please continue. Tell us anything that you would like to.

TW: Well Gordon, first I would like to reach out to my friend Nancy who requested this interaction with you. I wish you well. You may not remember our interactions in Greece, or Egypt, that doesn't matter, I'm sure you understand the possibilities and ramifications, I'm sure you all get that we've

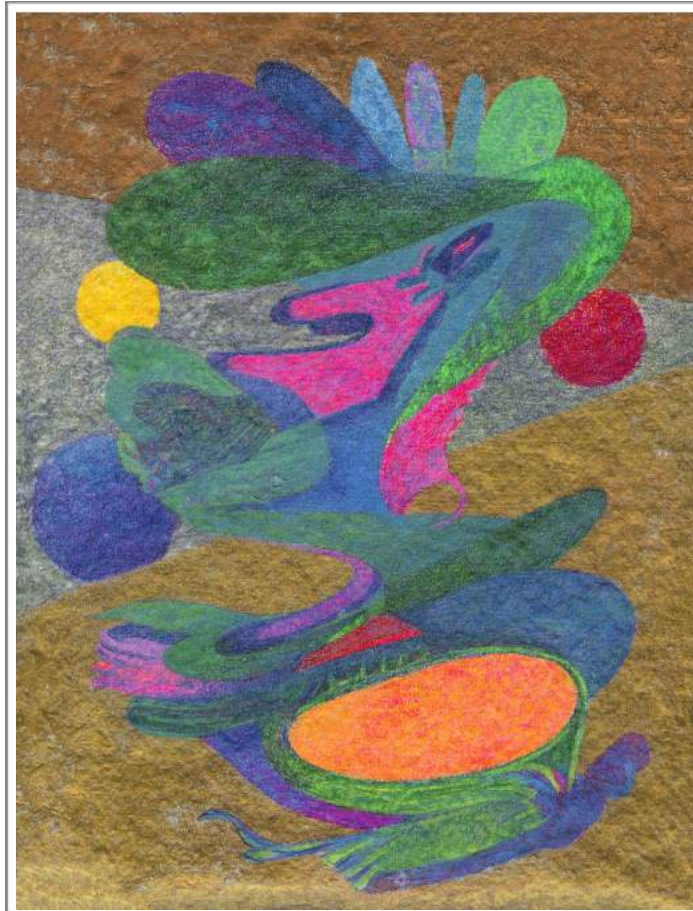
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been here many times. There are a few newbies just starting out but the vast majority of human beings have been around for thousands of years. And of course I'm realizing that fully now, in my expanded state... but just a little reminder. And thanks for initiating this. Gordon has been visiting here a number of times since I passed, and he knows that, but he neglected to record it, until that is, you prompted him, Nancy ... and here's Gordon thanking you.

Gordon: Followers of my "WordofGord" blog know that I have interacted with many spirits and continue to do so even if I don't record them. I am myself multidimensional, but I try to playact the human, mostly for the benefit and comfort of others. Also, it's my karma to figure it all out isn't it? Anyway that's enough about Gordon, back to you Timothy.

TW: The extraterrestrials? Well, they're here, of course. They visit, and some do live here, as Gordon has pointed out in his memoir. Some of them take an incarnation as a human fetus in a womb and grow up as a human. The books of Miguel Mendonca have put that on our cultural plate, for us to study and think about. I've met them. They're just like humans, physical and astral beings.

As you might meet someone who says, I lived In France, or I lived in Japan, while someone else will say, I lived in Andromeda, I lived in Pleiades, I came from Sirius, yet the person you're looking at is human. They have their little quirks you know as they learn to be human. Even on the astral level with its relative freedom, it's a bit more limited than what they're used to, but they are absorbing bit by bit, if you like, the essence of the human dream, the human journey. What actually transpires on Gaia here, which doesn't necessarily replicate where they're coming from. And you know one interacts with them the same way one interacts with many cultures. All cultures have their own predilections, passions,



Timothy wrote this: "Living in the High Desert of the New Mexico, I have a chance to feed and watch a wide variety of birds. I can trace the trajectory of hawks as they wheel tirelessly in the mountain updrafts; watch a pair of golden eagles roosting on the branch of a dead tree atop of my mesa; study the raucous flights among the feeding bluejays; and try to draw the endless bobbing and flapping of the sparrows and finches, seeing if I can capture something of the pugnacious vitality that must have characterized the Conference of the Birds."

This drawing is the fourth of six different "Bird Watching" pieces in the series, each of which poses the question, "Who is watching who?"

prejudices, although at the astral level a lot of that is given up, especially in the sphere I move in.

Those that are intently devotedly attached to their ethnic source, whether it be Chinese, Polish, Australian or whatever, they continue those attachments here, but they are rarely on the level I'm moving in. I like to hang my hat in the realm that caters to free spirits, those who are ready to give up all those limitations of religion that every one of them puts forth, and the, you know, attachments to cultural achievements. Look at our beautiful temples cathedrals, museums and palaces – amazing folk dancing, fabulous creation of ballet, symphony, film and theatre. All that goes on here but in a less culture-bound way.

Much like the dwellers of big cities would enjoy the creative productions of any culture, Russian, French, Japanese, and so on, we do so here, in a much expanded state, of course. On what we call the lower levels, where you find folks who are very attached to being Buddhist, Catholic, Baptist or Hindu, or Rosicrucians or stuck-in-the-wool Masons, convinced the Masonic path is *the way!* Fine fellows and lovely ladies they

may be, but they do have their attachments.

So what, you may ask, am I attached to? Well, how about the wonderful world of color, the wonderful world of harmony, where mixing colors becomes an ever more subtle art. Of course I'm on the artistic path as others are on their creative paths – creative on many levels! – everything you can think of: architecture, carpentry, design, they are a big deal here – the creation of form with the mind, the magic of imagination. Those of you who have explored that for yourselves, say through dreams that became lucid when you recall them. Through that,

continued on page 13

many of you know what it's like here, but can only bring back bits and pieces – snippets from some ongoing movie. Do not despair, it's not your fantasies or delusions, it's your projected reality and the piecing together of that puzzle.

“Well, I suppose nothing is meant to last forever. We have to make room for other people. It's a wheel. You get on, you have to go to the end.”—**Timothy Wyllie**

We, as permanent astral residents, (as they say), we enjoy your unscheduled visits, chuckling when you don't remember the last one, as we remind you. If you recall us chuckling and wonder why they are always laughing over there, that's why. We get the limitations you are under, the bonds that physicality put upon you, because we were there once. Our tolerance is our forgiveness is our joy.

I can feel some of you are asking about intimate relations. They are indeed possible and ongoing. One can be intimate in the old-fashioned way, what we think of as old-fashioned anyway. But 'mergings' are possible at the various chakra levels, and if you, say, merge at the level of the sixth, the third eye, there's a tendency to, uh, disappear into the blending – an ecstatic bliss that allows you to forget personality and become something else that you cannot quite define, other than saying it's blissful!

So you can have your intimate partners that are now “dead”, those who loved you and those who shared your intimacies and personality quirks, they are here, and so are all kinds of others that you didn't seem to know from your 20th century life, ones

who sat that one out, and whom you may finally recognize from, let's say, Renaissance Italy (just to throw one into the mix). There are lots of that, people who'll meet up with you and say, “Don't remember me huh?” And then will quickly morph into what they looked like in, you know, 1540 or 1610, and you go, “Oh my god, it's you!” – that sort of thing, and again lots of chuckling there.

I myself give art lessons on the lower levels where people are, you know, pretty stuck in their ways and only wanting to recreate the forms that they tried, maybe somewhat unsuccessfully when they were on Earth. They look to me, and others like me, as inspiring teachers, which I'm willing to do. Although I do have to enter into their rather narrow mentalities to do so, and that can be a bit of a challenge.

I can see some of you are saying, “Okay, but how about Terence McKenna, Timothy Leary and Robert Monroe?” Well, I'm sure I've met them all. They are here, or seem to be. Terence is a particularly fascinating character and has a tendency to not actually be there when you go looking for him. Somebody will say He was here a while ago but he's not here now. It's like a game of cat and mouse and as Gordon noted, you can see him as a sort of cosmic orb floating in space and that's just one of his manifestations.

I have been asked to say to the artist on earth Alex Grey: Please continue your inspiring work as people love it and really need to see it. May you inspire psychedelic visions in those who admire your work and wish to experience that multidimensionality that you portray.

Gordon: Talk to us about music?

TW: Oh, there's all kinds of music here! Everyone's here...

Beethoven is hanging around, Coltrane, John Lennon, David Bowie – all kinds of creatives, so don't worry about that. It's all here, there's nothing that isn't here, not if you want it badly enough... either visiting, or here. And so I leave you my multi-dimensional friends, God bless!

△



Timothy Wyllie was a prolific artist so it was difficult to choose which pieces to present here. However, I was drawn to choose his last (unfinished) piece entitled: **“Interrupted Magnificence.”** To see the entire collection of his spectacular drawings, take a moment and peruse his gallery here: <https://www.timothywyllie.com/>



Setting Ideals for Yourself for 2025

By Dr. Susan B. Barnes, CSNU

January is a time when people set resolutions or goals for the year ahead. One way to do this is to set an ideal for oneself. The simplest definition of an ideal is an underlying motivation for why we do what we do. It is a motivating impulse for our actions and thoughts. It guides us through the path of life and influences our every thought and action. Ideals set the shape of a pattern for living and give us a structure for discernment.

Everyone works with ideals whether they are conscious of it or not. For example, when I first started doing mediumship, I unconsciously set an ideal to be of service. This is a spiritual ideal and not a material one. Consequently, every time I tried to establish a business with my mediumship, it never worked. Money always arrives from a different source. Eventually, I realized this was because of my ideal.

We set ideals in the material, mental, and spiritual worlds. These can be conscious choices that we make and begin to live by. They can be used to measure our thoughts, words, and deeds. For instance, if we decide to be more loving, we can ask ourselves how a loving person acts. How would a loving person handle difficult situations? You can choose whatever quality you like and then exhibit those qualities daily. Changing your actions can change the way you live.

Ideals are not ideas; they are a way of life. The Edgar Cayce readings state: "Spirit is the life, the mental is the builder, and the physical or material results are the effects of the application of

the knowledge or understanding toward life." [Reading 262-28]*
The mind is the builder because thoughts are things. Thoughts are

actions that carry an impression that acts through the person. What an individual dwells upon is what becomes part of their life. For instance, my ideal of service became a pattern in my life.

How do we build ideals? Ideals come from the soul, from looking within oneself. They come from the Creative Forces in the universe we put into action. We have a choice as to whether or not our ideals are spiritually or materially grounded. Cayce believed that many of the ideals could be found in the Bible. The idea of love one another or treat people as you would like to be treated are basic ideals.

A practical way to work on ideals is first to write down a list of your spiritual, mental and material ideals. Consider how implementing these ideals could change your life.

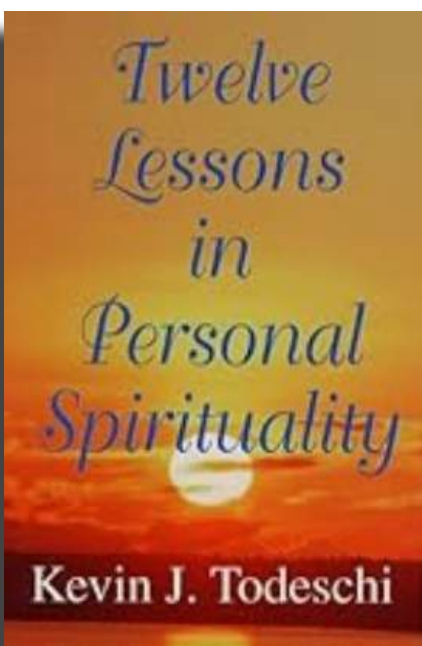
Why is it important to set an ideal? There are three reasons why. First, ideals set the shape and direction of spirit within our lives. Second, ideals can hold us accountable for our actions. Third, ideals can help us to understand better the choices we make. Our ideal also brings people and experiences into our lives. Most importantly, ideals help us in learning the lessons we need to know to grow personally and spiritually. Think about setting your ideals for the new year.

△

Note: All Edgar Cayce readings are available at www.edgarcayce.org

Recommended reading: Twelve Lessons in Personal Spirituality by Kevin J. Todeschi. (See book below-)

Author Dr. Susan B. Barnes, CSNU is a Spiritualist Medium and Life Coach who offers Readings, Spiritual Counseling and Spirit Art Readings via Zoom and Phone. For more information, see her ad on page 15.



Twelve Lessons in Personal Spirituality: An Overview of the Edgar Cayce Readings on Personal Transformation (A.R.E. Membership Series, 3)

This book is designed as a tool for personal reflection, as a handbook for small group discussion, and even as a source of encouragement during those moments when the challenges of life seem more overwhelming than the beauty of it. Based on the Edgar Cayce material, Twelve Lessons in Personal Spirituality presents insights for awakening to our true nature and to an awareness of the purpose of the soul.

Author Dr. Susan B. Barnes, CSNU Spiritualist Medium and Life Coach



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A Cultural History of Death

Death has always been a defining aspect of human life, yet its meaning and rituals have differed greatly across cultures and eras. From ancient burials to modern debates about euthanasia and how societies handle mortality reflects their beliefs and values. Exploring the history of death offers insight into humanity's ongoing attempt to understand life's greatest mystery.

The Ancient World

In ancient civilizations death was deeply intertwined with mythology and religion. Egyptian practices, such as mummification, exemplified a belief in the afterlife, where preservation of the body was crucial. Greek and Roman societies, on the other hand, focused on the soul's journey, as seen in works like Homer's *Odyssey* and Virgil's *Aeneid*. Public mourning and grand funerals often reflected social status, while philosophical schools such as Stoicism and Epicureanism debated the meaning of mortality and how one should confront it.

The Medieval Period

In the medieval era, Christianity and Islam profoundly influenced perceptions of death, presenting it as a gateway to eternal life or damnation. This period saw a preoccupation with salvation, as evidenced by the proliferation of artworks depicting the Last Judgment and the Dance of Death. The Black Death, which ravaged Europe in the 14th century, intensified these reflections, leading to macabre imagery and literature that confronted mortality head-on. Burial practices became increasingly elaborate, with tombs and effigies serving as reminders of both piety and prestige.

The Early Modern Period

The Renaissance and Reformation brought significant changes to how death was perceived and ritualized. The rediscovery of classical ideas prompted a shift toward humanism, where individuals sought to immortalize themselves through art, literature, and achievements. Protestant Reformation movements challenged Catholic traditions, including prayers for the dead and elaborate funerals, emphasizing simpler rites. Scientific advancements began to demystify death, laying the groundwork for a more clinical understanding of the body.

The Modern Era

Industrialization, urbanization, and advancements in medicine transformed death in the modern era. Death moved from the home to hospitals, becoming more sanitized and less visible in

daily life. The two World Wars, brought mass death to the forefront, reshaping how societies mourned and commemorated the deceased. Secularism also grew, leading to more diverse and personalized approaches to end-of-life practices. There is also seen a rise in the practice of cremation, cemeteries as public parks, and the emergence of memorials as tools for collective memory.

Contemporary Perspectives

In recent decades, death has become both taboo and a topic of renewed interest. The medicalization of dying, coupled with longer lifespans, has changed how people approach end-of-life decisions. The hospice movement and debates about euthanasia reflect a shift toward prioritizing dignity and autonomy in death. Meanwhile, digital technology has introduced novel ways to memorialize the dead, such as virtual tombstones and social media legacies. The 'contemporary perspective' also addresses the ecological implications of traditional burial practices, exploring green funerals and sustainable options.

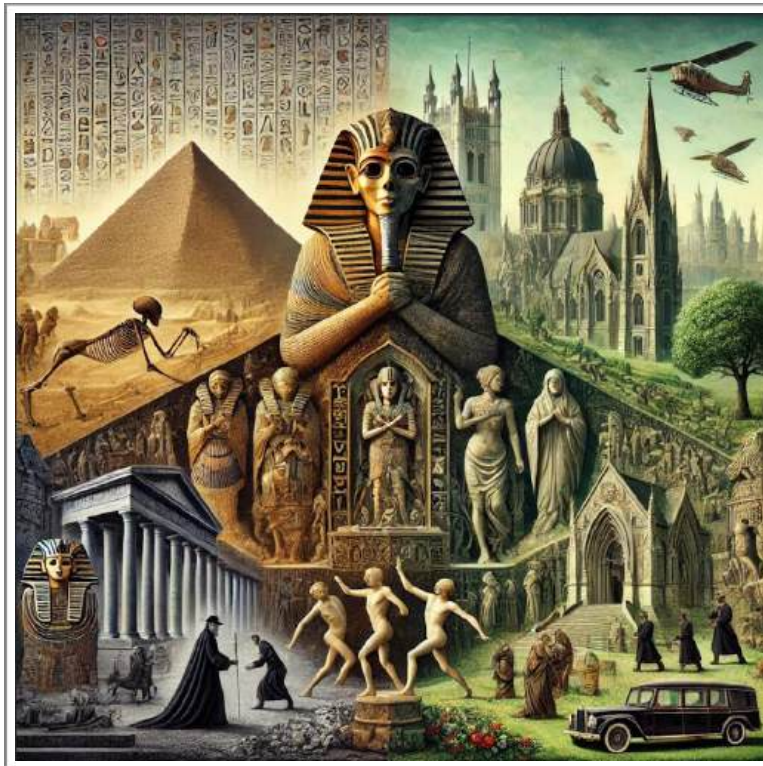
Universal Themes

Across time and cultures, certain themes remain universal in humanity's engagement with death. The desire to honor the dead, find meaning in loss, and hope for an afterlife transcends historical and geographical boundaries. Death rituals provide closure and connection, reminding us that while death is a deeply personal experience, it is also a communal one.

From the ancient tombs of Egypt to modern online memorials, humanity's responses to death reflect resilience, creativity, and a profound need to understand what lies beyond. By examining the cultural history of death, we gain not only insight into the past but also a deeper appreciation for the enduring questions that unite us all.

△

Editor's Note: Artwork and article curated by Steve Freier with assistance from ChatGPT.



AFTERLIFE REPORT

Evidence



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Join the Weekly Global Gathering! January Guest Presenters:

Sunday, January 5 - The Cosmic Voices Team on "The Year Ahead"

Sunday, January 12 - Eric Huysmans and Sally Taylor: "Our Multidimensional Selves"

Sunday, January 19 - Susin Micallef - The Practice Place for busy mediums

Sunday, January 26 - Susanne Wilson - "Understanding Ascension"

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Global Gathering Coordinator
Wendy Zammit wendyzammit@gmail.com



Emerging to the Return of the Light... We Welcome Back the Sun

*Greetings Cosmic Curious Ones! Happy Solar Return
January Birthday Babes!*

Written By Andria Nikoupolis Weliky



As the days will once again increase with light in the northern hemisphere, I hope you had a lovely holiday season, were able to reflect and rekindle with friends and family, and count many blessings in whatever traditions you celebrate! Happy Capricorn Season!

Capricorn Season invites us to reach to the highest heights and dive to the deepest depths. Happy New Year! 2025 is looking to be quite a dynamic year as the three outer planets, Uranus, Neptune and Pluto are all shifting signs from water and Earth to fire and air. These three planets are most impactful on the collective or on the global level as they are the slowest moving planets and bring generational change. To have one of them change signs speaks volumes in itself but to have all three of them changing signs at approximately the same time is pretty phenomenal!

In astrology we look back in history to get a flavor of the read at hand or for the future and it is unclear as to when this has happened before, possibly some 12,000 years ago. Regardless, it's all the buzz among astrologers and we can certainly see and collectively feel some great shifting taking place.

January's energy is starting out with Pluto, newly in Aquarius in an opposition to Mars retrograde in Leo, which speaks to tension in the realms of power to the people and individuation. On the shadow side this can be very moltenous, with dominating wealth and power, agitating and simmering ego flair ups. On a high vibe note, this speaks to new and innovative ways to work together, the higher mind and to take heart based action, coming together with like minded folks, change makers that consider equanimity.

When I envision the Aquarius/Leo Axis, I see the crown chakra over the heart and am once again drawn back to the power of our thoughts and the ways in which our heart puts out a charge or a frequency; I am reminded to check in to this current and the symbol of Aquarius, the wave pattern.

One of my favorite teachers, Pam Gregory, often instructs us to have post-it notes around asking "What are you thinking now?" I feel we are given the opportunity to check our thoughts and to be mindful of what we are contributing to the collective. I place my hands over my heart and breathe into this space, I draw in a deep breath (air/Aquarius) and exhale passionate love (Pluto, fire, & Leo) for the good of all.

Saturn and Jupiter, the regulators, are also dancing back and forth at this time in a square aspect to each other. This is a testing aspect and is taking place in mutable Pisces and Gemini, it draws in the topics of compassion around

communication, sensitivity to the ways in which we interact. I am once again reminded of Don Miguel Ruiz's book, *The Four Agreements*, to be impeccable with your words. Personally, how can we restructure our ideals, the words in which we live by, our own mission personal statement?

As Neptune moves closer to its ingress to Aries, we may see a new wave of spiritual leaders

pioneering onto the global stage. Even though this transit takes place in March, we are already in the energy of influence. We are also asked to use discernment as Neptunian leaders can bring deception and have us mystified under a foggy spell.

Uranus will take its leap over the Gemini threshold in July. This will bring speed and lightning ideas, a heightened frenzy



"The Jetsons" ~ A modern Space Age family

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Cosmictology from page 18

around developments in technology. We may see a surge in different ways in which we travel and commute, new and innovative unique vehicles, flying cars anyone? The Jetsons?

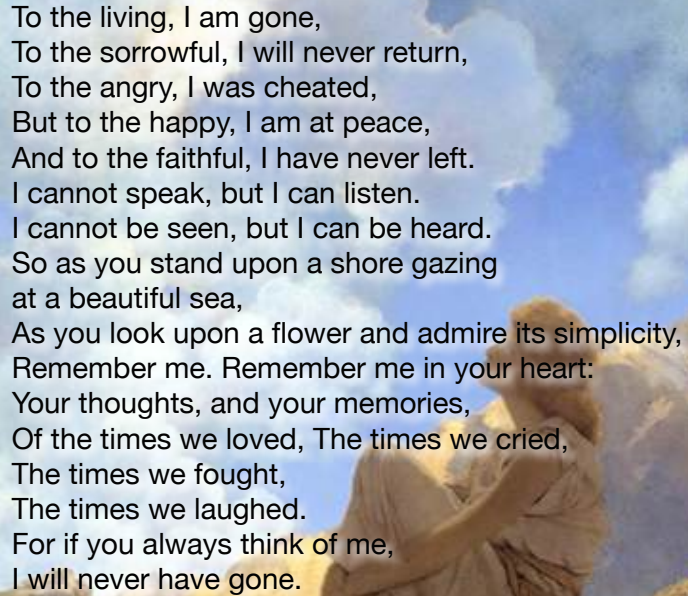
The combination of Pluto in Aquarius and Uranus in Gemini also supports the topic of messengers from the beyond, alien life or a greater awareness of other sentient beings, such as plants and animals having the ability to communicate with us.

During this time when the days are shorter and the Sun makes less of an appearance, at least here in Northeast Wisconsin, I recommend flowers that embody the Sun, Calendula and Rose; great for brightening mood and overall vitality!

All the very best to you and yours, with warmth and gratitude, Andria

△

If you are curious about the information of placements and points in your own natal chart, and learn what's up for you this year, see Andria's ad below!



To the living, I am gone,
To the sorrowful, I will never return,
To the angry, I was cheated,
But to the happy, I am at peace,
And to the faithful, I have never left.
I cannot speak, but I can listen.
I cannot be seen, but I can be heard.
So as you stand upon a shore gazing
at a beautiful sea,
As you look upon a flower and admire its simplicity,
Remember me. Remember me in your heart:
Your thoughts, and your memories,
Of the times we loved, The times we cried,
The times we fought,
The times we laughed.
For if you always think of me,
I will never have gone.

Poem by Margaret Mead; Painting "Morning" by Maxfield Parrish



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2025 Crystal Forecast: Breathe Life into Possibility

As we step into the new year, we often feel a sense of possibility, ripe with the energy of new beginnings. We set goals and intentions, select a word for the year, and dream, imagine, and wish for the changes we desire to experience.

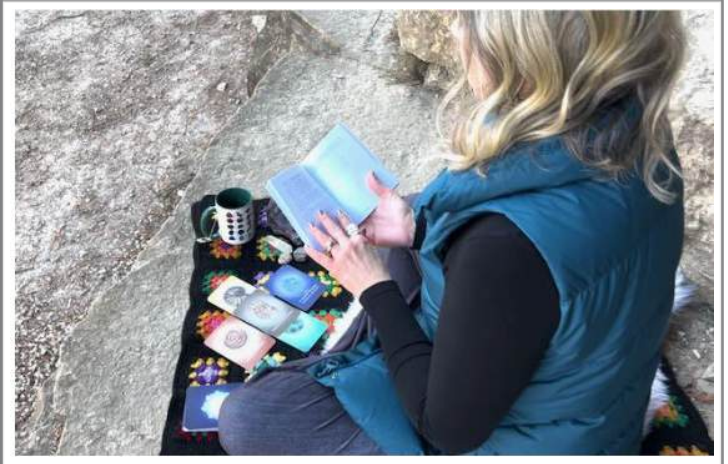
But how do we maintain our focus throughout the year as the inevitable ups and downs happen?

I struggled with this for years, and in 2017, I began creating the now annual crystal forecast for myself and the collective. I worked with it to understand the energy and themes that would unfold throughout the year. The crystals and stones in the forecast helped me see where I was getting stuck, offered insight and fresh perspectives, and gave me extra encouragement when the timing was right to push my edges.

This year, as I sank into the 2025 Collective Crystal Forecast, two powerful themes emerged:

Soulful Integration: Align with your inner truth and weave the pieces of your soul's journey into a harmonious rhythm.

Dreams Become Real: Root your dreams in action and bring them to life in tangible, beautiful ways. Together, these themes flow into one overarching message: 2025 is a year to breathe life into possibility.



Breathing life into possibility, sounds beautiful, right? And yet, so many of us have forgotten how to dream.

Maybe it was the events of the past couple of years. Maybe it is a hardened perspective that emerged through life's challenges. Maybe our hearts feel saddened because we have been dreaming too small. In any case, this year's crystal allies invite us to stretch our perspective of what is possible as we reawaken our dreamer self.

“Dream lofty dreams, and as you dream, so you shall become. Your vision is the promise of what you shall one day be; your ideal is the prophecy of what you shall at last unveil.” - James Allen

At the heart of this forecast are fifteen crystal allies that will light the path forward, offering unique insight and support for navigating the collective energies of 2025.

The 2025 Crystals of the Year Copper and Star Cluster Aragonite

Copper: Activate Your Creative Flow

Star Cluster Aragonite: Anchor Your Light Within

Monthly Crystal Allies:

January ~ Barite Rose: Remember, Anything Is Possible

February ~ Fluorite: Get Grounded; Get Focused; Be Fully Present

March ~ Black Tourmaline: You Are Safe. You Are Protected

April ~ Blue Lace Agate: Discover the Beauty of Inner Silence

May ~ Chain Coral: Break the Chains of Expectation

June ~ Green Calcite: Attune to the Magic of Life; Embrace the Magical Moments



Continued on page 21

Let's Talk Crystals from page 20

July ~ Chrysoprase: Invite Hope into Your Heart

Amethyst: Trust in the Beauty of Your Dreams

August ~ Ruby: Rock Your Rooted Life

September ~ Selenite: Activate Your Light on Earth

October ~ Rhodochrosite: Love Courageously; Love Compassionately

November ~ Lapis Lazuli: Live Your Soul Vision

December ~ Carnelian: Let Creativity Be Your Compass

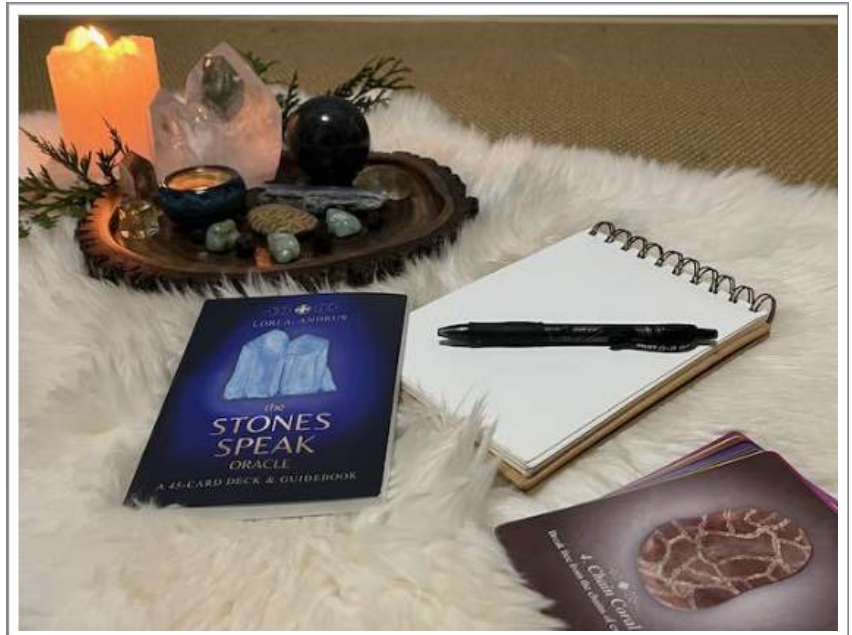
How to work with the Crystal Allies

The crystals and stones in this forecast offer a map for navigating life's ups and downs with clarity and purpose. Here are a few suggestions to incorporate them into your daily or monthly practices:

Meditation: Hold the crystal or place it nearby as you meditate on its message for the month. Let its energy guide you as you reflect on how its themes show up in your life.

Journaling: Use the crystal's message as a journaling prompt. Explore how its energy can support you through current challenges or opportunities.

Rituals and Intentions: Create a simple ritual to set intentions at the start of each month, aligning with the crystal's energy.



Carrying or wearing, keep the stone with you as a physical reminder of its supportive energy.

As you work with these stones, let them be companions on your journey, reminding you that you are supported, empowered, and deeply connected to the possibilities that surround you always.

△

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Living in Pure Creation

Have you noticed that there seem to be plenty of personal and worldly events and our own thoughts that trigger automatic and habitual reactions such as worry, fear, annoyance, resistance, defensiveness, and even terror?

And have you noticed that when you slow down to notice yourself more deeply, you notice that you actually feel sad or angry that you are living out of integrity with your values and priorities, denying what is most important to you and blocking your own evolution?

Take a moment to ponder these inquiries.

It's 2025, a time for new beginnings and higher frequency possibilities and realities. I Invite you to wonder with me: how do we begin anew, to wake up to our inner power of awareness, choice and change so that we can access fresh new possibilities, new creative resolves, wise new choices to live in higher frequency realities that are actually accessible in every moment?

We are, each and all, explorers on a sacred journey of life. In every moment we have the opportunity to experiment with being

open to the flows of pure creation, of evolutionary impulses moving into and through us and our daily experiences. How do we make the shift into creative presence? It is a practice.

Turn your attention from judging others to noticing your own habitual reactionary behaviors and assumptions about others and yourself. Play with being open to what is showing up within you. Bring awareness to the creative space around and in you. Relax and be open to the unknown.

Be curious. Invite the current of creative wisdom to inform you. Relax your breathing and wonder what is most authentic for you in the moment. Intend to move from engaging in typical unconscious reactionary behavior, and thoughts. Be willing to shift to living from the higher energy of pure creation. And notice what new options you receive. Inspiring new perspectives can come spontaneously from inside and outside resources.

You can cultivate the inner elements you need to support you in this journey of awakening and creating dynamic change in your relations with yourself, others and world. Awareness open.

Continued on page 23

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How do you feel when you say this next declaration?

“I am willing to practice feeling and noticing beyond habitual seemingly obvious assumptions into a place of pure creation and spaciousness within me. I am willing to relax into the unknown to receive new inspiring and wise options that emerge to shift my relations into higher frequencies.”

Notice in your life where you can put this into practice. Putting into practice: I was about to call a friend. I noticed constriction and preconceived assumptions about how she would respond to me. I noticed my past insecurities being triggered. I played with relaxing those subtle muscles of historical contraction with new attentive self-compassion and breath. I relaxed around all of it before I called my friend. The magic happened... we were both open and receptive to each other.

You may need to recommit to your new practice throughout your day. Be kind to yourself and have fun exploring this new inner journey. Be willing to notice where you are being automatic, limiting, assuming and even unconscious. Invite pure creation to inform you of new possibilities and new perceptions. Be willing to be in the unknown of pure creation as the mystery reveals its wisdom to you.

2025 is truly an invitation for us all to be creative explorers into new inner and outer higher frequency realities of awareness and relationship. Enjoy the Journey.

△

Beverly is an intuitive, pioneering energy worker, teacher and speaker. She works with clients internationally. Check out her youtube channel: <https://www.youtube.com/@beverlybrunelle3981/videos> Book a personal session at beverlybrunelle.com

From our Friends at Midwives of the Soul

Leonard Cohen said his teacher once told him that the older you get the lonelier you become, and the deeper the love you need. This is because, as we go through life, we tend to over-identify with being the hero of our stories.

This hero isn't exactly having fun: he's getting kicked around, humiliated and disgraced. But if we can let go of identifying with him, we can find our rightful place in the universe, and a love more satisfying than any we've ever known.

People constantly throw around the term 'Hero's Journey' without having any idea what it really means. Everyone from CEOs to wellness-influencers thinks the Hero's Journey means facing your fears, slaying a dragon and gaining 25k followers on Instagram.

But that's not the real hero's journey. In the real hero's journey, the dragon slays *you*. Much to your surprise, you couldn't make that marriage work. Much to your surprise, you turned 40 with no kids, no house, and no prospects. Much to your surprise, the world didn't want the gifts you proudly offered it.

If you are foolish, this is where you will abort the journey and start another, and another, abusing your heart over and over for the brief illusion of winning.

But if you are wise, you will let yourself be shattered, and



art | Ender @weheartit

return to the village, humbled, but with a newfound sense that you don't have to identify with the part of you that needs to win, needs to be recognized, needs to know. This is where your transcendent life begins.

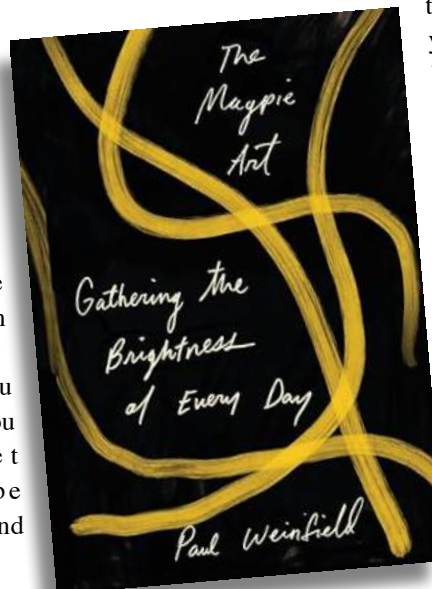
So embrace humility in everything. Life isn't out to get you, nor are your struggles your fault.

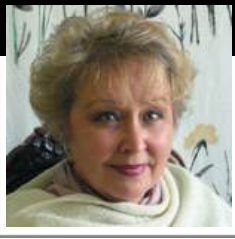
Every defeat is just an angel, tugging at your sleeve, telling you that you don't have to keep banging your head against the wall.

Leave that striver there, trapped in his lonely ambitions. Just walk away, and life in its vastness will embrace you.

△

Paul Weinfield, Author of 'The Magpie Art: Gathering the Brightness of Every Day.' <https://amzn.to/3NT4iaz>





Claiming the New Season of Your Life

~ Written December, 10, 2024 ~

You may think this is a message that would be great for January when everybody’s thinking about what comes next and losing weight, but this is a different kind of claiming. Right now as we look at our lives and where we feel stuck – knowing what we need to switch or change – and that may come to Light as we prepare for the Holidays and all of the stresses connected with that. Our personal imbalances, emotionally, intellectually and physically come into clear view as we try to pull things together around the Holidays.

This morning, I have an interesting experience planned that deals with claiming the new season of my Life and hopefully another woman’s. Sometimes we have the opportunity to do something we’ve never done before. A woman on one of our local neighborhood e-mail lists posted an ‘ask for money’ request for her son for Christmas since she was unable to provide a gift herself. And so back-and-forth we went online for a little while, turns out that she is living in her car, which I can’t imagine in this cold winter weather. So, I am meeting her for lunch in a local coffee shop.

Now there was a time when I would’ve thought that that was either dangerous or stupid, but my current thinking is that, while being careful, even a little bit of good can make a difference in somebody’s life, so giving her some money for her son so she can go up to where he lives now with her ex-husband and actually give her son a gift, really appealed to me. I’m hoping that this small kindness can help her claim a new season of her Life, that perhaps new and better things can come her way. We shall see.

So as you enjoy this Tuesday Teaching, I send you all much love and encouragement to risk claiming the new season of your Life and as you do, to open new spaces for Joy and Love within yourself.

We don’t get to choose many of the seasons of our lives ~ those experiences that shape us ever-so slightly or profoundly. Yet, we can make the most of each season as we claim it as new and filled with possibility.

Recently I read about a woman named Martha Mason who died at age 71. What was astonishing is that she’d lived 60 years in a 7-foot long, 800-pound iron lung that encased her from her head down. She had had polio as a child, and so for all but a few years of her life, she had been looking up at everything.

She loved to read, she wrote books, and was the subject of documentaries. She graduated from high school and college with high honors.

She said, “I’m happy with who I am, where I am. I wouldn’t have chosen this life certainly, but given this life, I’ve probably had the best situation anyone could ask for.”

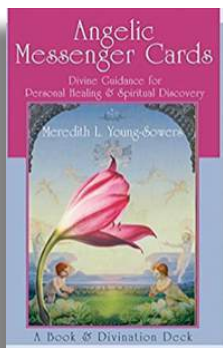
I imagine myself in her iron lung and I’m not sure I could be so positive, but then, what are the choices? Perhaps you are in a situation that feels as constrained as an iron lung and that your options have been severely curtailed. What can be learned from “looking up at life?” Well, you certainly get a different perspective, and maybe looking differently at a situation is what allows you to make lemonade out of lemons, or claim this moment, right now, as the beginning of a wonderful new season of your own life.

~Meditation~

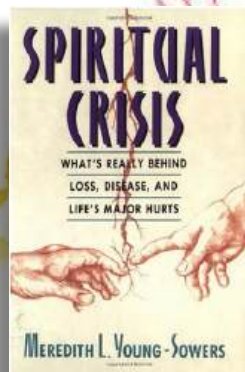
Take a moment and put your hands over your deep heart, proclaiming this moment right now as the beginning of a new season of your life in which you’ll “look up” for inspiration.



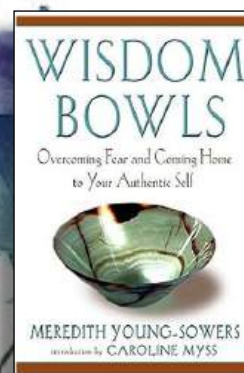
Meredith is the author of several books and the ever-popular Angelic Messenger Cards. Get in touch by e-mail: mysowers@gmail.com



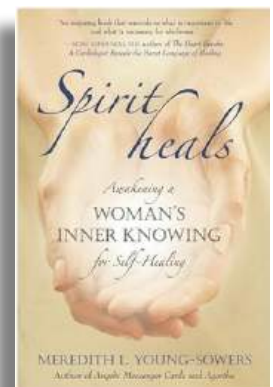
Angelic Messenger Cards



Spiritual Crisis



Wisdom Bowls



Spirit Heals



Overcoming Extreme Fear My Encounter with an Armed Robber

Several years ago I had an experience that showed me I could rely on the Divine Presence even in the face of seeming danger. I had just come from teaching my weekly spiritual awareness class at a halfway house in Milwaukee's inner city when I was approached by a man in the parking lot of a restaurant. He asked for money, and I gave him the five dollar bill I had in my purse. Usually when people ask for money, they would be thankful and be on their way, but this man wanted more. He wanted tens.

I told him, "I'm sorry, I have no more money in my purse" and added, "May God bless you" He then wanted my purse. I told him that I had given him all the money that was in my purse and I again said, "I'm sorry, but God bless you." He then took a



sawed-off shot gun from between his legs and put the barrel at my throat and tried to grab my purse. During this time, a feeling of an invisible Presence came next to me. I knew I was safe. I clearly saw this guy's fear and I felt sorry for him. When I didn't let go of my purse, he hit me over the head with the gun. The barrel broke off the stock and he bent down to pick it up. By that time, blood was running down my forehead and onto my clothes, but that feeling of safety was still with me! We stood face to face. Again I said, "God bless you," and he turned and ran away!

I went into the restaurant, asked for a towel and went to the ladies' rest room to clean up. An employee brought some ice for my swollen head and offered to call the police and an ambulance. The bleeding stopped, and I felt okay. I could not identify the man since he had his hooded jacket tied tight around his face. I trusted that I would be fine and wasn't concerned about my injury. My only thoughts at the time were to get to the Milwaukee County Jail since it was 1 o'clock and my weekly spiritual awareness class began at 1:30. I had a special Christmas program planned and a book for each of the men in the class. So even with bloodstains on my clothes, I chose to continue on with my day.

That feeling of being safe remained with me, however, the inmates in the class urged me to see a doctor. We prayed for the robber that he could trust that God was the Source of his good and that he didn't need to steal.

This incident taught me what Jesus meant when He said, "Perfect love casts out all fear." God's love for me assured me of

safety in the face of a very fearful and dangerous situation so that I could just love and not be afraid. All the people I met with the rest of that day were concerned about a possible concussion. Again, I felt I was fine, even safe from any after effects of this incident.

I went to bed that night saying more prayers for the robber, hoping that he would be inspired to change his ways. Although there was some swelling that developed around my eye and forehead and was sensitive to the touch, I had no pain, nor did I get a headache. I did, however, get a black eye, but not too bad for having a shot gun broken over my head.

I had learned the truth in what **A Course In Miracles** says, "No fear shall touch the host that cradles God in the time of Christ." The more I practiced trust in the ever-present love of God, just as Jesus demonstrated, no fear could touch me, even in the face of an armed robber.

△

Rev. Joann Baumann founded Miracles Institute in 1988. She is a faith healer with a private practice in Wisconsin. She conducts a prison ministry and operates transitional living homes in Milwaukee for prisoners re-entering society. She can be reached c/o: theinnvoicemagazine@gmail.com



After the accidental death of her son Terry in a fire, Rev. Joann Baumann began communicating with him through automatic writing. The messages she received are published in her book, [Messages from Heaven](#) (available on Amazon).

Why I Did My Own Death Cleaning at 39

Have you ever wondered what will happen to your stuff when you die? I'm not talking about money in your bank account, property, or financial investments that may be covered in your will. I'm talking about your stuff. The stuff in your house right now. It has to go somewhere, which means that someone still living at that time ~ likely someone close to you ~ will have to go through it all and make decisions on your behalf. Imagine your loved ones combing through piles and boxes of your stuff. Not knowing what to do with them because you didn't make it clear what your wishes were. Imagine the time, the physical and emotional energy spent doing this. This is the burden on our loved ones that we have the opportunity to avoid. How? By death cleaning.

Written by Emily McDermott

Death cleaning is a concept popularized by the book *The Gentle Art of Swedish Death Cleaning: How to Free Yourself and Your Family from a Lifetime of Clutter*. The author, Margareta Magnusson, self-described as "somewhere between 80 and 100 years old," defines death cleaning as when you "remove unnecessary things and make your home nice and orderly when you think the time is coming close for you to leave the planet." She recommends starting at 65, but after reading the book, I decided to start my own death cleaning now at 39, even though I am in excellent health.

How is death cleaning different from decluttering?

Decluttering is an important step in a journey to a simpler and more minimal life. When you remove excess physical belongings, you create space to pursue that which is most important to you. The benefits are primarily yours to enjoy, although decluttering can positively affect whoever is living in your home, as well.

Death cleaning goes a step beyond decluttering in that once you decide the things that you want to keep, you provide guidance to your loved ones as to what to do with those items after you die.

How I Death Cleaned

After reading Magnusson's book, I was immediately motivated to do my own death cleaning. Luckily I've been steadily decluttering and have a good process in place to keep excess items out of my home. Here's what I did:



(Note: The first two steps are not death cleaning per se but can help reduce the burden on your loved ones)

1. Have a will in place, and make sure that your loved ones can access information easily. I know that there is a cost to creating a will but I would highly recommend making it a priority to determine where your assets will go after you pass. In addition to a will, my husband and I have a safe deposit box at a bank and a fire safe in our home with important documents. Finally, we use [1Password](#) to store our passwords and recently upgraded to having a shared password vault. We are easily able to access banking, investment, and home management information if one of us falls ill or passes away.

2. Create a document explaining your specific wishes for a funeral and/or burial and share it with a loved one. I created a Google Document with my funeral wishes (music, readings, flowers), as well as my [burial wishes](#) and shared it with my husband.

3. If you haven't scanned your photographs as part of your decluttering process, do it now. I scanned all of my physical photos and put them in [Google Photos](#) which is accessible by my husband. One tip from Magnusson – if you don't recognize all of the people in the photo, consider shredding it rather than keeping it.

4. Do an inventory first by category, and then by specific sentimental items to explain where you want everything to go. The majority of your items are probably not ones that you want your family to keep after your death, so create an inventory document by category explaining where you want things to be donated. For example: automobile, furniture, clothing and shoes, jewelry and accessories, books and housewares.

Then decide which remaining items have special significance, such as family heirlooms, and inventory them with a description of their significance. Tell the story of your most beloved items! In her book, Magnusson explains that her mother had put handwritten notes on her items, explaining what to do with them, which made it so much easier to go through her things after her death. Another option is to create a shared online document, taking photos of the items and providing guidance on where you'd like them to go.

For any item that you want to go to a family member or friend, you may want to have a conversation with them now

Continued on page 27

about whether they want the item in the first place. The family member can always be the primary designee with someone else (or a charity) as a backup.

5. Keep a shoe box with things just for you with a “throw away” note. Magnusson writes that she kept a box with “things that have absolutely no value to anyone else, but enormous value for me.” For me, this is an accordion folder with the handwritten novel I wrote in the fifth grade, a few newspaper clippings, and the invitation to my wedding. I put a “Throw Away When I Die” sticky note on the folder.

A Burden no More

In 7 Habits of Highly Successful People, Stephen Covey talks about “beginning with the end in mind.” He encourages the reader to visualize their funeral and what people will say about them as a catalyst to live a purpose-driven, meaningful life. I agree with Covey and choose to live my legacy by living intentionally and in alignment with my values and purpose for the people I love.

This is the legacy I want to leave, not the burden of piles of disorganized stuff that my husband and children will have to go through. Visualizing this, in some ways, is even more powerful for me than my own funeral.

Death cleaning is a way to free your loved ones from the burden of your unmade decisions. As Magnusson says, “Do not ever imagine that anyone will wish—or be able—to schedule time off to take care of what you didn’t bother to take care of yourself. No matter how much they love you, don’t leave this burden to them.”

△

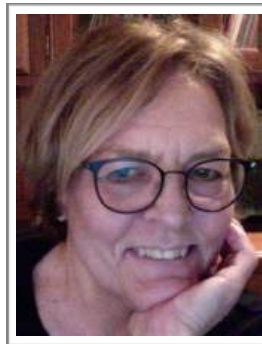
About the Author: Emily McDermott is a wife, mother, and simplicity seeker, chronicling her journey at Simple by Emmy. She loves to dance, write poetry, and spend time with her husband and two young sons.



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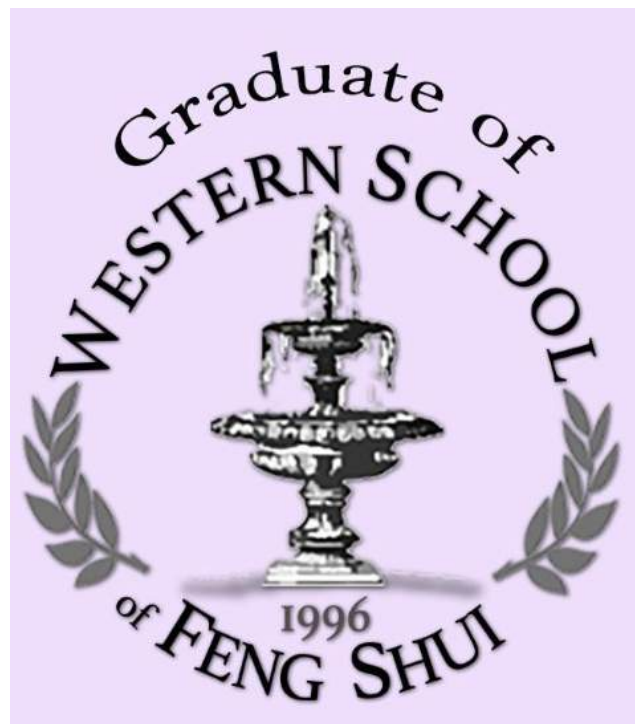
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How Consciousness Can Make Dreams (and Resolutions) Come True

By Deepak Chopra

What we all experience is that some of our desires come true while others don't. That seems clear enough, but in fact people approach this simple fact from very different angles. If asked, "How do you get what you want?" or an even bigger issue, "How do you make a dream come true?" people will offer answers that aren't at all compatible. Think of the mixed messages we've been getting all our lives:

- *Desires are fulfilled and dreams come true if you work hard enough and never stop fighting for what you want.*
- *Dreams come true only if they are meant to. It hardly matters what you do; destiny or karma plays the major role.*
- *It's pure luck which desires come true and which ones don't.*
- *Making your dreams come true is a spiritual journey. Prayer, meditation, and good karma are critical.*
- *Dreams come true by the grace of God. To make your dream come true, you must surrender to divine will.*
- *Desire is self-fulfilling. Every intention includes a path to fulfillment within its structure, however remote fulfillment may seem to be.*
- *Getting what you want is inevitable, but you have to look deep enough. Fulfillment can occur on the level of fantasy, dream, or imagination. It doesn't have to be physical.*

Our tendency is to pick and choose among these explanations, and as a result, the picture of desire gets more confused than ever. Fulfilling a desire could require hard work or the opposite, total surrender. If something wonderful falls into your lap, does it

matter if God or random chance caused it? These appear to be exact opposites, yet in India's wisdom tradition, the Bhagavad-Gita fuses opposites when Lord Krishna says, "Perform action without attachment to the fruits of action. In other words, use focus, determination, and hard work all you want, but stay detached about the outcome." In that dictum a commitment to action and surrender to the outcome are fused.

But why is this a wise strategy? In everyday life we're all attached to the outcome of desire. We want the paycheck, the girl, the raise, the nice house. Focusing on those desires without caring about the outcome doesn't seem like wisdom. It seems self-defeating. We need to go back to the common experience of having a desire. Let's say three people want a piece of chocolate cake. Person A goes to work and earns enough money to buy a chocolate cake. Person B comes home to discover that by coincidence, his wife just that day baked a chocolate cake for him. Person C orders chocolate cake at a restaurant only to be

told that the last piece was already sold—sorry.

The unlikely truth is that all three desires operated by the same mechanism in consciousness. This mechanism is intention working to a conclusion. Despite the fact that an actual piece of cake appears—or doesn't—the entire mechanics of desire takes place in consciousness. Why don't people see this automatically and accept it as a fact? Why don't we expect our desires to come true without hindrance or struggle, letting fulfillment unfold through consciousness alone? The inner path of desire is masked because a person's consciousness varies enormously according to many factors:

To be effortlessly fulfilled, an intention must be clear. **Mixed messages bring mixed results.**

"When we speak of dreams coming true, we are talking about some form of desire. Beyond the basic necessities for food, water and shelter which are enough to satisfy the desire to survive, human beings invent countless other desires."

Continued on page 29

We send out mixed messages because of hidden beliefs and self-assumptions that muddy the waters (such as, “I don’t deserve to get what I want” or “It’s sinful to want too much” or “God wants me to be pure and without desire.”)

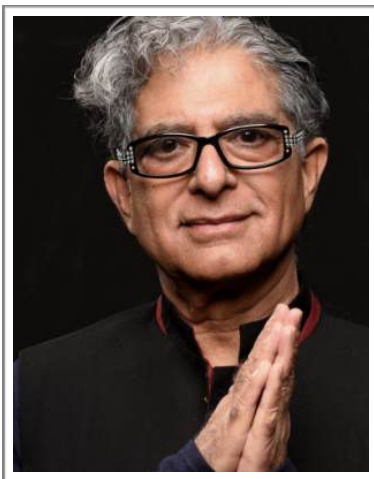
Some intentions come from a shallow level that has no way to fulfillment. The deeper the desire, the stronger the intention.

Intentions can take a direct path but also many indirect ones.

Intention will reach a conclusion unless blocked or thwarted, but we can’t control the conclusion or predict what path it will take — this is ultimately why detachment is necessary. There are so many variables in even the simplest desire that the mind cannot calculate them. Wanting a piece of chocolate cake, persons A, B, and C followed the same mechanics of desire but got three different results, and now we see why. Their intention was the same, but their inner world wasn’t. Your awareness is like a filter through which a desire must pass, or better said, awareness is a maze of twisted turns that intentions must negotiate. Therefore, the Gita’s advice to remain detached isn’t just a snippet of ancient wisdom. Its practical advice, which can be literally stated as “Let the mechanics of desire bring your fulfillment without interference. The more you interfere, the less likely you will get what you want.”

Follow your dream but remember this: desire is the universe’s evolutionary tool. This is a clear-eyed statement, reflecting what we all experience. The self unfolds over a life span through growing desires, moving from infancy to adulthood. Detachment occurs naturally as childish things no longer possess any charm and the desires of childhood, adolescence, and adulthood make new claims. Finally, one arrives at the mature adult who can formulate a vision of life and aspire to spiritual understanding. Then the path of desire and the path of consciousness both come to fruition.

△



DEEPAK CHOPRA MD, MD, FACP, FRCP founder of The Chopra Foundation, a non-profit entity for research on well-being and humanitarianism, and Chopra Global, a modern-day health company at the intersection of science and spirituality, is a world-renowned pioneer in integrative medicine and personal transformation. Chopra is a Clinical Professor of Family Medicine and Public Health at the University of California, San Diego and serves as a senior scientist with Gallup Organization. He is also an Honorary Fellow in Medicine at the Royal College of Physicians and Surgeons of Glasgow. He is the author of over 90 books translated into over forty-three languages, including numerous New York Times bestsellers. For the last thirty years, Chopra has been at the forefront of the meditation revolution and his 93rd book, *Living in the Light* (Harmony Books) taps into the ancient Indian practice of Royal Yoga and offers an illuminating program for self-realization, bliss, and wholeness. TIME magazine has described Dr. Chopra as “one of their top 100 most influential people.” www.deepakchopra.com

Dear Deepak,

I’ve had a negative outlook lately that I cannot seem to overcome. I feel brought down by the world’s events and people’s opinions and limited caring for others that are different from them.

It probably doesn’t help that I am currently attending a Christian college (which I don’t necessarily identify with being Christian anymore) and many classes seem to put down other religions constantly or talk about them as if they are not the right way. It is just hard for me to hear little acceptance of others and has become the only view I see in the world of others.

What can I do to restore my faith in humanity and not let a lack of compassion get to me? I know I can’t make anyone be different or see things differently. Sometimes I feel like I can’t relate to anyone anymore, like I’m in an alien world that is sad to me. ~Dismayed Student

Response:

Try not to generalize your feelings for humanity by basing them on the defensive, fearful responses you see around you. See that every person is a reflection of that pure light of consciousness.

The fearful, hostile behavior in the world is not true humanity, it is the result of the lack of awareness of our essential nature. If you see with the eyes of the soul, you see people in the light of their true selves and have compassion for the limitations they are still moving through.

Love,
Deepak



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