

The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 12 Issue 9 • September 2024

Celebrating Peace

The International Day of Peace is
September 21. How about every day?

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The spiritual odyssey of the world's psychic authority



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Ruth Montgomery with Joanne Garland

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DRUM MAKING WORKSHOP WITH DAVID WILINSKI

September 10, 6:00-10:00PM. \$225
Learn how to craft your own 15" ceremonial hand drum with natural hide.

SOUND THERAPY EXPERIENCE--"VIBRATIONS OF THE EARTH" WITH GOOD BUFFALO

Tuesday, September 17, 6:30 – 8:30pm. \$40

LISTEN TO YOUR BODY AND HEAL YOURSELF WITH MATT SCHMIDT

October 6, 1:00-5:00pm "A life enrichment Workshop to learn self-healing"

NUMEROLOGY WITH DIANE BLOOM

October 26, 9:00-4:30.
In this class you will learn the basics of numerology so that at the end of the class you will be able to understand and write charts of your own for friends and family. You will create a numerology chart for yourself by the end of the day. If there is time, Diane will do numerology readings for the class.

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 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.

WHISPERS ON THE WIND SHAMANIC PROGRAM

Our most popular program is back! Jan. 2-5, April 3-6, June 5-8, and Aug. 21-24, 2025. Must attend all 4 sessions in order. Are you searching for the meaning in your life? Would you like a deeper connection with nature and the spirit world? Join us for an intensive training program in shamanism, energy medicine and self-transformation.

Coming in 2025!
SEIDR NORSE SHAMANISM FOUNDATIONS INTRODUCTION with Imelda Almqvist
April 24-27, 2025

ANCIENT CELTIC IRISH SHAMANISM
with Amantha Murphy from Ireland
April 12-14, 2025

PERUVIAN SHAMANISM TRAINING
with José Herrera
May 29-June 1, July 24-27, Sept. 18-21, Nov. 13-16, 2025. Must attend all 4 sessions in order.

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

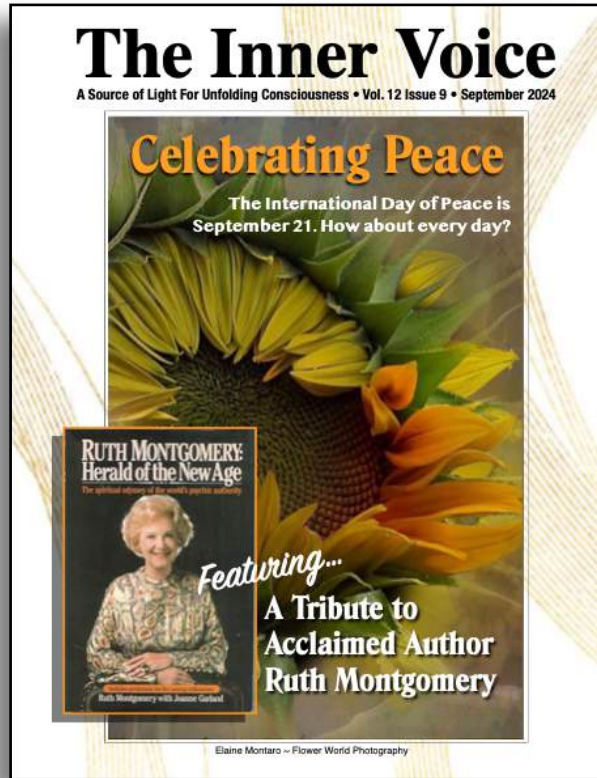


REIKI LEVEL I TRAINING
Sept 10 or Nov. 23 9:00-4:30

REIKI LEVEL II TRAINING
Sept 11 or Nov 24 9:00-4:30

REIKI MASTER TRAINING
Nov 22 9:00-4:30 includes apprenticeship

About the Cover: Cover Photo by Elaine Montaro, Flower World Photography



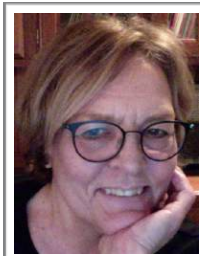
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"Action without vision is only passing time; Vision without action is merely day



dreaming, but vision with action can change the world."
~ Nelson Mandela




Nancy Freier
Publisher
Editor-In-Chief



Steve Freier
Co-Publisher
Website Design

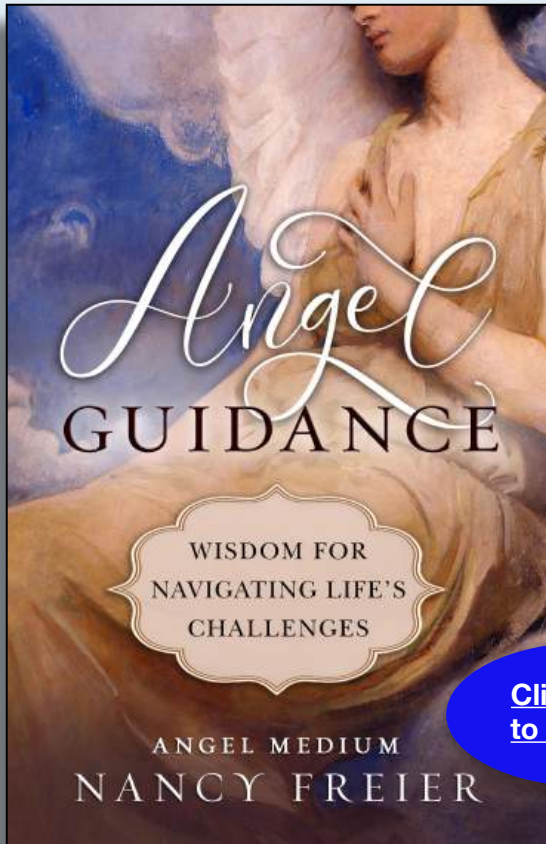


Beverly Brunelle
Consulting Editor

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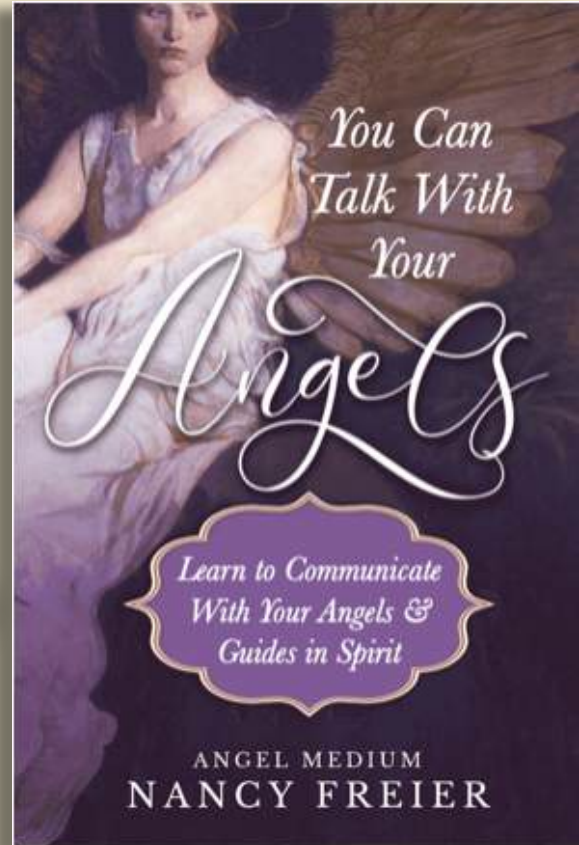
Books by Nancy Freier



Click [HERE](#)
to get book

From the Angels to your heart, **Angel Guidance: Wisdom For Navigating Life's Challenges** (©2022) is a collection of their messages and responses to questions people asked over many years. **Who is the intended audience?** Anyone interested in rising above the fray of life's problems ~ "to see as God and the angels see" and have solutions to their problems. From cover-to-cover, this book is loaded with angelic advice to change how you look at things, raise your vibration, and ideas and guidance to heal your life.

Click here [Amazon.com](https://www.amazon.com) to order book in paperback or Kindle.



You Can Talk With Your Angels is the culmination of the author's step-by-step inner listening / automatic writing process she developed over the last 30 years teaching hundreds of students this method. Now the instructions are in this book that also includes samples of the writings and actual class experiences. You can follow the exercises and teach yourself how to talk with your angels and guides in spirit. Private angel communication sessions are also available with the author. For more information, e-mail: NFreier@aol.com

Music Memory of the Month

We are the World

[Listen here!](#)

There comes a time, When we heed a certain call
 When the world must come together as one
 There are people dying
 Oh, and it's time to lend a hand to life
 The greatest gift of all
 We can't go on, Pretending day-by-day
 That someone, somewhere soon make a change
 We're all a part of God's great big family
 And the truth, you know, love is all we need
 (Chorus)

We are the world
 We are the children
 We are the ones who make a brighter day
 so let's start giving
 There's a choice we're making
 We're saving our own lives
 It's true we'll make a better day, just you and me

Oh, send them your heart
 So they know that someone cares
 And their lives will be stronger and free
 As God has shown us by turning stones to bread
 And so we all must lend a helping hand
 (Chorus)

When you're down and out, there seems no hope at all
 But if you just believe there's no way we can fall
 Well, well, well, well let us realize
 Oh, that a change can only come
 When we stand together as one, yeah, yeah, yeah
 (Chorus 3x)

Oh, let me hear you!
 We are the world (we are the world)
 We are the children (said we are the children)
 We are the ones who'll make a brighter day
 So let start giving (so let's start giving)
 There's a choice we're making
 We're saving our own lives
 It's true we'll make a brighter day
 Just you and me, come on now, let me hear you
 (Chorus 4x)
 (Final chorus)

We are the world (dear God) (one world)
 We are the children (our children)
 We are the ones that make a brighter day so let's start
 giving
 All right, can you hear what I said? (So let's start giving)
 There's a choice we're making,
 we're saving our own lives
 It's true we'll make a better day, just you and me.

**Source: Songwriters: Lionel Richie and Michael Jackson We
 Are the World lyrics © Sony/ATV Music Publishing LLC**



Dear Readers,

Saturday, September 21 marks the 25th Anniversary of The United Nations International Day of Peace. The theme: Cultivating a Culture of Peace that can be celebrated right where you are. But why focus on Peace for just one day? This issue encourages you to create PEACE within your heart and soul every day, and that contributes to the collective peace. A Course In Miracles states, "I could see peace instead of this." The angels invite you to slow your breath and slow your thoughts, relax and ask to be lifted up to take the steps to achieve peace. Prayer is peace, and smoothes life's rough edges and changes things for the better.

In this issue I am re-running my all time favorite interviews that my brother Steve and I did in 1995 with Author Ruth Montgomery. It's a delightful conversation that I hope you read to the end. We discussed many different and timely topics still relevant today!

September is a time of harvest the good works we planted in spring and nurtured all summer. What are you harvesting this season? Take time to enjoy the fruits of your labor that I hope include the embodiment of peace, love and healing for yourself and for the world.

Nancy

"Dear TIV, I loved the August issue! All of the articles were very good, special even! You have a great bunch of writers. You deserve to be known worldwide!" ~SGF

"Thank you Nancy, for your labor of love in bringing to the world messages of love and insight. I feel the warmth of your Inner Voice magazine every time I read it. It is substance for the soul! I am refreshed with every read. The Inner Voice is as beautiful as it is inspirational. Thank you!" ~RC Brooks

E-mail your comments to:

theinnervoice@gmail.com



“I could see peace instead of this” (A Course In Miracles, M-34.5:4)

Generally speaking, I like to keep a pretty low profile in life, sailing with an even keel trying not to vary too much from my center. My signature style is to not draw attention to myself. I like stability and I prefer peace over conflict. I hold it sacred. But, it wasn't always this way. I have traveled over some hills and through deep valleys that include divorce and the sudden death of my sweetheart when I was just 36 years old. That was the end of the world, or so I thought!

But something unexpected happened. An inner voice said, “This is not the end, it’s just the beginning!” Indeed it was. It marked the beginning of a lifelong partnership I would create with the Angels of the Great White Light (as the voice later described itself). The angels mended my severed heart and guided me through grief with their words of wisdom, giving me a lifeline to love and hope. They buoyed me up, allowing me to swim to shore and begin a new life where they continue to guide me. They have answered hundreds of my questions of both agony and ecstasy. I learned from them my questions all boiled down to wanting peace; the Golden Ticket, the prize at the end of every rainbow.

When I was younger I thought the goal in life was to avoid conflict, turmoil and stress. But I was immature and not very wise. The angels taught me to see that conflicts come into our lives to teach us peace. “In each and every situation that we are struggling with or frustrated by, there is a gift in it; a spark of Light; a silver lining,” they said.

Author Rev. Joyce Meyer said, “We never grow spiritually when everything is the way we want it. When you’re faced with a disturbing situation, look it in the face and ask, “What am I to learn from this?”

If you must, go ahead and release any pent up energy in a way that brings no harm to you or anyone else. Shout into a paper bag then pop it; punch a pillow; go for a brisk walk, but be sure to turn your attention to your inner voice of wisdom, and listen. The answer you seek is seeking you! It may be dipped in patience, so wait and listen.

Rest knowing that you’re on a trek through a valley and it’s important to note you’re not building your house there. Hand the situation off to the angels and let it rest with God. Trust the Divine to take care of this as they have so many times before.

Perhaps you have come to this valley to inspire others that they may likewise walk through it and benefit from your experience.

So, rather than bemoaning your fate, change it! Start your day with, “Something wonderful is happening to me today. I could see peace instead of this.” And repeat it as often as you need to in order to stay on track. Go from scared to sacred and see a miracle happen!

I did this and I had a wonderful experience. It was all because I made the decision to stay in that awareness of *something wonderful is happening to me today...* and then enjoyed the miracles as they came.



Be Inspired by Rumi...
In the blackest of your moments, wait with no fear.
What hurts you, blesses you.
Darkness is your candle.
Where there is ruin, there is hope for a treasure.
Prayer clears the mist and brings back peace to the soul.
Poem #6
I’ve been looking for a long, long time,
for this thing called love,
I’ve ridden comets across the sky,
I’ve looked below and above.
Then one day I looked inside myself,
and this is what I found,
a Golden Sun residing there,
Beaming forth God’s light and sound.

For a personal Reading from the Angels, see page 7.



Angel Guidance Readings

- Personal readings are done using an automatic-writing process influenced by the work of Ruth Montgomery. The information from the Angels and Guides in Spirit offer insight and clarity on any issue or lesson facing you.
- I follow up with a chat with you to discuss the information given in the Reading.
- When necessary to achieve the best results in healing a situation, I offer intuitive healing for the house, correcting any problems in your physical space that may be adversely affecting you.



Schedule your Reading today!

e-mail: NFreier@aol.com



You are Welcome to attend the FREE Angel Guidance Zoom Group

Sat. Sept. 14 @1pm CST

11am Pacific • 2pm Eastern
Sydney/Melbourne 7am Sunday

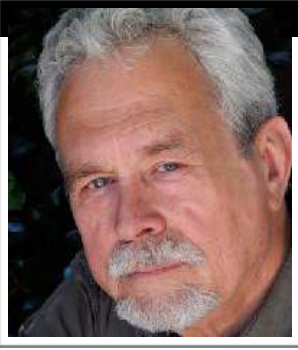
[Click HERE to Join](#)

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!



In 1990 the Angel Sreper told me we'd be "zooming enlightenment around the world." And well, here we are!





The Masters' Reincarnation Handbook: "Journey of the Soul"

by [Toni Ann Winninger](#); Compiled and Edited by [Peter Watson Jenkins](#)

Over the years I have read a great deal of material concerning the topic of reincarnation and I have found that it can be quite a challenge to try to understand due to the many religious and metaphysical interpretations as well as the narrow limitations of the human perspective; however this small book does a powerful job of synthesizing and summarizing the reasons for reincarnation while also providing details about how it actually works. So if you don't like to read much, or conduct research like I do, this might be the book for you!

The book is divided into three sections, **Part One** deals with Source (God) and describes the basis of how and why we souls got created and the reason for the cycles of birth, death and re-birth; reincarnation. **Part Two** describes how we migrate from our heavenly home to earth and how our God-given freedom of choice creates our experiences to take back God Source. **Part Three** has to do with our final transition back

home to Source. There are a few different ways in which we may end the assignment such as regular death by old age, from disease, by accident or by suicide, etc., and then how the cycle would end with a life review and also what it's like between incarnations before we finally make our return to source.

The Introduction states the following: "Small book Powerful message. This is the only book you simply must have to understand the idea of reincarnation. The book's authors are a group of senior spirit guides who live at Home on the Other Side. They know all about our life here on Earth and explain in detail how, as eternal souls, we choose a series of human lives to learn lessons and to gather knowledge. This leads to growth in wisdom and maturity. The Masters' teaching about the journey of the soul has been translated by leading clear channel Toni Ann Winninger, whom they have chosen to be their human voice for this important spiritual publication."

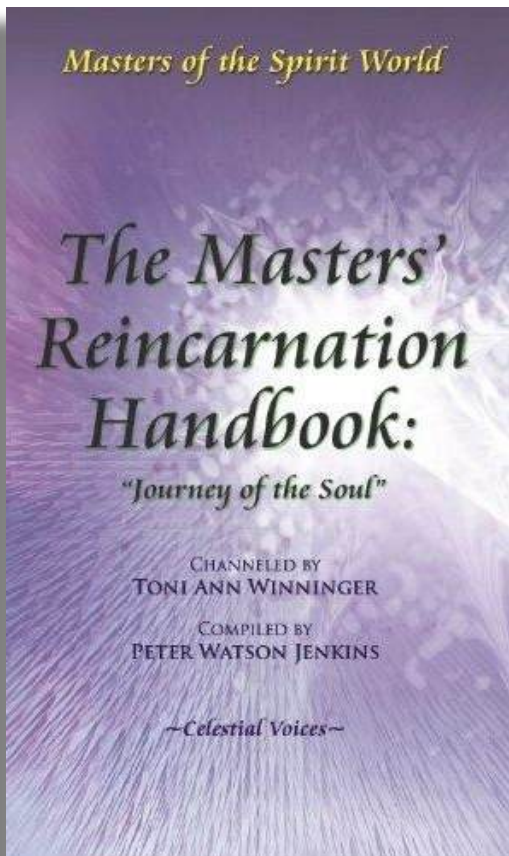
Part One discusses: Source, The Dimension called Home, Time, Space, and the Universe, The Purpose of the Soul, The Reason for Incarnation Planet Earth and Other Places, Nurturing the Soul's Growth, The Advisory Council, The Soul Group, Soul Mates and Twin Flames.

Part Two discusses: Freedom of Choice, Choosing Experiences and Contracts, Negativity as a Choice, Choice of Parents, Gender, Gifts, Physical Connection with the Fetus, Miscarriage and Abortion, Physical and Soul Interaction, Downloading the Records, Amnesia, How Soul Lessons are Learned, The Ego and the Soul, Accidents, Disease, and Old Age, Heaven and Hell.

Part Three discusses: Ending the Assignment, Death, Suicide, Divesting Attachments, Choosing to Stay, Returning Home, Life Review, Living between Incarnations, Returning to Source.

Part One addresses The Purpose of the Soul. "The creation of individual souls took place when Source broke off parts of itself in order to be able to have experiences which were then outside that unconditional love of which it was composed and in which it existed. Souls maintain all of the glory of the Source from which they arose and to which they remain energetically connected. Those who choose to come to Earth to experience duality, where everything has an opposite, initially enter the Earth plane with amnesia concerning this duality, their mission, and their personal past. Full recollection of the particular experiences of each soul is kept in a recorded volume called its Akashic record."

Part Two addresses Freedom of Choice. "Once it is decided that a soul is going to have an experience on Earth, the first and foremost universal law comes into play— the soul's freedom of choice. Everything that happens to the soul at any



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stage of its existence, whether physical or non-physical, is determined by that soul's own choice. All that happens in every second of the day on Earth is not pre-determined, but the desired major life-lessons are decided well in advance."

Part Three addresses Returning to Source. "If a soul returns Home before fully understanding all the facets of its task, it will have to return to Earth to do it over again. In some cultures this carry-over is called 'karma.' This is not a punishment but rather an uncompleted task the soul itself wants to accomplish. When the soul has finished and has understood all the lessons it came to learn, it may choose to return Home immediately or to use its remaining Earth time to enter into service of other souls. The truth of the matter is that souls are never away from Source. Source energy is everywhere and in everything. Source energy is the very energy of each individual soul. Souls never have to return because they never left."

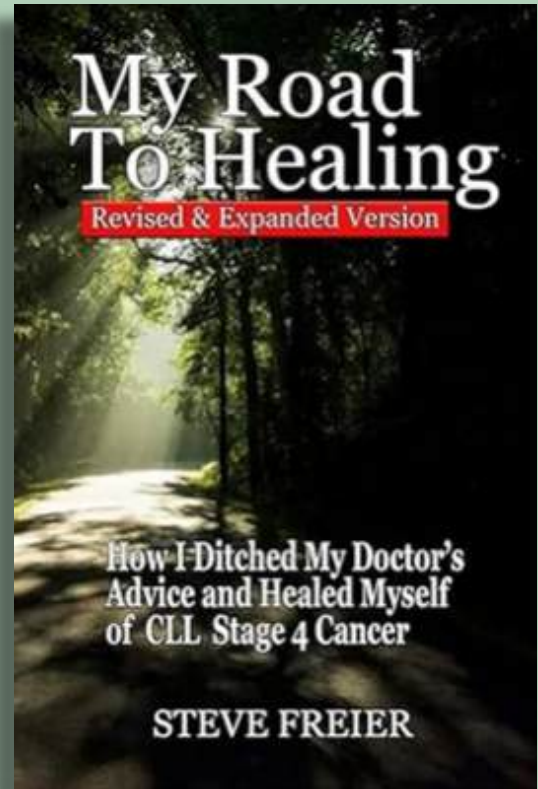
I really enjoyed this book. In just a few pages the author was able to provide succinct answers to most any question anyone might have about understanding the subject of Reincarnation and the reasons why Souls choose to incarnate on Earth.

Get this kindle book on [Amazon](#) for \$.99 or from the publisher's website [CelestialVoicesInc](#) for free!

△



Author Toni Ann Winniger



**An inspiring account of how Steve Freier healed of CLL!
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Life, Death and the Afterlife ~ An open discussion group



Host, 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 and individuals on these and other metaphysical topics. His passion is to share what he has discovered to aide in the transition we all will eventually make to the Other Side.

Meets in person at the ADRC of Door County

916 N. 14th Ave, Sturgeon Bay, Wisconsin 54235

Next Meeting: Thursday, Sept. 19 - from 1-2:30pm

For more information, email: sgfreier23@gmail.com



Mica Brings the Return of Magic

“I have done nothing all summer but wait for myself to be myself again.”—Georgia O’Keeffe

There was never a moment where I truly lost myself, but I can say that the part of me that feels vital and alive had been absent for some time. It’s understandable. For years, I dealt with a long-term, chronic illness that quietly drained my vitality. When I finally received a diagnosis a year ago, I began taking steps to heal my body. Yet, while I slowed down in some areas, I pushed harder in others, determined to keep moving forward. By the time summer arrived, I realized that I needed to find a gentler pace. My husband and I decided to spend our summer in the forest, free from any big projects, or the pull of the internet. This was a significant shift for us.

We’ve always enjoyed diving into summer camp projects, and my work is online, so taking time off felt challenging. But we did it. We hiked, swam, prepared nourishing meals, sat by the fire, and enjoyed joy-filled moments with friends and family. I meditated on the dock every morning, and as the days passed, my dreams became vivid and alive. I found myself waking in the middle of the night to catch the northern lights and was greeted in the morning by eagles with their flyovers and calls across the lake. Clarity emerged, my heart expanded, and joy returned.



PHOTOS: Lori Andrus

As summer began to wind down, I felt something else return —something I hadn’t even realized was missing—*magic*. Magic is always around us. Yet, when life’s illusions cloud our vision, it can feel as though magic has disappeared, leaving us disconnected from ourselves and from life itself. But as the summer came to a close, I felt magic return, just in time to welcome **Mica** as our crystal ally for September.

Mica, with its thin, reflective layers, invites us to look deeply into the mirror of emotional truth. It’s a powerful ally for filtering the emotions of others, helping us discern which feelings are truly our own. Beyond its emotional wisdom, Mica weaves threads of magic into every facet of life, encouraging us to reconnect with the enchantment surrounding us.

My fascination with Mica began many years ago during a hike in the Black Hills of South Dakota. The trails sparkled with a shimmering layer of Mica dust, adding a touch of magic to each step. During my most recent visit, I purchased a couple of large Mica pieces. Over time, I carefully took them apart, ground them down, and added them to sacred herbs to create a blessing mixture for my Northwoods land. Sprinkling this mixture on the driveway, trails, and ceremonial spaces helped to clear dense



Continued on page 11

energies, amplify the light within the space, and add a bit of magic to our surroundings. While I first performed this ritual two years ago, I felt its echo strongly this summer.

As we transition into the fall season, Mica brings with it a powerful message: *now is the time to welcome the return of magic.*

Magic lives within the simple things, and part of our journey is to slow down and be present to it. Simple moments—visiting waterfalls, witnessing the northern lights, finding feathers scattered along a path, and spending time with loved ones—these are the moments where magic resides.

This September, I invite you to work with Mica to attune yourself to the magic in your own life. Create your own rituals, however simple, to invite this magic into your space. Whether it's adding Mica to a blessing mixture, or simply holding a piece of it during meditation, let it serve as a reminder that magic is always present, just waiting to be rediscovered.

As summer fades and autumn approaches, let Mica guide you back to the magic that has always been within you, and all around you.

△



Rise into your soul wisdom. Discover shamanic practices and crystal rituals for activating your sacred path. Begin today with the Crystal Magic journey: <https://loriaandrus.com/crystal-challenge>

LORI A ANDRUS
artist. ceremonial guide. wisdom teacher.

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the Stones Speak Oracle

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LoriAAndrus.com

Ruth Montgomery “Herald of the New Age”



Who doesn't remember the book the 1965 best seller **A Gift of Prophecy** by Ruth Montgomery about Chicago psychic **Jeanne Dixon** who predicted, among other things) the assassination John F. Kennedy? The success of this book put a world-wide spotlight on psychic phenomenon and on Ruth, leading her into what was to become a life-long investigation into alternative healing, psychic phenomena, reincarnation, ET's and Walk-Ins.

During and after a successful career as a newspaper reporter in Washington DC and president of the National Press Club, Ruth helped spark the beginning of the New Age with her books, all at a time when the scoffers and cynics were in the majority. Through a group of non-physical entities she referred to as, "The Guides," she channeled volumes of information through her typewriter in a series of best-selling books, listed on page 18.

The following conversation took place in the fall of 1995 at the WE ("Walk-Ins for Evolution") Grand Gathering in Minneapolis held to honor Ruth for giving credence to the walk-in phenomena. This interview was originally published in the January 1996 issue of **The Inner Voice**. The topics we touched on are as relevant today as they were then. I hope you will read it through to the end.

Interview conducted by Steve Freier and Nancy Freier

Steve: Welcome to Minneapolis and to the "Walk-Ins for Evolution Grand Gathering!"

Ruth: It's nice to be here, thank-you.

Steve: Let me get started by talking about the mid-60's when you were a reporter in Washington DC The subjects of occultism, alternative healing and Walk-In's were pretty far-out topics then. Would you briefly explain what sparked your interest in the psychic phenomena and why you gave up your syndicated column for writing books on these topics?

Ruth: I gave up my syndicated column when my husband retired and we moved to Mexico in 1970. Before then I had been a syndicated Washington columnist reporting on politics and world affairs for many, many years and was not in the least interested in psychic phenomena until I was assigned to do a story on seances. It was a 7 or 8 part series for the International News Service that

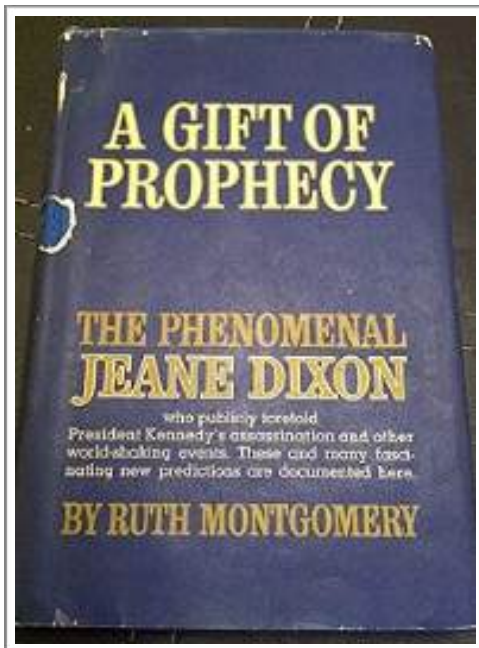
ran in nearly every paper in the country. I just thought it was a lark, of course, but I had a great deal of fun reporting exactly what happened when I would go to these seances, and I told what I thought was fakery. Frankly, I told the things that I had no explanation for and couldn't explain it but to say, 'this is what it seems to be.'

Then, I thought I was finished with psychic phenomena, but a year later Arthur Ford came to Washington. At that time, he was America's most famous psychic. I saw an ad in the paper where he was going to make a speech to establish a new organization called Spiritual Frontiers Fellowship. I had kept running across his name in books that I read at the Library of Congress to prepare for that series, so I went to hear him. After his talk, I introduced myself and asked if I could have an interview with him for my column.

When I arrived at his suite I rushed around pulling down shades because all the other seances I had been to were in dark rooms (laughter), and he said, "Oh, you don't need to do that, I'll just tie a handkerchief around my eyes." So we settled down and he went into trance. Pretty soon my father came through Arthur, along with other people, including absolute strangers... all the time, you see, with the lights on. I could take notes like I would



Arthur Ford (January 8, 1896 – January 4, 1971) was an American psychic, spiritualist medium, clairaudient, and founder of the Spiritual Frontiers Fellowship (1955).



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do for a regular interview and was able therefore, to check out all these stories later. I made several long distance calls the next day and every single one of (Arthur's stories) proved to be absolutely true! I wrote a big piece on that sitting with Arthur Ford for the Sunday edition.

Steve: Was that the incident that got you going?

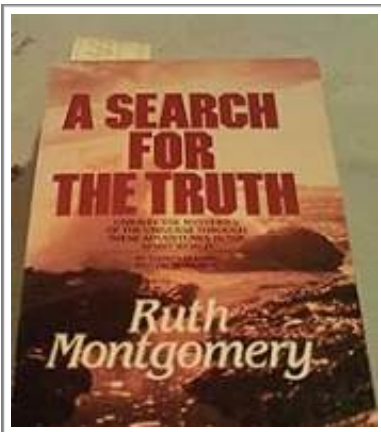
Ruth: Well, psychic phenomena became very interesting to me. Every time Arthur Ford came to Washington after that, my husband and I would meet with him. Arthur turned out to be a delightful man and I began inviting friends of mine over when he would come, including members of Congress. They would be absolutely aghast after he went into trance and began telling them about people they knew, who came through by name, about incidents from their past. It was sensational!

Steve: What Presidents have you known?

Ruth: I've known all of them since Roosevelt. I was the president of Roosevelt's White House Press Conference Association, and was president when he died.

Steve: In *A Search for Truth* you said there were certain dangers inherent in pursuing this investigation. What gave you the courage to explore New Age topics?

Ruth: Well believe me, it was a risky proposition for me! I had established myself. My columns were syndicated worldwide and appeared in many other countries. After I had continued this exploration, Arthur Ford told me that he was getting psychic messages that I had the ability to develop automatic writing. So I worked at that.



I remember one morning, after I had been sitting for 10 days, at the same time each morning, with my eyes closed and holding a pencil after I had been meditating,

absolutely nothing happened. I thought it was funny that on the 10th day, it was suddenly, as if a great hand reached over mine and the pencil began going around and around in circles and making figure-8's and I couldn't drop it. Finally, it let go and I dropped the pencil and went on to the White House. I was due for a press conference. Later that afternoon a friend of mine, who was getting automatic writing, called and said, "I did some automatic writing this morning and it said, 'Now Ruth can do this!' I started laughing and said I'll tell you that Ruth can do figure-8's and draw circles! She said, "That's marvelous, that's the way it always starts!"

Nancy: That's how I started automatic writing, too!

Ruth: Well, she said, The Guides are expressing their glee at finally establishing communication! She told me to do it tomorrow, and from then on, The Guides known as, "*Arthur Ford and The Group*" came through, and every morning they

were pouring out all this beautiful philosophy that ended up in *A Search for the Truth*. They wanted me to write a book, but my mother pleaded with me, 'Ruth, please don't do that! Presidents call you by your first name, they invite you to White House dinners, please don't humiliate yourself. They'll think you're a kook!'



The writings continued to pour through, and after a year, I had quite an accumulation. Finally, I decided to go ahead with the book because I felt it was important for others to read this information. The Guides kept saying, "Ruth, this material is not just for you, it's for everybody." Then, after the book came out, my aunt told me that her minister had preached a whole sermon on my book. It turned out that he had known Arthur Ford! They had both gone to the same seminary. So, from that time on, Mother was a little more relaxed about the work I was doing.

Nancy: It seems that Arthur Ford "paved the way" for you?

Ruth: Yes, I would give Arthur Ford the credit... or the curse! (Laughter).

Steve: Now that you've had some time to digest what has happened in the last 20 to 30 years, how do you see things?

Ruth: Well, if we are talking about world news, I think we have regressed, but if we are talking about the minds of people opening up, then I think it is marvelous what is happening. There is so much more enlightenment now! When I first started going to seances, I would mostly see little old ladies who were desperately seeking to talk to their deceased husbands. Nowadays, it is all these sparkling, bright-eyed young people, as well as the middle-aged and the elderly too, who are just thrilled with the whole thing. They want spiritual development, not just contact with those who are 'beyond the grave.'

Steve: Are you still in contact with Arthur Ford?

Ruth: Yes, he joined the group right after his death and that led to my book, *A World Beyond*. That opened so many fields because it was after that book came out that so many of the doctors, psychiatrists and psychologists began writing books about the near-death experiences of their patients.

Steve: Have you had any recent contact with Arthur Ford, and is he still communicating with you?

Ruth: Ever since he joined the group, the writing would begin, "Ruth, this is Lily, Art and The Group." He is always there

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any time I go to my typewriter. But I do want to warn people if they are going to try (automatic handwriting), only to do it at the same time each day.

Steve: Why is that?

Ruth: Because that's when you've made a date with your contact on the other side, with "the guardian of the gate." They are there to protect you so evil or mischievous spirits won't come through. Same as with the Ouija Board or table tapping, you want to have a protector who guards that entrance way.

Steve: Do you still do automatic writing or do you voice channel now?

Ruth: Oh, no, my agreement with The Guides, after they began wanting me to write this book was, "All right, but I don't want to see you and I don't want to hear you. This is my life now, but I will take your writing if you will leave me alone the rest of the time."

Steve: Do you do the writing just during that same period of time every morning?

Ruth: Yes, except that I switched the time since I first began. You can establish your own time to whenever it's convenient. I write until it is finished — sometimes two minutes, sometimes longer, but I always start at the same time.

Steve: Do you consider this automatic writing a spiritual practice?

Ruth: I don't call it a practice, it's just my communication with those who have gone on. My husband died two and a half years ago and he comes in through 'Lily and the Group' now whenever I want him to.

Nancy: Do you write in long-hand or do you type their messages?

Ruth: It started with a pencil, as most peoples' do. Then, one morning I had overslept the start time and very sleepily, was picking up a pencil by my bedside. I was totally unaware of it. Suddenly, it was as if a big, heavy fist grabbed my hand and it began writing something. I opened my eyes and looked down to read, "Go to your typewriter... we have developed enough strength to type through you. You can't read this scrawl anymore."

So I went to my typewriter and that's the way the messages have come ever since.

Steve: Do you have any specific spiritual practices such as meditation?

Ruth: You should always meditate before you pick up the pencil or go to the typewriter. Mine comes so quickly now that it is a very brief meditation.

Steve: How do you differentiate between your thoughts and those coming through you from The Guides or from others? Is it difficult to tell? Do you have any suggestions for people that might want to start to doing this?

Ruth: If I have a question for them, I type it out first and then I meditate. It reminds me of one time, two or three years ago, I asked, "How do I know that this is not my subconscious and my own thoughts?" The writing started and said, "Are they your thoughts?" I had to admit that I normally do not have such beautiful, spiritual, philosophical thoughts. Also, by checking the material and the answers they would give me, there was no way in the world that I could have known those answers, and yet they all were true.

Steve: Do you have any fear of making a transition to the other side?

Ruth: No, and frankly it's getting so that I can hardly wait (laughing)! I've heard so much about how wonderful it is on the other side, and I see what's going on in this country and around the world and I think, 'Lord, how much longer do I have to wait here?'

Nancy: Do you believe that our lives are guided from another level, that we are here to serve a specific purpose?

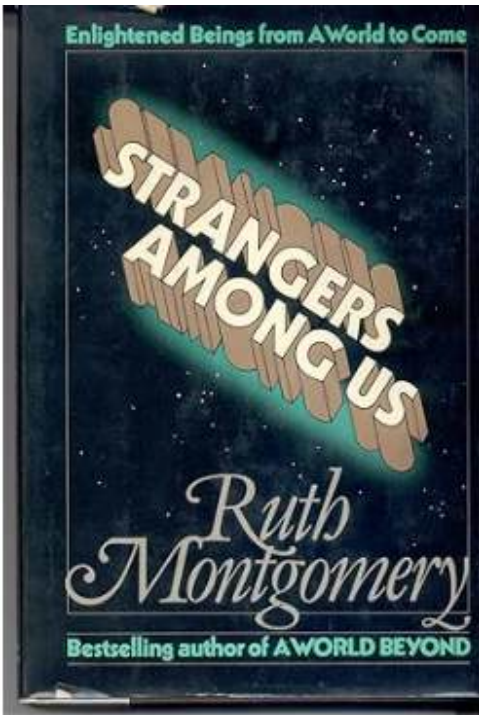
Ruth: Absolutely! I think that we all volunteered to come to do certain things, and if we open ourselves to guidance and listen to it, absolutely we are being guided, but they are not interfering with our own free will. It's up to us. They don't interfere unless we ask.

Steve: Let's talk about some of the predictions given by The Guides concerning the Earth changes that are supposed to be taking place now and near the end of the century. In your books, they said there will be a major shifting of poles?

Ruth: A shift of the Earth on its axis is the way they say that. They say it will slope to its side, but they don't say how far. That is why it is so important to say, 'a shift of the Earth on its axis.' I used to say, 'a shift of the poles' until certain scientists pointed out to me that that was pretty impossible. So it is a shift of the Earth on its axis. The axis itself doesn't shift.

Nancy: What kind of changes have The Guides predicted?

Ruth: It will be a real upheaval, and temperatures will change. Some areas will be in a warmer climate, and some will be in a colder climate. They say that the new south pole will be in the southern part of South America, the North pole will be somewhere in the Pacific. They can't locate it because there will be such a shift in the way the Earth looks from outer space. I can tell you that not too long ago in one of my books, The Guides said that a walk-in President would come in to alert people as to



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where they should go and will give enough warning so that some businesses could become established in these safer areas. They've predicted that for some time.

As I said before, I type out my questions first and I typed, "I have looked over all of these candidates who are declared for Presidency and I can't see a single one of them who seems to me like a walk-in. Could it be that the shift will occur after another election, rather than at the turn of the century?" After I meditated and the writing began, they answered, "Yes, it could be. We have always told you that we could not give you the exact date for the shift, we don't know it ourselves. We have, however, for a long time seen an American President who is a walk-in and who is telling people where to go and what to do." So, the shift could very well be delayed until sometime after the next election.

Steve: Apparently they don't see any walk-in candidates right now?

Ruth: That's right.

Nancy: Is there anything to fear? In your personal opinion, will the angels or The Guides will step in and prevent any big disaster from happening?

Ruth: Well, The Guides have said repeatedly that man cannot change God's Will, that this is a Universal Law, and man has no control over it. That is the shift that they are talking about.

Nancy: Are you saying that it's God's Will that the Earth shifts?

Ruth: It is part of the universal plan, yes. They say that Earth is overdue for a cleansing. It's happened a number of times before, yes, and the Earth needs that cleansing again. They say, that in a lot of areas, the waters will be where land is, and vice versa. Lands will rise from the sea.

Steve: Are you a walk-in? Do you have suggestions for people

as to how they can find out if they're a walk-in or not?

Ruth: I am not a walk-in. The Guides said that I am not and I trust them on that. In my two books, "*Strangers Among Us*" and "*Threshold to Tomorrow*" they describe at length how you can pick out Walk-Ins. I've gotten to where I can pretty well do that now.

Steve: You've written about so many New Age topics. Why do

you have a stronger affinity for the walk-ins?

Ruth: Well, I had never even heard of them, but I get a lot of fan mail all of the time, (I think because my books are still kept alive in paperback so there is a new generation reading them). Then, it was a few years ago I received a beautiful letter from a woman who was saying how much my books had meant to her and she was thanking me for them, but wished I would write about "walk-ins." When I replied, I asked her to tell me about them because I had never heard of them before. Well, she wrote back and told me to ask my guides! It had not occurred to me, so I took her suggestion and I asked them and all this material began pouring out. I learned that walk-ins were souls on the Other Side who had earned the right in previous lifetimes, that if they wanted to, they could come in and replace a soul that is in desperate need of leaving that body; one who either does not want to maintain it, or who is dying and can't keep it alive.

Steve: In the last few years there's been a lot of discussion of the UFO phenomena and being visited by aliens from other dimensions and from other planets. Some humans feel that they're being abducted. In your opinion, do you know if Washington is, indeed, keeping us in the dark about all this?

Ruth: Oh, I think definitely so. I wrote a book called, "*Aliens Among Us*," that tells all I know about them. There is no question in my mind that Washington, that is, certain segments of our government, knows a great deal more about them and is not releasing it.

Steve: Are there any presidents that you know for a fact are aware of alien presence on planet Earth?

Ruth: Well, certainly Jimmy Carter did, so I imagine all of them since then did. During his campaign for the Presidency, Jimmy said he had seen a UFO with a group of people and that he had watched it. He said that if he was elected President, he was going to make the government tell every bit that they knew about walk-Ins. After he became President, however, he said nothing, which means that he had been briefed and shut-up.

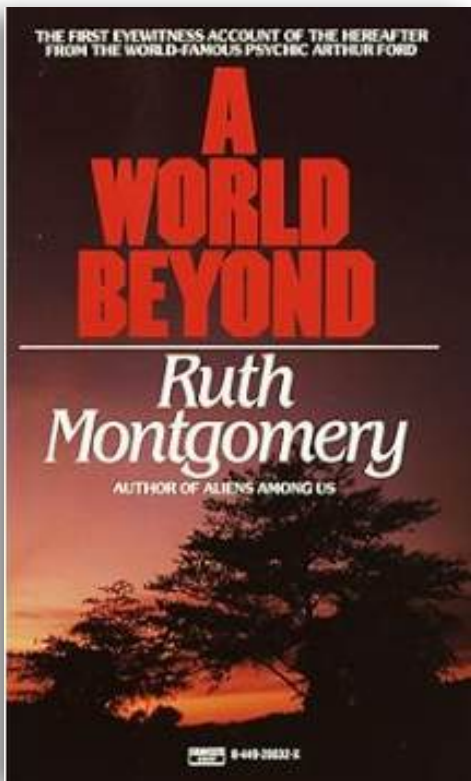
Nancy: In your opinion, what is a walk-in and also what becomes of a walk-out?

Ruth: Well, the walk-in, as I said, is a person who has earned the right in previous lifetimes, that is if he wants to, can replace a soul who desperately wants to leave. They're not perfect souls who walk-in, but they're advanced souls. They are aware souls. No blame is attached to the walk-out, for it has done whatever it can to develop itself but cannot shift the problems that are mounting within it. I understand the walk-out goes into spirit the same as you and I will when we die.

Nancy: You said that they've earned a right to come back into the body without going through the birthing process. Can we take that to mean they are saving time, and are allowed to come back and be of service quicker, and that they're here for a purpose?

Ruth: Yes, they say that they did not want to waste the time of going through the toddler stage, then school days and all the preparation because they are obsessed with a mission. They feel that there is something they can do and they can only come in if

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they want to help mankind. They cannot come in to help themselves, or to make a lot of money... that sort of thing.

Nancy: Do you know any famous people who are walk-Ins?

Ruth: In my books, The Guides told of a number of ones who were, let's see...

Nancy: Abraham Lincoln?

Ruth: Yes, and George Washington I believe was one. Let's see, there is Chuck Colson (Founder of Prison Fellowship). Do you remember him from the Watergate scandal?

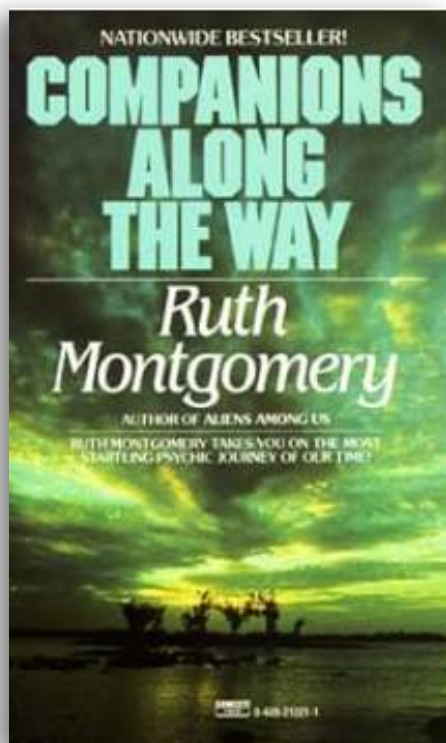
Steve: Yes, but not Gordon Liddy. (Laughter.)

Ruth: No, I'm afraid not, but you see, they don't like to be exposed. They protect people's privacy, too. Chuck Colson has lived up to his mission with the prison fellowship and doing so much good with prisoners, but they don't just go around saying so and so is (a walk-in). I can tell you who are not Walk-Ins, including our current President, Bill Clinton. People began writing me after he was elected asking if he was the walk-in President that The Guides have been talking about, so I asked them and they said, "No, he is not."

Nancy: How can a person find out if they are a walk-in?

Ruth: Well, I think that they seem to recognize themselves from reading my books. Suddenly they are awakened to: "Thank God, now I know what happened to me!" Sometimes their parents, or a close friend will read my book and they'll suggest it to them saying something like, "Read this book, it's about you!" and they just instantly recognize themselves. I get these overwhelmingly grateful letters thanking me for saving their lives. Many people say to me, "I thought I had lost my mind. I thought I was ready for the booby hatch, and now I realize what happened to me."

Steve: Do you believe in reincarnation?



Ruth: Indeed I do! After *A Search for the Truth*, The Guides said that we would be doing a book about reincarnation. I threw up my hands! I didn't even bother to write that down because I didn't believe in reincarnation. They told me to investigate it like I did the psychic phenomena, reminding me that I didn't believe in that either before I exploring it, so I began investigating reincarnation. I went down to the Edgar

Cayce headquarters and spent a bit of time reviewing information and talking to a lot of people who remembered previous lifetimes. Then, the Guides began telling me about my own previous lives. Now I am utterly and totally convinced of reincarnation. Too many things checked out for me.

Nancy: How would you go about investigating a past life?

Ruth: I did a book called, / that told about my own past lives with Arthur Ford. The Guides told me things that checked out with people that I had known at that time.

Steve: What do you feel has been your greatest discovery in all of the research you've done regarding "the New Age?"

Ruth: It's not my discovery, it's The Guides. I don't take any credit for any of this, or for the beautiful philosophy. I'm just an ordinary college graduate.

Nancy: Is there any one thing that came through that you were really impressed with?

Ruth: Well, every book that I have done so far has been on a new and electrifying topic to me! I would have to say that every one of them is just as exciting to me, if not more so, than it is to my readers. {The Guides} just keep awakening me and prompting me.

Nancy: They don't surprise you anymore?

Ruth: They always surprise me! (Laughter.)

Steve: They surprise the rest of us as well, so it is sort of a process that we're all going through?

Ruth: That's why, from the very beginning, they said, "Young lady, (I was a young lady then — laughter), this is not meant just for you, this is meant for everybody. Now do this book!"

Steve: Do you feel there is another book coming?

Ruth: I think there may be one more, but I won't do anything about it until at least after the spring primaries next year.

Nancy: Are you saying that after the President takes office, there could be a Walk-in experience, or is the person already a Walk-in before he is elected?

Ruth: No, The Guides have said that he recently came in. This is what makes me so particular in viewing the possible candidates now.

Nancy: I have always thought that it depends on how old you are that determines whether you're a "walk-in" or a "crawl-in." At some point the spirit enters the body, either as an infant, or as an adult. Do you agree with that?

Ruth: I understand that we select the bodies that we'd like to have, and if we've earned the right, we can have that situation. Often times we choose a very disagreeable situation and come in as a cripple or sometimes as a blind baby. We're at a much higher level of awareness on the spiritual plane where we realize what we need that experience to help our souls round out our awareness of existence. We choose that body, so there aren't any sudden walk-ins. The Guides say, and also, Edgar Cayce said that the soul enters at or around the time of birth, not at conception.

Steve: Wouldn't that explain the abortion crisis?

Nancy: ...That everything has a divine plan?

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Steve: ...That the soul doesn't come until the time of birth?

Nancy: ...That you're not "killing" anybody?

Ruth: Yes. Bob and I tried to have a baby and we went to doctors to see why we didn't. Apparently, it was just not meant to be in this lifetime. But, I am for a woman's choice. I feel that, although you are stopping something that is growing, and that's too bad, birth control is a much more saintly way to deal with it than abortion. But I do think that a woman in the first trimester has a right to control her own body. She's letting a stranger in, after all, and if the stranger isn't welcome, then why go through with it?

Nancy: That's been confirmed in automatic-writings I have done. Steve and I asked the angels questions about abortion a few years ago. They gave us an analogy explaining that for the incoming soul, it's like being at a Hertz-Rent-A-Car center to learn that your car was rented out to someone else. It simply means that the vehicle isn't available for them. The angels explicitly said that you're not killing any one! Its just that the soul waits for the next "vehicle."

Ruth: That's right! Why let it come into one where you don't want it, you're going to mistreat it, or you can't educate it?

Nancy: And remember, at that level, it is a lesson presenting itself, that everyone involved in the situation is learning.

Ruth: That's right.

Steve: What do you think of the "New Age" movement in general?

Ruth: Well, I think it's wonderful that people are grouping together who have similar interests and who are trying to open themselves to higher spiritual values. I think this is great, however, I think some of it is terribly overdone. I certainly believe in God and Jesus, but I just don't know why emotions have to become so high and people get so shrill. I'm not a particular admirer of Dick Nixon, but while he was President, he said, "Let us lower our voices." I think that could be said for a lot of these movements.

Steve: Ruth, you spent many years in Washington, and in the early 1960's when you started your automatic writing of this material, it must have been difficult for you.

Here you are, in the midst of mainstream media, calling Presidents by their first names, and hobnobbing with the social elite. I want to know, what was the reaction in your social circles when this psychic material first started becoming published? One book after the next... what kind of reaction did you get from your friends? Was there pressure for you to lay off, and how did you deal with that?

Ruth: After that first eight-part series on psychic phenomena and my going to seances, it was published in the Washington papers, as well as all over the country. People would come up to me at cocktail parties and start telling me their experiences! Ambassadors of foreign countries would approach me with their psychic experiences. Then, people at The White House, not the President, would come up to me and tell me about their experiences. Senators could hardly wait! It was if a dam had broken down and water was gushing out!

Steve: Your books gave them permission to speak out?

Ruth: Yes. After I decided to write that first book, I called them back to remind them of our conversations. I wanted to make sure that my facts were absolutely straight and get their permission to use them in that book, which I did.

Steve: It seems as though your background of being a reporter gave you the credibility these people were looking for, and so they believed in what you were writing?

Ruth: Yes, and that is exactly what my fan mail began saying! The letters would read, "Ruth, we've been reading you for years. We know that you write fact, not fiction, and so for the first time, we believe all of this."

The first psychic book, *Here and Hereafter*, was about reincarnation. From then on people would say, "You're the first one I've ever believed and now I believe it utterly." It was that integrity that they knew I had as a fact writer.

Nancy: Did you experience any doubt about the messages that were coming through? Did you have any fear in regard to publishing them?

Ruth: I had trepidation about publishing them because I was a woman in a man's world. There weren't very many women reporters in those days, and a few of the newspaper men would, sort of, 'give me the eye' (laughter) and I'd say to them, "You can take it or leave it."

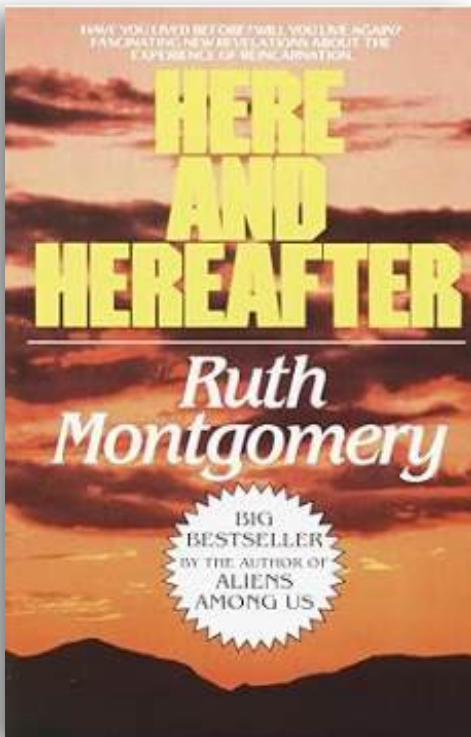
Nancy: How did you find a publisher interested in your pursuit of psychic subjects? Did you have to sell them on those ideas?

Ruth: Well, you see, I already had several books out before I went into this. I had done the book on Jeanne Dixon, which, at the time, was the biggest seller of the decade. Publishers were dying for another book! Then I wrote *A Search for the Truth*, and that got on the best-sellers list. After that, publishers began calling me!

I remember one of the top publishing houses called and asked me to do a book for them. I told them I was writing a book on reincarnation and they didn't want that, so I went to another publisher who grabbed it.

Steve: Things just sort of flowed?

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Ruth: Well, Steve, I was getting a lot of help from upstairs, you can be sure of that!

Nancy: I'd say that's an example of Divine Order.

Ruth: Yes, I think so. I was prepared for it from the very beginning. I think The Guides helped me get my first job as a newspaper reporter when I was 17 to prepare me for this whole thing. I think it was all directed from upstairs.

Nancy: Now that you've had so much experience channeling The Guides on the other side, do you have a personal philosophy on how people might live happier lives with less pain and struggle?

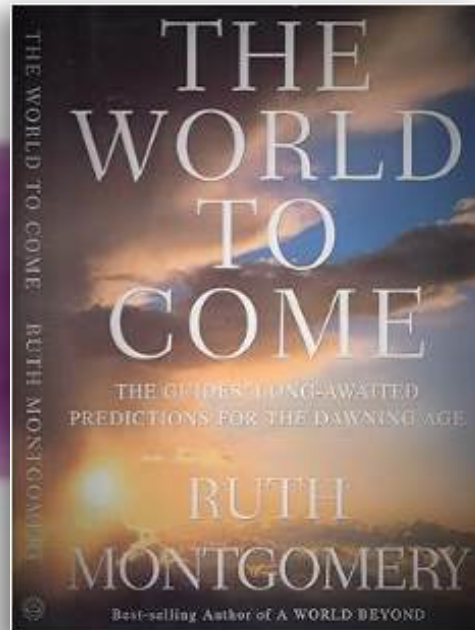
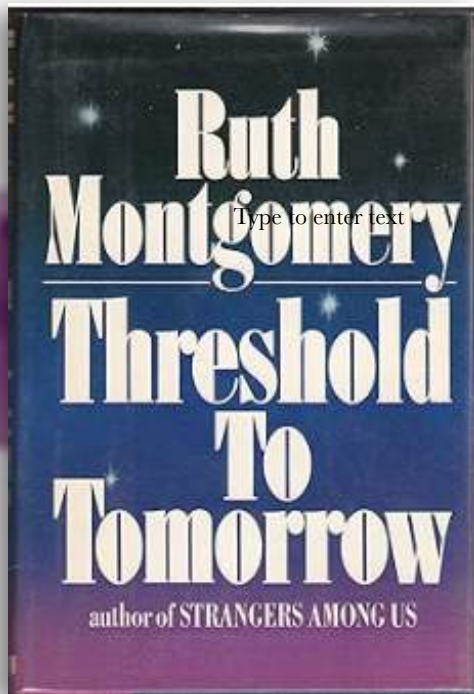
Ruth: I absolutely believe, and I'm sure you do, too because you've been into this enough, that everything is meant to be for love. If we help each other, and we learn to love each other at

least as much as we love ourselves, its all going to flow. We're the ones who put up the barriers when we get nasty with people.

Nancy: Well, Ruth, on behalf of your readers, we thank you for your heralding and brave work. We thank you for having the courage to go forward with publishing your books. We thank you for bringing your light and credibility to this movement. We wish to have many more years of your courageous leadership and wisdom as a guiding example to people everywhere. You have made a dynamic difference in the world, to which we owe our deepest heartfelt gratitude. Thanks for carving the path that we walk easier upon today, and may God bless you.

Ruth: That's beautiful. Thank you, honey!

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Ruth's last book, *The World To Come: The Guides' Long-awaited Predictions for a Dawning Age*, was released in 1999 by Harmony Books, New York

Additional Books by Ruth Montgomery

A Gift of Prophecy: The Phenomenal Jeane Dixon. New York: William Morrow, 1965

Here and Hereafter. New York: Coward, McCann & Geochegan, 1966

A Search for the Truth. New York: William Morrow, 1967

A World Beyond. New York: Coward, McCann & Geochegan, 1971

Born to Heal. New York: Coward, McCann & Geochegan, 1973

Companions Along the Way. New York: Coward, McCann & Geochegan, 1974

Strangers Among Us. New York: Coward, McCann & Geochegan, 1979

The World Before. New York: Coward, McCann & Geochegan, 1976



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

Rememberance and Transformation

I had an amazing insight as I meditated and prayed for peace on Earth. I saw the Earth as this beautiful place shining like no other in this space we call the galaxy, the cosmos, the universe, and I saw us all rushing to go "home" to a space and place that is beyond where we now find ourselves... to move beyond the housing and limitations of our bodies, never recognizing the incredible gifts that they are always wanting to be unbound by them... not remembering, not remembering.

And then I saw the Earth that we defile, the bodies we defile, the corruption of what was given in Love for expression of joy and co-creativity. WE are the corrupters, not the Earth... not our bodies. Our attitudes bind us to separation, to duality, to seeing things in the black/white, better/worse, good/evil mentality. How foolish we are! How dangerously foolish!

And here... this precious Earth... this precious Earth. We are crafted from the substance of Earth. This is the housing that holds these spirits that we are; enables us to walk amidst one another... to come as such a grand experiment that lost its vision... to walk in this time in this place right now to see that these bodies... this earth is in truth only made of light.

We have fostered the doctrines of separation through our fear of entrapment. We have lost sight of the natural splendor that we yearn for when we go into the areas of the world that we have not as yet contaminated. Who amongst us is not moved by a breathtaking sunset or a majestic vista of natural beauty? The hand that created this crafted us. And, what have we done with this magnificent gift, this incredible opportunity? What have we created? What have we enhanced?

I look at my arms and my hands. I look at my feet. Do I walk lightly upon this mother ship? Do I honor her with gratitude and remembrance of my true nature, not separate from her but as an aspect of her soul? Do I embrace her gifts... her shelter... her nourishment? Do I appreciate her light body... the body I am housed within, or do I abuse and refuse to recognize the gift that she is... that I am... that we are?

This day I speak a love poem to my home, my Earth, my being. She... I... you... us... cosmos... All That Is... We are One. And, in this moment, I receive the blessing of *rememberance*. I open to the power of this time for change, for healing... and in this is the *transformation*.

△

Peace On Earth

In this fall season of changing colors the leaves of many trees begin their transition from green to yellow, orange, red and brown as their life essence dwindles. That which was vibrant and supple becomes stiff and brittle. Yet to think that the dying leaves have no purpose is to miss a larger possibility. As the leaves break down and enrich the soil, they become the mulch from which new life is born. To throw them away is to lose their vital part in the cycle of renewal. Nature wastes nothing. Only we do.

Taking this model for ourselves, it is in the autumn where we witness the harvest of our efforts. In the farming community, it literally signifies the end of the major growing season. But internally, it is a time to gather the yield of the year and to reflect on its purpose and function within our lives. Rather than discarding what we've experienced, we have an opportunity to gather insights from our actions. We behold the wonder or the limitations we have crafted, and in reflection turn inward to the compost of our souls. We cannot always choose what happens to us, but we can always choose how we will react. As we allow ourselves to reflect, question, and make adjustments, we are enriching the process of our own unfoldment.

In my own life, this has been a year of rude awakenings. My partner was diagnosed with an advanced case of CLL, a form of leukemia. This gave him a poor prognosis in the eyes of the medical community. Like a leaf turning color, they were willing to write him off in a stereotypical fashion. But as neither of us depend on western medical model for our sense of wellbeing, we looked to see what this wake-up call meant to us literally and figuratively as individuals and as a couple. As a result, we have made several major changes in our lives.

So, autumn offers a time to behold our efforts before all physical evidence of growth is dormant in winter. In the fall, there is vitality to the changing of the season. There is incredible possibility in the shedding of the leaves and mulching of them into earth...dust to dust...ashes to ashes...and out of the ashes, the Phoenix rises once again. Cycles of nature, cycles of life. Colors reflecting purpose. Opportunities presented through the appearance of challenges. And through it all, we can choose our reaction. ..to throw away the fading leaves, or to put them in our compost piles where they will break down and contribute to the future.

△

Peace is Within Self

By Dr. Susan B. Barnes, CSNU

Thoughts are things. If everyone in the World would think peace and peaceful thoughts, imagine how it would change the world. Creating peace begins within each and every one of us. For the past several years I have been working with the Edgar Cayce psychic readings and a main idea is to look inside yourself and develop your own personal soul. With soul growth comes inner peace. Let's turn that inner peace into a worldly peace. The Cayce readings state:

For the KINGDOM is within. Contentment, peace, harmony, glory, love, beauty, is from WITHIN; and is as a growth that makes for that activity, that expression, that which will bring the growth, the understanding, the environments, the necessary influences. For with all the labors, the efforts, with all the application of beauty, of strength, of power, of might, ONLY God may give the increase. [Edgar Cayce Reading 165-21]

Finding peace begins with the soul. Soul searching starts with listening to your intuitive self. That voice is often ignored because it is overshadowed by material desires. We often act quickly without taking time to think, or intuitively feel. Patience is truly a virtue, not in a sense of duty but in a sense of opportunity for soul development. As the soul progresses greater will be the sense of peace.

Keeping yourself unblemished by the world is not easy. However, there is peace, joy, and an inner knowledge of a life well spent in service to the spirit world and others. Learn patience, not as a sense of duty but as an opportunity to develop your soul. Be kind and patient toward others.

Through meditation and prayer patience can be developed and our inner voice can speak to us. Turning off all thoughts of the material world and the challenges of one's daily life, allow the insight of the spiritual world to shine outward and become part of us.

When the individual, through its relation to self and Creator, has established that Oneness wherein the inner self or spirit beareth witness with His spirit, that the answer comes from within, then may the individual find that peace. [Reading 136-2]

When prayerful, be humble. An example of a prayer is "Lord, here am I - Use me! Not my will but thine be done, in me, through me — today — now — always!" [Reading 1620-2]

The prayers should ask for spiritual help and direction. The idea of acting with divine will instead of personal goals. Through prayer and meditation peace is impressed on our minds and hearts.

Keep self towards not a SELFISH development, not a curious development; not for a famous development, but towards an HUMBLENESS of heart, an HUMBLENESS of purpose. [Reading 297-2]

The emphasis is on being a humble person in both heart and intent. The idea of being humble is part of the process of soul development. Humbleness also appeared in reading 1877-1. "But rather give place to humbleness, that you may show the greater good for thy Lord, for thy God." Reverence to the God force or universal consciousness is necessary to find inner peace.

May the words of my mouth, the meditations of my heart, be acceptable in Thy sight, my Lord, my Strength, my Redeemer", and when the individual, through its relation to self and Creator, [Reading 136-2]

Man's spiritual capacity for happiness, consciousness, peace and love is infinite and eternal, but man's sensuous capacity for these characteristics is limited by his earthly desires. Become a channel for words of truth that will spread the peace around the world. For peace comes with the life well-lived and in service to others. Individually, we can make a difference in the world.

△

Who was Edgar Cayce?



Edgar Cayce (March 18, 1877–January 3, 1945) was a clairvoyant who claimed to speak from his higher self while in a trance-like state. He is the most documented psychic of all time. All of his readings were documented and indexed by case number. During the sessions, Cayce would answer questions on healing, reincarnation, dreams, the afterlife, past lives, nutrition, Atlantis, and future events. Cayce, a devout Christian and Sunday school teacher, said that his readings came from his subconscious mind exploring the dream realm, where he said all minds were timelessly connected.

Cayce founded the Association for Research and Enlightenment (ARE), to record and facilitate the study of his channeling and to run a hospital. He is known as "The Sleeping Prophet," the title of journalist Jess Stearn's 1967 Cayce biography. Religious scholars and thinkers consider Cayce the founder and a principal source of the New Age movement. The readings are available at the ARE center located in Virginia Beach.

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



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**This is an example of psychic
art called an 'auragraph' by
Susan Barnes**



The Power of Peace

On our journey through the complexities of the world and the mysteries of the psyche, gradually uncovering the many layers of torment and trauma hidden by our ignorance and

denial, we often wish to escape the horrors of conflict, both inner and outer. The endless wars of tribes and nations, the sufferings of individuals foreshortened by disease and suicide, the trauma of abuse, the decimation of populations through ‘natural’ disasters: all can bring the sensitive to their knees in despair.

Many find themselves longing for some kind of peace. Usually this translates as the cessation of suffering and destruction through negotiated truces, the advancement of medical treatments, the redistribution of wealth, and the exercise of compassion and mercy, not to mention the conscious forgiveness of those who ‘trespassed against us’.

Peace, as such, has its own power we feel, if only we could get the powerful to recognize it and act upon it. But leaders in politics, religion, and business will aver that they feel the same way, if only they could get the bad actors to fall in line with the big plan, but of course, agendas and ambitions are bound to conflict facts of life they tell us.

And as history shows, conflicting ambitions that lack the will to compromise are usually at the root of it all. Pride, anger, fear, resentment and vengeance are the ammunition of the unrestrained and often paranoid ego. Those of us who have shucked those drives cannot understand why others cannot see the beauty of the option. But in doing so we are forgetting our own past lives where we were similarly animated; where

ignorance, fanaticism and national pride made us into righteous warriors unable to recognize sovereignty, divinity and a legitimate point of view in others.

Young souls, as we were then and others are now, are easily fired

up by cynical and charismatic leaders, and the game is always played by those primed for that level of action. Mature souls have come to see the fallen state of all societies and strive to better them with remedial action of a social and political nature: intelligent governance, sensitive to public needs, and charitable humanitarian programs reaching out to the needy and desperate.

Observing from the viewpoint of the old soul, such idealism almost always breaks down into despair as the loss of vision and corruption endemic to all organizations slowly poisons the original impulse. Most souls in the metaphysical community are late stage mature morphing into old. They know in their hearts there is little to be done with the appalling squabbles of others, locked as they are into hatred and vengeance. While loving sympathy can be projected from the heart unattached to outcomes, only patience with the ongoing fights until they run out of energy, can be useful in maintaining inner peace.

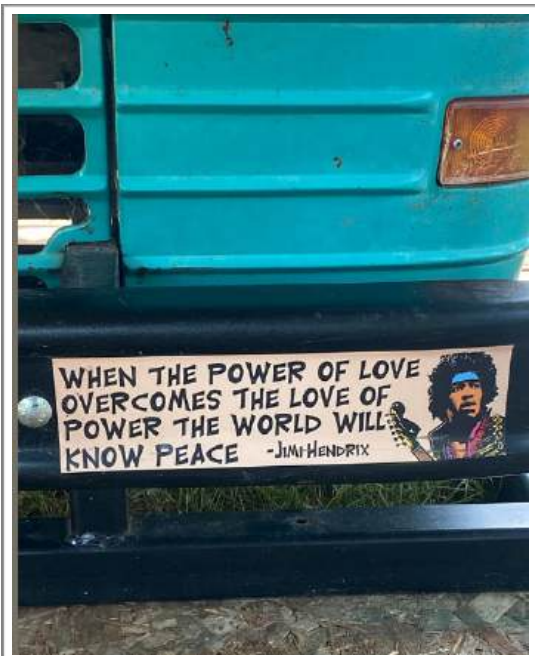
While the life-between-life research suggests that, at least from the Higher Self’s perspective, all incarnations are *simultaneous*, implying that the energies and drives of the young, mature and old soul are not linear in progression, but more than likely, menu items in the creation of some banquet of attributes contributing to a graduating spirit from the ‘Earth Life System.’ This persuasive point-of-view while not trashing the young/mature/old categories, does rejig the puzzle, placing it in squarely in the enigma of multidimensionality where it winks and smirks at our incomprehension.

The power of peace comes only from the unqualified acceptance of things as they are and not how you’d like them to be. Imposing a ‘fix’ on some troubled situation tends to make the ‘fixers’ feel good about themselves and their all-important mission. True, social ills and diseased bodies can be ameliorated but some other calamity of illness, or crisis, pops up in their place. Why? Because there is always a need for such to be available for incoming souls who want that set of experiences.

We are often reminded by guides and teachers what a privilege it is to have access to Earth incarnations and that thousands of interested souls from elsewhere in the multiverse would love the challenge, but despite the cries of overpopulation, disease and starvation, many thousands are willing to line up for the chance at what is apparently a limited number of spots. It is those fresh waves of souls sweeping in to this school of hard knocks that creates the continued need for those barbed hurdles of war, disaster and disease. And it is from that understanding that inner peace is created and maintained.

△

Gordon Phinn is a practicing psychic and spiritual counselor, offering many services from his home near Toronto. He facilitates spirit contact, entity removal, distance healing and past life regression. <http://anotherwordofgord.wordpress.com>.



AFTERLIFE REPORT

Evidence



Presented by
Victor and Wendy
Zammit

Science



The Inner Voice readers are invited to get the latest news on what's happening in the Afterlife community. Get a Free Subscription to the **Friday Afterlife Report! Check it out!**

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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! It started in November 2017 by Wendy Zammit with co-host Karyn Jarvie (who is now assisting from The Other Side). It is one of almost 20 other **FREE Zoom groups** that are coordinated through the **Friday Afterlife Report**. Some groups run weekly, some bi-weekly and some monthly. We particularly created a forum where people from the UK and Europe could share experiences with people from the USA, South America and Australia. For full details of our groups and times visit:

www.victorzammit.com/zoom

Global Gathering Coordinator

Wendy Zammit wendyzammit@gmail.com



Join the Weekly Global Gathering!

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

The list of **SEPTEMBER GUEST PRESENTERS** was not available at press time.

You can always check here for updates...

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

[Click here to check the time in your city](#) and join the discussion with others from around the world!

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





Sign changes, Eclipse Season, Mars in the Temple of the Moon, and Closure in Capricorn

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

Written By Andria Nikoupolis Weliky

We meet September with Mercury, the messenger, in a swift forward motion through Leo, while Uranus, planet of revolution and change, stations to go retrograde at 27 degrees Taurus. September's collective elemental signature for Virgo Season is predominantly earth and water, feminine or yin in nature; nurturance and sensing, flowing and feeling, building and crafting and a devotion to what is necessary.

September 1, Uranus stations retrograde in Taurus ~ When planets station, their manifesting significations are more noticeable; we can see and experience their symbolic characteristics more prominently during this time. The planet of sudden change will have us expecting the unexpected. In fixed, feminine Taurus, we are in the continued story of earthly changes, changes to our values, what we value, the earthly body,



Mars in Cancer is in its fall or depression in the terms of Hellenistic Astrology and its dignity schemes. Simply put, this speaks to the protective essence of the mother bear who will fight to safeguard her home and her young.

resources, agriculture, and finance. Uranus will stay in retrograde until the end of January 2025 when it will station direct (forward motion) at 23 degrees of Taurus. When necessary, change comes through, not always welcomed or are we ready for it but it is something we can rely on, for without change, we have stagnation.

September 2, Pluto enters cardinal, feminine Capricorn ~ Pluto, in the early degrees of Aquarius and retrograde since May, is taking one last examining look, into the land of Capricorn, top-down structures, before it takes up its twenty year tenure in Aquarius. This will be its last visit in our lifetimes. Pluto is where we deconstruct, regenerate and evolve. What needs to die, to shed away, to decompose? What needs to clear out and make way for rebirth, for renewal, for our future?

September 2, Mars square Neptune ~ This transit can have you second guessing your goals and motivations or feeling dismayed on an action plan. Channel your inner martial artist, navigate your way through the fog and blurred lines, facing fears directly with a centered, calm and focused zen; stay the course and you'll find your way. Allergies can flare up under this transit.

September 3, New Moon in Virgo ~ A lunation seeding that nourishes the ways in which we are discerning and tending to the body, the garden, literally and metaphorically

September 5, Mars enters Cancer ~ The signature of mother bear energy, Mars will take up its several month residency in the domain of the moon. Elevating and defending women's needs and topics around home, roots, mom and ancestry all come to the fore when Ares, God of the fight moves into this cardinal place of instinct and tenacity.

September 6, Mercury square Uranus ~ Fast and feverish, thoughts and words may fly in and out with a great frenzy, grab those innovative ideas, great for journaling or brainstorming but heed caution from being too hasty with tasks that require a bit of clarity and finesse.

September 7, Sun in Virgo opposing Saturn in Pisces ~ Sun

Continued on page 25

Saturn oppositions alone speak of polarity; how do we hold this tension of opposites, balance obligations and self expression? Through the Virgo Pisces lens we draw in efficiency and function on one side standing off with or balancing in sensing and receptivity. Perhaps this is an invitation to hold both with care and tending, the needs of self and the needs of the greater whole.

September 10, Mercury enters Virgo ~ A homecoming fanfare heralds Hermes' arrival; the temple where they are most celebrated is ready to receive, networking, opening the mind for collecting, sorting and learning new information.



Partial Lunar Eclipse: Eclipses represent an unexpected turn of events leading to great change, endings and pivotal shifts or course correctors.

September 18, Lunar Eclipse in Pisces ~ Eclipse season commences and brings in great beginnings and endings, a threshold to close one chapter and open a new.

September 22, Sun enters Libra, Fall Equinox ~

Happy Equinox Friends! Qualities of balance, fairness and justice are likely the topics discussed around the autumn campfires.

September 23, Venus enters Scorpio ~ Goddess of harmony will invite piercing conversations around trust, secrets and power with a penetrating and tested passion.

September 26, Mercury enters Libra ~ Zipping through the signs, Hermes sails into the realm of diplomatic, cardinal air, bringing a buzz of social justice and dynamic mediation to the airwaves.

In this season of the harvest, the planetary signatures are calling for more attention to the body, rituals and routines. Herbal pick of the month is Althea Officinalis or Marshmallow for hydrating, soothing and healing. The dried root is great as a tea or can be taken as a flower essence. As a reminder this is not medical advice please seek a medical professional if you have questions in these areas.

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If you are curious about the information of placements and points in your own NatalChart, please reach out to Andria at: andria@emeraldionalchemy.com.

Miracles I've Seen by Rev. Joann Baumann



Pneumonia and Bronchitis healed quickly

In the years I have worked as a holistic health practitioner and spiritual healer, I've seen pneumonia and bronchitis heal immediately, and a number of times. Louise Hay, in her book *You Can Heal Your Life* says the thought pattern for pneumonia is: "Desperate. Tired of life. Emotional wounds that are not allowed to heal." One case was a woman who had problems at the office with her employees, and at home with her husband. I did some Reiki and Body Electronics to help her release the stress and weariness of dealing with these problems and she made a very rapid recovery. Although she had been in bed and had difficulty breathing when I arrived at her home, the next day she was back at work feeling quite positive about her new lease on life.

A young man was taken to the hospital because of difficult and painful breathing and was diagnosed with pneumonia. He left the hospital because he had no insurance and called me. I went to his apartment and worked with him to release his 'desperate, tired of life feelings.' I led a guided meditation to help him relax and get in touch with his inner spiritual source. It took just two such sessions and he was back to work in three days.

A little boy had been sick for a week with a fever and he, too, was diagnosed with pneumonia. I went to his home to do some acupressure and Reiki on him while his mother held him. The fever ended within 30 minutes and he slept peacefully the rest of the night. The family told me that since the boy had broken his leg some months ago, he had been fearful of being outside or going back to play in the park. Perhaps it was the trauma of that injury that shut down his immune system. It was an emotional wound that needed healing before he could go back to his normal, playful self.

The thought patterns behind bronchitis, according to Hay, are "Inflamed family environment. Arguments and yelling. Sometimes silent." I have noticed that often times people get bronchitis following a family crisis. One woman who usually enjoyed good health, got bronchitis after hearing about a tense family situation between her son and daughter-in-law. She took the time for me to do some energy work and to look within to see what inflammation was there. Tears expressing sadness for her

continued on page 27



Our Lives Are A Symphony

The beliefs we carry make up a symphony we play over and over in our head, sometimes silently and unconsciously, that navigate our daily perceptions, choices and relations. There are always possibilities to learn fresh new perspectives that relax our blindly held outdated ideas so that we can expand our awareness to receive new, more current creative capacities.

It can be subtle to notice that the beliefs we hold onto so tightly are actually dying to naturally make way for new creative and enlivening possibilities for us to explore and grow.

I was talking with a friend at a summer party. As we danced in conversation about his work and mine I noticed there were no habitual responses, no automatic assumptions and no push-pull or manipulative energies at play. Our conversation was very fresh and mind expanding. It nourished new perspectives and invited new creative thinking. I felt like I was in a unique zone of awareness. My mind and life opened up beyond my very repetitive expectations and morphed into more vibrant, creative and enriching new expanded realities. My whole body felt more present. Surprisingly I felt no resistance to the new ideas and actually felt more relaxed, curious, and engaged. I felt

the symphony of ideas within me playing new music that inspired new possibilities, movement and freedom.

Let go of the tension of expectation to listen more openly. I didn't really know how trapped I was in limited thinking about my future until I felt myself gently transform into an expanded reality by the conversation with my friend.

What died inside?

There is always something to learn. An old viewpoint or belief may have to die in the process. It can be painless. It can be refreshing and awaken the vibrancy within. Is the word Hope? Is the word Freedom? Is it a miracle in motion? Subtle as it was, I feel new movement inside me now as I write. I feel so grateful.

It was all in slow motion as old assumed stagnant ideas about me, my future, and life gently died inside my mind and new realities organically blossomed forth. An image is coming to mind. In the 80's I saw a wonderful Far Side cartoon where a herd of sheep were grazing in an open field. One was standing up on its hind legs shouting, "We don't need to just be sheep!" That's how I felt talking with my friend.

Continued on page 27

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We need each other.

I strongly believe and experience, that we need each other to co-create an ongoing awakening consciousness of ourselves, our relations, world communities, our planet and beyond. Realities expand when we authentically share perceptions, dreams, and experiences with each other with the purpose of growing our awareness and opening our hearts to each other.

Our worlds can organically include more possibilities, more richness and creativity than we could ever imagine when we are present without resistance and the push pull of trying to prove oneself, or to force ideas and demands onto others, and being free of feeling better or less than and responsible for the other “getting it.” Our worlds can organically expand to include more possibilities, more enriching and creative realities than we could ever imagine. It is not a one time event. Openness is an ongoing dynamic as we realize we are safe to learn, to listen, and to explore perceptions beyond our own conditioning.

Together we can create a growing unique symphony that generates new balance and rhythm inside, and expands outside into our relations, our lives and the world.

△

Beverly Brunelle is an Intuitive, master quantum energy healer, channel, teacher, writer, author, and speaker. Her passion is waking up the inner mystic by raising the frequencies of clients, their environments and properties so that more functional new creative possibilities emerge, relationships are enriched with deeper authentic presence. Learn more & schedule a session: www.beverlybrunelle.com



son's situation were released quickly and her coughing ended within minutes.

A little girl had bronchitis for a number of weeks. During her healing session she talked about something she was afraid to express regarding an incident two months earlier when a bus driver forgot to let her off at her home. She remained on the bus, afraid to say anything to the driver. Because she was so small, the driver did not notice she was on until everyone else had gotten off. Her fear shut off her immune system and kept her ill. The bronchitis symptoms ended quickly after the healing session.

I enjoy working with children because they are less afraid to look at their fears and move beyond them. The miracle happens when fear is released. That is why it is important to look at our fears. When we feel safe in the world and at home, we can maintain our health, or have it restored. When we trust and allow love to heal us, the breath of life is there for us.



△

Rev. Joann Baumann, founder of Miracles Institute in 1988, is a faith healer with a private practice in Milwaukee, Wisconsin. She is an avid student and teacher of A Course in Miracles. Her book, [Messages from Heaven](#), is a collection of messages she received from her son in Heaven following his accidental death in a fire.





Getting Noticed!

One of my favorite subjects is creativity and how to unleash more of our own natural abilities, insights, creative gifts, and desire to share what we do with those who would benefit.

Today’s teaching is about “Getting Noticed.” So many people ask me how to promote their work, how to have other people aware of what they are offering or sharing and there’s no one quick answer. It’s time on the track, but even more importantly, you’ll see from what’s in the teaching that I share here, it’s about what intention you bring to the sharing — and that it is focused more on what you are creating and opening from within yourself rather than what it does for your career.

Your intention holds a lot more “Sticking Power” when it comes from your desire to serve rather than what you think is catchy, or only self-promotion. I also think that the Universe doesn’t give us any more than we can handle at one time.

I remember many years ago when I had first had that experience with Mentor and had written “Agartha ~ A Journey to the Stars, I had struggled with feeling that no way could I represent Mentor’s beautiful teachings to others since I was such a neophyte in the field. And Mentor said, “The Universe will never ask you to participate in or share in any way that you are not fully prepared to do.”

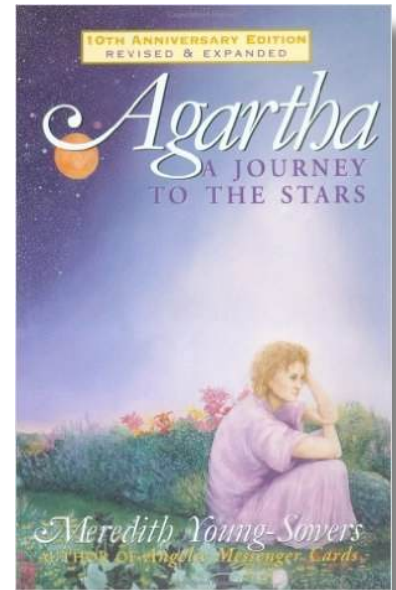
I remember all too well my first ‘speaking engagement’ was to talk to a few people in the back of a health food store. You would’ve thought I was going to talk to 5,000 people in a huge auditorium because I was so nervous. But it let me get my feet wet in these teachings and gain confidence.

When you start sharing something of your own, you need to find the language and you need to find the confidence to know that you’re speaking from your own truth. That will resonate with those who can hear it. And probably most importantly you’re concentrating on what your listener needs to hear that will help them, and not what they’re thinking about you that is important. This big switch is perhaps the key. It takes us out of our ego and puts us into our “Deep Hearts” and then we can offer, with great Joy and Love, that which we have to share.

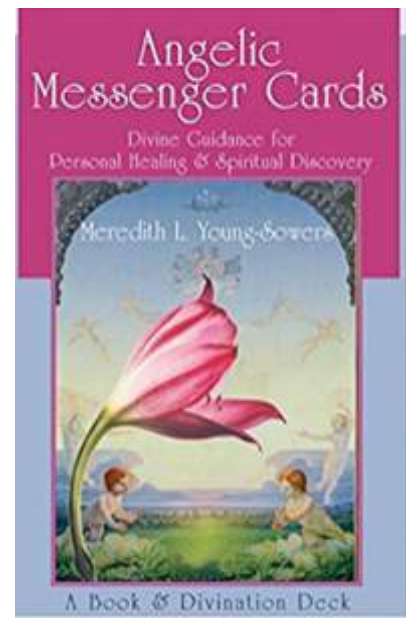
So, whatever you are sharing and offering to the world through special projects or just conversation, hold in your thoughts that the purpose is to encourage and support others, as you wish them to do the same for you.



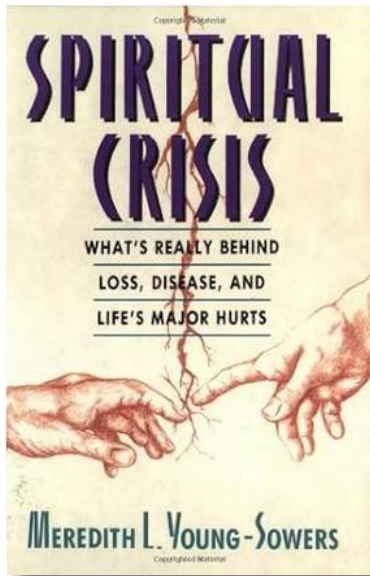
Meredith Young-Sowers, D.Div. is the Author of: Agartha, The Angelic Messenger Cards, Spirit Heals, Wisdom Bowls, and more. She is the Founder of The Stillpoint Foundation and School and now a watercolor artist. Email: mysowers@gmail.com



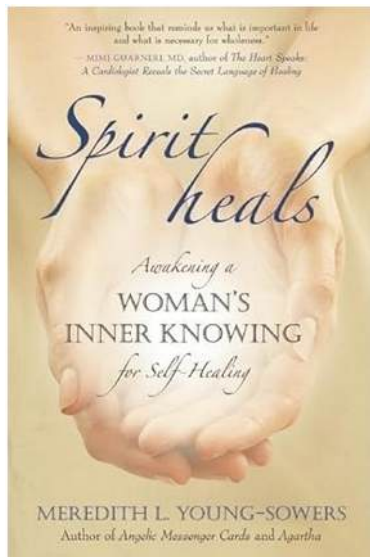
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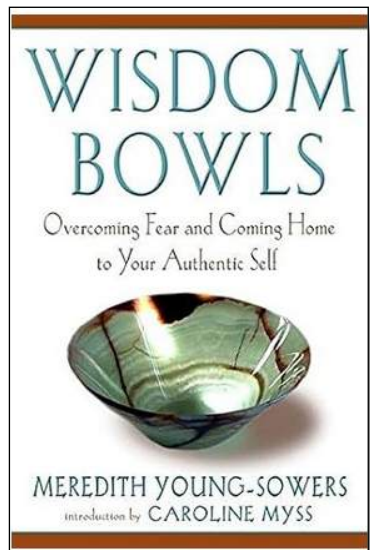
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Spiritual Crisis

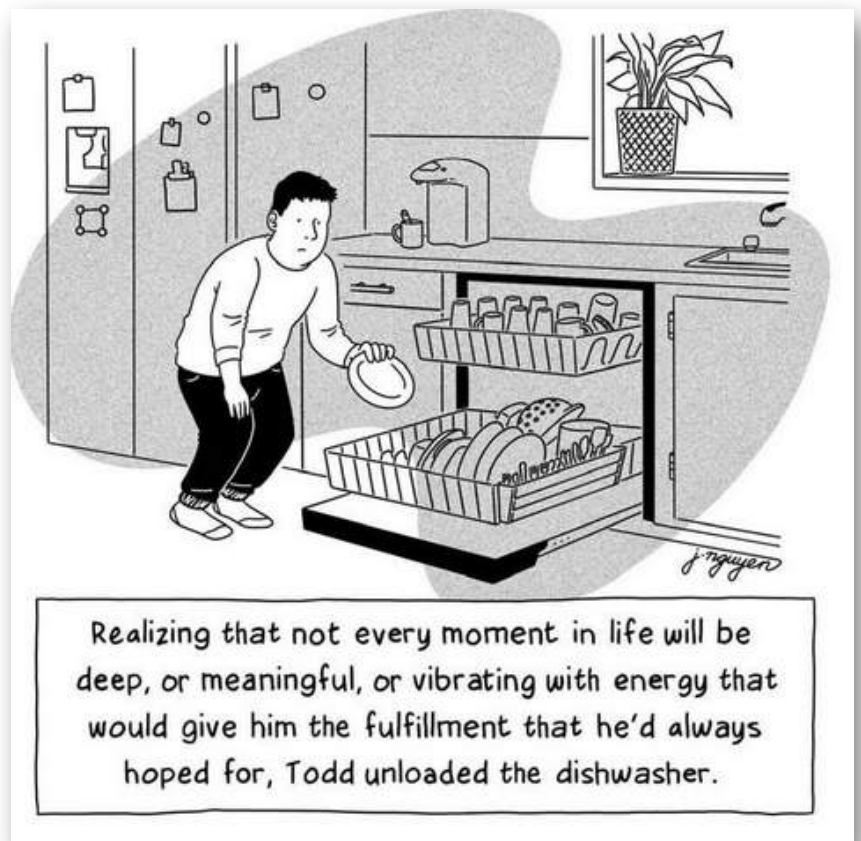
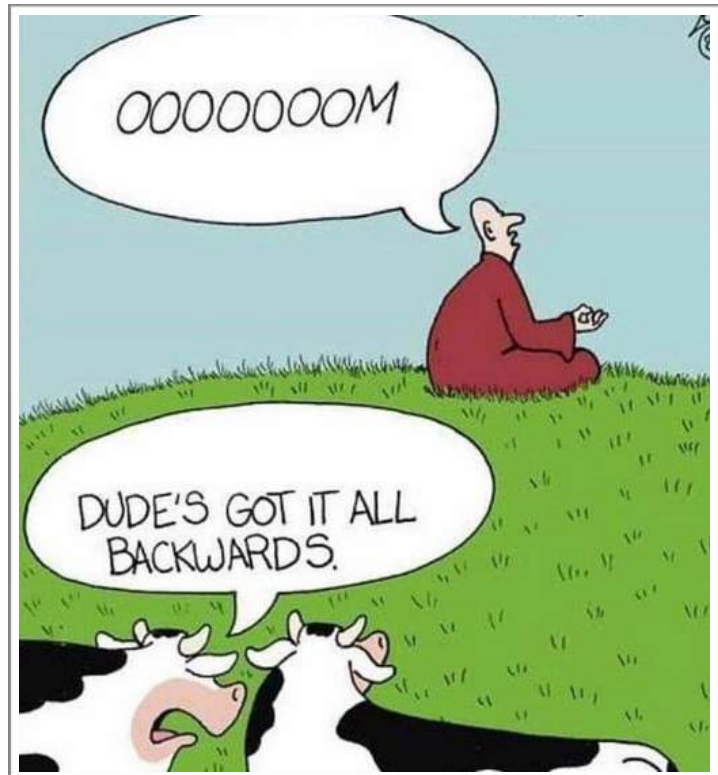


Spirit Heals



Wisdom Bowls

~For the **FUN** of it~





Inner Peace Without Meditation

By Richard Schneider

Achieving inner peace through meditation is commonly associated with the image of a person sitting cross-legged with hands on knees, wearing a serene smile, and with a mind calmed and cleared of all thought. For many of us, however, there is difficulty with this approach. Sitting in a comfortable chair may substitute for the crossed-legged position but the calming of the mind is another thing all together. The mind wants to think; it's what it's designed to do. Thoughts creep in unbidden no matter the effort to prevent them. What someone said to you yesterday or the anticipation of an upcoming event seem so much more enticing than coming to "no thought" and a calm state of being.

How is inner peace achievable under such a circumstance? There is another way and it's called contemplation. This is a midway method to working with the mind to achieve inner peace. Let me explain. In meditation, the object is to calm the mind, which is to say, turn off the left side of the brain where you consciously think, plan, review, comment, etc.; in short, all the aspects of the mind you want to put to rest in meditation. This allows the right side of the brain to come through where serenity can be experienced because it is how you connect to the Divine.

In contemplation, the left side of the brain where you do your conscious thinking is not turned off but rather directed to focus on the particular task at hand, in this case, coming to inner peace. The mind actively considers what it is like to experience peace and brings past experiences and imagery to bear. Thoughts are allowed to flow freely and effortlessly. This has the effect of creating an opening for the right side of the brain where, taking its cue from the left, it brings in the feeling of peace from within through its connection with the Divine.

Skillful use of contemplation allows for a going back and forth between thoughts of peace from the left brain and feelings of peace from the right brain. Meditation is often done with eyes closed to cut out extra sensory input. Contemplation can be performed with eyes open. For instance, in meditation you might sit on a bench by a pond in the forest, close your eyes, and go into your meditation by calming your thoughts. In contemplation, you sit on the bench looking at the pond noting its stillness along with features like the reflection of sky and surrounding trees in the water. Your mind is allowed to comment freely on these. In this state, you will probably find that, after a while, you are at peace and the depth of it may surprise you. Your intuitive side has opened. You haven't meditated in the usual way and yet you find yourself experiencing inner peace. This type of contemplation can become a practice where what you encounter

as you go through your day becomes the means by which the mind moves you into your intuitive side and inner peace. You come to experience life as a contemplation.

Ultimately, peace is an aspect of who you really are as Spirit and all you are doing is remembering and reclaiming what is your true, natural state. The beauty of contemplation is that it can also be used to bring through other aspects of who you are as Spirit such as your divinity, love, joy, harmony, and freedom to name a few. It's wondrous that the contemplation of this wider vision can also bring you inner peace. Δ

Richard Schneider is a spiritual intuitive and practitioner, Reiki Master-Teacher, and elder, who has been on his spiritual path for over 40 years. He has experienced both past-life regressions and future-life progressions. He holds degrees in journalism, theology, and architecture. He worked as a registered architect and as a full time and adjunct professor of architecture and interior design. His book [Spiral Reincarnation The Third Paradigm](#) is available on Kindle.

A Prescription for World Peace

© Mikala Kim Francisco

Paradoxes seeking resolution
amplified by external noise pollution
Conflicting views endlessly collide
How do we bridge this great divide?

Practicing the art of contemplation
life's moment by moment mediation
balances polarizing extremes
bringing harmony when life pulls at the seams

Emotional turmoil, wars waged in the mind
heed this invitation and leave struggle behind
Freedom is ours from these internal tyrants
Pause and relax into the timeless silence

Imagine one by one, minds surrender
to the still point's infinite splendor
Refreshing peace NOW permeates
love wins over divisive debates

To move beyond this endless fighting
and embody the wisdom of uniting
requires this silent journey we all must take
Soul medicine mends our collective heartbreak



Message #35

From The StillPoint Within

By JA Dioguardi

Light dispels darkness by its mere presence. Though only a pinpoint of Light is needed to penetrate the darkness, that bit of Light when enkindled by the breath of Spirit then reaches into every corner of obscurity. The openness to Spirit that is brought about via compassion, love, and a willingness to serve is what paves the way for beaming one's individual Light into the world of form.

Humans assign a title to each period in Earth's history, i.e., the Stone Age, the Dark Ages, the Golden Age of Renaissance. There is wisdom in the words chosen to describe the gradation of darkness and Light present during different human eras. Which will be the chosen language to describe present-day Earth? We must recognize that each human being extant on this planet has the power to affect the NOW by their choices, thoughts, actions, and state of presence. Humans most greatly influence both the quality of their daily existence and the course of history primarily through themselves. Focusing on your personal expansion of Light via connection with Source (in whatever way is most appropriate for you) is the greatest gift you offer to humanity as a whole. Uplifting your vibration uplifts the vibration of Mother Earth. Peering into the dark corners of self and radiating your Light into the often overlooked crevices (that ego is constantly striving to deepen) is the highest form of service to all. In doing so, you widen the field into which your personal Light shines.

Many individuals take for granted the power of *self-improvement* via the willingness and courage to deeply explore every aspect of self. Through the manipulation of thought-forms, ego convinces us that constant motion is a higher degree of service (benefiting all) and that the stillness and silence necessary to fully know oneself is *selfish* and *less than* the seemingly generous actions extended to others. Without tending to the needs of self on every level—especially the more challenging work of self-knowledge and inner growth—one cannot fully be present, nor can one assist another with his/her journey to wholeness. Especially in times of great unrest, the care of self and one's Soul is of the utmost importance. Tending the flame of Soul that lights the way chosen during this current Earth era is the first and most vital step in fulfilling one's unique spiritual mission in service of the Whole.

As we march forward on our life paths during this time of transition, let us attend first to our own inner Light so that the darkness of fear and discord is dispelled by the combined Light of earthly peoplehood. Change that is welcomed with an open heart and includes the needs of others for the betterment of all blows through one's life to fan the SoulFlame of self, just as the breath of Spirit expands the Flame of LoveLight shining forth into the darkness of form. BE the Light in your own life! In doing so, you illuminate the way for your fellow humans on the tribal march into Wholeness. United in Light, we are at one with the Divine.

△

Surrender!

To have peace of mind, you must surrender,
No matter your age, belief, or gender.

Resistance results when the ego's voice
Persuades you that letting go is a choice
Akin to releasing control
Of having a say in the role
That your Soul already agreed to play.

To enjoy each day in this human realm,
Have faith in the Sage at the helm;
Delight in the words on the page
Your Soul and your self arranged in a way
That deepens the grace of your earthly stay.

The service you grant is karmic tender.
Whatever occurs, give in; surrender!



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 her writings visit: www.jadioguardi.com



By Nancy Freier

As we come into September, my thoughts turn to World Peace Day that is celebrated on September 21. If we look outwardly into the world-at-large, peace is hard to see; so let us be reminded that peace begins within our own hearts and our own hearths. When we have harmony in the home, we have peace in our world.

It's All Energy

Feng shui rests on three basic principles: everything is energy; everything is interconnected; and everything is constantly changing. We regularly notice fashion designers coming out with new styles every season, so why not interior design? People come and go in our lives and in our homes. Children are born, they grow, they leave home for college or perhaps marriage; and, there are other milestones in our lives that indicate energy is on the move, and in Feng Shui we need to change along with it.

Ancient Feng Shui masters looked at the contours of the land and advised people to build their villages and homes on the most auspicious sites. They looked for telltale signs of wind and water. For example if the landscape had sharp, protruding rocks formed by strong winds or fast currents, this land was considered "bad luck" and they would not build there. If they found healthy wildlife, lush foliage, and meandering streams, they knew people would thrive, and these sites were selected for the villages. They would also advise the people to eliminate any sharp and protruding shapes and objects from inside their environment, removing anything that could injure them.

Energy Loves A Vacuum

If you have any dead trees or plants, remove them. Dead material needs to be trimmed from trees so new growth can come. Whenever we remove something it creates a vacuum and allows for something new (vital chi) to come in its place. The same principle is at work when we clean out our closets, new clothes come.

I knew a tree trimmer many years ago and I recall him telling a customer who had a dead tree, "It's dead! It's not going to

come back to life." You think this would be obvious, but I can't tell you how many times I've been in homes where the owner is hanging onto something that was already gone. I recall a woman client who had been married for 20 years and she still had a very dry and dusty bouquet of a dozen roses in a vase on her nightstand that her husband had given to her on their 5th anniversary! I told her to toss the dusty thing out! The day after, she called to tell me her husband arrived home **THAT SAME DAY** with a fresh bouquet of flowers for her!

Ancient Chinese Proverb
When there is light in the soul,
There is beauty in the person;
When there is beauty in the person,
There is harmony in the home;
When there is harmony in the home,
There is honor in the nation;
When there is honor in the nation,
There is peace in the world.

Take a look around your home and see what you are hanging onto. This is the perfect season for removing all that is dead, dying, or no longer loved, used, or wanted. Clean out the garage. Clear out the closets. Pass those unloved items on to someone who will appreciate them, donate them to your local charity, or recycle them, but get them out of your house.

When we surround ourselves with what we love, we create a perfect place in which to live. Our possessions then provide peace and because everything is connected, this peace radiates outward into the world. Look at your photos, artwork, decor. Ask

Continued on page 33

yourself if the item still brings you joy. Perhaps you recall the place you bought it, or remember who gave it to you. A joyful memory attached to an object empowers it with vital chi that nourishes you every time you look at it. But if it pulls you down it has a reverse affect, so you may want to let it go. The placement of the furniture and decor pieces also matters. A couple was arguing over how to place their large sectional after moving into a new house. It appeared to be too big for the room, but they couldn't afford to buy new furniture. When I got

there the first thing they said was, "*We hate our living room!*" I figured out a way to place the sectional that not only looked great, but the family was able to gather together in the same room together and enjoy family time. There was peace in the house at last!

Follow the ancient Feng Shui masters' advice. Live with what you love and let the rest go. When you create peace in your home, you will see more peace in the world.

△

Harmony By Design - Nancy Freier Essential Feng Shui®

A unique interior design service that uses the dynamic quality of Ch'i to bring you and your environment into optimal harmony, comfort and balance.



Tip: Natural colors and a touch of faux furs contribute to a serene bedroom that supports a good night's sleep. Avoid bright colors in bedrooms, as they tend to keep you awake.

Visit my BLOG for more tips ~ www.NancyFreier.com

E-mail nancyfreierdesigns@gmail.com to begin your Feng Shui journey

In-home | virtual consultations



*"Personal growth is my passion,
Spiritual growth is my calling"*

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