

# The Inner Voice

A Source of Light For Unfolding Consciousness • Vol. 10 Issue 9 • September 2022

**Back to Earth School Issue**

**9.21.22**

**World Peace Day**

**How about every day!**



Buddha was asked, “What have you gained from meditation?” He replied, “Nothing.” Then he continued, “However, let me tell you what I have lost: anger, anxiety, depression, insecurity, and fear of old age and death.”



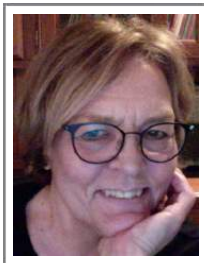
## In This Issue...

*Inspirations for Healing  
Body, Mind, Spirit, Heart & Home*

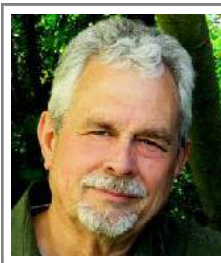
- 3 EVENTS at Golden Light Healing Retreat Center
- 4 Angel Talk: Welcome Back-to-Earth-School
- 5 AD: Angel Guidance Readings & Book
- 6 What If? by Mary Clare Wojcik
- 8 Book Overview by Steve Freier: “The Country Beyond”
- 9 AD: Life, Death & Afterlife Discussion Group
- 10 Walking the Labyrinth by Kathleen Jacoby
- 12 Tuesday Teachings by Meredith Young-Sowers
- 13 Tao & Zen by Christopher Chase
- 14 NEW BOOK! The Spirit of Saint Hildegard
- 15 Ad, Lori Andrus Crystal Shaman School
- 16 Beverly Brunelle: Practicing Mindfulness
- 17 EVENT! Free Zoom Call to Claim Your Inspired Genius
- 18 Put Peace in Every Step by Gigi Stafne
- 19 AD: Green Wisdom School | 3 Essential Tips to Live Well
- 20 Step Away from the Noise by Pat Gullett
- 21 Astrology Within: Mercury thru Virgo
- 22 Minimalist Thoughts by Dan Millman
- 23 Message #37 by JA Dioguardi
- 24 Peaceful Home, Peaceful World by Nancy Freier
- 25 AD: Essential Feng Shui® Consultations
- 26 EVENT! “Come Home! A Musical Tale of Awakening”
- 27 AD: Lynn Schuster Animal Spirit Talker
- 28 AD: Free Spirit Crystals / Green Calcite



*Lightlines Publishing*



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This publication intends to be an inspiration for healing body, mind, heart and home. It is not meant to replace the advice of medical doctors and other healthcare professionals. The opinions expressed herein are not necessarily those of the publisher or editors. We encourage you to go within and listen to your inner voice for guidance and direction on your life path. It is our sincere hope that you will be blessed in wonderful ways by reading and also sharing this magazine around the world. Ad Rate Sheet and Writer's Guidelines are available on request.

We LOVE hearing your thoughts and ideas for future issues! Contact us here: [theinnervoicemagazine@gmail.com](mailto:theinnervoicemagazine@gmail.com)





**Your Hosts**  
**Amy & Dave Wilinski**  
**920-609-8277**

[www.goldenlighthouse.net](http://www.goldenlighthouse.net)

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



**Golden Light Healing**  
 DREAM • EXPLORE • DISCOVER • GROW

Located 15 miles from Green Bay, Wisconsin

**~UPCOMING EVENTS~**

**AWAKEN YOUR INTUITION**  
 October 30, 1:00pm-5:00pm

**THE ART OF SOAP MAKING**  
 October 30, 9:00am-11:30am

**LISTEN TO YOUR BODY & HEAL YOURSELF WITH MATT SCHMIDT**  
 November 12, 1:00-5:00PM

**MEDIUMSHIP TRAINING**  
 December 17-18,  
 9:00am-4:00pm

**ANCIENT CELTIC IRISH SHAMANISM WITH AMANTHA MURPHY**  
 March 18-20, 9:30AM-5:30PM.  
 Lodging options available.  
 Join Irish teacher and author, Amantha Murphy, from Ireland as she shares these ancient Celtic traditions.

**DRUM MAKING WORKSHOP**  
 with Dave Wilinski  
 September 28, 5:30pm-10:00pm





**REIKI LEVEL I TRAINING**  
 October 21, 9:00am-4:30pm

**REIKI LEVEL II TRAINING**  
 Sept. 18, 9:00am-4:30pm

**REIKI MASTER**  
 October 16 9:00am-4:00pm  
 Includes apprenticeship



**WHISPERS ON THE WIND SHAMANIC PROGRAM**

Group #27: Dec 7-11, March 29-April 2, June 7-11, Sept 13-17  
Group #28: April 19-23, July 12-16, Oct. 4-8, 2022 and Jan. 3-7, 2024

*Are you searching for the meaning in your life? Would you like a deeper connection with nature and the spirit world? Please join us for an intensive training program in shamanism, energy medicine and self-transformation. We meet four times over 12 months. You will learn core energy healing techniques including power animal and soul retrieval, clearing of past life and ancestral imprints, connecting with the forces of Nature, ceremony & ritual and much more!*

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

**Dear Readers,**

September is back-to-school time and it gave me the idea to let the angels talk about our “back-to-earth-school. If you are not aware of this, we came to the planet to learn and experience the full gamut of emotions. Everything else is merely a prop in the play contributing to our curriculum.

The International Day of Peace, also officially known as World Peace Day, is a United Nations-sanctioned holiday observed annually on September 21. Since 1981 we have prayed and affirmed all people on Earth will learn to live with one another in Peace. I still carry that torch from my younger hippie days and remain ever hopeful that peace will prevail. One way to accomplish peace in the world is to begin within your own heart. Love yourself and love one another. Forgive those who have hurt you. Practice peace in your prayers and communications. Our writers share loads of ideas on pages 6, 16, 18 and 20. Set up your home to be peaceful (see page 24); and, practice peace in all your daily activities as though your life depended on it because it does.

Like the popular Peace Song goes, “Let there be peace on Earth, and let it begin with me.” This issue has you covered!

  
Nancy

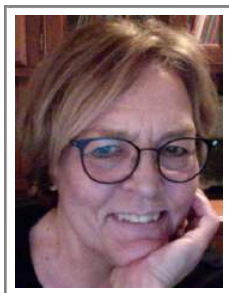
**NEW! The Inner Voice Podcast!**

Launching at noon on Tuesday, Sept. 13 on our Facebook page, you are invited to tune in for fun interviews, tips and extraordinary personal stories from experts in creating new possibilities, pioneers in expanding consciousness, and bringers of ancient wisdom that we can use today! Check it out!

**Your Hosts,  
Nancy Freier & Beverly Brunelle**

[Podcast Link](#)

**Angel Talk™**



# Welcome Back-to-Earth-School Where We’ve Come to Learn Emotions

**By Nancy Freier & the Angels of the Great White Light**

The most popular question people have for the Angels is about their life purpose. Why am I here? What am I supposed to be doing with my life? The answers are found in The Grand Plan with the promise you have not taken on more than you can handle. And, the Angels always say our lessons are for good reasons.

Pretend you are about to be born into life on Earth. You are in your Guardian Angel’s office, seated at a huge conference table with all your significant others who are with you to plan your upcoming

adventure on Earth. It is a grand, grand structure where you are — reminiscent of an ancient library filled with records of all your past lives, along with everyone else’s records and reference materials, far greater than Google. You are able to review your previous lifetimes (on video!)—that include the good, the bad and the incomplete [lessons]. You are ready to create The Grand Plan of your upcoming existence.

Just like enrolling in college, guidance counselors help you select courses and you plan your major course of study. Here, they are called Guardian Angels and in much the same way, they guide your curriculum in Earth School. You are most curious to find out what things *feel* like, particularly Love. Earth is where emotions are learned and experienced, from the lowest on the vibrational scale: fear, grief, depression, despair, and powerlessness to the highest vibrations such as bliss and empowerment, joy, love and freedom.

So, at your pre-birth conference you decided you will learn Love and in that course forgiveness and letting go of past disappointments and hurts tag along with it for extra credits. The ‘significant other souls’ in the conference room

Continued on page 7



**The Scale of Emotions** from the lowest in vibration (bottom of chart) to the highest (top of chart).



# Angel Guidance Readings

The Angels shine a light on your path so you can sail through your challenges with clarity, ease and grace. If you're connecting with a loved one in spirit, the Angels guide the reading and bring through their unique perspective and compassionate wisdom.

**Book your session today!**

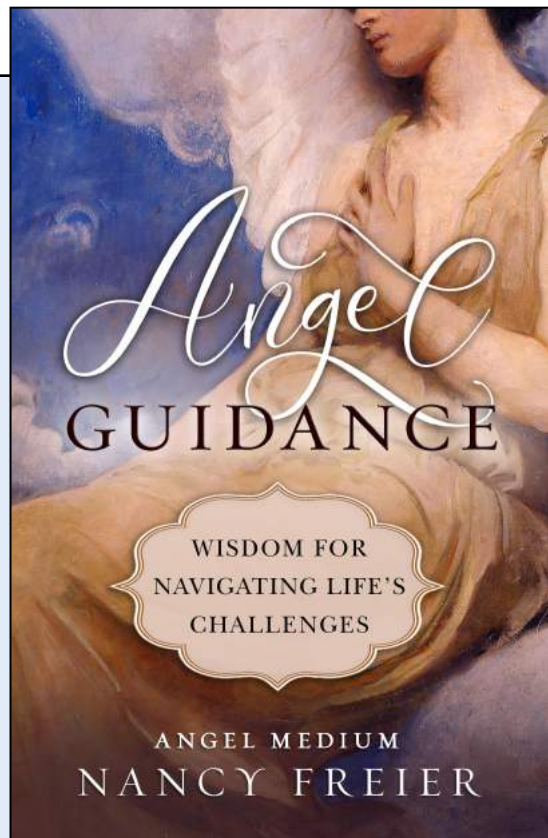
[NFreier@aol.com](mailto:NFreier@aol.com)

**Flower Essence Remedies** address the root of the issue and vibrationally restore balance on the subtle levels. The angels guide the choice of essences from FES of California or Dr. Edward Bach of England and are combined into a unique remedy designed for you. Safe. Gentle. Effective.

## Angel Medium Nancy Freier

**Learn more at:**

<https://NancyFreier.com>



**Book recently released!**

**Angel Guidance** is a collection of the most popular questions asked of the Angels, along with their loving wit and wisdom to help you navigate through life's challenges. Arranged in alphabetical order by topic, look up a specific issue, or open the book to any page and read what the angels guide you to read. The Angels said, if the question doesn't apply, the answer will.

**Angel Guidance** contains more than 30 prayers and affirmations that may quite possibly change the course you're on, and heal your life. Get the book now and have **Angel Guidance** forever.

**Choose either Kindle or paperback**

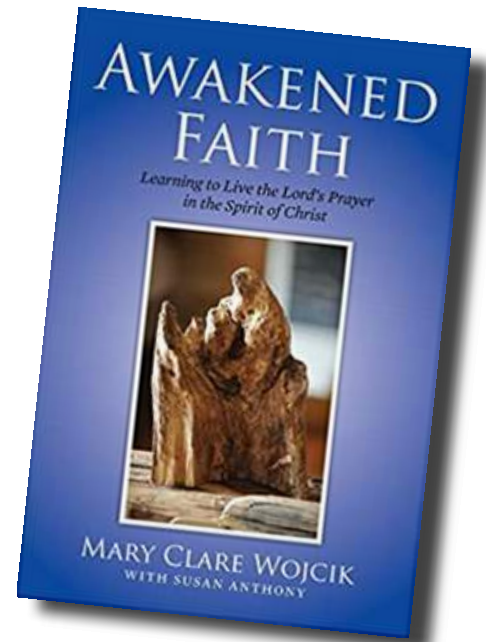
<https://amzn.to/3GETWH9>





# What if?

By Mary Clare Wojcik



**I** often think about peace and what it means to the world. It isn't flashy. It's not marketed as the latest in-demand trend. Peace itself isn't marketed, but often sought. People are looking for ways to cope, often thinking that something else is the answer. But following the marketing won't necessarily find them their Zen zone.

While society pushes us from the time we are little to rush, compete and achieve, many find those expectations a rollercoaster ride. Work, social media, tv, news, sleep, and repeat... That rollercoaster ride is emotionally heavy, and it feeds a false narrative. We are rushing around trying to achieve not realizing what we really seek. The way we live puts us in a state of fight or flight. Being part of the busy, hectic and materialistic world may be alluring, but it can leave us feeling anything but peace.

As an ordained minister and spiritual life coach, I often coach people who have made anxiety their live-in roommate. They feed the busyness, the need to fit in, and a hectic pace. They rush through life on autopilot, missing the here and now moment. The frenzy pushes them forward into the next day, the next week and year... and the "where has time gone?" longing.

But what if *getting off* the ride is really what they seek? What if the answer can't be found in the hectic job, the new shoes, or social media or... or... or? What if the answer isn't trendy at all?

What if it happens here, in the quiet stillness? What if it happens when we quiet not just our bodies but our minds, instead of feeding the busyness?

### *Try this ~*

Sit for a minute just noticing your mind. Notice your body. Notice what's going on around you. Ask yourself, what will really fill you? If you are like me, when you peel the layers back, you find that inner peace really is the answer. It sounds cliché, I know, but maybe there's a reason for that.

Finding peace is like finding deep roots--deep roots within that help us find our calm and soften our edges. It helps us to connect with ourselves, others, and the world around us in a way that busyness never can. It is a state of being that can help us withstand the chaos and societal noise. It may not be trendy, but it holds so much joy and clarity.

To feel lighter, freer and clearer, try this simple meditation from the book I coauthored with Susan Anthony, [Awakened-Faith-Learning-to-Live-the-Lords-Prayer](#)

### *Try this ~*

Sit in a position that allows you to be relaxed yet alert. Create a sacred space around you.

Close your eyes. Turn your focus to your breath and work to tune out everything else. Breathe in deeply through your nose. Visualize peaceful, blue energy coming up through your feet. Pull it up through your body, past your heart chakra, and up through your crown chakra. Exhale through your mouth and visualize the light pushing any dark or foggy energy through your crown chakra, almost as if there is a funnel on top of your head. Visualize, and like a bellows used to fan a flame, breathe.

As you breathe, use the mantra, "I'm breathing in peace and love and releasing stress and anxiety." Exhale and consciously let go of any stress or negativity. Feel the energy moving through your body, calming every cell and releasing the fog created by any stressful or negative emotions you may have been holding.

Build this practice to 20 minutes a day, What if peace really is the answer? What if it's easier to get there than we make it seem?

△

**Mary Clare Wojcik is an ordained minister, personal development coach, mindfulness teacher, and peace advocate. She is author of the book, "Awakened Faith: Learning to Live the Lord's Prayer." Mary Clare is also a Search Inside Yourself facilitator and Emotional Intelligence consultant. Through coaching, consultation, and retreats, Mary Clare helps individuals and organizations meet the world with their best selves, finding balance between head, heart, and awakened awareness. She weaves the message of love, peace, compassion, and raising consciousness through every aspect of her work. Cultivate peace within and share it freely with the world around you. Mary Clare resides in Wisconsin and enjoys yoga, meditation, international travel, golf, and spending time with her family.**



who will play leading roles in your upcoming life, such as your parents, siblings, sons and daughters, etc., raise their hands in agreement with your Plan and ‘volunteer’ to bring you certain lessons. Now, The Grand Plan is a two-way street. As you learn your lessons, you also bring others theirs. (We remind you that this learning doesn’t need to be grueling and painful. You can also have fun in school.)

So, poof! There you are!

I think it is safe to assume most of us have come through the *veil of forgetfulness* and have forgotten the conference room and The Grand Plan that was laid out before birth. But the Guardian Angels remember and will remind us at any time along the dusty trail, that we can update the curriculum. Simply call on your angels to help you.

The overview of your curriculum in Earth School is to experience emotions ~ “to have a taste” but not to dwell on any one of them for too long. Staying in depression for example, causes the body to fall under its spell and become sick. Then, modern medicine prescribes a chemical (drug) to remedy it. The aim of Earth School education is to graduate from the emotional reactions that cause bodily harm, and to move higher into an enlightened state of divine understanding. As you graduate from lessons you move up the vibrational ladder and know on a deeper level what it feels like to love and live in joy.

The Creator gave humans one law to abide by, The Golden Rule. That is, to love yourself and to love one another, because in Reality, we are all One. In this learning process you discover that loving yourself *feels good*; and, loving others as

yourself, sends out a positive vibration that comes back to you ten times, further raising your vibration. Your innate drive on that plane is to feel good, so loving yourself and others is the way to achieve that vibration and to continually graduate to ever higher levels.

Not always easy, though, is it? You are the captain of your ship. Your thoughts and emotions are the compass as you sail the emotional seas. Your anchor, as it were, is to bless each and every situation. Ask your Guardian Angels for the ability “to see as they see” and from that perspective you see higher options for resolution to your classroom situations.


Ask your Guardian Angels to guide you and clarify the lesson a situation brings to you. It is all part of the Divine Blueprint of your life that you signed off on.

Always remember you are not without help for healing and moving through your Plan. The angels, including all essential nonphysical beings: the fairies, elves and elementals—continually and lovingly support your ever-expanding consciousness and health issues. Mother Nature has provided us with many flowers, plants and trees that contain the remedies for your many and varied physical and emotional conditions. Earth’s sacred remedies heal and raise your vibration so that you can create healthy and positive changes and graduate to the higher levels.

Δ

**Learn what The Grand Plan is for you with an Angel Guidance Reading and a Flower Essence Remedy custom blended to address your specific needs. See details on page 5.**

“The Earth School is the most difficult in the universe. Only the bravest souls sign up.”  
- Dolores Cannon



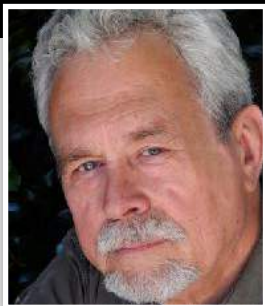
Dolores Cannon (1931-2014) was a past-life regressionist, hypnotherapist, author and speaker.  
[www.DoloresCannon.com](http://www.DoloresCannon.com)



**Angels**

Angels work for God and watch over kids when God has to go do something else.

--Mitchell, age 7



# The Country Beyond

## A Study of Survival and Rebirth

By Jane Sherwood

Originally published in 1945 by Rider & Company, London

The Country Beyond is a truly remarkable testimony of communication from beyond the physical plane. First published during the Second World War by the author who sought contact with her husband who was killed in the First World War. She could not accept either that her Andrew was no more or that he might survive in a realm where there was no use for his own energy and enquiring intellect, and having both great endurance and the strength of mind as well as a healthy skepticism, Jane

Sherwood sought guidance from Beyond to help explain in scientific terms how such communication could work and what we might learn about the Afterlife.

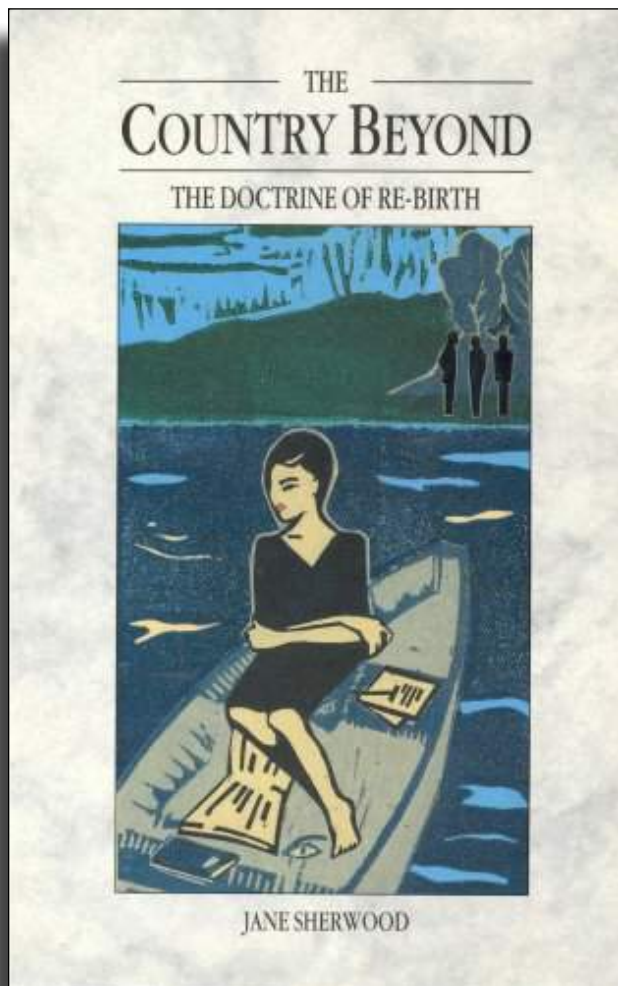
The book mostly takes the form of conversations — via automatic writing — between Jane Sherwood and 3 people on higher planes. The unusual, impressive, thing about the book is that whilst in many ways it talks about "all the usual suspects", it manages to link together features of reality often treated as isolated e.g., it talks about why matter (as

perceived on earth) exists at all, what causes evil (and the link between matter and evil), how perceptions of distance vary between planes, why people reincarnate, and how to reconcile evolution with the reality of multiple lives and multiple planes of existence.

Sherwood and her companions tried to bring a scientific outlook to what they were analyzing ... and they've done a good job. An invaluable section of the book describes what happened to the author when she first attempted to contact her husband via automatic writing. She did not know anyone who was qualified to advise her or more importantly, warn her of the types of pitfalls she could be faced with, and so throughout many years she endured frustrating, misleading experiences and dangers she had innocently been unaware of. This book should be valued for the advice given to all who attempt psychic investigations. However, Ms. Sherwood came through it all because she possessed three important advantages: unshakeable faith, a discriminating logical mind and sound common sense. Finally, through tireless determination she eventually developed the gift of automatic writing. She then achieved her goal of contact with her husband, and also with two other communicators.

If a couple of psychologists with mystic leanings and great teaching skills passed away, and then contacted a medium to transmit back to the physical plane their experiences and reflections on their new life in the lower astral realms, this book might be the result. This may seem gloomy and pedantic, but actually the material is breezy, sometimes humorous stuff... completely fascinating. She puts dry concepts like memory, the unconscious mind, childhood development, etc., into a completely new perspective: what these concepts look like to the moderately well informed social scientist living on the astral plane, and be thankful that you are not stuck somewhere in the illusions and dead ends of the astral plane for a thousand years!

Packed with good information. Author Jane Sherwood is clearly highly dedicated to understanding the nature of the spiritual dimension. This book is a record of conversations between her and three beings who have crossed over who reside at different levels or locations on the other side. This is one of the most clear, logical, straightforward accounts of the



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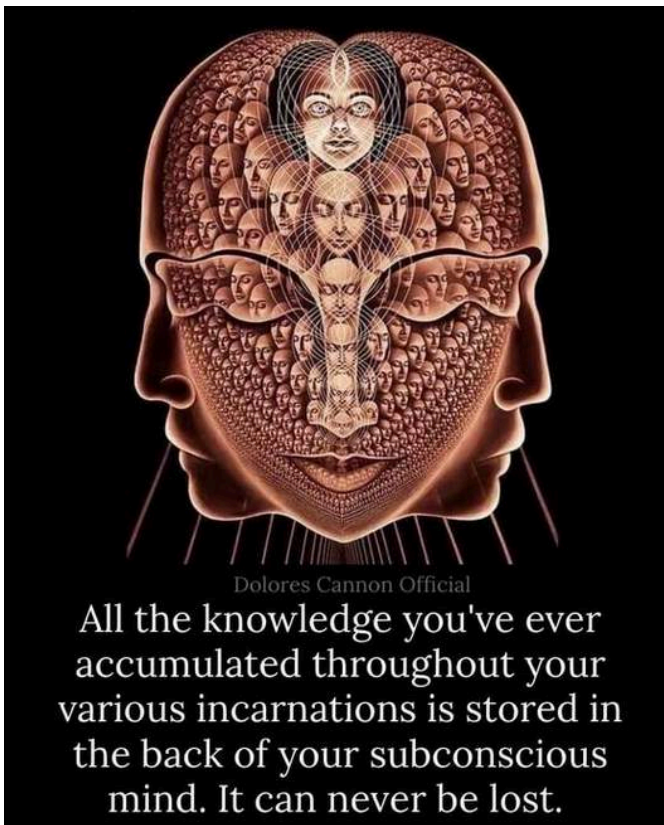
Afterlife I have read. It is much clearer than that of Edgar Cayce, while entirely consistent with his views. It is packed with profound insights that will blow your mind.

This book provides a surprisingly detailed and convincing description of the Afterlife. I would recommend it not only to spiritual seekers but to anybody who has the slightest interest on what may happen after we die. I have no doubt that on reading this book it will not only provide an enormous range and wealth of useful information, it will also change almost anybody's outlook on our life on earth and our potential afterlife.

Find the book on [Amazon](https://www.amazon.com) or wherever books are sold.

▲

**Steve Freier is an Afterlife researcher and book reviewer of metaphysical topics. He is also a professional video producer and hosted a metaphysical talk radio show in Chicago and San Francisco. Steve is the author of "My Road To Healing - How I Ditched My Doctor's Advice and Healed Myself of CLL Stage 4 Cancer" available here: <https://amzn.to/3agweoq>. For more book overviews, visit: [www.myunobstructeduniverse.com](http://www.myunobstructeduniverse.com) Steve hosts an After Life Discussion Group in Sturgeon Bay, WI. See ad on this page and on page 21 for more information. E-mail: [sgfreier23@gmail.com](mailto:sgfreier23@gmail.com)**



## Life, Death and The Afterlife

### An Open Discussion Group

Most people have not given the death and dying process much thought. Have you? What are your concerns? Have you lost a loved one or perhaps you fear your own death?

We all have our worries and questions! In this discussion group you can freely express your thoughts and feelings, worries and concerns in an open, non-judgmental atmosphere.

#### **Location: ADRC of Door County**

916 N. 14<sup>th</sup> Ave, Sturgeon Bay WI 54235

**Time: 1pm — 3pm**

**Date: September 15, 2022**

(Every 3<sup>rd</sup> Thursday of the month)

**Registration: Call ADRC to register.**

**920-746-2372**

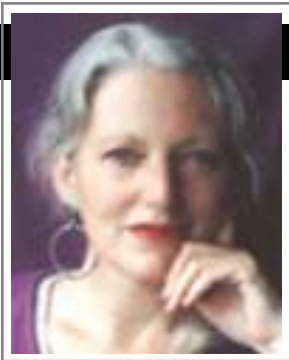
Space is limited to 15 people any age over 18

#### **Hosted by Steve Freier**

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

*See you there!*





# Walking the Labyrinth

By Kathleen Jacoby, former Editor of The Inner Voice. Kathleen made her transition in April 2019. She has communicated to me that she is “sitting at the feet of the Masters” learning more about the Greater Universe.

The labyrinth experience is always different every time you walk it. It ‘speaks’ to us in ways we need to hear at the moment. Sometimes it seems as though nothing is happening, while at other times there is a deep-rooted connection that can be felt as we walk the transformative pattern of the labyrinth to the center of the structure. After reflecting, the walk out can be quite different from our walk in.

That was what happened as I walked to the center of the labyrinth, holding the vision of the statements, “*I will heal the world if you ask me to,*” and, “*Are you willing to be an agent for that healing?*”

Yes, yes and yes! So, the walk to the center was all about being thankful; all about gratitude, and “*Help me to see what I need to see.*” Once there, putting my hands on the huge stone that occupied the central space with its multiple facets, brought on more feelings — *and a sense of peace.* As I took the return path out of the labyrinth, I felt myself wanting to walk very fast, whereas coming in was a slow and deliberate pace.

And now I was singing! “*I rejoice in the healing of the Lord,*” (Not my usual language). The words stayed the same, but the melody shifted as I swung my arms in a kind of trance dance. A thought came to mind, “*Make a joyful noise unto God*” — *again, not my normal language.* So, I wondered who and what had made



PHOTO: The labyrinth at Mercy Center, Burlingame, California

the original offer of healing and salvation? I knew it bore no malice, and the intention was pure. It was an original offering that had been given to humanity throughout the ages. Unfortunately, not enough human beings were willing to hear the call, and the offer was ignored. Now, it came again, and if it was offered to me, it was being offered to everyone, as well. I wondered how to find these people to see what others might be doing about it? Then, it occurred to me that even though I didn't have an answer, when I got home I could Google the statement I ‘heard’ to see what comes up.

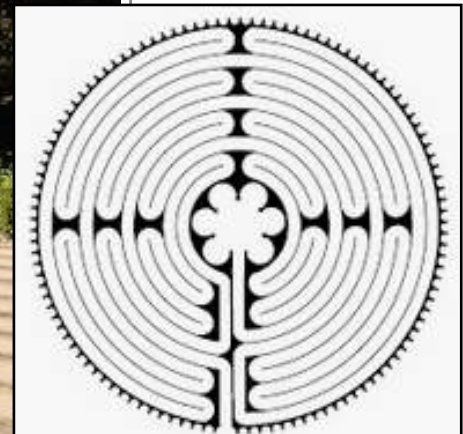
My friend and I had a delightful lunch of raw food from a great restaurant in Burlingame, California near the labyrinth. It was a day of healthy choices and I felt

wonderful. When my friend left, I went home and typed the phrase into a Google search and, there was the statement... “*Make a joyful noise unto God.*” (Psalm: 66)

Hmmm, interesting! That launched me from my chair to get the Bible and open it up to read what else might be there along with this statement. I felt that the language of what I found should be exactly as I ‘heard’ it, or almost so, and in the case of, “*Are you willing to be an agent of that healing?*” — Only one major website came up that addressed the context of what I'd received earlier, in ways that correlated with what my friend had stated after we walked the labyrinth.







A labyrinth provides a walking meditation where one may unwind the mind and find peace.

ABOVE: Kathleen at the center of the labyrinth at Mercy Center, Burlingame, California. Once there, she said she had a sense of peace.



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

PHOTO: ©Jane Erica Hutchison

### What is a Labyrinth?

A labyrinth is an ancient spiritual tool designed to foster contemplation and spiritual transformation. It is a walking meditation ~ a single winding path from the outer edge in a circuitous way to the center. A labyrinth is not a maze. There are no tricks to it and no dead ends. One walks the same path going in and coming out. The path is in full view so there is no concern that you will get lost. As you walk the path you can get lost in thought and, in doing so, *find yourself*.

Labyrinths are used world-wide as a way to quiet the mind, calm anxieties, recover balance in life, enhance creativity and encourage meditation, insight, self-reflection and stress reduction. The labyrinth can be used as a tool to "unwind the mind" and to let go of stress or worries and concerns, and find peace.

### How to Walk the Labyrinth

- Ask the Holy Spirit for guidance as you pray.
- Try to clear all distractions from your mind.
- Walk the path slowly, mindful that you are wanting to approach God. If a thought comes into your head, decide if it is from God or if it's a distraction. If it seems to be from God, let it accompany you as you walk. If it is a distraction, let it go.
- When you finish walking, say a prayer of gratitude to God for this time spent together.

Instructions from Mercy Center, Burlingame, California

**NOTE:** There are hospitals, universities and churches that have installed labyrinths to assist people to come to peace or relaxation. Here's a worldwide [Labyrinth Locator](#).

## Let Me Tell You A Story

These last few weeks I've been talking to you about some of the things that are most important to me on this healing journey that I'm hoping are translating to you also getting some new insights. We're all on a healing journey every day of our lives. Often we just ruminate about our worries and troubles and sometimes pain, trauma, loss and worry turn up the amps and our energy is front and center on how to solve immediate challenges.

Without realizing it, we tend to think of healing as a "Grit your Teeth" experience. You're thinking what you have to do, and do right in order to keep those positive thoughts flowing and all the negative energy at bay.

But actually the exact opposite is true - God doesn't endorse pain and/or suffering. God isn't exacting a particular outcome of punishment for one of our behaviors that was less than stellar. God is Love and Love allows Joy, Kindness, Happiness and Abundant Thinking to rule the day. Of course there are problems and pain that are part of our Earthly experiences, but we can lighten the load for ourselves and others if we allow the problem to "Tell Us A Story" which brings a lightness to the experience.

For example, ask your problem, or problem area in your body, what it needs — your foot, your leg, your depression, your anxiety, your eating disorder, etc. Instead of looking on the pieces with disdain as if some part of you has failed, assume it's just looking for more information and a gentler way to turn a corner into greater healing. Look at your issue with a new sense of learning, asking "What do I need to know — Tell Me a Story that I will understand." I discovered years ago that our individual organs can actually be imagined as cartoon characters, telling us what is really going on. So, for example, I'm asking my painful foot, "Tell Me a Story" and this is what I heard...

"Once upon a time there were two lovers, and they were both trying to figure out what to do next to demonstrate their love for the other. Both feet were trying to take action at the same time, but all that was being created was confusion in the doorway." Both "lovers" needed to slow down the to-do-list and ask, "Do I need permission to relax, to take the load off, to remember what gives true healing power?" Talk to the loving energy deep within the foot knowing it can feel/sense and use the positive energy of Love in whatever way it is offered.

So, look on the lighter side of the issues in your life, let them tell you a story. Soften up, lighten up, know that God is with you every moment — within and around you. You cannot be dropped out of the safety net of Love. All is well — look for the smile!

Δ

Message Meredith at: [mysowers@gmail.com](mailto:mysowers@gmail.com) to get in touch with her, or be added to her Tuesday Teachings.



PHOTO: Meredith Young-Sowers, D.Div., is a watercolor artist and author of: *Agartha*; *The Angelic Messenger Cards*; *Spirit Heals*; *Wisdom Bowls*; and several others.



"If it costs you your peace,  
it is too expensive."

– Paulo Coelho





# Tao & Zen

By Christopher Chase

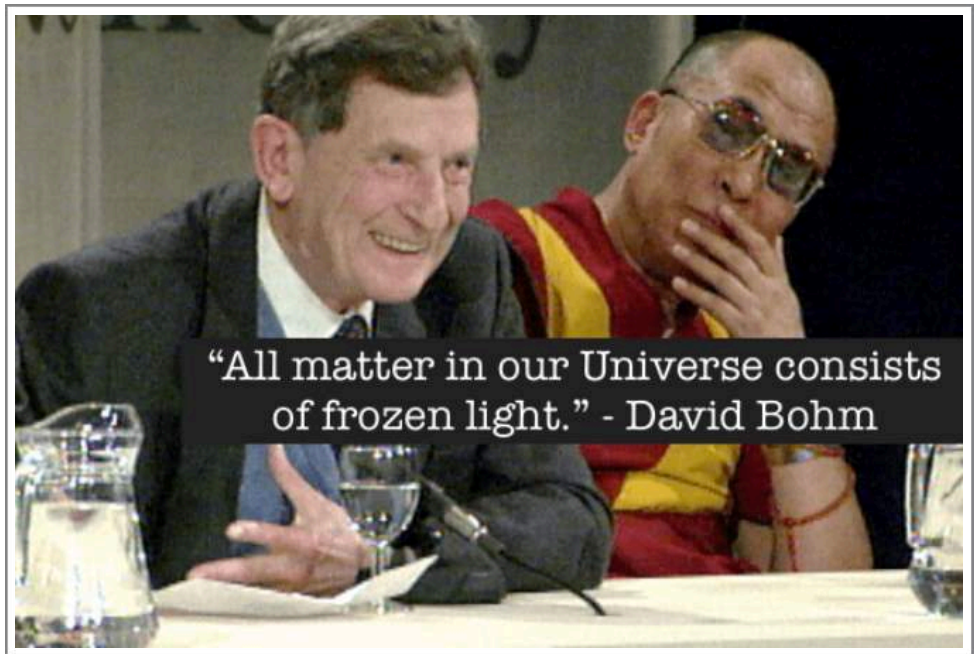
Your body is composed of atoms that are billions of years old, that were born long ago in stellar clouds and the hearts of stars. The energy in those atoms is spinning light that can trace its beginnings to the dawn of the Universe. And that's just what Science "knows."

The great masters of numerous spiritual traditions tell us that we are in truth the Field of Consciousness that has created all things, inhabits all beings. This is our deeper Self & Source, core spiritual identity, a hidden

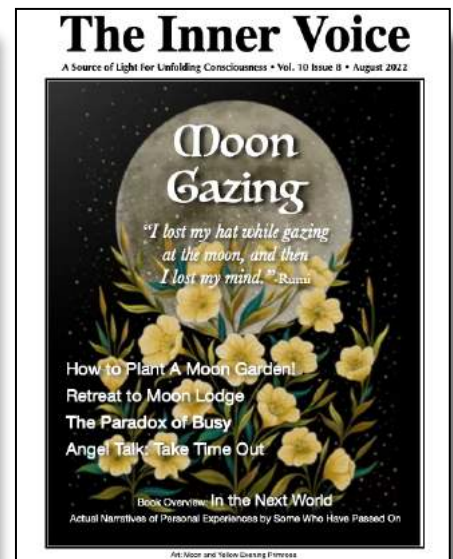
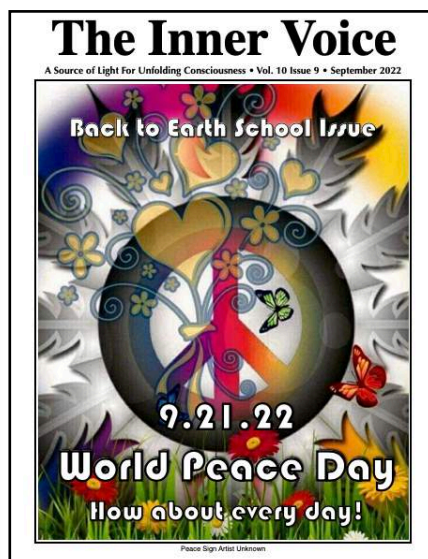
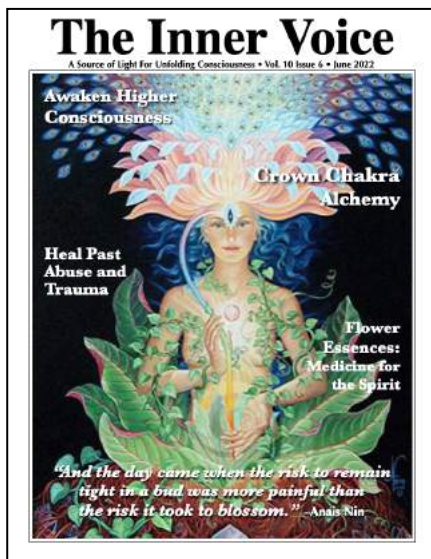
"truth" we share with every other person, animal, river, flower, cloud, galaxy, butterfly and tree.

What the mystics of history call "waking up" is when we come back and align with (tune into) this deeper sense of identity. Which is not really "identified" with the limited story of any one person, object or thing. Spiritual practices like yoga, meditation, chanting and prayer can help us to align in that way. Help us let go of identification with our social thoughts and limited ideas of identity. Help us to go deeper, and return to Source...

*Empty yourself of everything. Let the mind become still. All things in the Universe rise and fall while the Self watches their return. They grow and flourish and then return to the Source. Returning to the Source is stillness, which is the Way of Nature. ~ Lao Tsu*

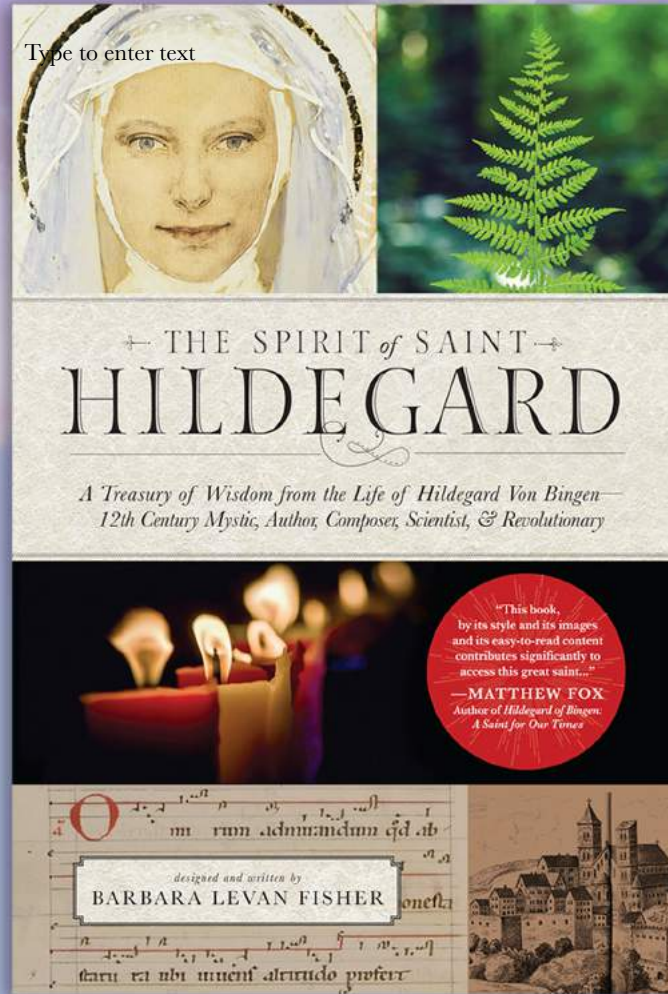


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*Glance at the sun. See the moon and the stars. Gaze at the beauty of earth's greenings. Now, think. What delight God gives to humankind with all these things. All nature is at the disposal of humankind. We are to work with it. For without we cannot survive.*

—HILDEGARD VON BINGEN



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# Presence, Peace and the Movement of the Moment

Everything is energy. Every moment is *now*. Yet, this moment is gone before I even write this. Thank life for photos that capture the nano seconds of life passing to tease our memory of the many moments in the larger flow of life.

Someone invented the word *time* to organize our perceptions of the movement of moments. Every breath is several seconds of movement, of time passing, of life living, of experience moving, even if you are sitting still.

Can we possibly be present and at peace in the midst of this flow of continuous change?

It was a beautiful day at the beach. I really wanted to be totally present with the awesomeness of the day. I experimented, by deeply breathing in the sea air, the views, the sounds, the textures and temperatures of the sand, air and water — to make it all real in me and lasting. I snuggled onto my beach towel and dove into a novel. Some time later, I looked up. I was actually stunned to see the expanse of beach, people and sky. I had totally tuned it all out while immersed in reading. Later, the expansive beauty all around me vanished again as I focused on walking back to the car. I plodded with effort through the soft hot beach sand, arms full of beach towel, book, water bottle, and more. Then I remembered. I looked up and behind me I saw a whole beach of brilliant umbrellas, dogs, kids, action and ocean. I took a deep breath and let go of trying to hold on to all of it, so I could experience the movement of the moment at hand. I found peace there.



PHOTOS: Courtesy Beverly Brunelle ~ A beach in Wells, Maine

This notion that there is no real single moment of “now” that we can hold onto, just our being present in life in our own unique inner way, befriended me on the windy drive home along the coast. I could feel myself relax. A peaceful acceptance brought new qualities of presence and awareness as I drove ~ hands on the wheel, feeling my body and seeing the fabulous vistas along the drive.

In the gap between the ticks of the clock, between the nano digits, is infinity. It is where spaciousness and the magic of ALL possibility is. It is timeless spaciousness. No future. No past. No present. No thinking. No planning. No second guessing. It is where we access Oneness with Self, the flow of life; Creation and Peace.

Have you ever noticed being lost in your mind and forgetting or ignoring your body? Then, suddenly you notice aches

and pains or cold or numb feet? It’s just an interesting phenomenon, like my day at the beach. How can we dynamically expand our presence to naturally include the bigger picture of the amazing system of our body, mind, heart, essence *and* our environment in our everyday living moments?

There are many ways to generate overall and ‘innerall’ (a new word) expansion, integration, presence and peace. Conscious breathing, meditation, massage, osteopathy, energy healing, yoga, skiing, kayaking, dance, love making. All these can support new alignment where consciousness shifts to a higher frequency. Life feels, and is, fuller.

A potent energy practice that generates presence and inner peace is to consciously retrieve the unique personal power you have given over to emotions,

Continued on page 17



situations, beliefs, and people. It can be from current circumstances or from the quantum field of unresolved ancestral issues, traumas, parental and societal conditioning and even womb time influences. These sources may have been an empowering investment of energy originally, but are currently causing suffering, limitation and repetitive reactions. Reclaiming and integrating your outdated energy investment brings you freshly into the present moment, into current wisdom and opens fresh new possibilities.

Welcome yourself into the movement of the moment. Conscious presencing practices work energetically to open the body's inner channels, melt the mind's auto-control and awaken a palpable shift in one's consciousness into a new alignment where there is no longer a sense of inner separation with self, but the magic of pure creation.

△



The soft, hot sand at the Wells, Maine beach.



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# Put Peace In Every Step

*“We must become increasingly conscious in order to make peace a habit.”*

**W**hat does it mean to experience peace? What does it mean to be cleansed of daily crisis and chaos?

Our bodies and minds absorb energetic toxins that bombard us daily, too often, hourly. We move in and out of states of consciousness and connection more than we probably realize. Vital information is sent from our nervous and vagal systems to our brain, triggering various responses. We may carry unwanted toxins on sensory and cellular levels. Human bodies are no different from other sentient beings. We possess an innate sense of how to balance and center ourselves, however, we must become increasingly conscious in order to make peace a habit. We have the capacity to develop our understanding of how to maintain, sustain and adapt to this often turbulent world to create a sense of love, health and harmony. With the increasingly harsh complexities of contemporary life, it is easy to lose our innate sense of balance.

## **Ways to Create Internal Peace**

Simplifying and living harmoniously with nature instinctively brings us into alignment. People have pure potential to discover aligned foods, herbs, relationships and experiences necessary to stay in balance. It might be necessary to intentionally cut loose from societal entrapments regularly. Consciousness, compassion, imagination and innate intelligence all become heightened when we abandon the crazy, dizzy 'busy-ness' of contemporary life.

Immersing in nature is one of the easiest ways to align and become

more peaceful. Nature has a way of drawing us in, if we allow her to. She has a subtle way of teaching the lessons we need to know. When troubled, all that we may need as medicine is to walk in nature, immerse in green space, draw on the elemental energy of a tree, or observe the liberating expanse of the sky. We benefit when we meditate, observe and engage whether that is walking in the park or paddling a kayak navigating through white water rapids.

Peace is revealed in form, action and metaphor. The elements dance around us every day offering solutions to daily dilemmas. Answers are available with grace and ease. We must first clear our cluttered minds, in order to hear them, though. In addition to spending more time in nature to restore true harmony, daily devotion to meditation, journaling or atonement walks will help create peace.

Practicing ways to create true harmony in life is an important exercise in enlightenment. Consider the ways that you are spending your present days. Are you engaged in meaningful work? Do you understand your natural abilities and spiritual potential? Is there enough love in

your life? Are you extending daily love to those around you? Are you living a harmonious life full of compassion for the earth and all her species?

Reflect upon your relationship to community, culture and global community. How do you contribute to living harmoniously with others, or are you experiencing conflict? Are you practicing peace?

Contemplate your relationship with this precious planet and all sentient beings. Are you attuned to nature, or do you feel disconnection? Take the time to reflect upon your role in the cosmos. Again, listen for messages about your natural and spiritual purposes for being here. Consider your elemental energy sources. What do you take in that creates or destroys energy? Is there a constant steady flow of Source in your life?

Step outside of your home, your workplace, your school. Walk into the nearest green space and practice peace today, everyday.

Soften, open, release. Intentionally breathe out energetic toxins as you take each step. Peace in every step.

△



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**The Three Most  
Essential Habits  
for Living Well**



© By Joshua Becker

Read entire article here: <https://www.becomingminimalist.com/>

**The three most essential habits in my life for living well:**

**1. Exercise. Our physical bodies are the instruments through which we make a difference in the world. And taking care of them lays the foundation for *all* other pursuits in life.**

When I make a commitment to exercise regularly (4 or more times/week), I feel better about myself, I experience more energy and motivation in my day, and I feel a sense of control over my life that spills into other areas.

There is not one specific practice of exercise that must be practiced by all. Personally, I spend one hour each weekday morning lifting weights. When I'm doing that consistently, the second essential habit comes easier:

**2. Healthy Diet. If our physical bodies are the instruments through which we make a difference in the world, our diet is the fuel for them.**

It has been said that 46% of Americans have a poor-quality diet—which means that almost half of us are not properly fueling ourselves for our best lives. I'm not a nutritionist and each of us are unique, so I'm not here to offer prescriptive steps on this habit. But for me personally, I have found the following steps to be most helpful in creating a more healthy diet: Remove processed sugar\*, limit carbohydrates, eliminate alcohol, and increase my daily intake of vegetables.

There is a lot of wiggle-room in that diet for me to practice it effectively, but those are the four guardrails I've found most helpful.

**3. Solitude/Meditation/Prayer. Each of the first two essential habits in my life deal with the physical body, but life is more than skin and bones.**

A healthy life also concerns itself with matters of the heart and soul. In order for me to be living my best, I must make time for solitude, meditation, and/or prayer.

Our world is noisy and constantly clamoring for our attention. Not because it is out for our good—sometimes it is just trying to bend our will toward the cultural pursuit of the day or direct our passion towards whatever it is hoping to sell us.

The only way to listen to our heart and center ourselves on more important pursuits is to withdraw from the world in stillness, solitude, or meditation. When I am doing well with these three habits, all the others become easier and easier. Δ



# Step Away From the Noise

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Search for Inner Peace is both personal and universal. We all need this inner calm, love, and quiet for our deepest well-being. First, step away from the noise, social media, agendas, that fire up the mass consciousness. We have no power over those things 'out there'. Our Power Place lies within each of us.

My friend just posted a selfie in front of a beautiful landscape of hills, stream, and flowers, saying that her much-needed inner peace required a change of scenery. A trip away heals the body, mind, and soul. Life is seen with fresh eyes.

Secondly, be the peace you want to see. Go somewhere new to you. Anything that gets you away from your usual routine is valid. Getting out in Nature is a triple bonus! Once you start the search for Beauty, it comes to you. My National Geographic just arrived, with the cover: America the Beautiful! Get a copy. Or at least go somewhere beautiful.

Thirdly, know what you love and pursue it. What has fascinated you since you were a kid? Open the Heart Brain, filled with the same growing, evolving, learning, and remembering cells also found in the mind and gut. Immerse all the senses to make it memorable. Light a few scented candles, put on the bathing suit, or eat a favorite cookie. Just eating meals outside seems like a picnic to me. Don't give up. *Have patience with yourself.* This is your life. You're learning to love deeply. I know so many people who try something, decide they're not good at it, and so they just quit. Everything takes practice. A toddler doesn't learn to walk the first time they stand. It takes

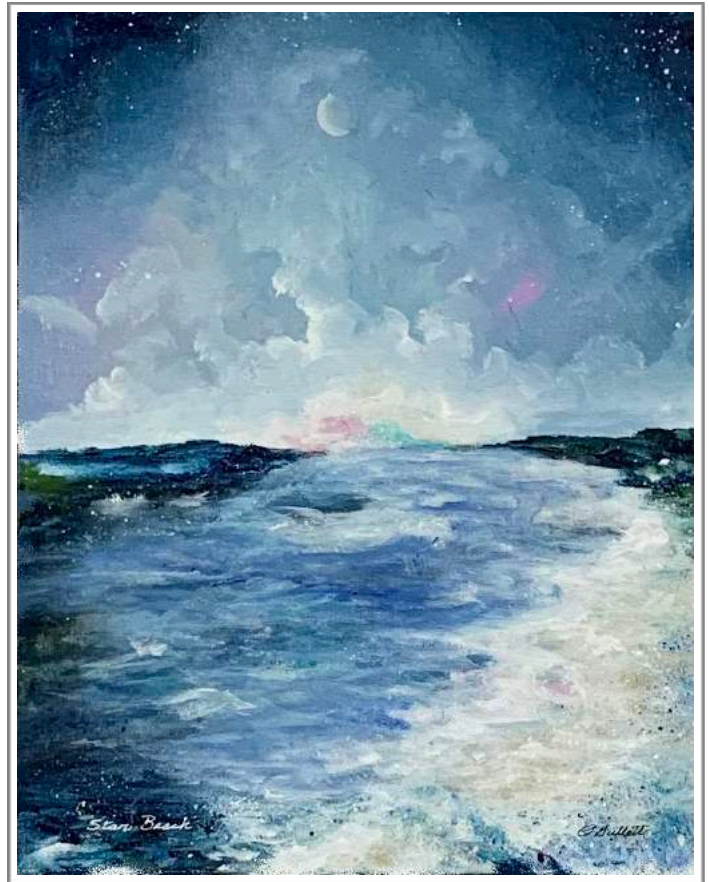
many ups and downs.

Fourth, learn from the best. Learn all you can about 'it.' Watch videos, try new techniques, then stop copying the teachers. Keep learning, evolving, and growing into the special *you* that you are in your soul.

In terms of making art, your art will hold no value if it's a copy of the original. Change things. Put a bit of you in every work. Most of all, experiment. Make mistakes, make a series of mistakes. Find your own unique style, technique, and way. Have fun and play!

I love the beach! My dining room table centerpiece is made up of my collection of seashells and special rocks from my journeys. Although I haven't been to a beach in two years, I live with the memories of it every day. I have an S-frame that continuously shows a carousel of favorite pictures from great vacations in the past. Daily, I revisit those gorgeous beaches, Greek ruins, Istanbul temples, New York at Christmas, and Santa Fe's beauty.

Also, I love my art so I surround myself with paintings. The 'doing' is an inner journey, but then I



Painting: Star Beach by Pat Gullett

continually 'revisit' each magical image.

'Star Beach' is a favorite place. The sand is filled with gemstones, rubies, sapphires, as well as stars and diamonds. It brings me inner peace whenever I see it, feel it, love it.

So, go and discover your Inner Peace and create your Magic. Your energy ripples out to the masses and allows them to follow what they love. Fill your days with beautiful, thoughtful, stories and videos to become part of your life memories. Your thoughts and feelings become your reality. It's a beautiful life when you make it so.

Δ



**ASTROLOGY WITHIN By Barry Kerr**

# MERCURY THRU VIRGO –

## AS DISCERNMENT AND FEEDBACK

**Rules: Virgo and Gemini**  
**Element: Air**

Over the course of this year, we are exploring each of the planets as the active, sub-parts of our personalities, each one corresponding with a chakra in our body system. The illustration below shows the chakra related to this month's planet.

**M**ercury rules both Gemini and Virgo. In Gemini, it was about being aware of our surroundings and making sense of it. In Virgo, it's about feedback, discernment, analysis, improvement and service. How well we do the later depends on the size and strength of our ego.

A big ego implies an ability to express thoughts and feelings in big ways that demand or invite other's attention. This can be warm, entertaining and delightful or brash, self-serving and boorish. Think Donald Trump. By contrast, the proverbial quiet, introverted librarian has a "small" ego.

A strong ego is about the ability to withstand criticism or rejection, to maintain self-love, self-worth, and belief in oneself. The quiet librarian might not command people's attention with a loud personality, but her radiant warmth and emotional confidence can attract admiration. Trump has a large, but weak ego. The librarian has a smaller, but stronger ego.

In any particular incarnation, we may choose a big ego or small, whichever serves our soul's goal for that lifetime. The strength of our egos gradually grows and is a reflection of the ongoing work we've done over many lifetimes of soul evolution.

It is through your rational Mercury in Virgo that you take in the observations and details of how your ego actually affects the world around you. This sometimes comes directly through feedback and criticism from others. More often it is through your own observations of success or failure. If



you are learning from this feedback, then you build genuine connections of mutuality with others and the world. If not, relationships and life tend to be difficult and you feel alone.

The key here is learning to positively embrace the feedback from people and the world, to value this information as help to self-fulfillment. As you focus your attention on what others have to say about how they experience you, you can begin to adjust your ego's drive for self-assertion, incorporate other people's feelings, thoughts and desires into your own values and thereby make choices that also serve those to whom you wish to relate and love. This invokes your soul's natural aspirations to be of service to others and make the world a better place.

And that improves the ability of your Venus (the relationship planet), in the next sign of Libra, to create fulfilling one-to-

one relationships with friends, lovers and general harmony with the world.

In your body, the energy of Mercury sits in your Throat Chakra, connecting ears, mouth and brain. Close your eyes, place your hands on your ears and take a breath. Notice the part of your mind that is listening to applying these ideas to yourself, curious as to how they fit into your own experience. Is there something there to notice, discern, apply to your own growth and life improvement? Do you feel any twinge of discomfort? Self-doubt? Negative self-worth?

To lend strength to your inner Virgo Mercury, try repeating the following affirmation: I am divine, loving consciousness learning to be human. As I notice the details, discern the choices, learn from trial and error, and welcome the feedback that life offers me, I learn to master the art of creating a whole, healthy and fulfilling life. And I naturally wish to help others do the same.

△



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

# Minimalist Thoughts



## By Dan Millman of The Peaceful Warrior's Way

I've come to think of minimalism as a quest for efficiency over entropy, order over chaos, and economy over excess.

As Albert Einstein advised us, "Make everything as simple as possible, but no simpler." The key is finding the balance between too much and too little.

What constitutes balance for you depends on your constitution, interests, and drives. For example, a balanced workout may range from a brisk 12-minute walk for some folks to six-hours or more for aspiring Olympians.

When I coached an elite gymnastics team at Stanford University, most of the athletes trained for three hours each day, but Steve Hug, the top US Olympian, would walk in, do some warm-up exercises followed by two routines on each apparatus, completing his workout in just under one hour—enough to get the job done.

Each of us must find our own balance. In fact, a central tenet of the approach to life I call "the peaceful warrior's way," is that there is no best book, teacher, philosophy, religion, path, method, or routine of diet or exercise (or balance)—there's only the best for each of us at a

given time of our life. My own experiences awakened in me a desire for doing just enough.

Recognizing the reality that, "*a little bit of something is better than a lot of nothing*"—in 1986 I created a 4-minute, "Peaceful Warrior Workout." I've practiced this workout every day for more than three decades.

*Simple is powerful because we benefit only from what we can sustain.* A little bit every day reflects the core strength of a minimalist approach.

Similarly, in 2014 I devised a 4-minute "Peaceful Warrior Meditation" centered on the qualities of life that we will each surrender someday when we die.

The point of both the workout and meditation is that they're nearly excuse-proof. After all, who can't carve out four minutes to exercise or to meditate? Even busy people can integrate either or both into their daily routine. For me, this is *practical minimalism*.

My best minimalist advice to you, and to anyone who might ask, is, "*Dream big, but start small—then connect the dots.*"

As Robert Brault once wrote, "Enjoy the little things, for one day you may look back and realize they were the big things."

I also apply minimalism in my written work. Guided by three questions — "Can it be written more briefly? Can it be written more aptly? Does it need to be written at all?" — over nine drafts, I cut my most recent book from an overgrown, 500-page hedgerow to a 220-page bonsai. As Jack London said, "It takes hard writing to make easy reading."

Actress Lily Tomlin famously said, "I always wanted to be somebody—but maybe I should have been more specific." So, in closing, I encourage you to translate your dreams and aspirations into a checklist of minimal steps. Let's all organize and simplify our living quarters and do the same for the cluttered closet of our mind.

It was the philosopher Blaise Pascal who first quipped, "I would have written a shorter letter if I'd had the time." To that I would add, "Ditto."

△

**Dan Millman is the author of Peaceful Heart, Warrior Spirit: The True Story of My Spiritual Quest. He is a former world trampoline champion, Stanford University gymnastics coach, martial arts instructor, and Oberlin college professor. His first book, Way of the Peaceful Warrior, was adapted to film in 2006. You can find more of his work on his website: Peaceful Warrior.**



# Message #37

## From The StillPoint Within

By JA Dioguardi

Beyond the noise and chaos of everyday life lies a tranquil existence born of faith and the acceptance of *what is*. Accessed through various means by each individual, this peaceful world of inner truth is where you find your center. When grounded to the reality of *what is* in the world of form, you conduct yourself on Mother Earth and respond to each moment guided by your Inner Sage, disregarding the egoic voice of fear of what-is-to-come based on regret for what-has-been.

When coming from a place of clear presence, both thought and action support your movement *forward* on your divine path. Your talents and resources are channeled toward benefiting not only your own growth and evolution, but also the expansion of the Whole. Alignment with Soul and your chosen earthly mission brings peace to you and those you touch as it also facilitates fulfillment of that mission.

Each experience in the earthly world of form occurs in order to elevate your vibration, increase your knowledge of self and the Whole, and coordinate with all other beings by doing the same for them. The simultaneous expansion of uniquely expressed Source energy paired with the One-Force may not be fathomed by the reasoning mind; however, it is felt by the heart-mind as a strong impetus to embrace one's individuality as well as personal talents and skills. By living a life of authenticity, each of us participates in the formation of a loving and inclusive world where individuality breeds compassion and acceptance of the differences between self and others. We come to welcome those differences, recognizing them as both necessary and equally as important as our own personal expression of Source. In contrast, when ego runs the show, fear is brought about by viewing that which is *not-me* as wrong/bad/evil. The right of each human to express oneself uniquely and authentically is squelched, interfering with the integration of the self into the Whole, which is the reason for being in the world of form. The energy generated by that interference is felt by the human body, mind, and emotions as painful and disruptive. Where joy and peace should reign, there is, instead, (unnecessary) suffering.



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



Photo: Zinnia by Mary Mann Ellsworth, Wisconsin Photography Facebook page

Let us first embrace our own individual uniqueness of expression, accepting each aspect of self — the Light and the shadow — as both necessary and born of Source in order for us to specifically play our chosen role in the world of form. Then we can naturally find our way to accepting *not-self* as also deserving of its chosen form of expression and role in the current projection of All That Is onto the screen of *Life on Planet Earth* (as we know it). No matter your choice of perspective, the show goes on. Why not enjoy it? Δ





## What Feng Shui is and what it can do

By Nancy Freier

**A**s 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!

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. Clean 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

**An Old 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.

Continued on page 25



peace and because everything is connected, this peace radiates outward into the world. Look at your photos, artwork, decor . Ask 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.

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Tip: Natural tones and faux furs contribute to a serene bedroom that's a little bit hippy and a whole lot of happy. Source: Internet.

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## Stone of the Month: Green Calcite

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