

FEATURE Overcoming Trauma • Numerology • Just BREATHE • Covid Pregnancy • The Edge Partner Directory

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APRIL/MAY 2022 NO. 342

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IT'S DARKEST BEFORE THE DAWN, THEY SAY. **BUT SOME WOUNDS FEEL TOO DEEP TO EVER HEAL.** BREATHE DEEP AND STAND TALL – IT'S TIME TO RISE FROM THE ASHES. **THIS IS OUR TIME TO OVERCOME**

# TRAUMA

## Connecting The Dots: Physical and Emotional Pain

BY DR. ERIKA WAY, DC, DCBCN

Many of us experience physical pain. It can be in the form of chronic headaches, low back pain, or digestive disorders such as IBS, constipation, etc. Many of us spend a great deal of time and money to fix these issues, often with little to no success. I started working with patients using applied kinesiology, functional medicine, and nutrition 15 years ago and my mission and purpose was to find the root cause and help my patients recover their health. The first half of my career was spent putting patients on rigorous detoxes and nutrition/food plans based on their blood, urine, and stool tests. I saw some great successes. I was often inspired to watch patients transform their health once they had answers and tools for their "health toolbox".

The problem was that many patients could not maintain the health improvements they had worked so hard for, their health improvements plateaued, or even worse, they started slipping back into their pain patterns.

As a practitioner, I started asking myself, what did I do wrong, what did I not know that could be making the difference with my patients? As it turns out, there was something I did not know: how the

unconscious brain and childhood traumas impact our health. 88% of our brain stores unconscious memories. Yes, that's correct, only 12% of our brain is conscious.

In the last six years, I have become an Advanced Practitioner in a process called QNRT: Quantum Neuro Reset Therapy. This process is based on German New Medicine developed by Dr. Ryke Geerd Hamer combined with what we know about Adverse Childhood Events (ACE's).

QNRT initiates a quantum shift in the nervous system by resetting the brain's response to emotional triggers for both past and present emotional trauma and stress.

When we reset the unconscious triggers and the nervous system that interfere with our health, we see quantum leaps in a person's overall health and the choices they make around their health.

You see, I was only working with the physical body. I was not taking into consideration the emotional or spiritual bodies. What is clear now is that when we ignore or do not consider the emotional body and how that impacts the physical body, there cannot be true healing.

When you start connecting the dots between physical pain and disease with past and current emotional trauma, true healing can take place. 🐦

*Dr. Erika Way, DC, DCBCN, is a functional medicine chiropractor and intuitive healer. Appointment at 651-288-1988 and [beyondchiropractic.com](http://beyondchiropractic.com).*



## A Medium's Perspective on Trauma

**Here is a simple exercise to aid you in your journey:**

- 1) Identify what's causing your trauma.
- 2) Love yourself as you feel the emotions.
- 3) You are not alone.
- 4) Feel the support from Souls around you.
- 5) Feel the connection to Earth and beyond.
- 6) You are here for multiple experiences.
- 7) Release your trauma.
- 8) Feel joy in your accomplishments.

**Take one minute out of your day. Set the timer on your phone. Close your eyes. Picture a person, soul, animal, or place you love. Immerse yourself in the feeling of belonging, unconditional love, and a cosmic hug from the other side.**

And remember, you are not on this journey alone. We are here to expand our love and compassion for ourselves and each other on this earthly adventure.

BY ANGELA ZABEL

Everyone's trauma is different. We should never compare ourselves to others. We each have our unique path. How and what we experience is only ours and our perspective alone. Sometimes our trauma is a feeling of extreme sadness and not knowing how to see past the day, the moment, or the second you're in.

Other times that trauma is so frightening that it puts you in a panic just by thinking of it. You feel frozen in the moment or a debilitating sense of loss. Trauma can be the physical loss of somebody or the loss of a relationship that was close to you.

Experiencing or being witness to physical, drug, alcohol, or emotional abuse in your family can be traumatic. It's the feeling of loss of not experiencing "normal" family life.

It may be trauma we experienced or were a witness to... like watching the changes unfold in our outside world. We are in a time of extreme change. This can make us feel we are out of balance going into the unknown. We all need to have compassion for ourselves and others as we move through some of these difficult times in our lives.

Allow yourself to say, "I'm sad, I'm mad". Take time to have a good cry, and feel the emotions. Give yourself a huge hug and send yourself love and compassion. Breathe deep.

As a medium, I know we're not on our journey alone. We always have support from the other side. Souls that were our supporters in life consistently come through during readings from the other side. Feel their presence, love, knowledge, and support going forward.

Some people find it helpful to form a connection to Source through the power of nature. When you walk outside, how much better do you feel? Visualize the sun shining on your face, the warm breeze, smelling the flowers and fresh air, birds singing all around you. Animals sense when we are having difficulties and are there to support us too. The souls of animals that have been in your life make themselves known during readings.

Although trauma is a part of life, we are not meant to hold onto it. We are here to learn from our experiences, heal, release, expand, and gain a new perspective from them. 🐦

*Angela Zabel, teacher, coach, medium. Spiritual growth, classes and retreats at [angelazabel.com](http://angelazabel.com).*



# Long & Short Term Impacts of Childhood Trauma

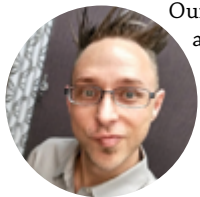
BY SCHAON BLODGETT, CCP, BTAT

I saw a meme the other day, Adults: "Kids are resilient." Also Adults: "Well, I'm off to therapy to discuss all the traumatic s\*\*\* I've been carrying since childhood." Yes, people develop coping skills (some not the greatest), and some may eventually work on that trauma with a professional, often decades later.

**Adults: "Kids are resilient."**

**Also Adults: "Well, I'm off to therapy, to discuss all the traumatic shit I've been carrying since childhood."**

Moreover, trauma is likely the basis for most physical diseases we face, and in many ways, is like a lingering physical infection. Trauma is a focal intoxication that constantly reinfects and throws off the entire body.



Our mental/emotional state can cause changes in the hormones and chemicals released into the body. This can appear physically as a lack of energy; decreased immune function and gut health from rigidity in the diaphragmatic arch trying to hold the emotions and feelings at bay; weight gain; visual signs of early aging; and over time, even cancer.

In natural medicine, we link, for example, breast cancer with the inability to give and receive love to trauma in early childhood. And diabetes and pancreatic cancer is linked to the inability to digest or deal with the sweetness of life, oftentimes stemming from early childhood traumas.

In today's world, we have many tools to address new and long-standing trauma. This can include talk therapy, or psychotherapy that doesn't involve talking like EMDR, Brainspotting, Colorpuncture, Somatic Release, just to name a few.

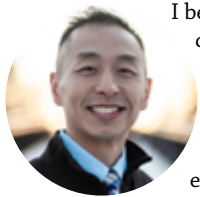
While you can't truly heal from the trauma until the trauma event has passed, you can do things to help offload the system starting now. 🐦

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## Heal the Spirit, and the Body Will Follow

BY PENG RODEN HER, LAC

I'm a licensed acupuncturist, medical intuitive, and master of qigong. I am full of flaws, and I continue to work on myself. As far as trauma is concerned, I can only speak to my experience.



I believe trauma shapes a large portion of our being. It shapes our character, our thoughts, our belief systems, our personalities, and our day-to-day decisions – both conscious and unconscious.

Many behaviors we emit, spoken or unspoken, demonstrate our implicit perceptions of the world. These behaviors may be unbeknownst to us but may be obvious to others. Our life experiences and trauma are embedded into our cellular memory and our being. They become our identity. And when we begin our healing journey, we'll find ourselves speaking to them (over time) from a place of wisdom and character development – even though the wounds may still hurt.

Addressing trauma matters because it plays a significant role in influencing, contributing, and sometimes manufacturing our "dis-ease." More and more, I find that the stories we tell ourselves contribute to our own healing or lack thereof.

Be aware though, that when the spirit is ready to heal, trauma memories often resurface. Anxiety, depression, panic attacks, difficulty sleeping or interrupted sleep, changes in appetite, chronic pain, chronic fatigue, lethargy, chest oppression, and addiction/coping mechanisms become more pronounced. Not to mention a bombardment of negative intrusive thoughts – lower frequencies that inhibit us from accessing our higher selves, leading us to stray from our sense of ideal, and preventing us from healing.

If this is you, you're undergoing an awakening, a spiritual awakening, an opportunity at self-discovery, personal growth, and healing. Observe yourself and keep going. 🐦

Peng Roden Her, LAc. For treatments and qigong courses visit [pengrodenher.com](http://pengrodenher.com).

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# Feng Shui and the Pandemic:

## Integrating the Two Sides of Ourselves

BY CAROLE J. HYDER

In the last couple of years, many of us had to adjust to the concept of "home" suddenly being not only the place where we lived but also the place where we work. "Going to work" meant walking down the hall, past the bedroom, beyond the bathroom, to a home office.

Some people were set up for this transition and did so easily and seamlessly. After the initial upheaval, they not only found an appropriate place to work, but also discovered that they loved being home. What was lacking in personal interactions at the office was offset by the savings of time and money. No commute; no wardrobe concerns.

From the space's perspective, every home welcomed its people with open doors. The home appreciated their person's presence and the accompanying activity. Like household pets, the space felt complete if their people were there.

However, incorporating a full-blown office into what was originally a personal space, whether the decision was pandemic-driven or a personal one, wasn't without some issues. There were several factors to be considered.

### -LOCATION OF OFFICE-

Where exactly in the home would the office be located if there isn't a specific room or space currently allotted for this? Squeezing it into a bedroom or under the basement stairs or on the dining room table is not a recipe for success. My experience is that the house itself could and would indicate an appropriate spot if asked. Using its wisdom and ingenuity, there's a high probability it could provide the perfect place in which to set up an effective workspace.

### -SETTING UP THE OFFICE-

Once a space is determined, where to sit, the direction you face, the placement of office items, and storage are all factors to consider. Not only do you need to check in with yourself but also with the space to see if any red flags are flying. The space should ideally be blocked off physically with walls and a door. If that's impractical or impossible, then boundaries should be installed energetically. Either way, office items, and office issues must stay in the office and not start creeping throughout the rest of the space.

### -MAINTAINING OFFICE INTEGRITY-

Eliminating the need to commute to an outside office, it is important to establish a connection to nature. Having a window in the office is important. In addition, bringing in real or silk flowers or plants or a photograph, poster, or painting of a nature scene can underscore the importance that nature plays in health and well-being. Connecting with a vision from nature not only provides a steady horizon line from which to operate but offers soft contrast to the office environment.

Keeping this area picked up and in order is a key component to maintaining office integrity. Just because it may be a temporary place from which to work doesn't mean it shouldn't be given respect.

Consistently thanking the space for making room for you and your work is another way to show respect even if the situation is short-lived or sporadic.

If anything, the pandemic emphasizes how important our home is to us. It teaches us the importance of honoring our work life and our home life and not necessarily drawing a demarcating line between the two.

Even those who struggled with working in isolation continue to find and appreciate ways to connect with others - Zoom became a verb.

If and when you no longer need a home-based office, it may still become a secondary place of work when the weather is bad or you're not feeling up to the drive into work. It may be expanded to include another life activity: a craft room, a library, a place in which to play the guitar, or a place for an unexpected guest.

Just as we all must adjust to ever-changing circumstances; your home will adapt to new situations as well. It only wants to provide you with an Integrative Space® where you can thrive and dream your dreams. And if it can be a hands-on part of the process, all the better - a quiet participant in the full expanse of our lives. 🐦

*Carole J. Hyder is an internationally recognized consultant, speaker, teacher, author and trainer in the field of Feng Shui. Contact Carole at [carole@carolehyder.com](mailto:carole@carolehyder.com) or call 612-823-5093. More about her projects at [carolehyder.com](http://carolehyder.com)*

# Just BREATHE / by TERRI PETERSON, SBF, TBF, RPH

"If I had to limit my advice on healthier living to just one tip, it would be simply to learn how to breathe correctly." When I first read this quote from a renowned holistic medical doctor, Andrew Weil, I didn't fully understand it. I'd been breathing my entire life after all, so I was pretty sure I knew how to breathe, right? ...Nope! Years later, after my first facilitated breath session in 2008, I began to realize my breath was not serving me optimally, and my breath journey began.

When you discover the power of your breath, it can be life-changing. Breath is the movement of Spirit in and through the body. It is the connection between body and soul. In this column, over the coming months, I will share some breathing tips and tools that I've learned over the past 20 years while on my breath journey. My hope is that you will become inspired to explore the power of your breath more deeply and begin your own breath journey.

Breath is life, yet most people barely breathe. 80% of people use only 30% of their breath capacity. So now as you're reading this, take a breath. Let it go and take another. Can you breathe in a little deeper? As you draw in your breath slowly, notice it coming in through your nose and feel it flowing into the back of your throat and down into your lungs. As your lungs start to fill up with oxygen, notice your body filling up with life force, vitality.

Breath is the only system in the body that functions consciously and unconsciously; most of our 24,000 daily breaths are unconscious. We know when we're sleeping or performing mundane tasks, we're still breathing. To make your breath conscious, become aware of it... simply pay attention to your breath.

As we notice our breath and allow it to flow through us, it guides us to the present moment. The regrets of the past and the worries of the future fade

*Continued on page 10...*





# Hemp in a COVID-19 World



BY NATE CROTTEAU, RN

Hey folks! I'm Nate, your Cannabis Nurse, letting you know about an intriguing new clinical study: cannabis compound CBD may potentially prevent and fight COVID-19. In a world where we are constantly bombarded with negative rhetoric about the pandemic, it's

not uncommon to feel overwhelmed with information overload. I'd like to shed light (and maybe a glimmer of hope) on the subject from a fresh new angle.

Recently, The Journal of Natural Products published a study that identified two cannabinoids (known as cannabidiolic acid (CBDA) and cannabigerolic acid (CBGA)) that may be beneficial in the fight against COVID-19. These cannabinoids are derived from hemp- not marijuana. Smoking marijuana won't protect you from the coronavirus, but the cannabis compound (if taken in the right way and at the right amount) might lessen the severity of COVID-19 and maybe even prevent the spread.

Research led by Richard van Breeman, Ph.D., Principal Investigator at Linus Pauling Institute and Professor of Pharmaceutical Sciences at Oregon State University, shows that the pair of cannabinoids bind to the spike protein on the virus, which inhibits a critical step needed for the virus to infect cells. The spike protein is the same drug target as COVID-19 vaccines and antibody therapy.

Van Breeman states, "That means cell entry inhibitors, like the acids from hemp, could be used to prevent SARS-CoV-2 infection and also to shorten infections by preventing virus particles from infecting human cells. They bind to the spike proteins so those proteins can't bind to the ACE2 enzyme, which is abundant on the outer membrane of endothelial cells in the lungs and other organs."

In my opinion, the research shows amazing potential for future application. However, it's important to note that this research only looks at CBDA and CBGA and their effects against the alpha and beta variants of the virus. More research is needed to understand how the pair of cannabinoids work against other current variants, like delta and omicron.

What's more, CBDA and CBGA might sound familiar, but they are not the same cannabinoids as the more popular CBD and CBG products that exist in many hemp products today. CBDA and CBGA are acidic precursor cannabinoids to CBD and CBG.

In our hemp business, Holistic Wellness Services, we have to convert precursor cannabinoids like CBDA and CBGA to CBD and CBG through a heating process in our lab. In short, when acidic precursor cannabinoids are heated for a certain time at a certain temperature, they lose the acidic part of the compound. 🐦

*Nate Crotteau, RN, Cannabis Nurse. Holistic Wellness Services retail store is located in Moose Lake, MN. Learn more about them at [www.hwshemp.life](http://www.hwshemp.life). Reach out to Nate at [Nate@hwshemp.life](mailto:Nate@hwshemp.life).*



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**Steve Wagner**

Editor, *THE EDGE*

Greetings and thank you for joining us for our second content-packed issue. I assure you, we are just getting started and there is so much more on our collective horizons!

Kelly recently met with artist Katelyn Mariah for the unique opportunity to channel Gary and Insiah Beckman, deceased founders of The Edge. The result is this amazing and symbolism-rich soul painting.

The left stairs and center bridge are the foundation Gary and Insiah built. The right stairs represent how Kelly and I will take us 'over the edge' to new places. The four seeds are the pillars of our new platforms. Not-of-this-dimension white dolphin spirits bring us a higher level of communication. The high vibration blue rose connects to Mary Magdalene. The shooting star ignites the first seed, beginning the new era for The Edge. Thank you Katelyn - what an honor!



*Soul Painting of The Edge Magazine* by Katelyn Mariah

Katelyn Mariah is a visionary artist, alchemystic, herbalist and award winning author.

More about her art, goddess cards and books at [katelynmariahvisionaryartist.weebly.com](http://katelynmariahvisionaryartist.weebly.com)



WATCH REEL



## On the cover: *Vial of Mercy* by Marie Antoinette Kelley

Marie Antoinette Kelley is a self-taught artist who has done hundreds of portraits and whose work is well known throughout Montana. Her art has been featured in local magazines and newspapers, such as the Billings Gazette, Rural Montana, The Bozone, and the Montana Pioneer. In 2019, the Delaware North general stores began selling her artwork in the form of woven blankets throughout Yellowstone National Park. Learn more about Marie Antoinette and her work by visiting: [makfineart.com](http://makfineart.com).





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There is no question we are living in a time of great flux and change. But societies and cultures are always shifting and adjusting, and always in some stage of either expansion or collapse. There is no permanence in a society, nor is there ever a point of “arrival.”

What is true of society is true for human beings. As much as we try to pin ourselves (and others) down with labels, titles, roles, or personality characteristics, the most we can do is take a snapshot of a moment in time. Also, like a society, there is no point in which we “arrive” as human beings.

Rather than fixed titles or lifelong roles, human life is a journey of trying on and taking off all kinds of characters and characteristics. Until the day you die (and even then), you are always changing.

## But the question is: Are you transforming?

There is a big difference between change and transformation. All human beings change. Not everyone transforms. Change is growing older, a kitten becoming a cat, lead turning into a pencil. Transformation is growing wiser, a caterpillar becoming a butterfly, or lead turning into gold. Change doesn't ask all that much from us, while transformation requires consciousness, humility, and reflection.

This monthly column, entitled *The Secrets of Personal Transformation*, is dedicated to the alchemy of personal transformation. Alchemists were known for attempting to turn lead into gold. Whether they were successful in their goal is a matter of some debate. Either way, however, the stages they went through left behind a blueprint for guiding ourselves through a process of radical metamorphosis, or, in other words, using what's “lead” within us to make gold.

Each article in this column will address a stage of the alchemical transformative process—how to identify it, move through it, and best support yourself while you undergo transition.

But first, all transformation starts with entering the crucible. Sometimes you do this willingly, as in when you undertake a personal growth program, retreat, or practice. Other times, the Universe puts you in the crucible through hardships, adversity, or life changes. The secret to personal transformation is to actively participate as the process unfolds.

## Ten ways to recognize that you're in the crucible right now:

- 1) Long-held patterns and beliefs you've held for a lifetime no longer work for you, or you're starting to see holes in them.
- 2) The roles you're playing feel tight and confining, like when clothing is a few sizes too small.
- 3) You feel a loss of curiosity, motivation, and inspiration.
- 4) Relationships that used to bring you joy suddenly feel stale or unsatisfying.
- 5) Your physical body is giving you signs and symptoms of “dis-ease”
- 6) You feel disconnected from your soul and the Universe.
- 7) Your energy level is low, and your sense of the sacred in everyday life is minimal.
- 8) You feel removed from the events of the world, or perhaps are overcome with a sense of hopelessness and despair.
- 9) Your emotions are all over the place, or maybe you're numb and can't feel anything.
- 10) You feel like you've lost your sense of direction and purpose.

From the perspective of the ego, these are conditions that seem scary or uncomfortable. But, through the lens of your soul, these situations simply point to the fact that you are ripe for the process of alchemical transformation.

While you will always be changing, you cannot become your best self by moving unconsciously through the events of your life. Conscious, personal transformation can take you to places that no unconscious progressive change could ever imagine. So, let's walk into the crucible together, and see what emerges on the other side of your alchemical transformation. 🦋

**KERI MANGIS**, Transformation and Lifestyle Consultant, spiritual guide, author and speaker. Her work has appeared in *Spirituality & Health Magazine*, *Star Tribune*, *Elephant Journal*, *Addicted to Success*, *Mindful Word*, *The Edge Magazine*, and others. Start your journey at [kerimangis.com](http://kerimangis.com) or call 612-599-9668.

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# How to Reduce Brain Aging

by Teresa Cover



I lost my mother to Dementia. It breaks my heart that I didn't know how to help her at that point in my life. I have had many people ask what can help people with Alzheimer's and Dementia?

Fortunately, there are more answers today to help with this debilitating disease. Like everything else, it starts with a good diet of clean food, exercise, proper intake of good water, adequate sleep, and supplementation.

Since ancient Greece and Rome days, they believed rosemary strengthened the memory. Essential oil rosemary has been found over many years to improve memory. The research has looked at how the smell of rosemary affects cognition. Studies showed that people exposed to the aroma of rosemary showed an increase in speed and accuracy in the task provided for them. But, this isn't only beneficial to the older people suffering cognitive decline.

Different tests have been tried on students in classrooms as well. They found that if they put school-age children in one room with the aroma of rosemary present, these students demonstrated higher memory scores than the children in the other room with no rosemary. Another test with children between 13-15 years of age also did well when tested. In this study, they sprayed the room with rosemary. These children showed improvement in memory of images and numbers.

Life Extension put out a great article in March 2022 by Judith Sauer, highlighting NAC's effects on brain health. She explains NAC, or N-acetyl-L-cysteine is an amino acid that became popular because it reduces respiratory illness and improves immunity.

She states researchers have discovered that NAC is also beneficial for brain health. Our body doesn't produce as much glutathione as when we were younger; this can cause an accelerated progression of neurodegenerative disorders. Using advanced brain imaging, scientists found that even a single-dose infusion of NAC significantly increased glutathione levels in healthy individuals and those burdened with chronic conditions.

She continues to say as glutathione levels drop, the brain's defenses weaken. It becomes more susceptible to oxidative injury. She points out higher levels of oxidative stress contribute to the progression of cognitive dysfunction.

She also states decreased glutathione levels were present in other conditions such as Parkinson's disease, schizophrenia, bipolar disorder, and even major depression. Studies performed show that NAC is an effective way to boost glutathione levels in the body.

Mental stimulation is another area that studies show helps with Dementia. Through puzzles, games, reading, walking, dancing, social visits, and senior center involvement, people can increase stimulation.

Sleeping is another critical area to pay attention to in cognitive decline. Studies have shown that people in their 50s and 60s who sleep less than six hours a night have a higher susceptibility to Dementia later in life. Lack of sleep causes many health ailments in life. Are you having trouble sleeping?

Dehydration is another concern with cognitive decline. Did you know that every cell in our body relies on water to function correctly,

including the brain? Some studies have indicated that older adults with low hydration struggle to complete cognitive tasks.

While dehydration affects both men and women cognitively, women of all ages show more vulnerability. Studies suggest that women over 60 who were not hydrated found it harder to complete tests based on attention and the speed they could process. Men also experience this decline but to a lesser degree than women.

Inactivity has become the next danger to the health and wellness of all people. There is significant literature available that supports regular exercise positively influences cognitive ability. Exercise helps the blood flow and circulation, creating more oxygen for the brain. A healthy brain needs growth hormones to develop new brain cells, and exercise helps in this process.

What we choose to eat can significantly affect our physical health and can impact our mental health, too – eating clean foods, and a balanced diet do wonders for us mentally and physically.

It is never too late to start taking better care of yourself. Remember, minor changes today lead to significant changes over time. Our brains are very precious. Be proactive rather than reactive for the best results. 🦋

**TERESA COVER**, is a Certified Natural Health Professional and natural health specialist that works for her clients to achieve optimal health. The body has a fantastic innate ability to heal itself, provided you give it what it needs. Book an appointment with Teresa, and put your dis-ease to rest at 651-438-9355 and [earthsnaturaldefense.com](http://earthsnaturaldefense.com).



## Everything is Connected



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# the SHIFT

BY MAUREEN HIGGINS, MA

## We are currently in "The Shift!"

Humanity's been riding a tidal wave of challenges and difficulties and preparing to descend into a new reality with new solutions.

The last couple years have been a pressure cooker of challenges. Whenever there's big change needed, things become unbearably difficult so we're forced to change. The shift into higher consciousness

Collective change begins with each individual making inner changes. We've had time to contemplate what's important to us the last two years by sitting with intense emotions and thoughts.

Many have struggled personally and professionally and want to create a new self – a happier, lighter, freer self. When enough do this, it creates a critical mass shift that automatically shifts the collective since we're all interconnected. Many have decided they don't like the current trajectory humanity is on and want something more unifying – including the planet and all living consciousness. This is what many call the ascension process. Ascending to a new you and new world.

How do you support a new trajectory? The best thing you can do is work on yourself since we're all interconnected and create change one person at a time.

The collective intensity has brought up our deeper issues. Old issues we thought we'd already finished are coming up as well. Keep in mind that the issues you are working on in this lifetime are not just about your current self. They include what you inherited from your ancestors, your other lifetimes and can also fit with inherited societal and religious issues.

**We all work through one or more categories of issues in a lifetime which are:** Intimate relationships, including family, deep friendships and romantic relationships, friendships and community, health, work and abundance. **There are sub-themes that go with these issues such as:** loss, deception, addiction, depression, abuse, feeling misunderstood, etc. An example of this is: You find that a deeper pattern of relationship issues has come up through interactions in your closest relationships. You may feel a heavier level of depression coming up from your interactions. This undercurrent of an emotion is now ready to be released so is made obvious by the intensity of your emotions. Remember, when things come up that feel difficult, it actually means you're ready to let go of them, so it's really a good thing despite it not feeling that way!

Some of the emotions, beliefs and patterns connected to the issues you are experiencing may not be your own. You may be feeling an ancestor's pain that hasn't healed or a past life that hasn't fully resolved. Sometimes it's as simple as asking that the ancestor or past life cross over since sometimes people die and don't fully move on. Working on ancestral and other lifetimes can positively change the relationships in your current lifetime!

However, sometimes it's more complicated and you have to dig deeper. If you and someone close are going through things that are similar, you may be energetically cording one another. If you're corded to someone, you may feel their emotions, issues, and patterns and they likely feel yours. If this has happened, it's because you have a hook of sorts that is unconsciously allowing it. **Some of the common reasons for hooks are:** You love them and want to rescue them or want them to rescue you, you want a closer relationship but they need their space, you have the same ancestral and/or other lifetime issue, so you are unconsciously connecting into them.

You'll want to discover what the hook is about and ask that it is moved out. Also ask that the person's energy goes back to them, cleansed and purified; ask that your energy comes back to you cleansed and purified and/or transformed into full resolution and love.

Put the intention that you're letting go of, or alchemizing, anything

no longer serving you, including any resistance to a brand new inner and outer state of consciousness. Be open to something totally new!

It's also important to put your intentions into positive actions. Take action on what you'd like to see happen. Invest money and time into things that create positive change; steer away from things that create division or hurt people and the planet.

As we work on ourselves, our inner gifts and strengths will naturally emerge. Our intuition will strengthen, our innate internal healing abilities will blossom. This will direct us to who we need to be with and what we need to do for the next part of the journey. Energetically healing yourself heals the collective since we are all interconnected.

**Let's join hands to create a better self and world together. We are the ones we've been waiting for! 🌱**

**MAUREEN HIGGINS, MA**, assists clients in transforming the past, attaining their personal and professional goals and moving into higher consciousness – a perception and attitude above the normal human one. Wings of Freedom is an alternative counseling and coaching practice offering energetic healing audios and workshops. See her website at [wingsoffreedom.com](http://wingsoffreedom.com).

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## Just Breathe **cont.** )

into the background. The body feels safe and releases tension. We let go of our defenses and old patterns that no longer serve. Breath opens us up to connect with our true nature...our divinity.

The diaphragm is a muscle that lies underneath the ribs and does most of the work while breathing. Many people do not use the diaphragm properly when they breathe. Instead, they use their back and intercostal muscles which do not allow for a full breath. This is sometimes called backward breathing or chest breathing.

With our modern-day stress-producing lifestyles, about a quarter of the population breathes backward. The chest expands during inhalation, filling the upper part of the lungs with air and the region around the diaphragm remains stationary and is tense. Over time, backward breathing can lead to anxiety, back problems, reproductive issues, and many health disorders.

Proper use of the diaphragm brings energy into every bodily system and gives our organs a massage (24,000 times a day). This enhances blood flow, bringing more oxygen and nutrients into our cells, and it moves our lymph that carries away toxins.

To find out if you're using your diaphragm properly, place one hand on your belly (below your navel). Take a breath. Does your belly move in or out on the inhale...or does it move at all? If your belly falls or stays stationary while inhaling, you may be a backward breather. You can check further by placing your



**Terri Peterson, SBF, TBF, RPh.** Breath Facilitator, Teacher, Energy Medicine Practitioner & Soul Coach. Visit [theconnectingspirit.com](http://theconnectingspirit.com) or call 651-442-4623

fingers up, underneath your ribs where they meet the diaphragm. If you're breathing properly, the diaphragm will push your fingers down and out while inhaling. If you apply gentle pressure with your fingers there and take several small breaths, your diaphragm will strengthen. Over time, this practice will help your body remember how it was designed to breathe.

We are in an intense phase of individual and global transformation. Humanity is making a critical evolutionary leap in consciousness that urges and inspires us to transmute our blocked emotions, heal our bodies, free our minds, and connect to our divinity. As we become consciously aware of our breath and learn to use our diaphragm correctly, breath becomes a powerful tool that can reduce stress, heighten self-awareness, and empower us through change.

**How do we do this? ...Just B-R-E-A-T-H-E.**

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# Edge Partner Directory body/mind/spirit resources.....

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Email: [Mailbox@CreatorsSpace.com](mailto:Mailbox@CreatorsSpace.com) Phone: 651-340-6736  
Web: [creatorspace.com](http://creatorspace.com) Location: 218 7th Street E, St. Paul, MN



### FAIRS & FESTIVALS

#### BodyLabUSA Holistic Healing & Wellness Fairs



BodyLabUSA's goal is to bring awareness and education to everyone about the benefits of alternative healing to help our bodies emotionally, spiritually, and or physically. We offer events throughout Minnesota currently, with more states coming soon. We offer a mediumship gallery event and educational sessions throughout the day. Our first 25 guests receive a free gift bag!

Email: [BodyLabUSAFairs@gmail.com](mailto:BodyLabUSAFairs@gmail.com) Phone: 715-292-2625  
Facebook: [facebook.com/BodyLabUSAFairs](https://facebook.com/BodyLabUSAFairs) Website:  
[BodyLabUSA.com](http://BodyLabUSA.com) Location: Minnesota

#### Rooted Holistic Healing & Wellness Fairs



Rooted Holistic Healing and Wellness fairs are held throughout Wisconsin in many communities to bring hope and healing to those in need. At our fairs you can expect to find a multitude of vendors offering products and services as well as Gallery events and guest speakers. Come and join us for a day full of education, healing, shopping, and much more!

Email: [Sandy@RootedHolisticFairs.com](mailto:Sandy@RootedHolisticFairs.com) Phone: 715-832-2775  
Facebook: [Facebook.com/RootedHolisticFairs](https://facebook.com/RootedHolisticFairs) Website:  
[RootedHolisticFairs.com](http://RootedHolisticFairs.com) Location: Wisconsin

#### Souls Of Spirit Expos



Our purpose is to create community awareness of spirituality by bringing together vendors who share their modalities of healing, journeys & awareness with communities to assist in uplifting humanity and awakening to the reality that we are souls having a human experience. Each expo includes a Gallery event and guest speakers. Join us at events in North Dakota, South Dakota and Montana.

Email: [Lori@SoulsOfSpiritExpos.com](mailto:Lori@SoulsOfSpiritExpos.com) Phone: 701-721-2801  
Facebook: [Facebook.com/SoulsOfSpiritExpos](https://facebook.com/SoulsOfSpiritExpos) Website:  
[soulsospiritexpos.com](http://soulsospiritexpos.com) Location: North Dakota

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Phone: 651-493-3622 Website: [acupunctureschoolusa.com](http://acupunctureschoolusa.com)  
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Email: [ben@northstarhemp.com](mailto:ben@northstarhemp.com) Phone: 612-599-6906  
Website: [CarpeDiemCBD.com](http://CarpeDiemCBD.com) Location: Minneapolis, MN

#### Holistic Wellness Services

CBD Manufacturer & Distributor,  
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Hemp CBD farm in Sandstone, MN and retail store in Moose Lake, MN. We grow hemp and create CBD tinctures, salves for pain and skin healing, lip balms, and much more. We provide qualified cannabis education to help our customers better understand how cannabis can work in their bodies. Our products are available for purchase online and at our Moose Lake location. Use coupon code "edge20" at checkout to receive 20% off your order.

Email: [Nate@hws hemp.life](mailto:Nate@hws hemp.life) Phone: 218-626-7006 Website:  
[hws hemp.life](http://hws hemp.life) 499 Arrowhead Lane, Moose Lake, MN 55767

### CHIROPRACTOR

#### Dr. Marcia Krueger, DC Innate Ability Chiropractic Care

Dr Marcia helps people of all ages, sizes and abilities achieve or maintain optimal health, mobility and balance through chiropractic care. Marcia supports your body's innate ability to heal itself. Her goal is to educate and inspire you to continue to be active participants in your health and well-being.

Email: [MAKruegerDC@comcast.net](mailto:MAKruegerDC@comcast.net) Location: Chaska, MN  
Phone: 952-746-5199 Website: [drmarciachiro.com](http://drmarciachiro.com)



## ENERGETIC HEALING

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Ethereal Reunions offers a variety of healing services. Past Life Regression and Healing Sessions, Reiki and Distance Reiki energy healing, Reiki classes, Reunion Sessions with Medium Katri Sipila, and one on one Healing Guidance! Our newest offering is the Quantum Resonance Crystal Healing Bed... fashioned after ancient Lemurian design! It assists the body in its innate ability to heal itself using seven types of energy transmission including scalar waves.

Email: [katiesipila@gmail.com](mailto:katiesipila@gmail.com) Phone: 218-310-0951  
Website: [etherealreunions.org](http://etherealreunions.org) Location: 205 W. 2nd Street  
Suite #445 Duluth, MN 55802

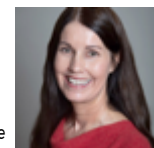


#### Maureen Higgins, MA, Wings of Freedom

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Email: [maureen@wingsoffreedom.com](mailto:maureen@wingsoffreedom.com) Location: St. Paul,  
MN Phone: 651-665-0104 Websites: [wingsoffreedom.com](http://wingsoffreedom.com),  
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Email: [lanajthomas57@gmail.com](mailto:lanajthomas57@gmail.com) Phone: 605-940-1214 Website:  
[lanajthomas.com](http://lanajthomas.com) Location: 334 E 4th Street, Dell Rapids, SD



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Email: [emesullivan@gmail.com](mailto:emesullivan@gmail.com) Phone: 651-270-0660  
Website: [elizabethsullivan.love](http://elizabethsullivan.love) Location: St. Paul, MN



# Partner Directory cont.) .....

## FUNCTIONAL MEDICINE

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Email: Support@terrainhealth.org Phone: 203-900-4416  
Website: terrainhealth.org Location: 38C Grove Street,  
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Email: cathryn@eftforyourinnerchild.com Phone: 612-710-7720  
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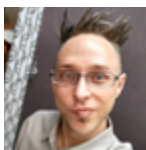
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Location: 93 Little Canada Rd W, Suite 100, Little Canada, MN  
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Email: hollybusse@gmail.com Website: tinyimperfections.com  
Location: Chanhassen, MN



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Website: gatewaystobrilliance.com



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Email: theconnectingspirit@gmail.com Phone: 651-442-4623  
Websites: theconnectingspirit.com breathingwellness.net  
Location: St. Paul, MN



## COACHING/CONSULTING

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Certified Natural Health Professional

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Email: info@earthsnaturaldefense.com Phone: 651-438-9355  
Website: earthsnaturaldefense.com Location: Hastings, MN



### Liz Loney Life Coaching

Services for both individual and group coaching. I see each client as the Storyteller of their own lives. Each person has a deep well of past experiences which can be used to help create their present and future story as one of the hero rather than the victim. Trained in Neuro Linguistic Psychology as a Life Coach, holds a M.A. in Human Development and is a Cellular Health Educator.

Email: LizLoneyCoach@gmail.com Phone: 612-790-6028  
Websites: LizLoneyLifeCoaching.com, lizloney.myasalive.com  
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Email: patsheveland@msn.com Phone: 952-210-3767  
Website: healingfamilygrief.com Location: Chaska, MN



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Email: lisa@greywindraven.com Phone: 320-395-9893  
Website: greywindraven.com Location: Winsted, MN





## SACRED MEDICINE CEREMONIES

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Non-profit 508(1)(C)(A) organization that celebrates our connection to the Divine Creator through sacred medicine ceremonies, self-exploration, and shadow work. We build relationships through monthly integration meetings, group meditations, spiritual mentoring, and other fellowship events.

Email: adam@eaglespiritcollective.org Phone: 651-504-2493  
Website: eaglespiritcollective.org Location: Stillwater, MN



## SHAMANIC HEALING

### Mary Newstrom, Zenith High

Shamanic Teacher & Mentor, Shamanic Healings, Spiritual Wellness Coaching, Cacao Ceremonies & Shamanic Cacao Cleanse

Internationally known Shamanic Practitioner, founder of Zenith High, and creator of Spirit Flow Shamanic Study Programs, Mary Newstrom has studied with shamanic teachers in the U.S. and has worked with the Shipibo Shamans living in the Amazon basin of Peru, enhancing the skills Mary brings to her training programs and healings. She holds a doctoral degree in psychology and is certified in Health and Wellness Consultation.

Email: Mary@ZenithHigh.com Phone: 952-913-5574  
Website: zenithhigh.com Location: St. Louis Park, MN



## METAPHYSICS

## ASTROLOGY

### Ryan Evans

Astrology, Evolutionary Astrology

A Certified Master Level Astrologer, Ryan practices an integrative approach to Astrology combining imagery, past life analysis, and healthy encouragement of choice and free-will. As an Organic Flower Farmer of 20 years, he aligns his engagement and practice of Astrology with the observed and experienced lessons and teachings of the Natural World and her rhythms.

Email: flowerman1111@yahoo.com Phone: 608-632-0750  
Website: ryanevansastrology.com Location: Viroqua, WI



### Starcodes & Heartcodes

Astrology, Heart-Centered Readings

Ceremonialist, counselor, intuitive, and astrologer for 40 years, creator of the Starcodes Astro-Oracle Deck, author of the weekly Starcodes column, Moon Wisdom, Everyday Palmistry, and several children's books. As an ordained interfaith minister and Druid grade member of OBOD, she brings her spiritual search to her work. She has an active global practice via phone and Zoom.

Email: starcodes.heartcodes@gmail.com Phone: 914-315-5001  
Website: roanrobbins.com Location: Ronan, MT



## CHANNELS

### Grahm Wibstad of Heart-Centered Channeling

Spirit Guide Readings

As a channeler, Grahm can connect with past loved ones and pets, although he specializes in communicating with spirit guides—loving souls that offer their wisdom, support, and direction. Your spirit guides will share how to best move forward in your life. They often offer career and relationships guidance, but nothing is off-limits, and all questions are welcome. Grahm offers sessions via Zoom and free mini-reading events on his Facebook page.

Email: graham@heartcenteredchanneling.com  
Phone: 507-272-8149 Website: heartcenteredchanneling.com  
Location: Rochester, MN



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Founder and teacher of Beyond Quantum Consciousness®

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Site: transformingyourphoenix.com Location: Baldwin, WI



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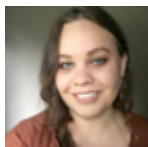
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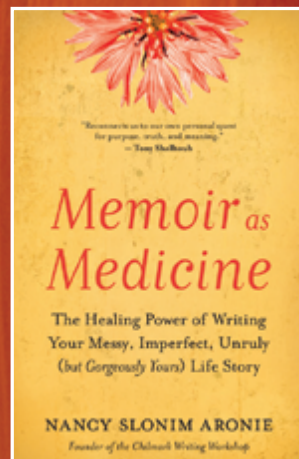
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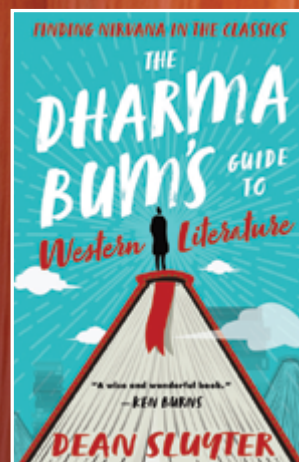


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# Dark Night of the Soul



BY LORI LASHMAN

**What is the Dark Night of the Soul?** I didn't know what it was or that there even was such a thing. For years, I went through hell, and everything was going wrong. I felt like the devil was after me. I was broken.

One day I was on my computer and something popped up – it was an article about exactly what I had been going through. It was called 'The Dark Night of the Soul'. I read it with tears in my eyes, and by the end, I was sobbing. I knew then that I was not alone; I wasn't the only person in the world experiencing this!

I came to realize The Dark Night of the Soul isn't you dying, it's your ego or false self dying. It's not God wanting you back- He has always been there with you. It's your soul wanting God back. You are not alone, you are not dying - you are Awakening!

I learned through my experience that our ego is usually the one in control. The ego-self wants to protect us and keep us in the world we've been accustomed to and built around ourselves. This keeps us in the dark and prevents us from being able to see the light that we are.

The dark night of the soul is a blessing because it brings us back to our true essence, but it can be a scary experience (especially if you don't know what's going on). I felt the need to share my experience because I want to help others on their spiritual journey. Just like the article I read saved me, I'm hoping my story can help you too.

I've always believed in God, Jesus, and the story of the Bible. But that's what I thought it was-- a story that happened a long time ago. I didn't know that God is real and the Universe is a living and breathing entity here to help us on our journey of life. We all still have our ups and downs, but they can be lessons for us if we choose to see them that way. One of the "downs" in my life changed me forever...

My husband came in from the field for lunch, and we got into an argument that quickly escalated. Before he left, my husband picked up his plate of food and slammed it on the breakfast bar. Food and glass were everywhere.

As I stood there in disbelief, I started to pick up the mess. When I looked down at my hands, both of my palms were bleeding. I was so hurt and felt so helpless. I threw my arms and head onto the breakfast bar and began to sob.

As I was crying I said, "God help me, I can't do this anymore". As soon as those words came out of my mouth I felt my legs let go and I dropped to my knees - knowing that I wasn't doing this myself.

I cried out in pain and desperation for God to help me – and He did. HE dropped me to my knees, and at that moment, I knew then that God is real and always with us. The rest of that day was a blur. I remember cleaning the kitchen in almost a numb feeling in my entire body and my mind. I just witnessed a miracle.

My husband and I worked out the problem and are still happily married and love each other more than ever. Sometimes things need to break to be whole again. Sometimes we need to know darkness to recognize the light. I have found my calling by creating Souls Of Spirit Expos. I bring people together that are on their spiritual journey with others who can help them. **I am a Soul Connector.** 🖤

**LORI LASHMAN**, owner and creator of Souls Of Spirit Expos LLC with events in ND, SD and MT. Lori lives in Granville ND on a farm with her husband Todd. You can contact Lori at 701-721-2801 [Lori@SoulsOfSpiritExpos.com](mailto:Lori@SoulsOfSpiritExpos.com) or visit the website [SoulsOfSpiritExpos.com](http://SoulsOfSpiritExpos.com) for more information. Lori also owns and operates SOS Holistic Healing Center in Minot ND.

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# Covid pregnancy? How can **THAT** be an ancestral pattern?

BY AMY GILLESPIE DOUGHERTY

The timeless compassionate eyes of the retired Navy admiral softened as a tear slid down his cheek. "Amy – you must continue this work. We were in therapy for *five years* with our son and this conversation never came up! Ever."

**"I know... I know... our son would be alive if we'd had this conversation."**

What is *this conversation*? It's the untold story of your experience of your child's pregnancy. It may be the answer to what your child's intuition has erroneously been telling them since before their birth. *They weren't wanted...*

Only it wasn't THEM that wasn't wanted – it was a pregnancy, it was timing, a financial situation, it was a health situation – whatever fears and emotions were going on inside the biological parents were imprinting on the infant.

This scenario could be true for most adopted children. For whatever reason, the timing of their pregnancy didn't work for the situation of their biological parents; and that imprint passed through to the child. Yet, there's some advantage in that the adopted parents will often explain this to the child, reconciling their intuitive cellular memory that says, *"I wasn't wanted."*

Whereas parents who argue at the very beginning of the pregnancy (or even concealed fears that were never voiced) will go forward through the pregnancy, not even remembering that their initial reaction was, "Uh-oh – what if we're pregnant?"

Strong emotional reactions register with the embryo. Even if the emotional response was a fear of a job lay-off, or the death of a friend, or a fear of a pandemic, completely outside of any thought of the pregnancy. In other words, the emotional imprints from the time in-utero might not have anything to do with the baby at all.

For those who were pregnant during covid, wishing they didn't have to go into the clinic where they might get the virus, or wishing they weren't pregnant during covid (even if they'd been trying to get pregnant for years), those fears and concerns can imprint on the child.

The child (or adult) often just needs a conversation to reconcile what their cellular memory is already telling them. "When we got pregnant, we were scared. We were too young. We weren't ready. We even thought about an abortion" – (if that were the case). "But, then we felt you kick... and soon we were picking names, and when you were born, we could not have been more delighted!"

I've had clients come back with incredible stories after asking their parents about their pregnancy. One was, "My parents smoked pot the night they got pregnant, and they were worried something would be wrong with me when I was born. *Ha! I just always felt like there was something wrong with me!*"

As always, you can catch the subconscious, cellular memory, in the person's choice of words. If someone is always declaring fault, "Don't worry about it, it's my fault." Or "It's my fault. I should've known better..." Then the trajectory of the parent's lives may have changed due to the pregnancy.

If they are often declaring, "What's wrong with me!" or "What's the matter with me?" Then there may have been a health scare during the pregnancy. If you've always had a feeling of not being wanted or that there's something wrong with you, take this opportunity to ask your parents compassionately, and lovingly what happened during your pregnancy.

"Wow – what was it like being pregnant with me? Were your parents excited? When did you tell them?"

These are often stories that have never been told – maybe even fears that were never spoken between your parents. Use compassion, a gentle approach, and maybe even some soft humor.

In my experience, whatever the dynamics were of your pregnancy, it's a dynamic you will find every 2-4 or 3-5 generation back – whether that is an unplanned pregnancy, a pregnancy just before active duty, or a pregnancy during a pandemic, etc. 🦋

**AMY GILLESPIE DOUGHERTY**, created Irigenics® Ancestral Eye Reading as a survival skills program for teens and young adults, in an effort to reduce self-destructive behaviors and suicide patterns. She's a results-driven innovator, speaker, bestselling author and lead author of The Ancestors Within book series. Find Amy's books and learn more about her at [amygillespie.com](http://amygillespie.com).



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# The Seven Rays & Kundalini

BY BILL TORVUND

Primordial light, by its very nature, emanates seven rays. So, you have the nucleus, or the centering point of primordial light, from which two triangles project creating a hexagram. The triangle is the most primitive and the most elemental, most primordial of all geometric forms.

You have the first dimension of source, the second dimension of emanation, and the third dimension of form. From the primordium of the first dimension, you have elemental light, which is one of the triangles, and you have elemental form, which is the other triangle. So, you have six aspects, and also the center aspect. Source creates emanation, creating the hexagram. From the hexagram, then comes the seven causal emanations or the seven rays.

The seven rays exist in everything. The universe has seven rays – everything from the smallest quantum, all the way to our spiral galaxy.

It is from the seven primordial emanations that the birth of consciousness takes place. Primordial consciousness takes place from the nucleus of source. Then the integration of primordial light and primordial form is embodied as a sacred reflection. And it's from that reflection that consciousness comes into existence. With a state of the realization of self, the perception of oneself in the act of perception brings consciousness into existence. So, all forms of consciousness, no matter how evolved, no matter how primordial they are, all have that primary reflection of light and form.

And the resonance – from the very center of OM come the triangles, primordial light and primordial form. The primordial form is the oversoul. It's the unitive all-ensouled beingness from which all consciousness ultimately derives, and so from that reflection, and the anu of light, AUM, comes primordial form.

So, the seven rays are the seven building blocks of creation. And the seven rays emanate from everything. The sun has its own seven rays. And those seven rays come into the part of your etheric body called the solar light body, or sometimes referred to as the angelic light body. Angels have golden auras, generally – golden and the cosmic white. From the cosmic white and the golden comes the blue, which is prana. You can learn how to use the primordial light and form to form the primordial prana, a precursor of kundalini.

Kundalini is the result of the activation of the seven emanations in the formation of light and form. When light and form come together, they naturally form the spiral, as an act of Divine Love. It goes to the very nucleus of the mandala of creation, the Shiva Bhava Mandala. You can learn how to form it in your chakras.

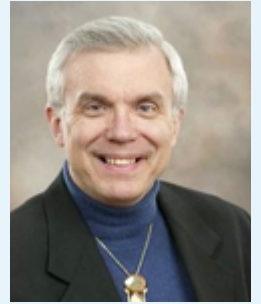
As it relates to someone soul's destiny: the meditation upon purity is purity of mind arising from purity of heart. And purity of heart comes from purity of emanation, what you project. When that pure primordial light comes in, all the astral, all the psychic, all the fifth dimensional stuff that people have been carrying around from however many lifetimes gets purifies.

It is the three part deep heart chakra that purifies, with all its qualities. Then you go into the state of inner omniscience, which gives you the clear path of knowing, and from which all true higher intention derives. Intention is not desire, and ultimately it's not will. This transcends will because you have to completely surrender all will. Your egoic nature has to completely go through that process

of shedding. "Not my will, but Thine be done." When you go to source, it's not will, it's omnipresent knowing. And that higher intuition comes into the heart as light, then forming will. But it's not what "I want", it's what "truth of all existence" wants. So therefore, everything that you do, and establish within your beingness, is a perfect reflection upon Omnipresence, that all of creation is in a state of constant unanimity.

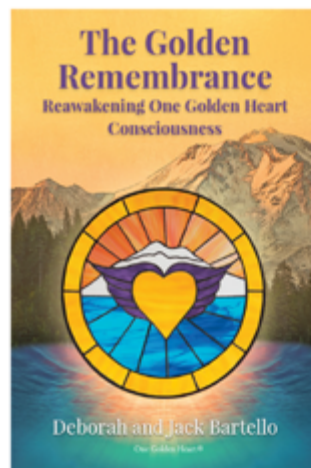
Everything says "Yes". When your oversoul says "Yes", you feel the resonance of all of creation saying "Yes" inside you, because at that level, there is only unanimity. There is only one state of unitive consciousness, and everything says "Yes".

The ability to empower the Transcendent is not power. It's agreement. The source within me and the source within someone else come together. It's a resonance, not a power. But that resonance creates enormous power. It creates enormous power! But don't seek power. Seek the agreement that empowers. 🐦



*Bill Torvund, internationally known healer and founder of the Sanctuary of the ON. Email [billtinform@gmail.com](mailto:billtinform@gmail.com)*

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# Pleiadian Message

CHANNLED BY Christine Day

Beloved ones we greet you,

Vast flows of electrical light are radiating from the Sacred Sun onto your earth plane. These pure rays of consciousness are eliminating further layers of illusion that has been held in place for lifetimes. The releasing of these veils is naturally aligning you into another level of the higher potential of Self. Bringing to you an access beyond the density, revealing pathways to higher consciousness realms that have always been in existence on your planet.

This is the time for you to evolve through this opportunity of opening, for you to return to another phase of your existence beyond the human reality. For you to re-enter the multidimensional states that have always existed simultaneously on your planet. Mass transformation to your Higher Self is now possible as you choose to accept your divine heritage. As you are repositioned your perceptions are adjusted, your awareness is moved beyond where you have been aligned previously. You move into other realms to a self-realization as you reconnect to the unlimited spaces of your higher consciousness that awaits you, fully intact just beyond the veils.

The energetic dynamics within your planet are going through a complete reset. You can expect to experience a further changing landscape of energy within the planet, as the energetic rotation of the Earth is destined to continue its shift. This accelerated rotation of the planet is forming a higher intensity of light that is building in momentum. Waves of electrical brilliance are being propelled around the planet's aura, birthing a vast limitless expanse of intense light. The Earth's aura will continue to evolve as the magnetic core of the Earth and the aura form a highly expansive Framework between them.

These Frames that are being opened on the planet are due to the energetic frequency changes which are taking place on your planet. Your Earth is beginning a higher cycle of transmutation. This is a destined happening for your planet and 'a homecoming' of your own higher consciousness.

Through this birthed synergy the magnetic core's electrical pulse has expanded outwards across the earth plane into the Universe. Forming sacred patterns from another multidimensional environmental level of energetic resonance that is aligning fully into the collective God Consciousness state. Planet earth takes another step of forming a further alliance of sacred synergy within our resident Universe.

Those of you who are on an awakened path are going to find yourself being realigned into many diverse altered reality states of consciousness. You are being shifted, realigned into a direct experience of your higher light as these synergistic energetic alignments are being created between the Earth and the rest of the Universe. Alternate Timelines are being made accessible to you as you find yourself being repositioned energetically within another hierarchy of yourself. Here, within these Timelines you will encounter a more expansive profile of your own energetic consciousness.

As these doorways to a higher consciousness state are being made re-accessible to you through this expansive shift within your earth plane, you are being re-tuned to your light. These realms of alternate spaces have been made manifest within your reality now. They are designed to realign you to your original sacred settings. This changing arena gives you further access to another aspect of reality, allowing transformational experiences to unfold within your consciousness.

During your transference process your 'returning' to your origins are possible. Through these changing arena's you are enabled to access another facet of a pure expanded consciousness of your potential, experiencing peace and knowing.

As you begin to return to your sacred origin, to an expansive state of consciousness you will experience levels of disorientation. This returning will begin in phases at first, beginning for just moments at a time and then gradually you will orientate into a more stable permanent state of being. Suddenly you might find yourself within an altered experience, just a fleeting moment of being somewhere else or experiencing a flicker of light around you. Maybe a moment of disorientation within the space of life that you are experiencing at that time. Or possibly being in extreme dream states different to what you have ever encountered previously. This entire re-entry process is a natural state of returning, realignment, reunion to Higher Self components. Part of your re-birthing process of awakening.

During these returning experiences there is an actual disconnection of the Ego mind that is taking place within the experience. The very moment you enter an alternate moment and engage within these higher realities beyond the 3rd dimensional framework there is a complete shift within your sacred senses. Each time this happening occurs it creates a further opening pathway, which naturally realigns you to your authentic Higher Self environment.

What is essential within these moments during your altered experience is to simply take a Conscious breath and let go. Your choice of letting go at that exact moment of the experience sets in motion a powerful process of re-alignment through your sacred systems. A light switch is turned on and simultaneously a shedding process activates within you, allowing another level of density to leave your body. The process of your rebirth must involve you taking conscious action within moments, taking one more step towards your unfolding by saying, "Yes" to the process. Remember the Conscious breath accelerates your process.

You can launch yourself further within this process through the conscious choice action of actively engaging with the essence of the Sun's rays. The unique divine frequency of your light will align within your physical cells as you interact within the essence of the Sun's rays. Remember the Sun is holding a more expansive frequency of itself. The consciousness of the Sun can work within you to activate a mirroring process through bringing the pure frequency of the essence of your light for you to embody. These combined elementals of your unique frequency are destined to be made manifest within you through being absorbed within your cells to shift your cellular makeup.

Your cells will respond to the light mirrored by the Sun setting in motion a reawakening of your expansive multidimensional frequency throughout the cells of your physical body. These frequencies enable your higher consciousness light to actively realign into your physical crystalline structures that exist between your cells. This entire process systematically creates a disconnection within your Ego mind and gradually, steadily create a total re-orientation of your energetic physical and emotional systems.

There is a sacred sound, **THAHNSAY (pronounced tharn say)** that you can utilize to optimize your work with the Sun's rays. As you create this sacred sound, you activate your unique frequency like no other in the Universe. You are recognized by this sound and the Sun's consciousness begins to transmit another level of an awakening frequency through you. The cells in your body will respond, opening like a flower to the Sun. The Sun's light rays will respond, resonating to your sound, bringing a



magnifying brilliance to expand further within your cellular makeup.

The Galactic community and the Galactic council are playing a prominent ongoing role in stabilizing these expansive higher multidimensional states that are evolving within the planet. We, alongside the entire Universal community are holding a platform while the entire energetic profile of your planet transforms. These higher vibrational states are designed to launch you onto your unique alternate paths of destiny. These pathways will allow you to engage in a more complete way with your Family of Origin off planet.

You are destined to expand into a sacred meeting point of conscious communion with your Family of Origin. The communion process will align you into a higher level of inner fulfillment as you work within a level of unconditional love which exists within these higher levels of connection. Through communion you begin to return to your place within the oneness and reactivate your telepathic communion center in your brain. This is your time to revolutionize yourself, for you to rebirth you. As you become self-realized through consciously activating your pre-agreed commitments with your family off planet, you move into a further fulfillment of your mission in this lifetime.

An aspect of your destiny and fulfillment of your enlightenment comes through the telepathic communion reconnections to your Family of Origin off planet. They bring to you a nourishment through the sacred communion connections that further reopens your sacred senses.

You have an individual diverse vibrational base frequency in which you can align to a higher framework of light that encompass your Family of Origin. Each one of you can be launched back within these spaces. You are to be received within an expanded consciousness network of the God consciousness state that contain the unique frequency of sacred reconnections to your family off planet.

This is a profound time of change you have entered. You can set this process of transformation in motion by choosing consciously to enter your own Heart space and then send an energetic frequency of love from your Heart outwards to your Family of Origin. This action begins to activate your pre-agreement with your Family of Origin off planet. Understanding you have free will, so only you can set in motion your pre-agreement with your Family of Origin. You don't need to know who your Family of Origin are to activate your family pre-agreement. It is enough to simply call them forward from your Heart space.

All communication from your Family of Origin is received through your Heart space, all communication to your Family of Origin is sent through your Heart space. Your Ego mind cannot receive any aspect of the telepathic communion. This means that you must be aligned into your Heart for all communications.

At this juncture of total energetic change there will be a continual upswing of 3rd dimensional drama on your planet. Do not fear the drama, this is simply the necessary playout by humanity, part of the unfolding story of illusion at this juncture. Stay focused within your Heart and allow your inner transformation to unfold within you. This is your mission right now, to focus on developing an inner alignment and open to your authentic guidance from your multidimensional Heart.

Allow your perceptions to naturally shift, adjust as you align within a more elevated state of your multidimensional Heart. These higher understandings will carry you into higher experiences of the light, which exists parallel to the drama. One expression is the 3rd dimension drama, the alternate higher dimensional spaces are based only on Truth.

You are being called to create expansive multidimensional links within you and to allow yourself to unfold into other realities of yourself, allow an expansive unveiling of yourself through the avenue within your Heart. Know that all is in hand, take the path of your Heart and live within the space of unlimited expression of the light which you are!

We witness you.

Blessings, The Pleiadians



**Christine Day** is a Pleiadian Ambassador, leading spiritual teacher, healer, channel and author. Find more at [christinedayonline.com](http://christinedayonline.com)

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BY **WES HAMILTON, MASTER NUMEROLOGIST**

In 2022, we as a collective consciousness are being inspired to heal our differences. March, being the 3rd month of the year, has a powerful creative vibration. This 3-vibration is inspiring you to open your creative abilities to heal your differences.

Numerology is always making us aware of how to use vibrational energy. It helps us enhance our natural passions and desires so we may experience peace, harmony, abundance, and joy.

As a consciousness, we are in a 9-year cycle of energy urging us to raise our thoughts so that we will become more of a global humanitarian culture. Throughout this month humanitarian energy is becoming more enhanced. When the 6-vibrational energy of 2022 merges with the creative 3-vibrational energy of March, it vibrates to the frequency of 9. Here is how that works, 6-energy + 3-energy = 9-energy!

This newly created 9-energy vibration will begin syncing with our global 9-cycle energy so that you will begin to manifest your desires quickly. With this increased vibration, we can begin to heal and create our new joyful social culture this month.

When you understand that energy is everything, and you become aware that you can influence energy to manifest, you begin to realize that you can influence and create your destiny.

This is a good month for you to look at what you desire and want to create for 2022 as you heal your differences. Every year, Lori Palm and I spend the last week of the year getting clear about what we intend to create for the coming year. We do this by using our *Tarot of the Spirit* cards along with journaling and meditation to connect to our intuitive guidance so that we will have the words we need to send our requests to the Universe.

Did you know the Universe is always ready to help you with your desires and needs? The tricky part of getting the Universe to help is that it needs to know what you really want. Think of this as being like going to a restaurant. The wait staff asks you "What can I get for you?" If you don't let them know, they will just stand there until you decide what you want. They can't serve you until you ask for what you want! And this is also just how a request to the Universe works for you. Ask for what you want!

Once we as a global culture heal our differences, we can begin to create and develop the dreams and

desires we all have for our life. All the research I have been doing most of my life continues to support my beliefs that we are amazing beings creating our reality every day with every thought. The tricky part is you need to know your thoughts become things; they do create your reality.

### Use these 3 Practices to be more aware of how your thoughts become reality

Become clear by understanding who you are as a spiritual creative force using energy

Create and develop a clear picture of what you want to create and why this is important

Look in the mirror and ask yourself, what needs to be healed and forgiven in your life

Numerology is always sharing information about what is happening in the global world each year and each month so that you can better plan for success. Together we can make the necessary energy shift to heal our differences so that we can all create the life we so desire experiencing peace, harmony, and joy! 🐦

**WES HAMILTON**, master numerologist, brings a blend of extensive practical experience and extraordinary mystical know-how to his work. As a Master Numerologist, clients throughout the world seek his guidance and insight regarding important decisions. [www.weshamilton.com](http://www.weshamilton.com)

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Imagine what it would be like to know more about the best time to take action and the best directions to go.



# Hope and Action: Antidotes to Despair

BY LYNNE GIRDLESTONE

For almost two years we have all been experiencing the negative effects of an incredibly destructive “agent of change.” Although horrific things happen every day on this planet, they have usually affected other people elsewhere. COVID-19 and its variants, however, can potentially reach anyone, anywhere, upending our lives in a multitude of ways. The obvious questions – can we actually stop this virus, are vaccines guaranteed to protect us, will the global economy ever recover – are all unknowns. They occupy our thoughts and emotions.

For some, the crisis has merely been an inconvenient interruption in their “business as usual.” For others it has created new ways to profit handsomely at the expense of others. But for most, combined with a host of other crises, it’s been an amplified survival issue. We’ve been told by both science and religion that nothing happens by chance: “For every action there is an equal and opposite reaction” and “As you sow, so shall you reap.” That means: what is happening today has its roots in everything that has gone before. When dysfunction reaches a tipping point, something extraordinary happens to get our attention. This pandemic is surely saying “STOP... NOW... look at the world you’ve built... untold suffering amidst obscene excess... all life forms and the planet itself are in mortal danger!” And the slowing and relative isolation are giving us a unique opportunity to consider these issues deeply and emerge with a better Plan B.

That so many people are getting the message is an

incredibly hopeful sign. Neighbors are helping each other more; service organizations are expanding their roles and methods; scientific organizations around the world are sharing their research findings on new treatments and vaccines; governments are trying to lift the financial burden of their citizens. What would happen if this behavior were to continue post-pandemic? Could it lead to treating a recovering planet as a global village and its citizens as the one human family it is? It would take time, but we can start by demanding of our “leaders” that we all push the reset button and begin to move in that direction!

Fortunately, at this very time, a little-known cosmic event is also taking place. As we move into the Aquarian age, characterized by energies of synthesis, unity and cooperation, the spiritual custodians of human evolution – the Masters of Wisdom – have once again sent one of their great ones into the world to act as a teacher for the coming time. Some of the past teachers we know as Confucius, Krishna, Buddha, the Christ and Mohammed. Major world religions all expect another great teacher at some future time, and his imminent appearance has been foreseen by some writers since the late 1800s.

For more than 40 years, British esotericist and lecturer Benjamin Creme informed the world of a coming change – of the collapse of our old structures to make way for the new. He served as a herald for the World Teacher for this age, Maitreya – the one expected by many and longed for by millions (consciously or not). Along with a large group of

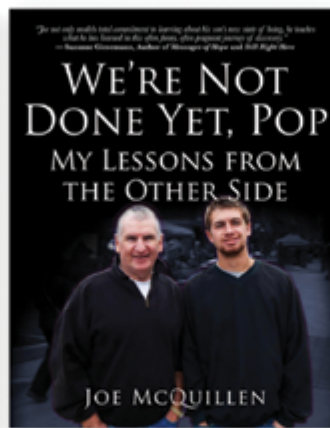
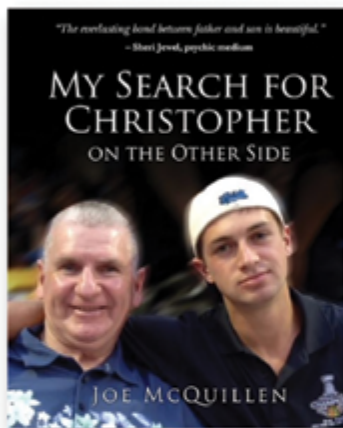
the Masters of Wisdom, Maitreya has come now to guide us through this perilous time and into a cleansed and transformed new world.

These great spiritual teachers have stood behind and guided humanity for millennia. They’ve been with us through thick and thin, nudging us toward co-operation and sharing as the absolute requirements for a lasting civilization, always nurturing our own innate, emerging divinity. And they’re still with us now, closer than ever before – working tirelessly behind the scenes to help us make the right choices in this grave time. At the very moment enough people – of their own free will – can be counted on to respond to a new way of life, they will step forward and work openly at our side.

We may very well need to actually look into the abyss before we collectively realize the need to change our ways. Allowing us to see the consequences and choose rightly may be an educational strategy familiar to parents! And yet, we have been told by the Masters that the end is known from the beginning; that all will be well. That is an unparalleled basis for hope.

Selfless service is the key – to both global salvation and personal sanity. Every single effort – of any size – sends a message to the Masters that we are now willing partners who can work alongside them in the reconstruction of our world. Since today’s crises encompass virtually every part of our lives, opportunities for service abound. So take action: find the need closest to your heart and give it all you’ve got! 🐢

LYNNE GIRDLESTONE, is a long-time student of the Ageless Wisdom Teachings and a volunteer with Share International USA. Find out how you can take action at [www.share-international.us](http://www.share-international.us)



Joe and Chris's story, told as a mixture of narrative, italicized visits with Chris from the other side, input and conversations with respected psychic mediums, and a thread of music floating throughout. Their words—father and son—speak directly to readers, providing courage, strength, hope, and connectivity—all delivered with a healthy dose of McQuillen humor.

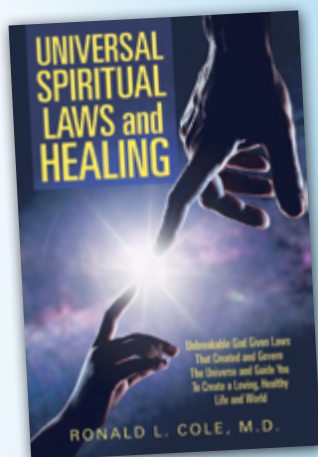
Joe not only models total commitment to learning about his son's new state of being; he teaches what he has learned in this often-funny, often-poignant journey of discovery.

~ Suzanne Giesemann, Author  
*Messages of Hope and Still Right Here*

Now Available on **amazon**  
  
[JoeMcQuillen.net](http://JoeMcQuillen.net)

LISA HAGAN BOOKS

# BOOKS WE'RE READING



## Universal Spiritual Laws and Healing: Unbreakable God Given Laws That Created and Govern the Universe and Guide You to Create a Loving, Healthy Life and World

By **Ronald L. Cole, M.D.**

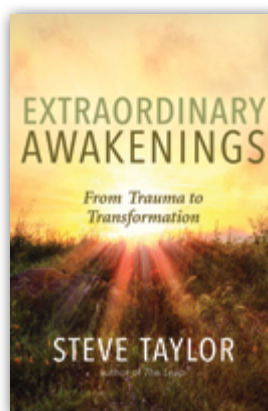
No one to blame. How do you feel when you read that? How do you feel about taking total responsibility for what is happening in your life? Do you believe that what you put out comes back to you, or would you rather point the finger at someone else and say it's because of them? This book dives into the Universal Spiritual Laws that are always in effect and will not go away. We can't deny them.

The author's intention is to share with the reader how to better know, understand, and apply these loving applications of the Universal Laws into your life so you can live your best life now. Easy to follow with beautifully laid out guidelines, this book is a game changer. If we could all grasp this concept, the world would truly change for the better.

## At Heaven's Door

By **William J. Peters with  
Michael Kinsella, PhD**

Have you heard of a shared death experience? Dive into absolutely fascinating stories of people who have shared or witnessed a person's crossing. The author gives a platform for those who have been a witness to such an event. But, are we open to listening? What if we learned how to create new relationships with our loved ones who have crossed over? Is that a possibility? Read this book with an open mind and an open heart. You may be amazed at the peace you find.



## Extraordinary Awakenings

By **Steve Taylor**

Read about, through people's own stories, near death experiences, war vets and prisoners of war, addicts, prison inmates, cancer patients, and many others dealing with trauma in their lives. Their personal stories and the spiritual awakenings that followed are inspiring and bring hope and a very different outlook on traumatic experiences and the lessons they teach us. Spiritual awakenings are not always found on a mountain top, meditating for hours. Sometimes, the awakening happens through a traumatic experience that changes us forever.

## Embodying Soul A Return to Wholeness

By **Keri Mangis**

The author invites you to share in her own personal journey to self discovery and becoming her authentic self, going deep into the conversations with her emotions and creating a story we can all relate to in our own lives. Funny, humble, thought provoking, this is a read that will cause you to stop and think about why you do what you do, why you are who you are, and what in life has "talked to you" to create the you that you have become... but is it the real you?







## BROKEN: My Abduction Story

By **Sky Sparrowhawk**

In a raw and candid true story, the author takes the reader on her journey of being abducted at a young age, suffering horrific abuse, and her will to live even when all hope was gone. It is Sparrowhawk's hope to reach others who feel broken by sexual abuse and trauma. As a First Nation child, she also brings awareness to the intergenerational trauma that the indigenous people of Canada carry.



## Once Around the Sun: Stories, Crafts, and Recipes to Celebrate the Sacred Earth Year

By **Ellen Evert Hopman**

In this book, beautifully illustrated by **Lauren Mills**, author **Ellen Evert Hopman** shares rich stories drawn from traditional folktales, hands-on crafts, and seasonal recipes to help families and classrooms learn about and celebrate traditional holy days and festivals of the sacred earth year.



## Bohemian Magick Witchcraft & Secret Spells to Electrify Your Life

By **Veronica Varlow**

Varlow, the last daughter in a long line of Bohemian Witches, invites the reader to walk with her as she shares the secret spells and rituals that have been in her family for five generations. Her grandmother, Helen, handed the magick down to her and now Varlow is offering to share the wisdom of the five generations, to you, the reader, in this "magical" book of not only the tools, preparations and spells, but the story of her love of her grandmother and how she honors the magick in her life everyday.



## JOY CARDS

Created by **Michelle Burke** and **Lilamani de Silva**, these cards will inspire you to keep your cup full with good thoughts and actions, so you can move through life's demands with greater ease and joy. With regular practice, **Joy Cards** can be a fun, long term solution for managing stress and making a busy day better.

## SOULFLOWER PLANT SPIRIT ORACLE



This high-vibration, full-color deck presents 44 beautiful and vivid Soulflower oracle cards, along with empowering and insightful messages from each card's plant spirit, to help you tend the garden of your soul. By artist, wayshower, herbalist, and plant whisperer **Lisa Estabrook**.

# ORACLE CARD DECKS

# Community Calendar classes, workshops, events .....

Publicize your upcoming classes, expos, workshops and other events on our Community Calendar. Meetings of the soul. Promote your sacred gatherings to a community that's ready for holistic and spiritual exploration.

## HAVE AN EVENT TO SHARE?

Contact us at  
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**Word Count:** 70 word max. description  
**Location:** Online updated each month  
print updated bi-monthly  
(6 editions/year)  
**Included:** Event photo/logo, dates/times,  
site, contact info, social media



ALL EVENTS

## APRIL

### 2 Spirit Flow - Shamanic Study Programs

Designed specifically for individuals to study, practice, discuss and learn to apply shamanic techniques. Spirit Flow provides a warm and welcoming environment with step-by-step training to live in a shamanic way. When: Begins April 2022 and lasts 12 months Where: Live and online via Zoom Cost: \$159 per month for 12 month program Event info: [zenithhigh.com/spirit-flow](http://zenithhigh.com/spirit-flow)

### Rooted Holistic Healing & Wellness Fair - Madison, WI

Come to Madison to explore Everything Spiritual, Holistic & Wellness related. Group Gallery mediumship event with Skye Chen, 4 FREE Lectures. Date: Saturday April 2, 2022 Time: 10:00am - 5:00pm CST Where: DoubleTree Inn by Hilton Madison East Price: \$5 Entry \$25 optional Gallery Event Contact: Sandy Pocerich at (715) 832-2775 and [Sandy@RootedHolisticFairs.com](mailto:Sandy@RootedHolisticFairs.com)

### Intuitive Development - Level II

Learn advanced intuitive skills that prepare you for working with yourself, family and friends, and clients in a very sophisticated way. These skills will be used throughout all of the energetic practitioner training workshops. Sessions begin Saturday April 2, 2022 Where: Online via Zoom Register: [transformingyourphoenix.com/connect](http://transformingyourphoenix.com/connect)

### Souls of Spirit & Holistic Expo - Bismarck

Join us for a fun filled day of everything spiritual & holistic. We will have a variety of amazing vendors, a group mediumship gallery event and 4 speakers! Visit [SoulsOfSpiritExpos.com](http://SoulsOfSpiritExpos.com). Date: Saturday April 2, 2022 Time: 10:00am - 5:00pm CST Where: AmVets Post #9 2402 Railroad Ave Bismarck, ND 58501 Price: \$5 Entry \$25 optional Gallery Event Contact: Lori Lashman (701) 721-2801 and [Lori@SoulsOfSpiritExpos.com](mailto:Lori@SoulsOfSpiritExpos.com)

### 3 Rooted Holistic Healing & Wellness Fair - Wisconsin Dells

Come to explore Everything Spiritual, Holistic & Wellness related. Group Gallery mediumship event with Lisa Reining, 4 FREE Lectures. Date: Sunday April 3, 2022 Time: 10:00am - 5:00pm CST Where: Clarion Hotel & Suites and Wintergreen Conference Center 60 Gasser Rd. Wisconsin Dells, WI 53965 Price: \$5 Entry \$25 optional Gallery Contact: Sandy Pocerich at (715) 832-2775 and [Sandy@RootedHolisticFairs.com](mailto:Sandy@RootedHolisticFairs.com)

### 3 Flowing to Grow

From an Ayurvedic perspective, when we talk about "going with the flow," we're talking about the gifts of the element of water. The element of water is also the element behind our buoyancy and springiness in life When: Sunday April 3, 2022 from 10:30am - 11:30am Where: Lake Harriet Spiritual Community 4401 Upton Ave S Minneapolis, MN 55410

### 7 Spiritual Growth & Psychic Development Drop-in Workshop

Now is the time to build a closer relationship with your High Self by increasing your knowledge regarding ascension and your psychic/intuitive abilities. Each 2.5 hour Zoom workshop will cover a spiritual growth topic for review and discussion, followed by psychic development exercises. When: 1st and 3rd Thursday of each month Where: Online via Zoom Price: \$65 per class Register: [greywindraven.com/schedule](http://greywindraven.com/schedule)

### Reiki Share - FREE Every Thursday

Reiki Share is intended to send love and light, to our world, ourselves, and our friends and family. FREE each Thursday night at 8pm CST. No reiki background is necessary - just your loving intentions. Get the Zoom link on The Edge Community Calendar at [edgemagazine.net/event/free-reiki-share](http://edgemagazine.net/event/free-reiki-share)

### 9 Breath Mastery 2 day Seminar: I Love to BREATHE

Deepen your Soul Breathing™ experience with two days of Heart Healing, Energy Activation & Soul Integration. Includes four facilitated breath sessions with processes and activities between sessions. Cost: \$425 When: April 9-10, 2022 Online via Zoom Register: [TheConnectingSpirit.com](http://TheConnectingSpirit.com) Questions: Contact Terri at 651-442-4623 or [theconnectingspirit@gmail.com](mailto:theconnectingspirit@gmail.com)

### BodyLabUSA Holistic Healing & Wellness Fair - Virginia, MN

Enjoy a fantastic day full of amazing vendors and a group gallery event (\$25) with Natural Intuitive Michele L. Jacobson. Learn more at [BodyLabUSA.com](http://BodyLabUSA.com) Date: Saturday April 9, 2022 Time: 10:00am - 5:00pm CST Where: Iron Trail Motors Event Center 919 6th St S. Virginia, MN 55792 Price: \$5 Entry \$25 optional Gallery Event Contact: Mike Schramke at (715) 292-2625 and [bodylabusaaffairs@gmail.com](mailto:bodylabusaaffairs@gmail.com)

### 13 Breathe in the Full Moon

It's a FULL MOON. As we breathe in the full moon energies, we will send our intentions out to the ethers to bring our desires into form and help create the new Earth. Wednesday April 13, 2022 Time: 7:00pm - 9:00pm CST Online via Zoom \$35 or \$66 for two sessions. [TheConnectingSpirit.com](http://TheConnectingSpirit.com) Contact Terri at 651-442-4623 or [theconnectingspirit@gmail.com](mailto:theconnectingspirit@gmail.com)

### 16 Creating Sacred Spaces - Level I

Our physical spaces and the land they are built upon have natural and accumulated energies that can disturb our well-being. This class teaches you how to clear and set energies of protection around your home, office, or property. April 16, 2022 10:00am - 2:00pm CST aldrin, WI or online via Zoom Register: [transformingyourphoenix.com](http://transformingyourphoenix.com)

### 19 Feng Shui Series: Activating Wealth and Prosperity

Activating Wealth and Prosperity is a goal for most people. Gaining an understanding of how your space may be supporting or hindering your ability to manifest what you want in your life starts with an exploration with Feng Shui. \$54.00 Tuesday, April 19, 2022 6:30pm - 8:30pm Gateways to Brilliance - Healing Places and Spiritual Spaces Event Center, 7184 Irvine Circle, Eden Prairie, MN 55346

### 23 Souls of Spirit & Holistic Expo - Minot, ND

Come out to this family-friendly event April 23rd, 2022 from 10am-5pm at the Clarion Hotel & Convention Center. Visit [SoulsOfSpiritExpos.com](http://SoulsOfSpiritExpos.com) for more. Date: Saturday April 23, 2022 Time: 10:00am - 5:00pm CST Where: Clarion Hotel & Convention Center 2200 E. Burdick Expy Minot, ND 58701 Price: \$5 Entry \$25 optional Gallery Event Contact: Lori Lashman (701) 721-2801 and [Lori@SoulsOfSpiritExpos.com](mailto:Lori@SoulsOfSpiritExpos.com)

### 30 Souls of Spirit & Holistic Expo - Fargo

Join us in Fargo, ND for a fun filled day of everything spiritual & holistic related, including a variety of amazing vendors, a group mediumship gallery event and 4 speakers! Visit [SoulsOfSpiritExpos.com](http://SoulsOfSpiritExpos.com) to learn more. Saturday April 30, 2022 10:00am - 5:00pm Ramada Inn 3333 13th Ave S Fargo, ND 58103 Price: \$5 Entry \$25 optional Gallery Event Contact: Lori Lashman (701) 721-2801 and [Lori@SoulsOfSpiritExpos.com](mailto:Lori@SoulsOfSpiritExpos.com)

## MAY

### 1 Soul Breathing New Moon Session

It's a NEW MOON and MAY DAY. As we breathe in the new moon and spring like energies, we will send our intentions out to the ethers to manifest our desires and help create the new Earth. Wednesday April 13, 2022 Time: 7:00pm - 9:00pm CST Online via Zoom \$35 or \$66 for two sessions. [TheConnectingSpirit.com](http://TheConnectingSpirit.com) Contact Terri at 651-442-4623 or [theconnectingspirit@gmail.com](mailto:theconnectingspirit@gmail.com)

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### 12 Creating Sacred Spaces - Level I

This workshop teaches two simple clearing tools that turn a sad, tired and negative environment into a sacred space. The Star of David, a sacred symbol from the Jewish tradition, but also used in ancient Egypt, is used for transforming spaces into the sacred. You will find many benefits to learning and implementing this system in your home and workspace and also for your clients homes and workspaces. \$175 for course and \$50 for manual. Thursday, May 12, 2022 10-2 pm CST. St. Paul, MN or live via Zoom. Register at [elizabethheilersullivan.com/group-classes-training](http://elizabethheilersullivan.com/group-classes-training)

### 14 Souls of Spirit & Holistic Expo - Sioux Falls

Family friendly event. We have something for everyone! Join us for a fun filled day of everything spiritual & holistic. We will have a variety of amazing vendors, a group mediumship gallery event and 4 speakers! Visit [SoulsOfSpiritExpos.com](http://SoulsOfSpiritExpos.com) for more. Saturday May 14, 2022 10:00am - 5:00pm CST. Ramkota Hotel & Conference Center 3200 W Maple St. Sioux Falls, SD 57107 Price: \$5 Entry \$25 optional Gallery Event Contact: Lori Lashman (701) 721-2801 and [Lori@SoulsOfSpiritExpos.com](mailto:Lori@SoulsOfSpiritExpos.com)

### 19 Disconnection from Collective Shadow & Cellular Activation Workshop

We are all connected and affect one another on an energetic level through the collective consciousness - a unifying energy field that surrounds all of us. Learn how to disengage from the heavier issues, patterns, limiting-beliefs and problems that affect humanity through the collective consciousness. \$450 for course, \$100 for manual. May 19 & 20, 2022 9:30 am-2:30 pm CST St. Paul, MN or live via Zoom. More about this course and it's prerequisites at [elizabethheilersullivan.com/group-classes-training](http://elizabethheilersullivan.com/group-classes-training)



# AM950

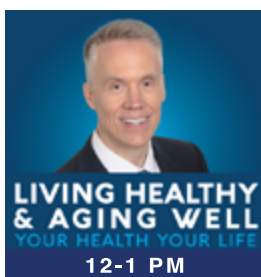
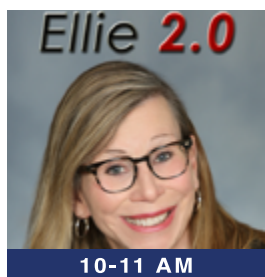
THE **PROGRESSIVE** VOICE OF MINNESOTA

## JOIN US LIVE EACH WEEKEND FOR A VARIETY OF SPECIALTY PROGRAMS

**How do you RADIO?** Tune into AM950 Radio for programming that pushes the boundaries! AM950 Radio has something for everyone: check out "Food Freedom Radio" for the latest in sustainable food movements. **Connections Radio** covers everything from the local art scene to advocates that are making a difference. **Ellie 2.0** discusses "practical idealism", LGBTQ+ inclusivity and individuals that are changing the narrative. Are you interested in the paranormal and the unknown? **Ghostbox Radio** is for you! Learn mixologist recipes for new cocktails and join the conversation about the latest in design on **Drink in the Style**. And the newest addition to the weekend line up is **Being Curious with Kelly & Brian** from The Edge Magazine!

You can find all of the weekend programs live on AM950. Best of all you, you can catch all of the AM950 weekend shows anytime on every major podcasting app. Find the list of the entire schedule on [AM950radio.com](http://AM950radio.com). And don't forget to listen to AM950's weekday lineup for the best in news and progressive political talk! We challenge you to **RADIO Well!**

### SATURDAYS



### SUNDAYS



[AM950RADIO.COM](http://AM950RADIO.COM)

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Join Us at  
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Enchanted Expo!  
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Join us at the Maplewood YMCA Community Center for Workshops,  
Classes, Lectures, Gallery Readings and Over 20 Vendors!

May 14th, 10 am - 5 pm  
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For more information check our website  
[www.EnchantedBoutiqueMN.com](http://www.EnchantedBoutiqueMN.com)