



The Pot of Gold

from the Rainbow Center for the Humanities
Lander Wyoming

February Newsletter

Happy Valentine's Day!! May Love become the ruling essence of this year and the years to come.

Commentary on the Planetary Parade: St. Germain says that Mercury represents new levels of communication into greater Love (Venus). Saturn assists in grounding the higher frequencies into physical accessibility. Mars provides the extra energy to maintain the momentum to accelerate into higher dimensional living. Jupiter represents the Ascended Masters and higher consciousness which connects us with all of the assistance that we have to remember that WE ARE MASTERS ALSO.

The first month of 2016 flew by and here we are celebrating Valentine's Day already. 2016 has already proved to be an outstanding year energy-wise. St. Germain's Teaching on Sacred Alchemy have started us on the next level of our Spiritual Journey with clarity and excitement.

We celebrated Dorian's birthday on January 9th and that is the end of our local birthdays for a while. We went to a new French restaurant in Riverton for dinner. It was fantastic. The chef was trained in Paris. It is strange to see "Wyoming-French" cooking, but I had duck and it was "off the map".

January also brought the question, "Have you gotten your lottery tickets?" as the jackpot soared to record highs. While the lottery soared the temperatures dropped and we had some very cold weather last month.

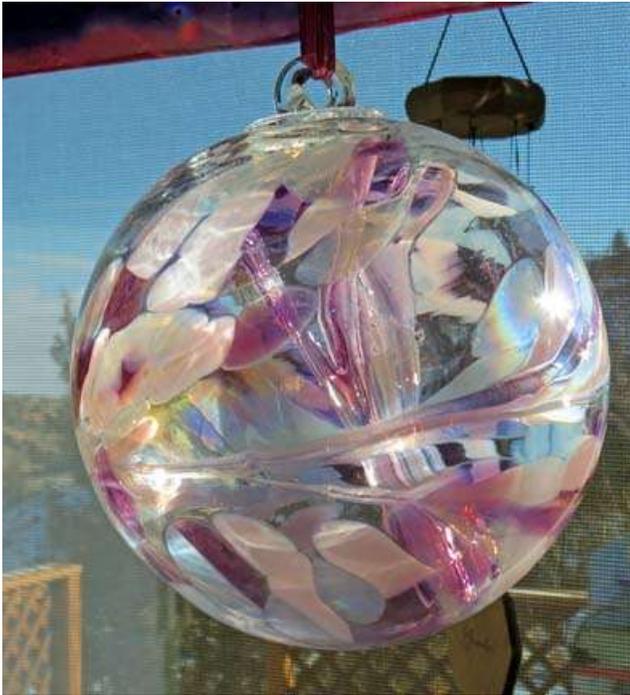
We went to Themopolis to the hot springs a couple of weeks ago and while we were there Dorian went to the health food store. They had a window full of witch balls. We had never heard of witch balls, but they have been used for hundreds of years to ward off evil spells.



Here is the first one that we got. It is filled with Celtic magik and merlin energy. Each ball is hand blown and has a five pointed tree in the center. The next day after we bought our ball, Nancy, our accupunturist, came over and we were showing her the ball. She said that some people at work had been talking about the witch balls and just before she came over there had been a show in TV about the witch balls with a story about a woman who had been tried as a witch in Salem because she did not have a witch ball when everyone else did. This woman's husband had died and left her with two boys to raise, but rather than get married again she chose to work her land and raise her boys alone. She did quite well and her neighbore became jealous, so they started the story that she was a witch. The town council decided that they would throw her in the lake and if she drown she was not a witch, but if she came up she was a witch. She was thrown into the lake and came right back up. She was imprisoned for fourteen years and then released. She lived until she was eighty.

As we talked, Dorian and I both felt that Nancy should have a witch ball, so we went back to

Themopolis and got another ball for us and one for Nancy. Here is our second witch ball.



This second one is very feminine—Kwan Yin energy. The Merlin ball is in our picture window in the west and the Kwan Yin ball is at our sliding glass door in the east. It is a total balance of masculine and feminine energy.

As I was looking at the witch ball yesterday morning I noticed that there was a doe and several fawns at the window. Dorian puts out corn and there are seeds on the ground from the bird feeders so the deer come and graze. The doe was grooming each fawn until they looked wild and fuzzy. (Mother Love)



Beginning in January 2016 St. Germain will be teaching about the understanding and application of Spiritual Alchemy. Each Teaching will move us further into a deeper recognition of who we truly are and how to apply spiritual values to our “every day” lives. **LIVE THE MAGIK!!**

New people are beginning to sign up for the 2016 Personal Growth. **Don't miss giving this special gift to yourself. As the energy on the planet is accelerating things are becoming more challenging. Are you feeling restless, sensing that there has to be something more? The logical approach to life is failing. Nothing is as it appears to be. Yet just beyond the tips of your fingers, just out of the intense focus of “hard vision” there is a whole new world just waiting for you to open the inner eyes and move aside the veil of Illusion. St. Germain is waiting to be of assistance, to clarify the confusion and help you to connect with your own inner truth; a truth that is not opinion or based on conflict, but a deep, solid sense of who you are within. This recognition of self is what changes the world. It is the magik and wonder of what you have been looking for.**

St. Germain is continuing the “Personal Growth” package in 2016. This has proven to be one of the most popular offerings that St. Germain has given. People are excited about the changes in their lives and express joyful anticipation for the future. Changes on all levels are bringing a whole new lease on life as we evolve into New Humans.

[Click here for 2016 Personal Growth Package Details](#)

Rainbow Center News

Spring Intensive

Don't forget our intensive “Joining Us in the Ancients Realms of Remembering: Dream Yourself New”. We are entering new times on the planet. These times have been spoken about from the very beginning of the Illusion. As humanity moved deeper into the separation the veils of forgetfulness caused the memories of the Ancients to fade and become myths. Now the memories are returning and it is time to dream your new self and dream yourself anew. The awakening is stirring hearts to open and the fears of separation are being brought to the surface so that all may heal and feel the Oneness. Join us to

remember. Join the Ancients to complete the circle and activate the spiral into the new dimensions.

The intensive will be May 14-15 here at our home. We invite you to join us in person. Call or email Molly for more information.

CDs and mp3s will be available.

[Click here for the May Intensive](#)

The February group is our wonderful Goddesses Isis, Artemes and Kwan Yin speaking about “The Self that You Will Love to Live.” This is the Year of Embracing the New Self and the Goddesses bring new direction to the life that humanity has been living. You have not fully lived yourself in life times and it is time to step into your own space and BE with you in Love and respect. So much guilt and shame have been implanted into the human psyche and clearing those outmoded messages is not just a nice idea, but necessary. Forgiving the programming of the EGO, that you cannot change, must not change and will not change, to discover that just beyond a very thin veil of Illusion that is left, awaits all that you could dream and more. The group will be at 2 pm MST on February 14. Call-ins are welcome. Let us know ahead of time.

CD's can be purchased on the website at [Click Here for 2016 Groups](#)

Our Teaching with the Master for February is “Sacred Alchemy: Keeping Your Personal Energy High”. When you are down, depressed, frustrated or angry it is a clear indication that your spiritual energy level has dropped. Rushing to get a cup of coffee or a power drink only supports the illusion of energy and soon you are down again. In fact, stimulants can make you even more angry or depressed. You are surrounded by the energy of Source inside and outside. All you have to do to fill up is focus on beauty. Look at the beauty around you. If you cannot see something beautiful, then remember something beautiful that you have seen and let the energy of that memory bring a sense of fulfillment into you. Keep focusing on the beauty, until you begin to see the things around you change in color and shape. As they brighten and become more beautiful feel the changes in your physical/mental/emotional bodies. You will feel lighter and freer. Keep filling yourself up with beauty when you feel the lease bit down and soon you will find it is much easier to keep your energy high.

The Teaching is on the second Wednesday evening of each month at 7 pm MT.

Our call-in for the Teachings is the second Wednesday evening at 7 pm MST.

CDs are \$15 for each set—Teachings or Q&A. It is \$25 to call in one time or \$40 for both sessions each month. Postage and handling are separate.

To order CD's or DVD's [Click Here for 2016 Teachings with the Master](#)

ASTROLOGY

NEW MOON in Aquarius-February 8

The New Moon always calls us to go within and review what we have accomplished and where we will go next. Aquarius reminds us that as we create, the sum total is always greater than any one of its parts. The cosmic spotlight is on community and cooperation as we are being nudged to get involved in those aspects of life where we can make a difference. The big learning curve is to remember that everyone has something to offer and no one is bigger or more important than anyone else. Aquarius, the eleventh sign, representative of the New Age stands for the establishment of global consciousness based on freedom, equality and mutual benefits. This New Moon in the sign of Universal Unity reminds us that we are never alone and coming together in harmony can change the world.

Aquarius and its ruler, Uranus, are associated with revolutionary ideas and inventions. The continued square of Uranus and Pluto which continues until 2020 keeps the planet in a consistent flow of **revolutionary evolution**. Humanity now is experiencing a “global brain”—an information and communications network that makes it possible, through the internet, to get in touch with a vast number of people around the planet. In the 60's Uranus made three conjunctions to Pluto and out of that technological advancement came the internet. In 1993, Uranus joined Neptune three times and humanity began to truly experience **cosmic consciousness**. We received the first internet browser for non-technical users (Mosaic), the release of the World Wide Web software into public domain by CERN (European Organization for Nuclear Research) and the first search engine to achieve commercial success (Lycos). Now almost half of the world's

population uses the internet. We can no longer think that we are small or hidden, as technology has reached a point where people can be tracked anywhere that they are on the planet. Technology can be both a bane and a blessing. As we use the Aquarian values of diversity, decentralization and equality we can accelerate our evolutionary progress on Earth.

The Chinese New Year of the Yang Fire Monkey, begins at this New Moon. Chinese astrology has a 60 year cycle that combines twelve animal signs, five elements (wood, fire, earth, metal and water), each with a yin or yang polarity. The monkey symbolizes intelligence and creativity, as well as impulsiveness and opportunism, the element of fire expresses as courage and dynamism, and the yang polarity conveys assertion and strength, marking 2016 as an auspicious year for learning, innovation and boldly following one's dreams.

Mars, co-ruler of Scorpio, is square the Sun/Moon requiring that we consider the direction that our passion is leading us. Mars can get very involved in the strategy of anything that it is interested in and from that can come manipulation. Is the EGO or the Spirit motivating our desires? Mars also trine Chiron at 19 degrees Pisces, making it easier for easier to move forward courageously and trust our intuition. Mars quincunx can lead us to find alternative ways of getting what we want. Uranus conjunction with Vesta fuels our need to bring about change. Jupiter is closely aligned with the North Node in Virgo and quincunx the New Moon which puts on notice to rise above arrogance and self-deception.

This New Moon reminds us to value our friends, honor our dreams and remember that nothing happens outside until there are changes within.

FULL MOON- Virgo/Pisces-February 22

We have reached the end of the Age of Pisces that set us on a course to discover Christ consciousness. Only a brief time remains and in this "cusp" period, as the paradigms are totally shifting, we are being awakened to the fact that we have never been less, never been small and never really been separate. We are divine beings living in a potentially sacred space. As the final sign of the zodiac Pisces represents remembrance, return and a reunion with all things from our human relations to nature and the animal kingdom. The shadow side of the Piscean Age put us into conditions

that have caused us to see only the shadow of Truth. We have been brain-washed into believing that we are sinners, thrown out of the Garden of Eden, incapable of redeeming ourselves and therefore, totally dependent on outside forces to save us. We have been taught to believe that suffering and sacrifice are the natural outcome of our offences against God. This has brought painful, psychological feelings of unworthiness and the need to stand apart from others because if they should find out just how bad we are it could be devastating. We have down spiraled into victimization and martyrhood and then rebounded into materialism and domination. We have slipped into the shadow response of Pisces which is addiction and exploitation, for which the ultimate remedy is reconnection to our divine essence which is within us, non-dependent on outside forces to bring us salvation, yet requiring our interdependence with others for moving forward.

Virgo focuses on the discovery of our sacred self and the fact that our bodies are holy temples of the divine. The physical body is a divine machine that was never intended to age or die. In the illusion we have been brought to believe that death is natural, but that is a part of the *Shadow of Truth*. Every day the adult body produces more than 300 billion new cells. Our heart will beat more than 2.5 billion times in an average life time, pumping 2,000 gallons of blood through its chambers every 24 hours. We have approximately 50,000 thoughts, 30,000 blinks and 17, 000 breaths every day. Our liver performs more than 500 different functions; our kidneys filter 3, 168 pints of blood daily. Our stomach acid can dissolve metal; our bones are stronger than concrete. Special enzymes continually inspect and repair faults in CAN strands to prevent tumors. Most amazing of all, the number of neural connections in a single cubic centimeter of brain tissue equals the number of stars in our Milky Way galaxy. The shadow side of Virgo treats the body like a slave, overriding its requirements and limits until disease or injury forces us to pay attention. The shadow of Virgo judges rather than discerning. It forces servitude rather than emphasizing the glory of service. We drive ourselves to be overly busy in order to avoid our feelings, which then causes us to believe that we are inadequate. We experience deep loneliness.

Neptune, Ceres, Chiron and the South Node in Pisces amplify the message of this Full Moon that each of us is a perfect, precious, beloved child of the Divine. Neptune, the modern ruler of Pisces, conjoins the Sun (exact of February 28 at 9 degrees Pisces) and very closely conjoins Ceres at 10 degrees Pisces, helping us to see beyond our limited understanding of just how

interdependent we are on nature and how we are all connected to one another. Chiron's close alignment with the South Node (exact on March 24 at 22 degrees Pisces) assists us to heal deep, collective wounds by resolving shame and blame with acceptance and forgiveness. Jupiter forms its second of three oppositions to Chiron on February 23 (20 degrees Virgo-Pisces).

Pisces holds our beliefs as well as our prejudices and calls us to choice again and again. The bitterness of the past has arisen to remind us that Love is the essence that holds all of creation together. We can chose to remain in the remnants of the shame and blame of the past, but if we look at what that has brought us, perhaps it is time to make different choices. Einstein said that continuing to do the same thing over and over and expect a different outcome is insanity. Isn't it time that brilliant minds begin to produce wonderful new outcomes befitting New Humans, rather than keep returning to the Dark Ages for the material that creates where we will now go. LOVE is ALL THERE IS!!

Molly is a professional astrologer and does personal charts, solar returns and couples or relationship charts. Contact her at 307 335-8113 or mollyrowland22@gmail.com

Poetry by Nanna

The first six parts of "Fragments of Light" by Nanna Hansen

A Traveler's Tale

1. *I was Orion bound*
With a stop-over at
Way Station Twelve.
When at Traveler's Hall,
A Meeting was held
As tradition spelled;
Any traveler, with a
Tale to tell, owns
Traveler's Hall, and

The attention of all.

2. *The Traveler told*
A tale of old, of Time
And Deeds forgotten.
Of human stock was she
And of indeterminate age.
She loomed and filled
The Hall, even when
Barely five feet tall.
Her voice tolled as
A whisper from a
Thousand trees. The
Sound went around and
Around in my head
Abound; I hear her still.

3. *The Milky Way, she said,*
Was a Galaxy that
Held a Yellow Star
Around which
Nine planets dwelled,
And from where
Human-kind spread,
But not originate.
A Yellow Star like any
Other, but for a twist
Of fate Dimension Three
Was inter-played.
And thus, the cause for
Human-Kind was made.

4. *From other Dimensions*
They came to settle
The second Earth.

All, but a few have
Forgotten; the Aesirs,
The Vanirs, the Ymers,
The Dwarfs, the Troll,
And the Elves.
Old friends and foes are
Barely remembered myths.

5. *The First Dimension*
Vanaheim held,
And there are no
Other planets where
The Vanirs dwelled.
Silver of hair
And skin. Round
And shimmering they
Can appear like their
Fog-shrouded planet.
As the 'The Shining Ones'
In some places they
Be known, and to
Human-kind as Foos.

6. *In the Second Dimension*
Twelve planets turned
While a Red Star burned.
Twelve planets with life
All teeming. The fairest
Was Midgard, a sister
To Earth. The Portals
Between Midgard,
Vanaheim and Earth were
Well traveled paths.
When on Earth only

Ape-kin trod; and Earth
The only garden the
Third Dimension rowth.

QUOTES FOR THE MONTH from St. Germain

Those who support the Master Donald Trump are actually finding a deep compassion for parts of themselves that have been unforgiven. The man Trump thrives on the energy of Love that he has found and seeks to keep the energy coming by being more and more brash. Nothing is as it appears to be. It looks to the mind, focused on Illusion, as mischief alone. Yet when you allow yourself to feel beyond the limits these are indications of hearts softening and minds beginning to yield to the evolution that is taking place. The pendulum must swing from one extreme to the other and then it begins to find balance. Such is the mystery of these times. --St. Germain

At the root of all magic: choice. In the depths of all choice: hope. Always hidden and sometimes lost, in the mystery of hope you can uncover the core, the mystical core of great magic. Within the depths of that mystery, within the august depths of hope: grander love and greater healing wait for your touch.

-- Lazaris

The changes that you are experiencing are a part of the evolutionary process. They are shifting the energies into higher frequencies. Trust is the key to accessing the dreams. The dreams are the opening to being the Master that you are. In that Mastery lies the hope and freedom that you simply have not found in the Illusion. Embrace the changes. --St. Germain

As you move to a place where you see with new eyes you can finally see the insanity of the EGO mind. It makes decisions to avoid loss that cost far more in the long run. It twists and turn like a serpent and creates so much confusion that logic finally gives up and accepts that which it does not understand as true. The Soul shows the way clearly and leads to greater

outcomes. As you can see with new eyes allow yourself to be shown the next step to achieve all that you desire in Love and ease. Stay focused. Stay connected. Live the Love. All is well. –St. Germain

ST. GERMAIN'S MESSAGE



NOW HEAR THIS!!! What you are seeing “out there” is the cleansing of the festering boil of the repression of the human spirit. You have been taught for lifetimes to fight anything that is new, different or what your finite mind does not comprehend. You think you see, yet you see so little. You listen, but you do not hear. You have little allowance for patience with yourself or others. The EGO creates a blindness that keeps the Illusion before you even though it is done. The judgments that are made on what you think you see are based on very limited information. The Illusion has been the *Shadow of Truth* and NOW it is time to discover the TRUTH and REALITY that live within you as you **Remember to Connect to Source.**

2016 is a year to discover, in the depths of yourself, the *light seed* of your true spiritual being-ness and live it in a whole new way. Love is primary essence. It is the element that creates and cements all of creation into a cohesive oneness. Wars for supremacy are an exercise in futility. Less than ever will one person or group have the ability to rule the world. Masters are not victims who must be told what to do. Each wonderful, beautiful, powerful being on this ball is a sacred individual who is not separate from any other person or element of life on this planet or anywhere else in this Universe or other Universes. When you turn your focus to the powerful, positive energy that awaits you in higher dimensional frequency you feel washed in Love; wrapped in, surrounded by and filled

with the Universal Allness. In that expression of total Love there is no negativity. All of the balances of creation—dark and light, positive and negative polarities move in their divine flow without divisiveness. The awareness, of your ability to create *anything that you desire*, becomes clearer and along with this recognition comes the understanding that miscreation has repercussions that Love does not.

The Old Order is in its death throes. The Patriarchal domination is sliding on a “slippery slope”. The *stern father* with a glowering look, always ready to reprimand anything that he disapproves of is giving way to the Gentle man who can Love and be Loved without the fear of love causing loss or advantage taking. The Truth of God/Goddess/AllThat Is emerges from the Ancient times. It can finally Awaken the awareness of the fountain of Goodness that flows freely within each being on Earth when it is not plugged with fear. Peace is a natural element of higher consciousness. Bitterness, sarcasm and demeaning language simply fortify the pain of separation within those who continue to live by those standards.

WHAT YOU THINK AND FEEL WITHIN YOURSELF DICTATES THE WORLD YOU LIVE IN OUT THERE!!

It takes courage to stop acting out against things that you do not like, but if you are willing to be present with yourself to recognize that when you act in anger you have a momentary rush of energy, that much like a “sugar high” burns hot and then falls out from under you, leaving you feeling weak, lonely and even more fearful. At this time on the planet there are many people who find themselves in the spotlight of EGO power. They are grabbing their “fifteen minutes in the Sun” only to find that it felt so good that they want more. That temporary feeling of being important is available all of the time to those who focus on the energy and allow the blessings of the Source to fill them. You cannot keep that “feel good feeling” sustainable by taking energy from other people, because most people are walking around looking for the next person to take energy to fill *themselves* for a moment. People talk about God’s Love, but it is an abstract concept that has not been allowed to be Real. **IT IS REAL, VERY REAL, RIGHT NOW AND IT BELONGS TO EVERYONE.** The truth is that no one can get it and keep it and stock pile it and prevent others from having it because it is in everything and everyone. Money is a symbol of that energy and in Reality there are plenty of good things for everyone. What are you saying about your life? What do you tell other people about how life is serving you? How much

time do you spend feeling good about your life? Do you want more?? IT ISN'T ABOUT DOING MORE TO GET MORE OR DOING IT RIGHT!! It is about forgiving the energy of DOING all together. Doing has an essence of push and conflict that deny the flow of fulfillment that is available to all. What the EGO allows you to "see" is only a tiny piece of the whole picture. When you look at life through a knothole the perspective is extremely limited and humanity has been looking "through a glass darkly" for eons of time.

Remember that what you are seeing out there is distorted by judgment and opinion. Only when you are willing to commit to the effort to change *your life*, will *your life* change. This is not a mental concept. You cannot decide to change and then make it happen without *feeling* the energy in your life moving in a different direction. Mental control is breaking down in the new frequencies. Control altogether is collapsing because that which has supported it isn't strong enough to withstand the amount of Love that is pouring into the Earth's atmosphere now.

Whether you Love or hate, whether you like how things are moving or are determined that things must "go back to where they were" you are being washed in Love. Do understand that things cannot go back to places that no longer exist. The founding fathers of this country had a vision for a land that would embrace everyone and move forward into greater enlightenment. They dreamed powerful dreams. I know because I was there and I helped them to envision something that could be great and wonderful. It only took about ten years and the focus moved from "POWER TO THE PEOPLE" to the intensity of trying to get more and more for each man who was involved. When George Washington stepped down from the presidency the most powerful contributor to the spiritual future of this country was gone. Foreign policy became a barter of energy and money that was supposed to be for the people, but less and less over the last, almost two hundred and fifty years has the good of the people been anything more than an abstract ideology that can still rally the people because the people still desire the True American Value. The thing that is creating the most challenges is that each person believes that they know exactly what True American Value is, yet no one can fully define it. The mind just returns to the constitution, but the constitution has been amended and annotated until what was there in the beginning, even though the original document still exists, is not what the Law upholds. Everyone believes that the constitution supports what they want. Originally, the constitution

was designed for the expansive and flexible growth of a country with such vast potential that even the founding fathers could not fully comprehend where it could go. The Illusion has always operated in confusion and limitation so the unlimited potential of America has dwindled to the small minded concepts of denial to anything that even hints at growth. The deceptions are being revealed daily and yet no one wants to believe that they could fall for something that could bring them down.

We ask for the consideration of Love in all things. Love of all people, not just a few, a remembrance of nature is valuable and humanity cannot continue to exist without it. **All life matters—animal, vegetable and mineral, and every human, no matter what!** You can Love no other more than you Love yourself. **Protection does not come out of destruction!** As you are willing to take the time to discover how wonderful you feel when you are connected to Source within yourself, you will also begin to recognize that the disconnect from Source has allowed humanity to dismiss the value of self and other humans. Everyone is just a part of a computer game, according to the intellectual perspective, so if someone dies it isn't REAL.

OH, MY DEAR, BELOVED MASTERS, IF ONE OF YOU DIES, IT HAS A BIG AFFECT ON THE WHOLE COLLECTIVE CONSCIOUSNESS, EVEN THOUGH THE FINITE MIND MIGHT DISMISS THE JOLT THAT GOES THROUGH THE UNIVERSE AT THE LOSS OF ANY LIFE, AS UNIMPORTANT.

WAKE UP! COME OUT OF THE SELFIMPOSED SLEEP THAT YOU HAVE LIVED IN FOR SO LONG. YOU ARE A CONTRIBUTING FACTOR TO WHAT IS HAPPENING BY EVERY CHOICE THAT YOU MAKE OR REFUSE TO MAKE. YOU ARE SO VERY IMPORTANT!!!

Hearts are beginning to soften even though there is a deep-seated fear that an open heart can lead to down fall. Many stand on the brink of change terrified to take that next step into the unknown because the teachings of the Illusion have been only *shadows of Truth*. To emerge into the Light of Love takes the courage to take that step into the unknown and find that "what lies just beyond the tips of your fingers" is the recognition of your Master self. As you allow yourself to experience the compassionate objectivity of divine Love within you, you discover what has been there inside of you waiting all of the long EONS for

this time of awakening. You can see how the finite mind has held you in limitation and how judgment has caused hatred to infect the human psyche. As you watch how you have set aside the connections with Source in order to play the Game of Illusions you begin to understand, without having to be told, the Truth of all that you are and therefore the wondrous Truth of the whole. As the vision clears you see all that belongs to you and recognize that it has always been yours. The gifts of Spirit belong to everyone and there was never a necessity for war to sort things out. War is a tool of deception and conflict driven by EGO mind. The unrelenting need of the finite mind to be right is crumbling because it no longer fulfills any good/God purpose on Earth. As you get well with yourself the veils of Illusion lift and you can feel the Truth that there is plenty in everything. This is a bountiful world and the belief in not enough is why so many people are suffering lack and loss. They point to what is going on Out There as justification for what they are experiencing. When We comment on how humanity is functioning it is not cruel judgment against victims, but our understanding of how Divine Law applies to life on earth. The EGO says, "Why doesn't God make me change? I want a better life." The Truth is that God desires that all would benefit from the richness of the Earth. Divine Law also holds that everyone has a right to live well, but life times of separation have hard wired the acceptance of smallness as *just the way things are*.

Right now people are suffering in poverty in this country that is supposed to be an example of plenty for the world. How the Illusion has caused the wealthy to believe that they have the privilege to look the other way and pretend that there are no places where their attention would make a difference. At the other end of the spectrum there are those who want help and yet judge themselves for asking. Pride and prejudice fund bitterness, anger, fear and all manner of injustices. It isn't to pity the poor. It is to uphold them in good intentions. It isn't about a handout now and then. It is about the support to get people well, healthy and capable of caring for themselves. Force won't change people. They make their own choices. Control doesn't bring a clear vision of how to live life well. A POOR MAN WITH MONEY IS STILL A POOR MAN until he feels what rich is within himself.

This is a call to everyone on the planet to begin to discover within yourself what living life well feels like, what it means to you and then shifting the daily focus to look for what is good, what is true and what is kind and live it! Live It! LIVE IT! You teach best by example. It isn't about "Don't you wish you had what I

have?" It is about the willingness to share time, energy and information to bring, especially the youth, to a clear understanding that **YOU DO CREATE YOUR OWN REALITY BY WHAT YOU THINK, WHAT YOU SAY AND WHAT YOU DO.**

You have lived so long away from the Truth of Love, yet you evolving so quickly in the new frequencies. We celebrate those who are finding the Truth within themselves. We are waiting for those who are seeking, but still are trying to make things happens. We are holding loving intentions for those who feel so hopeless that we cannot yet reach them. There must be an opening for help to get through. Just doing something for someone doesn't necessarily change them. Some still believe that God owes them something for the life that they have chosen. There is a balance that spirit can show you if you are willing to look and feel within. The solutions do not lie *OUT THERE*. The answers come from higher consciousness. They come in Divine timing even when the EGO is storming around demanding answers now. When there is control, anger or dominance the real answers cannot get through. It requires inner stillness. Take a deep breath and relax and all that you are seeking will come. Trust that you are loved no matter what is going on *OUT THERE*.

You are all Beloved. You are cherished and one with the Source. We are with you always. In the greatest of Love We serve you. I AM the Lord St. Germain. I bid you Adieu!

ADS

Jessica Robinson is a massage therapist with training in Swedish, Deep Tissue, Reflexology, Aroma-therapy with doTERRA oils and Thai "Yoga" Massage. Jessica's business is **Sacred Space Yoga and Massage** 307 349-4986, www.mysoterra.com/sacredspace



Linda Thomas is the **Woman of Crystals**. **Eternal Ice** is her treasure trove of crystals and jewelry. Linda has so many beautiful stones that when you see them you will want them all.

You can contact her at:

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Linda Lube is an amazing artist who creates textile painting, as with our beautiful valance above which says, "Living Well is a Sacred Art". She has wonderful paintings and she paints shoes. I have a very fun pair of shoes that she painted for my Hawaii trip.

Hand painted shoes, boots, purses, scarves and shawls

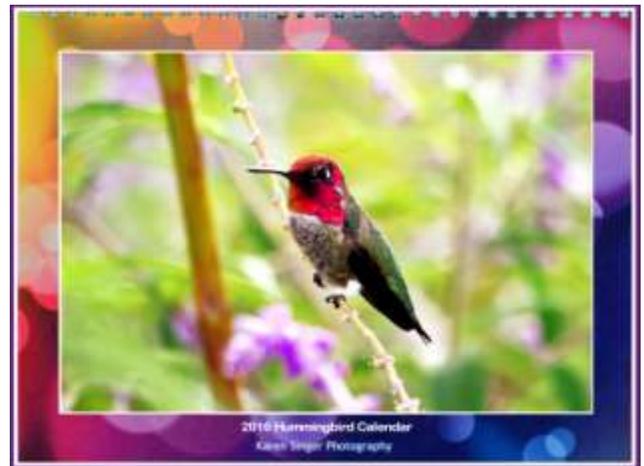
Fabric message scrolls (wall hangings) cotton or silk

Email Linda and she can email examples

You can reach her at www.lindalube.com,
lindalube@gmail.com or 828 777-8540.

HIGH VOLTAGE NATURE

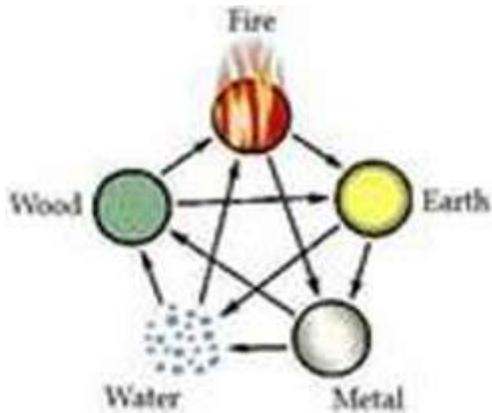
Karen Singer photographs beautiful nature photos and creates digital transformations as Prints, Posters, T-Shirts, Calendars and Greeting Cards that assists and inspires to powerfully re-connect with our own nature and the beautiful Earth we are so blessed to live on.



Karen also creates custom, one of a kind wire wrapped jewelry that weaves and amplifies energies of Light and Love, your own personal Angels and Masters (if desired & with permission) into each piece or similarly with individual crystals.

Email: highvoltage@nature@gmail.com





Nancy Wadda is an acupuncturist with over three years of training. She is trained in the FIVE SEASONS technique and has an amazing intuition in her work. She is located in the Rainbow Center, 177 N. 4th St. in Lander. You can reach her for appointments at 307 438-6203.



OF POETRY AND PROSE by Nanna Hansen

This is a special and very personal website that shares the dreams and visions of Nanna L. Hansen from past, present and future. Nanna's Visions come from many timelines. The writing is often in old style and yet it addresses modern subject matter.

Her website: <http://www.ofpoetryandprose.ca>

Kimberly Rae Hansen

Digital Artistry

Kim does computer generated fractal art. We have one of Kim's pictures and it is most amazing. Do check out her website!

www.kimberlyrachansen.com

Maia Rose does sacral cranial work and massage, as well as other therapies. She is located in the Rainbow Center, 177 N. 4th St. in Lander. For appointments call 307 345-3262.

Annalaiya is an iridologist and flower essence practitioner and natural healer, who has a background in chiropractic medicine. She can assist in physical, emotional and spiritual healing through the music table, color box, nutritional counseling and many other offerings. Wholistic Options, 214 Main in Lander is open by appointment.

Call 307 332-9882 for appointments and information.



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