



May Newsletter



This is our home after the second of two winter storms back to back. Dorian didn't get pictures of the first storm because she was so busy shoveling snow off of the deck and clearing the roof to keep the weight of the snow from doing damage. Such is the middle of April in Wyoming. We had almost three feet of snow in the first storm and this one brought about two feet. For the first time in five years we have had to have our driveway plowed out not once but twice within two weeks.

Our second picture is a sure sign of spring as Mr. Pheasant is chasing Mrs. Pheasant around the yard. It was amazing that Dorian was able to get this picture as the pheasants are so shy that they run squawking every time anything moves.

The third picture was taken on our way home from town. We stopped on Baldwin Creek Rd. and Dorian got out and took several pictures of the land covered in snow from the first storm. The largest snow-covered butte is Red Butte and our home is right at the foot of it.

We also have a beautiful Full Moon and the sweet tiny bird on the pink flower from Karen Singer.

So much is happening so fast it is amazing how time flies by. We have had a very changeable spring—sunny one day and snow the next. As I am writing this it is April 22 and we are having snow again after two beautifully sunny days. So far we have about a foot of snow and it is still falling.

Spring is definitely being felt. It is almost as though the energy of forward movement is inspiring people to clean house and make changes in their lives in ways that many have not allowed before. I am hearing such exciting stories about new ventures—attempting to create personal businesses that not only bring good money flow, but make people's lives easier, lots of people leaving corporate life and becoming independent and loving it, the willingness to find joy in simple living—going back to nature and discovering that there is so much more to living than the “rat race”. It always makes my heart sing to hear about anyone who is finding themselves, discovering their talents and delighting in the expansion of “getting out side of the box”. We all fit so much better when we discover the place that we belong rather than trying to force ourselves into a place that isn't ours.

Speaking of “outside the box”—I want to tell you about the “Teaching with the Master” that St. Germain did in April. “So What Do You Believe Rich Is?” takes us to places that the “self-help” books just do not go. I have gotten so much great feedback from people who have consistently used the phrase “it changed my life”. In this teaching St. Germain doesn't talk that much about money, but about our willingness to allow “the Currency Flow of God” to bless our lives in every way. Feeling the Currency of God flowing in your physical essence and raising your allowables to a much higher level truly does shift the consciousness to let in things that the ordinary mind-set of the World will not. The CD's or mp3's are only \$15 per set. It could well be the best \$15 you have spent in a long time. We also have another winner in “Raise Your Frequency with Agape”. St. Germain talks about how the highest spiritual love of Agape brings us into a space of At-One-Ment in our lives that the global focus on conflict

simply cannot provide. The war of “right or wrong” simply disappears in unconditional love. “Who would you be without the limits that you live by?” Feel this and let it change you from the inside out.

I am planning to travel to California in September. I will stop in Bakersfield, L. A. and hopefully other places on my way. I am excited to make this trip. Timing is everything. I attempted to make a California trip last year and things did not go as hoped for so perhaps this is the time this year.

Rainbow Center News

We will not have a group in May because of our intensive. “Reaching Integration” will be held May 18-19 at the Rainbow Center for the Humanities with an Evening with St. Germain on May 17 from 8 p.m.-10 p.m. This will be a hands-on workshop with meditations and opportunities to experience Synchronicity, Conscious Conversation and Connectedness to self and the Oneness. We are moving forward so quickly and the potential for connection to the afterlife and higher dimensional frequencies becomes more within our reach all of the time. Join us for this awesome opportunity to find the inner temple and remember your true self within. I AM awaits your homecoming in Love.

Great prep CD’s for the intensive are “Teachings with the Master: So What Do You Believe Rich Is?” and “Raise Your Frequency with Agape”. Both are available on the website.

CD’s can be purchased on the website at www.voiceofthegatekeepers.com/store

The May “Teachings with the Master” will be “Forgiving the Internal War”. We have fought for, over and about everything for so long that we do not even realize when we are fighting. The energy of conflict prevents much of what we desire from coming to us as the frequency of the earth is up spiraling. *Doing* is an out focus of energy that causes us to feel depleted. Fighting separates us from the clarity of what we really are seeking to create. War gives no quiet place to get with ourselves and find the inner wisdom that will support us in what we have been praying for for life times—Connectedness to the Creator. The Teachings are held on the 2nd Wednesday of each month and on the 4th Wednesday we offer a Question

and Answer time. You are invited to call in and join us. We would ask that you register for the call-in by 2 PM MDT and you will receive the call-in code by 4 PM MDT. The evening begins at 7 PM MDT and we would ask that you, please, call in at least 5 min before 7 PM.

To order CD’s or DVD’s
www.voiceofthegatekeepers.com/Teachings.html



ASTROLOGY

NEW MOON

The New Moon is always a time internal reflection. This New Moon in Taurus on May 8 finds us looking at issues of security and personal worth. This is a Solar Eclipse which magnifies the energy that the planets are bringing us and causes more emphasis on the current affairs that are in the spotlight at this time. This is a South Node Eclipse which means that much of the focus is on releasing old beliefs and value systems that no longer serve us. The Nodes of the Moon are satellites which bring information about the karmic patterns that we are meeting in this life time. The North Node is lessons that we have come to learn and the South Nodes is patterns that were established in other life times which can hold us in rigidity and block forward motion. Mars, the South Node, Mercury, the Moon and Sun form a close conjunction in the sign of Aries which tightly cojoins the asteroid Pallas. This underscores once more the necessity to balance and

blend the masculine and feminine energies. In mythology Pallas was second in rank only to Jupiter/Zeus and was highly admired for her wisdom, creativity, ability as a diplomat and prowess as a healer. The asteroid Juno squares this cluster of aspects and directs the attention to the transition from a purely patriarchal society to the inclusion and adaptation of the matriarchal essence. We have swung from patriarchy to matriarchy throughout time. This time it is to create within ourselves the blending of Divine masculine and feminine energy that allows us to discover the true Mastery that exists within us and brings a renewed appreciation of our union with nature on this planet.

Sedna is a Dwarf planet that is also involved in this Eclipse and points the way to a higher consciousness that helps us to remember that we are all sacred and valuable. Sedna functions as a gateway to higher dimensional realities. Sedan is another energetic support of the emerging of the divine feminine. Like Sedna, Ceres is a Dwarf planet and its opposition to Pluto on May 7 and trine to Chiron on May 12 joins in motivating us to recognize our interconnectedness and continue to reform social structures in order to further nurturance and well-being for everyone.

This Solar Eclipse in Aries reminds us that the only way up and out is through our own internal awareness. The Way, the Truth and the Life are discovered within us where the emerging Christ-consciousness is shining forth.

FULL MOON



The Full Moon in Sagittarius occurs on May 25 and is a Lunar Eclipse. This is one of the most powerful Full Moons of 2013, presenting us with opportunities

galore to see beyond the limits that have been holding us. We do not shift our consciousness by intellectual force. The changes flow from the willingness to seek a different point of view, one that the mind cannot comprehend. As we relax and stop trying to figure out where all of this is going, suddenly we are where we could not have imagined we could be because we could not have dreamed that the time, space or location existed. Pluto and Uranus make their third exact square on May 20 which empowers our search for freedom and major re-creation in our society. We have never been able to legislate fairness and justice. In fact, very often when laws are made we react like children do when the parent says, "You be nice now!" We may appear to agree to look acceptable, but inside we may be saying, "You can't make me do that." The essence of Love guides and directs from deep internal places that are not driven by the thoughts of the intellect. Uranus lifts our consciousness beyond the rebelliousness of human fear and stubbornness. Pluto trans-mutes and trans-forms our consciousness, while it closes old doors to lack and limit and leads us to accept our own worthiness and the value of others. This is also a SuperMoon which occurs when the Moon is closest to the Earth and in a straight line with the Sun and Earth. These SuperMoons produce electromagnetic shifts that dynamically affect our psyche, our perceptions of reality, the tides and tectonic plates of our planet. The Moon in Sagittarius and Sun in Gemini closely square Neptune in Pisces which changes our belief systems and brings us to appreciate the blending of Mind and Spirit.

We use our conscious mind (left brain) to interpret what is going on in our world. The challenge that we are meeting is that the information that is pouring in from the Galactic Center of the Milky Way is flowing into our subconscious at about 20,000,000 environmental stimuli per second and the conscious mind only processes and interprets about 40 stimuli per second. We seem to be experiencing more fear, worry and stress than ever because the finite mind operates from a much more primitive, limited understanding. The higher mind responds (feeling) and the lower mind reacts (emotion). In other words fight or flight does not make you sharper and clearer. When you are frightened, you do not respond, you strike out.

As children we are totally impressionable and we tend to take in everything that we see and hear. From birth to two years we operate mostly in Delta waves in our brain. From 2-6 years we are in Theta level which makes us very suggestible. As we mature we become much less impressionable. This one reason that

hypnosis and other modalities that induce Theta states of consciousness, where beliefs and memories are stored, can allow the mind to be reprogrammed. When we are involved with Shamanic teachings—music, rhythmic drumming, meditation or even long-distance driving—we tend to enter the Theta state of mind which can increase our intuition, creativity and connection with higher states of awareness. However, we can become subject to right brain perception alone and it is as though we have entered into alternative realities with no guidelines.

Mercury joins Venus and Jupiter at the height of this Eclipse which increases the ability to connect head and heart, Mind with Soul, logic and intuition which is where we are being gently lead as we up spiral into higher dimensions. The vast majority of communication is non-verbal, yet the logical mind has dismissed the fact that we are all connected in the internet of subconscious mind. We have been lead to believe that if we cannot taste it, see it, hear it, smell it or touch it with our hands IT doesn't exist. The greatest sense is the sixth sense and it is becoming the most noticeably powerful sense in these times. The fact that we are being encoded from the Universal Mind more all of the time is pooh-poohed because there is just beginning to be proof. The scientific community hasn't wanted to deal with something so difficult to authenticate. The close square between the Sun and Moon with Neptune continues at this Full Moon Eclipse shows us that being plugged in is not the same as being a part of the Oneness. The changes that these eclipses are bringing us are moving us more into alignment with the ability to see into higher dimensions. We can begin to understand how we are changing in order to function in those frequencies.

Often the first reaction to liberation is “Now what?” We are being freed from all that we have considered to be *Real* in order to discover that there is so much more right here and right now than we have dared to acknowledge. There is a vast difference between personal opinion (My Truth) and Divine Truth. In order to “Know the Truth” we must go to our own Truth Center in the solar plexus and connect to the Divine within. In that Holy place opinion holds no sway.



CRYSTAL CORNER

THE CRYSTAL CORNER

REVISITING FEAR

Hello friends and a happy birthday to all those born in the sign of Taurus. My dad was a Taurus, born on May 1st, and the single thing I remember most was his love of the land. He was a dairy farmer who never tired of the work. The rest of the family, not so much!

My husband and I recently vacationed in Nevada, visiting family. Traveling in the northern states this time of year is iffy at best. This April we had snow and rain that turned to ice, fierce winds that created horizontal snow, morosely overcast skies and even occasionally, a sunny day. Not good traveling weather. As we prepared to start home, we watched the weather channel on TV religiously. There was a huge snow storm across the central and south east part of Wyoming that had closed our two interstates. Our road home would take us close to the storm but we just might slip by.

My least favorite thing to do is to travel on winter roads! All was well as we drove out of Nevada and across Utah, on into Wyoming. I was getting a little antsy and suggested we stop at the first town we came to and have something to eat. While there, I called my friends, Molly and Dorian, and asked about the one nasty mountain pass we had to cross. The information was not all that encouraging so we decided to spend the night where we were. The next morning we started out and the going was great. The roads were fine but we had yet to get to the pass, two hundred miles down the road. The closer we got the more I felt the fear. I suppose everyone, at one time or another, has imagined horrible things that might happen. I certainly know deep down that I am loved and protected and I affirm that daily. But still those thoughts creep in. What if we got stranded? Have we got enough food and water with us? Can we keep warm? Crazy, huh? OK, I'll put that on the violet flame to transmute into something positive. What if we are hit and injured? Violet flame! And so on. Yes, the pass was covered in snow and ice and the wind was howling. But, we made it down safely and all was well. I sure was glad to be home!! And that long story brings me to some of the stones that might be used to deal with fear. I've covered some of them before but I feel it is important to review the issue of fear from time to time.

There are many kinds of fear. We can fear for our lives, we fear letting go of what is familiar and

stepping into what is not and we fear we are not good enough, that no one will love us, that we will not have enough money to live. It really is time to step out of that fear and into love.



First on my list of stones is **Barite**. I have this crystal in blue and gold colors. Both work with cutting away and rapidly eliminating our fears.



Most yellow stones aid in dispelling fear and the yellow **Calcite** is one of them. This is very soothing when used in the bath. I would recommend using white **Calcite** with this as it will magnify and accelerate the energies.



Of course we've talked about **Carnelian** before. A personal power stone, it helps one to come into that power because it assists in setting fear aside. It allows more of the focus on power and clearer understanding of what power really is. How wonderful to be empowered rather than whimpering in fear!



The **Lemon Quartz** is another of the yellow stones that are so powerful. This crystal will work with the fear but a little differently than other stones. This will not just transmute the fear but will bring a greater understanding of 'what can I see instead and how can I replace the fear, how do I fill the void'?

And so, my wish is that everyone may walk in love and forgive the fear! Including myself!

The Crystal Healing I class is fast approaching so anyone who is interested, please make your arrangements with me. The dates are May 18th and 19th. This is an ideal class for anyone wishing to learn more about how the crystals and stones work. We have a lot of fun!!

To contact me, please call me at:

Linda Thomas
Eternal Ice Enterprises
(307)754-4396 or (800) 757-8478
www.eternal-ice.com

I'd love to hear from you!

TAROT TALK

Our Tarot cards for the month include the progression of the suit of Worlds—the Ace of Worlds, Success, the Two of Worlds, Reflection, Three of Worlds, Nurturing, the Four of Worlds, Commencement, the Five of Worlds, Setback, the Six of Worlds, Synergy, the Seven of Worlds, Breakthrough, the Eight of Worlds, Change, the Nine of Worlds, Harvest, the Ten of Worlds, Reward, the Sage of Worlds, Mastery, the Child of Worlds, the Player, the Woman of Worlds, the Preserver and the Man of Worlds, the Achiever.

These cards tell our story of progress in the physical, material World. We are born with the full potential for Success (the Ace), as we move into maturity we begin to reflect on why we are here and what we must accomplish in the World (the Two). The Three of Worlds (Nurturing) is a reminder that if we do not care for ourselves we become ineffective in Life. The Four of Worlds (Commencement) marks the laying of foundations in order to begin our life work. This can be graduation from school or the wise decision about who we truly are and the direction we will take in life. Because the World is so outer focused we forget to consider the outcome of our actions before we take them. Therefore we encounter setbacks (number Five). The Six of Worlds reminds us that the sum total of any creation is greater than any one part. Synergy means just that. When we can allow our creation to be more important than how the World sees us we

experience the Breakthroughs—Seven of Worlds—that show us the next step in our journey. As we follow the path of Life we cannot continue to remain the same. Change—the Eight of Worlds—is an imperative of growth. We can never remain the same and become different at the same time. The Nine of Worlds speaks to our ability to stay with an experience, a project, a relationship to the completion in order to recognize the rewards. Some would say, “How will I know when it is the end?” Life has no There, so when you stop seeking endings you find that there are always new things coming into your life that redirect your energy. If something belongs to you it will keep coming back to you or move along with you as you grow. The Ten of Worlds is the joy of accepting the Rewards—the fruits of your labors, the blessings of life. Mastery is an ongoing process. The Sage or wise one is there to remind us again that there is no point where everything stops because you’ve “got it”, but ever increasing delight of new discovery is the fulfillment of the Master. The Child of Worlds brings the playfulness of the Fool Child into our everyday, mundane affairs and calls us to let go of being so serious that we miss the fun in our accomplishments. The Woman of Worlds, the Preserver is the Divine feminine that holds the sacred Trust with the Man of Worlds, Achievement. The woman dreams the dream and shares it with the man who takes the dream into the World.

In order to look good the patriarchy has taken full credit for all achievements without mentioning that without the dream that was formed within there would be nothing to share out in the World, because the woman preserves the mystery by holding deep inside. A masculine God that can create without the feminine essence is a source of imbalance in the illusion, just as the feminine energy that could bring forth a child without the masculine essence. God/ Goddess/ All That Is is the blending that the World is seeking now. As we look at the story that the cards tell, we can see an order to every step that we take if we are willing to pay attention.



Our Rune this month is Journey/*Raido*.

*The path grows steeper now,
The clouds lie far below.
I climb, no longer alone,
And yet no longer burdened
By what was left behind.
My heart is filled with gratitude.*

This Rune is concerned with communication, with the attunement of something that has two sides, two elements, and with the ultimate reunion that comes as we remember that we have never truly been separate, when what is above and what is within are united and of One mind.

Inner worth mounts and you are reminded that you must be with yourself on the journey, but you never travel alone. Find your answers through prayer and meditation, through your own intuition, the inner Witness, the Master that you are.

This is a time of stillness and waiting. The haste of the World, to get on with things, must be set aside for a time. Force will not achieve what is desired in Spiritual frequencies. As you allow the obstacles, created by “trying to make it happen”, to be removed the sadness of old limitations vanishes.

The Journey is to self-change, self-healing and the unity that is formed in unconditional Love. Stand apart even from like-minded others; the notion of

strength in numbers does not apply here, for this part of the Journey cannot be shared.

Another of the Cycle Runes *Raido* represents the soul’s journey and has within it the element of Joy, the union of Oneness is in sight. May you surrender into the Allness with this simple affirmation:

I will to live Thy Will.

When the World cards turn up in your reading it is not only to point out physical or outer world changes but to call attention to the inner shifts that bring about those outer events. The story of personal evolution that the World cards tell is true. We have far more chances to find success, nurturance and rewards in our lives, but so often setbacks and changes make us believe that life is an unfair teacher.

Look at the World card you have drawn and study the symbols that the card shares. Sit quietly and let the symbols speak to your inner self. The cards come as friends who can give good advice if you are open to receive it. The Rune Journey/*Raido* speaks to these times on the planet in a beautiful way reminding us that even though we may feel as though we must do everything by ourselves we are never alone. We have help from both seen and unseen beings. It is up to us to allow the help. We are now required to embrace our inner self so that its wisdom can guide us into higher realms of consciousness. This Rune tells you it is time to integrate with self and recognize your companions along the way as assistants rather than burdens or responsibilities.



5 ELEMENT ACUPUNCTURE

Thoughts from the 5 Element Acupuncture Corner

By: Nancy Wadda, Acupuncturist, M.Ac.



Chinese Medicine and the Law of Cure

Chinese Medicine is so multifaceted that I could talk about aspects of it for a long, long time and never cover it all. This month I would like to speak about the Law of Cure.

The Law of Cure is an essential part to understanding how healing comes about through Classic Chinese Medicine. This Law states that when being treated by acupuncture or Chinese herbs, the “cure” comes about by diseases that heal from inside to outside, above to below and from newest to oldest.

Healing inside to outside means, that the body knows that it must heal those issues that are on the deeper inside level before symptoms on the outer level are gone. An example would be of having eczema when you are young. The symptom of “eczema” is treated and clears up but the “cause” of the eczema was not treated and might go deeper into the body and remain repressed. Because the underlying cause wasn’t treated, in later life, as one’s body/mind/spirit heals and gets back into balance this disease may surface again. Asthma or some lung issue might be a symptom because the skin is the outward manifestation of the Lung, so the underlying cause of the original symptom comes up as something else. Symptoms that are suppressed by cold remedies or more powerful drugs can push the disease deeper into the body.

Now, the reemergence of these old symptoms is a good thing. It shows the treatments are healing to a deeper level.

Above to below shows that healing begins from the top down. If someone has shoulder and neck pain and after that starts to go away, pain in the elbows and fingers begins. This is an example of “Above to Below”.

Also Chinese Medicine heals from newest to oldest. Chinese Medicine will heal the issue that is newer first and then as the healing goes deeper into other levels, the older issues that a person had in the past will again surface. For example, maybe you twisted your ankle and needed several treatments. Chinese Medicine doesn’t break the person into parts, it treats the whole body/mind/spirit of a person. So while treating the ankle you start to experience old knee pain that you haven’t had for ten years. This is a good thing. All of the older issues that have been buried, latent, whether they are physical, emotional or spiritual, begin to bubble up and clients may say something like: After a treatment “I cried for two days and all I kept thinking about was my mother who passed away five years ago.”

Usually if someone experiences the Law of Cure, it will be an issue that they had before and it will last for about 24 to 48 hours. Always call your acupuncturist if you have any symptoms that you are not sure of and together you can see if this is Law of Cure or something new.

Healing the underlying causes of “dis-ease” in the body gets to the root of the problem instead of just treating the symptoms. This is the way to a balanced and healthy you!

205-566-1424

Needleu2@gmail.com

177 4th Street North

Lander, Wyoming 82520



ST. GERMAIN’S MESSAGE

Dearly Beloved Masters, it is time to truly consider how you are using your energy—mentally, emotionally, physically—because the old ways of using power are

becoming more antiquated every moment.

When someone goes to another person and says, “I am taking a stand and you can no longer treat me the way that you have” it is as though the EGO has thrown down the gauntlet and declared war. The EGO of the person who is challenged rises up in defense and responds with excuses or explanations about their right to do what they please or how you have done things to them and they have a right to fight back. Same old war over and over and over again.

Over the last few years there have been entities that have decided to tell the government that they will not pay taxes or comply with the rules and regulations of the “Law of the Land”. They have sought to prove that they do not have to conform in the very same arena of law that created the original regulations. Their refusal to obey has just brought down established punishments from the parental society. The law of the establishment is entrenched in old judgments. It is subject to change by those who make the law or have the power to change the rules as they go. It has been that way since Caesar ruled and long before. When Jesus was questioned in the temple about the cruelty of taxation his answer was, “Render unto Caesar what is Caesar’s and unto God what is God’s” or to say it another way “Play the world game by the World’s rules and live in the ways of God by Divine Law”. Attempting to force others to change is an exercise in futility.

The grounds for war are disagreement and that seems to be everywhere in the physically directed World right now. The *need to be right* is everywhere. What is Right? “**My way is the right way, of course!**” Is “*might makes right*” truly the very best way? Does it just take too much energy to change the perspective in order begin to see life differently—perhaps in a bigger view? When there is an attempt to avoid some things and embrace others, because the mind has decided that some ideas are good and right and other ideas, beliefs, judgments or perspectives are bad or wrong, the outcome can be total confusion. The mind just goes around and around about right and wrong. The most important point is to look into self, in Love, and discover what feels healing and soothing rather than heated and irritating. Conflict does not resolve conflict. There is always the energy of war involved in attempting to prove that you are right. There is no absolute right in the physical World. In the compassionate objectivity of Divine Love right and wrong do not exist. There is a much higher Law that governs in 5th dimension upward. Making the shift into higher Law has the EGO in total panic and it is

showing up in every area of human life. Spirit is not moved by force. Only in the World of separation are intimidation and control in the least workable.

The Mind loves a battle, a puzzle, a secret, anything that can be used to prove how quick, how bright and/or how right the problem solver is. The masculine mind is solution oriented and even if the problem solver is wearing the robes of woman it is still the left-brained definition of coming up with the right answer that proves that the problem solver is right. The legal world of the Earth is like a gigantic chess game. Battle-strategy is involved in business at every turn. The building of greater and greater productivity is reaching the point of collapse and the World game is being faced with redefining how it functions. Just saying, “I don’t like this game and I do not wish to play anymore” is not going to change the World. The changes must come from the inside out, not the other way around.

The imperative is for each and every person is to get quiet, get clear and come home to self and come home to self and come home to self until the journey inward becomes familiar once more. Humanity has known Oneness but it has been so long that the Oneness is considered a myth. When you are looking out at the World you can see reflections of your own internal disorder. When you look inside it requires gentleness and extreme courage to refrain from falling into the old pitfalls of criticism and judgment that the churches and society have enforced upon you for eons of time. Forgiving the warning, that if you look within you are in some manner flawed, is necessary. Keeping the personal discipline to stay with yourself no matter what is happening outside in the World can prove to be unbelievably difficult when the EGO wants to whine about lack of support and unfair treatment:

Why can’t I get what I want?

Why do THEY always get everything that THEY want?

Why do people ignore me? I never feel heard.

Why is the World so unfair?

I am a good person and I do my best. When will my life begin to get better?

Why am I passed over on the job?

Why can’t I find a good relationship?

Why isn’t there ever enough money?

How do I make more money?

Will this scheme work or this one or this one?

When the focus is on what is wrong in your life, in the World, with the job, with the relationship you are creating the future right now by those thoughts!!!

YOU are creating the future RIGHT NOW!!! What you think and where you focus your thoughts makes tomorrow. Today, this moment is yesterday's tomorrow! Is life the same old grind day after day? What would it take to get your mind off of the woes that you keep creating long enough for you to begin to realize that when you change your mental/emotional/spiritual direction life follows? Whether life was good and something happened that made you begin to doubt or if it was difficult and you made an effort to redirect your consciousness to powerfully shift into happier visions, either way you made the choice to think about a certain idea, belief or fear so strongly and consistently that you brought it forth in your life. Actually, Beloved Masters, there is far more good that occurs in your life than bad, but the perspective is vitally important. You can see that some people are down about their life no matter how good it looks, but do you see that you might be doing the same thing. When you come home to yourself you get to recognize what you are doing "behind your own back" that causes difficulties that you might believe come from outside of you.

It is so easy to see what others are doing that prevents them from getting what they want. Are you willing to accept that they are wonderful mirrors to assist you to spot what you are doing. The refusal to acknowledge that you are creating in the same manner as others does not mask what you are doing. Denying that you would do that same thing that they do does not make others believe that you are different. It is a red flag that catches the attention of others who would much prefer to point at you rather than to look at themselves—such is human nature

Beloved Masters, it takes true courage and heroism to lovingly forgive yourself. It takes tremendous strength of character to devote yourself to your own changes in a World that is always attempting to put the focus outside of you. The homecoming is the welcome that you provide for yourself so that you can fully belong in your own life. **YOU ARE THE ONE THAT YOU HAVE BEEN LOOKING FOR, FOR LIFE TIMES.** You are valuable, you are amazing, you are powerful and you are required to integrate your EGO into yourself so that you can find the loving balance that you have hidden from yourself for so long. The treasure that you are, is within. The greatest prize in life is not how you outsmart another, but how you find yourself.

The need to be right is erosive. It undermines the foundations of all that you have built throughout life

times. Need has been one of the primary tools of the EGO. Need builds walls of limitation that allow you to see what you want but think that it does not belong to you. The World has held up things that seem important and said that they don't belong to YOU.

EVERYTHING THAT YOU COULD POSSIBLY DESIRE IS RIGHT AT THE TIPS OF YOUR FINGERS. IT IS VEILED BY YOUR ATTACHMENT TO THE ILLUSION.

Right now in this moment you are rich beyond you imagining. Why don't you see it? The answer is because you have believed in impoverishment for so long that you are actually afraid of being that rich. How often do you hear people say, "I would like to have enough, but I don't want to be rich"? Why would anyone deny their right to their Divine Inheritance?—because they do not believe that they have the Divine right. Rather than suffer the wound of denial, they make a disclaimer before the World so that they won't look greedy. God would have every Soul understand that they have total access to **all good things** if they would only allow that it is true.

YOU CANNOT TRY TO ALLOW. YOU CANNOT "DO" ALLOWING. ALLOWING IS NOT AN INTELLECTUAL PURSUIT.

Force does not work in higher dimensional frequencies. Deciding that you will now just start allowing is a signal to the EGO that another battle is about to begin. The EGO rubs its hands together and joins the fray. It will throw every old doubt, erroneous belief, every false idea of the lineage out to stop you from changing. It will do its best to bring as much FEAR as possible into the situation.

Now it is time for some serious spiritual attention to the changes that you desire to accomplish.

First—TAKE A DEEP BREATH!!!! When you are confronted with battle you hold your breath and it weakens your ability to think clearly.

Second—Take the time for yourself to sit quietly and experience how it feels inside to live the way that you desire to live. Imagination is a really important tool of powerful creation. Put yourself into the scene rather than just being an observer. If you cannot allow yourself to feel the good, what are the fears and doubts are that are preventing you from reaching your goal? We assure you, Beloved Masters that the reason you do not have what you want is because you cannot let yourself have the experience. If you were

really loved what could you complain about to make conversation? You would probably have to make new friends because the people that you associated with would no longer be appropriate if you began to allow yourself to be loved. Now that is not really true, but it certainly is a belief that the World harbors and it stops many people from changing. As you sit quietly experience how it would feel to have what you want. How will you know what you really desire if you continue to attempt to live the way others have told you is appropriate? Living outside of the box is making personal choices based on the courage of your own convictions. The world encourages compliance because it is much more controllable.

Three- Forgive worry as many times a day as you must. Many people worry that if they became rich they would not know if others were with them because they truly loved them or if they were there for the money. This, of course, is a concern of the blindness of the illusion. The energetic changes of these times are requiring that everyone begin to pay attention to what is going on from the inside out. What is rocking the foundations of many people now is that suddenly they are becoming aware of what others are thinking or feeling and it frightens them. **THEY DON'T WANT TO KNOW.** They don't want the responsibility for other people. It isn't the responsibility for others, but the responsibility for self that is the issue.

BELOVED MASTERS, FREE WILL MEANS THAT EACH AND EVERY PERSON ON THE PLANET IS 100% RESPONSIBLE FOR THEIR OWN CHOICES. Knowing what others are thinking or feeling can allow you to be of assistance if they ask for help, but it does not impose some impossible duty on your shoulders. **THAT IDEA IS A LAW OF THE ILLUSION AND THE GAME OF SEPARATION IS FINISHED.** "Am I my Brother's keeper?" is a totally erroneous question in God's sight because it completely disregards Free Will. You are responsible for your **own** choices and, Beloved Masters that is a full time occupation.

Four- Keep moving your thinking process into the solar plexus. We will keep saying this over and over—you cannot decide to change intellectually and then it magically happens. These changes that must now be implemented into your life are not of the mental realms. There are many teachers that are still teaching "How to **Do** the Same Things in a Different Way and Convince Yourself that You Have Changed". You are required to *feel* the changes, *live* the changes,

experience them and put them into effect in your life every minute of every day. The changes that will reveal the next level of reality must, of necessity, become a living, breathing part of your being, rather than something "out there". You are literally moving into a whole new world of understanding—new patterns, perspectives and concepts. Your right brain is moving into continuous interaction with your left brain. It has always been that way but the finite Mind could not allow that it was not in total control. There can be no more dominance of one side over the other—one race, gender, any ideas of the old order, monetary system, level of education or general dismissal of any group of people as less than another.

There are so many people that are clinging desperately to "how it has been" and the tighter they hold on to the past the more the old ways are slipping through their fingers. Cruelty, destruction of human life and many unloving means of making money in the World game are losing ground. Those who would "sell fear for a living" will begin to find that there are less and less takers. It is, of course, a matter of choice, but the energy of evolution is disqualifying much of what seemed perfectly valid in the old illusion. We are not judging any of this wrong, simply pointing out that much of the old ways cannot continue to function in the new dimensions.

Where you are now moving in the evolution of Earth is all about the energy of Love. You are composed of light and energy, but the focus on density has confused the reality and distorted the truth. Your life force is energy, your currency flow is energy, your electrical system—nerves, fluids, brain waves—are all the essence of God (pure energy). There is much talk about enlightenment which involves releasing everything heavy, negative and oppressive into the White Fire of God. Saying "I release this" is just the beginning. Then you are required to pay attention to how you are using your energy in each choice that you make. At first it may seem cumbersome to consider how you are feeling after letting go of something that no longer serves you, but as you become aware of what your energy feels like when you are flowing positively and how things feel when you are stuck in limitation you can spot the energy blocks easily and quickly shift into a higher frequency to get the flow moving again. Like any learning experience, this requires using it until it becomes yours.

Understanding that trying to figure out how to get what you want: where to go next, what is the right thing to do, will I be accepted are all concepts of the order of separation and when you are reaching into the

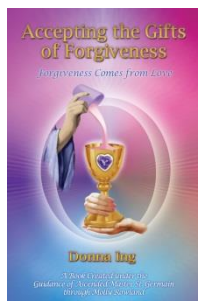
unknown future the best support is to “Know Thyself”. The changes that are required to be implemented are like the two sides of a coin. If you only look at one side and never turn the coin over you will never know that the craftsman who designed it, had more than one idea. If you keep coming to life in the same way over and over, and find that that way is not working it is time to get a different perspective. “Heads, you win” is a purely mental point of view. What if the other side isn’t tails but centeredness and do you really feel that flipping heads all of the time still serves you? What if you allowed yourself to experience something so outrageously different that it stirred your spirit and lifted you out of the hole you have dug by only being willing to look in one direction?

You may find that I have said the same thing many different ways. My desire is that at least one image may catch your imagination. You are so loved. Your life is so important. Your personal acceptance of goodness and understanding that rich is not just money are imperative to the evolution of the Earth. You are a vitally important and powerful part of where everything is going now. **You are a Master!!!**

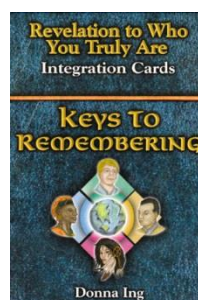
Until we meet again in whatever manner that may be, in the greatest of Love We are with you. I remain your most humble servant. I AM the Lord St. Germain



ADS



Donna’s latest book **Accepting the Gifts of Forgiveness** is now available through Amazon.com and Donna’s website. Donna Ing along with the Master St. Germain have brought you another winner. This book so very simply and clearly shows ways to heal through forgiveness.



Keys to Remembering

Donna Ing has her card deck and book through her website. She and St. Germain spent almost ten years developing this amazing tool to assist us in the remembering process. Watch for a video on YouTube about the book and deck soon.

<http://www.RememberingInsights.com>

Kathleen Edwards is a Reiki Practitioner and Teacher who brings loving essence to her healing. Kathleen is located in Lander. You may reach Kathleen for a Reiki healing session or Reiki attunement at 772 532-4210.

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 205 566-1424.

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

ART BY ISA



Isa Kirk has been an artist all her life and offers personal "Painted Portraits & Visions in Pastel", some LE prints and unique, inspirational greeting cards featuring her paintings and photos.

www.paintingsbyisa.com

She also offers personal readings for people and their animals, as well as Black Hills Flower Essences. Visit her art gallery at her home at Plenty Star Ranch, Black Hills, SD. For directions and appointments call 605-673-3012 Love to connect with you on facebook

Plenty Star Ranch - Horse Boarding in the Black Hills
www.plentystarranch.com

"Painted Portraits & Visions" www.paintingsbyisa.com
Ranch Blog: www.plentystarranch.com/wordpress

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.

Delphinia Bey is a massage therapist, reiki master and healer, who practices deep tissue massage, hot rocks and other modalities. She located at 150 S. 2nd in Lander. For appointments call 307 349-2120

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 or 307 438-0927 for appointments and information.

Delores DeVore owns Sound-Works, healing with voice and tuning forks. www.sound-works.biz www.ddswebdesign.com or call Delores DeVore 678 634-1249

"**The Pot Of Gold**" is a monthly publication created by Molly Rowland. Graphics by Dorian Zumwalt. If you would like to advertise in "The Pot of Gold" ads are \$10 per month for up to six lines and \$2 per line after that. Contact us: vog@wbaccess.net or 307-335-8113.

Voyager Tarot
James Wanless, Ph.D.

The Book of Runes Cards
Ralph Blum

Mountain Astrologer

