



October Newsletter

Here is a picture of the latest pair of magik shoes from Linda Lube. It is exciting to have magik shoes and everywhere that I go people just love them.

The September Equinox was an amazingly powerful and magikal time. Dorian and I always draw cards at the Solstice and Equinox. We both felt that the cards we drew at this New Moon eclipse/equinox were exceptionally accurate and took us into whole new levels of awareness. The 23rd of September is the day that Sirius, the Dog Star, sets and is considered by many to be the second most powerful day of the year. The most powerful day being the day that Sirius rises. The energy of the 23rd was different from the 22nd but it was strong and the Magik was thick both days.

We are both realizing that the more that we pay attention the more magik we find in our lives. This morning Dorian was cleaning the kitchen window and it set off the crystals hanging there. We had rainbows everywhere. Sometimes it is the little things that can bring great magik into our lives.

The fall colors are getting richer and more beautiful every day. The golds are becoming oranges and reds. So far the cedars and junipers have not begun to lose their dark, deep greens so that adds a wonderful contrast to the colors. I hope we can get up into the mountains before the colors fade in the high country.

Our September group "Belonging" gave us a powerful step into a greater sense of self and accepting your place in the All-ness. St. Germain keeps taking us deeper into the One-ness with every Teaching and each group. If you have not been experiencing the groups go to our web-site and discover the wonders that St. Germain is providing.

We are getting such a wonderful response that St. Germain is continuing the "Personal Growth" package into 2015. Each month you can get the Teachings, Q

& A and a one hour private session with St. Germain to develop your personal evolution in spirit. The cost will be \$120 per month with a six month commitment which is a great deal as a one hour private session is \$200 normally. Just imagine spending an hour of valueable time each month discussing anything about your growth that you wish with the Master. We have the good fortune of spending time with him regularly and it is such an up lifting experience.

Rainbow Center News

Our group for October will be at 2 p.m. on October 12 at our home. The subject that St. Germain will address is "Sharing".

We have been taught to share, but we have not been taught to always feel the joy it brings because often we feel that we must give too much or even give when it doesn't feel comfortable. St. Germain redefines sharing and assures us that we must always be included in our own life. This is a different perspective than we have been given in the Illusion, but everything now requires to be examined from a new view in Reality rather than the fog of old ways.

If you would like to call in for the group let us know so that we can give you the access code. Cost is \$35 for the session. CDs are \$15.

CD's can be purchased on the website at www.voiceofthegatekeepers.com/2014groups.html

Our Teaching with the Master for October is: "Happiness". Happiness is not just an outer expression or a moment's pleasure. It dwells in the very marrow of our bones and has lived in the DNA of our cells since our beginning. As humanity has descended into the Illusion, the emphasis has been more on the sorrow, sacrifice and separation from real life. As the Remembering progresses we are being

called to lift up our attention to the higher frequencies that provide the true estate of the New Human. Finding happiness within self is one of the greatest gifts and one that is forever lasting.

If you haven't had the experience of the Teachings that St. Germain is offering they really help us to understand what is going on. It just might be worth your while to check them out. The deep healing power of the Master is there to experience again and again as you listen to the awesome wisdom that he brings. 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

www.voiceofthegatekeepers.com/Teachings.html

ASTROLOGY

FULL MOON-October 8

Full Moons not only illuminate the darkness of the night, but the awareness of our psyche. This Full Moon emphasizes the Aries-Libra axis, pointing to the places where we are still challenged by issues of relationship, conflicts of male-female agendas within ourselves or in the world and how to find a sense of balance and/or harmony in a world that seems to be unraveling right before our eyes.

This Full Moon is a total Lunar Eclipse which adds to the potential for life-changing revelations and shifts of consciousness. Eclipses bring a point of graduation in some vital area of our lives. We can now move to the next level of awareness where things that have always been there are now revealed to us. Both Solar and Lunar Eclipses are linked to the Moons Nodes which are the points in space where the Moon crosses the ecliptic, the path of the earth around the Sun. The North Node indicates qualities and abilities that we are wanting to develop; the South Node shows us the patterns that we must now refine or release. The Sun, Venus, the asteroid Pallas and the North Node are all in Libra at this Full Moon. The spotlight is on more loving, equal and mutually sharing and giving relationships. The Moon, Uranus and the South Node require the bravery of being who we really are rather than the facades of the Illusion. We must take the risk of rejection and explore alternative ways of approaching life in order to both give and get the best. The grand trine in fire inspires us to leave the patriarchal beliefs behind and embrace the sacred masculine which is assertive and focused without being domineering or destructive.

Mercury begins its third and last retrograde on October 4th at 2 degrees 18 minutes Scorpio.

Venus, the mythic Goddess of Love and Beauty, is in a close square with Pluto at the Full Moon with an exact conjunction later that day. This square brings an imperative for the feminine to move into true power which emphasizes our being connected, nurturing and a willingness to be included. Squares represent turning points, and this one is amplified by the Full Moon's alignment with the extremely potent ongoing Uranus-Pluto square. Uranus symbolizes revolution and Pluto, evolution. The closeness to Venus and this Full Moon signal another giant step toward shifting from the love of power to the power of Love. Venus will continue to be within 10 degrees of the sun during October and November keeping our attention on heart-centered energy of the divine feminine which will assist us to improve our relationships. Saturn joins Ceres on October 5 at 21 degrees Scorpio drawing up a deeper appreciation of the power of the feminine and reminding us of the importance of our relationship with the earth and all that is here. We are reminded that the more we bring balance into our lives and relationships the more balance and peace there will be in the world.

As we can bring our attention to loving and sharing rather than possessing and controlling the world can find its point of comfort and belonging in the whole scheme of things. We are a part of the Universal all. Our thoughts, actions and emotions affect the whole. We are not alone or separate, but fully included by our very being here.

NEW MOON-October 23

An eclipse causes a breakdown of old systems and brings an opportunity for fresh, new concepts to enter into our psyche, our emotional/spiritual systems and the electromagnetic fields of our world. Old matrices dissolve and new pathways of enlightenment open. Even a partial eclipse such as this one, alters and reboots our consciousness. Solar eclipses are extra-powerful New Moons, which herald major endings and new beginnings in at least one area of our lives. Solar eclipses occur at approximately the same place every 19 years. Where were you? What was happening in your life in October of 1995? Those with natal planets within ten degrees of the eclipse experience more dramatic changes. The house in

which the eclipse falls in the natal chart indicates where we are ready to reach a higher octave.

Before we can embrace the new we are required to make a place for it by releasing the old. Scorpio cuts away the old and emphasizes the choices that we must make in bringing in the new. The primal forces within us cause a necessity to decide between Light and Darkness, unity and separation, love and fear. Scorpio marks the ending of the old and opening to a totally new way of being. There is no real death or loss only transformation, the continual change from one form to another. Scorpio brings the fear into the light so that we can see it for what it is—that which we have rejected and disowned. The acceleration of addictions on the planet shows just what it takes to keep the unseen/unknown at bay. Mars, the original ruler of Scorpio, shows us that it takes courage and the power of personal will aligned with Source to turn on the light and face our unconscious fears. Every time we do, we become more whole, more empowered and more capable of changing our own life for the better, which in turn empowers the whole.

Venus closely cojoins the Sun, Moon and Pallas in Scorpio, emphasizing the power of love, truth and the divine feminine. We are being opened to a greater sense of intimacy (In-to-me-see). Venus in Scorpio challenges us to be more honest with ourselves and others. Pallas in Scorpio helps us to see the old patterns and strategies that no longer serve us. What are you seeking to escape? What out-moded defense mechanisms are holding you prisoner to Illusion? Taking a path of love takes great courage, but clears the way to see that it is the most powerful strength that we possess.

Mercury ends its third retrograde of the year on October 25th at 17 degrees Libra, very close to the North Node, reminding us of the importance of listening and communicating honestly, from the heart. Neptune, at 5 degrees Pisces trines Venus, the Sun, Moon and Pallas in Scorpio increasing our creativity and aiding us to see that Love is the fabric of the Universe. St. Germain says that “Love is the stickum that holds everything together”. Our intuitions will be expanded on the 27th, 28th and 30th of October as Venus trines Neptune, the Sun and Pallas exactly.

The words “critical” and crisis” come from the Greek root *krinein*, which means “to decide.” Everyone on the planet is now confronted with choices that will have long-term and far-reaching consequences, both for self and others. This solar eclipse directs us toward the choice of Love over fear. The path to the light

often traverses the “dark wood” of our illusions., so that as the light becomes clear we will know that it is real.

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

THE CRYSTAL CORNER

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FEAR! WHAT FEAR?

A big hello from big, wonderful Wyoming! The rain has finally stopped and it has warmed up some. Even though everything was frozen solid two weeks ago, the trees are wonderfully golden and some plants managed to put out some flowers like the phoenix rising from the ashes. What a glorious time of year!

My whole life I've been challenged with fear. Most of us are and I'm sure we have our own unique ways of dealing with it. I tend to not think about it a great deal until it really gets in my face. Hello? Anyone in there? To me some of the greatest fear occurs when you watch a loved one succumb to the ravages of dementia or discovering that the love of your life might be facing cancer once again. When it is said that fear is based on the unknown, I really understand that and in this case, it looks like this translates into a fear of death. To stay in the moment becomes a monumental task even though you understand everything is perfect in that moment. What a waste of energy to worry and fear something that may never happen or never be so huge you can't handle it. And that brings me to the crystals, our magical helpers from the earth.

As you find yourself immersed in fear, I've found that the perfect crystals will find their way to you. Several weeks ago, our son and daughter-in-law came to visit and brought with them some of the most beautiful golden Barite I've ever seen.



A friend of theirs had a number of pieces that he wanted to sell so they were brought to me. It was so divinely appropriate that these landed in my lap as Barite may be used in the cutting away of fear and limitation when one is truly seeking to do that. There are other stones that may be used for eliminating fear.



Green Calcite is very soothing and works with moods and stabilizing emotional energies. Fear is nothing if not emotional.

The nature of death is changing as are all things. It was truly a big piece of the game of separation. When death becomes transformation instead of transition, we will experience the subtle shifting of the consciousness from the terror of death to the passion for ascension. The Chrysanthemum Stone assists immensely in getting us into that space.



And so, on and on it goes. Hopefully, we will find our center and the divine love there. One cannot experience love and fear at the same moment so love is the answer to the fear. Now, to live it!

To contact me, please call.

Linda Thomas
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EVERYONE IS A CHANNEL

Over the years I have meet so many people who want to channel—some of them were or are actually already channeling.

I call this column “Everyone is a Channel” because everyone is. Our personal connection to the God force allows us to listen within ourselves and receive messages that guide and direct our lives every day. This personal guidance is first and foremost the most important channeling that we can do. Unfortunately, we have been indoctrinated with beliefs that everything is for others, so many of the people that I have talked to who want to channel want it to be instruction to others rather than personal direction. There is a requirement for personal understanding of human nature and a bit of psychology involved in being a channel. The less personal judgment against self or others the better—you cannot measure how other people live their lives by how you think you are living yours. These times on the planet require a

deeper personal honesty than we have been used to. This is not about criticism, but clear self-evaluation, which often allows us discover wonderful new things about ourselves that judgment hid from us.

One of the things that St. Germain has impressed upon me throughout the years is that I must be willing to live what he speaks through me as best I can. Fortunately, the Masters allow for our humanity even if we don't. They are much kinder and more considerate of our foibles. St. Germain even says that "Perfection is not an estate of the Human condition, so don't hurt yourself by attempting perfection".

When I was seventeen I married my first husband and my mother-in-law was very interested in metaphysics. She gave me a book on different methods of doing readings. I found it fascinating and I tried several things. I found that I could take a deck of playing cards and lay out a reading and tell people about themselves. I just followed what I felt or "heard" internally. I questioned the process and my ability to say things in a way that would tell people the truth in a kind and uplifting way. It was as though the more I asked to uplift people the easier it became to do so. I enjoyed the process and found that people got a lot out of the readings. One of the most important things about doing readings is to keep personal opinions out of the way. Judgments and limited beliefs can be a turn off for some people and a fear-maker for others. Control is inappropriate, though over the years I have met a number of readers who held people to them by control. The Parental Order is passing and we are all being led to make our own decisions from internal information rather than just being told what to do and not questioning "Is this appropriate for me? Does it feel true?"

A reader has asked about animal-communication. Animals are easy to commune with if you are willing to listen to their simple language, which often is more pictures or symbols that talk as we know it. Animals commune by feeling so in order to understand them we must get in touch with our own feelings and most of the World has attempted to avoid feelings as much as possible. Animals are not people and their thinking process is not so complicated. Often people want to assign human complexities to animals. It is almost as though animals are smart enough not to play those games. Listen with your heart more than your mind and it is much easier to read the animals. Be patient.

The whole process of channeling involves becoming one with yourself and everything else. The very act

of "hearing" in channel is an act of connection. It is much more difficult to "get the message" when you are keeping yourself at a distance. The challenge is to have compassionate objectivity—not to get tangled up in other peoples stuff while taking an honest interest in what is going on with them. The EGO wants to be in control and tell others what to do. Like a parent the EGO expects to be obeyed. A channel is not a parent, but a communicator of information that is extremely personal and yet sometimes the EGO could call it "general" at the same time. ***The channel is not responsible for what the client hears.*** The channel IS RESPONSIBLE FOR WHAT THEY SAY!!

Over the years I have known some readers who became very upset if their clients didn't do what they told them to. A few even refused to read for someone who would not comply with what they were given. Again, objectivity is an imperative for all concerned. I am finding that as the energies change trying to do anything just complicates the situation. Push, force, control or need just stonewall the energy. The more you relax and let the energy flow the easier it is to receive information. Remember, we are personally receiving over twenty billion bits of information per ***second***. The finite mind can only process about forty bits of information per second so patience and learning to listen with the "body-brain" instead of the cranial brain is necessary. I can tell when I start to push because it is as though nothing is moving. The more I attempt to figure things out the less sense anything makes. When I just take a deep breath and let go, I can feel the flow begin again—life moves and thoughts are clear.

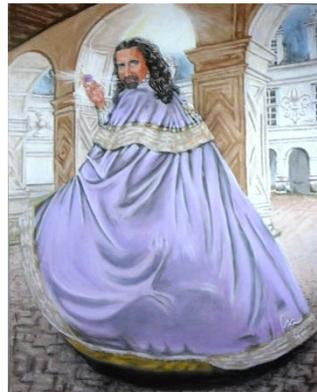
When I first began to channel the Masters I was with a group of people and they asked that I would record what was said. I began to make recordings and then found that I learned so much from listening to what St. Germain said that I wanted to record the sessions just so that I could hear the information. Other people were interested also and I have recorded both private and public readings all along. All the readings that were on tapes have been lost because I did not know how to preserve them. In 2006 I began to record on CDs. St. Germain has always talked about things that I didn't know, things that I never heard of and things from such a different perspective that it changes that way we look at life all together. He keeps expanding the realm of knowledge and information surrounding the evolutionary process that we are experiencing now.

I also had a question from a reader about knowing when it is time to channel. This could be viewed in two ways. In the beginning I would feel St. Germain's energy moving into me. We work so closely together that I would recognize that he was ready to speak to a group or person or had something to say to me, depending on the situation. When I started channeling in trance I did not ever remember what St. Germain or other Masters said through me. This brings up another very important point: Having trust with the entity that would speak through you or the source of the information that you are sharing. Blind Faith is inappropriate. "They said that they are an Ascended Master", doesn't mean that they are. How does the energy feel? Keeping your balance in the experience allows a much clearer transmission. We are all Masters, so the fact that a Master chooses to have a conversation with you does not mean that you are more special or more important than anyone else. It means that it is time for you to pay attention to what is happening in your life, listen rather talking all of the time and remember who you are.

When it is time to begin your own journey of channeling it is as though there is a knowing within that brings the awareness of your opening to channel. I have seen many people try to push this and it just doesn't work. Deciding that you want to channel does not, necessarily mean that you are ready. When it was time for me to channel, St. Germain told me it was coming and when I was asked to channel for a group I still felt strange about the process at first, even though I had been doing readings for twenty-five years by then.

CHANNELING DOES NOT PUT *ANYONE* IN AN ELEVATED POSITION OVER OTHER PEOPLE!!!

These times on the planet are calling us to remember that we are all one, rather than just seven billion Souls in competition with each other for glory.



How do you relate to yourself? It will determine how you relate to everyone, everything in your life. Do you wish to belong? Do you envy or judge people that you believe do belong? Are you really sure that they do belong or is it just "how it looks"? The Illusion has created the belief that what you see or hear is always true. However, as the Illusion is passing away the masks are falling and things that were taken for granted are being revealed as quite different than they appeared to be. Youth has been worshiped because of the look, but not very much consideration has been given to the brilliance or wisdom that many young people have and the wisdom of maturity is often set aside because of appearances. Judgments are made that have no foundation in fact, but are based on "how it looks".

People are led to believe that changing their face, their figure or their style will make them something that they are not already. Some believe that if they move to another location—house, town, country—they will finally be happy. Charm, personal appeal, attractiveness, beauty, joy and happiness are all internal attributes. "Beauty really is in the eye of the beholder". If someone loves you, really loves you, they will see you in a totally different perspective than someone who doesn't like anyone, including themselves. People who love you will see you differently than you do if you do not love, like or know yourself.

Who do you like? Do you tend to put certain people on pedestals? Do you hold people at a distance? What would happen if you got too close? What would happen if you got intimate with someone? The World considers sexual encounters to be a form of intimacy yet the vast majority of people are not very intimate when they are being sexual. For one thing sexuality requires being in a relaxed state, being present in the moment. Most are not in the least relaxed. They are tense, worried about how they look, what others might think of them, if they are appealing, attractive. There is little if any consideration of energy. When you are tense you broadcast it into the atmosphere around

ST. GERMAIN'S MESSAGE

you. When you are happy with yourself you create a space that is desirable. If you are on the defensive about something, no matter what it is, your *energy* is prickly. If you enter the bedroom with agendas they will create a distance that is very difficult to breach. If your mind is still at the office or involved in a conflict or just distracted by outside influences the intimacy (in-to-me-see) levels will be virtually nil.

Can you dare be intimate with yourself? Does thinking about yourself in sexual or intimate ways feel embarrassing? Can you spend time with yourself without wanting to jump up and go do something else? If you cannot be with yourself how can you be, truly be, with anyone else?

In recent times people have found that if they have to be without their cellphones for twenty-four hours they begin to “lose it”. Can you have a conversation with the person you are with physically or is that “too close for comfort?” Do you see the person across the table from you? Do you even look at them? Do you really see yourself in the mirror? When is the last time that you made eye contact with yourself when you were looking into the mirror? These questions are not to put anyone on the defensive and cause a need for excuses. These are vitally important questions about how you relate—with yourself and others.

When you go out into nature do you sit and commune with it or are you on a “power walk” with headphones on so that what you see or hear around you won’t interfere with what you are doing? Do you understand what being present with yourself means? How does it feel? There are no right answers and it doesn’t require thought—“How does it *feel* to be present with yourself?”

Do you resent hearing these questions? Does it make you angry? Would you like to express *your* opinion and even argue about what is being presented? How does it Feel?

Are the people around you invaders of your space? Do you even notice who is around you? Where are you going?

This has become a planet of information gathers. How does the information that you are getting serve the furtherance of your life? Is its only point to give you something to say to the next person? Who will you call next? Would you share the information if you were with them physically them or only if you can call them on the phone?

The word Love has been brought to a point where it is interchangeable with sexual activity. You really cannot *make* Love because to make something implies doing and you simply cannot “DO” Love. Do you feel in Love with yourself? Spend some time considering the feeling of being in Love and then put yourself into the feeling. As you begin to feel in Love with yourself it may even bring you to tears. **YOU ARE THE ONE YOU HAVE BEEN LOOKING FOR ALL ALONG.** Loving yourself opens neuro pathways that allow the inclusion of others. Attempting to Love others without Loving yourself often just creates anger and resentment. You feel left out. The feeling that they get to be Loved more than you do can be quite painful.

Are you good enough to be Loved? The belief that Love must be earned or justified is another painful concept that the Illusion has instilled into the psyche. Every human being deserves to be Loved, even when their actions are unacceptable. It is important that there is a clear understanding—“I Love you, even though I cannot love your actions”. Clarity is an aspect of Love. All of the Virtues are elements of the nature of Love. As you Love yourself you begin to discover many fine things about yourself that you might not have believed were even there.

We have asked you many questions in this message—questions that are for you to answer. These are a personal consideration. This is not a game to take to others and “play” it with them. This is a *rite of passage* for each Master to feel into, recognize and employ in the affairs of your life. Know yourself in Compassion. Fairness and Truth. Be honest. Live with integrity and realize that Mastery is a life work. It is something that you live in its entirety. Not something your chasing life time after life time. Humanity is being given access to profound understanding in these times. It can feel over-whelming or it can seem like a “power trip”. Choice is more important than ever. Every choice that you make moves your life in a new direction. Random choice will take a meandering path to your goal. Heart felt, loving desire to remember and the willingness to allow Spirit to direct you brings you along the way with “wings on your heels” so to speak.

Know that with each change that you make you will feel different. The EGO will fight the changes and you can feel the pain of resistance. The same EGO that is coaching you to refuse to go forward will tell you that if you were doing things right it wouldn’t hurt so much. All pain is resistance—mental, physical, emotional, or what might even seem like an ache of the Soul. When there is confusion it is EGO. I shall say that again.

“WHEN THERE IS CONSFUSION IT COMES FROM THE EGO!!”

Our most sincere desire for all of humanity is that you will allow the futile shreds of the Illusion to blow away in the winds of change and open yourself to the powerful potential that is dawning within.

Those who are attempting to cling to a false sense of power through fear, terror and power over are creating their own downfall because life cannot continue to operate as it did in the separation. Where anger is the rule and fear is the belief, where judgment is used as a weapon and superiority is considered a fact of life the Earth sickens. Where human life has little if any value there is no desire to live well or for many to live at all.

What are you putting in your Violet Blender each day? Are you drinking the Elixir of Life that the blender creates by mixing the extremes of joy and sorrow, peace and conflict, self-worth and victimization to create an elixir that can changes the very structure of your being through Love. When you pour a portion of this elixir into the flow of the collective consciousness it begins to assist all who are willing to move into a new state of awareness and helps those who think there is nothing but limit to recognize that there is so much more.

Focus on the power of your ability to rise above your illusions and see clearly where you are going for the first time in many life times. Hold intensions for a positive outcome for all. It is not your job to figure out how all of this could possibly change—God holds the blueprint. Just be open to share the goodness that you find and make sure that you are filled to overflowing with the Love. Until we meet again in whatever manner that may be, in the greatest of Love 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.mydoterra.com/sacredspace



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.

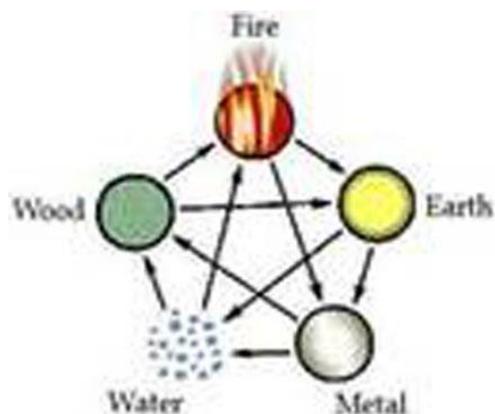
HIGH VOLTAGE NATURE



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: highvoltagenature@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.kimberlyraehansen.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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