



April Newsletter



Easter is past and we are fully into spring.

I decided to take a yoga class. Now that I have dropped over one hundred pounds it seemed reasonable that flexibility of body must come along. I haven't done yoga in over twenty years, so it was like starting over.

At sixty-five, I am excited to see what I can do with myself. I have led a very sedentary life for a long time. I understood that in yoga class I could use a chair to start out and that seemed like a good deal. I got there and everyone was lying on the floor. I don't get up and down easily yet so I said that I would have to have a chair and the teacher said, "I would prefer that you lie on the floor". I told her I would be glad to if several people were interested in getting me up later. I stayed in my chair. After about thirty minutes the class did some standing up exercises and I amazed myself at the ability that I had to keep up with them. I definitely felt much better. I exercise at Curves three times a week, but the slow, deliberate, concentrated movement of yoga speaks to body, mind, spirit and, oh yes, emotions. I was not prepared for how much emotion got stirred up from moving my body in ways that it had not moved in a number of years. I know we have

emotions trapped in every cell of our bodies, but this was major.

By the time class was over the teacher invited me to come and watch and do what I could in class and practice the rest at home. I now have a vision of what I desire to accomplish and a feel for it by being in the class.

I find that the more I get involved in activities that I can do, but that stretch me to new levels, the happier I am.

The brain operates best when it is stimulated. When stimulation slows down the cells become sluggish and diseases like Alzheimer's and dementia set in. Besides it is much more fun to be active on all levels.

Our trip to Maui is now booked. We have an ocean view condo with two bedrooms, just up the road from the hotel where the Lazaris events will be held. My daughter Sarah and Linda Thomas, the Woman of Crystals are going with Dorian and I. Plane tickets are booked and it is a done deal. I think I will wait to take this one off of the vision board, because there are still a few small things that I want to focus on for the very best trip.

I am delighted at how easily things are coming together. Not that there are not the tests of faith to see how the money is going to manifest. I have discovered that if I am holding my breath things don't work very well. When I relax, flow and don't attempt to figure out how it will work everything happens, almost like magic. Tension in the center of the body is a red flag which means I am attempting to control the situation. St. Germain showed me an energy flow of beautiful golden white light that is like an overpass over the way the world operates. As long as I keep my thought in that flow everything works well.

Another dream has come true!!!

For a long time I have desired to have a picture of St. Germain that is for my website and that I can associate with my work with St. Germain. A most talented artist from Pringle, S.D., Isa Kirk has given me the picture to use. Here is the unveiling and it will be on my website very soon.



There is less than two weeks to sign up for the Lander intensive for \$250. After April 12 the cost will be \$350. We will be offering Practical Magik: A Blending of the Earth and the Wonder Realms in Lander April 26-27.

www.voiceofthegatekeepers.com/lander08.html

This intensive will be offered in Oceanside, CA on the 6,7-8 of June. Registration for the Oceanside intensive is \$350 until two weeks before the event and then \$450 at the door. You may register for either event on my web-site

www.voiceofthegatekeepers.com/events.html or call me at 307 335-8113 and pay by credit card over the phone.

Our next group will be April 13—"Living the Life You Love Everyday".

CD's will be available for \$25.

Our next streaming Evening will air April 30—"To Your Wealth".

The May streaming Evening will be "Where Do We Go When We Die?" It will air May 28.

CD's and DVD's of our steaming evenings are available. CD's--\$30 And DVD's \$45

ASTROLOGY

NEW MOON

The focus of this New Moon on April 5-6, is Aries and Mars. The Warrior archetype has been a dominating force on the planet for the last 6,000 years—the hero, the savior, the fierce protector who will make everything alright. Competition and rivalry are extremely prevalent in the U. S.

Mars the ruler of Aries is currently moving through Cancer and will be squaring the Sun and Moon in Aries at this New Moon. Cancer will call the attention to unresolved issues around family. This can be blood relatives, spiritual family, the community or our Cancer nation.

The challenge of having to look at where our energies are flowing and where our actions are taking us is often unwelcome, but that is exactly where the current aspects are taking us.

The collective debt of the United States is over 48 trillion dollars. This is in part war debt, but the biggest part is the credit card debts and personal loans of the private sector. We have more debt than most of the rest of the world put together. The frustration of feeling limited (Mars) is weighting on everyone as the U. S. dollar devaluates. The cost of goods is accelerating every day.

We can be angry at our Cancer president as Mars moves through his sign, but we have all contributed to this situation, which is now "in our face".

Pluto, the higher octave of Mars, stations to go retrograde on April 2. It is in a trine position to Saturn in Virgo (the man on the street, the average person). This trine will help us to see more clearly what is going on and even if we don't like it, how to make changes.

When money gets tight we have always tightened the belt and moved into limit, which creates anger, resentment and fear. This time we are being called to stretch our horizons and allow more good into our lives than we ever have. Doing the same thing over and over and expecting a different outcome is insanity.

There is inflation, things feel free, often people spend money they don't have and then the hammer falls and there is recession and everyone feels the bite of "not enough".

There is enough currency on the planet for every man, woman and child to have over four billion dollars each. The inequality is based on belief. If we cannot see what we want we don't believe it exists. We get tense in our body, mind and emotions and the energy of flow is shut down. Pay attention to how things don't work when your solar plexus is tight and hard. If you cannot breathe then blood, cannot flow, vitality cannot flow and most of all the source of creation, LOVE, cannot flow. Money is only a symbol of the currency flow of the Universe. If you are afraid of it, angry about it and or distanced from it, it cannot serve you.

This New Moon can show us where we want to fall back into the same old patterns and give us an opportunity to raise ourselves out of the hole we have made for ourselves. We can cry victim one more time or we can reach into ourselves and use the energy and power of Mars and Pluto to come up over. Pluto retrograde asks us to look at how we deal with our limits and our resources.

We are being challenged to look at and change how we deal with social expectations "what would they say?". Much of our collective debt has come from spending money we didn't have, to buy things we didn't want, to impress people that didn't even care what we were doing.

The wakeup call is "What do you want. Really?" You are not what you have and you are not what you do. We are all being asked to discover who we truly are as spiritual beings. The more we feel loved and belonging the less stuff we require to ease the pain of not loving ourselves. Buying things indiscriminately has become one of the biggest addictions in the U.S. We used to buy an ice cream cone when we felt rich. Now we spend a day at the Mall. Children are educated early that a trip to the mall is a daily necessity.

People will defend their excuses. Now we are all being brought to point. Get clear. Pluto reveals what we have not wanted to look at.

FULL MOON

This Full Moon is the first of two Full Moons in a row in Scorpio. The Full Moon occurs at 00 degrees of Scorpio-Taurus on April 20th. Taurus is about security

and possessions. Scorpio is about letting go and clearing out.

Taurus has long been associated with wealth and fertility. Taurus is the first Earth sign and represents the quest for stability, sensual enjoyment and material balance—not too attached or overly rejecting of material possessions.

City dwellers tend to lose touch with the Earth. The wearing of shoes or walking on concrete causes us to forget our natural ties to the Earth and her rhythms. This has led over time to the basic rejection of nature and how she shows us to be comfortable with ourselves on this magnificent planet. Those who live in country settings are more generally exposed to the beauty and freedom that nature offers.

We have turned to drugs, television and computers as rather unworthy substitutes for the oneness that nature brings. Money and material possessions cannot take the place of earth, air and water in their natural environment.

This Full Moon is another step in the exploration of what is really important and how we must live differently in order to attain it.

A study done of four hundred of the richest Americans showed that their satisfaction level with life was no greater than materially poor Inuit in Greenland or Masai cattle herders in Kenya and only slightly higher than slum-dwellers in Calcutta.

www.unknowncountry.com/news/?id=4053

Money is a wonderful resource, but it is much more what it can bring us than the money itself that is satisfactory. If we focus on what we desire rather than striving to get more money the Universe will see to it that what we want is provided. The fun is seeing how we get these things without getting tense or uptight about them.

The Grand Trine formed by Taurus Sun, Saturn in Virgo and Pluto in Capricorn puts emphasis on shifting attitude and bottom lines. Grand Trines lessen resistance and heightened flow of inspiration at the highest point this is selfishness and it can become depravity at the lowest level. Pluto shows us the highest and best of ourselves and asks us to release the belief that humans are just animals with animal natures. We have souls and can reach for the heights. Saturn is always about focus. We now have the ability to see the outcome of our actions before we take them so that we can make wise choices. We can close our eyes, but Saturn always holds us responsible for our actions.

CRYSTAL CORNER

Venus ruler of Taurus is positioned at 17 degrees of Aries and is moving toward a square with Mars at this Full Moon. On April 24th Mars will oppose Jupiter in Capricorn and form a T-square with Venus. Where this T-square falls in your chart will show you what you lessons from this aspect are about. We are being encouraged to be daring and innovative, while being more sensitive to the feelings and requirements of others. This Full Moon is showing us the balancing of energy that playing with multi-dimensional realities is bringing us more each day. It is no longer us against them. The tone of the times is that, as we learn to love ourselves unconditionally, we naturally consider others, but not to our detriment.

The Scorpio Moon is about opposites—the snake and the eagle, the heights and the depths. The ego wants to go to extremes. We either have lots and lots of things or we are poor. We have for so long been caught in the battle between the haves and the have not's. Every single person on this planet deserves the very best. We either stop fighting to get what we want and let it find us or we keep focusing on the illusions that if someone else has good it is because we don't, "They took my good away."

A wise man said, "Fear is the cheapest room in the house. I would like to see you living in better conditions than that."

The planets have always been there. One day a group of men found that there are heavenly bodies and they began to explore the fact that these planets and stars in the sky might affect us. Astrology and astronomy show us that we are, indeed, affected by everything out there because it has a correlation to everything here in this on the planet, most of all us. Once in a while, another planet is discovered. It was always there, but we were not ready to deal with the energy that it brings us. When a planet is discovered we begin to respond to the vibrations of its force field. It was there before we knew it and it is there after we discover it, however, after we know it exists we change our field of operation to include the new perspective.

Our good is here right now, whether we can see it or not. It was there before we found it and it is there after we find it. We just have to be in the right energetic place to make the discovery. Faith is a magnificent tool for finding good that seems to be missing.

Hello, everyone! Spring has sprung and once again the earth is awakening. My roses are beginning to green up and the tulips can't wait to seek out the sun. It's time to turn my attention to this column and I find I'm just staring at the computer. Must be Spring fever but it is snowing right now and it doesn't look much like spring except maybe in Wyoming!

There are numerous ways of accessing the energy in the stones and crystals. Primarily, it is helpful to work with a crystal healer or someone with some knowledge of the stones. There are many books that may be used as guides to working with the crystals. I am writing today about some of the tools (or instruments, as they like to be called) I use in my practice. These tools are made of many different materials and the type of mineral will dictate how and where on the body they will be used.

If you are searching for something to assist you with massage, we have a massage tool that is slightly curved to fit the hand. This is ideal because one doesn't have to use much pressure to accomplish a nice massage in any particular area. This feels great across the shoulders, neck and back. Along the same lines are grooved wands with rounded ends. The fingers fit into the grooves—Great for acupressure points.

Wands are very nice to direct energy where you would like it to go. You could also hold it in meditation to create a clearer channel for the energy. Except for double terminated wands, those with rounded ends could also be used for the acupressure points. This would give you a wider range of minerals to work with.

If there is a particular matter you are working on and would like some crystal energy to assist, wearing the stones is a lovely way to accomplish this. There are pendants available in many different minerals as well as stone chip necklaces and bracelets. Please remember that your jewelry requires regular cleansing and recharging as do all the stones.

I am busy preparing for the Crystal Healing Certification I class coming up on April 5th and 6th. This is something I really enjoy doing and hope to establish a regular schedule for the classes. Anyone who is interested may contact me at 800-757-8478. I still have room available for this class but will answer any questions you may have on future events.

Happy Spring and many blessings!

Linda Thomas
Eternal Ice Enterprises

BOOKS, MOVIES AND SLIDE SHOWS

Recently I have encountered some amazing movies that I wanted to pass along. I decided to include a new category in my newsletter for these wonderful finds.

The movie “**A Man from Earth**” is a most thought provoking film. It is an independent film. I don’t have the producer’s name. It takes place in one room and the yard of a small house. Any film that can keep your attention in a limited setting is intriguing.

This man professes to be Jesus to a group of his friends and is so convincing and compelling that it makes a rich weave of personalities and a study in human responses to something that is way outside the box.

Another great movie for anyone who has, has had or has friends or loved ones with cancer is “**Crazy, Sexy Cancer**”. The name is a bit off-putting, but the movie is excellent. It is created by a young woman who was diagnosed with stage four cancer of the liver. It is real, emotional and very uplifting. This woman took the traditional, medical route until it came to a dead end and then she began an earnest and challenging path to heal herself wholistically. Being a cancer survivor, I really appreciate what she experienced. Many of the things she discovered are things that I learned, also, in my desire to live a happy, whole life. She didn’t do the vitamin C therapy, but that is something I would advise for those who want to live a healthy life. It is good, preventative medicine.

Here is a powerpoint slide show that takes you to unimaginable place “way out there and way in”. To access this most interesting go to:

www.voiceofthegatekeepers.com/pps/fantastictrip.pps

This article really struck home. Even though our kids may be grown and out on their own or even if we never had kids we still tend to experience these feelings at times-- “Do I exist? Am I here at all? If I wasn’t here would anyone notice? This is such a great answer. It all began to make sense, the blank stares, the lack of response, the way one of the kids will walk into the room while I’m on the phone and ask to be taken to the store. Inside I’m thinking, ‘Can’t you see I’m on the phone?’

Obviously not; no one can see if I’m on the phone, or cooking, or sweeping the floor, or even standing on my head in the corner, because no one can see me at all. I’m invisible. The invisible Mom.?? Some days I am only a pair of hands, nothing more: Can you fix this? Can you tie this? Can you open this? Some days I’m not a pair of hands; I’m not even a human being. I’m a clock to ask, ‘What time is it?’ I’m a satellite guide to answer, ‘What number is the Disney Channel?’ I’m a car to order, ‘Right around 5:30, please.’

I was certain that these were the hands that once held books and the eyes that studied history and the mind that graduated summa cum laude - but now they had disappeared into the peanut butter, never to be seen again. She's going, she's going, she's gone! One night, a group of us were having dinner, celebrating the return of a friend from England. Janice had just gotten back from a fabulous trip, and she was going on and on about the hotel she stayed in. I was sitting there, looking around at the others all put together so well.

It was hard not to compare and feel sorry for myself. I was feeling pretty pathetic, when Janice turned to me with a beautifully wrapped package, and said, ‘I brought you this.’ It was a book on the great cathedrals of Europe. I wasn’t exactly sure why she’d given it to me until I read her inscription: To Charlotte, with admiration for the greatness of what you are building when no one sees.’

In the days ahead I would read - no, devour - the book. And I would discover what would become for me, four life-changing truths, after which I could pattern my work: No one can say who built the great cathedrals we have no record of their names.

These builders gave their whole lives for a work they would never see finished. They made great sacrifices and expected no credit. The passion of their building was fueled by their faith that the eyes of God saw everything.

A legendary story in the book told of a rich man who came to visit the cathedral while it was being built, and he saw a workman

carving a tiny bird on the inside of a beam. He was puzzled and asked the man, 'Why are you spending so much time carving that bird into a beam that will be covered by the roof? No one will ever see it. And the workman replied, 'Because God sees.'

I closed the book, feeling the missing piece fall into place. It was almost as if I heard God whispering to me, 'I see you, Charlotte. I see the sacrifices you make every day, even when no one around you does.'

No act of kindness you've done, no sequin you've sewn on, no cupcake you've baked, is too small for me to notice and smile over. You are building a great cathedral, but you can't see right now what it will become.

At times, my invisibility feels like an affliction. But it is not a disease that is erasing my life. It is the cure for the disease of my own self-centeredness. It is the antidote to my strong, stubborn pride.

I keep the right perspective when I see myself as a great builder. As one of the people who show up at a job that they will never see finished, to work on something that their name will never be on. The writer of the book went so far as to say that no cathedrals could ever be built in our lifetime because there are so few people willing to sacrifice to that degree.

When I really think about it, I don't want my son to tell the friend he's bringing home from college for Thanksgiving, 'My Mom gets up at 4 in the morning and bakes homemade pies, and then she hand bastes a turkey for three hours and presses all the linens for the table.'

That would mean I'd built a shrine or a monument to myself. I just want him to want to come home. And then, if there is anything more to say to his friend, to add, 'You're gonna love it there.'

As mothers, we are building great cathedrals. We cannot be seen if we're doing it right. And one day, it is very possible that the world will marvel, not only at what we have built, but at the beauty that has been added to the

world by the sacrifices of invisible women.

Great Job, MOM and DADS!
Share this with all the Invisible Moms & Dads you know... I just did. The Will of God will never take you where the Grace of God will not protect you.

The important things in life aren't dollars and cents but hugs and kisses.

ADS



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Anmalaiya is an iridologist, 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. Call 307 332-7861 for appointments and information,

Shaylinn Kaiser dba

Subtle Impressions offers Craniosacral Therapy blended with Reiki, Kinergetics and Energetic Rewiring. She is located at the Rainbow Center for the Humanities, 177 N. 4th, Lander. For appointments or information, please call 307 332-4471 or 307 349-9837. Gift certificates are available.

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

Dream Pillows by Linda Emter



intuitlinda@msn.com

Christmas is past, but there are birthdays and other occasions to give someone special sweet dreams. Microwave for 35 seconds and place on sore neck, shoulders, knee, head. Also, place under bed pillow for Dream Recall.
Aromatherapy Dream Pillows
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The Wellness Connection, 201 Main St. in Lander, offers many interesting and therapeutic modalities. Delphinia Bey does massage, hot rock therapy and deep tissue work. Delphinia also teaches Reiki classes. Call 307 332-6262 for appointments.

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