



## February Newsletter



Our first picture this month comes from our recent channeling on Personal Magik. Our kitty, Brenwyn, had a cat fight during the filming. She threw herself against the window inside the house to get at a neighbor cat outside. St. Germain put up his hand, blew out a breath and the fight stopped immediately. Here is St. Germain doing his magik. The second picture is our beautiful Red Butte that Dorian captured through a glass ball and the third is the flame of a Wyoming sunset.

Happy Valentine's to every one. May you feel the love so powerfully in your life that it changes everything for you.

We have had a relatively mild winter by the national standards. We are grateful.

It is amazing how the energy of the times is bringing up old stuff from places that we didn't even know existed. On January 16<sup>th</sup>, St. Germain spoke about "Accelerated Thought and It's Outcome". We are meeting issues that we did not remember, issues that we did not want to remember and things that remind us of other times and wounds yet unhealed. The accelerated energy of love, which the mind would say could only bring us sweetness and light is bringing everything out into the open to be FORGIVEN. The

thoughts are racing and the EGO is working over time to prevent us from getting in touch with the amazing truth of what we are about.

2011 is a year of tests and getting personally, internally prepared for the increased energy of the planet. If you live by the ocean and you travel to the mountains you experience the rarified air. You feel tired and often very hungry until you adjust to the altitude. When the journey to the mountain is within often we overlook the fact that we will experience very similar feelings physically, emotionally and the mind may be questing here and there for explanations that have nothing to do with what is really happening. We have been a "solution oriented" society. The mind jumps quickly to a "logical" explanation for anything and everything that is going on—from war to disease to poverty. However, these explanations are based on the past and where we are going has no reference in the past. We are moving bravely forward where no one has gone before. Disciplining the mind to be still and stop thinking, thinking, thinking takes loving determination. One does not break an addiction with a word. We cannot hear the inner voice when the mind is grinding away on what to do next, how it will get done and whether *they* will do it right.

Everywhere that I turn I hear the questions "What can I DO to change them?" "How do I stop them?" "When will they learn?" I have to remind myself again and again that "they are I". It can be a bitter pill to swallow when the *they* in the mirror are reflecting painful or unpleasant things. Learning to accept that it is all within me and not to judge any of it, requires drawing everything inside and dealing with it here and now, rather than "out there somewhere". I am constantly amazed at the creativity of my EGO to turn everything away from me, to deny my involvement and just how uncomfortable it is to own my part in each and every situation. We are meeting Souls with which we have had past life encounters that may or may not have been sweet and lovely. Allowing Spirit to show me that there is no good or bad in any of it is a test in and of itself. As I hear others express all of the time, "I

wish I was better at this than I am". We want to excel at spiritual growth in the same way we have learned in school—the brightest kid wins. Fortunately, spirit does not care about bigger, better, faster. The tortoise can win the spiritual race because the only contest is with self. The mind quickly says, "I know that", but life will reveal whether that is just the kid wanting to have all the right answers or if there is depth to the words. As we meet the tests of 2011 they will not be offered in a classroom. They will be the unexpected affairs of daily living and whether we can bring peace to our own internal existence. May we all emerge from this trial by fire, clearer, stronger and much more aware of our fineness that has no measure in the physical world. Blessings on us all.

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### Rainbow Center News

February is the month that we meet with the Goddesses. Our group will be on Sunday February 13. The Goddesses will talk about "Connecting with Nature". This is something that is becoming imperative in these times. Many people go and spend time out of doors, but there are few that really could tell you what a fox or a crow or a raven means when you meet them. How do you listen to the message from a brook, a river or a lake? Do you smirk at the idea that rocks can talk or that if you allow yourself to sit back to bark with a tree you can learn about time lines and the stories of the Earth? Isis, Artemes and Kwan Yin will reveal some of this ancient wisdom for us. CD's can be purchased on the website at [www.voiceofthegatekeepers.com/2011groups.html](http://www.voiceofthegatekeepers.com/2011groups.html)

St. Germain brings the second of our Personal Magik series, "Embracing Your Magik". We can know about the existence of Magik in the world, but until we make it our own it isn't real. Embracing your Magik is remembering how to live real and true.

Both CD's and DVD's of the series are available. If you purchase the set of six "Personal Magik" CD's or DVD's you will get the sixth one free.

To order CD's or DVD's  
[www.voiceofthegatekeepers.com/evenings.html](http://www.voiceofthegatekeepers.com/evenings.html)

Our next intensive, "Expanding the Energy of Love to Live in the New World" will be May 14, 10 a.m.-6p.m. & 15, 10 a.m.-3p.m. at the Rainbow Center in Lander, Wy. The evening will be "Prepare Yourself for the Magik" on May 13, 8 p.m.-10p.m.

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## ASTROLOGY

### NEW MOON

As our planet spirals through space, the kaleidoscope of the cosmos illuminates new patterns and pathways. This New Moon occurs at the mid-winter point on February 2-3. We are experiencing an increase of light each day and many cultures hold celebrations to honor the gods and goddesses that are associated with the renewal of light and life. Ancient Greeks lit candles in honor of Demeter, the Great Mother, Romans paid tribute to Juno Februta, virgin mother of Mars, while the Aztecs and Iroquis held ceremonies to rekindle their fires at this time. Druids and Siberian shamans also saw this as a time to restart their fires. Imbolc was an ancient pagan festival adopted by Christians and renamed Candlemas and it is still celebrated as candles are lit and people watch to see if the groundhog will see his shadow in the light of the mid-winter Sun.

Aquarius is the eleventh sign in the zodiac and is associated with the development of global consciousness: the awareness that each of us is a unique individual and an integral part of the human race. Computer technology and telecommunications have magnified the development of the "global brain" a term coined by Peter Russell in 1982 in his book by the same name. This volume describes the increasingly complex intelligence network that is evolving and equalizing all of us. Aquarius deals with the power of new ideas, as well as the force of collective consciousness. The Water Bearer has brought greater attention to just how important water is in our lives. The blending of air-mind and water-feelings is awakening us to more and deeper cognizance of our spiritual nature.

At this New Moon not only are the Sun and Moon in Aquarius, but Ceres, Mars, Neptune and Chiron. This puts unavoidable attention on the clarion call to shift from domination to mutuality, from hierarchy to collaboration and from corporate rule to community empowerment. The tendency to overlook must now become the ability to oversee. Ceres, the dwarf planet associated with the Roman goddess of grain (whose mythic precursor was Demeter) joins this New Moon to remind us that we are all a part of nature. More than we have in centuries of scientific discovery the eyes of the Soul are searching for the reconnection to our sacred source and how nature can teach us about our true selves. Chiron and Neptune in the latter part of the sign direct our attention to greater compassion

for self and others and more focus on the people rather than the old self-serving politics and business as usual.

Uranus, ruler of Aquarius, is at 28 degrees of Pisces, semi-square Sun and Moon and expanding our perceptions in ways we had not imagined. Uranus opposition to Juno in Virgo and square to Venus in Sagittarius forms a dynamic T-square that further challenges us to think differently, especially about personal principles and how we relate to each other. These aspects keep gender inequalities in the spotlight and galvanize women to reclaim their power. We must restore the balance between masculine and feminine, not just to appease the sexes, but because that balance is necessary to our evolution.

The Sabian symbol at 14 degrees Aquarius suggests that as we are willing to face our dark side and forgive our fear of the unknown we can reach our goals more quickly. “A train entering a tunnel; the ability to short-cut the process of natural evolution by the exercise of will, mental skill and physical self-discipline.” Perhaps I am missing something, but the message of this Sabian symbol seems to be directing us to look back at how we have distanced ourselves from the natural flow of nature and believed that we can take dominance by “short-cuts”. We would accomplish more by paying attention to how nature brings things to pass in alignment with the design of the Universe. Perhaps it isn’t as fast, but maybe we have gotten so involved in “bigger, better, faster” that we miss “sweeter, kinder and more fulfilling”.

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## FULL MOON

February 18 brings our Full Moon in Leo. This is the first of six SuperMoons this year. A SuperMoon occurs when the Moon is both at perigee, its closest approach to the Earth, and at syzygy, in line with the Sun and Earth. The gravitational pull and the morphing of the Earth’s electromagnetic field are amped up at this time. This accelerates the shifts in consciousness also. This is also the fifth of five Full Moons to occur in the last degree of a sign, indicating important transformation and many tests.

The Sun’s position between the Neptune/Chiron conjunction puts the spotlight on our necessity for spiritual revolution—changing our emotional as well as mental perspective. Einstein stated that a problem may not be solved in the same place that it began. Our present state of affairs—governmental, social or economic—cannot be corrected by the same mind-set

that initiated it. We are watching on a daily basis as the structures supporting patriarchy, materialism and “might makes right” topple around us. There is no going back. Pluto closes the door behind us in such a way that there is no handle on our side. The mind only wants to operate on what it knows. We must now reach beyond what we have known and live what we feel. We are all being called to make a difference. The five planets in Aquarius provide the light to illuminate our way.

Ceres, Mercury, Mars, Neptune and the Sun bring important keys to healing long-standing issues. Mercury and Mars co-join with Neptune on February 20 and then move on to connect with Chiron at 1 degree of Pisces on February 22 and 24. Ceres closely trines Saturn, bringing our attention to the necessity to reunite with nature in a deeper way. Nature holds answers to important questions that we have attempted to answer mentally and scientifically. Now the goddesses lead us to look at our inner connection with the natural world. Saturn and Venus are in mutual receptivity which means each planet is in the sign that the other one rules. This strengthens the requirement for us to love and respect each other and our planet.

Last summer’s retrograde of Jupiter kept it within one degree of square with Pluto for 49 days. During that time we saw the first 24-hour flight by a solar-powered plane, the on-line publishing of thousands of internal reports about the U. S. war in Afghanistan by Wikileaks and forty billionaires pledging to donate at least half of their wealth to philanthropy. Jupiter makes its third square to Pluto on February 25 at 7 degrees Aries-Capricorn, bringing another wave of far-reaching developments, disclosures and assistance to the fore.

The energies of this Full Moon suggest that we are awakening to the necessity of the collective mind to move beyond “us against them” and merge into a unanimous consciousness of growing enlightenment. We also must accept that secrets are based on the parental belief that we are not mature enough to know what is going on. Even though it might appear in the present din of “nay sayers”, that this might be true, when we are given responsibility for our own lives we can make powerful changes for good. You cannot fight for freedom and hope to ever achieve it. Taking someone else’s freedom away does not buy your own. Carl Jung said “Freedom is not doing whatever we want, but really wanting to do what we must.”

## CRYSTAL CORNER

As I sit here watching the snow come down or more appropriately, being blown sideways, and the sun struggling to make an appearance, I'm thinking about the judgments we have about just about everything in our lives. One could sit here and remark that it is a terrible day and wish that it was spring. They will make themselves miserable because the weather is interfering with what they want to do. How much nicer it would be to sit and enjoy what is happening and not be in judgment of what is. The Masters tell us that judgment is a biggie. And we all do this in greater or lesser degrees. We can make an observation on what someone is doing and recognize that we might not do it that way but support their right to do it or we might seek to push our judgments on them. Now that I am here, do it my way because it is infinitely better than yours. We all pass judgment on things great and small. The economy is bad, the weather is bad, my temper is bad and so is yours, just look what she's doing, he has no right to do that. Judgment is being out of love. Love has no judgment.

There are a few stones that deal with the judgments and related areas. The first of these is:

### PREHNITE



The energy of this stone is like trying to hold on to air. Its energy shifts, which makes it a challenge to even recall its name. It refines baser energies, those things one might associate with what flows in the gutter. Judgment! Prehnite transmutes and purifies as it raises the frequency and refines to the purest form. Name a judgment. Speak through it. Consider the judgment again. Forgive it. It is done.

### BLUE QUARTZ



There is a lot of disturbance in the spirit water now because of the conflicts in the healing of the separation and so much of what has been called 'right' must be forgiven. In God, those things have no place. There is no right or wrong so this will assist them who have disturbed spirit to walk more peacefully their own path and not be in so much conflict when they find others are not in agreement with what they are becoming. There is no judgment when we are in love with ourselves.

### RUBY



This gemstone transmutes those judgments that we carry against ourselves. 'I'm not really that good, I don't really deserve that much, I'm not really that worthy, I don't accomplish that magnificently.' This brings recognition and a realization to help those recognize, in love, who they truly are.



## STAUROLITE



These fairy cross stones take upon themselves the guilt, the fears and the judgments that are amassed over lifetimes, simply drawing them as a magnet.

How wonderful to have at our hand such wonderful tools to aid us in forgiving our judgments!

I would love to thank all of you out there for your prayers and blessings. I am recovering from my latest surgery and my mother is well on her way to recovery also. I know this is a year of healing for all of us.

To contact me for information or just to visit, call:

Linda Thomas  
307-754-4396 or 800-757-8478

My website is in another state of becoming! A new and improved model will be launched in February. I hope you are all enjoying the New Year. Happy journeys.

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## THE GARDEN FAIRY

### Bananas



*Musa acuminata* is not a tree, but a perennial herb. The banana is related to the lily and orchid family. Its leaves are usually grouped together, forming a trunk-

like structure. The origin of bananas is believed to be Malaysia or India.

The banana as we know it today is a specifically-grown species of the wild banana. It originated from seed bearing relatives in the Pacific and the Southeast of Asia. Bananas are more precisely referred to as a berry! Wild banana varieties carry big seeds that would make it difficult for us to eat them (in turn, this would make it difficult for banana growers to sell them).

The banana we all eat is cultivated with the precise purpose of being made seedless (or with seeds so small they're barely visible): this is achieved by cultivating triploid varieties (which means they have three sets of genes, instead of the two sets that are normally found in wild varieties). Because of this, sexual reproduction of these modified bananas is impossible, and they have to be grown from offshoots of the parent plant.

Banana trees can flower at any time of the year: the fruits usually develop in a horizontal fashion, which then becomes vertical when the weight of the bananas is sufficient. From the moment the inflorescence is visible from the leaf sheaths, about three months are necessary for it to mature. Banana trees are best cultivated in a highly organic soil, with a neutral to slightly acid PH (5.5-7.0). A lot of water is usually needed for the plant to grow and yield bananas. The size of the plant in the first 3-4 months greatly affects the weight of the bunch and number of "hands" (the group of bananas).

Young plants are best nourished with a fertilizer solution of 6-2-12, with 3% magnesium. The solution is to be applied approximately every 2 months, and the fruiting will be complete after about 10-18 months later.

The history of bananas has apparently originated in Malaysia in 2000 B.C. Antonius Musa- the personal doctor of the then Roman emperor Octavius Augustus- was credited for promoting cultivation of the exotic African fruit from 63 to 14 B.C. In 650 A.D. Islamic conquerors helped bananas make their way to Madagascar, and then spread to the African mainland by vegetative propagation. Here in Africa many genetic mutations occurred, that produced different species of bananas. Portuguese traders then spread the fruit from Africa to the Canary Islands. In 1502 A.D. the Portuguese and the Spanish are credited for bringing bananas to the Caribbean and to America. The yellow sweet banana is a mutant strain of the green and red cooking bananas, discovered in 1836 by Jamaican Jean

Francois Poujot. He found that in his plantations, one plant was bearing yellow fruits rather than red or green. Upon tasting the new discovery, he found it to be sweet in its raw state, without the need for cooking. He quickly began cultivating this sweet variety.

Bananas were officially introduced to the American public at the 1876 Philadelphia Centennial Exhibition. Each banana was wrapped in foil and sold for 10 cents. Bananas are now considered a commodity and are traded by large companies. The United Fruit Company is credited for being of the first to commercialize bananas. Thanks to new transport technologies such as refrigeration, bananas have become widespread in the 19<sup>th</sup> and 20<sup>th</sup> centuries. Today, bananas grow in most tropical and subtropical regions with the main commercial producers including Mexico, Costa Rica, Brazil and Ecuador.

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References: [www.plu.edu/~bananas/brief-history/home.html](http://www.plu.edu/~bananas/brief-history/home.html)

[www.bananasweb.com/bananas/History+of+Bananas](http://www.bananasweb.com/bananas/History+of+Bananas)

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There has been a huge brew-ha-ha over the changing of the astrological signs and the “new sign/planet”. If you remember it was not too long ago that the astronomers decided that Pluto was no longer a planet. It just so happened that this was just about the time that it’s transformational energies became a threat to the “old Order”. Now there is the move to shake up the astrological world by changing the signs. I have no doubt that the constellations have shifted with the changing times. However, when I say to a client, “Do you feel like a Leo instead of a Virgo because the astronomers said so?” they do not feel as though the next sign back describes them much, if at all. My feeling is that when I set a chart and then read it for the client and they say, “Wow, that’s really me. How did you know that?” the changes that the astronomers have made are inconsequential. “A rose by any other name still remains a rose”, so my dear Aries through Pisces friends not to worry, you are still making your Ascension in a higher frequency of the sign you were born under.

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## TAROT TALK

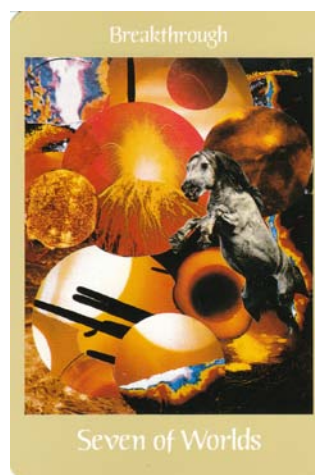
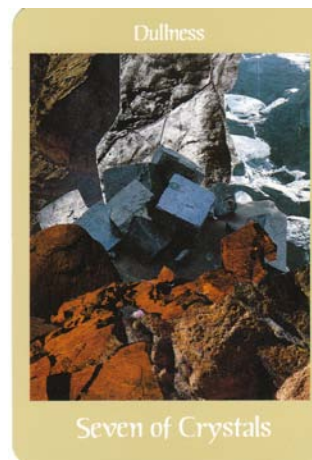
Our Tarot cards for February are the sevens—  
 Courage: the seven of Wands, Dullness: the seven of

Crystals, Breakthrough: the seven of Worlds and Fear: the seven of Cups. The sevens bring us faith, poise and the ability to wait for the answer to come rather than trying to make something happen.



The seven of Wands, Courage tells us that it is time to stop protecting our back and stand tall out in the very center of things. Often times when we **show up** that is all that is necessary. It isn’t about words, words, and more words, but a clear intension to bring about change within as well as without.

The seven of Crystals, Dullness is an illusion. When the mind is on a point of rest it isn’t dull at all, but is getting clearer with each passing moment. The seven of Crystals is also called the “Philosophers Stone” and relates to our immortality. When we make the true connection with spirit we remember things that we could not even fathom with the finite mind.



The seven of Worlds, Breakthrough, marks a departure from illusions. We often find that in our material world we feel blocked, frustrated by what seems to be a “brick wall” of limitation. The Breakthrough card tells us to look again, closely, and we may find that what appeared to be a brick wall was only a brown paper bag

painted to look like bricks and we can just punch right through the obstacle without much effort.



The seven of Cups, Fear, is another illusion that we are confronted with and we become paralyzed by this apparent monster. In the book "Dune" it said, "Fear is a little death, fear is a mind killer. I will turn and face fears path and where fear has been, nothing but I will remain." Like the wind that bends the wheat we

may see what fear might be, but when we face the fear it disappears. St. Germain says that when you give *fear* a different name then it is no longer fear. It is only when it is the illusion called *fear* that you cannot overcome it.

The sevens all refer back to the Chariot (the first seven in the tarot deck and the Tower (the second seven in the deck). The Chariot is about patience and waiting until the divinely appropriate moment to take the next step—in the project, on life’s journey, in what ever way you will be making movement. The Tower is indicates radical cleansing and purification. Certainly both of these cards describe what we will be meeting in 2011. Sevens call for faith, courage, going within and developing greater tolerance, patience and compassion.

Welcome the seven energy in your reading because it assures you that you are not alone in the tests of life, even if you feel that no one else is there.

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Johns Hopkins Update Very Good Article

**AFTER YEARS OF TELLING PEOPLE CHEMOTHERAPY IS THE ONLY WAY TO TRY (TRY, BEING THE KEY WORD) TO ELIMINATE CANCER, JOHNS HOPKINS IS FINALLY STARTING TO TELL YOU THERE IS AN ALTERNATIVE WAY.**

Cancer Update from Johns Hopkins:

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the

cancer cells because they have not reached the detectable size.

2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.

3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.

4. When a person has cancer it indicates the person has nutritional deficiencies. These could be due to genetic, but also to environmental, food and lifestyle factors.

5. To overcome the multiple nutritional deficiencies, changing diet to eat more adequately and healthy, 4-5 times/day and by including supplements will strengthen the immune system.

6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastrointestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.

7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.

8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.

9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.

10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.

11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

**\*CANCER CELLS FEED ON:**

a. Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses, but only in very small amounts. Table

salt has a chemical added to make it white in color

Better alternative is Bragg's aminos or sea salt.

b. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus.

By cutting off milk and substituting with unsweetened soy milk cancer cells are being starved.

c. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little other meat, like chicken. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.

d. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C).

e. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer fighting properties. Water-best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.

12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines becomes putrefied and leads to more toxic buildup.

13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

14. Some supplements build up the immune system (IP6, Flor-ssence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the body's own killer cells to destroy cancer cells. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

15. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, un-forgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep reathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

1. No plastic containers in micro.

2. No water bottles in freezer.

3. No plastic wrap in microwave.

Johns Hopkins has recently sent this out in its newsletters. This information is being circulated at Walter Reed Army Medical Center as well. Dioxin chemicals cause cancer, especially breast cancer. Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic. Recently, Dr Edward Fujimoto, Wellness Program Manager at Castle Hospital, was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This especially applies to foods that contain fat. He said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body. Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food. You get the same results, only without the dioxin. So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else. Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc. He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons. Also, he pointed out that plastic wrap, such as Saran, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead.





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### ST. GERMAIN'S MESSAGE



Beloved Masters, it is with deepest honor that we come to you each month in this way. I speak to you of how much we love you and that we truly desire to assist and up lift you to rise above the chaos of the planets

evolution.

Words do not convey the depth of our desire. We are sending you intensions for balance as more and more love pours into the Earth's force field. Many of the fallacies that have been placed before you over time are proving to be just that—fallacies. Fear makes war. Separation makes fear. Oneness is the outcome of love—the synergistic involvement of Souls who seek interdependence with each other and all. You have dreamed of this, talked about it, imagined it—stories have been written and songs sung. Now it is time and there is a difficulty to accept the changes because the actual happening has been pushed, always ahead into the future where “someday” you would find heaven. The mind says, “prove it”, as you move into frequencies where proof has no validity. **‘FAITH IS THE EVIDENCE OF THINGS UNSEEN!’**

The chaos throws you into suspicion and doubt, yet something within keeps guiding you forward as though you are drawn by a cosmic loadstone. Your Soul is the internal compass and gyroscope. You sail the uncharted waters of spirit and yet if you will allow yourself to be led you arrive unfailingly in safe harbor. Every story of questing finds the central character being brought again and again to the point of trusting

the inner leading. When battle seems the only way often the reality is “lay down your weapons and surrender, not to the “enemy”, but to your Soul's directive.

It takes great courage to relax when you appear to be under threat. Building the inner strength to trust when there is no guarantee is the “way of the PEACEFUL WARRIOR”. Watch someone fighting when they are driven by fear—they flail and swing wildly. When there has been discipline and training the whole process goes very differently. The wizard, the Magician, the spiritual Master are devoted to self-discipline in love because they, then can be prepared—body, mind, feelings and spirit—to meet the challenges without having to know exactly what is coming next. The undisciplined mind jumps to dark conclusions. It is ready to fight shadows. It talks about how it is going to beat the evil. When the challenge comes there is nothing to back up the words because there is little or no faith. The mind says, “I trust”. When the question is asked, “In what do you put your faith?” the mind gives an answer that it has heard, an answer that sounds good and the question still remains “In what do you put your faith?”

Your spiritual core is as mighty as an oak tree. It is connected to the All-ness. Look within yourself Master, not with hard vision, trying to see something, but gently and you will be astounded by the centered, spiritually connected framework of energy that runs throughout you. It is a rod, yet is totally flexible, it is bigger than you are yet it does not dominate your life, it is light and yet it fully embraces the darkness and denies nothing. You are holy in ways that cannot begin to be spoken of. The truth that you are exceeds the knowledge of this earth. All of the praise and laud and honor that you have shown God can also apply to you for God is so much more than all the praise that has been offered throughout time. Forgive attempting to grasp God as a mental image or an idol. Anything that you could imagine would never be big enough to begin to define God. The Mind says, “I know that” yet still it tries to bring God small in order to deal with the concept. Instead, let yourself expand, out and out beyond anything that you might have ever allowed before and embrace in love even what you cannot name.

As you move beyond the known into the unknown ages will fly by. You will see how the earth was formed after eons of time when the Universe was being brought forth. You can see the evolution of earth and rocks and water. You can live the changes from

something made only of one cell, life in water and then on land. You can experience the expanding consciousness and greater awareness of self as animals evolved into humans. If you will allow it you can realize that you are totally a part of all of this and always have been. It simply has not felt safe to be that big, so you created beliefs that the glory that you have sought was a dream to be found only after death in this place.

Now you are closing the circle and returning to all that you are. You will not reverse the process of evolution but move forward into the next faze. Over time there have been many civilizations that have “just disappeared”. Many times there have been chances for the Earth to ascend and each time there was fear and doubt and controversy. Now, Beloved Masters, one more time the call is issued and the potential exists for all to overcome. This can no more be accomplished in strife and superiority this time than it ever could before. The EGO does not want you to remember how powerful you are. It will continue to hold the illusions before you of failure and incapability and you are the only one who can make the choice to say “I shall overcome” and then live it. The churches and governments and corporations can offer you nothing to assist you in your choice. This is between you and God. “Are you ready?” cannot be answered with your words. It can only be answered with your heart and Soul, quietly, yet jubilantly within.

All of the mighty hymns of war shall be laid aside and sweet songs of unity shall be set for future times. “If they had just been ready” has nothing to do with how you will meet where you are going now for this is not about anyone but you—your choice, your change and your willingness.

Read this and read it again until you feel the words rather than just thinking about them. When you become one with the changes you will rise into the higher frequencies because you are no longer attempting to gain access without actually going there. “Tell me what it is like. Tell me what is going to happen. If you will only tell me then maybe, just maybe I will consider going forward.” We cannot tell you because there are no words to describe what you will find in those higher frequencies. You have no words for the beauty, freedom and peace that awaits you. It isn’t death. It is more life than you can remember. It isn’t escape because trying to get away from things that you hate and fear only create more of the same in these times. Avoidance is like a magnet that attracts what you wish to pretend does not exist.

Heaven and Hell are two sides of the same coin.  
When you accept both sides you can have it all.

And so, Beloved Masters, we wish you the beauty, love and peace that you desire. In the greatest of Love I bid you Adieu!

I AM the Lord St. Germain.

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## ADS

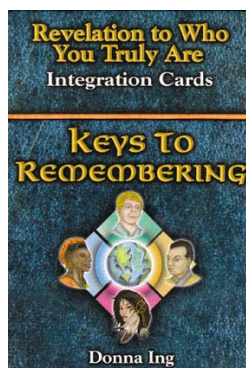
### OF POETRY AND PROSE by Nanna Hansen

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>

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### 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>.

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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](http://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 your on facebook

Plenty Star Ranch - Horse Boarding in the Black Hills  
[www.plentystarranch.com](http://www.plentystarranch.com)  
"Painted Portraits & Visions" [www.paintingsbyvisa.com](http://www.paintingsbyvisa.com)

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**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.

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#### **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.

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#### **Nancy Wadda**

Is an amazing acupuncturist who practices "The Five Season's" technique. She has four years of training in Maryland. She is available for sessions at the Rainbow Center for the Humanities. You can call 205 566-1424 or email [needleu2@gmail.com](mailto:needleu2@gmail.com) for appointments.

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#### **Maia Rose**

Does massage, sacral cranial and acupressure. Her massages include the acupressure and sacral cranial as well as various forms of heat therapy. She also offers sacral cranial sessions. You can reach her at 307 345-3262 for appointments.

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#### **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](http://www.kimberlyraehansen.com)

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**Delores DeVore** owns Sound-Works, healing with voice and tuning forks. [www.sound-works.biz](http://www.sound-works.biz)  
Delores is an excellent website designer who has an extensive background in web design. She is very conscientious and works quickly. She is excellent at problem solving web site situations. [www.ddswebdesign.com](http://www.ddswebdesign.com)  
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