



March Newsletter



The pictures this month were all taken at Brooks Lake between Dubois and Jackson, Wy. The first one is in winter, the second in spring and the third in the summer. Brooks Lake is a beautiful place with an inn. It has many attractions—hiking, fishing, camping or just enjoying the scenery and taking pictures.

I have had to remind myself as I work on this newsletter to, “look for the March document” when I go to my documents to find it. It is amazing that we are looking at spring equinox. When the Masters speak of accelerated time they really mean it.

As I write this we are having “Chinook winds”, warm southwest winds that melt the snow and bring a new storm. We are expecting another snow storm tonight and perhaps another 8-10 inches of snow.

I am now facing a new challenge in my “modern maturity”. I have been having pain in my right knee for some time and it has been getting worse. I went to the orthopedic specialist and he said “severe arthritis”. He gave me a prescription for Piroxicam. Now if you go to the website and read about the side affects you wonder if the medical profession doesn’t say, “Well, you are going to die anyway so you might as well die comfortably (and we will help you pass).” I feel that

this is an opportunity for me to really do some research and find some natural assistance. I take hyaluronic acid, glucosamine, chondroitin, Vitamin C, D3, B complex, E and detoxifiers so I am doing many of the things that I have found advised for arthritis so far. I know that good old fashioned apple cider vinegar is very helpful for arthritis and I plan to treat the knee with castor oil packs. It seems as though I am being blessed with these opportunities to find wholistic ways of healing, for a reason. Oh, by the way the anti-inflammatory does help. For now I will support my liver and see where things go next. **Update:** On the ninth day of taking Piroxicam I experienced ringing in the ears, increased swelling in my legs and ankles and light-headedness. So tomorrow I will call the doctor and see what he says. In the mean time, I am not afraid to stop taking the meds if it looks as though they are detrimental to my basic health.

I am a strong advocate of blending natural and allopathic medicine. The most important part is to understand that this is *your* body. **No one else has a better idea of what is going on inside of you than you.** Think and feel for yourself and do not assume that the doctor is always right for they are human and subject to the stresses of these times, just as the rest of us are. If you have concerns get a second opinion. It takes courage to be healthy.

I am a medical intuitive, but I do not presume to have an exact understanding of what another person is feeling inside. The important piece of the puzzle is to get to know what your body is telling you. I hear all of the time about people who just dropped dead without any warning. I can say that the body will tell you what is happening—pay attention. This is not support for paranoia or hypochondria—it is just good common sense. The body provides an awareness that is subtle, but clear. If you are masking the pain in your body with drugs, then it is to know that the pain is telling you a story that would be best for you to listen to. Many people go to a doctor and either the doctor doesn’t ask enough questions or the patient doesn’t give enough information thus there is

misunderstanding. A good rule of thumb is to tell the doctor what prescriptions, as well as natural supplements, you are taking and if you are going to another doctor for treatment. If you feel ashamed or secretive about what you are taking or what you are doing and don't want anyone to know about it, including your doctor, it is time to get **HELP**. Make sure that you understand what any medication is for, its side effects and benefits. The basis of all pain is resistance. It is time for everyone to face the judgments, emotional wounds and self criticisms that we have resisted for so long. Revelation is bringing everything to light. There is nothing that anyone has done that everyone else has not done at some time. Hatred, fear and compulsive behavior are signs of the changing times. The shifting energies are raising all of the old, hidden "skeletons in our closet" and each person has memories, vague though they may be, of other lives when we were experimenting in order to understand life better. Because we are Divine Beings in human form our "mistakes" have been larger than life. Fortunately, God does not judge us by our learning experiences. Many have decided that certain practices that bring pain and suffering to others are worth the price because of personal benefit. Revelation is beginning to show us that, because we are all connected, personal gain at the price of others has no intrinsic value. "He who dies with the most toys cannot take them with him and spirit does not measure us by worldly achievements."

So in order to have greater health and well-being it is important to be clear, aware and faithful to the wisdom of self. The body actually has its own wisdom and you can feel it when you are making choices. There is a deep, powerful sense of fulfillment when the choices you make are in alignment with your own highest good. When the EGO is attempting to control things, you may feel scattered, embarrassed or guilty because you are going against your own best and highest truth. Truth does not necessarily agree with what your EGO wants. Truth will not be manipulated by EGO. If there is an ongoing misuse of personal will, often that, in and of itself will lead to disease. This disease or uneasiness with self is not a punishment of God, but your connection to the Divine nudging you to be faithful to your spirit.

I share these bits of wisdom that St. Germain has provided over the years. There are many times that I wish that I was more aligned with them in my own life. However, I can say from personal experience that they do work if we do. My greatest love to all of you. May we allow this ascension process to be easy, beautiful and free from judgement.



Rainbow Center News

CD's can be purchased on the website at www.voiceofthegatekeepers.com/2011groups.html

St. Germain brings our third evening in the "Personal Magik" series "Integrating Your Magik".

Both CD's and DVD's of the first six parts of the series are available. If you purchase the first six of the "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

Our next intensive, "Expanding the Energy of Love to Live in the New World" will be held May 13-15. The evening "Prepare Yourself for the Magik" will be Friday, May 13, 8-10 P.M. The intensive is Saturday, May 14, 10 A. M.-6 P.M. and Sunday May 15, 10 A.M.-3 P.M. The intensive is \$350 and includes the evening. If you wish to attend the evening alone it is \$45. Come and join us in wonderful Wyoming. We are in the aura of the Tetons and the Magik of Yellowstone. Any direction that you go from Lander presents great opportunities for attractions from the National parks in Northern Wyoming to Custer Battlefield in Montana, the Black Hills and Mount Rushmore in South Dakota to Green River and the Flaming Gorge in southern Wyoming, Steamboat Springs and Aspen, Colorado, Salt Lake City, Utah and the Gallatin River Valley, Bitterroot Mountains and Glacier National Park in Montana, to the breathtaking beauty of the Snake River in Idaho. Shortly after our intensive the parks will all be opening

so make your plans to extend your stay and see the great Northwest.

ASTROLOGY

NEW MOON

The New Moon on March 4 in Pisces, the last sign of the zodiac, represents the attainment of unity consciousness where we can see that “It’s all God in Drag” as Ram Das so succinctly put it. We are called to live what we have gained in the other eleven signs. Soon we will enter Aries again and be confronted with the requirement for courage and the willingness to try new things.

This is the time to look back at the last year and while we are waiting for the last vestiges of winter to pass, consider what we have accomplished.

Not only are the Sun and Moon in Pisces, but Chiron, Mars, Mercury and Uranus. Pisces represents our beliefs and the quality of our faith. As Mercury moves through Pisces it turns our receptiveness to intuition and imagination. Mars transits Pisces every second year. As it makes this journey it emphasizes altruism and escapism. For those of you who have Mars in Pisces this is a time of Mars return. Every two years Mars returns to its natal place in the chart and renews the lessons it teaches in for its placement in your chart. Mars, the warrior, can stir religious zeal as it moves through Pisces. It surely can inspire a renewed energy in the spiritual quest. It is to remember that as we move into the heightened awareness of these times warring over beliefs, ideologies or old principles gains nothing but strife. “The more you fight to be right, the more ground you lose”. When you can relax and accept that each person is valid in their own way, life rewards you generously. Chiron recently reentered Pisces on February 8 after having put its toe in the waters of Pisces from April 19 to July 20, 2010. It will now remain in Pisces until 2018 supporting the reclamation of the sacred in everyday life. Uranus has been in Pisces since 2003. This planet of upheaval and revolution entered Aries briefly last year and then returned to Pisces to tie up a few loose ends before it moves into Aries to stay on March 11. Uranus will remain in Aries until March 6, 2019, indicating the requirement for new ideals and life models.

The last transit of Uranus through Aries was between March 3, 1927 and March 3, 1935. Interestingly, many of the same issues of economy, politics and environment—the Great Depression, arctic warming

and the rise of fascism—are in the spotlight again. The last time that Uranus moved through Aries it made five squares to Pluto in Cancer, between 1932 and 1934. This time Pluto is in Capricorn and the emphasis is more out in the world rather than on the home and family. Uranus will make seven squares to Pluto between 2012 and 2015. These squares can activate mass awakenings and quantum leaps in all areas of life. According to Carl Johan Calleman, march 8 is the beginning of the Universal Underworld, the Ninth and final stage in the Mayan Calendar. As the final step, both Pisces and the Universal Underworld symbolize a dimensional shift from duality to unity consciousness, resulting in a very different perception of time, space and reality.

On March 3 the Lunar Nodes move from Capricorn/Cancer to Sagittarius/ Gemini where they will remain until August of 2012. The North Node in Sagittarius supports discovering new truths and expanding our understanding of the Universe. The South Node in Gemini directs us to seek honesty and ethics rather than rationalization and manipulation.

The essence of this New Moon in Pisces calls for the unification of intuition and inspiration to bring us through these trying times. We are all senders and receivers through our consciousness. The Earth is in the process of switching to a different channel. For those who are tired of the old programming of separation, war and scarcity, the signal for unity, peace and richness is being amplified. Take time around this New Moon to dial into the internal program that you wish to live. You create your own world; how would you choose for it to be?

FULL MOON

There are several factors that point to this Full Moon in Virgo on March 19, as one of the most pivotal times of 2011. It is the second of six SuperMoons generating stronger pulls on the Earth’s oceans and emotions. This Moon peaks one day before vernal equinox which adds to its effect. The Earth’s equator aligns with the Sun causing a reduction in the Earth’s magnetic field. This increases accessibility to higher dimensional frequencies and more downloads of new information. These portals that were recognized by many ancient cultures are letting us reconnect to who we truly are. The Sun at 29 degrees Pisces and Moon at 29 degrees Virgo empower humanities evolutionary changes. Body/mind, spirit/matter and head/heart are being integrated. Virgo deals with objectivity and analysis, while Pisces directs us to metaphysical

realities beyond our five senses. Yoga, acupuncture, Ayurvedic and Chinese medicine that rely on subtle energy centers all support the expanded healing of bodies that have been entrapped by old ideas and limits. We are climbing the evolutionary ladder and encountering many levels of consciousness. This explains in many ways the schisms that are being encountered on all levels of life. There are those who cling to the old ideas out of fear of what might be beyond the changes. Others are seeking to embrace the shifts with open minds, hearts and souls. For the last 5,000 years the energy has been focused on the third chakra with emphasis on personal will authority and right use of power. The fourth chakra focuses on the heart, which allows us to feel connected to one another if we will allow it. The first three chakras connect us to the purely physical affairs of the world, survival and getting by. As we raise the frequencies to include the heart essence we are shifting from a power-based society to a love-centered awareness.

This Full Moon closely squares the Moons Nodes in Sagittarius-Gemini creating a mutable grand cross that aligns with the Galactic Center of the Milky Way. This alignment calls for the heart-centered ascension into higher consciousness. Neptune is in the 29 degree of Aquarius conjunct Ceres, assisting in our recognition with our unity to all of life. Mars in Pisces closely opposes Juno in Virgo, further emphasizing the Sun and Moon's message of overcoming the need to dominate and evolve to co-creation.

We are being lead to learn from the wisdom of the ages that the illusion of separation is breaking apart. Like Sunlight through a prism the oneness divides into many colors. Yet all of these colors come from the One true light. We are holy beings. The Earth is a holy place. ALL OF LIFE IS HOLY. Nature's prayers are for our AT-ONE-MENT. "Come home to the All-ness".

CRYSTAL CORNER

Hi everyone!

Here it is a month later and I'm still sitting here watching the snow fall horizontally! I'm becoming a little impatient with the lack of sunshine and the abundance of snow. I mentioned last month my thoughts on judgment and will cover another area I've become aware of. We've been told by the masters that we are gathering the schismed or separated parts of ourselves so that we might become whole again. I am

having the most amazing experiences around that gathering. Most of my awareness is through my dreams when I give up control! These entities that are returning so far seem to be masculine in energy and all, so far, have appeared human. The exception is a female that I observed conning people. She had helpers in her scams but she was the primary figure. I watched her for a while and then commented, "Boy, you're good!" I recognized that there was no judgment of her and I was very excited to discover that. I was not so successful with the latest returnee. He was a lecherous man and let me know he was going to come after me. Instead of welcoming him, I resisted heartily. I even tried to bite him! I'm still working on those emotions! Forgive me my judgments!

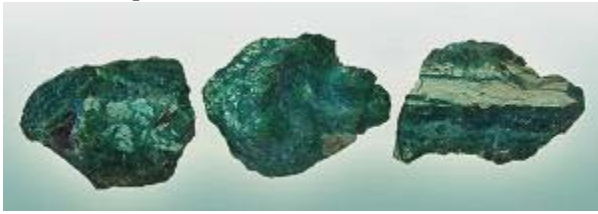
The following list of stones begins to assist in the gathering, even with those we don't particularly like.



AXINITE is for calling the collective energies of all things and truly understanding that we are One, we are All. For those invested in separation and judgment, this assists them to find more beloved aspects of themselves that they normally cannot abide, mirrored reflections that they do not like. It brings refined energies into physicality but this is a grouping rather than a transformation.



EUCLASE brings unification with the schismed or split aspects of a personality, pieces of reflections of different aspects of the universes.



QUANTUM QUARTO SILICA is bringing energies together that you have no language for. Visualize that here are intersecting dimensions and there are intersecting lifetimes, all coming back together within the being. This stone would be inter-dimensional traffic control. It would allow one, as they come through it, to alter their separation. It alters the unwillingness to unite with other aspects. It is a diplomat. It assists in negotiation of unrelated or disharmonious parts of self that are returning to the self. The prodigal parts are returning, the parts that you don't really want to accept as a part of you, the parts that come from such foreign places that you can't even identify that they go with you for they don't even have a sense of something you can comprehend. And yet, they are aspects of self. It is all coming together. This is the spiritual, intellectual, emotional terminal, that as the parts come together, it literally does the integration. It helps to create the wholeness of self. This literally is diplomacy and counseling, it is how to build the schematic of all the parts. It is the transistor board that shows how they would all go together but it is also the negotiator so they will all go where they belong to help the integration. What an amazing stone!!

I really am having fun observing the various aspects returning. I'm curious to see what appearance the non-human aspects will take. Hopefully, I will bring a non-judgmental attitude to all of my encounters!

My old website is still up and you can access it at www.eternal-ice-com. I promise the new site will be worth the wait!

Until next month, happy journeys.

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THE GARDEN FAIRY

Message from **The Garden Fairy:**

Asparagus



Asparagus is a perennial plant that is native to the eastern Mediterranean and Asia Minor areas. The name "asparagus" comes from the Greek language meaning "sprout" or "shoot" and it is a member of the lily family as are onions, garlic, leeks, turnips and

gladioli. The ancient Greeks loved wild asparagus but it was the Romans who first cultivated it. It was popular with the Romans who had written instructions on how to grow asparagus. So prized were these perennial shoots by the Romans that not only did they enjoy eating them in season but they were also the first to preserve them by freezing as early as the 1st Century AD when fast chariots would take the fresh asparagus from the Tiber River area to the Alps where it kept for six months until the Feast of Epicurus.

The Romans are responsible for having introduced asparagus to England, where it gradually gained favor with the nobles and by the early 16th Century, it was widely served in many of the Royal courts of Europe. From there the early colonists brought it to America.

Archaeologists have found traces of wild varieties in Africa and it is also thought to have been cultivated in ancient Egypt as evidenced by ancient Egyptian writings.

Perhaps it may surprise you that there are a few hundred varieties of asparagus but only a small number is edible. Although it's available all year round, asparagus usually is most found and best in Spring and is harvested when it is about 6 to 8 inches tall.

Asparagus is expensive compared to other more common vegetables simply because it is harvested by hand.

The nutritional benefits of asparagus are that it is an alkaline food which is rich in protein but low in calories and carbohydrates. It is an excellent source of potassium, folic acid, vitamins A, C, and K, and traces of vitamin B complex. A good source of dietary fiber, asparagus is also rich in niacin, phosphorus and very low sodium. Certainly most impressive is that it is one of those few vegetables that actually have the calcium and magnesium in the ideal ratio of 2:1.

Asparagus has an abundance of an amino acid called asparagines that helps to cleanse the body of waste material. As a result, some people pass out smelly urine after eating asparagus. Don't worry if this happens to you. Just be glad that your kidney is functioning as it should.

When buying, choose asparagus with firm brittle spears and well colored tight tips. Try to choose stems which are the same size so they cook evenly. Asparagus is quite fragile. Store in the refrigerator for up to one week preferably in a perforated plastic bag.

Freezing is done by blanching whole spears of asparagus in boiling water for 2 minutes then "open freeze" on a tray. Once frozen, pack into freezer bags where it will keep for about five months.

In the cooking of asparagus, it has to be cooked to get the best flavor and texture. To prepare it: If necessary, snap or cut off the bottom stalk to remove the tough fibrous part. Wash gently in cold running water. It can be cooked in many ways, but over-cooking should be avoided: the spears should be tender but not too droopy. Enjoy feasting on this tasty delicate vegetable!

Spring Asparagus & White Bean Salad

Makes 4 1-cup servings

Ingredients

3 C. asparagus, cut into 1-inch pieces
1 ½ C. canned cannellini beans, rinsed and drained
5 thinly sliced radishes
½ C. (2 oz) crumbled feta or goat cheese
1 medium shallot, peeled and minced
1 Tbsp. chopped fresh mint

Dressing

2 tsp fresh lemon juice
1 tsp grated lemon zest
1 tsp Dijon mustard
2 tsp extra-virgin olive oil
¼ tsp salt
1/8 tsp black pepper

Directions

1. Steam asparagus, covered 2 minutes or until crisp-tender.
2. Rinse asparagus with cold water and drain
3. Gently combine asparagus, beans, radishes, feta, shallot, and fresh mint in serving bowl.
4. Make dressing by combining lemon juice, lemon zest, mustard, olive oil, salt, and pepper, and whisk to combine.
5. Pour dressing over asparagus mixture and toss gently to coat.

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References:

www.asparagus.com
www.recipes4us.co.uk/Asparagus.htm
www.juicing-for-health.com/asparagus.html

One of my readers notified me that the article in last month's newsletter from Johns Hopkins is a hoax. I feel that is unfortunate because it is good news and good advice. I have followed these techniques in healing my cancer and they work. So even if the big medical institutions still cling to the old ways I celebrate the forward looking ideas in the article. I understand that The Cancer Treatment Centers of America use a much more wholistic approach. I read an article in Awareness Magazine www.awarenessmagazine.com out of California about a woman who was dying from the treatment that she was receiving from the medical establishment for colon cancer. She went to a Cancer Treatment Center and got a "prescription" for a couple of vitamins that helped so much that she got up out of bed and began to go about her life after several months of being too weak to move. All the doctors would do is give her more drugs. WE MUST TAKE CHARGE OF OUR OWN HEALING, PAY ATTENTION TO OUR BODIES—THEY ARE THE TEMPLE OF GOD!! WE ARE THE ONLY ONES WHO CAN EAT THE RIGHT THINGS, CHANGE OUR OLD PATTERNS OF THOUGHT AND BELIEF AND CARE FOR OURSELVES THE WAY THAT WE DESERVE, EVEN IF IT MEANS SPENDING OUR OWN MONEY, TAKING OUR OWN TIME AND BEING LOVING TO OURSELVES IN EVERY WAY.

It is as though the body knows that we care when we really do and responds to the love by being stronger, more vital and healthier.

Here is more info on cancer healing. Frankly, I have not watched this because we have very slow internet, but you can check it out for yourself.

Hey Molly -

I was thinking about you today. I just watched an incredible movie online about the Gerson method of healing cancer. The documentary is called **The Gerson Miracle**. This is an incredibly well-done documentary and includes Charlotte Gerson, Max Gerson's daughter, who carried on his work after his death. Interestingly, at the very end of the movie, you learn that Max Gerson was poisoned in an attempt to prevent him from publishing his book on healing cancer naturally.

The Gerson Miracle lasts about 1 ½ hours. You can watch the entire documentary (complete with commercials!) here:
<http://www.hulu.com/watch/180363/the-gerson-miracle>

As I'm sure you're aware, the closest Gerson treatment clinic is located in Mexico (since the method is illegal in the United States -- due to the AMA, FDA, the Pharma industry, etc. who all make big bucks off of keeping people sick). However, there is a "Health Restoration Center" for those without cancer located in San Diego. The website for the **Gerson Institute** is here:
<http://www.gerson.org/>

Hope you have a chance to watch this documentary. I'm fascinated by Gerson and his work. I've also been watching videos about Dr. Gabriel Cousens and his treatment for curing diabetes with diet and detoxification. Amazing.

THIS IS A WONDERFUL ARTICLE.
Read this, it applies to men with prostate cancer, also.

Professor Jane Plant
WHY WOMEN IN CHINA DO NOT GET BREAST CANCER
By Prof. Jane Plant, PhD, CBE

I had no alternative but to die or to try to find a cure for myself. I am a scientist - surely there was a rational

explanation for this cruel illness that affects one in 12 women in the UK?

I had suffered the loss of one breast, and undergone radiotherapy I was now receiving painful chemotherapy, and had been seen by some of the country's most eminent specialists. But, deep down, I felt certain I was facing death. I had a loving husband, a beautiful home and two young children to care for. I desperately wanted to live.

Fortunately, this desire drove me to unearth the facts, some of which were known only to a handful of scientists at the time.

Anyone who has come into contact with breast cancer will know that certain risk factors - such as increasing age, early onset of womanhood, late onset of menopause and a family history of breast cancer - are completely out of our control. But there are many risk factors, which we can control easily.

These "controllable" risk factors readily translate into simple changes that we can all make in our day-to-day lives to help prevent or treat breast cancer. My message is that even advanced breast cancer can be overcome because I have done it.

The first clue to understanding what was promoting my breast cancer came when my husband Peter, who was also a scientist, arrived back from working in China while I was being plugged in for a chemotherapy session.

He had brought with him cards and letters, as well as some amazing herbal suppositories, sent by my friends and science colleagues in China.

The suppositories were sent to me as a cure for breast cancer. Despite the awfulness of the situation, we both had a good belly laugh, and I remember saying that this was the treatment for breast cancer in China, then it was little wonder that Chinese women avoided getting the disease.

Those words echoed in my mind. Why didn't Chinese women in China get breast cancer?
I had collaborated once with Chinese colleagues on a study of links between soil chemistry and disease, and I remembered some of the statistics.

The disease was virtually non-existent throughout the whole country. Only one in 10,000 women in China will die from it, compared to that terrible figure of one in 12 in Britain and the even grimmer average of one

in 10 across most Western countries.

It is not just a matter of China being a more rural country, with less urban pollution. In highly urbanized Hong Kong, the rate rises to 34 women in every 10,000 but still puts the West to shame.

The Japanese cities of Hiroshima and Nagasaki have similar rates. And remember, both cities were attacked with nuclear weapons, so in addition to the usual pollution-related cancers, one would also expect to find some radiation-related cases, too.

The conclusion we can draw from these statistics strikes you with some force. If a Western woman were to move to industrialized, irradiated Hiroshima, she would slash her risk of contracting breast cancer by half. Obviously this is absurd.

It seemed obvious to me that some lifestyle factor not related to pollution, urbanization or the environment is seriously increasing the Western woman's chance of contracting breast cancer.

I then discovered that whatever causes the huge differences in breast cancer rates between oriental and Western countries, it isn't genetic.

Scientific research showed that when Chinese or Japanese people move to the West, within one or two generations their rates of breast cancer approach those of their host community.

The same thing happens when oriental people adopt a completely Western lifestyle in Hong Kong. In fact, the slang name for breast cancer in China translates as 'Rich Woman's Disease'. This is because, in China, only the better off can afford to eat what is termed 'Hong Kong food'.

The Chinese describe all Western food, including everything from ice cream and chocolate bars to spaghetti and feta cheese, as "Hong Kong food", because of its availability in the former British colony and its scarcity, in the past, in mainland China. So it made perfect sense to me that whatever was causing my breast cancer and the shockingly high incidence in this country generally, it was almost certainly something to do with our better-off, middle-class, Western lifestyle.

There is an important point for men here, too. I have observed in my research that much of the data about prostate cancer leads to similar conclusions.

According to figures from the World Health Organization, the number of men contracting prostate

cancer in rural China is negligible, only 0.5 men in every 100,000.

In England, Scotland and Wales, however, this figure is 70 times higher. Like breast cancer, it is a middle-class disease that primarily attacks the wealthier and higher socio-economic groups, those that can afford to eat rich foods.

I remember saying to my husband, "Come on Peter, you have just come back from China. What is it about the Chinese way of life that is so different?"

Why don't they get breast cancer?"

We decided to utilize our joint scientific backgrounds and approach it logically.

We examined scientific data that pointed us in the general direction of fats in diets.

Researchers had discovered in the 1980s that only 14% of calories in the average Chinese diet were from fat, compared to almost 36% in the West.

But the diet I had been living on for years before I contracted breast cancer was very low in fat and high in fibre.

Besides, I knew as a scientist that fat intake in adults has not been shown to increase risk for breast cancer in most investigations that have followed large groups of women for up to a dozen years.

Then one day something rather special happened. Peter and I have worked together so closely over the years that I am not sure which one of us first said:

"The Chinese don't eat dairy produce!"

It is hard to explain to a non-scientist the sudden mental and emotional 'buzz' you get when you know you have had an important insight. It's as if you have had a lot of pieces of a jigsaw in your mind, and suddenly, in a few seconds, they all fall into place and the whole picture is clear.

Suddenly I recalled how many Chinese people were physically unable to tolerate milk, how the Chinese people I had worked with had always said that milk was only for babies, and how one of my close friends, who is of Chinese origin, always politely turned down the cheese course at dinner parties

I knew of no Chinese people who lived a traditional Chinese life who ever used cow or other dairy food to feed their babies. The tradition was to use a wet nurse but never, ever, dairy products.

Culturally, the Chinese find our Western preoccupation with milk and milk products very strange. I remember entertaining a large delegation of Chinese scientists shortly after the ending of the

Cultural Revolution in the 1980s.

On advice from the Foreign Office, we had asked the caterer to provide a pudding that contained a lot of ice cream. After inquiring what the pudding consisted of, all of the Chinese, including their interpreter, politely but firmly refused to eat it, and they could not be persuaded to change their minds. At the time we were all delighted and ate extra portions!

Milk, I discovered, is one of the most common causes of food allergies. Over 70% of the world's population are unable to digest the milk sugar, lactose, which has led nutritionists to believe that this is the normal condition for adults, not some sort of deficiency. Perhaps nature is trying to tell us that we are eating the wrong food.

Before I had breast cancer for the first time, I had eaten a lot of dairy produce, such as skimmed milk, low-fat cheese and yogurt I had used it as my main source of protein. I also ate cheap but lean minced beef, which I now realized was probably often ground-up dairy cow.

In order to cope with the chemotherapy I received for my fifth case of cancer, I had been eating organic yogurts as a way of helping my digestive tract to recover and repopulate my gut with 'good' bacteria.

Recently, I discovered that way back in 1989 yogurt had been implicated in ovarian cancer. Dr Daniel Cramer of Harvard University studied hundreds of women with ovarian cancer, and had them record in detail what they normally ate. Wish I'd been made aware of his findings when he had first discovered them.

Following Peter's and my insight into the Chinese diet, I decided to give up not just yogurt but all dairy produce immediately. Cheese, butter, milk and yogurt and anything else that contained dairy produce - it went down the sink or in the rubbish.

It is surprising how many products, including commercial soups, biscuits and cakes, contain some form of dairy produce even many proprietary brands of margarine marketed as soya, sunflower or olive oil spreads can contain dairy produce.

I therefore became an avid reader of the small print on food labels.

Up to this point, I had been steadfastly measuring the progress of my fifth cancerous lump with callipers and plotting the results. Despite all the encouraging comments and positive feedback from my doctors and

nurses, my own precise observations told me the bitter truth.

My first chemotherapy sessions had produced no effect - the lump was still the same size. Then I **eliminated dairy products**. Within days, the lump started to shrink

About two weeks after my second chemotherapy session and one week after giving up dairy produce, the lump in my neck started to itch. Then it began to soften and to reduce in size. The line on the graph, which had shown no change, was now pointing downwards as the tumour got smaller and smaller.

And, very significantly, I noted that instead of declining exponentially (a graceful curve) as cancer is meant to do, the tumour's decrease in size was plotted on a straight line heading off the bottom of the graph, indicating a cure, not suppression (or remission) of the tumour.

One Saturday afternoon after about six weeks of excluding all dairy produce from my diet, I practised an hour of meditation then felt for what was left of the lump. I couldn't find it. Yet I was very experienced at detecting cancerous lumps - I had discovered all five cancers on my own. I went downstairs and asked my husband to feel my neck. He could not find any trace of the lump either.

On the following Thursday I was due to be seen by my cancer specialist at Charing Cross Hospital in London. He examined me thoroughly, especially my neck where the tumour had been. He was initially bemused and then delighted as he said, "I cannot find it." None of my doctors, it appeared, had expected someone with my type and stage of cancer (which had clearly spread to the lymph system) to survive, let alone be so hale and hearty.

My specialist was as overjoyed as I was. When I first discussed my ideas with him he was understandably sceptical. But I understand that he now uses maps showing cancer mortality in China in his lectures, and recommends a non-dairy diet to his cancer patients.

I now believe that the link between dairy produce and breast cancer is similar to the link between smoking and lung cancer. I believe that identifying the link between breast cancer and dairy produce, and then developing a diet specifically targeted at maintaining the health of my breast and hormone system, cured me.

It was difficult for me, as it may be for you, to accept that a substance as 'natural' as milk might have such ominous health implications. But I am a living proof that it works and, starting from tomorrow, I shall reveal the secrets of my revolutionary action plan.

Extracted from *Your Life in Your Hands*, by Professor Jane Plan

Google Prof. Jane Plant, PhD, and read all about her.

The Necklace

The cheerful little girl with bouncy golden curls was almost five. Waiting with her mother at the checkout stand, she saw them, a circle of glistening white pearls in a pink foil box..

"Oh mommy please, Mommy. Can I have them? Please, Mommy, please?"

Quickly the mother checked the back of the little foil box and then looked back into the pleading blue eyes of her little girl's upturned face.

"A dollar ninety-five. That's almost \$2.00. If you really want them, I'll think of some extra chores for you and in no time you can save enough money to buy them for yourself.. Your birthday's only a week away and you might get another crisp dollar bill from Grandma."

As soon as Jenny got home, she emptied her penny bank and counted out 17 pennies. After dinner, she did more than her share of chores and she went to the neighbor and asked Mrs. McJames if she could pick dandelions for ten cents. On her birthday, Grandma did give her another new dollar bill and at last she had enough money to buy the necklace.

Jenny loved her pearls. They made her feel dressed up and grown up. She wore them everywhere, Sunday school, kindergarten, even to bed. The only time she took them off was when she went swimming or had a bubble bath. Mother said if they got wet, they might turn her neck green.

Jenny had a very loving daddy and every night when she was ready for bed, he would stop whatever he was doing and come upstairs to read her a story. One night as he finished the story, he asked Jenny, "Do you love me?"

"Oh yes, daddy. You know that I love you."

"Then give me your pearls."

"Oh, daddy, not my pearls. But you can have Princess, the white horse from my collection, the one with the pink tail. Remember, daddy? The one you gave me. She's my very favorite."

"That's okay, Honey, daddy loves you.. Good night." And he brushed her cheek with a kiss.

About a week later, after the story time, Jenny's daddy asked again, "Do you love me?"

"Daddy, you know I love you."

"Then give me your pearls."

"Oh Daddy, not my pearls. But you can have my baby doll. The brand new one I got for my birthday. She is beautiful and you can have the yellow blanket that matches her sleeper."

"That's okay. Sleep well. God bless you, little one.. Daddy loves you."

And as always, he brushed her cheek with a gentle kiss.

A few nights later when her daddy came in, Jenny was sitting on her bed with her legs crossed Indian style.

As he came close, he noticed her chin was trembling and one silent tear rolled down her cheek. "What is it, Jenny? What's the matter?"

Jenny didn't say anything but lifted her little hand up to her daddy. And when she opened it, there was her little pearl necklace. With a little quiver, she finally said, "Here daddy, this is for you."

With tears gathering in his own eyes, Jenny's daddy reached out with one hand to take the dime store necklace, and with the other hand he reached into his pocket and pulled out a blue velvet case with a strand of genuine pearls and gave them to Jenny ...

He had them all the time. He was just waiting for her to give up the dime-store stuff so he could give her the genuine treasure. So it is, with our Heavenly Father. He is waiting for us to give up the cheap things in our lives so that he can give us beautiful treasures.

God will never take away something without giving you

something better in its place.

Friends

Wednesday, I approached my truck from the passenger side to place my computer bag (aka my man purse) in the front passenger seat. As I reached to open the door I noticed there was a hole right under my door handle. My first thought was, "someone has shot my truck!" I began to think about it and inspect it a little closer and the "light" slowly began to come on. I phoned my friend who owns a body shop and asked if he had any vehicles with damage to the doors that looked like a bullet hole.

"Yes, I see it all the time. Thieves have a punch and place it right under the door handle, knock a hole through, reach in and unlock it, just as if they have a key. No alarms, broken glass, or anything. I then placed a call to my insurance agent and explained it to him. I was puzzled that they left my GPS and all other belongings. Here is where it gets scary !

"Oh no, he said, they want the break-in to be so subtle that you don't even realize it. They look at your GPS to see where "home" is. Now, they know what you drive, go to your home, and if your vehicle isn't there they assume you aren't and break into your home."

He said they will even leave a purse or wallet and only take one or two credit cards. By the time you realize there has been a theft, they may have already had a couple of days or more to use them. (I didn't realize my situation for two full days!) They even give you the courtesy of re-locking your doors for you.

Periodically, walk around your car, especially after you park in a in a shopping center or other large parking areas. Report thefts immediately... your bank w/missing check numbers, your credit card agencies, police, and insurance companies, etc.

(picture of what the hole looks like)

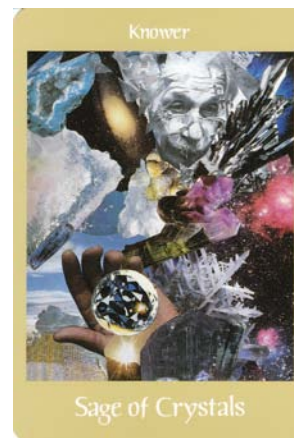


TAROT TALK

Our focus this month is on unity and shifting of the direction of our thoughts. Our cards this month are the Sages. The Sages represent the Old Ones, the Wise Ones, the Grandparents who have gathered knowledge and transmuted it into wisdom over time. The greatest teacher is the best student in their own class. The Sages never stop learning for life is always moving and changing. The Sages have asked questions as a child would ask, lived life as man/woman in the world and now in the androgyny of maturity they symbolize the grandmother/grandfather in each one. They can advise and if they have truly learned the wisdom of life they will have no investment in how or if that advice is applied.

In their maturity they maintain the curiosity of a child, the dynamic nature if the virile male and the feminine reverence for the quality of life. These Wise ones have attained great levels of human consciousness, they act as teachers and guides in the world, yet have reached the place where the world does not own or control them.

The Sages are living representatives of the highest Major Arcana Archetypes, which are symbolized by the "cosmos" cards.



The Sage of Crystals—the Knower—represents air. This is the brilliant mind, the light of the inner star shining through the windows of the Soul, the eyes. This Sage calls you to step away from your immediate view of reality to gain a broader perspective. Expand your narrow understanding into a cosmic awareness. Look

at life from many different angles. Make intuitive connections between disciplines or ways of knowing yourself. Being able to shift your point of view easily expands your knowledge to a greater connection to higher consciousness—the broader the perspective the more cosmic the view.

The Sage of Cups—the Regenerator—is water—the regulator—of our inner emotional waters like the Moon. Drink from the unending essence of your life spirit and find joy and vitality. Happiness is the key to feeling alive. Create happiness and recognize how precious it is. Laugh, smile and bring pleasure to your life as you share joy with others. Heal another with your own emotional health and well-being. Create in joy!



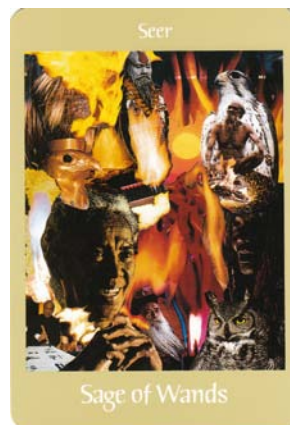
When the Sages grace your personal lay out of cards know that they will share their wisdom in both obvious and subtle ways. The Sage can be a person of higher consciousness who will assist or advise you or it may represent your own growth into deeper understanding and expanded awareness. Be it the Knower, the Regenerator, the Master or the Seer all are aspects of your own nature and even if someone stands before you radiating these traits it still a beautiful mirror of your own excellent self.

The Sage of Worlds—Master—represents the Earth, physical affairs and our body. It is the powerful and productive energy of the *Sun*. Use your know-how, your wisdom, your productivity masterfully. Your achievements are reflections of your character. Do not be afraid to return to a project and improve on your work. Be responsible for the quality of your craftsmanship. Give back to the world what it has given you. Care for your body as it is the Temple of the Divine.



It is the powerful and productive energy of the *Sun*. Use your know-how, your wisdom, your productivity masterfully. Your achievements are reflections of your character. Do not be afraid to return to a project and improve on your work. Be responsible for the quality of your craftsmanship. Give back to the world

The Sage of Wands—the Seer—is *Time/Space*, the light of infinite consciousness. The Wands are the element of Fire. Burn brightly in your own essence. Live in the light of spirit. Enlightened living comes as one follows a “spiritual discipline”—any path or technique that helps you transcend personal EGO and attachment to the ways of the physical. Life is a wonderful teacher—learn well. Come alive in the passion of being and appreciate you full personal power. Use your understanding courageously. Be energized and inspired. Live radiantly in connection with the Divine!



ST. GERMAIN'S MESSAGE

Dearly Beloved Masters, each day brings the world closer to the end of separation. There is a longing in the Soul for the unity that is the true way of being. The more you are elevated into higher consciousness the more you notice just how divided the world has been. The *mind* believes that if you accelerate into higher consciousness you will no longer notice the conflict of lower vibrations. This is actually totally opposite from the truth. The more you are lifted up the more you recognize what is going on. **IT IS NOT YOUR JOB TO STOP IT!!!!** It is your divine intent to shift your own perspective to a place of loving compassion for where you have walked for so long. You can never say that you did not have the experiences of many life times. You can feel a sense of fulfillment for having had all of the diversity of human nature. It is not to hate your creations any more than you would hate a child for trying new things in order to understand life better. Love your experiences and bless yourself for the absolute courage that you have exhibited to stay with the journey.

Long ago, so long that you have no memory of it, you made a vow, a curse, a resolution to give up your connection to the love of God/Goddess/All that is and accept the power of mind as the one true way. When you took this step you believed that the power of science and mathematics, calculation and control was far more expansive than the love of All That Is. You drew on the totality of love in order to rescind that very love.

Throughout time you have lived with a longing for something that the mind alone could never provide.

Now the dawning of the New Age is illuminating what has been missing. You do not need to fight a war to reclaim the power of love for it never left you. All that is necessary is to own the love within yourself fully. The love lives in the cells of your being. If God had hated humanity, as many people believe, the Earth and all of creation would have ceased to be long ago. **The “Grace of God” is love without any condition.**

So Dearest Masters, are you ready to reclaim that which you have always been—the real and powerful true self? You are not required to sacrifice, go on an arduous journey, climb tall mountains or swim deep rivers, the only thing that is required of you is to accept the love that you are fully and allow it to change your life, your vision and your understanding in ways that could not be told. You must have the experience for yourself. Others may make the shift and speak of how it changed them. They may live differently. They may even look different, but their revelations are not yours. Each being is so perfectly unique, so wonderfully divine, so worthy and that recognition is the eternal light that burns in the Soul. The illumination comes from the homecoming within. The mind in all of its calculations and strategies cannot open wide enough to encompass the vast expanse of God’s Is-ness. **Only when you let the Soul be the guide of your ongoing can you step through the Door into higher dimensional frequencies and LIVE the love rather than just guessing what it might be like.**

The insanity that is being revealed now has always been there, but until just recently it was considered acceptable or it was ignored (if what is going on over there in another town, another family or another country does not directly impact my life it has nothing to do with me). **The awakening is shining the light on the fact that anything that happens to anyone affects the whole.** Suddenly, a war in Iraq or Iran or conflict in Libya is glaringly affecting the economy of the whole world. No one can sit in their living room watching people drown, die from fires, earthquakes or famine and say “that’s too bad, but what does it have to do with me?” Because it is becoming apparent that there is too much going on to look the other way. Some would say that this is God’s punishment for the evil in the world, yet it rains on the just and the unjust equally. These things occur, not because you are bad, but because you must change and humanity does not wish to change. You can never go back. There is no *there* to go back to. “The good old days” are being revealed for everything that was going on then that is shaping your future now. Beloved Masters, what do you wish your world to be? **“THEY” CANNOT**

MAKE THE WORLD YOU DESIRE BECAUSE IT IS YOUR DREAM, YOUR PASSION, YOUR OWN PERSONAL CREATION. Things change as you are willing to hold the impassioned intensity that things are healing. When you worry, believing that nothing will ever be good again, you use your own free will to hold your life, “your world”, in those places of lack. **YOU ARE DIVINE CREATIVE MASTERS!** It is not about condemning the lives or creations of others, it is about focusing on what you would bring about. **When you are willing, spirit will show you a way of bringing about the most loving outcomes with the least amount of effort.** Be very aware, you cannot fool spirit with sweet words and an angry heart. Wooing the world with appearances is a thing of the past for the inner eyes are being opened more with each passing moment. There is a feeling that truth carries that is clear and sweet and invigorating. Love expunges the toxins of the past and brings a cure that is deep and lasting. Pretense is being revealed for what it is.

The sleep state is being interrupted. There is anger in being pulled out of the fog of illusions. Spirit says, “Wake up now. Wake up and own your good. Wake up and embrace the love. Wake up and see that war brings no resolution.” Beloved Masters, killing someone or something that offends you turns your face to old laws of a dying past. The *ancient* truths taught peace and unity. Only when the mind became the “ruler” did the suffering of separation begin and then you were taught that that suffering was what God wanted. “Wake up!” The vibrations of your thoughts attract the outcomes that you entertain. When you think on fear, hatred and the desire to lash out at others you bring the very outcomes that you least desire.

The planets in the heavens are setting up magnetic attraction for letting go of the disruptions that set humankind asunder. Feel into the deepest recesses of your Soul and remember that just because you chose to turn your back on the power of love long, long ago you are not bound to that separation any longer. Recognize the internal conflict of the Soul calling you to live the magnificent life that belongs to you and the world vowing that the good/God life is the lie. The world says, “Look at what is going on. That is real.” I tell you that if you listen to that quiet voice of God within the clamor of the world ceases and you feel the peace that is true. We will not war with the world. We are holding powerful intensions that each one will awake and recognize who they are. We will use the power of love (the hand of God, the ladder of overcoming) to lift you up as you are willing. The old

justifications of retribution are dying with the mechanizations of the patriarchal order. There are those who are speaking with a clear and powerful voice of how to unite in love. Their voices are not screaming or shouting to be heard. They speak quietly, but consistently. The message is strong, but not dominant. Listen within to find the truth, for truth has never had to shout down others to be heard. The mind goes round and round. What is right, what is wrong, what is good or what is bad—as you move into spirit directed essence the clamor of the world of division fades into the distance and you trust yourself more and more. The opinions of others are just that. If you must ask another for how to live your life, then be willing to discern within, that the final decision is completely yours. You are the Master of your life and when you are aligned with God you will recognize just how empowered that alignment is. There is no need to stand above others. There is no place for superiority or elevated status. You create your own place of standing, not measured against any other, and it is fulfilling.

This is a year of testing—“are you prepared to step away from ‘how it was?’” Not one step goes unnoticed. Not one trial is ignored. Not one victory is measured good or bad. You feel the difference within. More and more the energy of the changes causes each one to know within self where you are and where you are going. The old dread of punishment falls away as you own the love. God is LOVE!!!

And so, Beloved Masters, until we meet again in what ever manner that may be, we love you, uplift you, celebrate you and adore you. I AM the Lord St. Germain.

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.

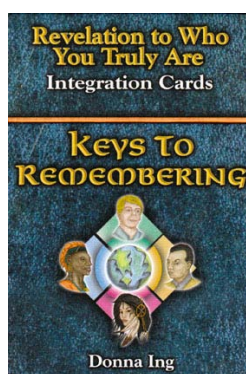
Her website: <http://www.ofpoetryandprose.ca>

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 for appointments.

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.



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>.



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.paintingsbyvisa.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 "Painted Portraits & Visions" www.paintingsbyvisa.com

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.

Delphinia Bey is a massage therapist and Reiki Master with over twenty years of experience. She is trained in many different healing techniques and modalities. For appointments call 307 349-2120.

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.kimberlyrachansen.com

Delores DeVore owns Sound-Works, healing with voice and tuning forks. 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 or call Delores DeVore 678 634-1249

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