



November Newsletter



The pictures for November include a picture of me with Jackson Lake behind me when we were in the Teton National Park. The other two pictures, golden aspens and brilliant reds, are also from the park showing its beautiful fall colors.

November has arrived in all of its glory. Thanksgiving is just around the corner. I am in Newborn, GA getting ready to present the fall intensive, "Integrating the Magik of your Mastery". Any and all are invited to join us for this wonderful time of sharing and expansion.

My road trips are always a joy and very fulfilling. I get to visit old friends and make new ones. One of the most fun things about this trip is that when I head home a friend, of long standing, from Florida will be following me back to Lander to make her home here. It is always delightful when St. Germain calls someone new to join us in our ever expanding group. Lander is such a spiritual place with very high energy and wonderful vistas. The Lander Valley is a secure place and St. Germain says that in the coming times this area will be safe, not only physically, but emotionally and spiritually.

I will go from Georgia to North Carolina for my last stop. Dorian will join me in Newborn and we will have a vacation in the Hendersonville area. We have rented a lovely cabin on a creek with space for me to work.

We will return home before Thanksgiving. Our home and kitty, Brenwyn, are lovingly attended by a good friend in the area.

This year I got to experience the beauty of the fall colors before I left home and again in the southern part of the country. A double delight is always a gift.

I truly desire that each and every one of you have a most delightful and fulfilling (in every way) Thanksgiving and may your Christmas shopping be easy and gentle on your budget.

Rainbow Center News

Our next group will be November 28, at 2:p.m. at the Rainbow Center for the Humanities. St. Germain will speak of "Experiencing Crisis with Grace". We are in a crisis of transformation. The old world that we have known is coming apart. We are led by our internal wisdom to the path that takes us to higher ground. We have been taught by allegory and parable for eons. Now, suddenly, those *imaginary* stories are becoming real in a way that cannot be ignored by the fearful or dismissed by the established order that is collapsing.

CD's can be purchased on the website at www.voiceofthegatekeepers.com/2010groups.html

St. Germain brings the Eleventh of our "Know Thyself" series "Who Do You Think You Are?" As we are moving further into uncertain times we are challenged to redefine ourselves from a new vantage point. The question is not just who do you THINK you are, but who do you FEEL that you are? What are you presenting to the world? Is it your very best self? Is your EGO telling you that you have a right to be angry and unpleasant because life isn't working the

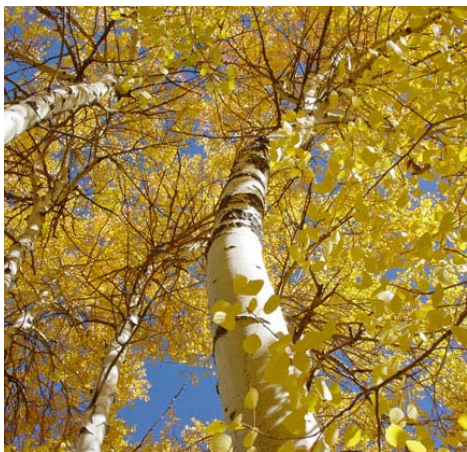
way that you wish? St. Germain will assist in seeing life from the Masters perspective which is becoming the way that you will see.

Both CD's and DVD's of the first six parts of the series are available. If you purchase the set of six "Know Thyself" 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, "Integrating the Magik of Your Mastery" will be November 6-7 in Newborn, Ga at the Crystal Organic Farm. Molly will be available for private readings from October 30-November 11. Call Helen Dumba, 770 784-1060 for registration and appointments.

North Carolina— My contact person is Linda Lube. You can reach her to get directions to our group in Weaverville on November 12 or to make appointments for a reading at 828 777-8540.



ASTROLOGY

NEW MOON

New Moon's always show us the way to the next giant step in our evolution. The Mayan cosmology is a strong indicator that we are experiencing exponential time changes. The Mayan calendar maps the evolution of consciousness over a period of 16.4 BILLION years; the approximate age of our universe according to modern astrophysics. The end of the Mayan calendar does not mark the end of the world, but the completion of one cycle and the beginning of another. This new cycle heralds a dimensional shift and the collective will be experiencing life in a much more

unified and divine way. Many of you have read the "Celestine Prophecies", but in the light of the new energy it would be well to go back and feel through the books including "The Tenth Insight" and "The Secret of Shambhala". These are volumes that relate to the new shifts that we are experiencing right now. These books cannot be assimilated intellectually, therefore, if you quickly scanned the books once long ago now it is time to go back and savor the information in a whole new way. These ideas do not appeal to the intellect. They are designed to speak to the higher consciousness. We are literally shifting consciousness even as I am writing this newsletter. To study the 13 stages or heavens of the Mayan calendar, which are divided into seven Days and six Nights would be another step in personal evolution. Each of the 13 stages encompasses nine levels or Underworlds. The Underworlds mark major evolutionary developments: cellular, mammalian, familial, tribal, regional, national, planetary, galactic and universal expressions of consciousness. Apply these ideas to the flashback of evolution in "The Celestine Prophecies". The information about the shifts of these times is everywhere, but each person only discovers it when they are ready.

Vesta is again involved with this New Moon as it was with the last Full Moon, emphasizing the scared, healing power of the feminine and the importance of the surrender to the eternal, ever-changing mysteries of life that each individual is now being called to make. The Galactic Center of our Milky Way and the Super Galactic Center are areas of space that transmit tremendous amounts of electromagnetic energy in the form of gamma, ultraviolet and x-rays, as well as other types of stellar radiation. Between Vesta and this New Moon lies the midpoint of the Galactic Center at 14 degrees 19 minutes Scorpio. Vesta's proximity to both this New Moon and the midpoint of the Galactic Center and Super Galactic Center underscores the imperative for humanity to transform its relationship to the divine feminine. Pluto, the ruler of Scorpio, is conjunct the North Node in Capricorn and Ceres. This is another point to emphasize the theme of integrating personal sensitivity, inclusivity and life-sustaining qualities of the feminine into our lives.

Chiron and Neptune, both station to go direct within hours of this New Moon. This again amplifies the cosmic message that we are ready for a giant leap forward. Chiron and Neptune made an exact conjunction on February 16 at 26 degrees Aquarius; during this New Moon they are only ten minutes apart. They will remain within ten degrees of each other for seven years, from 2007 to 2014. This is

another example of energy that is moving us to work together as one human family, while respecting individual, cultural religious and racial differences. There are many people who do not believe that humanity can possibly change after eons of conflict. We have been educated that war on every level is just human nature. However, as the quantum shifts occur and we are brought to accept our own divinity, war will show itself for the fallacy of the illusion that it is. Masters do not wage war against each other. The finite mind has created imaginary gods that hate one another so that as we have identified with these war-like deities we would believe that we should fight battles to defend them, as well as ourselves, our families and our property.

Mercury at 26 degrees Scorpio tightly squares the Neptune/Chiron conjunction and trines Jupiter/Uranus in Pisces. These configurations urge us to trust, more than ever, our own inner knowing, not only think, but operate outside of the box and forgive delusions and deceptions that have conspired to hold us in separation.

The Sabian symbol for 14 degrees Scorpio also suggests that we be open to new perceptions and discover new sources of information. “Workers push a telephone line across forbidding ranges. The determination to stay connected regardless of time and space is in many ways like a linkage of diverse realms.” As our consciousness shifts we implement changes in the world. Stay connected, tuned in to your own intuition. When the mind is willing to pay attention to the heart/Soul connection you will know what to do in any given moment. You will recognize what your mission is in these chaotic times. If you thought that you were not important, know that the whole of creation is waiting with bated breath for you to awaken. “The one who looks without, dreams. The one who looks within, awakens.”—Carl Jung

FULL MOON

This Taurus/Scorpio Full Moon takes place on the 21st of November. It is the second of five Full Moons that occur in the last degree of a sign. Taurus’s spiritual task is to develop a whole and healthy relationship to the Earth, our own body and the resources that both offer. In the tarot deck the Empress is associated with Taurus. Taurus seeks security through physical possessions as well as through harmony, tranquility and innate body wisdom. The more we come to deeply recognize our own value and feel our self-worth as something tangible rather than illusive, the less we

have to prove to someone else. Venus, the ruler of Taurus, symbolizes the quest to define love, beauty and wealth for ourselves. Self-awareness in a positive sense allows us to blossom and in the outpouring of love from a place of fullness within we can ennoble everyone.

Scorpio delves into the hinter regions, the realms of darkness, the unrevealed, Hades. We have feared our own subconscious or unconscious because we felt overwhelmed by the hidden power that is there. Scorpio drives us to confront our own inner demons, our obsessions and compulsions. The journey into these unexplored realms is termed “the night journey”, the “dark wood” or the “double or shadow self”. Scorpio’s teaching ultimately is alchemical. The leaden qualities of fear, darkness and duality can be transmuted into the golden essence of love, truth and unity.

On November 18, just a few days before this Full Moon, both Venus and Jupiter turn direct after being retrograde since October 8th and July 23rd respectively. When ever a planet turns retrograde or direct its energies are intensified. The power is focused and it hangs in the sky like a heavenly orb highlighting the energy, sign and degree where it is operating at the moment of turning. As these two planets of love and optimism move forward they support new alliances and generosity. At this Full Moon Venus in Libra trines Neptune and Chiron in Aquarius while Jupiter in Pisces trines the Sun in Scorpio and the Moon in Taurus opening hearts and minds to embrace a new sense of unity and oneness. Mercury’s close conjunction with Mars and the asteroid Pallas at 18 degrees Sagittarius encourages us to speak out of truth and live our ideals rather than just talk about them.

This Full Moon closely aligns with the Pleiades at 28 degrees 36 minutes of Taurus. The Pleiades have been recognized by many cultures as having an important influence on human evolution. The Pleiades are located at one of the nodes (points of intersection) between the galactic and supergalactic planes. Nodes represent stargates, inter-dimensional doorways for accessing greater realities. We are aware of the Earth’s path around the Sun, we have much less knowledge of the immense galactic plane (the path that our solar system follows as it orbits around the center of the Milky Way galaxy). Now stretch we must stretch our minds to consider the even more vast supergalactic plane (the orbital path of our Local Group—the family of 27 galaxies to which our Milky Way belongs). This Full Moon reaches its pentacle close to this cosmic portal and facilitates the

expansion of our awareness beyond our finite understanding and three-dimensional reality.

The Sabian symbols encourage us to release our grip on childish behaviors and outmoded belief systems. The Sun at 30 degrees Scorpio: Halloween gives social release to youthful impishness. The need for giving free rein to unsocial instincts, that exist on the edges of social traditions. A planned release of inner pressure. And for the Moon at 30 degrees of Taurus: A peacock displays its plumage on the lawn of an old estate. The expression of personal magnificence or unconscious splendor. A sure retreat for the solitary soul where it can reveal its inmost glory. To stand firmly grounded to our Earth home and yet remain in clear connection with our starry beginnings is the challenge of these times. The garden of Eden exists within each one if we will just allow it to emerge.

CRYSTAL CORNER

Years ago, I drove across the country to do workshops and classes on a regular basis. I loved doing that as I processed what I was learning and released what no longer fit. One day towards evening I began to feel as if I was doused in acid. I was burning and as soon as I got to a motel room, I hit the shower and climbed into bed. I couldn't get a handle on what I was experiencing so I asked the 'A Team' (ascended masters) what was going on. I was told that I was being allowed to experience what the majority of people were experiencing in their every day lives. Ouch! The stone I was told to use was Lepidochrosite.



This crystal resembles Rutiled Quartz but takes on a pink tinge from the red rutiles within it. It deals with the major distresses in this time. It also benefits those who are dying of the pain of their misunderstanding, their unbearable chaos, the feeling that they want to get away from themselves, their skin itching and burning. Lepidochrosite would assist in forgiving that major stress. One can make an elixir with this stone and water. Just put a small piece into a spray bottle and fill with pure water and spray yourself with it every morning. Heavenly!

As I was beginning to work with the crystals and healing, I found myself overwhelmed with wanting to do it all myself or at least thinking I had to do much more than I was. I was a human doing and not a human being. Others in my circle of friends were working on healing the earth, some were doing herbs, others were caught up in Native American pursuits. I wanted to do it all! I hadn't yet found a way to flow with the energy. Once again I turned to the Masters and learned that if I just said, "God bless this earth and everyone in it", it would be taken care of. One of my main concerns was helping the earth on her journey. One stone I discovered to help with that was Rosasite.



This is a pretty blue crystal from Mexico that is used for the triage of the universal wound. It is ideal for those who are greatly wounded. For healing of the earth, take a map of the world and place Rosasite in the heart of the United States and at the Polar Regions, for the U.S. is the heart of things in this time. You will be led to place other stones in other places on the map. I am amazed at all the wonderful stones we have at our disposal to aid us in our creations.

I hope you are enjoying your fall of the year. Happy journey!

Linda Thomas
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Message from The Garden Fairy

Horseradish Plant



Due to its medicinal characteristics and to the contribution it brings to the taste of meals, horseradish is one of the most used plants. It has thick pulpy yellowy roots, spicy taste and antibiotic, anti-inflammatory and aphrodisiacal

properties.

Horseradish (*Armoracia rusticana*) is a strong seasoning successfully used in phytotherapy. Because of its spicy flavor the horseradish root is used in conserving the canned food for the winter but is also used throughout the year in preparing various meal recipes. It originated in south-eastern Europe and western Asia and it is resistant to the low temperatures as well as to droughts. This herb grows in the shaded places as well as the warm ones but it does not grow on sandy soils, however argillaceous alkaline soils rich in humus are ideal for horseradish. It can grow up to 2m; it has large edible leaves and a branched stem.



Proprieties and benefits of Horseradish

As a medicine horseradish root has many curative properties: strong antibiotic, expectorant, bronchodilator, antibacterial, coronary

vasodilator, it increases the blood pressure, it heats up the body, stimulates the body's immune system, anti-inflammatory, antiparasitic, antianemic, antiscorbutic, diuretic. It can stimulate the appetite. It has a cardiotoxic effect and is recommended to the people that suffer from high blood pressure. Also it is known that horseradish has aphrodisiacal properties.

Treatments

Bronchitis, sinusitis, paradontosis, rheumatism, anemia, flu, stomatitis, and even facial paralysis can be

treated by using horseradish. As for sinusitis and rhinitis it is enough for a cataplasm to be placed on the forehead along with two spoons of grained horseradish so that the nose gets immediately decongested. This treatment is repeated 4 to 5 days in a row and it gets interrupted once burns occur.

Against bronchitis, flu and lung congestions, horseradish flour is applied like a cataplasm on the chest area for a half an hour up to an hour. This treatment is repeated once every two or three days.

Pains caused by rheumatism disappear if a cataplasm of horseradish is used. If a burning sensation appears the treatment is to be stopped.

Gargling tincture of horseradish dosed in 3-4 spoons in a glass half filled with water alleviates stomatitis.

Against paradontosis, the person suffering from it would need to chew grained horseradish. It can be mixed with carrots to reduce the spicy taste. This herb is great for gums because of its strong stimulating effects.

Horseradish syrup is recommended in cases of asthma, bronchitis, breathing disorders.

Mixtures

The mixtures that can be obtained from horseradish are: tincture, horseradish vinegar, horseradish flour or horseradish cataplasm.

The tincture

The tincture of horseradish is prepared by graining horseradish and filling it in a recipient in proportion of 80%. The recipient is then filled to the brim with white alimentary alcohol of 80 degrees and is left to mix for 8 days, after which the whole mixture is strained.

Horseradish syrup

Horseradish syrup is obtained in the following way: grained horseradish root is mixed with 4 spoons of honey and are left to mix for several minutes. The mixture is strained and pressed with gauze. The raw syrup is obtained. The remains from the gauze are set to boil in a small quantity of water. After boiling, the mixture gets strained and then left to cool off, after which it gets mixed with the raw syrup. It is consumed by taking 3 spoons of the mixture a day.

Horseradish flour

To prepare the horseradish flour the horseradish root is cut into tiny squares which are left near a heating stove to dry up. After that they get grained. The

whitish powder can be stored, however with the passing of the time it loses some of its characteristics.

Another very useful mixture for cases of facial paresis or seborrhea is horseradish vinegar, which is obtained by filling a bottle with grained horseradish over which apple vinegar is poured until it gets filled to the top. The mixture from the bottle is to be consumed in small quantities to treat the abovementioned illnesses.

Warnings

The consumption of horseradish is not advisable to the individuals suffering from gastric ulcer, goitrous problems or renal illnesses. Also the consumption of horseradish is forbidden to children younger than 4 years old.

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I am running this article from Michael Moore because I find what he has to say is interesting, stimulating and often quite well researched. Needless to say, Michael is a man of strong opinions, but in these times powerful opinions seem to be everywhere. So for what it is worth I share this information.

If That 'Mosque' ISN'T Built, This Is No Longer America

Open Mike 9/11/10
Michael Moore's daily blog

I am opposed to the building of the "mosque" two blocks from Ground Zero.

I want it built *on* Ground Zero.

Why? Because I believe in an America that protects those who are the victims of hate and prejudice. I believe in an America that says you have the right to worship whatever God you have, wherever you want to worship. And I believe in an America that says to the world that we are a loving and generous people and if a bunch of murderers steal your religion from you and use it as their excuse to kill 3,000 souls, then I want to help you get your religion back. And I want to put it at the spot where it was stolen from you.

There's been so much that's been said about this manufactured controversy, I really don't want to waste any time on this day of remembrance talking about it.

But I hate bigotry and I hate liars, and so in case you missed any of the truth that's been lost in this, let me point out a few facts:

1. I love the Burlington Coat Factory. I've gotten some great winter coats there at a very reasonable price. Muslims have been holding their daily prayers there since 2009. No one ever complained about that. This is not going to be a "mosque," it's going to be a community center. It will have the same prayer room in it that's already there. But to even have to assure people that "it's not going to be mosque" is so offensive, I now wish they would just build a 111-story mosque there. That would be better than the lame and disgusting way the developer has left Ground Zero an empty hole until recently. The remains of over 1,100 people still haven't been found. That site is a sacred graveyard, and to be building another monument to commerce on it is a sacrilege. Why wasn't the entire site turned into a memorial peace park? People died there, and many of their remains are still strewn about, all these years later.

2. Guess who has helped the Muslims organize their plans for this community center? The **JEWISH COMMUNITY CENTER** of Manhattan! Their rabbi has been advising them since the beginning. It's been a picture-perfect example of the kind of world we all want to live in. Peter Stuyvessant, New York's "founder," tried to expel the first Jews who arrived in Manhattan. Then the Dutch said, no, that's a bit much. So then Stuyvessant said ok, you can stay, but you cannot build a synagogue anywhere in Manhattan. Do your stupid Friday night thing at home. The first Jewish temple was not allowed to be built until 1730. Then there was a revolution, and the founding fathers said this country has to be secular -- no religious nuts or state religions. George Washington (inaugurated around the corner from Ground Zero) wanted to make a statement about this his very first year in office, and [wrote this](#) to American Jews:

"The citizens of the United States of America have a right to applaud themselves for having given to mankind examples of an enlarged and liberal policy -- a policy worthy of imitation. ...

"It is now no more that toleration is spoken of as if it were the indulgence of one class of people that another enjoyed the exercise of their inherent natural rights, for, happily, the Government of the United States, which gives to bigotry no sanction, to persecution no assistance, requires only that they who live under its protection should demean themselves as good citizens ...

"May the children of the stock of Abraham who dwell in this land continue to merit and enjoy the good will of the other inhabitants -- while every one shall sit in safety under his own vine and fig tree and there shall be none to make him afraid."

3. The Imam in charge of this project is the nicest guy you'd ever want to meet. Read about his past [here](#).

4. Around five dozen Muslims died at the World Trade Center on 9/11. Hundreds of members of their families still grieve and suffer. The 19 killers did not care what religion anyone belonged to when they took those lives.

5. I've never read a sadder headline in the *New York Times* than the one on the front page this past Monday: "[American Muslims Ask, Will We Ever Belong?](#)" That should make all of us so ashamed that even a single one of our fellow citizens should ever have to worry about if they "belong" here.

6. There is a [McDonald's](#) two blocks from Ground Zero. Trust me, McDonald's has killed far more people than the terrorists.

7. During an economic depression or a time of war, fascists are extremely skilled at whipping up fear and hate and getting the working class to blame "the other" for their troubles. Lincoln's enemies told poor Southern whites that he was "a Catholic." FDR's opponents said he was Jewish and called him "Jewsevelt." One in five Americans now believe Obama is a Muslim and 41% of Republicans don't believe he was born here.

8. Blaming a whole group for the actions of just one of that group is anti-American. Timothy McVeigh was Catholic. Should Oklahoma City prohibit the building of a Catholic Church near the site of the former federal building that McVeigh blew up?

9. Let's face it, all religions have their whackos. Catholics have O'Reilly, Gingrich, Hannity and Clarence Thomas (in fact all five conservatives who dominate the Supreme Court are Catholic). Protestants have Pat Robertson and too many to list here. The Mormons have Glenn Beck. Jews have Crazy Eddie. But we don't judge whole religions on just the actions of their whackos. Unless they're Methodists.

10. If I should ever, God forbid, perish in a terrorist incident, and you or some nutty group uses my death

as your justification to attack or discriminate against anyone in my name, I will come back and haunt you worse than Linda Blair marrying Freddy Krueger and moving into your bedroom to spawn Chucky. John Lennon was right when he asked us to imagine a world with "nothing to kill or die for and no religion, too." I heard Deepak Chopra this week say that "God gave humans the truth, and the devil came and he said, 'Let's give it a name and call it religion.'" But John Adams said it best when he wrote a sort of letter to the future (which he called "Posterity"): "Posterity! You will never know how much it cost the present Generation to preserve your Freedom! I hope you will make a good use of it. If you do not, I shall repent in Heaven that I ever took half the Pains to preserve it." I'm guessing ol' John Adams is up there repenting nonstop right now.

Friends, we all have a responsibility NOW to make sure that Muslim community center gets built. Once again, 70% of the country (the same number that initially supported the Iraq War) is on the wrong side and want the "mosque" moved. Enormous pressure has been put on the Imam to stop his project. We have to turn this thing around. Are we going to let the bullies and thugs win another one? Aren't you fed up by now? When would be a good time to take our country back from the haters?

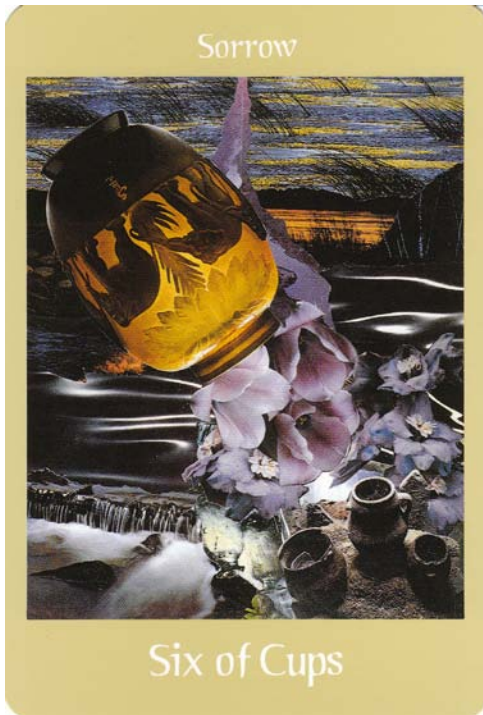
I say right now. Let's each of us make a statement by donating to the building of this community center! It's a nonprofit, tax-exempt organization and you can donate a dollar or ten dollars (or more) right now through a secure pay pal account by clicking [here](#). I will personally match the first \$10,000 raised (forward your PayPal receipt to webguy@michaelmoore.com). If each one of you reading this blog/email donated just a couple of dollars, that would give the center over \$6 million, more than what Donald Trump has offered to buy the Imam out. C'mon everyone, let's pitch in and help those who are being debased for simply wanting to do something good. We could all make a huge statement of love on this solemn day.

I lost a co-worker on 9/11. I write this today in his memory.

"The man who speaks of the enemy / Is the enemy himself."

-- Bertolt Brecht

TAROT TALK



This month's Tarot card is the Six of Cups—Sorrow. As we are healing with our lineage we are faced with the feelings of sadness, guilt and sorrow about our family and all of the things that we expected of them that they were incapable of giving us.

All of the sixes relate back to the Lovers card in the major Arcana. The six of cups is the Lovers way of relating to emotional distress. As the tears flow you are regenerated. Sorrow is purification. Sorrow is a liberation that comes with the release of emotions. Like an emotional death, you are being reborn.

Have the courage to express your grief. Let go of the old beliefs that if someone knows that you are vulnerable they will take advantage of you. Express your emotional sorrow. Life loses the shine of vitality when you close down to defend your emotions. Depression will not allow you to rise above your sorrow.

We cannot change others, but as we express our sorrow we are free to be the very best that we can be. Have faith and hope for a new day is coming.

When the sorrow card reveals itself in your reading, it calls you to look at your lineage, as well as, personal sorrows. What are the fears, shame or wounds that must now be forgiven. Look at the place where you have held all of these old emotions. See it like a jar

filled with decay that must be cleansed. As you empty the jar and clear out the judgments that no longer serve you, you can turn the jar upright and this time you may fill it with love, forgiveness and wisdom from your healing. The family that you choose, are divinely appropriate for the spiritual evolution that you are making. As you heal you see much more clearly everything and everyone in your life and how they have served you rather than how they have hindered you.



ST. GERMAIN'S MESSAGE

WHY DO YOU FIGHT?

Beloved Masters, so much these times do bring to your inner doorway. It is a time of forgiveness of the faults and flaws of the lineage. Humanity has been encouraged throughout time to look outward. You have been taught to be concerned for and about others first. This has over time brought distorted perceptions. If there is no clear connection to truth within then the EGO begins to design a world where it is your express job to teach others where they are wrong and you have no clear perception of just what "right" is. This outer focus has caused humanity to drift into a sleep state, hypnotized by the separation from self into believing that God left you. You have spent eons of time discovering what this planet is about and how it works and what it can do for you. You have become so focused on what you can get from the Earth and other people that you have absolutely forgotten the power, the magik and the mystery that belongs to you. The mystery isn't something that has been denied and therefore is unknown, it is what you truly are and it has been buried, cast aside for so long that it has been relegated to the realms of myth.

Humanity has come to function as "Jonathon Livingston Seagull's" pack fighting over things that don't really matter with the belief that no survival can happen without them. Masters, it is time to live the majesty of your divine inheritance.

Why do you fight? Let's begin with a simple practice to show you something about energy. Science may say that not everyone can see energy because some people say that they cannot. The truth is that everyone has the

ability, but some have come to be so trapped in the intellect that it would be far too fearsome to allow the register of the energy of the sixth sense. That would be an admission of “things that don’t exist”. Stand in a place with good light, preferably with a background that would let you see light flowing between your fingers. Put the tips of your fingers together and the slowly move them apart. Let your eyes go slightly out of focus. This is called “soft vision”. Don’t push your eyes out of focus and, please, don’t *try to see something*. Just relax and watch as an observer, to see if you can recognize the light that emerges as you move your fingers apart. You may not see it the first time, but as you RELAX you will be much more capable of seeing essential energy. It is something like an aura, but may appear to be more like threads than a halo. As you see this light, you might begin to see the energy “lights” that pass between two people as they interact. If the two are lovers, you might notice that the threads curl around the other person like a caress. The same might be seen between parent and child. However, because the Parental Order has determined that the parent is always right and the child is here to learn what is right from them, if the child is not being compliant the swirl may actually look as though the parent is sucking energy out of the child. (For those of you who have seen the Harry Potter movies, how the dementors take energy is a perfect example of how this might look.)

If two people are in a heated argument the energy may be sucked back and forth between the two as each makes their point, determined to convince the other that they are wrong. The energy may change colors and a lot more reds and/or blacks may appear. If there is hatred there may be what has been called “army green” in the strands of energy being pulled back and forth. If one can brow beat the other into submission, at least for the moment it can be noticed that the losers energy flows to the winner and the one who lost the battle seems to slump or diminish before the winner. This, Beloved Masters, is why your fight.

Your human lineage has taught that if someone does something to you, “you had better get back out there and fight back”. Now your parents may not have able to see your energy lessen, but there is a feeling that goes with loss that is quite identifiable. It doesn’t feel good. People have a tendency to avoid that energy because it feels like a vacuum. If you have been around someone who is depressed it just might feel as though you are being drained of energy, because the depression drains the essence of love away from the depressed person and others can feel the emptiness. These depressed or depleted people begin to attempt

to get their energy back, often times in inappropriate ways. When someone is upbeat, happy, joyful or elated their energy is infectious. People just gravitate to the energy like flowers seek light. If you could see people standing around someone who has just won the lottery or gained something in their life that makes them feel loved, they are sucking up the energy. If the “winner” is not normally a joyful person, it doesn’t take long for them to begin to feel tired, even dejected. They begin to think that winning the lottery wasn’t all that it was said to be.

People want to feel good. If they don’t they begin to search for ways to feel better. Often, this kind of search leads inadvertently leads to a fight. The unconscious desire to get some energy and winning creates that feeling of fulfillment. So often the one who is hoping to win doesn’t succeed, because they feel so down that they cannot even find the power to take get energy from someone who is in a good mood but unwilling to share. Some people just naturally donate energy to others, whether they know it or not. If you are very attracted to someone, you may give them energy because you feel so good around them and you want them to stay.

This age old battle for energy has been the focal point of all conflict. Even on the battle field where the soldiers cannot see the *enemy* there is still the idea than if the opposing force is wiped out the ones who are left standing are the winners. Since this whole concept is a part of Quantum theory psychologists and psychiatrists have not been able to understand what happens. If you cannot see energy or don’t know to look for it then the mind just dismisses the whole idea of fighting for power as being an energy war.

It is time to remember that there is another source of power besides that of other humans. This power source is eternal, never ending and quite willing to sustain you at all times. It has always been with you, but because you have been taught that you are totally separate from this source there is doubt and for some even fear. Prayer is a powerful connection to this source, but you have been taught that prayer is for those outside of you. It is time to understand that the power of prayer is for everyone and everything. Prayer raises the vibration. There have been teachings that said you cannot pray for the darkness because prayer will only make it stronger. Beloveds, prayer strengthens the essence of love. In darkness there has been the absence of love. Your prayer pours love into the situation and that changes the direction of the energy.

Control is a power game. The one who can gain control may momentarily have a surge of energy if they can get the upper hand. If a controller attempts to take power from someone who knows their own space and boundaries then there may be a neutral energy. No power is lost or gained. This is where self-awareness is so important. The old game of telling people how powerful you are, how important you are or how superior you are has no impact in this energy. If those who tout their power do not really believe what they are saying, they do not have the energy to stand against those who know their own spiritual strength. The ones who are truly seeking the higher dimensional frequencies have less and less interest in fighting for any cause. Here again, Beloved Masters, there are much better ways of resolution than war. The EGO just wants to create a blind spot in the reasoning so that “when all else fails fight” is still an option. Those who are discovering their spiritual strength actually are creating, consciously or unconsciously, a protection that simply directs them into paths of peace. The intellect is not yet ready to concede that such a thing is possible, therefore the fighting seems to be more intense than ever.

You cannot just say, “Well, now that I know about how to use energy, I just won’t give my power away” because the first time you are engaged in a power struggle, your EGO will tell you that you have to fight if you want to have a chance to win. Beloveds, war never healed anything. Those who accept that conflict is necessary are holding themselves away from peace and ascension. Spiritual evolution does not occur in hatred or fear. Oh, Dear Ones, there are many who are still attempting to push the old ways. You are tested at every turn and the only way that you can truly know what is best for you personally is to connect within and listen to higher levels of guidance. The Ego screams louder and louder because it is losing. It still believes that if it makes enough noise you must pay attention. God speaks quietly. Love is so strong that it does not have to push or shove for attention.

Even if you cannot see the energy moving between two people or even in a crowd, you can certainly feel how the atmosphere feels in the situation. You can watch body English, facial expressions and experience the inner knowing that this is or is not an appropriate place to be. It is time to learn to center even in the midst of conflict. As you find your center and obtain a sense of calm you will hear the inner voice leading you to a safe place. Many are the stories of those who were in the middle of a crisis when they felt a sense of serenity. Suddenly it was as though they were in an altered space, even though war raged around them.

This was not accidental or coincidental, it was a connection with the energy of love that surrounds you ever minute. All you are required to do is let go of the tension of battle and conflict and let *the peace that passes understanding* flow in.

The Master Jesus demonstrated this sacred power again and again. He could stand before an approaching army and turn the tide of soldiers simply with Love. Each and every one of you is capable of establishing this power because it already belongs to you. It isn’t something that only belongs to a chosen few, though it may have appeared to be that way because for so long you have believe that only certain people are picked for special privilege and thus another point of battle emerged in an attempt to get that special power for self. **IT IS ALREADY YOURS! IT HAS BELONGED TO YOU FOREVER! REMEMBER THAT YOU ARE ONE WITH ALL LOVE RIGHT NOW. THUS ENDS THE WAR.**

You are powerful. Allow the love to show you. There is no necessity to take energy from someone else. That becomes like a drug induced high. As the energy fix wears off you have to find another place to get power and soon you feel more and more depleted just trying to find a new power source. No one else can make you powerful and power that has been portrayed in this illusion is diminishing. You are powerful because you are. The more you recognize that the less you will need others to tell you that you are great. When you no longer need the boost, you will get it everywhere. People will **SHARE** energy with you because they can, when you are not attempting to take it away.

You are being showered with energy from the galaxy, the universe and abundantly from I AM. You have unlimited supply. Forgive the old ways of not enough and allow the plenty that God has for you. The deeper you connect within yourself to the Source sweeter and clearer you become. You are 100% responsible for everything that occurs in your life. It isn’t about what is going on outside of you. If you can see it and experience it you created it in your life. Love is the one true healer, greater than anything else. Open to the Love. Forgive and ask for forgiveness. Be willing and able to say “I Love You” to yourself, to others, to everything that arises in your life. Live an ongoing attitude of gratitude for any and every thing that comes to you. This clears a space within you for greater good to indwell and over flow. You are Love. You are divine. You are one with all creation and you are one with the creator. In this essence there is absolutely no room for the thoughts, ideas and energy of war. You

return to the Light that you are. You do not cease to exist. You live more grandly.

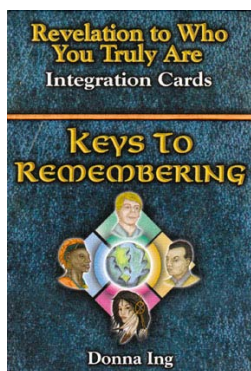
And so it is, Beloved Masters, until we meet again in what ever manner that may be, in the greatest of Love I bid you Adieu! I AM the Lord St. Germain

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.

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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.

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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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Kim does computer generated fractal art. We have one of Kim's pictures and it is most amazing. Do check out her website!

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