



The Pot of Gold

from the Rainbow Center for the Humanities
Lander Wyoming

December Newsletter

Happy New Year!

Join us for our New Year's Eve session. St. Germain has named 2019 The Year of Clear Communication. Our evening begins at 8 pm MT. There will be a break to celebrate New Year's and then there will be a meditation in the New Year with Lord Michael, Kwan Yin and a meditation by St. Germain.

If you would like to join by phone let us know by December 30.



The weekend before Thanksgiving we had another foot of snow. It is now just after Thanksgiving and we are due to have even more snow this weekend.

I must say that I have learned a lot about how the "medical machine" operates this last month. I was given medical power of attorney for a friend who had no will, no one to take power of attorney over her affairs and has been declared unable to live alone. It has made me quite aware that even if you do not think that you have anything to make a will for, the final will and testament is the document that states your wishes

for despoing of your worldly goods, few though they may be, how you wish your body to be handled—burial, cremation, etc. If someone cannot provide out of pocket for a nursing home, then medicade will pay for the cheapest form of care that is necessary. Here is a word that I had never heard until I became involved deeply is the red tape of the system. The word is *ombudsman*. It means adviser and the ombudsman advocates for the patient to assist in getting medicade and other protection such as a case worker from the state to help manage affairs when there is no one to take over.

If you are over 62 and do not have medicare and supplemental insurance it is good to rethink that. Many people do not believe they can afford medicare and the supplemental, but from personal experience when I had to have a hysterectomy for stage three cancer the surgery plus radiation was just under \$200,000. I talk to people all of the time who gamble that they are healthy and will stay that way. I bless the faith and backed it up, just in case. I was concerned that I would not be able to make the payments for supplemental, but faith helped me to make the payment one month at a time.

No one wants to spend time thinking about death and St. Germain says that it is a part of the illusion that is passing. However, we may or may not be clear enough to let go of that belief in death and just in case it wise to totally believe in life and prepare for eventualities. I, myself, would rather take the time to do the legalities for the sake of my family and then live a long, happy, healthy life with the loose ends tied up, just in case.

Feel into this and consider your own well-being and the protection of those you love. IN THE GREATEST OF LOVE AND LIFE. -Molly

PS The Ombudsman called me on November 28 and it turned out that she was the Ombudsmand for the nursing home. She went and spoke with my friend and suddenly the nursing home became very cooperative.

They are applying for medicare, she will not be moved and there is an application for a guarian to help with the legal aspects. What a relief to feel as though she will be well cared for.

Join us, in 2019, by signing up for the Personal Growth package. This has proven to be one of the most popular offerings that St. Germain has ever shared. People are excited about the changes in their lives and express joyful anticipation for the future. Changes on all levels are bringing a whole new lease on life as we evolve into New Humans. This year St. Germain's Teachings, which are a part of the Personal Growth Package, will focus on The Pathway of Spiritual Growth Leads Within.

[Click here for 2018 Personal Growth Package Details](#)

Rainbow Center News

Spring Intensive

It is time to begin to consider our May Intensive. St. Germain is taking us to new levels of self-awareness all of the time. You have been the greatest mystery. It is time to discover your inner wisdom and enlightenment with "Finding the Joy of Greater Self-wisdom and Inner Knowing". As the paradigms are clearly changing and everything seems to be in some level of limbo, we are being directed to find the home base of Spirit within and feel the firm foundation of who we truly are. The world has defined us for life times and told us how limited we are, while holding the promise of greater good somewhere beyond the physical world. We are now being called to remember how to blend the best of our spiritual world and our physical world, so that we can live what we have searched for, for life times, here and now. Feel St. Germain's Love, compassion and wisdom as he gently and directly shows us what we have been waiting for, becoming the Spiritual Humans.

We invite you to join us in person. Call or email Molly for more information.

CDs and mp3s will be available.

The December group is "The Spirit of the Season Lies Beyond Outer Affairs". The focus of the world is being drawn away from self to "What can I buy, what can I get, what can I own, rather than "Who am I really, when all of the things are gone?" So many are finding themselves at a point of question, "Who am I without my things?" It is one of the most powerful and yet, often devastating questions anyone must ever ask. When there is crisis, people will often come together when they would not in "Good times". How we reflect each other is so important. The question, "Would you take people that you do not know into your home?" is being asked everywhere. How would you feel about someone who offered you assistance? People in other countries are still people. Remember that those who came over on the Mayflower, even though they were "founding fathers", were people that the English did not want in their country any longer. Often the accusations against them were false, but it did not change how they were viewed even in their own country.

CD's can be purchased on the website at [Click Here for 2018 Groups](#)

St. Germain continues addressing the Virtues in December with "Truth, Faith and Love." This trine of Virtues brings strength and support to the Herat, Soul, and Mind as the year draws to an end. To feel the fullness of the divine essence of these Virtues now in these times when the chaos of the world is creating the necessity for each and every one to be aligned within themselves. ALL are experiencing some major changes in their life and no one is more burdened than anyone else. Find these feelings of empowerment within and enjoy the holidays in interdependence.

The call-in for the Teaching is on the second Wednesday evening of each month at 7 pm MT.

Our call-ins for the Q&A are on the fourth Wednesday evening each month at 7 pm MST.

The call-ins allow you to join in to hear the teaching and ask questions at the Q&A.

If you haven't had the experience of the Teachings that St. Germain is offering this year they really help us to understand what is going on. It just might be worth your while to check them out. The deep healing power of the Master is there to experience again and again as you listen to the awesome wisdom that he brings. CDs and mp3s are \$15 for each set—Teachings

or Q&A. It is \$15 to call in one time or \$30 for both sessions each month. Postage and handling are separate.

To order CD's, mp3s or DVD's

[Click Here for 2018 Teachings with the Master](#)



Mother Natures crystals.



ASTROLOGY

NEW MOON IN SAGITTARIUS—DECEMBER 6-7

This New Moon will bring in energies of a higher nature and connect us to the essence of the Archer, always seeking to shoot the arrow over the Rainbow and find new wisdom in the higher realms. Jupiter, ruling planet of Sagittarius will be in the sign very close to Sun and Moon, bringing a feeling of opulence and security to the month so dedicated to buying and giving. The light of protection shines over the whole world and brings a healing to the wounded on the planet.

Mercury stations to go direct on December 6 at 1:22pm PST. Everyone can take a sigh of relief as this planet of communication moves forward again and many of the snafus of the past three weeks will begin to unravel.

Quiet often when we perceive ourselves as wounded it is difficult to accept or believe that there is any other way to be. The logical mind so often focuses on “good or bad” rather than all of the options of perspective in between. Spirit does not view life from these points of view, but sees the opportunities for growth, new awareness and strengthening that do come out of life's challenges. This New Moon is squared Neptune which can distort how things really are and put life in a fuzzy focus. Neptune can make situations difficult to define and yet, Neptune is a planet of compassion and helps us to see how we can possibly move into a oneness with others rather than living in the pain and loneliness of believing that no one else knows or feels how we feel. Neptune in Pisces can bring in the vast sense of oneness that can cause more global outreach in these times when the desire to give and be helpful is emphasized.

Results may seem to come only after struggle. Neptunes close conjunction to the New Moon and square to Mars, the Warrior planet. We are being led to discover that when we fight to get what we want we can get caught in an ongoing battle of life, which allows no peace or place to enjoy the achievements that we have accomplished. Mars energy, often looks for a fight and provokes conflict by saying things that are unnecessary or hurtful, just because it can. Neptune can soften these blows and even bring the ability to overlook the invitation to jump into the fray.

We have been encouraged over time to win. However, winning has become the goal rather than the achievement of what we desire. Winning is a temporary sense of victory, but if the outcome was accomplished by painful means, soon the glow of being right fades and what is left can be questions of self doubt and self worth. Finding a balance can help us to realize that if it feels good to us to be rewarded for our achievements, it is also good for others to be acknowledged for their gifts and achievements. Everyone wins in mutual victory. No one wins when there is a need to gloat or “rub in the win”. Better than/worse than holds no prize.

Pallas Athene is drawn in with the New Moon (sextile) and the Mars/Neptune conjunction (quincunx). This calls for greater necessity for creativity and much less

aggression. “Raging against the machine” is not the answer here: discovering how to work with the machine and find the positive potential, rather than the opposition, allows a point of view that can see the beauty and that is the gift.

Since Mars is conjunct Neptune in Pisces, we can use this energy to help us discover powerful emotions that can be directed toward positive creative endeavors, because the energy to persist will move us forward to complete what we have started. In feeling the joy of sharing in accomplishing fulfilling projects everyone benefits.

During this lunation Jupiter, Neptune and Saturn are all in the signs that they rule, giving us a deeper awareness of our inner connection and personal strength. Jupiter and Neptune bring a strong sense of protection to the Sun, Moon and Mars while Saturn is virtually isolated with only a sextile to Ceres in Scorpio which makes Saturn show up like the buoy in a stormy sea, cautioning us to be vigilant for unexpected obstacles. We may make plans for all that we can think of, only to meet challenges that we would have never considered. These aspects can prove to be a vital personality check in order to reinforce our gifts, talents and strengths so that we may move forward.

Where we find ourselves feeling the conflicts of life luring us into potentially troubled waters, it is well to seek the feelings of quietude of inner stillness and allow ourselves the time to reflect rather than to act in haste and repent in leisure. It is all personal choice.

CANCER FULL MOON—DECEMBER 22

The Winter Solstice on the 21st of December brings us into the time of the Earth’s resting. The busyness of the season belies what this time is naturally intended to be. The Sun is conjoined with Saturn in Capricorn opposing the divine feminine energy of the Moon in Cancer. The oppressive emotions of restriction and parental authority can put a bit of a wet blanket on the Christmas festivities. The Moon is square to Mars and Chiron in Aries and hurt feelings can fly with the carelessness of Marian aggressiveness. Chiron, the Wounded Healer, will play a part in the seasonal conflicts that we often arise when families get together. “Tis the season to quarrel” is more where the energy can go. Tempers flare over who has done the most, the least and who gave or spent more, as well as, past grievances that have never been resolved or forgiven.

Mars in Pisces conjunct Chiron can be a catalyst for tears to fall to bring about the healings that will allow movement in the lives of all involved with past history of upsets. The depth of emotions may be surprising and, perhaps overwhelming, yet the shifts and changes that are occurring, especially within, are requiring a willingness to feel that has not been allowed in life times.

Pluto in earthy Capricorn can remind us that emotions can be dammed up and create issues in the physical body, so acknowledging and releasing old “stuff” can actually bring about a potential healing because of new energy moving into old stuck cells. Health challenges may arise during this time and for some even surgery might be called for, with healing to follow.

The element of the unexpected due to Uranus out of sign sextile to the Moon and trine to the Sun, can bring delightful surprises during the holidays. The connection between Uranus and Sun/Moon is quite potent and the magnitude of potential is extremely powerful. These surprises will, more than likely, be of a very personal and peculiarly individual nature. There can be a harmonious blending of the traditional and the new that has satisfying results due to the Uranus in late Aries and Sun in Capricorn.

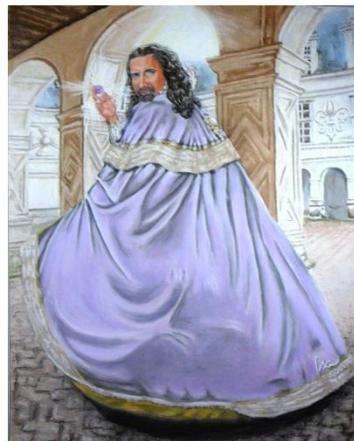
The watery nature of the Moon in Cancer and Mars in Pisces can also stir the emotional pot, so to speak. Pisces can be the slippery fish that does not want to deal with issues as they come. The cardinal sign of Cancer is more prone to determination than things must be brought to a conclusion. Here again, the aspect of blending elements rather than taking a stand of either/or can be helpful.

The Sun and Saturn in Capricorn put emphasis on the necessity to consider our choices before we make them in order to achieve the desired outcome. Capricorn, the father sign, may be prone to use force in order to get an outcome. Everyone involved in emotional situations is required to feel rather than make snap decisions based on judgement or logic.

Mercury has moved from behind Jupiter, the ruler of Sagittarius, and is now ahead. Mercury rules Gemini, the opposition sign of Sagittarius and there can be a tendency to speak without thinking or just say the first thing that comes to mind without filters. Truth is always the best choice as long as it is clearly true and not an opinion dressed up to represent truth. Truth has a feel that resonates in the soul center, even if it is difficult to accept. Opinions, often are judgmental or accusatory and therefore do not have the pure essence of clarity that telling the real story brings.

Emotions, truth and blending are key words for this holiday season. Feelings are the higher octave of emotional reaction. Feelings do not get hurt unless the energy slips back into old emotional conflict. Keep the season bright and beautiful by being willing to leave the past behind when we enter the home of others or they join us where we live. Let Love lead the way. Merry Christmas and a Happy New Year. Love, Molly and Dorian

Molly is a professional astrologer and does personal charts, solar returns and couples or relationship charts. Contact her at 307 335-8113 or mollyrowland22@gmail.com



QUOTES FOR THE MONTH from St. Germain

You'll find them there. Just beyond the reach of your imagination... There the Guardians wait. Just beyond the reach... the magick of the unfathomable. Stretch. --Lazaris

Tis the season to feel gratitude and generosity. Gratitude for the blessing great and small that the year has brought. Generosity, not only in things, but in the true Spirit for Love that lives within. Are your dreams inclusive of all? Are you willing to belong without qualification? Then feel the Joy of the season. Blessed be!--St. Germain

Hear the Song of the Soul within. Let its chords lift you up and cleanse your heart. Feel the expansion within yourself and walk that path of remembering NOW. Such a gift, as the Christ would give you. Are you ready to LIVE here and now? -- St. Germain

Understanding... it sounds so obvious, so easily understood. Yet it is profoundly intricate and complex. And on the other side of its complexity there is untold mystery and magick, there is unspoken potency and power, and there is untouched elegance and beauty. --Lazaris

ST. GERMAIN'S MESSAGE

Dearly Beloved Masters, the elections are over and many are celebrating the fact that the Democrats took over the house in the United States government. It will make no difference at all, unless there is a willingness to approach the issues of the country calmly and peacefully. If new people come into office with an attitude of force, power over, and a need to prove that their way is better it will only continue to insidiously undermine the fiber of America to a deeper level. The idea of America being "Of the people and for the people" is getting lost in the blindness of making money and climbing to the top or staying on top in all walks of life, no matter what. Pyramids are built on the shoulders of the many to allow the few to sit in high places. The spiritual evolution, which is not an outer process, is calling for changes to begin internally and flow out to embrace the collective consciousness in greater consideration of the highest good of the whole. The EGO is working over time to suggest that humans are going to lose something important if they change. The Truth is that what is being lost is the feeling of kindness and compassion that has kept America aware of its roots in spiritual connection from the beginning.

When we speak of the emotions on the planet fueling the changes in the weather patterns and causing certain elements to bring disastrous results in particular areas of the world, we are not judging or pointing fingers at the people in those areas for being at fault for what is happening to them. We are directing attention to the fact that the overactive and highly volatile emotional outpouring everywhere is bringing stress to places where the tension of the earth seems to gather. The ring of fire and the Gulf Coast of the United States are two areas that seem to be particularly susceptible to chaotic weather changes. As the Global warming, that many deny exists, continues the coastal areas on all continents and especially those on islands are finding that rising waters are making it more difficult to enjoy "paradise".

Since everything is connected to everything else, people, nature, the systems of business, politics, religion, medicine and all of human affairs influence each other. **NO ONE CAN SAY THAT WHAT THEY DO OR SAY DOESN'T MATTER, BECAUSE THE ENERGY THAT IS EXPRESSED INFLUENCES THE WHOLE.** Being willing to consider how or what is said or done will impact the whole brings a deeper and more profound sense of self awareness because that inner connection lays down new paths of clear communication with Soul and helps the mind to focus more on positive outcomes for all, rather than just self. The importance of finding a balance in the care and consideration of self and others is deepening with each day. Making others far more important than self creates a sense of frustration and disempowerment because of the power give away. Making self far more important than others brings a sense of loneliness and isolation that leads to sadness, resentment and a need to prove importance that isn't necessary. A loving consideration of self is not indulgent, but supportive and helps to allow a feeling of sharing without being taken advantage of.

There will continue to be an excelleration of energy that feels as though it is putting pressure on everyone. When the realization that fighting this shift simply intensifies the challenge, hopefully, humanity will begin to release the nees to control what is going on in their lives. When the "letting go" is felt at deep levels of self it changes the direction of where you have been going. When you allow yourself to experience how the shift of consciousness serves you when you actually feel the movement of change within, how simple and easy change can occur when you forgive trying to change and let Spirit show the way. You find that you are accomplishing so much without an intensity of effort that often goes against what you desire after all.

For those who are still clinging to the belief that someone is going to come and take them away from their life and make everything better, there is the necessity to consider "Do you trust anyone, even Jesus, to take over your life and tell you what to do, when you have feared and resented others telling you what to do for lifetimes?" **MASTERY, SPIRITUAL EVOLUTION, REMEMBERING, AWAKENING, REVELATION**; all of the names that these times are called require personal perticipation in one's own life. The old order has focused on managing the lives of others rather than being at home with self. The strength to access what has been created and tell the Truth about what one's own part in any situation is more necessary than ever. If the Truth is that there

was a personal part in creating something positive or negative, the willingness to own that part is quite freeing. Denial of one's actions does not hide personal responsibility.

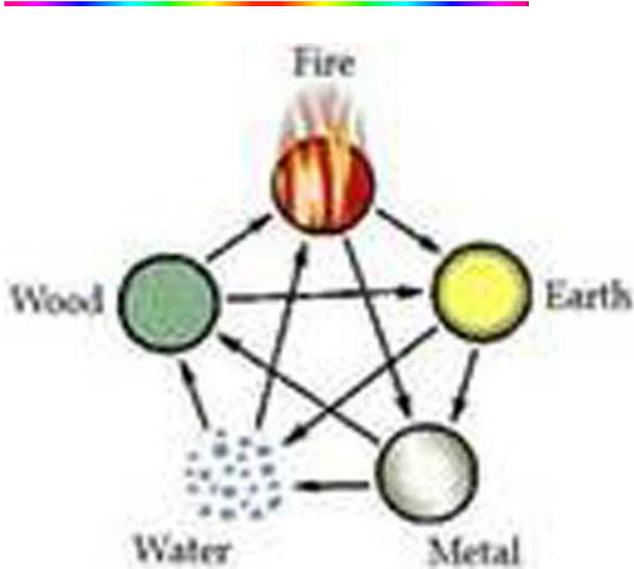
The intensity of needing something and not knowing what it is, the frustration of needing to control life and finding that that control is slipping through your fingers, the disperation to be important when you already are will only begin to heal when you allow yourself time to discover who you are, rather than what you have been told that you are. So many are striving to become something that was accomplished long ago. This means that your goals are often holding you back rather than moving you forward. Stop and feel within yourself—"What do YOU want?" "Where do YOU wish to go with your life?" Don't just ask and then return to listening to your EGO, be still and listen to the sound of your Soul, quiet and calm deep inside of you. Not head talk or advise of those who "have all of the answers for others, but none for themselves, but the power of the voice that is heard without ears, that speaks in soothing essence that allows you to reat rather hurry on to the next thing. The world tells you how you must be to "fit in", so why don't you feel that you belong?; because when you are looking outside of yourself for answers, you cannot find the Truth of you. You may follow this path or run wildly down another only to find dead ends because until you listen to your own Soul seeking to guide you into the ways that will uplift you and help you to feel at home within yourself, you still believe that others have answers and refuse to share. No one has all of the answers and, in these times the answers that were considered right are becoming more questionable. The more you come home to yourself, the more you will realize just how illogical logic is and how narrow the path it allows you to walk. The intellect is bright and beautiful, but the EGO has shut our much of the light that illuminates your thoughts and turned them dark and doubtful in order to maintain control.

To relax often seems unattainable. To feel connected to your inner life may seem like a fantasy. However, just beyond the confusion of illusion, lies a whole new world of wonder that holds no need to fight to get what already belongs to you. We are with you constantly!! We Love you unconditionally!! We see who you are really and hold blessed intensions for your becoming!! We are with you today, tomorrow and forever, in Love. I AM the Lord st. Germain.



ADS

Sarah Keen is a tattoo Master. Her art is as beautiful as the old masters. You can reach her at: surrahkeenart@gmail.com. Website: SurrahKeenArt.com



Nancy Wadda is an acupuncturist with over three years of training. She is trained in the FIVE SEASONS technique and has an amazing intuition in her work. She is located in the Rainbow Center, 177 N. 4th St. in Lander. You can reach her for appointments at 307 438-6203.



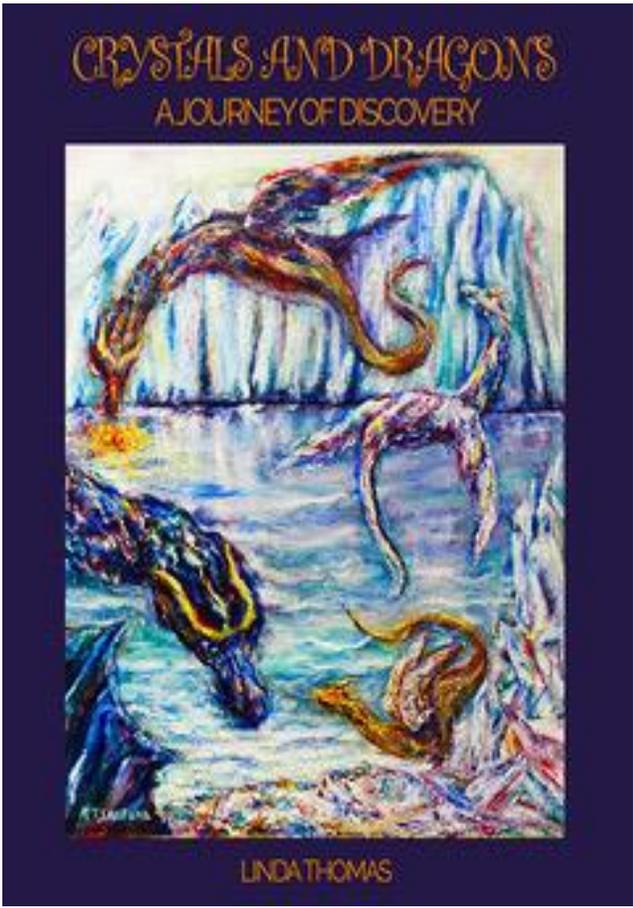
In a world where there is often little laughter or when it is there it can be derisive, Cynthia leads us to joyful, heartfelt, soul-fulfilling laughter that touches places within us that set us free.

**Relaxing ~ Centering ~ Smooth Energy
Allowing Transformational Magik**



www.cynthiainfieldsoflaughter.com





Linda Thomas is the **Woman of Crystals**. **Eternal Ice** is her treasure trove of crystals and jewelry. Linda has so many beautiful stones that when you see them you will want them all.

You can contact her at:

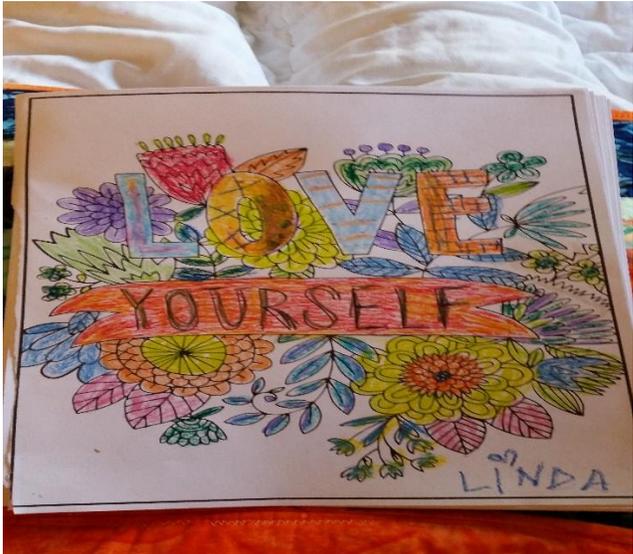
(307) 754-4396
www.eternal-ice.com
eternalice@bresnan.net



Update on Linda Lube!

Linda is recovering from her brain surgery.

Here is the cover of Linda's new book that will be coming out soon!



This is a crayon drawing done last week. Her artwork still looks like Linda.

Linda Lube is making the most amazing pillow cases with designs that bring all manner of peace, love and spiritual enlightenment. Check her website.

She is also designing these lovely vests.



Linda Lube is an amazing artist who creates textile painting, as in the Gratitude painting above. She has wonderful paintings and she paints shoes. I have a very fun pair of shoes that she painted for my Hawaii trip.

Hand painted shoes, boots, purses, scarves and shawls

Fabric message scrolls (wall hangings) cotton or silk

Email Linda and she can email examples

You can reach her at www.lindalube.com, lindalube@gmail.com or 828 777-8540.

HIGH VOLTAGE NATURE



Karen Singer photographs beautiful nature photos and creates digital transformations as Prints, Posters, T-Shirts, Calendars and Greeting Cards that assists and inspires to powerfully re-connect with our own nature and the beautiful Earth we are so blessed to live on.

Karen also creates custom, one of a kind wire wrapped jewelry that weaves and amplifies energies of Light and Love, your own personal Angels and Masters (if desired & with permission) into each piece or similarly with individual crystals.

Email: highvoltage@nature@gmail.com

Maia Rose does sacral cranial work and massage, as well as other therapies. She is located in the Rainbow Center, 177 N. 4th St. in Lander. For appointments call 307 345-3262.

Delphinia Bey is a massage therapist, who does reiki, Bio-Genesis tools, Crystal layouts and other

modalities. You can reach her for massage appointments at 307 349-2120.



“**The Pot Of Gold**” is a monthly publication created by Molly Rowland. Graphics by Dorian Zumwalt. If you would like to advertise in “The Pot of Gold” ads are \$10 per month for up to six lines and \$2 per line after that. Contact us: mollyrowland22@gmail or 307-335-8113.