



# The Pot of Gold

from the Rainbow Center for the Humanities  
Lander Wyoming

## December Newsletter

### MERRY CHRISTMAS AND THE HAPPIEST OF NEW YEAR'S!



We have had a number of snows already this fall and well over eight feet of snow among the five or six different storms.

Join us on **December 31, 2019 for the New Year's Eve** celebration. The channeling starts at 8 PM and lasts about three hours. There will be a break for midnight and then after midnight there will be a New Year's Meditation with St. Germain and other Masters. **IF YOU DESIRE TO JOIN US BY PHONE CALL AHEAD, AT LEAST 24 HOURS, SO I CAN GIVE YOU THE CODE FOR THE CONFERENCE ROOM.**

The call-in is \$30 and CDs and mp3s will be available for \$30 per set.

The CDs and MP3s of our November Intensive **Energy and Creation—How You As A Master use Them** are now available. The sets are \$150 and there are thirteen parts to the three day intensive. You can go to our website or paypal or call me and I will run your card. This intensive assists us to open the gates to

the inner realms and helps us to understand how we use our energy to create either the most positive or challenging life. We have the free will to make heaven or hell right where we are.

Open up to the inner self and find the gateway within that brings you to the New World that is only found through Spirit.

Join us, in 2020, by signing up for the Personal Growth package. This has proven to be one of the most popular offerings that St. Germain has given. 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 Path to Personal growth Leads Inward..

[Click here for 2019 Personal Growth Package Details](#)

## Rainbow Center News

### Spring Intensive

Our May Intensive will be May 15, 16 and 17, 2020. The title is "Living the Mystery and Magik of the Elemental World."

The Natural World is far more harmonious than it appears to the logical mind, that believes that order has a very limited form. The mystique of the Ancient times held wonders that the modern world dismisses as impossible or frightening. As Revelations is clearing away the disorder of the past the vision clears and what has been taught to be unimportant begins to shine forth as real and very important. What was gifted to humanity in the beginning times is still with

us. We have attempted to hide it from ourselves to the point that the logical mind fears the very Love, help and assistance that can make life easy, peaceful and exciting without drama.

Join us, here in the Lander Valley of Wyoming, for this heart opening and Love sharing event. The cost for the three days is \$350. We are only 2 ½ hours from Yellowstone Park and there are many wonderful attractions to see in the area. Plan to send some extra time to enjoy wonderful Wyoming.

**IMAGINE A WORLD WHERE WE SUPPORT ONE ANOTHER, SHARE THE TRUTH OF OURSELVES WITHOUT SHAME AND GUILT AND LIVE IN A CONSCIOUS AWARENESS THAT WE ARE REALLY RICH, HEALTHY AND COMPASIONATELY LOVED AND LOVING.**

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

CDs and MP3s will be available.

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The **December group** is **An Open Heart Brings a Happier Life**. This time a year offers an illusion that everyone SHOULD BE HAPPY. Yet the pressure to perform, to GIVE, *GIVE*, *give* and to keep up appearances can be heavy. Often the emotions of inadequacy can cloud even the brightest of possibilities and make the heart seem to close down. Begin by allowing things to be easy by making choices that help you to feel good. Say “no” when you have to, rather than pretending that you are SUPER HUMAN. Be willing to receive, which opens the circle of Love (giving and receiving) and heals the wounded heart so that it can open to the joy of the season.

CD's or MP3s can be purchased on the website at [Click Here for 2019 Groups](#)

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**St. Germain brings the December Teaching—The Willingness to Allow Clear Vision.** The Teaching will be at 7 PM MST, on December 11. As we are moving into 2020 this teaching reaches into the new year's energy and brings us a peak at what is coming.

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 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 2019 Teachings with the Master](#)

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## ASTROLOGY

### FULL MOON IN GEMINI - December 12

This Full Moon in Gemini puts emphasis on communications, both mundane and with higher consciousness. The Sun is in Sagittarius, the sign of the Archer, looks for conversation and new ideas that stimulate the imagination and lift the spirit, as well as opening the gate to deeper inner vision and awareness.. Neptune in Pisces squares this Full Moon and can bring a bit of drama into life's affairs, if there is not a determination to keep a clear head.

This Full Moon sits in the opposite signs to President Trump's chart. He is a Full Moon baby with Sun in Gemini and Moon in Sagittarius, so this Full moon brings a mirroring effect to the affairs of his life. Gemini enjoys talk and communication, so we will probably be hearing more from the president as the impeachment trials and campaign for 2020 elections heat up even more.

Jupiter, the ruler of Sagittarius, sits in Capricorn trine to Uranus in Taurus and this can put a chaotic spotlight on security issues all over the world. The more we try to control safety the more focus there is on what is not safe and it appears that the feeling of assurance that we are protected just slips away. Jupiter is connected to the higher awareness of the Masters that are serving the earth in these times. We are being called to look within for the answers rather than

without. As the mind's outer projection just keeps coming up with the same solutions that haven't worked yet. Saturn, Venus and Pluto sit apart from Jupiter and sextile both Mars in Scorpio and Neptune in Pisces. This grouping in Capricorn puts Venus in a detrimental position between Saturn and Pluto. This is occurring as the mad dash to buy, buy, buy is continuing to explode before Christmas. Millions of people are spending money they do not have, to buy things that they do not want, to impress people they may not even like. The merchants may be smiling, but the consumer may not feel so opulent come the New Year. Mars on one side of this grouping inspires impulse spending and Neptune on the other side bringing an illusion that "there is no tomorrow" when it comes to buying. Manic spending is a bit like a drug, no matter how carefully it is planned. The Mars/Neptune trine can support a "need to compete" with a fear that others may do better, give more or be more liked or appreciated. We are being confronted with intellectual laws that do not sustain our own self-worth.

The North Node in Cancer calls for us to look at our family values and see if we are giving our power away to the demands and expectations of family. This is a time for deep consideration of who we are in the midst of the chaos of Christmas and the demands that we follow certain patterns and/or standards in order to belong. What is Christmas really about and have we made the Christ a myth in order to live without the faith that this season calls for? The wise men brought gifts to the Christ Child in honor and respect. Are the gifts we are purchasing considered carefully and are we maintaining our own self respect in this season where gratitude is as important as giving.

It is time to seek for your inner anchor, to allow the support of the higher beings to help keep life on an even keel, rather than flying out of control in the madness of all that is happening on earth at this time. There is so much beauty on this planet and so much of it simply cannot be purchased. It is important to take the time to value what we have, rather than measure our gifts and worth against those of someone else.

Have a peaceful and fulfilling Christmas.

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### NEW MOON IN CAPRICORN - December 26

This New Moon is an Annular Solar Eclipse, which means that at the height of the eclipse the edge of the Sun will shine around the Moon. With the Sun hidden, the dark of the Moon will be almost complete. Eclipses can be the flash that sets off chains of events and the stellium of planets in Capricorn can be a conductor of energy shifts. The stellium of planets in Capricorn tends to strengthen the power of each planet involved. Mercury in out of sign conjunction at 26 degrees 16 minutes Sagittarius conjuncts the Sun at 04 degrees 43 minutes Capricorn. The Sun joins Jupiter, Moon, Saturn and Pluto in Capricorn. There is some space between the degrees of the Moon at 11 degrees 45 minutes of Capricorn and Saturn at 20 degrees 47 minutes Capricorn, but the luminaries have a greater arc of degrees in aspects. Uranus in Taurus trines Mercury and the Sun and creates a lot of grounding energy to help with all of the thoughts, ideas and opinions flying around in the collective consciousness. However, Uranus, which is associated with chaos trine the Sun could, possibly, cause earthquakes. Trines are considered positive aspects, but a trine can also make things easier to happen, therefore loosening the earth or releasing pent up pressure. When ideas and opinions get stuck it can present mental blocks that are as hard as bedrock, so there can surely be some explosive energies around the ongoing impeachment trials.

Capricorn represents the old order and the patriarchy. There will be revelations continuing to pour forth as the facades of the past are brought down. Carefully guarded secrets are being uncovered daily and even though there is a lot of denial, when there is too much explaining it becomes obvious that that too much protest is like the smoke that indicates there is fire. Mercury in Sagittarius to the stellium in Capricorn, is much like someone standing in the hall and shouting

instructions to those inside the room on how to do things. The one calling the shots isn't clear because they are attempting to distance themselves from all that is going on and yet still control the situation. Neptune in Pisces sextiles the stellium and can bring an almost dream-like quality to any situation where avoidance is a big part of what is going on. Chaos and a lack of clarity make it easy to misinterpret what others, especially those on the opposite side, are saying. These misinterpretations can apply to the political scene, but they also can bring a greater incidence of those who are taking advantage of those who are not paying attention. Scams can be very prevalent during these aspects.

"Tis the season to be jolly." Make sure that the choices that are being made feel joyful within. Let Love guide the way now.

HAPPY NEW YEAR!!!

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](mailto:mollyrowland22@gmail.com)

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### QUOTES FOR THE MONTH from St. Germain

Let us lift you beyond your apprehensions and impedances. Let us carry you beyond your preconceived perspectives and perceptions of what it is to be free. --- Lazaris

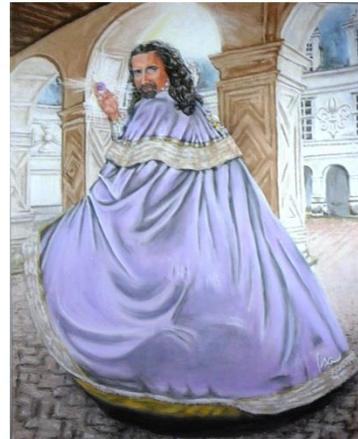
It is time to reflect on the prayer of Serenity: "God grant me the **Serenity** to accept the things I cannot change. The **Courage** to change the things that I can, and the **Wisdom** to know the difference." --- St. Francis (St. Germain)

Never work harder than those that you seek to help. Their participation is necessary. --- St. Germain

The foundation of all creation is LOVE. It can be expressed in actions, conveyed in words, but the essence of Love abides within. It is the fire of the heart seed. It is the breath of life. It is the deepest of feelings. It is the solid sense of belonging. It is the Spirit that whispers "All is well in Love." --- St. Germain

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### ST. GERMAIN'S MESSAGE



Dearly Beloved Masters,

The events of the world keep the mind spinning. There is a constant requirement to keep focused on what you desire your life to be right now and that will put out a wave of positive opening for where your life will move. The mind wants to focus on "What will happen if...?" Then the mind and emotions begin to take all of the scraps of illusion and weave a fabric of "worst possible outcomes". The levels of stress and therefore discomfort and disease within are soaring. **WORRY IS THE HIGHEST FORM OF NEGATIVE CREATION!!!** Worry does not bring positive creations. Worry does not even consider that good things can come into the life and stay. For so many people, even when they ponder positive outcomes, the EGO whispers about the good not happening or being limited in some way. The EGO mind might even criticize the fact that a Master would point out what is happening inside of the inner realms of so much of the world. Old beliefs systems that call for looking the other way are becoming more antiquated moment by moment. The collective consciousness has been programmed for lifetimes to ignore the unpleasant. To pretend to avoid the bad stuff" does not prevent the negative outcomes of avoidance. When the focus is on avoidance the attention must constantly be on what is being avoided. Positive outcomes do not manifest from avoidance.

Take a deep breath and focus on calling the essence of **EASE** into your body, mind and emotional energy. Feel the relaxation begin as the mind shifts its

attention away from worry. Keep the Serenity Prayer in mind at all times.

**“GOD GRANT ME THE SERENITY TO ACCEPT THE THINGS I CANNOT CHANGE, THE COURAGE TO CHANGE THE THINGS THAT I CAN AND THE WISDOM TO KNOW THE DIFFERENCE.”**

This prayer is about the surrender of control to the Love of the Divine. The Goddess blending the power of compassion with the courage of accomplishment. What comes from this wedding of essences is an inner recognition of personal peace that reaches cosmic proportions. *Letting go of the programming of lifetimes that, if I do not fight, I will die, if I do not judge I cannot make any decisions, is imperative in these times of transition into higher consciousness.*

Every time you make a choice it changes you. When the guiding energy of the choice is Love the changes are uplifting and inspiring. When the EGO is allowed to control the life, the choices are based on judgment and often the outcome is more and greater frustration and sadness. As you use the formulas that life has taught in business, around money, about relationships—each time you follow the same formula it changes because you do. You can do the same thing over and over, however, as time passes the formula no longer fits you or your desires because you grow beyond it. Feeling into the subtle shifts that occur in living by formula, you may discover that you are progressively required to be aware of how you, as a master on the planet, are outgrowing the old patterns.

Volatile emotions do not bring positive, stable outcomes. Living in conflict, chaos and confusion is not magnetically attractive to peace and prosperity. Attempting to convince others that you are something that you do not accept for yourself or believe is true for you, simply leads to constant stress over being “found out” or judged as lacking. How you perceive yourself is very important to, not only how the world views you, but how you feel about who you are, really.

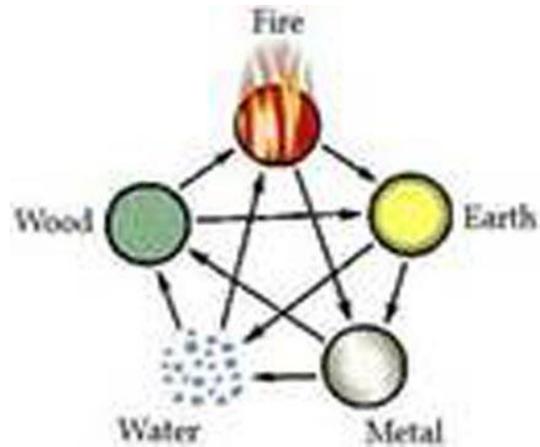
The mystical elements of life have been pushed aside in order to focus being powerful in the world’s ways. The Divine never went away. Humanity just turned away. The beauty of life is still available, but that world exist in a different frequency that is physical world. The “New Earth” is still physical, but it is governed by divine law instead of the imbalances of human law. The fear, fight and futility of how earth is currently viewed creates filters that disallow clear vision. Each person is now required to see clearly for themselves.

This is not something that someone else can tell you. Opinions are not guidelines for spiritual evolution. The inner knowing is not debatable or subject to argument. If you have to defend how you feel there is doubt. The inner knowing is powerful and true, but it also has no need to fight its truth. Clarity, confidence and compassion are things that are natural to a master. War has been introduced as a necessity and revelation is showing how hard it is to survive in a war zone. **YOU ARE THE ONLY ONE WHO CAN TRULY CHANGE YOU. IT IS NOT UP TO ANYONE OUT SIDE OF YOU TO MAKE YOU CHANGE.** When others decide that it is their duty to force change, they must first consider how they feel when someone else wants to make them change. **FREE WILL** is not optional. It also is not conflicted or rebellious. It is powerful and respectful. When you respect yourself, it is much easier to respect others. When your life is guided by seeking the highest good of all concerned, within, then you discover a whole, beautiful way of moving through life that has nothing to do with suppression or being suppressed.

Emotions seek to limit others to make “my Life” better. Feelings are much more expansive and willing to allow others to seek what life has to offer for themselves. The belief that other people were created to serve **ME**, is a sad misconception of divine creation. Looking out into the world without inner connection distorts what is really there.

The need to know what is coming, what is happening and why tends to block the intuition and distort clarity. The mind is always thinking so that **GOD** does not get a moment of quiet to commune with the inner self. The willingness to listen to the inner voice opens the channel to higher awareness. The Voice of Spirit does not speak of destruction or ill will. Spirit directs powerful infusions of Love and caring, without dominance. Spirit is not prone to make decisions for others or decide what they should be doing. Spirit speaks to you about you and how you create changes within. The punishing thoughts of the EGO mind do not come from the divine. It is up to each person to make their own decisions about the life that they desire and their own personal willingness to allow that life. Just wanting change does not make a world that is what is asked for because, so often, the ideas for improvement are based on what everyone else should do or stop doing. You are the author of your own life, but the divine gave each Soul the Free Will to choose. The logical mind might ask at this point, “Why does the Master keep coming back to **FREE WILL**?” Because it is a divine law that has dismissed as “out of date or no longer stylish”. Divine law does not go out

of style or become outmoded. Respect is necessary for balance in the affairs of the world and the Golden Rule is just as powerful in this modern world as it was in Biblical times. These laws are not religious restrictions. The metaphysical and mystical concepts are more necessary today than ever. The world is changing. How will you create the future in your world? It isn't what is happening out there that influences your life. It is what you are thinking about and focusing all of the time that creates that world that you see out there. The changes come slowly because humanity keeps waiting for someone else to take the first step. Revelation shows that you are the only one that can take that first step for you and it is not about changing others. It is about honesty and integrity within self to own all of your creations and investigate the energy shifts that you can call upon Spirit to assist with that can uplift your daily life or bring it down. The recognition of being a team member with GOD is not an intellectual concept. It is a deep inner knowing and it has nothing to do with being better than anyone else. The competitive mind has turned, even spiritual evolution into a contest. Since you are totally unique who will you compete with, but yourself?



**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 does traveling-acupuncture and will come to you for treatment. You can reach her for appointments at 307 438-6203.

We oversee the world and all that is going on. We hold intensions in Love to open hearts and souls to greater acceptance of belonging and Oneness. The recognition of our outpouring is felt in the soul center. Feel us. Allow us to be there for you. Embrace the gifts that spirit offers. **GOD DOES NOT HOLD OUT THE GIFT AND TAKE IT AWAY.** However, your mistrust and doubt can cause you to turn away from the good and then blame GOD for the fact that you can no longer see the gift. The EGO says, "IT'S NOT MY FAULT". These offerings of how to redirect your thinking and shift from emotional reaction to feeling within, can help you to see that blame is a distraction from personal responsibility. It is not about them. **IT IS NOT ABOUT THEM. IT IS NOT ABOUT THEM!!** Remember this, because is does not mean that you are bad or weak, in fact it restores the strength of your own personal recognition that you create your life.



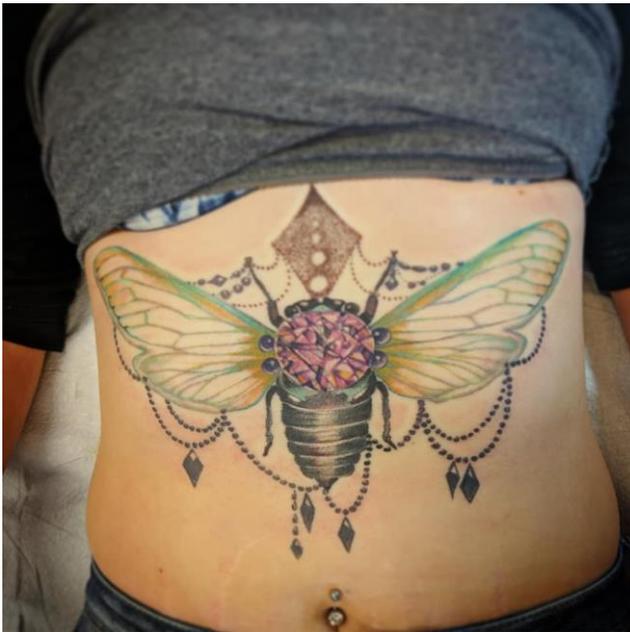
In the greatest of Love, We are with you every step of the way, always. I AM the Lord St. Germain

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**Sarah Keen** is a tattoo Master. Her art is as beautiful as the old masters. You can reach her at: [surrahkeenart@gmail.com](mailto:surrahkeenart@gmail.com). Website: [SurrahKeenArt.com](http://SurrahKeenArt.com) Check out her Facebook page for daily examples of her tattoos.

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**ADS**



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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](http://www.cynthiainfieldsoflaughter.com)

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**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.

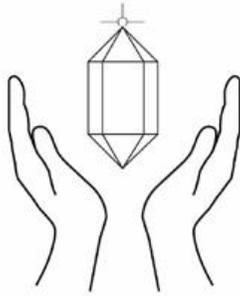
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ETERNAL ICE ENTERPRISES



**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.

**Love Notes**  
Photo Note Cards

Photography by Karen Singer  
(661) 342-2603  
Email: [agapearts22@gmail.com](mailto:agapearts22@gmail.com)

An assortment of 5 Photo Note Cards  
4-1/4 x 5-1/2 folded with envelopes  
in each packet. Shipping not included.

1-4 packets of 5 Love Notes is \$15.00 per packet,  
5-10 packets is \$14.50 per packet,  
11+ packets is \$13.50 per packet

Each packet includes a 5 card assortment of unique photos to be chosen from the following categories:  
Hummingbirds, Butterflies, Dragonflies, Flowers, Wild Animals, Buddhas, Thank you, or an assortment.  
These photos are examples from each category of Love Notes-Photo Note Cards.

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](mailto: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](mailto:mollyrowland22@gmail.com) or 307-335-8113.