



### June Newsletter



This month is family pictures. The first one is my youngest son, Nathanael, who will be 41 this month, and his family who live in Texas. Back row: Judah, almost 12, Nathanael with Sage, 4 in his lap, his wife Ann holding Iain-16 months Front row: Asher, 6, Noel, 7 and Truth, 10. A new baby boy is due in August



This is my daughter Sarah, 44, and her fiancée, Donnie.



This is Sarah's daughter Kayla 24, (my first grandchild) and her husband Craig.



This is my oldest great grandson, Braden 6, Kayla and Craig's son.



Sarah with my great grandson Chancy 4, Kayla and Craig's son.



This is Ned's oldest girl, Corinthia who is 20.



This is Ned with his youngest daughter Emma, his stepdaughter Sammy and his son Justin.



This is my oldest son, John 48, who we call Ned. He lives in Spokane, WA. The barn that he is standing on is 86 ft. tall.

I have two grandsons of whom I could not get pictures-- Ned's stepson Jay who is 24 and Sarah's son Nathaniel 21. So this is my big family. I am the matriarch and proud of them all.

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Our featured item for this month is "Raising Your Frequency with Agape". This is uplifting, healing and just plain amazing information about the changes that we are experiencing now. It is pure Agape (Love). It is available for \$20 plus \$3 shipping and handling.

The Intensive "Reaching Integration" is ready for you to purchase. The CDs set is \$120 for a set of 11. This is an Intensive filled with connecting to the Love that

we are. St. Germain shows us how to recognize our true self and accept the grandeur of the real Master that each one of us is. There are two meditations to help us "Come Home and reconnect within", as well as meditation times throughout the Intensive. This is some of the most important information out now for your evolution into the new dimensional frequencies.

Every time we feel that St. Germain has outdone himself in a Teaching he brings the next one and outdoes himself again. "Forgiving the Inner War" is a powerful, loving teaching to bring us home to ourselves.

### **Beautiful Recommendation for May Teachings with the Master**

I normally don't send out 2 emails in a day, but I just received a very beautiful recommendation from one of our friends who was on the conference call. They were inspired to write more from what I shared in the previous email and felt to share it with you. I have included what I wrote in that email also.

About our May 2013 "Teachings with the Master"...

Every time St. Germain does a Teaching we say "This is the best one yet" and then he does the next one. "Forgiving the Internal War" is so timely and is "yes" the best one yet. St. Germain shows us where we are making war and do not even realize it. Then He helps us to find the Love that brings us home to peace.

*Molly, I felt so moved to share my own thoughts and recommendation to your review in the email you just sent out. You are welcome to share it if you'd like! Love and many thanks to you and St. Germain!*

*Not only does St. Germain help us find the Love, but during the 2nd half of the 2nd CD, he walks us step by step in a meditative way first to fill ourselves with exquisite love in such profound detail, then to be able to recognize by feeling where the energies of war are, merge with them, and then to be*

*able to recognize by feeling that "golden moment" to deeply forgive, as well as other important steps!*

*I believe this is the most detailed form he's shared so far or at least from what I have heard and felt. We can all use this glorious healing meditation again and again and again! I know that I will be using it again and again and will be recommending it to others!*

**Our May intensive was just awesome!! Again St. Germain exceeded all that He has done before. The Love is palpable and very healing as he brings us to a greater understanding of how to enter into integration with ourselves. There are two amazing meditations of recognition of the truth of who we really are and how to let our life be the wonderful integrated blending of daily affairs and spiritual delight right Now where we are.**

The CDs of the intensive are \$120 for 11 CDs of fabulous information about moving into integration with ourselves and thus with others. The two meditations are available for \$25 for the two.

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We are going to Hawaii in November. This changes much of how this year is going to flow. We have a wonderful opportunity to go to Kauai for a week long intensive with Lazaris. This is going to be a most magical experience and Dorian and I both are looking forward to amping our energies in the beauty and embrace of this time in the ancient essence of the oldest of the Hawaiian Islands. I cannot think of a better Christmas present to ourselves with than this.

May is finished in a whirlwind. It finally quit snowing about mid-month. We have finally moved into spring now that it is almost summer. The snow turned to rain and continued to fall. Spring is bountiful this year and we have flowers everywhere, which can be rare in Wyoming. We do not have the climate for lush growth as the states that have lots of moisture and warm weather, but we do live in one of the most

powerfully awesome states when it comes to grandeur. The mountains are embracing and yet they can also be forbidding. The Rockies are the bare bones of granite with aspens, pines, cedars and junipers everywhere. The spring brings mountain flowers and the hills and mountainsides are covered with an artist's pallet of color. We have Indian Paintbrush, Callow Lilies or as they are called here (Mormon lilies) because the Mormons headed west found that the callow lily has a bulb that is a lot like a potato and they survived the brutal Wyoming winter by eating the roots when the wagon trains came across going west to Utah and California. Many people did not survive and the Oregon Trail that runs through Lander has many unmarked graves by it. We have Mule's Ear which is a large bright yellow flower with a brown center. There is Loco Weed, so named because if cattle eat it they act crazy. Cows will not eat loco weed unless they are starving, but then they do. We have Arnica and many other medicinal flowers, including dandelion which has wonderful healing properties in both leaves and flowers. The flowers don't usually last long so ardent apothecaries are out harvesting as soon as each plant reaches its proper stage of growth. We have lots of sage, close to a hundred different types. Sage, of course, is a savory used for seasoning, but it also makes a wonderful spray for cleansing and healing. After the sage blooms, it can be picked and stuffed generously and tightly into gallon glass jars. Fill each jar with rubbing alcohol and cover tightly. After about three to four weeks the liquid can be poured off, strained and put into spray bottles. It makes a great room freshener, but it also clears the energy of a house that may have had difficult events happen there. It can be used as a liquid smudge when you are in places where smoke is not allowed. You can add juniper and cedar and have the amazing high spiritual essence of the sacred smudges used in Lakota and Ogallala Sioux rituals and sweats.

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### Rainbow Center News

Our June group "Living in Joyous Anticipation" will be June 9<sup>th</sup> at the Rainbow Center for the Humanities. We can go through our lives sensing dread in every moment, fearing the future and becoming less and less able to move forward. The Key to evolution is loving each wonderful moment for what it is even if it isn't what we believed we were looking for. As we focus on the solar plexus we begin to get in touch with a light within us—warm and inviting—that brings with it a sense of joy. This joy leads the way to greater delight and assists us to establish a strong connection with the anticipation of the unknown rather than hesitation to

take the next step. As we learn to live the Joy our desire to experience more is the guidance that directs us to be consistently in Joyous Anticipation of new good/God in each minute, hour and day of our life.

CD's can be purchased on the website at [www.voiceofthegatekeepers.com/2013groups.html](http://www.voiceofthegatekeepers.com/2013groups.html)

**OUR TEACHING WILL BE ON THE FIRST WEDNESDAY OF JUNE BECAUSE I WILL BE TRAVELING ON THE SECOND WEDNESDAY. IF YOU WISH TO JOIN CALL IN TO REGISTER BY 2 P.M. MDT AND YOU WILL RECEIVE THE CALL CODE BY 4 P.M.**

The Teaching with the Master for June will be Forgiveness. Last month St. Germain addressed Forgiving the Internal War. This month will continue the exploration into what forgiveness is, all that it encompasses and how the release of old energy lifts us to new heights.

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

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### ASTROLOGY

#### NEW MOON

Gemini pertains to the senses of perception. Mercury the Winged Messenger, rules this sign and the essence of the mind, sight, hearing and speech. We find Pallas, Mars and Jupiter in Gemini along with this New Moon. The suggestion is that we become more aware of our biases and prejudices so that they no longer block the deep internal connection that humanity is discovering now. Our beliefs tend to color our view of life and as we peel away the density of illusion we begin to see things that have always been there, but did not appear in "our World" until we shifted our sight to a different level. When we are faced with something different or out of the ordinary the mind can tend to distort or completely delete what it does not have a category for in its files. St. Germain says that the left brain is hard wired with a certain perspectives and when we must get outside of the box it requires integration of the right brain and body-brain to shift the concept of life to a new level. Very often we encounter pictures that can contain several different ways of seeing things. "Vanity" is an excellent example where one person may only see a skull and another may only see a woman sitting in front of a mirror. Life is full the unique views of people, none of them completely right or wrong, just amazingly different.

Communication is vital to the understanding of others. Without it we cannot heal the wounds of separation. Women tend to verbalize their emotions and feelings and have a necessity to have a sounding board in those that they talk to. A group of women together can bring healing just because they listen to one another. Men are more prone to want to work things out alone and once they come to a conclusion (solution) then they will talk about what is going on. However, often once they arrive at an answer to the “problem” that is facing them they do not believe that talk is any longer necessary. The fear of being judged has caused many people to refuse to communicate. They may just say, “You know what I mean” and the other person gets to fill in the blanks with their own ideas which may or may not be what is there.

Mercury, is in Cancer for this New Moon and cojoins Venus which urges us to think/feel rather than intellectualize our emotions. In the beginning of our journey here on earth Compassionate Objectivity was a natural part of how we related to others. Separation turned our internal perception away from tenderness and gentleness and certainly blurred the edges of objectivity. Being objective leaves the emotional reactivation out of things, but it does not mean we must be hard on ourselves or others.

On June 3 Mercury forms a water trine at 6 degrees of Cancer with Saturn in Scorpio and Neptune in Pisces. This awesome mix of intuition, esthetics and practicality can move us along the way to understanding how to manifest our dreams right where we are. Mercury opposes Pluto in Capricorn and squares Uranus in Aries to sharpen our inner awareness so that we can see (energetically) what is holding us back and where we have missed life’s signals for change through avoidance or arrogance. On June 7 Venus in Cancer moves in to a grand trine with Saturn in Scorpio and Neptune in Pisces at 6 degrees; Mars—Pallas square Neptune and further the message that Mercury brings now which is to recognize and express our highest and best ideas and ideals. On June 11-12 Venus squares Uranus and opposes Pluto to cause us to look at the changes required within—“How do you relate to YOU?” It affects how you relate to everyone and everything in your World. Neptune stations to retrograde on June 7 and immediately forms the second of three exact trines to Saturn in Scorpio on June 11. (The first was October 10, 2012 and the third will be July 19.) This will call for major internal house cleaning as we sort through and release things that no longer serve us.

This New Moon conjuncts Rigel the brightest star in the constellation Orion and sixth-brightest star in the sky. Rigel is a blue supergiant that is 18 times brighter than our Sun, and has been an important navigation point due to its visibility around the world. Esoterically, Rigel assists us to integrate spirit with matter, echoing the mythology of the Gemini Twins to connect heaven and earth, head and heart.

This New Moon reminds us that we are by nature communicators. We are constantly exchanging ideas and energy. The collective consciousness is becoming more obvious all of the time. We are unique individuals and we are each an integral part of the whole.

The wisdom of the heart is well expressed by Maya Angelou when she said “People will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

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## FULL MOON

With this Full Moon in Capricorn the emphasis is on the cost and the demise of the patriarchy. When things are out of balance and integrity they are challenged to either evolve or dissolve. We have lived in patriarchal reign for the last 5,000 years and before that the matriarchy. The shifts on the planet are calling for the remembrance of the divine marriage within, the union of the sacred male and female. Masculine polarity is positive and feminine polarity is negative and this has nothing to do with good and bad. The energies are like magnetic poles and create balance in nature. The left brain is masculine and the right brain is feminine. We have been living in a logic dominated society of eons of time and now the requirement for balance is opening up the connections between right and left brain in ways that have not existed before. Infants being born now are found to have synapse at the base of the brain connecting the lobes that were not there in previous generations. If there is a tendency to come to cross purposes with the opposite gender it points out imbalances on the inner levels with our own masculine and feminine nature. Equilibrium is not perfect balance, but the comfortable ability to be flexible in any situation. There is a necessity to let go of biases such as; logic is better than intuition or feelings or dominance is necessary rather than cooperation. We are a delightful

mixture of yin and yang, formlessness and structure, softness and firmness.

Full Moons shine the light on the shadow side of both signs. If we are going to understand and dismantle patriarchy we must examine the dark side of the feminine nature as well as the negative masculine aspects. The dark side of Cancer refused to acknowledge its feelings and emotional requirements. It is a bit like the Mother living vicariously through the child rather than living her own authentic life. The shadow side of Capricorn would sell its soul for power and prestige. Cancer must learn to receive! (the incidence of breast cancer has markedly increased as women have decided that the only way to be powerful is to act like men) Capricorn is now required to realize that giving and receiving are two sides of the same coin and giving creates a space for new good to flow in. True power is not dominance, but dominion over one's own affairs.

Jupiter's out-of-sign conjunction with the Sun underscores our necessity to let go of old outmoded ideas and integrate new perspectives. On June 25, Jupiter enters Cancer to move through this sign, which it does once every twelve years. It will remain in Cancer until July 16, 2014. Things of nature, beauty and the gentleness of woman are brought to our attention during this transit. The positive side of Jupiter is faith and expansion, but the dark side is dogmatism and overindulgence. On June 26 Mercury begins its second retrograde of the year at 23 degrees of Cancer. It will station direct on July 20 at 13 degrees of Cancer. Also on the 26 of June the Sun in Cancer (5 degrees) will form a grand trine in water with Saturn in Scorpio and Neptune in Pisces. This emphasizes our important emotional, financial and environmental issues. This grand trine encourages us to blend our dreams into our current reality. By the 1-3 July the Sun squares Pluto and Uranus directing us to own our own personal power and "Think Outside the Box".

This is the second of three SuperMoons in a row. These SuperMoons have a dynamic influence on the human psyche because of the close relationship to the tides and the unconscious/super conscious mind. The fact that the solstice has just occurred on June 20-21 sets a tone for this Full Moon to have extra impact as the Earth's axis is most tilted toward the Sun. Twice a year for three days the Sun appears to "stand still", in declination, creating an enormous energy gateway for 72 hours before and after the exact solstice time.

The human soul seeks the experience of embodiment and all that that entails. There is in these times a

yearning to remember who we are and where we came from. The problem is not finding the answer, so much as accepting what we discover.

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## CRYSTAL CORNER

### THE CRYSTAL CORNER

Another month has come and gone along with all the ups and downs in the weather. Today our sky was a brilliant blue with a few white puffy clouds but as they say in Wyoming, if you don't like the weather now, wait a few minutes. By mid-morning the sky was black and menacing along with a strong wind. Then we began to get warnings of a tornado which touched down 30 miles from us! We got pea sized hail and rain but no damage. Now, the sky is a brilliant blue with a few white puffy clouds!! Here in Wyoming we really aren't used to this kind of weather. I am really aware of the changing weather patterns and our awesome creations!

The changes are coming fast and furious. While looking through my stone information, I chose a variety that would help us through some of the greater challenges we might have.



AURACHALCITE is an exquisite turquoise-blue crystal that is a conductor for clarity, the opening of the heart and listening to the truth of Self within. It washes the painful places where truth has been denied and aligns the will which allows the entity to understand more clearly the divine directive. By its color, it is a great healer. By its

essence, it is extremely high energy. It may be used to heal the disturbance of spirit and those wounds created in other lifetimes that have never been forgiven and affect and flaw the body.

Considering the conditions of the times, it is good to remember 'peaceful warrior'. EPIDOTE is a stone that brings the remembering through cellular soul memory. Wisdom is being at one with your God-self and forgiving any warlike destructive thoughts toward yourself or any other. This is a reminder for those who are particularly warlike, for it has a peaceful grounding effect but not tranquilization, for tranquility can almost lead to a sleep state. Serenity leads to the peace that allows the listening for the future ongoing. EPIDOTE works more with serenity and paying attention to divine action.



EPIDOTE/QUARTZ is an evolutionary stone. It draws into the entity the awareness of nova, from old order to new order. Where the old order is breaking down, breaking apart, the new order is exploding on the scene within self. The energy, the 'ah ha', the flood of information; many are simply feeling as though they can't bear up under it. There are so many ideas, so much to do and so little time but into this, the time-space continuum is collapsing. This is the stone of the returning of the energy of time and space to the human being.



Another stone that might be very helpful for us is ORPIMENT. It is very connected to energies and memories of Atlantis when spirit was beginning to invest itself more and more in physical form. In these times, this would be very connected to cauldron magik and to the essence and energy of the fire that burns in the solar plexus, the refinement of the golden energy of spirit that burns in the central part of the body. The root chakra certainly is as volcanic activity and yet, this holy fire that burns in the area of the solar plexus, transmuting the old laws and judgments, is very much assisted by and manifested in a physical form through this stone.

For more information on the stones or the healing classes, please contact me.

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Walk in love and peace and to all of those Gemini's out there, Happy Birthday!



## TAROT TALK



Our Tarot card for June is the Two of Cups—**EQUILIBRIUM**. The two of cups calls for emotional balance. Accept the ups and downs of life equally. As you forgive over reaction the cycles of your life begin to feel more like one smooth flow, rather than raging tides and stagnant waters. With equanimous awareness of your feelings, you will naturally keep your equilibrium. Equilibrium means emotional self-sufficiency. Keep your center of balance regardless of the turn of events in your life. Focus on positive outcomes to keep your emotional vitality strong.

The mental quality of equanimity, equally accepting every new situation in your life, is the key to emotional balance. Equanimity is frequently associated with the equipoise of your physical energy level. Balance comes, not only from harmonious thoughts, but keeping an alkaline condition in the physical body. Imbalance brings acid conditions in the physical that can lead to disharmonious energy in the emotional body.

Attempting to control emotions, simply leads to greater imbalance. (You cannot control your emotions with your mind.) Allow yourself to flow with life. When you attempt to stop the flow you can be carried away by the flood. When you ride the tide you move over the rapids and get the most of the revitalization process.



Our rune for June is **STRENGTH, URUZ**

*Honor your passage  
into darkness.*

*Honor the dying.  
The new life holds promises  
unimagined by the old.*

The Rune of terminations and new beginnings, *Uruz* indicates that the life that you have been living has outgrown its form. The old must pass away to make room for the new life energy; new birth, new form. This is a Rune of passage and, as such, part of the Cycle of Initiation.

Growth and change, however, may involve a descent into darkness as part of the cycle of perpetual renewal. As in Nature, the progression consists of five parts: death, decay, fertilization, gestation, rebirth. Events occurring now may well prompt you to undergo and death within yourself. Since self-change is never coerced—we are always free to resist—remain mindful that the new form, the new life, is always greater than the old.

Because nothing is as it appears to be, it is well to look at *loss*, to see past it and find opportunity. This can change a relationship, an occupation or some intense emotional bond that has been in your life. As the bond is severed, the relationship radically changed, you find a way of life coming to an end. Seek among the ashes for new perspectives and renewed strength.



For some this Rune may herald a time of watching for clues in the form of minor failures and disappointments. For others, those more deeply unaware, it may provide a hard jolt. The most important relationship that you have is the one with your Self. Do not draw back from the passage into darkness. When in deep water become a diver.

Learn to adapt yourself to the demands of this creative time. Firm principles attach to this Rune, and at the same time humility is called for. If you would rule you must also learn to serve. The Rune of *Strength* puts you on notice that your soul and the Universe support new growth.

When you draw the Equilibrium card or the Rune *Uruz* you are being put on notice that changes are moving into your life and it is time to take extra measures to be present with yourself through the shifts. You can look at life and expect the worst possible outcomes (drama) or you can joyfully anticipate the most beneficial experiences being put before you for your choices. When you do not believe in positive outcomes they still may come but, you may miss them. Having the strength to look beyond appearances in order to see unlimited possibilities is always a good path to follow. The outcome will be positive. Will you be willing to adapt to the new good without attempting to control it?



### ST. GERMAIN'S MESSAGE

Dearly Beloved Masters, are you experiencing greater anxiety and higher levels of joy, anger and enthusiasm, uncontrollable acts of kindness and tears about the goodness in the World as much or more than sadness over the terrible things? Do you feel as though

you are in an emotional wobble—now it's happy, now it's miserable? Are you sensing a growing contentment that makes no sense at all? Do you find yourself loving people and things that you never would have believed you could? Do you wish others could live in love, happiness and prosperity, rather than being angry that they might fare better than you? **WELCOME TO ASCENSION!!!!**

The beliefs of the religions have been that spiritual experiences are blessed escapes from the pain of the World. If you ascend you get out of the difficulties that humanity is experiencing. ASCENSION is the reclamation of your true self. To let go of the battle to be better and forgive the struggle to get away from difficulties allows you to access the realms where Love is the primary directive. When you take a deep breath and relax, your body responds by hurting less. The more you relax the less you hurt. Pain killers suppress the pain, but it is still there under the surface lurking, waiting to come back full force once the suppression stops. As you begin to meet the pain, move into it and allow it to pass you begin to discover the sweet peace of blending with yourself and everything else. You were not intended to suffer! God did not create suffering as means of control, the EGO did. Exert enough pain and people will do anything. So it takes tremendous courage to begin to move through the illusion and into new, wondrous levels of reality.

ASCENSION requires a progressive release of all that you have held on to as reality. This illusion of reality has actually brought mainly conflict and despair. It is like taking a very old house that has been left empty for a long time and stripping away everything that isn't about the beauty of the original. When you go into the attic (the Mind) and begin to open everything up to the light you experience similar illumination in your physical head. When you move onto the top floors and begin to reveal the exquisite excellence of all that is there you begin to remember the uniqueness of yourself. When you feel the energy in your solar plexus, every time you make a choice, you will begin to notice that there are choices that do not feel very supportive of the changes that are required to reach what you are seeking in higher consciousness. This really has nothing to do with *like* or *don't like*. Sometimes the choice that you would like to make feels so uncomfortable now that you realize that to make that choice now would lead to more pain and discomfort in the future. If someone asked you why you feel a certain way you might not be able to define why; you just recognize deep within that you would be well served to choose for the loving, up lifting, supportive way rather than the old self-serving ways. Choices made in Love feel different in a positive way. As you clear the old stuck energy out of the solar plexus the Light of Christ consciousness illumines your deepest, most private thoughts and ideas to pour new strength and energy into the Whole of your being. As you enter the basement or subconscious Mind of your house there are things that have been shut away for lifetimes and now they require to be transmuted, transformed and eventually transcended.

Ascent is rising up, climbing to a higher place, reaching a new level of perspective. ASCENSION is moving to a new understanding and letting all that no longer serves you or others be released. The more that you let go of how you have lived for life times, the more you will discover that all that you have ever desired is already with you.

The Bible says, "In my Father's House are many mansions". Each one of you is a beautiful, breathtaking mansion. The descent into illusion has cast a veil that caused you to believe that you are a hovel. As you clear away the old facades you discover the magnificence of the mansion that your physical vehicle is, to house the glory of your Soul in the Earthly venture. Restoring the ancient beauty of you, in these times of Quantum acceleration, is more powerful than you can imagine. Accepting that you are truly Beloved unto God is the Key to all that you desire. You cannot say "I am Beloved" in an intellectual way and achieve the things that you wish to accomplish in the ASCENSION. ASCENSION is an integration of all things—accepting and allowing that the choices that others make are theirs and you cannot control them. Your part is to move into the connection with Love within and maintain that connection by focusing on loving feelings. When you encounter things that are unpleasant, difficult or even devastating embrace them, step into the pain and merge with it which allows Love to bring an immediate healing. When there is anger, fear and resistance the healing cannot be affected. Vengeance, revenge and payback are like acid being poured into your system constantly and the outcome is disease and eventually death; neither disease nor death are necessary, but the illusion has propagated the belief that destructive thinking is just a part of life.

Allow yourself to feel Love for you. As the EGO brings up old judgments and fears, runs pictures and scenarios of things that you haven't thought of in years; perhaps, you never knew that you had those emotions at all. Be willing to integrate the energy, experience the emotional reaction and put it all into the Violet Flame, the White Fire of God—let it go, let it go, let it go!!! You cannot tell yourself to *do* these things because your EGO will react to you telling yourself what to do; just like it would if someone else told you what to do; you would shut down, turn off and refuse to hear even if the advice is good. Finding Love within yourself can, in the beginning, be very frightening because Love has been considered unsafe for many reasons. Coming to yourself, embracing all that you are, without judgment, is powerful and it requires constant involvement with

the process of owning self in the same unconditional Love that God has for you in order to integrate the essence and become familiar with it. The EGO will be looking for any weakness or flaw to point out to you, "See Love does not work". It isn't that Love does not bring joy and support, but that so many people have come to believe more in pain that ease and more in struggle than personal power. Love does not destroy what no longer serves you it embraces the energy and releases the power to continue to serve your life in new and helpful ways. God is everywhere and in everything. There is nothing that is not created with the matter of Love, but the mind can translate the blessings into curses with force and hatred. Therefore, the more that you will blend your thoughts with the Soul essence in the solar plexus the more Love will guide you to whole new levels of Revelation. You are in the process of climbing the Mountain and it is the letting go of what was that helps you to discover that you are already on top of the mountain watching yourself climb.

**All of us who are dedicated to assisting humanity in this evolution have walked this journey, climbed the Mountain and ASCENDED into the higher awareness that Revelation brings. We are not better than you are—We are *you* gone before *you* to lead the way!!!**

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One morning about six weeks ago, as I reached for the Aleve to take my daily dose for arthritis pain I heard St. Germain say, "Beloved Woman, it would be a great wisdom to set aside the pain killers and begin to deal with the pain instead of suppressing it. He said that when I had pain to breathe into it instead of fighting it." I set the bottle aside and have not taken any pain killer since. I found that when I had pain if I would just breathe and feel the breath going into the pain (which is caused by resistance) the relaxation relieved the pain so that I could continue with what I was doing.

A few days after St. Germain spoke with me I received a flier about a product called Isoprex. The flier talked how destructive NSAIDs—*aspirin, ibuprofen or Aleve*—are for the joints. Most doctors don't know that over-the-counter and prescription pain pills are making your joints worse. NSAIDs *wreck* joint cartilage and bone in people with arthritis.

A couple of days later I received a booklet on silica. Silica is a chemical element that comprises about 85%

of the earth structure as well as the human body. Silica helps with the balance of fluid in the body and keeps the bones supple. Silica prevents the crumbling of bones and keeps the joints moving easily. Silica is good for all of the gelatinous substances in the body—the eyes, mucous membranes, the discs of the spine and the meniscus in the knee joint and other joints in the body.

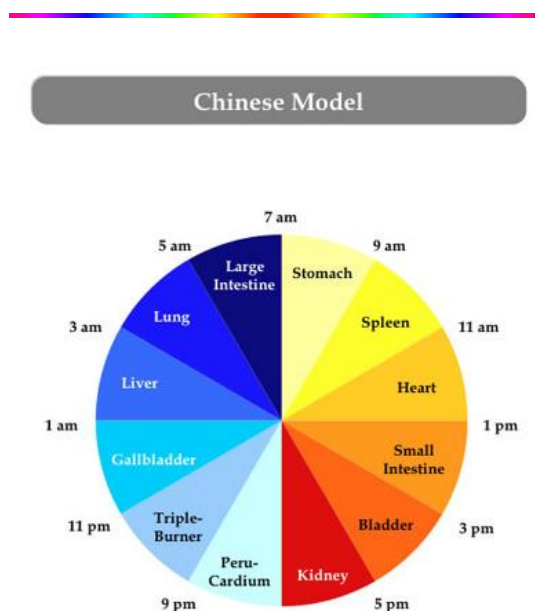
Isoprex is made up of all natural products—

Hops Extract, Bromelain, Turmeric, Vitamin D3, Feverfew Leaf, Calcium, Cat's Claw, Wild Oregano Leaf, Biperine Pepper Extract and Baikal Skullcap.

I had heard of everything that is in Isoprex. In fact, in Paul Pitchford's "Healing with Whole Foods", he mentions most of them under the section of foods to help with arthritis.

I ordered some Isoprex and I have been taking it for about a week. Gradually, the swelling that I have had in my lower extremities is beginning to decrease. I am also doing acupuncture and that is very helpful. The silica also helps with fluid balance—dampness and heat are two elements of acupuncture that contribute to arthritis.

The website for Isoprex is [www.Isoprex.com](http://www.Isoprex.com). Check it out and see for yourself. The best way to know if something will help you is to have the experience. It isn't a miracle, but it is making a difference in a positive way for me.



## Thoughts from the 5 Element Acupuncture Corner

By: Nancy Wadda, Acupuncturist, M.Ac.

### The Chinese Clock

Chinese Medicine is based on a Meridian system. There are 12 sister pairs of Meridians or if you can imagine "rivers of energy" that flow through out your body. These rivers of energy can be tapped into through various and many acupuncture points on the body. Imagine the face of a clock and the meridians are accessed at different times.

Each pair of Meridians has a certain time of the day or night when the energy is at its highest or lowest. The Lung and Large Intestine Meridian are at their most accessible energy from 3:00 am to 7:00 am. At around 3:00 am the Lung becomes "awake" so to speak and breathes in that inspiration of the Heavens. Monks and other faithful have known this and have gotten up at 2 or 3 in the morning to pray. At around 5:00 am the Large Intestine Meridian has more energy and eliminates those things that no longer serve. A good bowel movement during this time is healthy.

From 7:00 am to 11:00 am is the high energy time of the Spleen and Stomach Meridian. This is a good time to eat something healthy and also a good time to take tests or commit something to memory because the Spleen and Stomach are responsible for a lot of memory and thoughtfulness. Studying late at night or trying to absorb a concept in not as accessible in the late evening.

From 11:00 am to 3:00 pm is the time for the Heart and Small Intestine Meridian to become active. The Heart is about connection to others and love and the Small Intestine is about sorting the pure from the impure in life and the Small Intestine tells the heart which choice is the better one. I believe that as the energy is gearing up for the Heart time at 11:00 am if the physical heart is not well a lot of heart attacks happen in the morning.

From 3:00 pm to 7:00 pm is the high energy time for the Kidney and the Bladder Meridians. This is a good time for one to reflect on the wisdom of the day and

to take courage in how life is going. Make sure you drink plenty of fluids during the day!

From 7:00 pm to 11:00 pm is the time for the Pericardium and Triple Warmer Meridians to come to high energy. These meridians have to do with the Fire and connection and love with others. This is a good time to talk and connect with those you love on a one on one or to go to a party and connect from the heart with a wonderful group of friends.

And finally from 11:00 pm to 3:00 am is the most accessible for the Gall Bladder and Liver Meridians. The Gallbladder is about carrying out decisions and the Liver is about looking at the big picture and planning of your life. When we are asleep at this time it is said that the spirit of the Liver, called the Hun, goes out of the body on a tether and looks into the future. Also I think this is a wonderful time in sleep for the brain to work out aspects of what is happening in your life and helps with making those decisions or finding that new plan for the future.

Just remember an hour is not an hour or a day a day, there is a deeper meaning to each minute!

205-566-1424

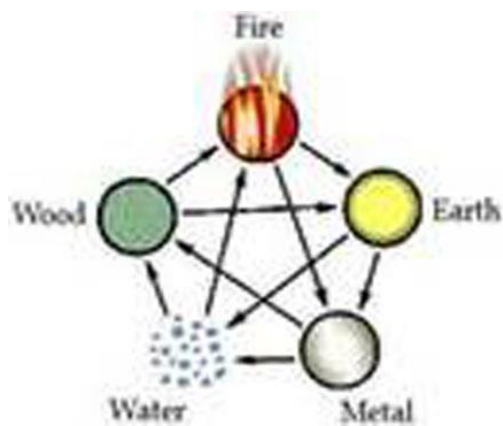
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## ADS



**Nancy Wadda** is an acupuncturist with over three years of training. She is trained in the FIVE SEASONS technique and has an amazing intuition which she uses well in her work. She is located in the

Rainbow Center, 177 N. 4th St. in Lander. You can reach her for appointments at 205 566-1424.

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**Kathleen Edwards** is a Reiki Practitioner and Teacher who brings loving essence to her healing. Kathleen is located in Lander. You may reach Kathleen for a Reiki healing session or Reiki attunement at 772 532-4210.

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## OF POETRY AND PROSE by Nanna Hansen

This is a special and very personal website that shares the dreams and visions of Nanna L. Hansen from past, present and future. Nanna's Visions come from many timelines. The writing is often in old style and yet it addresses modern subject matter.

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

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## Kimberly Rae Hansen

Digital Artistry

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

[www.kimberlyraehansen.com](http://www.kimberlyraehansen.com)

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## ART BY ISA



Isa Kirk has been an artist all her life and offers personal "Painted Portraits & Visions in Pastel", some LE prints and unique, inspirational greeting cards featuring her paintings and photos.

[www.paintingsbyisa.com](http://www.paintingsbyisa.com)

She also offers personal readings for people and their animals, as well as Black Hills Flower Essences. Visit her art gallery at her home at Plenty Star Ranch, Black Hills, SD. For directions and appointments call 605-673-3012 Love to connect with your on Facebook

Plenty Star Ranch - Horse Boarding in the Black Hills  
[www.plentystarranch.com](http://www.plentystarranch.com)

"Painted Portraits & Visions" [www.paintingsbyisa.com](http://www.paintingsbyisa.com)

Ranch Blog: [www.plentystarranch.com/wordpress](http://www.plentystarranch.com/wordpress)

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**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.

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**Delphinia Bey—Massage Plus** is a massage therapist, reiki master and healer, who practices deep tissue massage, hot rocks and other modalities. She located at 150 S. 2nd in Lander. For appointments call 307 349-2120

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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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**Delores DeVore** owns Sound-Works, healing with voice and tuning forks. [www.sound-works.biz](http://www.sound-works.biz) [www.ddsworld.com](http://www.ddsworld.com) or call Delores DeVore 678 634-1249

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