



March Newsletter



Our first picture this month is deer siesta. There are several large herds of deer between Lander and our house. This was about 2 p.m. on a sunny afternoon. We were very careful not to disturb too much. Dorian also provided the water and wood pictures for Nancy's column this month. The dead tree in the river is a local site that is most intriguing. The Redwood tree stands in a park in California. We got that picture last summer when we visited Santa Rosa.

Karen Singer is providing us with some very interesting pictures from the Bakersfield area of California. Karen sent the pictures of the beautiful parrots, the full Moon, the wise old owl and the heron in Nancy's column.

The energy of these times is bringing many interesting, if disquieting dreams and visions. One morning just before the last big storm that hit the east I woke up about 5 AM and as I was lying there, St. Germain showed me a vision of energy that looked and felt like a roiling river, black and chaotic. Things were being tossed end over end and it seemed like a huge flood. St. Germain said this is the source of the storms that are occurring on the east and west coasts. This is the energy of the construct of separation coming apart. It

is fed by struggle. As he said this I realized just how much struggle I had been experiencing and didn't even notice it that much because it seems so familiar. He told me to let go of the struggle, put it into the White Fire of God and watch what happens. As I was able to begin to let go of struggle it was as though I was lifted above the clouds of the storm to where the sun was shining and the sky was blue. I have only flown one time, but it was like being in a plane, flying above the clouds and looking down on the storm. I felt very peaceful and things seemed to be just fine in that energy. St. Germain said that most of what we are meeting in all of the violent storms is our own emotional chaos—worry, fear, doubt, anger—and we can let it go as we forgive the struggle. It takes constant attention to “where is your focus?” It is very easy to slip back into the thoughts of the next terrible thing that might happen to self or others. Keeping our attention on what we desire instead of what we fear, is so very important to our healing and our ascension.

I realize just how important it is not only to self but to the planet to keep the attention on the most bountiful, beautiful, blessed outcomes possible even if you cannot imagine what that might be.

Happy Lent, Palm Sunday and Easter.

Rainbow Center News

Just a comment about the Goddess session last month. The Goddess Isis did an amazing meditation on the use of the White Light in the “How is the Acceleration of Love affecting Your Life?” St. Germain answered a question in the Q & A session on the 27th of February about an exercise that he gave in January for holding the hands palm to palm and moving them back and forth until you feel the energy as a physical sensation between the hands in order to experience the Christ Consciousness Energy as a healing form. Dorian asked if the energy we would feel between our hands in that exercise and the energy that Isis spoke about were the same. Dorian felt the White Light that Isis spoke

about was huge and the energy between her hands was small. St. Germain described how both are the same and work in similar fashion. CD's of all of our groups and the "Teachings of the Master" and "Question and Answer" CD's are available on our website. Also we have mp3's of the sessions starting in 2013.

Our group for March will be on Easter Sunday, March 31. St. Germain and Sananda Jesus will bring a message of renewal and hope for the next few months - "Welcoming Spring and the Acceleration". The group will be at 2 p.m. at the Rainbow Center, 177 N. 4th St. in Lander.

CD's can be purchased on the website at www.voiceofthegatekeepers.com/2013groups.html

The "Teachings with the Master" for March will be "Affirmations, Decrees and Meditation" St. Germain will define how the essence of our thoughts and emotions can assist us to bring about what we desire or experience the idea that "even though this might work for some people, it doesn't work for me".

To order CD's or DVD's
www.voiceofthegatekeepers.com/store



ASTROLOGY

NEW MOON—March 11

This New Moon in Pisces is, as they say "action packed"! Neptune, Mercury, Chiron, Venus, the Sun and Moon and Mars are all in Pisces creating another huge celestial portal to higher realms. This is the last New Moon of the astrological year and it offers us a time of personal review as we move into spring and the beginning of the solar year. Neptune calls us into ourselves in a whole new way and the process of remembering is speeded up more than ever. Rest, relax and contemplate who you are **REALLY**.

The major challenge of the sign of Pisces, in these times, is the reeducation that is called for as we begin to live real for the first time in so long that it seems like a dream. Since Pisces deals with dreams it is to dream ourselves real and true, allowing all that is illusion to be forgiven. The construct of the Old Order is collapsing and we are being telepathically transported into realms far beyond logic and reason. We are being impressed, from the inside out, that we are multidimensional beings, which makes living outside of the box a necessity rather than just a catch phrase. There was a time out of time when we could all communicate totally without words. Now we are being called to remember just how those communications functioned. The children that have been born over the last forty years have become progressively more in touch with each other on the non-vocal levels. We have been told that we use only about 10 % of our brain. The children who have come here since 1972 are using more of their brain with each generation. The technology of the times has been drawing us further and further away from the internal connection while there is a burning desire to connect with our spirit—"Call Me Maybe". Learning to listen within can be "scary" because it seems so new and different. It requires trust in self, in God and in others. Hearing Divine Directive is not like hearing "the little voices". The quiet voice of God speaking within is one of the most profoundly loving experiences that anyone can have and it is life altering. The massive amounts of energy that are being poured into our psyche from the Galactic Center is altering our consciousness in such a way that we must be present here and now with ourselves—we are required to be accountable for our thoughts as well as our actions. No longer can we be judgmental as long as we don't say anything, because the inter-connection of all Souls is opening now that the Illusion is dying. **WE TRULY ARE ONE WITH ALL THINGS**. "I don't like that idea" doesn't make it go away.

Pisces represents the collective consciousness, our dreams, imagination (which is an invaluable aspect of all creation), human emotion, as opposed to our feelings which are connected to the spirit, the right-brained world and our connection to the primal aspects of our personal nature and nature in general.

We are made up of more water than any other element and like water we are responsive to emotional stimulus. Our very nature responds to water just as trees, plants and animals do. Water can be a drop or it can be an ocean, but the drop is never truly separate

from the ocean. Our intuition moves on the waters of our spirit. We feel the energy in the solar plexus.

The sign of Pisces is symbolized by two fish swimming in different directions. One is swimming against the stream and the other is swimming toward the heavens. When the focus is on the secular aspects of life more than spirit we are beset with addictions and attempts to escape that become progressively more deadly. We become victims of our own creations and heroes playing god rather than seeing that everyone is God. We are now finding that the constant pursuit of some transient joy outside of ourselves is burning us out. We desire peace and we seek the divine. We are unable to see, because of emotional reaction, that the water we are swimming toward, like the water that we are swimming in, is a sea of unconditional Love that has always existed within us.

We cannot enter the realms of spiritual awareness through the mind alone. We have been educated that if we read more books and do more exercises that we will come closer to God. Only by the courage to enter into our own energetic space within our auric field and find our connection to spirit in a feeling way can we remember who we are. Not only to honor our dreams, but to live them—to live our spirit in our daily lives and understand that the physical and spiritual worlds have only seemed to be separate from each other. Our physical world is the drop and spirit is the ocean. Reclaim your connection to nature, not by dashing through a park on a power walk with headphones on that remove you from any contact with the natural world, but by leisurely strolling through beauty, smelling the breeze, feeling the air on your body and listening to the sounds of nature around you. Sit by a stream, let your worries flow away, put your back against a tree and become one with it. Listen, not with your ears, but without them. You are one with a mighty Universe. You are not and never have been small, but you have allowed frightened people to tell you that you are less and you have believed that in order to have the tiniest modicum of Love you had to sacrifice your true self. Reclaim yourself within. This has nothing to do with “taking a stand”. What will you prove to others when you doubt yourself?” Remember the feel of your beautiful self, sense your power, experience again for the first time your most magnificent self. Live the Love NOW!



FULL MOON—March 27

As this Full Moon in Virgo takes place the Sun has been in Aries for five days. The spring equinox occurred at 5:01 MST on March 20. Mercury went direct on the 17th and things are in place for the burst of spring emerging. The Sun, Venus and Mars have all left the spirit waters of Pisces and moved into the fiery new essence of Aries. When the faster moving planets connect with the outer, slower moving planets, the winds of change blow with greater force.

The energy of this Full Moon actually starts when the Sun enters Aries on March 20. Mars quickly cojoins Uranus at 8 degrees Aries on the 22nd of March then squares Pluto on March 26th at 11 degrees 30 minutes of Capricorn. The planets provide an allegorical tailwind for the rest of the month as the Sun and Venus conjunct Uranus on the 28th of March and square Pluto on March 31st. Change is in the air and freedom becomes an issue at every turn. Internal change manifests outer changes and we are either changing by our own free will or being changed because we are here and it is time for “Shift to Happen”. It may seem that everything is moving at once without warning, but if you consider the past twenty years, you can see how we have been moving toward this once and present future.

Aries is represented by the Fool in the Tarot deck and like the Fool, Aries steps joyously into the unknown. Aries, the explorer and pioneer, instigates change through simple curiosity. With the Sun, Venus, Uranus and Mars in Aries we can anticipate the return of the Divine Masculine energy to meet the Divine Feminine that has been emerging for quite some time. The Divine masculine is a creator—there is co-creation with the feminine rather than domination. The protection of life becomes the focus rather than destroying what is sacred.

The Full Moon, in the sign of Libra, holds a focus on partnership and peace to balance the fiery nature of

Sun, Venus, Uranus and Mars in Aries. Just before the culmination of the Full Moon, Jupiter in Gemini squares Chiron in Pisces calling for the connection of head and heart in our decisions. Mercury has been retrograde in Pisces through most of February and March, moving along with Neptune and Chiron to open our psyches and encourage metaphysical connections. We are being encouraged to develop greater trust as we forgive our disempowering belief systems. This makes it easier to take a leap of Faith when it is presented to us.

It is time to let go of the past with both hands at the same time. Place your empty hands before you and allow God to fill them with the dreams, desires and passions that you have sought for so long. Forward is the only way, but that way has been, up to now blocked by illusions of what was.



CRYSTAL CORNER

THE CRYSTAL CORNER

Empowerment and Prosperity

Another month is upon us and we can only hope it will warm up soon! I was considering what I would like to discuss in this column and decided to address the business people and those who would like to be more powerful in their lives. I would guess this would be nearly everyone on this planet! These stones could be placed in a small bag to be put in a pocket or worn around the neck. Something I like to do is place the stones in a small dish and situate it on my desk or make a pattern of stones and crystals. Just put

it near enough to you to enjoy the beauty of the stones and the energy.



First on the list would be **Carnelian**. The color of this stone varies from light to dark orange and assists in coming into power because it aids in setting fear aside. It allows the focus on power and clearer understanding of what power really is. Therefore, this would assist one in owning their power, feeling how and where your power lies or feeling the misalignments where the connections are not made. It assists in reclaiming power.



Turquoise is a stone of balance and goes to the greatest depths of healing. Most of us are dealing with many issues that would require that healing. This would stabilize energies and bring the body into an understanding of why things have been created in the manner that they have. In order for anyone to prosper, they must heal the issues surrounding prosperity. If you would place a piece of **Turquoise** in front of your feet as you sit, it would aid in moving forward.



Speaking of healing our emotions around prosperity brings up the things we say to ourselves. And keep in mind that what we think and what we say creates as surely as if we molded them physically. If you are looking to create a great business or a prosperous life, how detrimental is it when you say to yourself, 'I'm not really that good, I don't really deserve that much, I'm not that worthy, I can't accomplish that?' The **Ruby** is a marvelous access gemstone to the royalty of self. It transmutes the judgments we have against ourselves and brings a recognition, a realization of what we are creating. Turn your energy toward positive creations.



Last but not least is the **Pecos Diamond**. Gold has the highest vibration of any metal on this planet. It is associated with great prosperity and riches. The **Pecos Diamond** carries a very strong good vibration that is very similar to gold. As you keep this crystal near you, it will connect with the golden properties of the earth. It will magnify, it will draw in and magnetize gold that is in the area to assist you. When there is gold in the area, this would magnify the energy perhaps a thousand times. Wow.

Please keep in mind that the things we do on our journey to enlightenment must be done lovingly

and willingly. I feel that is truly the key to ascension.

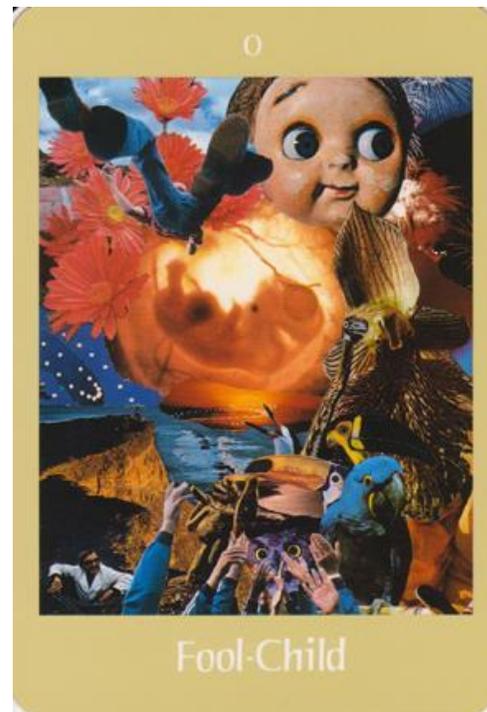
I will be teaching Crystal Healing I on May 18th and 19th. Call me for more information if you are interested in attending or would like a flyer.

I wish you joy on your journey. Be well and happy.

You can contact me anytime for information or stones.

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TAROT TALK



Our Tarot card for March is the Fool. As the tower of Piscean energies transforms we are on our own to discover where the next step will lead. The Fool walks to the edge of the cliff and takes one more step in the absolute Faith that there is a bridge across the chasm. Relax, be yourself, take risks, have fun. In the security of the unknown you can be original, spontaneous and

in the NOW. Allow your natural genius to express itself. Renewed vitality, youthful zest and passion to explore both inner and outer realms bring new experiences.

Zero is the Alpha and Omega of your being. Like spirit you are everywhere and nowhere all at same time. Trust the Angels to lead you to the Divinely appropriate outcomes. The World may call you a Fool, but you are experiencing a rebirth that shows you mystical and transcendent pathways that have waited forever for you to find them.

The shadow of the Fool is the victim who swears that they have nothing to do with any events that occur in their lives—they remain dependent and irresponsible children.



Our Rune is *EHWAZ*.

*The warrior ship
plows the waves,
yet no hand grasps the tiller,
none draws an oar.
Oh mariner,
Surrender to the mystery
All else follows.*

Ehwaz is a Rune of transit and transition; of physical shifts, new dwelling places, new attitudes or new life. The movement that it brings gives a sense of improvement or bettering any situation.

This Rune brings an awareness of gradual development and steady progress. You may feel as though the growth is slow with numerous shifts and changes. This applies to business, new ideas or any situation that you are developing at this time. Moral fortitude and steadfastness are called for when you draw *Movement*, another of the cycle Runes. Let it be said this way: *As I cultivate my own nature, all else follows.*

The Runes symbol is the horse and it signifies the bond between horse and rider. Bronze Age artifacts show a horse drawing the Sun across the sky. *Ehwaz* is saying that you have to progress far enough to feel safety in your position. It is time to turn again and face the future reassured, prepared to share the good fortune that comes. The sharing is significant since it relates to the sun's power to foster life and illuminate all things with its light.

When you draw the Fool or *Movement* it is time to consider the outcome of your actions before you take them and then step out with assurance that you will be led in the right direction even if you cannot see exactly where the path is leading you.

The Fool advises playful delight and giving yourself permission to enjoy the process rather than being 2/3's more serious about what could happen. Remember that timing is everything and you simply cannot turn the corner until you get there. Turning before you get to the appropriate place can lead to loss and confusion. Trying to make events happen before their time can just delay the outcome that much more. "Bigger, better, faster" is a motto of an order that is passing away. Better often comes with slow growth and the reward is worth the wait.

Thoughts from the 5 Element Acupuncture Corner
By: Nancy Wadda, Acupuncturist, M.Ac.



Winter/Spring Energy—the Water and Wood Element-Part 2

I thought I would write about the characteristics of what one would see in a person who is predominately a Water Element person and a Wood Element person. Although we all have all of the 5 elements within us, generally a person shows up as one or two of the 5 elements, either in balance or out of balance.



The characteristics of a person who shows up as a “Water Element” person are varied depending on if their Water is in or out of balance. First we look for color which shows up as blue or black underneath the eyes. Then we listen to their voice to hear a “Groan”. A good example of this groan is the actor, James Earl Jones. The groan is underneath the words so to speak. Sometimes a water person can speak very few words or rush out speech like a rapid river.

A water person sits very still but usually has one part of their body moving such as tapping a finger or wiggling a foot. The odor is called Putrid which can range from the salty smell of the ocean, the fetid still

waters of a swamp, a lake or even like old urine. I usually “smell” someone on the back of the neck and the small of the back. The emotion is Fear and a water person usually has a “what if” scenario going through their head.

A person who has Water Element traits is extremely gifted in the areas of Skills and Abilities. A water person can do just about anything, either figuring the task out on their own or seeing it done once and do the job and excel at it. A water person walks with their hips pushed kind of forward with their body rather still. Some water people need to know how to get out of a place even before they go in to feel comfortable. Then there are those water people who have no fear and are the adrenalin junkies and extreme sports enthusiasts.

With the water comes either a person being still and/or locked in fear or no fear at all. In this element is Wisdom--the wisdom to learn from life and adapt.



The Wood Element person is quite different. Usually tall and thin, like a growing tree, this person will flash green around the edges of the eyes and mouth. The voice is a Shout. A great example of this is Judge Judy. Sometimes out of balance there is a lack of shout, but one can still hear the clipped speech of a wood person. This type of person loves the “verbal banter” back and forth with others. Sometimes people would call it arguing, but to a wood person it is fun. The odor of a Wood person is called Rancid. This can range from smelling like a pine tree, to pine sol, to rancid cooking oil.

A wood person walks with purpose, kind of leaning forward with quick clipped strides. The person may walk as if a strong wind is blowing at them and would walk through a brick wall if they could or they may be more shy and they will say "I'm sorry" when someone has bumped into them. The emotion of wood is Anger and sometimes a wood person maybe quick to anger, have rage or stuff resentment, or they may be the opposite where they cannot express anger very well at all.

A wood person has the wonderful ability to problem solve, set plans and goals and carry them out. Out of balance a person might have difficulty making decisions. The gift of the wood is Benevolence, the ability to forgive even after anger. Some wood people hang on to resentments and cannot let them go.

So, do you see any of these traits in yourself or your loved ones? They are not set in stone and are offered as a general guideline as how these particular elements might show up in a person.

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ST. GERMAIN'S MESSAGE

Beloved Masters, the construct in which you have lived in separation, for so long has ended. For longer than you can imagine this illusion has governed your lives and now it is finished. There are many that

would say, "Why have we not heard of this?" "Why were we not told?" Partly because it would have been a great inconvenience for those who wish to keep things as they have been and partly because of the fear of how you would react to such information. The minds that have been in control—the government, the military, the churches—have feared that if the populous found out what was really going on at any given time it could be dangerous for everyone.

Suddenly, things are getting out of hand and the *secret* is coming out of the box despite the grandest efforts of those who thought that if they just didn't mention the changes no one would notice until it was convenient—if ever—to mention them. The construct, created by Masters (YOU), playing a game of separation based on the premise that "If you forget that you are Masters, can you still remember how to create?" In order to achieve separation you had to step away from your connection to Love in its highest form. For a long time into the game many Souls still remembered enough of the Love so that it took time for the game to really begin. Slowly, forgetfulness descended until the game was in full swing. When the "contract" of forgetfulness (separation) ended, around the time of the Harmonic Convergence in 1987, you were left still living in the confines of Illusion, but without the required energy to maintain the construct. In the changes—confusion and chaos—that are now occurring the construct is beginning to come apart. The planets are singing new songs to the anthem of Love and the outpouring of new messages from the Galactic Center are all about the remembering of the Love in which you were created. Quantum Physics is, basically, a science that is directed toward the remembering of the Love that you are, because NOW is the time.

There have been predictions about mega storms and winds so high that people would not be able to live on the surface of the planet. Such is the stuff of drama and science fiction. (The Mind just stepped in and said, "Wait a minute. Look at what is happening. There are big storms and bigger storms with incredibly high winds. What about those?") Those are a part of the disintegration of the constructs that you have lived for eons of time. It is as though the Illusion ceased to take the energy as it is coming to an end. Like a body that is dying ceases to take food, the construct is no longer feeding on the energy of drama. It is as though the drama energy is backing up and has nowhere to go. It was never REAL. The construct was a game that was created by Masters. The EGO is the prime motivator. The EGO created confusion as a major element in the game. The EGO is like a two-headed dragon that tells you one thing and then as you attempt to base decisions on that concept the EGO changes the perspective just enough that you cannot quite see what was there before.

You are Masters who originally created the game and deep within yourselves you could feel the truth, but one of the primary aspects of the game has been that you would be educated from cradle to grave that you are unworthy, undeserved and

incapable of functioning without an outer authorities of society telling you what to do. **THE PARENTAL SOCIETY** has made so many rules and just as you think that perhaps you have some idea of what is going on in the game someone tells you that you have broken a law or done something wrong. Inside of yourself, perhaps, you cannot imagine what law you might have broken, but this is an authority telling you that you have done wrong. Children are born into the Earth plane with a pure remembrance of who they are and the Love from whence they came and it has been indoctrinated into the lineage of every human the necessity to eradicate the remembrance of the higher planes of consciousness.

NOW everything, in the energy that is inundating the planet, is about the remembering. Remember that you are divine creative Masters. Remember that you were created in Love and that is where all of this is moving. The disillusion of the construct is causing all manner of energetic upset, because it is no longer being fed with the same abundance that it was. There are more and more people who are waking up and as they do they are redirecting their thoughts and ideas to Love, beauty and empowerment, rather than power over. They are elevating their consciousness to operate in the higher realms more of the time. They may not even realize that they are doing this, but when the energy is directed to compassion it lifts the person into a different level of vibration. There are those who are afraid of Love and feel that if the planet begins to function there things will get entirely out of hand. **THE GOOD NEWS IS THAT NO ONE CAN CONTROL LOVE!!** True Love is based on free will and that is the second greatest gift that God provided all of the Souls who came to play this game. The first great gift was the unconditional Love itself.

The breaking down of the construct is inevitable and the storms that are occurring are an out picturing of the Illusion breaking apart like mist in Sunlight. The Mind wants to figure a way to stop this from happening; however, the changes that are occurring are far beyond the control of the finite Mind. The Mind operated inside of the construct and when things begin to get bigger than the Mind can grasp the Mind, driven by the EGO, wanted to create smoke screens to slow down the process. Diversion is a tactic of the mental realms. What is happening NOW is that the Love, in which all were created, is opening the long hidden places of sacred understanding and wisdom

that have always existed within every human being. The EGO says, "Just tell me about these vaults and let me plan a way to access the wisdom that others have so that I can gain control over it." **THE GOOD NEWS IS THAT NOTHING CAN CONTROL LOVE!!!** In the last vestiges of the construct the confusion of the EGO still reigns.

It is up to each person to make the effort—**IN LOVE**—to allow themselves to reconnect with feelings, which are the higher aspects of emotion. Emotions are directed by the EGO. The EGO has held forth for eons that feelings are dangerous and that Love is a weakness. We do not tell you to do Love. We ask you to give yourself permission to live the experience of Love. Make Love a personal thing. Bring Love inside! Feel the amazing essence of Love. Experience the changes that happen, not because you said so, but because Love showed you the way from the inside out. You cannot mentalize this process. The Mind does not have the settings to understand Love as an aspect of living. The Mind sees love as something you do and there are rules about what love is and how you show it or prove it. **Love cannot be faked.** Love with a small "I" is an imitation of the real thing. The construct basically forbade real Love. You have been told of your place in life and that you have no right to achieve beyond a certain point, then you have been encouraged to succeed and when you do the EGO of others steps in and says, "Who do you think that you are?" Thus the confusion of the EGO has held sway in the construct for eons. You have attempted to succeed in order to earn love only to find that the people that you wanted to love you seemed angry or frightened by your success. Some seemed to be all right with it for a time and then they changed and acted different. Some wanted a hand out, some wanted to be taken care of and some turned bitter or tried to take advantage of the situation of prosperity. No wonder so many have issues about being rich or having plenty. Poverty was never a natural estate of the Divine Plan, but it has been an ever growing part of the construct of separation.

You do not find out who you are by asking other people. You remember your selfhood by having the courage to bravely go where you have not gone in so long that you do not have any memory of the Universe of Love that exists within your energy field. **GOD NEVER WENT ANYWHERE!!!** You were not abandoned. You made choices as Masters who had forgotten that you were Masters.

As you gather your courage and move into the huge energy center in the area of your solar plexus, the

closer you get to the Love the more that the EGO reacts—you may feel fear. All of the teachings *that connecting to yourself is forbidden* may flood into your Mind. (Remember the EGO is attempting to protect all that it has devised in the construct.) It will use every tactic that it has used for lifetimes to prevent you from discovering the Truth of who you are—Divine, Beloved, Creative Masters. It takes courage to make these changes. The EGO has taught you that if you are good enough and do the right thing (whatever that is and by whose standards?) everything will just fall into place. Out of the other side of EGO's mouth come all of the teachings of struggle and sacrifice to “get into Heaven”.

This brings us to a point that you can experiment with yourself as the storms of struggle rage on the planet. The storms are driven by fear, anger and confusion. Everything that you have known to be a certain way is now changing. Stop fighting the storm and the struggle and surrender. Surrender is what you do when all else fails. It isn't giving up! **IT IS GIVING OVER TO GOD ALL THAT YOU BELIEVE YOU CANNOT LIVE WITHOUT.** When you begin to surrender there is a sense of peace that you can feel within. It isn't imagination, even though imagery is an important part of creation. This peace exists within you. It is very real and completely accessible.

There are people who are expressing the ideas of killing others being in their minds a big part of the time. Many, unfortunately, are acting on the ideas. Thoughts are directed, primarily by the EGO. Feelings flow from the Soul center. When any idea is about destruction of self or others, it is a product of the construct and is EGO driven. Whether the idea is to kill physically, destroy the finances or reputation of another or bring harm them in any way, it is a product of the construct and as such would best be surrendered.

As living Masters We are here to assist any and all who are willing to make the changes. We are always with you. We cannot force you to change because Free Will is a Divine Law. Force and Love are mutually exclusive. Our desire is that you remember NOW that you are also a living Master. Let the memory return.

There are those who still choose to live by the standards of the construct and they will attempt to force you to live by their beliefs and call it loving. If there is threat or coercion in the advice or instruction it does not come from the source of Love. In the Master Book (Bible) Love is defined as

accepting all things, forgiving all things and embracing all things. You cannot own yourself or anyone else while you are criticizing or disowning a part of who or what you or they are. Love, as you live it on a daily basis, will show you a new way of perception from the inner temple—how to Love without judgment.

The construct was based on separation and separation pulls everything apart. In the current society “bashing” and bullying are considered to be acceptable, even “the in thing to do”. These are products of the construct and are veiled ways of expressing anger and fear and still attempt to look powerful. True power will never debase another. Divine Law holds that if you would do something to anyone you do it to yourself. If you are Loving to others you create more and greater Love in your life. If you are cruel, demeaning or judgmental you draw those energies into your life—not because God judges you, but because the Divine Laws apply to everyone equally.

Let us talk about making choices. Every choice that you make, no matter how large or small you may believe it to be, influences the next step of your journey. Let us say for example that in every choice you have a spectrum of fifty choices ranging from the most positive to the most negative. If the majority of your choices are made below the half way mark, into negativity then the progress of your life will seem to become progressively more uncomfortable, painful, limited and impoverished. You may say that you desire peace, prosperity and love, but when the choices are considered it is not difficult to discover why things do not seem to go where you think that they should.

Many people will rehearse their woes to anyone and everyone who will listen and then complain that nothing in their life works. They have just explained, very carefully to anyone who will listen (several times each day), why their life isn't working and yet they do not see that they are the designers and creators of that life.

Get very clear that when you choose to operate in a fog of confusion your outcomes in most everything in your life will be muddled. There may be moments when you suddenly feel clear and those choices have different outcomes because in that moment you were aligned with yourself. Paying attention to when you allow yourself clarity and what situations simply cause you to experience a *loss of power* will begin to assist you to discover when, where and why you give up on yourself. There could be a particular area where you feel more confident no matter what. Examine how you

perceive yourself in those places. What is the difference between this aspect of your life and other areas? Do not just think about the differences—really take the time to feel into the energy in the solar plexus. Do you feel good about what you have created? Is this feeling something that you would wish to share with others? Does your stomach ache? Does your stomach feel tense, tight or in a knot? Are you going around and around in your head?

STOP!!!! Take a d-e-e-p b-r-e-a-t-h!!! You cannot find clarity when you are without oxygen. Now, where is your focus? Are you *trying to figure things out from the same perspective that hasn't worked for you in a while?* Your EGO is probably telling you that you have to have an answer **RIGHT NOW** and then it is telling you that you cannot come up with an answer or the right answer or one that will work.

STOP!!!! Take a d-e-e-p b-r-e-a-t-h!!! As many times a day as you find yourself pushing, rushing, trying and thinking, Thinking, **THINKING** breath and move into your Soul center in your solar plexus. Allow the Soul to guide you into the clarity of Love. Let the Love that you have avoided for life times help to heal your affairs and open the connections within you that will show you how to live well in the Divine Insanity of these changing times.

As you make a conscious effort to stay present with yourself in calm, clear and peaceful energy you find that *life out there responds to what you are imagining, to what you are creating with your thoughts and you remember that you are a Divine, Amazing, Creative Master* rather than a chaotic, disconnected, frantic human.

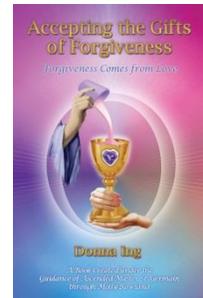
Take the time to make each choice count. Your choices are precious. Your choices are profound. There are no tiny, limited choices—only belief systems that dismiss the magnitude of the choice. The choice to go right or left, the choice to say “yes” or “no”, **THE CHOICE TO BE FAITHFUL TO THE LOVE THAT YOU ARE**—each choice is wonderful in its influence. How do you choose to influence the World with your choices? It is not how intimidated will people be or how they will remember your domination or power over that makes the biggest difference. You have operated in those places inspired by fear for life times. It is the Love within you that makes the difference, a Love that you feel so profoundly that it directs each choice. That Love inspires the connection to the Oneness within you and changes your world one choice at a time. You cannot look out into the future and say show me how my

choices make a difference? You are required to craft a life one choice at a time. Feel it, feel it, feel it each time you have a choice to make.

Most Beloved Masters, We are with each one of you in these times. You may not feel us or you may feel that We are like parents butting into your affairs. We have no judgment about your choices. We have compassion for the pain that anger and fear create. We desire that each one of you will, find from the Lord God of your Being, the connection to **I AM** within you. That connection that opens your inner eyes and ears and lets you attune to your own greatness in Love. You are so much more than you have dared to imagine for so long. You are blessed and beautiful. You are unlimited in God's sight. It is to forgive the beliefs that no longer serve you that you are unworthy, shameful or guilty in some way. This is not to condone unloving actions, but to release you from the prison of past judgments.

“Judge not, lest you be judged” is an instruction based on Divine law. You create by your thoughts and even if you never say anything to anyone about your judgments you carry the energy of those injustices against self and others in your auric field. In the sensitivity of these times people are becoming more aware of the energy broadcast that everyone is putting out. You send an auric wave of who you are ahead of you everywhere you go. When you arrive people respond to the “message” that you have sent. **SEND LOVE.**

Until we meet again, in the greatest of Love, I remain your most humble servant. **I AM** the Lord St. Germain



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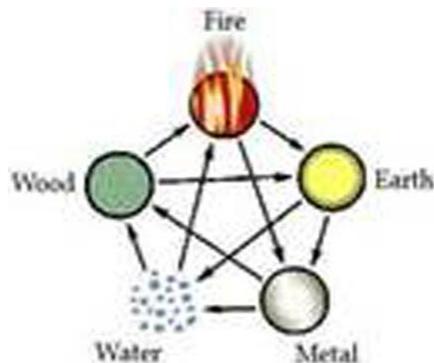


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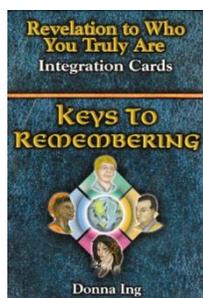
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Nancy Wadda is an acupuncturist with over three years of training. She is trained in the FIVE SEASONS technique and has an amazing intuition in her work. She is located in the Rainbow Center, 177 N. 4th St. in Lander. You can reach her for appointments at 205 566-1424.

Donna's latest book **Accepting the Gifts of Forgiveness** is now available through Amazon.com and Donna's website. Donna Ing along with the Master St. Germain have brought you another winner. This book so very simply and clearly shows ways to heal through forgiveness.



Keys to Remembering

Donna Ing has her card deck and book through her website. She and St. Germain spent almost ten years developing this amazing tool to assist us in the remembering process. Watch for a video on YouTube about the book and deck

soon.

<http://www.RememberingInsights.com>

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.

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>

Shaylinn Kaiser dba

Subtle Impressions offers Craniosacral Therapy blended with Reiki, Kinergetics and Energetic Rewiring. She is located at the Rainbow Center for the Humanities, 177 N. 4th, Lander. For appointments or information, please call 307 332-4471 or 307 349-9837. Gift certificates are available.

Kimberly Rae Hansen

Digital Artistry

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

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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.

Delphinia Bey 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

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.

Delores DeVore owns Sound-Works, healing with voice and tuning forks. www.sound-works.biz
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